



WAVE MAKER

September, 1984

NEWS FLASH--D. C. MASTERS WIN NATIONALS--For details see inside.

CLINICS! CLINICS! CLINICS! CLINICS! CLINICS! CLINICS!

D. C. Masters, tired of swimming the same old times? Are you considering quitting swimming if you hear one more time how your elbow drops too late to do any good--after the race? Will one more boring thousand yard swim, kick, and pull set drive you up the wall? Do your kids laugh at your racing start? Is this the year you're finally going to learn a flip turn? (Did you also decide this last year and the year before?) Do you believe that only wimps taper? If you answered yes to any one of these questions, we have the solution--THE D. C. MASTERS MASTERS SWIM CLINICS. These will be local, professional clinics with plenty of individual attention by experienced coaches who know what masters swimming is all about--lifetime fitness. You have 10, 30, 50 years left of masters swimming, why not learn a new stroke, improve your technique, learn how to be something more than a sprinter?

The clinics will be held on two days, each session will cover different aspects of swimming. Instructors:

● John Flanagan, has been at F&F since 1975, head coach since 1978. Has coached masters since 1973.

● Steve Schaffer, assistant coach at F&F. Coach of the International Country Club. Trained at Indiana U. with Doc Counsilman.

● Jim Densmore, national masters champion. Two-time Olympic Trial participant. Trained at F&F since 1968.

● Elaine Hochuli, national masters champion. Coached at the JCC. Instructor in NYC. Consultant for Dr. Jane Katz.

In addition, four of John's top-notch swimmers will be on hand for demonstrations and also to help in stroke critique.

SESSION 1 Sunday, October. 21, 9:30 am to 12 noon

- Stroke technique.
- Stroke demonstrations of all four strokes.
- Explanations of stroke mechanics.
- Individual stroke correction.

SESSION 2 Sunday, November 4, 9:30 am to 12 noon

- Start and turn demonstrations for each of the four strokes.
- Individual start and turn correction.
- Workout strategy.
- How to train away from home.

- Preparing for the big meet.
- Sport injuries related to swimming.

Get your short course season off to a great start. FILL OUT THE FORM ON PAGE 9 AND SEND IT TO DAVE McAFEE. Save a stamp and send in your membership renewal at the same time. If you have questions call Elaine Hochuli at 685-7986. You may attend one or both sessions, but for full benefit try to attend both.

LOCATION: Fun and Fitness, 3321 Lee Highway, Arlington

This clinic has been funded by the D. C. Masters to serve and benefit club members. This past July D. C. Masters donated \$500 to the Northern Virginia Fun & Fitness Swim Team's travel fund. This money assisted the Junior and Senior National Championship qualifiers to travel to these meets. The senior women placed fifth at nationals.

In return for this generous contribution, these fine swimmers and coaches would like to provide this clinic as a service to D. C. Masters. As a club member, you have promoted swimming for these youngsters. Now you have the opportunity to promote your own swimming by attending these free clinics. Take advantage of this offer. Don't let the cheap price fool you.

TEAM NEWS

We are saddened to learn of the death of long-time D. C. Master, Howard Smith. Although Howard seldom competed, he was known for his generosity in filming teammates at Nationals, local meets and at practice and also for hosting several team parties.

Congratulations to the successful Sr. Olympians. Dave McAfee and Bert Kassell each won the 50 free, back, and breast in their age groups. Mary Lathram won the 50 back and one-half mile. She also won the three-mile walk. Mathilde Huber won the 50 back and free. Bill Van Balen took a first in the free and a second in the back. Bill Phillips won the free and took second in the back and breast. Nellie Brown won the freestyle.

REPORT ON THE 1984 INTERNATIONAL POLICE OLYMPICS

by Dick Cheadle

The 1984 International Police Olympics were held August 22-25 in Phoenix, Arizona. Most of the competitive events were held at the facilities at Arizona State University in Tempe, Arizona.

The International Police Olympics are games and competitive sports designed to promote physical fitness and brotherhood amongst law enforcement officers worldwide. The Olympics are held every two years in even numbered years. Any sworn law enforcement officer is eligible to participate, be it Federal, State, County or City. Competition is held in almost every sport, from archery to volleyball, plus police oriented events such as dog handling.

This year almost 4,000 police officers from all over the world participated. The opening ceremonies were very moving, with the officers marching in to the athletic center country by country, with the United States marching in state by state. The New Zealand team was the show-stopper, with the whole team marching in in grey business suits with pale blue shirts and navy ties. The keynote speakers were the Deputy Commissioner of the New South Wales Police Department and the mayor of Phoenix.

The men's competition divides into four age categories; Open (under 30), Senior (30 through 37), Masters (38 through 45) and Golden Masters (46 and over). (Having just reached 46, I figured I'd better make an all-out effort on this one.) The women's events do not divide into age groups, probably because there are very few women over 30 in law enforcement who are competitive athletes. I look for the women to add an over 30 category sometime in the near future.

Some of the swimming times were very good, I think, considering the competition is restricted to one occupation. Examples....100 free Open (:49+)....200 free Senior (1:59+).....500 free Masters (5:37+).....100 fly Masters (1:01+)....200 free Women (2:01+, 2:07+ and 2:07+ for 1st, 2nd and 3rd.).

In the Golden Masters I won four golds and one silver in five races. Obviously, then, the times weren't that good in that age group. Possibly because after twenty years of being shot at (as I've been), harassed by the media, public, court system, travel, midnight shifts, etc., many police officers are burned out, both emotionally and physically. That's one reason why these games are such a good idea; physical fitness often goes hand in hand with emotional and mental fitness.

My first discovery upon arriving in Phoenix was that my best event, the one that I had been working at the hardest and thought I might have a good chance in, the 100 fly, was cancelled. It turned out that in the whole (expletive deleted) world I was the only entry. It takes at least three entries for an event to be held. It was the only event of the meet that had to be cancelled.

My first event, then, was the 200 free (which I had entered as a backup event in case the 100 fly was cancelled. Every other Secret Service agent at the games (all from other sports) was in the stands. I was nervous as hell. To make a long story short, I overtook an Australian on the last lap to win in 2:19.86. (With seven open turns yet). It was a personal best by almost four seconds. I had never been under 2:23 before. An hour and a half later I took 2nd in the 100 I.M., missing my best time by .5 seconds. Twenty minutes after that came the 500 free. I had pretty well destroyed myself in the 200 free (it's hard to do both the same night), so I decided to swim 18 lengths at warm down pace and then look around and see if there was anybody left to race for the last two laps. This I did. I was in the far outside lane (lanes were assigned by draw) and I quickly lost track of where everybody else was. I piddled along unceremoniously and at the end of 17 laps I wasn't even suffering from oxygen debt (unusual for me), although my arms were heavy. A funny thing happened on the way to the 18th wall; I was about 10 yards from the wall, breathing away from the field, when the starter's lap gun went off. I said to myself (OH BLEEP), and away I went. Again, I couldn't see anybody on the 20th lap. I finished in a dead heat for 1st at 6:47.88 (two golds were awarded). Not bad (for me let me quickly add) considering I took a bath for 17 and 3/5 laps. (With nineteen open turns yet).The next night I had the 200 IM and the 50 fly back to back, with about 15 minutes in between. I thought I'd get out in front in the fly and coast through, keeping an eye on the rest of the field, saving something for the 50 fly. (I knew there were two others under :30 in the fly). I stupidly blasted out the 1st 50 fly in the IM and wound up running into oxygen debt as early as the 3rd lap. I struggled through to win, but it wasn't pleasant at all. My pulse rate was still up for the 50 fly. I won in :28.90, with 2nd & 3rd in the :29s.

So that was it, except for a bar-b-que hosted by the Australian team at their team hotel, which proved to be quite an event in itself.

The 1986 International Police Olympics are going to be held in Columbus, Ohio. None of the big guns in the Masters group moves up, so I guess that will be my next major effort. In 1988 the games move out of the United States for the 1st time and are going to be held in Sydney, Australia. There will be a Nationals the same year in Las Vegas, with the medalists (top three) qualifying for Australia. Unfortunately, a number of big guns move up in 1988.

D. C. MASTERS LONG COURSE NATIONAL CHAMPIONS

by Frank Murphy

Your D. C. Masters Swim Team sent a large and spirited contingent to the National Long Course Championships. This year they were held at the Optimist Park pool in Raleigh, North Carolina, August 23-26. Our contingent of 23 girls and 17 boys figured prominently in the excitement. The team won the men's championship (DCM 634, New England 606.5, Carolina 540.5), women's championship (DCM 669, N. England 641.5, Ohio 386), and combined (DCM 1509, N. England 1354, Carolina 971.5)

Individually our swimmers did extremely well, and were outstanding in the relays. To use Art Smith's expression, "We one, two'd" the competition in several relays. That is, the D. C. Masters "A" and "B" team finished first and second in the same relay. The credit has to go to the relay competitors, but John Flanagan's training and conditioning efforts gave a noticeable edge to many. On the scene, Sue Schaffer not only turned in personal best times--better than in per-motherhood days--but was a real star at arranging our relays. Without a PC she sorted the numerous variables such as which swimmer should swim what stroke, etc. and contributed greatly to our victory. Another highlight of the meet was a 1-2-3-4 finish in the 25+ men's 200 IM and a 1-2-3 finish in the women's 35+ 200 IM.

Individual Results from Raleigh:

JUDY BERMAN, swam 50, 100, 200, 400 free and 50 breast. Her 200 free was a personal best. Judy also completed the most 50 meter trips in order to get the most accurate splits for relays. She never even messed up the watch!

JAN BRAND, DC's newest member swam on the successful 35+ relays. She had not been able to train much, so each 50 she swam got faster as she got in shape.

DIDDO CLARK came and swam on the 25+ B relay despite a reoccurrence of her injury.

JUDY COLLINS swam 10 events, counting the relays, benefiting from team and family support. She did well in all events including 1st in the 200 free relay and 1st in the 200 medley relay at a new national record of 2.36.50.

BETTY BREY was one of our most enthusiastic Nationals swimmers. She especially enjoyed the relays, helping her 45+ women's and 45+ mixed medley teams to national records. Individually, she placed second in the 50 free and fly and a fourth in the 100 free.

NANCY CLARK brought her coach with her, a tall fellow named Frank. The latter spent most of his time seeing that the Nationals went well. In his spare time he coached Nancy into 5 individual firsts, among them a 7:52.45 new national record for the 400 free. She also contributed to two new national records for the womens 65+ freestyle and medley relays.

DOT GATES would not have come without the relays. She ended up anchoring several, including the record setting 45+ women's medley. She also swam well in her individual events with a fourth in the 50 fly, fifths in the 50 free and back and seventh in the 100 free.

KIM HANSEN placed seventh in the 100 free and swam a very respectable 200 despite her unusual training method of aerobic dance.

JACKI HIRSTY, now temporarily residing in a cornfield somewhere in Kansas (actually she is on a university faculty), set new world records in the 50, 100, 400 and 1500 free. Her 200 IM was also her

best by 4 seconds. Overall, her times at Raleigh were identical or faster than in the 1981 Maccabiah games.

ELAINE HOCHULI, besides looking as graceful as a ballerina when doing the butterfly, turned in a terrific meet. Her 50 fly was 32.09 and her 400 IM was 5:46.2, a personal best. She had a great split on the 200 women's free relay, contributing to a first.

JILL HOOVER placed eighth in the 200 breaststroke, but her best swim was the fly in the 400 IM. Unfortunately, the fly is followed by the dreaded backstroke.

HELEN HUMMER's training regimen with John Flanagan paid big dividends for the team at Raleigh. She won the 50 and 200 fly and had a close second in the 100 fly. Her times in the 100, 200, and 400 free were personal bests and added two seconds and a third to team standings.

NANCY KIRKENDALL'S victories in the 100 and 200 free were her first ever individual golds in Nationals. That was a thrill both for her and her teammates. She also enjoyed being part of a real 35+ relay team, anchoring her teammates to high places.

MARY LATHRAM picked up 14 personal points for good old DCM before diving in on her specialty, the 1500 m free. She did a personal best on that one, adding a fourth place. Mary helped greatly in 2 new national relay records the women's free and medley. She swam on two other relays as well so she did more than her share on team points.

MIMI LEE was a wonderfully welcome addition to the team. She seldom swims at the Nationals. More's the pity, because at Raleigh she had all firsts, seconds, and thirds in a highly competitive age group. She did all this and squeezed it in between a demanding social and personal schedule.

JOANN LEILICH again won all of the breaststroke races, tying the record in the 100 to the hundredth. She was most happy with her personal best in the 50 fly for second place and her excellent freestyle sprinting form in the mixed free relay. She also earned a second in the 200 IM in which she made up 20 meters in the breaststroke leg and was an integral part of the record setting 35+ relays. Sometimes, however, Joann looked more like camp counselor than champion in performing the difficult task of organizing the raising of the canopies she had procured. Everyone was grateful for the shade, which allowed for close contact with the meet without burning. On the second day, when gusting winds destroyed one of the canopies, everyone's first thought was that they were glad no one was hurt by the flying poles, and their second thought, almost said in unison, was that they were glad Joann had not been present to witness its demise.

LORRAINE MURPHY swam four individual events, placing in all of them. She was an enthusiastic and spirited contender in all the relays she could enter. Her women's free relay set a new national record as did her women's medley relay where she swam the breaststroke leg.

JEANNE PICCARILLO attended her first nationals. Although she won no medals, she made one of the biggest contributions to the team, keeping several members loose with her massage skills. If they gave medals in this category, she would have had a gold.

CHRIS RUPPERT-PROSCH, another one of those gals who looks like an especially graceful dolphin when she does the fly, had a great meet. Her 1:09.9 in the 100 fly is a new record and her 2:45.25 in the 200 fly was a painfully close second. She also gathered three bronze in other events. A highlight for her and all of us who watched was the last leg of the 25+ mixed medley relay. DCM's closest competitor

saved a man for that leg. Chrissy was given a slight lead by her teammates, but the male seemed very confident of eating up the short gap during the 50 meter leg, but our Chrissy extended herself, held the lead and opened it a little at the finish. Art Smith's definition of an optimist is a young man who gets into a race with Jacki, Elaine, Sue Skiff or Chris and thinks he's going to have an easy time.

SUE SCHAFFER swam 8 events, including three relays. She won three second place silvers, and two bronze. In the demanding 400 IM she went 6:19.51, a time better than in her carefree days before two daughters. Her 100 fly was a respectful 1:21.35.

RITA SHEPHERD won two golds in the 200 back and the 50 fly and got four thirds. She enlisted the support of her son-in-law Bob Husson to lead us in noncheering during the fly so that we would not draw any attention to her. A successful strategy!

SUE SKIFF made her presence and swimming ability known with 3 second-place finishes, a third place bronze, and 2 fourth places. Her stroke versatility and competitiveness made a tremendous difference for our relay teams.

ANN VOLMER SVANSON also showed the benefits of those 5:30 AM workouts at Hains Point. In a highly populated and fiercely competitive age group she picked up a bronze medal for third in the 200 free--time 2:48.54, 8 seconds under her previous best. At 1:14.73, her 100 free was 5 seconds under her previous personal best. All her times bettered her seed times considerably.

In addition to her swimming contributions, Ann also kept the team amply supplied with food.

CHUCK BECHTEL, a standout in a collection of Iron Men, swam 10 events, earning 4 firsts, 3 seconds, a fourth, and two fifths. With his help the DCM team for his age group blew the competition out of the water in the 200 mixed medley relay with a national record time of 2:17.15. KEN BERGQUIST swam his first long course nationals and acquitted

himself well. In his heat of the 200 fly you could see the pianos (concert grands) falling on his competitors during the last 15 meters. Ken hung on and turned in a 2:40.24 for third place. In addition to his swimming successes, Ken spent the rest of the meet as a cross between Steven Spielberg and Howard Cossell. Despite his cheerful attempts to teach us all how to use his videotaping machine, he and his wife ended up taping most of the six hours filmed. He also provided comments, which became more descriptive as the meet wore on.

BARRY BLUEFELD was a part of the successful third-place men's 35+ freestyle relay and second-place medley relay. Individually, in a very competitive age group he earned a tenth in the 100 backstroke. LEE BETTIS, who definitely lives up to the iron man sobriquet, swam ten events and got silver medals for four relays. He swam in the 200 mixed 45+ relay on the DCM "B" team, which beat everyone except the DCM "A" team.

JIM DENSMORE returned to the wars with a bang. Maybe even a bang, bang. This was his first national masters meet. He won the 25+ 200 fly in 2:13.54. Along with Tom Wolf, Matt Kanzler, and Bob Hansen, got first in the 200 medley and free relays. He swam the backstroke leg of the 25+ mixed medley and, along with Elaine, Chris and Bob Hansen, placed second.

BILL FITE, one of D. C. Masters newest, seemed to enjoy himself tremendously while contributing much to the team. Besides being a part of the successful 65+ relays, he also earned two seconds in the 400 IM and 200 fly, thirds in the 100 fly and 200 IM, and fourths in the 50 and 100 breast. He did better as the pain increased. BOB HANSEN lived up to his picture on the SWIM magazine flyer by winning the 100 fly. He also earned a second in the 200 IM, two thirds in the 50 fly and 100 breast, a fourth in the 200 fly, and a fifth in the 400 IM.

STEVE HOGAN, another Hains Point, Flanagan-trained competitor set personal bests in the 400 free, 400 IM and 200 IM. He dropped his 400 IM time by 14 seconds! It's amazing what a long-course summer can do for a good swimmer.

BOB HUSSON might have been our most out-of-shape swimmer, but his team spirit added to the fun of the meet and his swimming skills contributed to the second place 35+ men's medley relay and third place free relay.

MATT KANZLER was a standout in the 25-29 group, especially in the breaststroke, earning first place in the 100 and 200 and a close second in the 50. Needless to say, that kind of swimming was key to success in the relays.

BERT KASSELL AKA President Kassel performed his presidential duties by contributing many points to the team total. He was especially successful in the freestyle events, where he earned a fourth in the 50 and 100 and a fifth in the 200.

KELLEY LEMMON gave another of his phenomenal performances, swimming events in times that would make him competitive in two or three age groups younger. He also anchored four successful relay teams in the 65+ age group. He went 32.11 for the 50 free, 1:12.18 for the 100 free, 2:56.27 for the 200 free and 6:18.36 for the 400 free--all first places. He also took first in the 200 IM.

DAVE LYONS in the powerhouse 40-44 age group won golds in the 50 fly (28.65), 100 free (58.03), and 200 free (2:13.18). He also got second in the 100 fly and thirds in the 50 and 400 free. He was a major factor in relays as well, particularly the 200 men's medley (2nd) and 200 men's free (3rd). His 50 m free times improved .5 seconds each day! This demonstrates the value of taper and all-out sprints for sprinters. His final sprint to pull up the mixed relay team several places was faster than all but one of the 25+ men's times.

DAVE McAFEE, another of our senior Iron Men, placed first in his age group in four of the freestyle events. As usual, he swam the 1500 free in the company of people much younger. All those firsts in the 50, 100, 200, and 400 free must have tired him out a bit, but he earned a close second in the 1500 and third in the 50 back.

FRANK MURPHY had a good meet. He went 8 seconds faster than the time which got him first for the 1500 at Indianapolis last year. A Peruvian (must be the altitude at which he trained) touched him out. Lorraine told the Peruvian through his interpreter-coach that she was delighted that he had won, since he had travelled such a long distance. Frank doesn't feel the same way and will try to be readier next year.

JIM MYERBERG had a very successful meet, winning his first national championship in the 200 back. He also took a fifth in the 1500.

SID SAPERSTEIN earned a fifth in the 50 back and an eighth in the 1500 in a good time of 35:32.89. He was also the spirit of the 55+ mixed medley relay team.

ART SMITH swam well this year to earn seconds in all the backstroke events. (He even won the 50 until he had them correct Frank McKinney's time). He also took third in the 400 IM and eighth in the 50 fly, valiently swum on a stomach full of cheese and crackers. TOM WOLF had his usual great meet. He took 5 first in individual events, setting the record in the 200 back. He was also an integral part of the very victorious 25+ relay teams. GEORGE WORTHINGTON at 47 looked most impressive at Raleigh. He "swept the flys" and also got a personal best (2:41) for a third place in the 200 IM. George was also a big gun in the relays where he and his peers picked up firsts in the mixed medley (new record) and mixed free. TONY YOUNG only came for the 1500 and missed most of the team comraderie, but still managed to swim a best time at 20:43.41 for a fourth place.

RALEIGH NATIONALS--THE REAL STORY

Jill Hoover

From Frank's description of the meet, you might conclude that Nationals was all serious swimming and total concentration on the task, but nothing could be farther from the truth. The original intention of the article was to highlight everyone's noncompetitive activities, however, I have had to cut back somewhat. Those of you left out can thank me later.

Sue Schaffer led the team in suit changes. This was only to her detriment, however, as it reduced her rooting section when several teammates could not find her. Nancy Kirkendall led the team in suits bought. One of the highlights of the meet was watching Nancy win her first individual national championship, but we could tell that it was going to be a good meet for her the day before the meet when she and 6 of the team set a record for most swimmers in a Mustang. She will be getting a new suspension system soon.

Dot Gates had the most unusual training method, golf. Judging by her results, golf training is very good for freestyle and butterfly but not for breaststroke.

Tom Wolf demonstrated speed in a car as well as in the water getting Jim Densmore from relay to airport in less than one-half hour. We also learned that Steve Hogan's specialty is not in reserving tables, that Lee Bettis specializes in 17th places (he managed two), and that Helen Hummer is the hottest on the dance floor. An unnamed source also claims that Chuck Bechtel is a great dancer.

The scoreboard produced some strange-looking numbers, but we were lucky to have Frank Murphy along to translate them from Russian. Lorraine Murphy was the only breaststoker to break a National record, in the 65+ women's medley relay, but she still denies that she is a breaststroker.

We understand that Bert is wondering if his name is spelled Cassell or Kassell, although better than at the Sr. Olympics where he was Mr. Castle. Sue Skiff provided the team lost and found. She almost got a great chair, but that was claimed by its rightful owner. Now she is left with only some grungy sweats.

In addition to some great swimming, George Worthington also set a record for longest consecutive tooth brushing by a nondentist. He also dictated his relay team's fashion, banning Joann's lower-cut red suit. Another attire tyrant was Elaine, who did not allow Wayne Zimmerman to wear his own split watch during the 1500. We are sure she would have held up the start if he had been uncooperative.

Wayne and other non-DC Masters, who we hope are DC Masters by the time this newsletter is published, Don Wagner, Kevin Facchine, and Dale McGinley added much to our team's efforts.