



WAVE MAKER

February, 1983

SHORT COURSE NATIONAL CHAMPIONSHIP, FT. LAUDERDALE, MAY 28-31, 1983

We would like to take a team of at least 50 swimmers to Ft. Lauderdale, and repeat the victories of 1974 and 1975. Entry forms, individual and relays, have been ordered so no one will have to send for their own. To obtain a form simply phone Dave McAfee, 532-7775. Room reservations have been confirmed at the Holiday Inn, one block from the pool. All rooms have two double beds - rates are \$35 per night, regardless of number of occupants (1,2,3,4). To reserve a room send a deposit (\$35 check payable to DC Masters) to

Arthur Smith
337 Chesapeake Dr.
Great Falls, Va. 22066

List the occupants names, arrival and departure dates. (note that Nationals start Saturday morning May 28. The 1650 will be on Tuesday May 31).

Twenty rooms have already been reserved - only a few left, so don't procrastinate.

Betty Brey, former Olympic swimmer and past President of DC Masters is organizing a Masters workout program at Montgomery College pool in Rockville. Workout will be held Mondays and Wednesdays 7-8 PM over the period April 4 - May 25.

Tom Ugast who has coached at American U., Kenwood Country Club and is Assistant Coach of the Curl Swim Teams will plan and supervise the workouts. This is an excellent chance to get into shape for the Nationals - although any DC Master swimmer will be welcome on a space available basis.

Cost: If we can get 20 swimmers at \$32, we will cover the pool rental and be able to pay the coach \$15 an hour. This would amount to a very reasonable \$2 per session. With fewer than 20 people the fee would have to be more. If you want more information please phone Betty Brey, 881-4534, or draft a \$32 check payable to DC Masters and mail to

Betty Brey
6928 Race Horse Lane
Rockville, Md. 20852

UP-COMING SWIM MEETS

- Feb. 26-27 Maryland Masters-Baltimore U.M.-Tom Livickas,
9 Mallow Hill Rd., Baltimore, Md. 21229
- Mar. 12 DC Masters-Starlit
- Mar. 19 Maryland Masters-1650-Marge Ramanouska, 6441 Lennert St
Baltimore, Md. 21207
- Mar. 20 Middle Atlantic Masters-Berwyn, Pa. YMCA-John Merryman,
325 Abbey Road, Berwyn, Pa. 19312
- Mar. 25-27 Region II-U. of Delaware-Harry Rawstrom, 713 Colgate La.
Newark, Delaware 19711

Apr. 10 DC Masters-Pentathlon-Jewish Community Center
Apr. 17 Hawaiian Relays
Apr. 23-24 York YMCA Aquatic Club-Cal Schaeffer, 90 N.Newberry St.
York, Pa. 17401
May 28-31 USMS Short Course National Championships
Ft. Lauderdale, Florida
June 10,000 Meter Swim-Postal
Aug. 25-28 USMS Long Course National Championships
Indianapolis, Ind.

DC MASTERS SWIM TEAM CLUB OFFICERS FOR 1983

President- Sandy Gideonse
Past Pres.- Jill Hoover
Vice President-Diddo Clark
Secretary- Eileen McAfee
Treasurer- Dave McAfee

DIDDO CLARK

Our new VP swam on various age-group teams until she was 12 years old. When she was a teenager, her family drove to Mexico every Christmas where she swam breast stroke to an island two miles off Mazatlan. At age 18 her knees were badly injured in a car crash and for the following 13 years breast stroke kicking was impossible. In 1981 she bought a mini-trampoline, and after two months of jumping her knees were cured. She joined DC Masters in 1981 and met Kelley Lemon. Says Diddo, "Kelley taught me to think about swimming. Now I'm more serious about it and injoying it more". How serious? In 1982 she swam from Alcatraz island to San Francisco and then around Manhattan Island!

WEDDING BELLS

Lisa Bennett married Ray Tubergen, a fellow FBI employee on November 20. They now live in Burke, Va. Lisa says she is working hard on breaststroke to beat Terry Gernstein who aged up to 40 on Nov. 17.

Kulla Morgan and Leroy Lawson were married December 30 and are now living in Arlington. Morgan is a transfer from Tamalpais Aquatic Masters team from Marin County, California. She is employed by the State Department, in training for an over-seas assignment, probably Africa. We're hoping Morgan and Leroy can stay in the USA long enough to get to the Nationals in Ft. Lauderdale.

By the time you read this Christine Ruppert will be Mrs. Tom Prosch. Their wedding date is February 5. We understand Tom is a non-swimmer.

DC MASTERS MEMBERSHIP LIST AS OF 2/1/83

Included in this issue of WaveMaker is the 1983 membership list. The list provides addresses, telephone numbers and dates of birth. This latter information will facilitate the organization of relay teams. Some 65 members on the 1982 list have failed to renew. Membership as of 2/1/83 stands at 114, including 12 new members.

DUAL MEET, FAIRFAX MASTERS VS DC MASTERS

Approximately 80 master swimmers participated in a dual team meet at Lee District Park pool in Alexandria, Va. on Sat. January 22. Unlike regular Masters meets this contest was "handicapped". Actual

time for each swimmer was "adjusted". For example, a swimmer age 20-24 had "0" handicapped but one 65 years or over had 19 seconds subtracted from his actual time for 50 yds. Handicaps varied by age group and by distance of event.

Points were awarded (5,3,2,1) for first thru fourth place in individual events. First place relay teams earned 7 points.

Final team scores: DC Masters 186, Fairfax Masters 142.

ALL-AMERICAN MASTERS SWIM TEAM 1982

The following DC Masters swimmers achieved All-American status by virtue of placing first in one or more Top-Ten events during 1982.

Christine Ruppert

David Hershey

Joann Leilich

George Worthington

Mimi Lee

Kelley Lemmon

Nancy Fessell

HAWAIIAN RELAYS 1983

Last year the DC Masters placed second in this National Postal event with 323 points. New England Masters were first with 493 points.

DC Masters placed first in 13 events and the 65+ ladies broke 3 records. Tentative plans for this year are being made. We will try to get the Tuckahoe pool on Sunday, April 17. Jill Hoover will serve as "prime mover". We will need captains, men and women, for each age group who will be responsible for recruiting swimmers for each of seven relay events. More details in next issue of WaveMaker

NEW MEMBERS

Several new members of DC Masters have begun working out at Fun & Fitness. One, Elaine Hochuli (pronounced Hock'-you-lee) joins DC Masters from the Metro Masters of New York City. A native New Yorker, she was born on Staten Island, earned her BA in recreation from Herbert Lehman College and her MA in recreation administration from NYU. On moving down here at the beginning of the year, she left her job as Coordinator of Programs for the Disabled at a NY State Park in the Bronx to take the position of Aquatic Director at the JCC in Rockville. Besides being a National Masters champion, Elaine's swimming career includes high school, YMCA, AAU and collegiate competition. She also competes in synchronized swimming. Her goals for the season include 1:00 for the 100 fly, 2:15 for the 200 fly, and 5:00 for the 400 IM. When she's not swimming or working, she plans to enjoy exploring the city.

Jill Hoover

TRAINING ADVICE FOR MASTERS SWIMMERS FROM DR. JAMES E. COUNSILMAN

How to train for postal events: I recommend a combination of over-distance swimming and interval training when preparing for races around one mile or longer. If you train three days a week, emphasize longer repeat swims such as 4x500-yard (meter) swims or 3x800 or 10x200 swims, allowing a half minute to a full minute of rest between each effort. On the other two days, continuous swimming--or swimming for 45 minutes and then kicking for 15 minutes straight--should be done.

To train for a 10K swim (6.2 miles), you should emphasize longer continuous swims at least once a week in order to develop the endurance and confidence needed. Two or three three-hour swims should be made during the two or three months preceding the 10K event. There are as many ways to train for the longer races as there are competitors. You must discover the type of training that suits you.

However, it MUST involve a lot of endurance work. That means you must be prepared to spend more time in the water than if you were training for regular Masters competition events.

Strength programs and the aging effect: Any time you start a strength program, times in the pool will deteriorate. The additional stress on the muscles tires them and causes them to (more or less) break down. That is, the muscles are attempting to adapt both to the strength work out of the pool and the endurance work in the pool.

I always explain this to my swimmers when we start our strength program. We time them for a couple of all-out 50 time trials each week. Their times are fastest on the first 50 they swim in September. They get slower for two or three months as their bodies adjust to the strength program. Finally, early in November, they begin approaching their September times and by the end of November they've surpassed them.

Regarding the aging effect and weight lifting: As you get older, you should not use weights as you did when you were younger. Instead of doing exercises at 75 to 80% of maximum and with few repetitions, (5 to 10), try efforts of 50 to 70% of maximum with more reps (10 to 20).

There is a high correlation between scores on strength tests--particularly of the arm depressors--and speed in the water. If you are of average or below average strength, improving your strength, regardless of your age, should have a beneficial effect on swimming times, provided you are doing the correct exercises that are specific to the activity for which you are training.

The above articles were reprinted from SWIM SWIM, P. O. Box 5901, Santa Monica, CA 90405, whose subscription rate is \$12 for 6 issues.