



WAVE MAKER

March 1985

SHORT COURSE NATIONALS INFORMATION

Short Course Nationals Rooms: We have reserved rooms for Sue Schaffer, Lee, Wolf, Hochuli, Leilich, Kirkendall, Yntema, Brand (2), Cahoon, Emes, Lemmon, Hansen (2), T. Anderson, Steve Shaffer, Kassell, Monsein, Svanson, A. Smith. If your name is not on the list above and you want a room with us, call the Hyatt Regency Milwaukee immediately (800-228-9000 or 414-276-1234). Tell them you're with the DC Masters Swim Team, Convention Number E01076. Rooms are \$55 per night for up to 4 in a room (2 double beds).

SHORT COURSE NATIONALS TEAM SUITS: Our team suit remains unchanged--it's Team Arena, Navy, White and Red. It's a navy blue suit, with a white panel up the side, and red Arena logo "vees" in the white panel. If you're buying a new suit for competition, get this one, ok?

SHORT COURSE NATIONALS RELAYS: As of press time, the following people had told Sue Schaffer that they will attend the short course Nationals in Wisconsin: Jan Brand, Harrison Brand, Skip Monsein, Ed Emes, Tom Wolf, Art Smith, Nancy Kirkendall, Joann Leilich, Elaine Hochuli, Nancy Clark, Tom Anderson, Chuck Bechtel, Ann Svanson and Bert Kassell.

If you are planning to attend and are not listed above, please notify Sue as soon as possible and NO LATER THAN APRIL 1. It would be nice to field SOME relays.

HAWAIIAN RELAYS INVITATION

ATTENTION ALL TEAM MEMBERS!!! You are cordially invited (in fact, consider yourself begged) to represent the DC Masters in the Hawaiian Relays to be swum as a team on Sunday, April 21 from 8 AM to noon at the Tuckahoe Pool in McLean.

The Hawaiian Relays is a postal event sponsored by the Humuhumunukunukuapua'a's of Hawaii. The event consists of the following Men's (25+, 35+, 45+, 55+, 65+, and 75+) and Women's (same age groups as the men) relays:

- 1) 4 x 50 butterfly
- 2) 4 x 50 backstroke
- 3) 4 x 50 breaststroke
- 4) 4 x 100 freestyle
- 5) 4 x 200 freestyle
- 6) 4 x 100 IM (each swimmer swims a 100 IM)
- 7) 500 locomotor (first swimmer swims a 50, the next 100, the next

150, the last 200)

Note all the sprints. Are you paying attention, Dot Gates?

DATE AND TIME: Sunday April 21, 8 am warm-up, 8:45 start

ENTRY FEE: \$5.00 per person to be paid at the door. Will help to defray relay entry fees.

LOCATION: Tuckahoe Swim Club, 1814 Great Falls St.

DIRECTIONS: Heading away from D. C. on Lee Highway (29/211), Great Falls St. will be a few streets before Route 7. Take a right and proceed almost 3 miles. The club will be on your left. From 495, take the Route 123 exit towards Mclean. Go to the rather large intersection of Great Falls St. and Lewinsville (probably the second light). Turn right. The pool will be one mile on the right.

Ten members have agreed to serve as team captains. If you can swim, call the appropriate captain. They will be glad to hear from you.

WOMEN

25+ Elaine Hochuli 685-7986
35+ Sue Schaffer 536-8699
45+ Betty Griffin 533-0974
55+ Minna Hamner 573-3911
65+ Lorraine Murphy 229-4307

MEN

25+ Wayne Zimmerman 963-2387
35+ Tony Young 469-8955
45+ Dale McGinley 620-3732
55+ Bill Van Balen 256-7948
65+ Kelley Lemmon 536-5284

For the past few years, DC Masters have had a good time getting to know their fellow age groupers and cheering for teammates (much cheering is required that early on a Sunday morning). Last year we came in third, following New England and Clearwater Masters. To move up we need to swim more relays. We could really use you, and besides you'll have fun in what is truly a team event. Refreshments will be provided, including what is now the nationally recognized Hawaiian Relays cake.

NOTE: Because other team members will be counting on you, if you agree to swim and find out later that you cannot, please inform your captain as soon as possible. If you are sick on the day of the meet, call the Tuckahoe Pool at 356-1205 so that we will know to proceed without you.

MEET SCHEDULE

Mar. 30,31 MAM Championships, U. of Delaware
Harry Rawstrom, 713 Colgate Lane, Newark, DE 19711
April 21 Hawaiian Relays, Tuckahoe Pool
April 20 York White Rose Spring Meet
April 20,21 North Carolina Masters Meet
Raleigh Area Masters, Bob Kohmescher
P.O. Box 19845, Raleigh NC 27619

May 9-12 USMS Nationals, Brown Deer, Wisconsin
May 16-18 Canadian Championships
June VAM Long Course
June Terrapins 1500
July National Two Mile Swim, Chris Green Lake, VA
Aug, 3,4 D. C. Masters Long Course
Aug. 8-12 Canadian Masters, Toronto, Canada
Aug. 17-20 USMS Long Course Nationals, Providence, RI

Tony Young has agreed to serve as a central distribution point for out-of-town meet announcements. If you are interested in a meet, call him (469-8955) and he will make a copy of the meet announcement and send it to you.

DC MASTERS ORGANIZATIONAL NEWS

At the largest, most well-organized DC Masters Board of Directors meeting in recent history, much was accomplished. Tony Young was elected (well, loosely speaking) to the position of Vice President. As Vice President, Tony will prepare himself to take over presidential duties at the end of October. Tony has run several meets over the past few years and added his lawyerly wisdom to the running of our team.

Elaine Hochuli has agreed to work with Dave McAfee to learn Dave's system for keeping the team running. Ann Svanson, running on a platform of more parties, agreed to serve as social chairperson. Joann Leilich, with the help of recent meet directors, will update the meet managers' guide, which should make it easier for new members to become involved in managing meets.

FORMER FUN & FITNESS MEMBERS--You are probably eligible for a refund. Call the Arlington Consumers Office at 558-2142 before June 15. They will send you a refund application.

REGION II CHAMPIONSHIPS
EIGHTH ANNUAL WINTER MEET UNIVERSITY OF MARYLAND--BALTIMORE
FEBRUARY 23-24., 1985 CATONSVILLE, MARYLAND

by Dick Cheadle

Led by Dick Cheadle's stunning upset win in the 100 fly (no other entries), some 40-odd DC Masters' swimmers (actually less than 20 were odd) captured an astonishing 101 individual and relay first places (negative split; 50 on Saturday and 51 on Sunday) to walk away with the team championship at the 8th Annual Region II Championships at UMBC in Catonsville February 23-24. A very good team effort!

There were a number of exceptional performances at this meet (both in the pool and out). Some of the highlights are as follows:

Ann Svanson had sort of an up and down meet. The up part was that she was the 1st DC Master in the water in the meet, leading off the

35+ women's medley relay. It sort of went down after that. When the horn went off Ann sprang up and out in a beautiful backstroke arch, hit the water, and for some reason kept the arch. There was immediate speculation that she would go full circle, come up facing the starting block, and possibly start again. Ann, however, defying the laws of inertia and gravity, somehow got going in the right direction, albeit on the bottom of the pool. I had never seen anyone swim backstroke underwater before and found it quite fascinating. There was some medical concern that Ann might get the bends from trying to surface too quickly. Ann asked me not to mention here that she LOST COUNT in the 200 back and had to let somebody pass her so she could see if they kept going or not, so I won't. Ann did do a PB (Personal Best) 2:30.76 in the 200 free and a PBB10S (Personal Best by 10 seconds) 6:41.77 in the 500 free, and she had to be happy with those events.

Tom Wolf entered a whole bunch of events and blistered all of them, as only Tom Wolf can.....I think it's really neat watching Tom barrel down the lane in backstroke. He's going so fast that he's got to be thinking seriously about the turn about halfway down, otherwise he'll go right through the wall.

Jim Densmore deck-entered the 200 fly and torched out a 2:02...

Kelley Lemmon broke his own existing World Record by over a full second for remaining on the block after the horn had sounded.

Joann Leilich broke her own National Record in the 200 breast, lowering her mark from 2:48.60 to 2:48.28. She had been working very hard on pace and was hoping for a high 2:46+; she was right on the second for the whole race, only the tenths were slightly higher than hoped. To me, that's an intelligent race swum by an intelligent and hard-working swimmer.

The team of Art Smith, Joann Leilich, Betty Brey and Chuck Bechtel took a shot at the 45+ Mixed Medley National Record of 2:03.70, and just missed with a 2:04.00. Considering no one was shaved or fully tapered, that's got to be considered a very good effort also.

What was bound to happen with the coming of the new no false start rule did happen.....On Sunday I witnessed an elderly gentleman lean over to take his mark, and just keep going head first into the tank. He came up with a big smile on his face and climbed right back up on the block, however, two burly meet officials hurried over and hustled him down. The poor guy was last seen being led to an interrogation room in the basement of the facility.

Ray Chen hardly seemed to be breathing hard after the 200 fly....must be doing 7,000 a day.....

HATS OFF DEPT: Joann's great swim for a National Record in the 200 breast and great split in the medley relay notwithstanding, I'd have to say that the swimmer that impressed me most this meet was John Flanagan.....John had some very good swims for some very good times.....perhaps not quite what he was hoping for, but John was just recovering from a very severe case of the flu.....his nose was still

so inflamed that it looked like someone had taken a metal pipe across it.....way to go John!!

I'M NOT QUITE SURE I'VE SEEN THIS ONE BEFORE DEPT: Carlyle Carpenter deck entering the 500 free and then scratching.

WHO IN THE HELL ARE THOSE GUYS DEPT: Roger Golden (age 42, 2:22.84 200 fly; 5:28.35 400 IM); Steve Highley (age 38, 1:07.74 100 back and 2:27.68 200 back) and Ken Flynn (age 55, :35.38 50 breast and :28.19 50 free) are people I've never met and never heard of, but obviously not for long. I'm sure by now you guys have decided whether or not to go to Short Course Nationals, but if you (all) haven't begun to think yet about Long Course Nationals, let me plant the seed. WE NEED HELP! We sort of injured some feelings on the New England Masters last year by whipping their tails edging them out for all the team championships, said fact not being known by them until AFTER their newsletter had stated that they had won. Call me or Art Smith if you want a piece of the action...that also goes for anybody else who would like a piece of the action.

Other noteworthy swims.....Mimi Lee blasted through all of her seed times buy a huge margin.....Lee Bettis a very fine :26.77 50 free.....Charley Bechtel seemed to be right on pace for this time of year with a 2:05.7? 200 free.....Pamela Locke with a nifty 2:19.31 200 back.....Sue Schaffer with a 5:38.90 400 IM.....Ken Bergquist with a 2:23.97 200 fly....Elaine Hochuli with a 1:02.99 100 fly and a 2:20.28 200 fly.....Terry Gernstein with a very good 2:37.56 200 breast...Dale McGinley with PBs 1:11.88 in the 100 IM and 6:18.02 (by 30 seconds) 500 free.....Jan Brand's 2:43.93 200 IM.....and many others.

I'm sure I left people out who deserved mention.....but, on the other hand, I'm sure I mentioned people that deserved being left out. It all evens out. On to Delaware..

FIRST ANNUAL SPEEDO CLASSIC MASTERS MEET OF CHAMPIONS

By Ann Svanson

At the Masters Swim Meet of Champions in Irwin, PA on March 10, Joann Leilich and Tom Wolf each won a trip to the Four Seasons Resort Lodge in the Ozarks in Missouri. The prize includes round trip air fare for two (that's two trips for two--they're not going together) from Washington to St. Louis on TWA, the flight to the Ozarks and 3 nights accommodations at the resort. Tom and Joann discovered a new aspect to competition. They were competing not only against those in their age groups but also against all other swimmers as they accumulated points for swimming times closest to the National records for their Age Group.

Ann Svanson also came away a winner--she won a gift certificate from the local swim shop that sold their wares at the meet, and she picked up a new suit for Nationals. The gift certificate was accompanied by a kiss from Rowdy Gaines (who handed out the prizes) and a compliment about her "pretty eyes". (Bet he says that to all the girls.)

Ann's underwater backstroke record (see Dick's article on Catonsville) was broken at this meet. In the 200 another young lady came up out of her dive 2/3 of the way down the pool.

Rumor has it that the real reason Tom went to the meet was to recruit Rowdy for the 25+ relay at Nationals.

NEW MEMBERS

A hearty welcome to Steve and Karen Shaffer: 14490 Blackhorse Cts., Centerville, VA 22020 (703) 830-8218.

To former Fun & Fitnessites, Hains Pointeans and current members of the early morning Masters swim group at American University, he needs no introduction.

Others are encouraged to make themselves known to Steve and Karen at the earliest opportunity. As you may or may not know, Steve will accompany the DC Masters contingent to the Short Course Nationals at Brown Deer, Wisconsin in May as the team coach (non-swimming).

In addition to being an excellent swimming coach, this engaging (possibly handsome) young man is an outstanding swimmer (breaststroker) in his own right. He grew his webbed feet in the Philadelphia age group and Philadelphia Aquatic Center circuits. Later he honed them under Doc Councilman at Indiana University. It was here at Indiana that he acquired some of the "ideas that I hope to pass on the DC Masters swimmers". As he said, he has been admiring the feats of DC Masters swimmers for a long time, and now he is thrilled at the idea of becoming part of the action. If he can keep his burgeoning private business under control, he foresees himself competing for DC Masters in the near future.

And finally, if you are not sufficiently impressed with his coaching credentials, just take a look at the times of 12-year-old daughter Alison (DCM '95), who holds her own in lane 2 at the American U. Masters workouts and has an across the board A rating in the age group area.

50 free	:29	100 IM	1:13
100 free	1:04	200 IM	2:37
200 free	2:18		

The above article was written by an anonymous but well-known DC Master. Art Smith wishes to pass along further information about Steve. He is opening a new sporting goods store in Falls Church. In addition to a full line of swim gear (suits, goggles, pull buoys, paddles, etc.), he'll have a myriad of products. As we go to press, the exact opening date is not set, but he'll be glad to get you team suits for the Nationals. See him at the pool or call him at home before 9 PM please.

SPRINTS

This is a new column. The brain-child of Ann Svanson. It will be

covering the personal side of our team--births, deaths, injuries, nonswimming accomplishments, humorous anecdotes, moves, etc. If you have news that you would like to pass on, please send it to Ann Svanson, 1312 Seaport Lane, Alexandria, VA 22314, at least one week prior to the newsletter deadline.

Yes, Mary Anderson has put on a few pounds lately. No, she has not been overeating. She and Tom will be expecting their second child this summer.

CORRECTION

Serious readers of the newsletter (that is, those that continue beyond the Cheadle column) may have noticed that although Joann Leilich placed first in the Top Ten in the 50 and 200 breast, she was not in the 100 breast. Anyone who has seen Joann swim breaststroke against competition in her age group knows that she has time for a cup of coffee at the turn and would still take first, and she did indeed place first in the 100 as well. It seems that she was left out of the National lists for this event. Bet they didn't believe the time.

LANE 5

Volume I No. 3

by Dick Cheadle

Why I Am Seriously Considering the 200 Fly at the Long Course Nationals Next Summer

(Editor's Note: Due to publishing and litigational problems this article will not appear until September of 1993.)

Don't miss the next WAVEMAKER. I am currently working on an article which should be finished by then entitled "Bienvenidos a Todos". In it I will chronicle strong current behind the scene efforts by DC Masters to entice a certain Peruvian freestyler to move to the Washington area so that Frank Murphy might have somebody to pal around with at all the local meets.

Many thanks to this month's contributors, Art Smith, Ann Svanson, Dick Cheadle, and especially to Mr. Anonymous. All contributions are welcome. This is a great place to find your literary style while sharing your thoughts on the sport of swimming.

Deadline for the next WAVEMAKER is Monday, April 22. Send contributions to Jill Hoover, 2509 Arlington Blvd., #302, Arlington, VA 22201.

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