



SWIM - MASTER

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JAN 1985

1984 ALL AMERICANS

WOMEN 25-29

Sandy Neilson
Beth Lutz
Kimberly Worthen
Diane Cayce
Lindley Doughty
Lisa Tubergen
Naywon Alexander
J. Katterman
Nancy Nitardy
Karen Melick
Carol Rubino

WOMEN 30-34

Jacki Hirsty
Susan Palelia
Brenda Lee
Dot Wise-Munger
Gayle Benty
Christine Prosch
Barbara Held
Susanne Chandler

WOMEN 35-39

Sharon Wise
Barbara Dunbar
Brooke Dick
Julie Corman
Susan Walsh
Ginger Pierson
Anne Page
C. Ferris-Johnson
Carol Chidester
Marianne Brems

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Diana Todd
Judy Decker
Jane Katz
Carol Chidester
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Jane Murphy Sherman
Ardeth Mueller
Betty Bennett
Judy Weir
Linda Marsteller
Joann Leilich

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Juanita Correa
Helen Buss
Susan Cox
Betsy T. Jordan
Joann Leilich
Ivanell Hoe
Susan Rittenhouse
Susan Munn
Jayne Bruner
Ronnie Kamphausen

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Ronnie Kamphausen
Ann Pisciotta
Gail Roper

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Catherine Williams
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Jeanne Merryman
Betty Christian

WOMEN 65-69

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Yvonne Frischhertz
Gertrud Zint
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Dawn Musselman
Lenore Wingard
Maxine Merlino
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Marie Wicklun
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Julia Dolce
Ruth Switzer
Johnnie Belshe
Rita Shephard
Katherine Pelton
Jewel Cooke

WOMEN 80-84

Martha Keller
Marion McKechnie
Elizabeth Mauric
Ella Peckham
Anna Bauscher

WOMEN 85-89

Ella Peckham

MEN 25-29

Dix Ozter
Robert Bugg
Rob Copeland
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Tom Wolf
R. J. McDonald
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James Belardi
James Montgomery
John Gavlik
Andrew Miller
Mark Schuman
Richard Hess

MEN 30-34

Fred Hubbell
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Chuck Ogilby
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MEN 45-49

Edward Hinshaw
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Cyrus Hopkins
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Charles Bechtel
Bill Stewart
Drury Gallagher
Tony Tashnick
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Risto Pykko

MEN 50-54

Donald Hill
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Donald Brown
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MEN 55-59

Boyd Johnson
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MEN 60-64

Peter Powlison
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Edward Hall
Irving Katz
Barton Greenberg
Edward Rudloff
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John Richards

MEN 65-69

Birch Davidson
Andrew Holden
Jim Welch
Edward Moran
Ray Taft
Aldo da Rosa
Paul Krup
David Volk
Albert Vandeweghe

MEN 70-74

Kelly Lemmon
Herbert Howe
Gary Weisenthal
David Rowan
Bennett Allen
William Grant
Walt Pfeiffer

MEN 75-79

Lyle Collett
Lloyd Osborne
Art Hargrave
Herb Eisenschmidt
Dan Dotterweilch
Bill Share
Bill Stinson
Maurice Young
John Wallace

MEN 80-84

Gus Langner
Alvin Kallunki
Thomas Cureton
Joseph Scheu
John Anderson

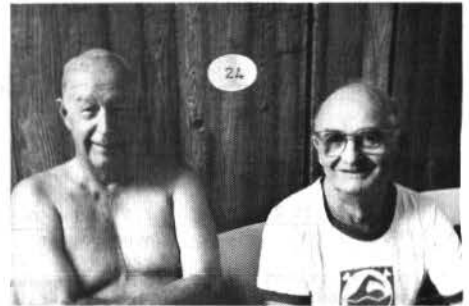
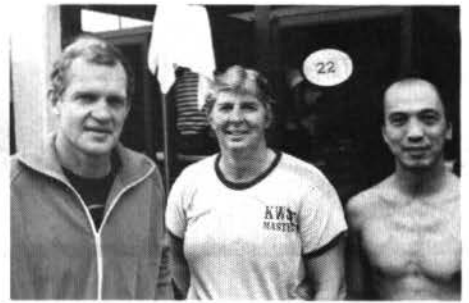
MEN 85-89

Fred Allen
Paul Spangler
Charles Fletcher
Jack Blumberg

MEN 90+

Collister Wheeler

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12th SE CHAMPIONSHIPS, Oak Ridge, TN; Oct. 27-28, 1984

(1) Bentley Marane, Roxanne Motter, Susi Chandler, Pat and Greg Mattson; (4) Yoshi Oyakawa, Burwell Jones and Peter Sintz; (5) Bobbe Smith, Charlie Gentry and Jim McKay; (7) Mark Petry, Dorothy Riordan, Marie Struttmann, Bill Tingley, Mary Jane Marty and David Cannon; (9) David Gibson, Mike Morris, Wayne Stevenson and Dirk Van Hoesen; (36) Scott Guthrie, Richard Bauschard and Barbara Whitner; (12) Ed Hall and John Crews; (13) Jon Goyert, Mike Ehinger, Jim Green and Bryant; (14) Jeannine Donahue, Frances Bell, Jack Ryan, Chuck Bentley Marane and Anita Armistead; (16) John and Ardell Daily, John Woods and Bill Dunlap; (21) Mary Lee Watson, Tom Willingham and Jean Kaplan; (22) Bill Lauer, Jean Fox and Wang Lau; (24) Ernie Briscoe and Bert Sproffkin; (27) Bernie White, Kirk Canterbury, Sandra Cathey and Richard Bober; (28) Bill and Joanne Marshall, "Mike" and Yoshi Oyakawa; (29) A.B. and Janet Meservey. Pictures courtesy of Bill and Joanne Marshall.

Gold medals make Shannon a master of the pool at age 51

Birmingham Post-Herald

By Ray Melick
Post-Herald Reporter

In 1952, a freshman swimmer for the University of North Carolina had a dream — of national championships, gold medals, the Olympics.

"I remember watching the 1952 Olympics and thinking, 'I can do that,'" said Larry Shannon. "I can still remember the 200-meter freestyle times. The last qualifying time was 2:12. As a freshman, I was doing 2:16, so I thought that 2:12 was well within the realm of what I could do."

Four years later, his times had improved dramatically. But, unfortunately, every one else had improved even more dramatically, to a point that left the Birmingham native farther away from the Olympics in 1956 than he had been in 1952.

So he forgot about the dream, graduated from college, went off to fight a war in Korea, and eventually returned home to Birmingham and became a dentist.

That's why this year — an Olympic year, appropriately enough — has been such a shock. Last January, nearly 30 years after his last competitive swim meet, Shannon found himself stepping back on the starting blocks in a Masters swim meet in Tuscaloosa. Two weeks ago, barely six months later, he was back in North Carolina, winning three gold medals, his first national championships, as well as three silvers at the U.S. Masters National Long Course Swimming Championships.

"I was absolutely surprised," said Shannon, an amazingly youthful-looking 51-year-old who grew up swimming in the old Hollywood Country Club pool "because it was the only pool around," next door to the Shades Valley YMCA where he swims now.

"It was beyond my wildest dream to win a gold medal at a national championship after swimming only eight months. But it was a feeling just like it was 30 years ago. Getting on that starting block, I was just as scared as I was back then. The feeling, the thrill was right there, just like it used to be."

Swimmers from all over the United States and Canada, and from as far away as Peru and Europe, converged on Raleigh, N.C., for the Masters' championship. The Masters' program was created in 1972 for people over 25 years of age, with swimmers competing in five-year age groups, 25-to-29, 30-34, 35-39, right on up to 85-and-over.

Shannon had been working out at the Shades Valley YMCA for about a year when he was recruited by the Masters' group there because "they told me they needed some old people," he said. "That's what they said, 'old people. We need points in the older age groups.'"

At North Carolina, he had lettered four years in swimming, and was captain of the swim team his senior year. He was never an All-American or a national champion, but his team did place third in the nationals one year.

But since those days, Shannon really never had thought about competitive swimming again until he was talked into the swim meet in Tuscaloosa. However, while there he realized that he could still compete, especially against people his own age. He set some goals and began working, swimming for an hour in the morning, then putting in eight hours at his dental practice, before returning to the pool for another hour in the evening.



Training with the 30 or so other swimmers in the Masters' program at Shades Valley, Shannon began getting himself back into competitive shape. His times started coming down, and, with the encouragement of his teammates and other swimmers he had met at meets around the Southeast, made up his mind to try the National Long Course Championships.

Still, he was intimidated. He was swimming against people he'd only heard about from other swimmers, or whose names he'd read on the draw sheets. He was seeded 107th.

"I swam three events (the 50-meter freestyle, 400-meter freestyle and 100-meter butterfly), and finished second in all three," Shannon said. "It took me three events to realize I was just a little bit away from winning. I got beat by 7/100ths of a second in the 50. In the 100 fly I was half a bodylength ahead going into the last 25 meters and lost by a touch."

"The next event was the 100 freestyle, not my best event. With about 25 meters to go, I looked over and I was in fifth place. I said to myself, 'Well, you going to be second place all of your life, or what are you going to do?' And at that point, it was just like there was no tiredness. I went on and won by about a half foot, and I was on such a high that I went on and won the next two events."

He won the 100 free in 1:05.81, the 200 free in 2:30.31 and the 50 meter fly in 32.55. Not only were those times far better than any time he'd recorded leading up to the tournament, they were amazingly close to his times in college.

"In college, I did 2:16 in the 200 freestyle," he said. "I won in 2:30 last week, about 14 seconds slower than in college. I did 1:02 for the 100 meter freestyle in college, and did 1:05 (for the same event) at the Nationals. That wasn't bad for a 30-year layoff."

"I swam so much faster in this meet than I'd been swimming all summer, it was like night and day, a whole different ballgame. In fact, I didn't have any business swimming that fast. My goal was just to get a medal. I never thought about winning."

Exercise had kept Shannon in average physical condition over the years, but competitive swimming has added a tone that makes him appear much younger than his 51 years. While he could easily pass himself off as 10 or 15 years younger, in the Masters program, he wouldn't want to.

"It's called 'aging up,'" he said. "You look forward to aging up, from age 59 to 60, or age 49 to 50. Because what you're doing is moving up into another age group where you are swimming against people 51, 52, 53 and 54. That makes you the youngest guy in the age group. And one of the things everyone was saying to me, after I won these medals, was watch out for next year, so-and-so's coming up."

Needless to say, Shannon is evangelical about the Masters' program. While the Shades Valley group is small, he is hoping it will continue to grow. The largest Masters' group in the state is in Tuscaloosa, where the Crimson Tide Masters has over 200 members.

"It's just great exercise for anybody," Shannon said. "About half of our group are really competitive, and the other half don't even want to be. They work out with us, and then swim laps. They swim for health."

"We have a 65-year-old guy here that swims. He didn't swim in college. He was a Seal (a diver) in the Navy in the second World War. Every time I come back from a meet, he wants to see the results to see how fast they swam in the 65-year-old group. Then he gets in the pool to see if he can do those times. One day, he's going to do those times and then he's going to want to compete."

"There's a great camaraderie. You make a lot of good friends, and the attitude isn't cut-throat like it is in college swimming."

And unlike the young Olympic medal winners fresh out of the Los Angeles games, Shannon isn't about ready to hang up his trunks with his gold. He isn't sure what his goals will be right now, but he knows he isn't going to stop swimming.

"I never felt better in my life than I do now," he said. "I feel like a different person."

MASTERS SWIMMING INTERNATIONAL

WORLD RECORDS AT JUNE '84

MEN

AGE	STROKE	FREESTYLE						BACKSTROKE		
		DIST.	50M.	100M.	200M.	400M.	800M.	1500M.	50M.	100M.
25-29	TIME	22:59(83)	51:25(81)	1:53:78(81)	4:15:37(83)	9:49:62(84)	17:04:02(82)	27:06(84)	1:00:30(83)	2:12:14(82)
	NAME	K. DE FORDES	L. MONTGOMERY	J. MONTGOMERY	R. COPELAND	M. WILTSCHEN	R. COPELAND	O. BRIDZ	T. C. WOLF	T. C. WOLF
30-34	TIME	24:50(79)	54:25(82)	2:00:55(83)	4:16:32(83)	10:39:00(79)	17:10:00(82)	28:08(83)	1:02:21(83)	2:17:20(83)
	NAME	M. BARTHOLD	M. MCCONICA	M. MCCONICA	M. MCCONICA	P. BROWN	R. WILLIAMS	R. THOMAS	P. KEFFER	P. KEFFER
35-39	TIME	25:31(82)	55:38(83)	2:00:45(83)	4:21:28(83)	9:30:22(84)	17:53:72(84)	28:04(78)	1:03:00(78)	2:19:49(78)
	NAME	A. MCPHERSON	F. SCHUCHER	F. SCHUCHER	F. SCHUCHER	W. BABCOCK	W. BABCOCK	T. MANN	T. MANN	T. MANN
40-44	TIME	25:25(83)	56:36(83)	2:07:00(84)	4:38:02(74)	11:30:01(78)	18:23:02(82)	29:24(83)	1:07:13(83)	2:30:58(83)
	NAME	T. GARTON	T. GARTON	T. GARTON	B. JONES	A. AYERS	P. THOMPSON	P. WHITTON	R. BURNS	R. BURNS
45-49	TIME	26:12(83)	58:16(82)	2:09:30(82)	4:37:15(82)	11:53:32(81)	18:34:73(83)	30:00(83)	1:10:00(84)	2:35:57(83)
	NAME	J. FARRELL	J. FARRELL	E. HINSHAW	E. HINSHAW	R. HARTLEY	E. HINSHAW	E. HINSHAW	B. YOUNG	E. HINSHAW
50-54	TIME	26:14(83)	59:25(83)	2:18:30(83)	4:52:42(81)	12:32:04(80)	19:39:09(81)	32:18(83)	1:12:24(84)	2:39:75(83)
	NAME	D. HILL	D. HILL	D. HILL	G. JOHNSTON	A. SMITH	G. JOHNSTON	D. BROWN	D. BROWN	D. BROWN
55-59	TIME	27:43(83)	1:04:38(83)	2:24:31(83)	5:16:03(83)	13:20:50(78)	21:28:04(83)	34:13(83)	1:18:54(80)	2:51:01(81)
	NAME	B. HERITIER	B. HERITIER	W. WILSON	W. WILSON	F. GALVIN	W. WILSON	B. JOHNSON	P. HUTINGER	P. HUTINGER
60-64	TIME	28:03(82)	1:05:40(82)	2:30:39(79)	5:28:00(79)	12:39:01(81)	22:03:54(79)	35:13(81)	1:20:14(73)	2:52:49(82)
	NAME	P. POWLSON	P. POWLSON	J. WELCH	J. WELCH	J. JENKINS	J. WELCH	F. VAN DYKE	L. SMITH	P. POWLSON
65-69	TIME	29:03(83)	1:08:15(83)	2:38:11(83)	5:38:19(83)	15:57:00(79)	23:04:59(83)	38:29(83)	1:27:52(82)	3:12:05(82)
	NAME	J. WELCH	J. WELCH	J. WELCH	J. WELCH	G. ORWIN	J. WELCH	A. VAN DEWEGHE	A. VAN DEWEGHE	D. VOLK
70-74	TIME	30:03(83)	1:11:01(83)	2:44:06(83)	6:08:19(83)	13:47:04(81)	25:14:06(83)	40:06(83)	1:30:18(82)	3:22:07(82)
	NAME	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON	E. WILLIAMS	H. HOWE	H. SCHWARZ	H. SCHWARZ	H. SCHWARZ
75-79	TIME	32:00(83)	1:18:53(84)	2:57:03(81)	6:37:26(81)	21:17:42(81)	26:08:40(81)	40:47(82)	1:32:02(82)	3:34:04(82)
	NAME	L. COLLETT	L. COLLETT	A. RUIE	A. RUIE	E. WALTHER	A. RUIE	A. HARRIS	A. HARRIS	A. HARRIS
80-84	TIME	38:05(80)	1:33:12(80)	3:31:19(83)	7:23:09(83)		28:54:05(83)	53:12(83)	2:06:19(82)	4:37:43(82)
	NAME	C. ROSS	C. ROSS	G. LANGNER	G. LANGNER		G. LANGNER	T. CURSTON	T. CURSTON	T. CURSTON
85-89	TIME	50:14(80)	2:07:07(82)	5:22:40(82)	11:19:43(82)		45:32:05(81)	1:02:40(81)	2:43:10(81)	6:13:00(82)
	NAME	T. LAWE	C. WHEELER	J. BLUMBERG	J. BLUMBERG		R. SIMMONS	T. LAWE	T. LAWE	J. BLUMBERG
90-94	TIME	59:08(84)	2:14:06(84)					2:16:00(82)	5:04:51(82)	
	NAME	C. WHEELER	C. WHEELER					L. MAGNER	L. MAGNER	

AGE	STROKE	BREASTSTROKE			BUTTERFLY			INDIVIDUAL MEDLEY	
		DIST.	50M.	100M.	200M.	50M.	100M.	200M.	200M.
25-29	TIME	30:20(81)	1:06:07(72)	2:30:06(82)	2:51:06(82)	56:34(84)	2:06:08(82)	2:14:02(80)	4:51:18(82)
	NAME	P. NAISBY	D. MACKENZIE	M. CHATFIELD	K. DE FORDES	M. BOTTOM	J. BELARDI	M. CHATFIELD	K. ORAKE
30-34	TIME	30:08(82)	1:09:30(72)	2:33:51(72)	2:50:03(82)	58:04(79)	2:12:57(82)	2:18:18(78)	4:59:05(82)
	NAME	C. MILTENBURGER	G. JASTREMSKI	G. JASTREMSKI	J. FERREIS	F. SCHLICHER	R. WILLIAMS	F. SCHLICHER	J. MCCONICA
35-39	TIME	32:01(82)	1:12:13(83)	2:43:30(83)	2:57:31(80)	58:59(83)	2:13:01(83)	2:21:50(82)	4:59:46(82)
	NAME	J. KEYSER	R. CARGILL	P. WISNER	R. ENNIS	F. SCHUCHER	F. SCHUCHER	F. SCHUCHER	F. SCHUCHER
40-44	TIME	32:32(83)	1:11:58(83)	2:43:01(83)	2:56:03(83)	1:02:05(80)	2:27:47(81)	2:33:18(83)	5:15:04(82)
	NAME	V. LUKEN	V. LUKEN	V. LUKEN	K. LODWIG	L. LARSON	L. LARSON	T. GARTON	L. LARSON
45-49	TIME	33:06(84)	1:15:47(78)	2:51:18(83)	2:59:20(82)	1:06:05(80)	2:28:12(81)	2:32:04(82)	5:27:37(82)
	NAME	Y. OSAKI	M. SANGVILY	G. SCHMAN	J. FARRELL	B. YORZYK	B. YORZYK	E. HINSHAW	E. HINSHAW
50-54	TIME	33:05(83)	1:15:00(83)	2:53:16(82)	2:59:17(79)	1:07:13(83)	2:33:12(83)	2:40:16(83)	5:46:14(82)
	NAME	M. SANGVILY	M. SANGVILY	M. SANGVILY	H. BEGEL	B. YORZYK	B. YORZYK	B. YORZYK	G. JOHNSTON
55-59	TIME	37:48(83)	1:22:57(83)	3:12:06(83)	3:20:02(82)	1:14:20(83)	3:04:49(83)	2:50:42(82)	6:14:01(82)
	NAME	F. HAARTZ	F. HAARTZ	F. HAARTZ	W. WILSON	W. WILSON	C. MOSS	C. MOSS	B. WEBER
60-64	TIME	39:01(83)	1:30:04(82)	3:21:05(76)	3:30:09(82)	1:22:30(80)	3:29:05(84)	2:56:57(83)	6:32:33(82)
	NAME	J. RICHARDS	T. BERCKEFORD	J. HIGGIN	P. POWLSON	J. CRENS	P. POWLSON	P. POWLSON	P. POWLSON
65-69	TIME	40:21(83)	1:32:09(82)	3:30:07(82)	3:40:07(82)	1:32:58(83)	3:36:05(83)	3:13:08(83)	7:18:24(82)
	NAME	P. KRUP	A. DA ROSA	A. DA ROSA	J. WELCH	P. KRUP	P. KRUP	F. HAVLICEK	A. DA ROSA
70-74	TIME	41:41(82)	1:40:07(81)	3:45:01(81)	3:52:06(82)	1:45:00(83)	4:01:01(83)	3:21:06(83)	7:41:09(82)
	NAME	H. MIER	H. PERRY	R. CLARK	H. MIER	K. LEMMON	K. LEMMON	K. LEMMON	K. LEMMON
75-79	TIME	45:52(83)	1:48:25(82)	3:59:01(83)	4:09:34(79)	2:15:10(80)	5:04:19(83)	4:00:06(82)	9:12:37(82)
	NAME	R. ZOEGE	W. RICHTER	R. ZOEGE	P. DE CREMER	A. KALLUNKI	A. GUTH	F. GERRITS	A. GUTH
80-84	TIME	55:06(84)	2:09:06(84)	4:47:25(84)	5:07:47(83)	3:26:02(83)		4:43:29(84)	10:48:40(82)
	NAME	A. KALLUNKI	A. KALLUNKI	A. KALLUNKI	J. ANDERSON	G. LANGNER		A. KALLUNKI	T. CURSTON
85-89	TIME	1:06:00(81)	2:43:08(81)	6:23:00(81)					
	NAME	T. LAWE	T. LAWE	T. LAWE					
90-94	TIME	2:12:02(82)	6:16:03(82)						
	NAME	L. MAGNER	L. MAGNER						

COPING AT NATIONALS

Reprinted from DC Masters WAVE MAKER

Two of our champion swimmers, Jacki Hirsty and Tom Wolf, share some of their thoughts on mental preparation for nationals.

Tom Wolf: Baseball great Yogi Berra once said of his sport that it was 90% mental and the rest was physical. You've probably come to the same conclusion about racing at nationals. One or two mental slips and the race can get away from you. The challenge becomes one of mental preparation as well as physical. There are many aspects to mental preparation. They range from your state of mind during the meet to preparing your race strategies. Let's begin by looking at racing strategies. These should be planned out well in advance and exercised at prior meets and during your taper. In long course swimming, no race is just a complete explosion of arms and legs. The first few strokes of any distance should be spent establishing your stroke. Then you must decide when to start accelerating and how much. I find it useful to count strokes and plan my acceleration at certain stroke counts in the race. Acceleration in long course swimming should be a gradual, build up process versus a sudden change in effort. Think about your race strategy when you're away from the pool and practice it during your taper so it becomes automatic. Some people have gotten to the point where they can actually picture themselves performing the race exactly the way they want it to happen. What about right before the race? The term "psyching up" means different things to different people. Pumping up your adrenalin and letting your nervous system run amok can cause your racing strategy to fly right out the window. The end result is sometimes referred to as "thrashing". All your energy and attention is spent on driving your arms and legs as fast as they can go instead of on your stroke and strategy. Also, don't decide to try something drastically new just because you saw someone else do it successfully the day before. Trying a new start or turn is something you should do in practice and in less important meets first. You may successfully perform your new turn but it may throw some other part of your strategy off because it took more energy than you thought it would. The last piece of mental preparation can be summed up by asking yourself "Am I in control of the meet?" You should be relaxed at all times. There is no reason to be worrying about when you have to race, am I going to have enough time for warmup or will I have enough time to eat. The night before each race, sit down with the meet program and figure out what time you have to race. Once you've done that, you can map out your meal and warmup plans.

Allow some spare time for each activity so if something unexpected happens, you don't start panicking. Maybe you'll run into an old friend or the waitress is a little slow. Nationals should be an enjoyable and memorable experience. A lot of hard work and long hours have gone into the physical preparation for your races. Spend a few minutes thinking about your game plan.

J.J. Hirsty: The first word that comes to mind when I think about tapers and mental preparation for big meets is CONFIDENCE. That is immediately followed by WORRY! However, a slight imbalance (towards confidence) is all one needs to win the mind war. I have a well-tested imbalancing routine consisting of 3 steps. Acknowledging the doubts is the first step. EVERYONE questions his or her physical preparation when considering the entire season. There was always one day missed of one set that could have been faster (or many sets for some of us!). The next step is reasoning the doubts away. I have done this by keeping a log of my workouts, recording good repeat times and marking (in red) those sets that were especially memorable (successful, not just painful). When self-doubting time arrives, I flip through my log. Seeing all those yards (and yards and yards!) accomplished highlighted by lots (we hope) or red dots, dispels the doubt. Voila! Like magic, the scale now tips towards feeling confident. Hey, I've done the work! I deserve to win my races! Finally, I release my imagination to visualize this conviction. Mental imagery is a great tool for instilling confidence by establishing familiarity which brings a feeling of comfort. I watch myself approach the race with enthusiasm and control. I see my competitors, looking scared, knowing they don't have the red dots I have. And then I see an explosion of energy when I hit the water and an unharnessed surge for the finish. Wow, what a great feeling awaits a) the winner, b) me, c) all of the above. Now, at race time I am in familiar territory. I have learned my lines. I can shut down mental functions if doubts surface--I just replay my video slo-mo. Each race becomes another opportunity to realize my fantasies. A setback in one makes my determination greater for the next one. With each one I become more comfortable balancing on the "edge". A word of warning in conclusion here: Once one finds a successful routine, that "thrill of victory" is addictive!

* * *

To err is human, and to blame it on somebody else is even more human.

* * *

Forgive your enemies - but remember their names.

* * *

One of the first signs of bureaucracy is when the first person to answer the phone can't help you.

The Cutting Edge By Dr. BOB HOPPER

Learning by doing, swimming by thinking

Have you ever told a swimmer to make a change in his stroke, and 10 minutes later found him back to his old tricks? If your answer is yes, this column will describe an alternative method for coaching your swimmer. A recent experience changed my coaching methods dramatically, and I would like to share that event with you.

During a workout, I asked my Masters team to maintain a constant pace on a set of ten 50s, and also to use two fewer arm strokes on each length. Immediately after the set I got the swimmers from two lanes together, and sent the other three lanes off on another set. I asked the two lanes what they had done to accomplish the task I had given them. I received a variety of responses such as "I pushed off harder," "I kicked harder," "I glided more in front," "I emphasized the sculling motions," "I streamlined," and "I couldn't do it."

I then asked them questions like, "In your opinions, which are the most effective ways of accomplishing the task," "How did these methods feel," or, "Can you summarize what we have discussed?" After the five-minute talk, they rejoined the workout, and I repeated the process with another group of people.

The best thing about this process was that both the swimmers and I had fun. They also gained insight into how they could modify their own swimming to get increased distance per stroke.

During that set they concentrated on how to maintain pace using fewer strokes. They had to process the data and come up with a solution. Basically,

Experiential coaching teaches swimmers to think for themselves — and it's fun, too

I had encouraged them to actually "think" rather than do what I told them to do. I could have easily asked them to practice each of these tasks; but I suggest it's more successful to let them discover and experience it for themselves.

I call this group processing type of learning "experiential coaching," and it is derived from my work in teaching adults about stress management, exercise prescription and weight control. If I were to simply lecture to my classes on what to do, they would politely listen, but no "lights" would turn on in their heads. If they actually experienced the concepts I want to teach them, the

entire room would shine. There is a large movement in education for this experiential type of learning. "Experiential coaching" is just an extension of this concept into the swimming pool.

Here are some guidelines on how to use experiential coaching:

1) Decide on the specific concept you want to teach the swimmer(s) (e.g., how to increase distance per stroke). It is often best to have a small group of swimmers, perhaps one lane.

2) Devise a drill, a problem, a game or some process for them to do (e.g., swim 10 x 50 and try to decrease the number of arm strokes by two).

3) After the set, take three to five minutes to discuss what happened. Ask for each swimmer's input and be positive in responding to what they say. If it is wrong, you can say, "Billy, that's a good observation, but it may not be entirely correct . . ."

4) After all swimmers have had input, encourage them to make further comments and generalizations about what they have learned (e.g., which were the most effective methods for accomplishing the task?).

5) Have them summarize what they discovered. Your role here is simply to clarify. Resist the temptation to offer your independent input. If they missed a major point, let it go. Maybe next time they will discover that missed point.

6) Don't be afraid to use the method with younger children. Experiential learning was originally developed for primary-school-age children. You just need to develop smaller and easier tasks than those used for adults.

Experiential coaching accomplishes three important things for swimmers:

- 1) it helps them develop a feel for the water;
- 2) it requires them to experiment and try different things; and
- 3) it allows and encourages them to incorporate new ideas learned in these experiments into their strokes.

There are two major benefits of this type of learning: first, you are encouraging the swimmers to "think" and figure out solutions for themselves; and second, it's lots of fun for everyone involved.

If you would like to know more about this style of coaching, please write me at SWIMMING TECHNIQUE, P.O. Box 45497, Los Angeles, Calif. 90045.

"TAKE YOUR MARK"

by Brian S. Frid

This starter's command becomes most important this year as the 'One False Start' rule becomes one of our Masters Swimming Rules. The technical rule states that "...when all swimmers are motionless in (the) starting position, (the starter) gives starting signal. If, in his opinion, a false start has been committed, the starter shall give a signal to recall the swimmers. With the concurrence of the Deck Referee, the false start shall be called on the individual(s). Any swimmer who commits or causes a false start shall be disqualified and shall not be permitted to swim the event." This rule is applied in both long course and short course competition. There are important considerations involved in the interpretation of this rule and its practical application. First of all, a starter may give "relief to" (i.e. not charge) any swimmer. Secondly, an assigned Deck Referee must concur before a disqualification may be charged. This rule has had a significant impact on two areas of competition in USS swimming. The length of meets has been cut considerable and as swimmers have become accustomed to the rule, there are very few false starts. Further, times are continuing to get faster, swimmers are not complaining about the rule (nor are coaches), and it is my own personal opinion that starts may become faster as the swimmers concentrate on the start signal and their own start, rather than being possibly distracted by other swimmers on the blocks.

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Swimming News

PHYSIOLOGICAL CHARACTERISTICS OF WOMEN MASTERS SWIMMERS - Submitted by Gail M. Dummer, Michigan State University. From 1970-1981, my colleagues and I conducted a study of the physiological and psychological characteristics of female masters swimmers. Our subjects were 92 female swimmers aged 24-72 from MD, VA, DE, NJ, PA and DC. Each subject completed a series of tests including (a) an exercise tolerance test, (b) blood glucose levels during exercise, (c) muscular strength and muscular endurance measurements, (d) flexibility assessments, (e) body composition tests, (f) respiratory measurements, (g) question-questionnaire concerning competitive swimming background. Our findings are now beginning to appear in print in professional journals. The articles now published or in press include: 1) Physiological Characteristics of Female Masters Swimmers. The Physician and Sportsmedicine, 9, 75-78. 2) Body Composition and Physiological Responses of Masters Female Swimmers 20-70 Years of Age. Research Quarterly for Exercise and Sport, 55, 278-284. 3) Age-Related Differences in Muscular Strength and Muscular Endurance Among Female Masters Swimmers. Research Quarterly for Exercise and Sport. 4) Muscular Strength and Flexibility of Two Female Masters Swimmers in the Eighth Decade of Life. The Journal of Orthopaedic and Sports Physical Therapy. If you are interes-

ted in our findings, you should be able to locate these journals in university of medical libraries. ATTENTION LMSC CHAIRMEN - FROM USMS REGISTRAR - Your registrars should have received the first quarter report by now. Please contact them if you have not received your copy. The following associations have not paid their 1985 Registration Fees nor sent in their list of officers: ALASKA, CENTRAL, FLORIDA (pd, but no list), GEORGIA, INDIANA, IOWA, MISSOURI VALLEY (pd, but no list), NEW JERSEY (pd, but no list), NORTH DAKOTA, PACIFIC (pd, but no list), POTOMAC VALLEY (pd, but no list), SAN DIEGO - IMPERIAL, SOUTH TEXAS, SOUTHEASTERN, SPA, SOUTHWESTERN (pd, but no list), if not paid promptly, meets from these association may not be considered eligible for Top Ten!!!.....

LONG COURSE ERRATA (TOP TEN LIST)

40-44	200 fly W add Ida Hlavacek	4:01.81
70-74	100 Brs W change Hildabuel to	2:26.81
60-64	100 Bac W change Williams to	1:39.83
60-64	200 Fre M delete Cick Collins	2:27.24
50-54	200 fly M add Herb Kern	3:29.06
80-84	200 IM M add Thomas Cureton	5:23.90
55-59	200 IM W change Krauser to	3:34.14
60-64	400 FR M add James Edwards	6:02.86
40-44	200 FR W change Decker to	2:59.75

SHORT COURSE ERRATA (TOP TEN LIST)

50-59	50 BA M B. Johnson new record	30.34
70-74	1650 FR M K. Lemmon	25:04.60
70-74	50 FL M K. Lemmon	34.80
35-39	200 FR W M. Brems	2:06.74
40-44	1650 FR W delete Judy Weir	
45-49	400 IM W Adrienne Pipes	6:41.55
"	" W delete R. Kamphausen	
55-59	100 FL W C. Derr	1:39.50
65-69	100 FR W A. Etienne	1:29.70
60-64	50 BR W record belongs to B. Christian	
75-79	200 FL W E Somers	8:05.60
"	200 BK W E Somers	5:59.61

OMMISSIONS FROM YMCA NATIONALS

25-29	1650 FR W Cindy Collins	18:59.08
"	" W Sarah Eicher	19:16.46
30-34	200 BA W Pam Vanderberg	2:32.48
40-44	100 BR W Barb Whitner	1:22.43
"	200 BR W Barb Creher	3:03.09
50-54	1650 FR W Phillis Wilson	26:40.45
60-64	100 BA W Jeanne Merryman	1:32.36
65-69	100 BA W Vi MacDonald	1:51.24
25-29	John Tudor (50 FR 21.15, 100 FR 46.60, 200 FR 1:47.25, 50 FL 23.27, 100 FL 53.25, 100 IM 53.29)	
"	1650 FR M Michael Grimmer	17:49.40
"	Robert Dixon (50 BA 26.25, 100 BA 57.45)	
30-34	Jay Magee (50 BR 28.82, 100 BR 1:03.81)	
"	200 BA M Robert Thomas	2:02.31
35-39	50 BA M Matt Powers	27.82
"	50 FL M Dennis Ryan	25.54
40-44	100 BR M Terry Gernstein	1:08.44
"	200 FL M Tom Spear	2:17.63
45-49	R. Johnston (50 BR 31.86, 200 BR 2:42.04)	
"	50 BA M Jerry Dolbey	28.31
"	100 IM M Frank McKenny	1:05.49

SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

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JANUARY 1985

JAN	ONE HOUR SWIM - DC Masters - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
19	SC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
19	SC Relays - Gary Carter, 12 Liliun Court, The Woodlands, TX 77380
19-20	SC - Jim Bell, Philosophy Dept., CPR-259, U of So. Florida, Tampa, FL 33620
19-20	SC - Scott Rabalais, Gym Armory, Room 28, LSU, Baton Rouge, LA 70803
20	SC - Sue Collins, Ohio Wesleyan U., Delaware, OH 43015
20	SC - Alfonso Allen, DC Dept. of Rec., 9812 Muirfield, Upper Marlboro, MD 20870
25-27	SC - John Kanevey, 15528 E. Hampden Cir., Aurora, CO 80013
FEB	2-3 SC - Kris Wingenroth, 5310 Greenbriar #8, Houston, TX 77005
8-10	SC - Mardi Gras Inv. - Sports Club Piranhas, Box 1083, Kenner, LA 70063
9	SC - Ed Levy, 7979 Symphony Dr., Cincinnati, OH 45242
9	SC - Bill Parks, 420 E. 57th #31, Loveland, CO 80537
16	SC - Andy Knapp, 1020 Timberidge Rd., Harrah, OK 73045
16	1500 M - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212
16-17	SC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
16-17	SC - Joe Biondi, 216 Elizabeth St., Clearwater, FL 33519
23	SC - Ed Hunter, 423 Flemridge Ct., Cincinnati, OH 45231
23-24	SC - Barbara Protzman, 22 Walden Mill Way, Baltimore, MD 21228
23-24	SC - Colin Light, 1920 Webster Dr., Plano, TX 75075
23-24	SC - Chris Carey, 6421 Crestview, Orlando, FL 32810
24	SC - Ingrid Stine, 4119 N. Pittsburg, Chicago, IL 60634
MAR	9 SC - Jim Montgomery, P.O. Box 821002, Dallas, TX 75382
9-10	SC - Skippy Mattson, %Dynamo Swim Ctr., 3119 Shallowford Rd., Chamblee, GA 30341
10	Clinic & Meet - Michael Meyers, 123 Hoover Lane, McMurray, PA 15317
10	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
16	SC - Dr. Jan C. Huneke, 1158 Asbury Rd., Cincinnati, OH 45230
16	SC - Emmet Hines, 3855 Holman, Houston, TX 77004
16	SC - Dottie Whitcomb, 1981 Villafane Dr., Pensacola, FL 32503
16-17	SC - Ann Degnan, Rec Dept, Town Hall, Plainville, CT 06062
17	SC - DCM - Dave McAfee, 510 E. Broad St., Falls Church, VA 22046
23	SC - Jim Malley, 1805 S. Shields #G7, Ft. Collins, CO 80526
23-24	SC - Region 8 - Karen Barnes, 12317 Teakwood Rd., Edmond, OK 73034
29-31	SC - Southern Regionals - St. Petersburg, FL
29-31	SC - Harry Rawstrom, Carpenter Sports Bldg., U of Delaware, Newark, DE 19711
30	SC - Joanita Reed, Rt. 20, Box 208 KK, San Antonio, TX 78218
MAY	9-12 USMS NATIONAL SC CHAMPIONSHIPS - Brown Deer, WI - Pam Mai, N47 W5450 Spring Ct., Cedarburg, WI 53021
17-20	Canadian Championships 25 M SC - Paul Boulding, 869 Hector Ave., Winnipeg, Manitoba, Canada R3M 2E7
25	SC - Jeroen Kok, 2201 NW 122nd #2609, OKC, OK 73120
AUG	8-14 Masters Games, Ruby Richmond, Box 1985 Station P, Toronto, Canada M5S 2Y7
17-20	USMS NATIONAL LC CHAMPIONSHIPS - Brown University, Providence, RI Anne Page, 399 Summer Ave., Reading, MA 01867
WISCONSIN MASTERS	- Feb 2, Feb 17, Mar 9, Mar 23, Champ Apr 12-14 John Bauman, 9717 Saratoga Dr., Milwaukee, WI 53108

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