

# WAVE MAKER

NO. \_\_\_\_\_

January, 1982

## SHORT COURSE NATIONALS, WOODLANDS, TEXAS, MAY 21-24

Rooms at the Woodlands Inn (next to the pool) are nearly sold out. DCM has two rooms left. All rooms have two double beds, so single/double just refers to the occupancy, not the number of beds. If you want a room, please call Art Smith (633-4397 days, 759-2211 evenings and weekends). Rates are \$50 single, \$60 double.

Other sites--Marriott Greenspoint (800) 228-9290

\$50/day + tax, single, double, triple or quad

Holiday Inn North (800) 238-8000

\$57/day + tax, double

Holiday Inn Conroe (800) 238-8000

\$52/day + tax, double

If you have not sent to Art your deposit of one night's rent, you do not have a confirmed reservation. If you are not staying with us at Woodlands, please make your own reservation using the toll free numbers above.

### Order of Events

Friday, May 21: 200 Back, 100 Br, 50 Free, 200 Fly, 100 IM,  
200 Medley Relay, 500 Free

(Yes! Note that National Masters approved the DCM suggestion that the 500 free be held after the relay instead of before. This will save many a 3 or 4 hour wait.)

Saturday, May 22: 200 Br, 100 Fly, 50 Back, 100 Free, 200 IM,  
200 Free Relay, 200 Mixed Medley Relay

Sunday, May 23: 200 Free, 50 Br, 100 Back, 50 Fly, 400 IM,  
200 Mixed Free Relay

Monday, May 24: 1650 Free

### Car Rentals

We have arranged a special deal with AVIS. They will give us their weekend rates earlier than the normal time (after noon on Friday). We can pick up our cars any time Thursday and pay just \$16.95 per day, unlimited milage. The weekend rate ends at Noon on Monday. If you are swimming the 1650 and will be in a later heat, and you want a car through AVIS, please call Art Smith and he will try to arrange for delayed return without penalties.

In February or March we will send further info on reservation numbers to call to reserve your car.

## YOU CAN TEACH OLD FISH NEW TRICKS

This is a new column to recognize our team's many swimmers who are improving greatly but who may not be ready (and some of us may never be ready) for Top Ten or national recognition. Their progress is an excellent measure of the success of our team and can also serve to inspire some of us not-so-improving swimmers. Since these improvements are based on personal standards, however, the accomplishments listed here will necessarily exclude some worthy swims. You can rectify omissions by telling Jill Hoover of your accomplishments or "informing" on your friends.

Diddo Clark took 2 minutes and 10 seconds off her last year's 1650 time for an excellent 23:16. She credits John Flanagan's work-outs and Kelley Lemmon's inspiration for her improvement. She has also taken 5 seconds off her 100 free time (1:05) and 7 seconds off her 200 free time (2:31) already this year.

Jean Gentry improved her 100 free time by 5 seconds (1:28) and also did not get disqualified in the novice breaststroke event.

Betty Griffin bettered her 1650 time by 1 minute and 52 seconds over last year's time. She vows to catch Dave McAfee, a fellow Tuckahoe swimmer. At the D.C. Rec meet she took 17 seconds off her 500 free time (8:55.66).

Our newlywed couple, Kim and Bob Hansen, are also swimming well. Bob had an excellent 2:02 in the 200 fly and a personal best time in the 100 breaststroke (1:05.2). Kim took .5 seconds off her best 50 free time for a swift 26.35.

Mathilde Huber, who took her first swimming lesson only three years ago, continues to improve her times, improving in the 200 breaststroke by 20 seconds.

Mimi Lee had a lifetime best swim of 27:26 at the 1650 meet. She attributes her improvement to Bill Bullough's emphasizing squeezing the ears on push-offs and switching to open turns. Over 8 years, she has improved her time by 13 minutes. Also, congratulations for lowering the national record for the 50 breaststroke by 1.5 secs.

Joanne Leilich, a new member of the team, is rapidly improving her times. She took 3 seconds off her 100 breaststroke time and is only about 2 seconds from the national record.

Kelley Lemmon keeps on improving. His D.C. Rec 500 swim was 17 seconds faster than his previous best (7:02).

Dolly McClary, returning to competition after a year's absence, improved both her 200 I.M. and 200 backstroke time by 6 seconds. She also took 8 seconds off her 100 free time (1:14).

Frank Miller took three seconds off his 50 free time.

Bob Monsheimer went under 27.00 for the first time in the 50 fly (26.77).

## SUMMER COACHING JOB AVAILABLE

Adelphi Pool, Md. "A" Division Team. Excellent Pay. Contact Lee Ryan if interested. (301) 431-1340.

## TOP TEN RELAYS

A new national rule limits Top Ten recognition to relays swum at regional or national meets. Some age groups may want to organize teams for Maryland Master's Regional meet in February.

HOW TO DO THE 200 YARD BUTTERFLY (Ray Chen)

I recently did the 200 fly for the first time, so I can write this article with great authority.

The 200 yd fly is something like running a marathon. They talk of "hitting the wall" in marathoning after running 20 of the 26 miles. This is the moment when your body has used up its supply of glycogen. In the 200 yd fly, you feel that you have "hit the wall" at about 37 yards. The glycogen you have stored up by carbohydrate loading for 3 weeks is finally gone, and the body now turns to alternative sources of energy. This will include the leftover turkey sandwich and beer from last night, as well as the wine and Polish sausage you had for breakfast.

After the first 50 yards, you look to see if your counter is still there. The secret of the second 50 yards is to take a deep breath and a very long glide after pushing off. I noticed some people gliding to the center of the pool without taking a stroke, but they sometimes black out. You really should attempt to stroke before the body stops, because then the legs sink, and you could be left standing in your lane. With practice, you should be able to do one length of the pool with no more than 3 strokes.

Of course, leg action is very important in the 200 yard fly, especially since the arms stop working altogether after a while. Luckily, in Masters swimming, you do not have to do the dolphin kick, which was invented, of course, by some sea creatures and not suited for use by primates. The frog kick, or an alternate butt-and-frog kick is highly recommended.

After the first 100 yards, your counter yells "Fore!" which is a signal to get the hell out of there, because he is practicing his golf swing. The third 50 yards should be a time for relaxation, since you want to save yourself for a final sprint. Some people, in fact, plan their race so as to start off easily, slow down in the middle, and quit when the going gets tough. Actually, you should remember that you should save something for the 1650, which follows the 200 fly in about 4 minutes. You want to save something for the 1650, or else you will go so slow as to ruin everybody's chance of seeing the Sunday football games on educational TV.

At the end of 150 yds, try to convince the timer that you have actually done 8 lengths. Your counter has probably left for the day, and sometimes this will work, especially since so much time has elapsed.

In the last 50 yards, because of the increased weight of the arms, you may find yourself swimming backwards. If this occurs, turn around and remember to reverse your kick as well. Alternatively, to get the arms out of the water, I find that an exaggerated bobbing motion of the trunk is helpful. One achieves this motion by driving the frog kick while pointing the head down. When the body starts upward, pretend you are drowning and reach for the life preserver ahead with both arms. This usually works, because you may actually be drowning.

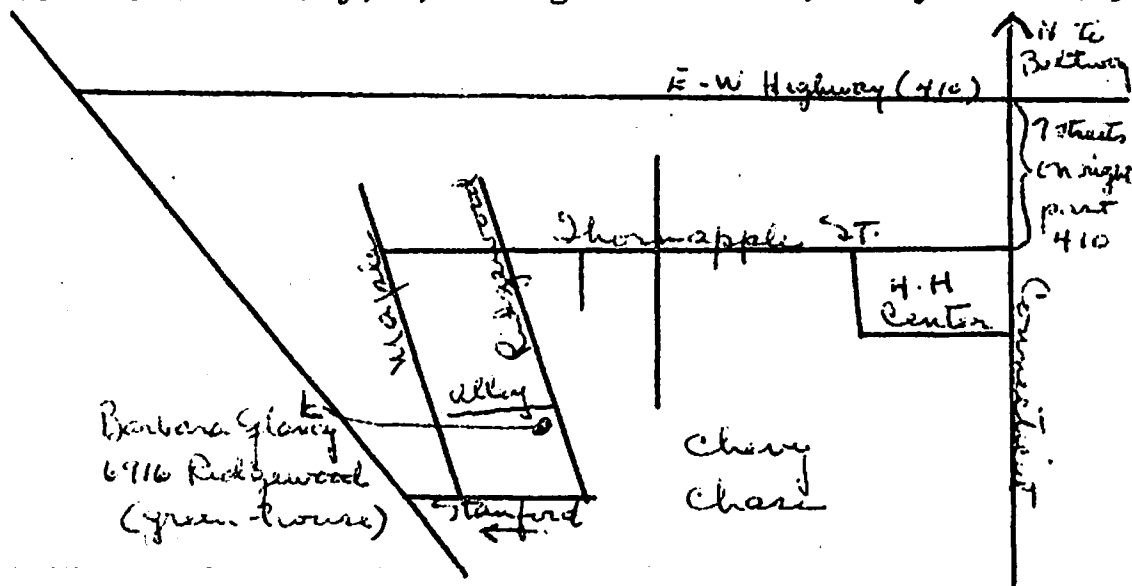
For the final 25 yards, I would recommend forgetting about appearances. Hitherto, you have been using good form, so as to be a good influence on some of the younger swimmers in the audience. However, if oxygen is a factor, I would simply discard all that you have learned. Push the frog kick harder, and shorten your stroke. If you get the elbows out of the water, you can often influence the stroke-and-turn judge to think you got the whole arm out. Try to breathe only when the head is out of the water. Concentrate on the applause which is going to greet you when you finish, especially because of the people who have been waiting so long for the next heat.

The best part of finishing the 200 fly is that there are seldom more than 2 other weird people in your age group who entered, and so you wind up with a medal.

\*\*\*\*\*POTLUCK SUPPER--SATURDAY, FEBRUARY 20\*\*\*\*\*

We have rescheduled our potluck supper at Barbara Glancy's house for Saturday, February 20 at 6:00. Before we eat, we will have a short team meeting to discuss future team activities. Please call Jill Hoover (522-3027) by Friday, February 19 and tell her what dish you would like to bring (Categories: meat dish, vegetable dish or salad, dessert). We need to hear from you so that we do not end up with a roomful of cakes or too little beer; also, we need to know whom to call in case bad weather strikes again. Hope you can make it.

Address: Barbara Glancy, 6916 Ridgewood Avenue, Chevy Chase (652-9519)



1981 - 1982 REGION II SHORT COURSE MASTERS SWIMMING SCHEDULE

Please send a self-addressed stamped envelope when requesting meet announcements.

|               |  |   |
|---------------|--|---|
| Feb. 27-28    | Region II Short Course Champs. Barb Bowman 22 Walden Mill Maryland Masters, Baltimore MD | Way, Catonsville Md 21228   |
| Mar. 13-14    | DC Masters Spring Meet White Oak/Colesville Pool Silver Spring, Md                       | Dave McAfee, 510 E. Broad Falls Church, Va. 22046                               |
| Mar. 27       | Maryland Masters 1650 Meet   | Barb Bowman (see above)   |
| Mar. 21       | Upper Main Line YMCA Berwyn, Pa.   | John Sallade, Aquatic Dir. Upper Main Line YMCA 1416 Paoli Rd., Berwyn Pa 19312 |
| Apr. 3-4      | University of Delaware Newark, DE  | Art Mayer, 1024 Elkton Rd Newark, DE  |
| Apr. 10 or 11 | DC Masters Pentathlon Piney Branch Pool, Takoma Park, MD                                 | Dave McAfee (see above)   |
| May 1-2       | NC Championships   | Neal Craven, 5014 Bennington Dr. Greensboro NC 27410                            |
| May 21-24     | USMS Short Course Nationals Houston TX   | Tom Boak, The Woodlands, TX   |

### VOLUNTEER RECOGNITION

All Participants at the Bowie and 1650 meets. You did a great job timing, officiating, lap counting, etc. Special thanks to Matt and Lorretta Flanagan, Eileen McAfee, Mary Lemmon, Helena Machado and several swimmers' sons, who put in long hours without even swimming.

Terry Gernstein and Art Smith for running the 1650 meet. Special assist to John Flanagan for preparing the facilities.

The White Oak Swim Group and especially Gail Dummer and Betty Hare for their work and future work in running our March meet.

Helena Machado, Charles Moyer, and Dave McAfee--our representatives to the Potomac Valley Swim Committee.

Helena Machado and the Skyline Group for providing an excellent facility, encouragement and refreshment for those brave enough to tackle the one-hour swim.

Travel agent Art Smith for his foresight and negotiating abilities. Marge and Frank Miller, Dave and Eileen McAfee for sending out the hour swim entry forms.

### SOCIAL EVENT--MARCH 13

We will have a post-meet party on Saturday, March 13, at a location near the White Oak pool. More information in the next Wavemaker.

### PROPOSALS TO CHANGE 1983 USMS RULES

The Potomac Valley Masters Swim Committee will meet on March 2 to consider proposed changes, additions, or deletions to the 1983 masters swimming rules. PVMSC will forward approved proposals to the USMS Rules Committee. You may suggest changes, together with a rationale for the change, in writing, to one of the club delegates to PVMSC (Helena Machado, Dave McAfee, Charles Moyer) or to the PVMSC Chairman (Gail Dummer) before March 2. Among proposals to be considered are establishing National Top Ten Consideration times and eliminating the long course start rule.

Miscellany

(Ray Chen)

Did you know that Betty Brey's son Mike transferred to George Washington University and is the star point guard on the basketball team? He recently played 34 minutes in the loss to Georgetown and scored 7 points, at the Capitol Center.

The studies on our team's Pita Shephard & Elsa Mattila, which were conducted at the University of Maryland by Dr. Gail Dummer and co-workers have been published (The Physician and Sportsmedicine 9, 75-78, 1981). The authors of the report are P. Vaccaro, G.M. Dummer, and D.H. Clarke. It was found that there were great differences in several parameters between our swimmers and average women of that age. Probably the most significant parameter is the maximum oxygen uptake rate, or  $\dot{V}_{O_2}$  max. The average value for this age group is 19.1, while Rita's was 38.7 and Elsa's was 36.42. (Values are in ml.kg<sup>-1</sup>.min<sup>-1</sup>.) These values are actually higher than the average values of nonathletic women who are 20 years old, who usually have rates of about 30. Since Rita and Elsa were 71 and 70 years old at the time of the study, this means that they are functioning at a high level, similar to what you would expect from someone much, much younger. The authors also found that the amount of body fat was much less than that in people of that age who did not exercise. It was concluded that "regular physical training may delay the accumulation of excess fat that accompanies inactivity during aging and may also offset the age-related decline in aerobic power."

### THE SKYLINE RACQUET AND HEALTH CLUB

The Skyline Racquet and Health Club has had a Masters group since the beginning of 1979. After attempting to create our own team, and failing, we decided to join the D.C. Masters; and we are very happy with our decision.

Our management has agreed to help by allowing us to open our practices to other D.C. Masters members--for a maximum of two visits. At this time consider yourselves invited to join us. You need only to call ahead so that arrangements can be made, and you may have to show proof of being a D.C. registered swimmer. Our practices are on Tuesday and Thursday at 8:30 P.M. and Saturday at 8:30 A.M. Call Helena Machado at 820-4100.

We also wish to invite everyone to our anniversary party in February--and we have other things in store as well, such as clinics, relays and workshops. Presently, we think that joining the D.C. Masters was a wise decision, and we are looking forward to becoming a more integral part of the team by helping with meet organization, timing at meets and especially participating in the social events. If you are wondering who the Skyline group is, just look for the noisiest group at the next meet!

### PROFILE OF D. C. MASTERS

The following D.C. Masters are some of the members who work out at Skyline:

#### Helena Machado (20-24) Coach

Helena works full-time at the Skyline Health and Racquet Club as the Aquatic Director, after beginning as a life guard four years ago. In addition, she is a full-time student at George Mason U. where she has three more semesters to complete her psychology degree. A Portuguese citizen, Helena's home was the Azores before moving to Massachusetts in 1976. She began her competitive swimming career at 5 in an ocean pool--her island's only pool, which was limited to 6 months use a year. Another disadvantage of this pool was that the team had no way to measure themselves against standard times. She began as a breastroker, later became a long-distance freestyler, and in high school in Mass., after overcoming her aversion to chlorinated pools, improved her butterfly and became an I.M. swimmer. A back injury had kept her out of competition after that so she waited until she turned 20 for Masters competition and is now getting back into shape. She began the Skyline team in 1979 and learned about Masters through one of John Flanagan's age group swimmers. Her career goal is to earn a Ph.D. in clinical psychology and then to return to the Azores to practice (where they do not have psychologists) and to do cross-cultural research. Also, she wants to build better swimming facilities and start a swim club.

#### Janet Easley (25-29)

Janet began competing in swimming in Pearl Harbor and California. Later, she swam long-distance freestyle and butterfly for the University of New Mexico, where she earned a B.B.A. in Finance. After thinking about Masters swimming for one and one-half years, she recently joined the team. Her goal presently is to attend work-outs. Since graduating from college, she has worked as a money controller for the Federal Home Loan Bank Board and now works as a Research Analyst for an Economic Banking Firm. She is applying to M.B.A. programs to pursue her interest in finance, and in particular, changes in the money markets. Her other activities include skiing, sewing and politics.