



WAVE MAKER

April, 1986

SWIM HAWAIIAN RELAYS, APRIL 13--See page 3 for further information.

HOTEL DEPOSITS FOR NATIONALS--If you have not already done so, please send your deposit to Dick Cheadle TODAY. Holiday Inn--Oceanside \$40. Quality Inn--Executive \$28 single, \$34 double. (Don't send tax.) Make check payable to Richard O. Cheadle and send to 8919 Prince Caspian CT., Burke, VA 22015.

LONE STAR MASTERS EXPAND - The Lone Star Masters significantly expanded their team membership last month, by annexing the states of Arkansas, Louisiana, Oklahoma and New Mexico. All masters swimmers in the four (4) newly annexed states must join the Lone Star Masters swim team within sixty (60) days or move to another state. "I know it may seem a little harsh", said Jim Montgomery at Lone Star Masters Headquarters, General Delivery, Texas, "but once they find out what a closely knit team we have they'll know the right thing was done".

NATIONALS ROOMS.....A MONUMENTAL SCREWUP? - The Wavemaker has learned that the room situation at Nationals, which on the surface had not appeared to be much of a problem, might be developing into a major catastrophe. We have it from a very reliable source that a major disaster is shaping up. It seems that Dick Cheadle is holding a huge block of rooms in Fort Pierce, Montana, and is having no luck at all in getting them switched. Calls to the Cheadle residence have gone unanswered. We can only hope that Dick is working hard on the problem and will soon have it straightened out.

KELLEY LEMMON TO BE ADOPTED? - Dick and Brenda Cheadle announced last week that they had filed the necessary court papers in Fairfax County to legally adopt Kelley Lemmon....."This is really great", Dick told the Wavemaker, "he'll be the son I never had. I can't wait to teach him how to hunt and fish and shoot and chase the ladies."

DR. JOYCE BROTHERS CURES TEAM MEMBER-- In a rare breach of the doctor-patient relationship, Dr. Joyce Brothers announced last week that she had completely cured long time team member Ed Emes of a rare psychological disorder known as "Phiftmetpolania" (fear of 50 meter pools). "He had as bad a case as I've ever seen", Dr. Brothers said, "he'd wake up in the middle of the night screaming, believing that he still had 30 meters to go in a fly race and couldn't get his arms out of the water. Now I've got him training very hard for the 200 meter fly at Portland. I can't wait to see how it comes out."

\$3,000 DOLLARS AUTHORIZED FOR TEAM PARTY AT FORT PIERCE NATIONALS -
The Wavemaker has learned that team treasurer Dave McAfee has signed off on a \$3,000 dollar team party at the Holiday Inn Oceanfront in Fort Pierce, Florida. The party will feature a bisexual rock band, corsages for the ladies and film clips from a new Broadway Musical about the D.C. Masters swim team.... "What the hell", Dave said, "it's only money."

ANN SVANSON TAKES OATH OF SILENCE - In a solemn oath administered poolside by Ed Emes at American University, Ann Svanson took an oath of silence to last until after the 1,650 at Fort Pierce. "I hope to improve my time dramatically", Ann said, "and this is one way for me to discipline myself into doing what it takes."

DISCLAIMER - There are approximately 150 members on the D.C. Masters swim team. If one of you, just one, believed one article that has appeared thus far in this Wavemaker, just one, then you have made my April Fool's day.

Thanking you in advance,
Dick Cheadle

ANNOUNCING THE D.C. MASTERS EAST COAST CHAMPIONSHIPS

On August 16 and 17, the team, in cooperation with the Washington, D.C. Department of Recreation, will be hosting a long course masters swim meet at Hains Point in D.C. We are going to publicize this meet to an extensive degree, and we hope to have a relatively large number of masters swimmers compete. All times will be submitted for top ten. We have already prepared a flyer for the meet (see attachment, hats off to Steve Hogan for the graphics), and we hope to have the meet announcement itself ready to take down to Fort Pierce for distribution.....This will be a great thing for the TEAM, and therefore it will require a TEAM effort to make it a total success. So if you would, please circle the dates August 16-17 on your personal calendar. We need your help. Every member of the team will be called (once) a few weeks before the meet to make sure you're giving this project full consideration. Come swim with us. If you are one of those few people unfortunate enough to suffer from phiftmetpolania (fear of 50 meter pools), come out and help time, start, judge, buy t-shirts, anything. Just be there. Tony Young is meet director. The meet announcement (with entry) will be attached to a future Wavemaker. All you have to do now is circle the calendar.....There will be three sessions of the meet, SAT AM, SAT PM (800 free), and SUN AM....If you can't make one of them, try and make all three.

CELEBRATE AT THE DC MASTERS SPRING COOKOUT IN GREAT FALLS, VA!

Come join the fun on Saturday, May 31 for a cookout party to celebrate our anticipated capture of the championship at Short Course Nationals. Share the fellowship, good cheer, delicious food and view video tapes featuring highlights from Nationals. Art and Kathy Smith have volunteered to host the affair, so mark your calendar and plan to attend. Directions and particulars will be made available in early May.

CALENDAR OF UP-COMING MEETS

To obtain entry forms for out-of-town meets, call Tony Young, H-469-8955 W-785-8150.

April 13 Hawaiian Relays, Tuckahoe Pool, McLean, VA
April 25-27 YMCA Masters Nationals
Indianapolis, Indiana
May 15-18 Short Course Nationals, Ft. Pierce Florida
May 18-25 Masters Swim Vacation, San Juan, PR
Exercise Excursions, 47 Spring Rd., Lexington, MA 02173
June 15 Chesapeake Bay Bridge Swim, 4.35 miles, individual/relay events
Call Tony Young, above, for info and to sign up for relays
June Terrapins 1500
July 11-16 FINA/MSI World Masters, Japan
July DC Department of Recreation
Aug. 16,17 DC Masters East Coast Regional
Aug. 21-24 Long Course Nationals, Portland, Oregon

HAPPY BIRTHDAY, DC MASTER

Hope the following member have wonderful birthday celebrations in April.

| | | |
|---------------------------|----------------------------|--------------------|
| Robert Lockard, 23 | Vera Wentworth, the BIG 45 | Bill Van Balen, 57 |
| Tony Young, 42 | Diane Nolly, 38 | Lee Bettis, 48 |
| Matt Flanagan, the BIG 60 | | Minna Hamner, 63 |
| Peggy Whilden, 29 | Helen Hummer, 67 | Don Edgell, 34 |
| Frank Miller, 73 | Ed Emes, 57 | |

HAWAIIAN RELAYS--APRIL 13

DATE AND TIME: Sunday, April 13, 8 AM warm-up, 8:45 first relay

COST: \$5 per swimmer, pay at the door, cash or check made out the DC Masters.

LOCATION: Tuckahoe Swim Club, 1814 Great Falls St., McLean, VA. 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 a rather large intersection of Great Falls St. and Lewinsville (probably the second light). Turn right. The pool will be one mile on the right.

HOW TO ENTER: If you have not already agreed to swim, call your captain listed below. He/she would love to hear from you. We need you. We have relays of all speeds and ages, so you are sure to fit in.

CAPTAINS: Women

| | |
|-------------------------------|--------------------------|
| 25 Denise Wood (528-0441) | Tom Wolf (365-3975) |
| 35 Sue Schaffer (536-8699) | Dave Audley (451-7167) |
| 45 Barbara Glancy (652-9519) | Dale McBinley (620-3732) |
| 55 Minna Hamner (573-5911) | Dale McGinley (620-3732) |
| 65 Lorraine Murphy (229-4307) | Kelley Lemmon (536-5284) |

Men

**FUN!
GREAT TEAM
SPIRIT!
REFRESHMENTS!**

RELAY EVENTS: Men's 25 & up, 35 & up, 45 & up, 55 & up, 65 & up, 75 & up
Women's same as the men.

- 1) 4 x 50 yd. butterfly
- 2) 4 x 50 yd. backstroke
- 3) 4 x 50 yd. breaststroke
- 4) 4 x 100 yd. freestyle
- 5) 4 x 200 yd. freestyle
- 6) 4 x 100 yd. IM
- 7) 500 yd. free-LOCO (one leg each of 50, 100, 150 and 200)

PLEASE NOTE--Because other team members will be counting on you, if you agree to swim and find out later that you cannot, PLEASE CALL YOUR CAPTAIN as soon as possible. If you are sick on the day of the meet, call Tuckahoe Pool at 356-1205 so that we will know to proceed (reluctantly) without you.

POST-NATIONALS FLORIDA FUN or IS THERE LIFE AFTER NATIONALS?

Anyone interested in doing some deep-sea fishing out of St. Augustine, Florida (Atlantic side) after Nationals? Steve Hogan has access to a 35' boat and condominium accommodations. For more information call him at 250-6877.

NEED A RIDE TO FORT PIERCE?

Steve Hogan is driving to Florida for Nationals and has room for two riders. He'll be leaving on Monday, May 12 arriving in Ft. Pierce on Wednesday afternoon (May 14). For more information call Steve at 250-6877.

MASTERS SWIMMING RULES

In the interest of being the best informed team as well as the fastest bunch off the blocks at Ft. Pierce, here are some pertinent quotes from the rules.

BREASTROKE

STROKE - "From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface..... A part of the head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged.....A wave passing over the head does not constitute a violation."

KICK - "All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick."

TURN (short course)-".....the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke....."

FINISH - "On the finish the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above, or below the surface of the water."

"Note: Either complete or incomplete movements of the arms or legs from the starting position shall be considered as a complete stroke or kick."

BUTTERFLY

STROKE - "After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought back simultaneously. The body must be kept on the breast, and both shoulders in the horizontal plane, from the beginning of the first arm stroke after the start and after each turn."

KICK - "All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other." (Dolphin kick) "The breaststroke kick or whip kick may be used exclusively, or interchangably with the dolphin kick while doing the butterfly strok at any time during the race. When using the breaststroke kick in a butterfly event, the arms must be recovered over the top of the water at least once per pool length."

TURN - "When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke."

FINISH - "...the touch of the solid wall or pad shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surfact of the water."

BACKSTROKE

START - "...the foot may be placed in any position on the end of the pool, and the swimmer may assume any desired starting position which does not remove either foot completely from the water, nor either foot from contact with the end of the pool, nor either hand from the starting grips, pool edge, or starting block...."

TURN - "The swimmer's head, shoulder, foremost hand or arm must touch the end of the course, but the shoulders must not turn over beyond the vertical before the touch is made. It is permissible to turn the shoulders beyond the vertical after the touch, but the swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet have left the wall."

FINISH - "The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool."

INDIVIDUAL MEDLEY

"The stroke and turns for each stroke shall follow the prescribed rules for each stroke."

"The turns from one stroke to another shall be considered turns, not finishes and are as follows:

- "(a) Butterfly to backstroke---once a legal touch has been made the swimmer may turn in any manner desired. The prescribed stroke form must be attained prior to the time the feet leave the wall.
- "(b) Backstroke to breaststroke---once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.
- "(c) Breaststroke to freestyle---once a legal touch has been made the swimmer may turn in any manner desired."

TEAM T-SHIRTS & SWEATSHIRTS

T-SHIRTS are navy blue 50/50 with team logo on front available in short or long sleeve.

SWEATS are navy blue with logo on front of pull-over style, on back of zip style. Available with and without hood.

Make checks payable to: DC MASTERS

We must have a minimum of 12 items ordered before they will be printed. We will have an order printed before Nationals, but orders must be received by APRIL 20, 1986.

| Qty: | Price | Circle Size: |
|-----------------------------|------------------|--------------|
| _____ Short Sleeve T-shirt | \$5.00 | S M L XL |
| _____ Long Sleeve T-shirt | 8.50 | S M L XL |
| _____ Crew Neck Sweat Shirt | 10.50 | S M L XL |
| _____ Hood P/O Sweat Shirt | 13.00 | S M L XL |
| _____ Zip Hood Sweat Shirt | 14.00 | S M L XL |

We may also have sport bags available. Inquire if interested.

Send order to: Ann Svanson
1312 Seaport Lane
Alexandria, VA 22314

PSYCHOLOGICAL PREPARATION FOR CHAMPIONSHIP TRAINING AND COMPETITION

by John Flanagan

How many times have we arrived at the final meet of the season and found ourselves swimming times that we had either done in the local meets or even in practice? We usually blame this on our taper, which we just happened to miss by 36 hours, or the coach neglecting to give us that final stroke correction which would have made us five seconds faster in the 100 Free. The real culprit here is not in the physical preparation for the meet but the lack of psychological preparation.

I would like to present some simple steps that may enhance your performance at the next championship level meet. These tools must be practiced daily though, and the sooner you begin the more confident and competent you will become with these techniques. In order, they are Relaxation, Concentration, Visualization and finally, Actualization. They must be in this order and none may be left out or maximum performance cannot be achieved.

Relaxation is the first step in the process. We often fail to achieve peak performance because we are "too tight", too nervous, too anxious or too tense. We may end up tensing every muscle in the body instead of just contracting those necessary. Peak Performance occurs when your mind and body are allowed to combine in a free flowing experience.

There are many relaxation techniques available. Two suggested readings would be The Relaxation Response (W. Morrow & Co., 1975) and Behavior Therapy Techniques (Pergamon, 1966). I will present here a simple practice method.

- 1) Sit quietly in a comfortable position.
- 2) Close your eyes.
- 3) Relax all your muscles deeply, begin at your feet and progress slowly up to your facial muscles. One group at a time and keep them relaxed.
- 4) Breathe through your nose and become aware of your breathing. Count your breaths silently.
- 5) Continue for 10-15 minutes. Remain passive and you will soon feel very relaxed.

Once you have mastered simple relaxation you are ready to move on to the next critical step in the championship preparation.

Concentration is the uninterrupted connection between two things. We must learn to enhance our ability to focus on one thing or one idea and to block out all unnecessary distraction. The obvious benefit to us as swimmers will be the ability to block out negative thoughts, the crowd, the competition, a possible injury, or poor pool conditions, and then focus on the important thing--swimming fast. As we know, worry is one of the great inhibitors of peak performance. If you can learn to view competition in a less worrisome way, or if you can come up with concentration strategies which are more absorbing than the worry, you will be well on your way to consistent performance at your optimum level.

Here's a simple concentration exercise. When you have gotten into a relaxed state, pick an object such as a lamp or vase and focus your attention totally on this object. Exclude all other thoughts or feelings or body sensations. Eliminate all distractions and keep them out, focus only on the chosen object. Close your eyes and picture the object in every detail. Practice this simple technique and you will soon learn to handle more complex ideas and images and eventually cast out any anxiety problems that you may have. Only the important things can then be focused on.

Now that you have mastered the first two techniques, relaxation and concentration, the third and most important step must be learned and practiced. This technique is visualization or mental imagery. It is a known fact that our mind cannot differentiate between fact and fantasy. So with mental imagery, we have the ability to stimulate our system through mental pictures of what we want to accomplish during the race. So in essence, we are testing the circuits. We are plugging in a positive performance program to our brain and nervous system so that our body can follow it.

When you practice this technique, you must be in a relaxed and concentrated state of mind in a quiet spot with very little distraction. View yourself as if you were in a motion picture starring you as a champion swimmer. Imagine seeing yourself warming up, swimming up and down the pool with easy but powerful strokes. You get out of the pool and towel off and ready yourself for the race. As you see yourself stepping onto the blocks, you see a confident and physically perfect individual. The training really shows up now in your physique. Every muscle shows and you are extremely poised. The starter calls the swimmers to their marks. Bang the gun sounds, and you dive and surface before anyone. Your first strokes are strong and powerful, and you instantly pull ahead of the competition. A perfect turn at the far end and you're sprinting for home. You touch and then the others finish. The Timer Board reads, Lemmon DCM 26.92, a new national record, and your goal has finally been reached. In this description of a 50 yard free race, only the very positive aspects of the race are imagined. We must work hard to make sure worrisome thoughts, such as a missed turn, I'm not totally prepared, I've had a cold for a week, the pool's a little warm, don't enter into our thought patterns for these things too can be imprinted and will haunt you on the day of the race.

The final step is actualization or the doing of the race itself. If you have done your homework both in and out of the pool, have physically and mentally prepared yourself for the race, then you will enjoy the optimum benefits of your labors.

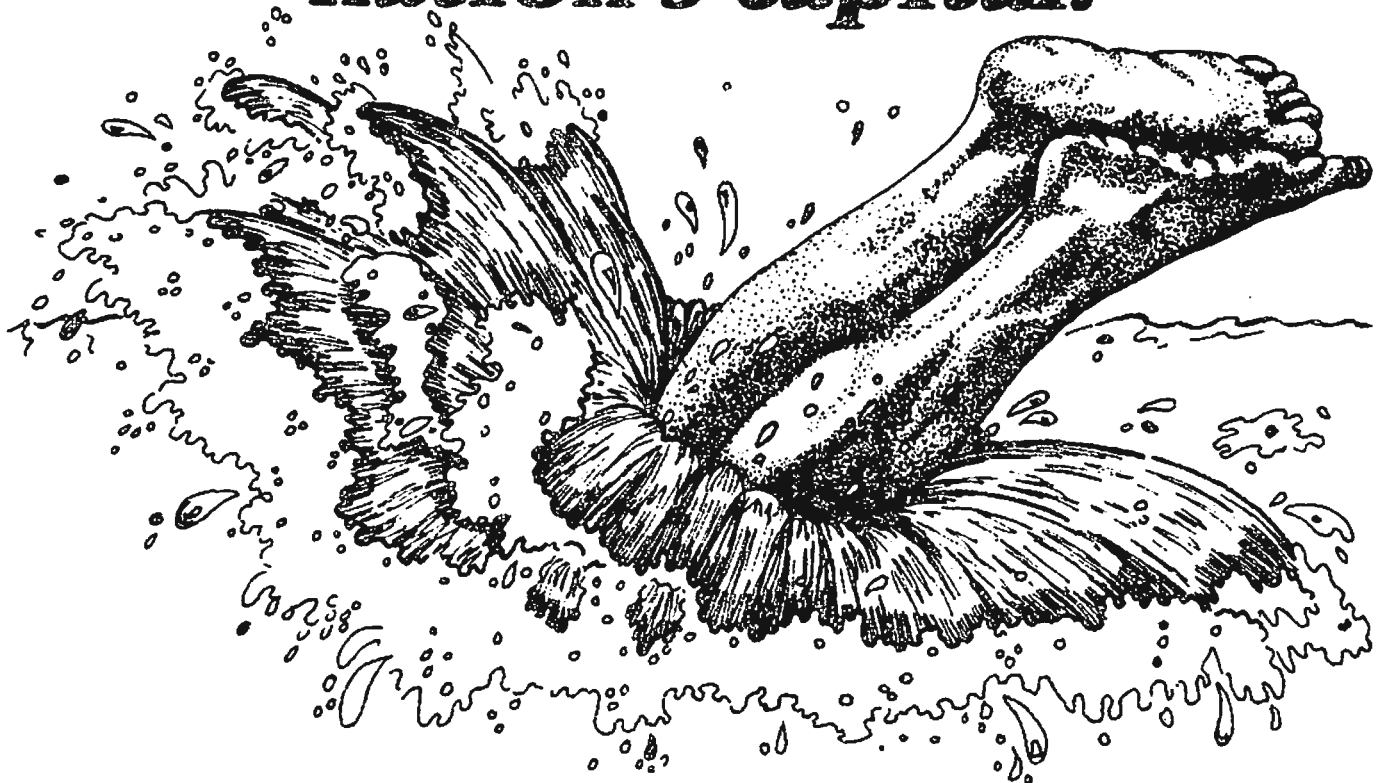
"Whom have we conquered? None but ourselves. Have we won a kingdom? No and yes. We have achieved an ultimate satisfaction, fulfilled a destiny to struggle and to understand, never this last without the other."--George Mallory.

MASTERS SWIM CAMP TO BE HELD IN MAY

A Masters Swim Camp will be held at the University of Virginia on Memorial Day weekend, May 22-26. The camp will feature the latest training methods, weight training in swimming, swimming physiology, training films, video taping, swimming psychology and stroke mechanics. A number of noted clinicians will be featured including Head Coach at U Va., Mark Bernardino and Don Easterling, Head Coach at North Carolina State University. The cost of the camp is \$175 and includes dormitory room on campus, meals at athletic dining facility, seminars and training sessions. For more information call (804)924-3676/(804)971-5994 or write:

Virginia Cavalier Swim Camp, Inc.
University Hall P.O. Box 3785
University of Virginia
Charlottesville, VA 22903

Make a big splash this summer in the nation's capital.



Announcing the DC Masters East Coast Championships.

Going to Portland for Long Course Nationals? Great. Here's a chance to tune up the weekend before, just as many swimmers tuned up at Toronto last summer for the Nationals at Providence. Not making the long trip to Portland? Very sorry to hear it, but the summer swim season need not be a total washout.

On August 16 and 17, the DC Masters Swim Team, in co-operation with the Washington, D.C. Department of Recreation, will be hosting a long course masters swim meet at the East Potomac Pool at Hains Point. This outdoor 50-meter, 8-lane pool is the showcase of an expanding D.C. Department of Recreation competitive swimming program. Attractively situated between a golf course and the D.C. Marina, it lies virtually in the shadows of the 14th

Street Bridge. It is within 5-7 minute drive of the Capitol, the White House, the Washington Monument, the Lincoln, Jefferson and Viet Nam Memorials and all the Smithsonian Museums. Also nearby are a host of fine restaurants (Hogate's, Casa Maria, Barley Mow, etc.) located on the Marina.

The schedule for Saturday, August 16, will have warmups at 7 a.m. with the first event at 8 a.m. and running until 1 p.m. On Saturday evening the 800-meter freestyle will be held from 6:45 p.m. to 9:15 p.m. with warmups at 6 p.m. Events on Sunday, August 17 will run from 8 a.m. to 1 p.m. (7 a.m. warmups). Other features:

- Non-turbulent lane dividers
- Electronic timing
- Attractive awards
- All times submitted for top ten

Information will be available in the very near future regarding the schedule of events and a meet hotel. Please fill out the coupon below to receive the final details. Send to Anthony Young, Meet Director, 8708 Lowell Street, Bethesda, MD 20817 or call him at (202) 785-8150 (office).

Yes, I'm interested in participating in the DC Masters East Coast Championships! Please send details as soon as they are available.

Name _____

Address _____

City _____ State _____ Zip _____

David H. McAfee
510 E. Broad St.
Falls Church VA 22046



FIRST CLASS MAIL

JOANN LEILICH
4913 KINGSTON DR
ANNANDALE VA 22003