



# WAVE MAKER

July, 1984

## NATIONALS INFORMATION

If you are going to Nationals in Raleigh, North Carolina, please make sure that you complete the following tasks as soon as possible.

1) Send in your entry. Note that entries are DUE IN RALEIGH on JULY 23. They are very strict on this deadline and will make no exceptions. Dave McAfee has the entries and is now back from his world travels.

2) Make reservations for a D. C. Masters room, if desired. Call Eileen McAfee (532-7775) to reserve a room. Send her a check for a nonrefundable first-night deposit. The check should be made out to D. C. Masters for \$38.00. In addition, include the names of your roommates, your arrival date and your departure date. The rooms are at the Ramada Crabtree for \$38 (plus tax) per night.

### 3) Relay participation

Sue Schaffer is handling relay entries for the Nationals. She will 1) complete and submit the official entry form, 2) compute entry times for relays, 3) help settle any disputes about who should swim particular relays by computing various combinations and making recommendations, 4) pick up and fill out relay cards at the meet, 5) pick up and distribute relay awards, and 6) telephone any swimmers you ask her to contact to urge them to attend the meet and swim on your relay.

She will not 1) make final decisions about who swims what and 2) recruit relay members other than those you specifically ask her to call.

YOU MUST: \*Tell Sue you are going by Monday, July 16.  
\*Give her the names of others on your relay (if known).  
\*Give her your actual or estimated 50 meter times.

TO ENTER RELAYS, CALL SUE SCHAFFER AT 536-8699 BETWEEN JULY 7 AND JULY 16. Please call between 8 am and 10 pm. Entries not turned in by 10 pm July 16 will not be on the team entry.

According to the meet director himself, we have an excellent chance of winning a team trophy. We need as many relays as possible to help our cause, so please make sure you call Sue for relays and get your room reserved through Dave. See you in Raleigh!!!!

## START AND TURN CLINIC

A start and turn clinic is being planned for Sunday, July 29. Details are still being worked out. The intended contents of the clinic are the starts for all 4 competitive strokes, turns and relay starts.

If you are interested in attending, please call Karen Sullivan 533-9491 or Frank Murphy (at work only please--553-2864).

## YMCA NATIONALS--BOWLING GREEN, OHIO--PART I

Comments from John Flanagan, Tony Young and Ken Flynn

The "Y" Nationals held in May was a well-run meet in a super facility. The participants stayed in dorms directly across from the pool, which allowed for good rest between events. The meet seems to be a little more low-key than U.S.M.S. Nationals, but the times were very good in most events. For instance, John Flanagan was touched out by .9 in the 1650 and 3rd place was 5 seconds behind him. These times would have been 1-2-3 on last year's Top 10. They also saw the first sub-minute 100 fly by a masters woman. If anyone is interested in attending next year's meet in the New Justis Pool in Orlando, Florida contact Chuck Bechtel to find out which "Y" to associate with.

[Because the meet results are not yet available and every time I tried to get more information about a D. C. Masters swimmer I found out about more of our swimmers who attended, I will write about those that I know about now and finish in the next newsletter. If participants have any comments about the meet or their swims, I would appreciate your sending me a note or calling me, Jill Hoover 522-3027, from 6 to 9 in the evening.]

John Flanagan had a very successful meet. His three first-place finishes in the 500 free(5:13.91), the 200(2:05.63) and 100(56.41) fly established new national Y records. He also took a second in the 1650 with a time of 18:06.42, a 3rd in the 200 free and a 5th in the 50 fly.

Chuck Bechtel won the 50 free in a time of 23.8 and the 100 free in a speedy 53.8. He also won the 200 free and got first place for his 1:03.4 100 IM. The 100 and 50 backstroke events brought him a second and third.

Ken Flynn swam 6 personal best times. He earned three second places, in the 50 and 100 free and the 50 back. He also earned a third and two 4th places. He attributes his success to his first time at shaving down. Although he was very happy with his swimming, he was not so happy with the razor burn three days later. Ken and 28 of his Frederick Y teammates came in 5th.

Tony Young, swimming in the 40-44 age group, won the 1650 in a time of 20.06. He also swam to 2nd places in the 100 and 500 free and got two thirds in fly events. Tony swam for the Silver Spring "Y" and mentions that next year they are hoping to send a large contingent to Nationals.

1500 METERS--ROCKVILLE, MD reported by Mathilde Huber

What else is there to do on a cool, cloudy Sunday morning but to swim 1500 meters, so thought about 50 swimmers on June 24. Although no national records were shattered, several swimmers, including Betty Griffin did their personal best.

Other highlights were Steve Schindel's fixing the switch on the bull horn; a fly being inhaled by one of our swimmers and coffee and doughnuts to keep us warm.

VIRGINIA MASTERS LONG COURSE INVITATIONAL--JUNE 29 to JULY 1  
reported by Elaine Hochuli

The D. C. Masters won the team trophy at the second annual Virginia Masters Long Course Invitational at the Briarwood Country Club in Richmond. Although it was early in the season, Bert Kassell produced 6 best times. Kelley Lemmon had best times in all 3 backstroke events. In addition, Joann Leilich bettered her 200 IM time by improving her fly leg using tips from Sue Schaffer.

Forty-one-year-old Dave Lyons had a best 400 free time, but his 1:00.2 100 free was most impressive. Ann Vollmer Svanson discovered a new strength in the backstroke as she was able to keep pace with Nancy Kirkendall in the 200 and is now enthusiastic for Nationals. Consistent training seems to be paying off for Nancy also as she prepares for Raleigh.

Chuck Bechtel swept all his events and looked good with those 25+ youngsters. As usual, Elaine Hochuli swept the fly events. Her best swim was a 32.3 in the 50 fly.

The older women also looked good. Nancy Clark celebrated her 70th birthday by earning 4 first places. She is on course for Nationals, swimming close to last year's best times. Helen Hummer looked strong in the new 65+ age group, sweeping all events. Her 1500 time of 29:17 could be an inspiration for many of us. Lorraine Murphy was particularly pleased with her 50 breaststroke, a new event for her. Her improvements in stroke technique seem to be paying off in all of her events.

Frank Murphy wins iron man mention for this meet, swimming 8 events, including all the flies, the 200 and 400 IM, and the 400 free. He threw in the 50 backstroke and 50 free for fun. Dick Cheadle swam his first long-course meet in 5 years. Jill Hoover also swam and completed all her races.

The meet was relatively small but well-officiated and run by a very friendly group.

TRIVIA QUIZ: Name three D. C. Master swimmers who were seen at Providence Pool in Falls Church gently caressing a diving brick while swimming on their back.

GIVE UP? Betty Griffin, Mary Ann Treiber, and Tillie Huber. It seems it's all part of the new Red Cross Life Saving course.

## TAPER--PREPARING FOR TOP PERFORMANCES

*by Sue Schaffer*

In a swimming taper we gradually decrease the amount we swim and increase our speed in workouts until we are ready for a stupendous (we hope) performance. Many of us who swim in an organized program do an organized taper before major meets; however, the ideal taper is as individual as the ideal career. Most top coaches of high school and college age swimmers conduct nearly as many tapers as they have swimmers--and often, the swimmers themselves design the taper in conference with the coach.

The central concept of taper is REST. At the beginning of the taper, this means resting longer between repeat swims so as to swim faster on each repeat. By the end of the taper, we rest with relaxed, easy swimming and low yardage.

A second important concept is, KNOW YOURSELF. Only you can decide how much rest and how much quality and sprint swimming you need. Sprinters and distance swimmers taper differently; so do breaststrokers and IM'ers. You may need to experiment with several tapers before you discover the best one for you.

My best meet in my high school and college years was after a 3-week taper, a lousy meet, and a week of vacation during which I played daily in a lake. In a meet at the end of that week I did five best times. Clearly, I need a lot of rest; unfortunately, I have never had the guts to take it. I always worry I'll lose the "feel" of my strokes or experience a similar horror.

For some swimmers, this fear is a reality. Chris Ruppert-Prosch knows she loses crucial conditioning in a 4-week taper. She likes to introduce occasional quality sets into her workouts about two months before a major meet but keep her yardage high (average 4500 per day) until two weeks before the peak meet, then decrease her yardage by only 1/3.

High quality swimming twice a week starting two months before a major meet is excellent strategy for almost any swimmer. Nancy Kirkendall, a fine sprinter, has noted, "My body doesn't go fast naturally. I need two months to learn how to sprint."

Some Masters swimmers need not taper physically at all. A swimmer who swims around 2000 yards three times a week might never tire enough to need more than a day or two of rest.

Psychological preparation is an important aspect of taper that many swimmers neglect. At the beginning of the taper, set goals for each of your events. These goals can be a dream time, a first (or a sixth) place, a particular pacing strategy, etc. Design your taper to help you meet those goals. Visualize your races frequently and mentally picture yourself meeting your goals. Think positively about yourself

and your ability to realize your goals.

Below are sample workouts, one per week for a four-week taper. They are designed for a swimmer who typically swims between 3000 and 4000 yds/mtrs four or five days a week, who competes primarily in 100 and 200-yd/mtr events, and who needs an average amount of rest. The approximate seconds of rest each interval should allow is indicated in parentheses.

Week 4: Keep the yardage up. Begin to take a little more rest than you normally would and to add some fast swimming. Do a little high quality work every day.

500-1000 warm-up

3200-3800

5 x 100 Using mix of strokes (30-45 sec)--good to do a little of each stroke

5 x 100 Best Stroke (45-60 sec)--1-easy, 2-moderate, 3-fast, 4-easy, 5-fast

5 x 100 Free (10-20 sec)--maintain cardiovascular condition

5 x 100 Kick (15-30 sec)--maintain leg strength, #4 top speed

5 x 100 Choice: 50 easy-rest 5 sec-50 sprint (30-45 sec)--you might want to mix strokes or reverse hard and easy

2 x 50 (about 60 sec)--1-build slow to fast; 2-all-out sprint

100-200 easy to help dissipate lactic acid

Week 3: Drop your yardage only slightly. Most of your swimming this week will be relaxed and easy or very hard, and you will become quite tired. Do broken swims to duplicate meet distances and form as much as possible.

400 warm up

2900

8 x 50 (15-30 sec)--build 1-4 from slow to moderate; build 5-8 from slow to fast to prepare your body to sprint.

3 x 200 (75-90 sec)--as close to race pace as you can go:

1--50, rest 5 sec, 50, rest 10 sec, 100

2--50, rest 5 sec, 100, rest 10 sec, 50

3--100, rest 10 sec, 50, rest 5 sec, 50

100 easy--lots of swim-downs to avoid soreness

8 x 50 Kick (15-30 sec)--sprint #3, 5 and 7--it is important to do some sprint kicking for leg speed

100 easy

3 x 100 (60-75 sec)--1-50 easy-rest 10 sec-50 hard

2-50 hard-rest 10 sec-50 easy

3-straight 100 all-out

100 easy

8 x 50 swim or pull (5-10 sec)--cardiovascular work

100 easy

Week 2: Do 60-70% of your normal yardage. Intersperse easy swims with short sprints. No repeats over 100 yds/mtrs. Do some pace work if you are swimming events over 200 yds/mtrs. Perfect turns and finishes.

200 pull, kick, swim warmup

2200-2300

6 x 50 free (10 sec)--moderate pace, swim or pull

2 x (3 x 50) (40-50 sec)--one slow, one moderate, and one for time, twice. Do 3 of one stroke, then 3 of another.

200 easy in stroke drills

6 x 50 kick (20-30 sec)--each 50 half sprint and half easy

100 easy.

6 x 50 swim (40-50 sec)--each 50 half sprint and half easy

100-200 easy

Week 1: Easy swimming and an occasional sprint. Refine stroke and turn technique. Do about half normal yardage. Most swimmers should do nothing at 100% effort. If you feel you must do some 100% swimming, keep it short and swim down immediately after.

400 swim warmup

1800

4 x 50 stroke drills (15-20 sec)--easy

4 x 50 kick (20-30 sec)--sprint any 12 1/2 yds/mtrs on

4 x 50 pull (20-30 sec)-- each of these 12 50's; do the

4 x 50 swim (20-30 sec)-- other 37 1/2 easy

2 x (swim 100-rest 30 sec-swim 50-rest 10 sec-swim 50)--

100's are easy, mid 50 is on watch at 200 pace, last 50 is very easy.

200 easy swim down

**SWIMMING CALENDAR**

MAY 15- 10 K Postal Meet

Sept.15 Mike Stott, 3717 Titan Dr., Richmond, VA 23225

July 14 2 Mile Chris Green Lake Swim--Charlottesville, VA  
Mike Stott, see above

Aug. 4,5 Long Course Championships

Wheaton-Glenmont, D. C. Masters

Bert Kassell, 4706 9th Street S., Arlington VA 22204

Please note that since this is our meet to run, we will need the help of all to run a good meet. We ask that each participant plan to either work one day or bring someone who will work (e.g., time, score, officiate) for one of the days. Please indicate on your consolidated entry form which day you will work or else give Bert a call to let him know. Thanks. Your efforts will be appreciated when we avoid the urgent call for six more timers before we start the meet.

Aug. 23-26 LONG-COURSE NATIONALS, RALEIGH, N. C.

Call Dave McAfee immediately for an entry.

DEADLINE FOR NEXT WAVEMAKER--AUGUST 7

MICHELLE GRIGLIONE, U.S. SWIMMING RISING STAR

Olympic Trials, Indianapolis, June 30, 1984

Michelle Griglione, 15, of Northern Virginia Fun and Fitness, did so well in the Olympic Trials of the 200 meter individual medley that only 1980 and '84 Olympians Tracy Caulkins and Nancy Hogshead swam faster. Tracy's 2:12.78 broke her national record. Michelle's 2:16.14 - almost two seconds faster than her best time before the Trials - makes her the 5th ranked 200 I.M.er in the world. At previous Trials, a third place finish like Michelle's would have put her on the Olympic Team; this year, however, only the top two made the Team. Witnessing Michelle's magnificent achievement were NVFF swimmers Lisa Farris, 15, and Christie Smith, 14, who also swam well in the Trials, and D.C. Masters John (Michelle's coach) Flanagan, Barry Bluefeld, and Diddo Clark.

Most of the 651 swimmers who qualified for the Olympic Trials were adversely affected by the intense pressure of the competition. In the preliminary heats, half of the competitors failed to achieve the minimum times which qualify swimmers to be there. Few of the 1109 swims in the prelims were best times for this year.

Michelle, on the other hand, was grace under pressure. She competed in seven events - more than any other swimmer (Tracy Caulkins was 2nd with six events.). Michelle made the finals in three events: 100 Fly, 400 I.M., and 200 I.M. All ten of her swims were faster than Olympic Trial qualifying times and five were career best times. She is now ranked in the top 25 in the world in the 100 fly and 100 free. D.C. Masters salute Michelle Griglione and wish her a stellar future in swimming.  
by Diddo Clark

Sports Books, etc.

Paul Haas has opened a new book store which specializes especially in sports books. Located at 7073 Brookfield Plaza in Springfield Virginia, Sports Books, etc has nearly 3000 titles currently in stock, all on sports, as well as magazines, calendars and posters, all on sports.

Paul has a large selection of books on swimming, nearly 15 different titles at last count. In addition he has books on such other topics as sports medicine, nutrition for athletes, stretching, the triathlon and every other sport imaginable.

The store is open from noon to 9 pm on Monday, Thursday and Friday and from 10:00 am to 5:30 pm on Tuesday, Wednesday and Saturday. Paul has advised me that he can special order most books and that discounts are available on bulk orders or purchases. Visit the store or call Paul at 451-1884. Tell him that Nancy Kirkendall sent you.

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