



# SWIM-MASTER

VOL V - No 3

OFFICIAL PUBLICATION OF THE MASTERS SWIMMING COMMITTEE

APRIL 1976

## Swimming

## 1975 AAU All-Americans

## Diving

### WOMEN 25-29

Dale Barnhard  
Anne Grams  
Cindy Lane  
Ellyn Morris  
Jamie Stewart  
Nina Thompson

### WOMEN 30-34

Jane Katz  
Jennifer Parks  
Susan Peterson  
Carol Skolnick  
Diana Todd  
Valeria Pecce

### WOMEN 35-39

Pat Bresee  
Helen Buss  
Barbara Jordan  
Carol Macpherson  
Mary Jane Parks

### WOMEN 40-44

Betty Brey  
Jane Bruner  
Ann Kay  
Anne McGuire  
Connie Wilson

### WOMEN 45-49

Anne Adams  
Mary Ann Meekins  
Barbara Reeve  
Gail Roper

### WOMEN 50-54

Charlotte Costello  
Dorothy Donnelly  
Minna Hamner  
Geri Orosco  
Dorothy Resseguie

### WOMEN 55-59

Jeannette Eppley  
Helen Hummer  
Jane McCollister  
Jean Pieretti  
Zada Taft  
Nancy Pessel

### WOMEN 60-64

Mildred Anderson  
Nancy Clark  
Helen Offenhauser  
Maxine Merlino

### WOMEN 65-69

Edie Goldman  
Bee Johnston  
Rita Shephard  
Bernice Wayne

### WOMEN 70-79

Sis Fogle  
Francis Watkins  
Elizabeth Mauric

### WOMEN 80 & OVER

Nellie Brown

### MEN 25-29

Wm. Babcock  
George Boizelle  
Paul Katz  
Fred Schlicher  
George Schmidt

### MEN 30-34

Jim Crane  
Gary Dilley  
Bob Duenkel  
Tim Garton  
John White

### MEN 35-39

Wm. Claerhout  
Gary LaPrise  
Jim Loofbourrow  
Neal McDonnell  
Howard Roberts

### MEN 40-44

Sandy Gideonse  
Don Hill  
Burwell Jones  
Skip Monsein  
Yoshi Oyakowa  
Paul Reinke  
Bill Williams

### MEN 45-49

Hal Begel  
Bob Miller  
Charles Moss  
Roy Stickney  
Carl Yates

### MEN 50-54

Raymond Hakomaki  
Paul Hutinger  
Art Koblish  
Perry Rockwell  
Wm. Simpson

### MEN 55-59

John Crews  
Paul Herron  
Ramon Rodrigues  
Ray Taft  
Jim Welch

### MEN 60-64

Bill Grant  
Eugene Jennings  
Walter Pfeiffer  
Reg Richardson  
Larry Smith

### MEN 65-69

Sam Bernstein  
Stanton Craigie  
Dave McAfee  
Lloyd Osborne  
Bill Wood

### MEN 70-79

Ted Johnson  
Al Kallunki  
Irvin Merritt  
John Moore  
Clarence Ross

### MEN 80 & OVER

Isadore Kastin

### 1974 INDOOR DIVING

#### 1-METER & 3-METER

Judith Coble 30-34  
Nate Holt 25-29  
John Deninger 35-39  
Bill McAlister 60-64

### 1974 OUTDOOR DIVING

#### 1-METER & 3-METER

Iola "Ike" Wade 40-44  
Jim Brinson 25-29  
Richard Lawler 35-39  
Jim Stevens 40-44  
Jim Londoff 45-49  
Tom Hairabedian 50-54  
Frank McGuigan 55-59  
Bill McAlister 60-64  
Lawrence McLaughlin 65-69

### 1975 INDOOR DIVING

#### 1-METER & 3-METER

Ann Shearer 25-29  
Judith Coble 30-34  
John Samuelson 25-29  
William Glueck 30-34  
John Deininger 35-39  
Floyd Staupper 50-59  
Frank McGuigan 60-64  
John Sable 70-79

### 1975 OUTDOOR DIVING

#### 1-METER & 3-METER

Ann Peterson Sheerer 25-29  
Paul Jean Pope 40-45  
Ida Wilson 45-49  
Gerta Ross 70-79  
John Sable 70-79  
John Deininger 35-39







Picture 1

North Carolina Masters Swimmers designated as NCAAU 1975 All Stars and honored at annual NCAAU Awards Banquet held in Charlotte, NC on 2-21-76. Shown in the picture left to right are: Marie Heikkinen 60-64 in front; 2nd row, Frances Plenmons 25-29, Kirk Canterbury 35-39, Dot Resseguie 50-54, Grace Stewart 60-64 and John Huson 40-44. Other NC All Stars not pictured are Gary Dilley, Jim Edwards, Joe Sanders, Dick Capps and Betsy Durrant.

Picture 2

Judge Robert E. Beach, Bob Minahan, and Burwell 'Bumpy' Jones pictured at the Sheeler Winton Masters meet held in South Miami on Feb. 14-15. Bob Minahan was meet director.

Picture 3

Gold Coast Masters swimmers swimming at the Sheeler Winton Masters meet. Front row: Anne McGuire, Rose Caplane, June Krauser, Cathy Englehardt and Joan Menard. Middle row: Reed Ringel, David Silva and Chuck Menard. Back row: Gay Rosser, Dan Malone, Charlie Kohnken, Clifford Strauss, John Zeigler and Gerry DeLong.

Picture 4

Starting in 1975 the Rinconada Masters of Palo Alto and the San Mateo Marlin Masters have a Hawaiian Marathon at the beginning of the winter training session. Both teams swim in their own pool, allowing each swimmer who participates to count their lengths for one hour of swimming yardage for six days a week for a little over two weeks. At the completion the totals are added up and the team with the most yardage are the winners. To date, neither team has made the mythical distance of over 4,576,000 yards to reach Hawaii, but they keep trying. 129 swimmers from the Rinconada Masters and 100 of the Marlin Masters participated. Each team may give individual awards as they wish. An entry fee may be charged that goes to the team's travel fund. A homemade perpetual trophy goes to the winning team. The Marlin Masters won in '75 and the Rinconada Masters in '76. Ray Taft, Marlin coach and Cindy Baxter, Rinconada coach with novelty trophy.

# Pro Sport

BY RANDY SCHULTZ  
Herald Sports Writer

Sports have become the ultimate hustle. Hawkers with brimming wallets have promoted such contrived events as showbiz wrestling, barrel jumping, demolition derbies, cliff diving, canyon jumping, and, of course, the ultimate circus, the Superstars.

And yet, despite the success of these eccentric cousins to more traditional, already sold sports, swimming has always gone under for the third time when promoters gather and exchange hyperbole. That damning adjective dull, promotion's black black spot, has hung like an albatross on such words as freestyle, butterfly and backstroke.

Now, though, a Pompano Beach businessman has formed the National Association of Professional Swimmers. And, after two months of secretive work, he has secured a copyright on his organization, developed a rule book and meet format and decided he has enough capital to stage the first professional swimming events the world has seen.

**THE MAN'S NAME** is Jim Wolff, Fort Lauderdale real estate man by trade. Thursday morning, he spun his plans out in his office while Buster Britton, his assistant, former manager of the Hall of Fame pool, and once an assistant coach to Jack Nelson, chimed in with promotional explanations.

The format would be this says Wolff. All events at first would be 50-yard or 50-meter sprint events, with time trials breaking the field down to 64 or 32 contestants who would then swim a series of head-to-head matches, thus creating a bracket sort of competition as is used in tennis tournaments. With a \$600 purse, which will probably be their initial amount, 16 people would win money, from a \$200 winner's share to a \$10 check for the last four swimmers.

Now, take a deep breath swim purists, here comes the kicker. Borrowing a concept from drag racing, the swimmers would be started by a series of colored lights, leaving the blocks when the last light turns green.

**TAKE ANOTHER** breath. There would be handicaps in the open competition. For instance, a 42-Year old woman would be given an

8.5 second head start over a 25-year old man by the NAPS system. If that sounds rash, consider that Wolff at first had suggested using lead weights to hold back the swimmers.

Finally, certain rules, such as the two-hand touch for butterfly events, would be ignored.

"We'd like to get one-time stars into it, of course," says Wolff. "And I think we will. But that is not our primary thrust. We want to make this so a housewife in Melrose Park can get into the competition and have the same chance as somebody else."

**ADDS BRITTON**, "There are little towns all over the country that hold stock car races every weekend. It's from those races that the national champions come. That's the way we'd work, we want to bring our national champions from all these small towns."

National championship? Let's not have you getting ahead of things. Wolff wants to run his first meets somewhere in Broward County by mid-March as a sort of a pilot run. The sites are presently unknown, though Wolff did some cryptic checking of pool rates as part of his research into the feasibility of his venture.

"But we can have them anywhere," he maintains. "Every school has a pool, every club has a pool. Every hotel has a pool. We don't want to use the Hall of Fame pool or the University of Miami pool right off. We want to know what we're doing."

**AN AIR OF** mystery surfaces in Wolff's monologue of a briefcase containing a computerized timing device which will time two swimmers to the hundredths of seconds while allowing for any of the head starts. It is a curious-looking device but Wolff will not reveal the name of its creator, saying, "He wants to remain anonymous because he works for another company."

Wolff states that the money for the first few meets will come out of his own pocket. He and Britton estimate it will cost between \$1,200-1,500 to stage a meet, counting the \$600 purse. He is also working in conjunction with a promotional firm.

Since the prospect of viewing 32 sprint races back-to-back could prove numbing to some spectators, Wolff has inserted an intermission into his show and plans to fill it with antics that should again give traditionalists fits.

"**I'D LIKE** to have all sort of things, I'm just so excited," he bubbles. "I've got ideas for canoe jousting, log rolling and one great thing where all the losers from the first events get into the pool and swim through a course, like a maze. The winner would get 25 bucks or something. Great way to break up the competition."

All prospective competitors will be required to purchase \$12 license. The entry fee for each event is \$6. Though the average age of contestants will most likely be in the early to mid 20's, Wolff will welcome swimmers from the age of 16 to as old as sanity permits.

"Our concept is different, and different on purpose," He claims. "We don't want to interfere at all with AAU swimming or with these kids who are training for the Olympics. We want to offer something for the people who have nothing to do after their amateur career ends."



## Esther Williams Puts on the Years — And Pounds!

Esther Williams, the onetime queen of Hollywood's swimming pool film extravaganzas, is today — at 53 — retired and considerably more corpulent than the lithe young diving beauty her fans remember. She's seen here at a New Year's eve party in Hollywood with her husband, Argentine-born film star Fernando Lamas.



## In the Swim

**ALMOST HOME**—Stella Taylor churns under the Las Olas Bridge last night on her way to the Hall of Fame Pool, the point where she started 15 and a half hours earlier to swim around Fort Lauderdale.











50 yd Butterfly
Jack Craigie 46 31.37
Tom Scotton 45 34.67
Hal Nichols 47 36.67
200 yd Butterfly
Jack Craigie 46 2:46.33
200 yd Individual Medley
Dwain L. Draves 49 2:30.33
Tom Scotton 45 2:51.36
Jerry Cunningham 46 2:55.22

100 FREESTYLE
RN S. Emerson 1:16.01
KLG Y E. Jaekel 1:18.24
K E. Kantor 1:23.33
IBY M. d'Ouville 1:28.75
KLG Y D. Rodgers 1:29.42
50 BACKSTROKE
IBY M. d'Ouville 45.1
100 BREASTSTROKE
UN C. Kantor 1:36.79
IBY S. Loberg 1:39.86
SS N. Arnold 1:47.09

WOMEN... (40-44)
50 FREESTYLE
RN B. Dell 48.64
MAP Y J. Mehlirter 56.7
100 FREESTYLE
RN B. Dell 2:04.91
50 BACKSTROKE
IM P. Hatinger 58.86
MAP Y J. Mehlirter 1:15.57

50 BACKSTROKE
UN J. Lashman 27.46
IBY P. T. Krier 29.72
IBY R. Bordwell 31.10
UN P. Jelinek 32.97
SS A. Stern 37.89
100 BACKSTROKE
UN J. Lashman 1:05.94
100 BREASTSTROKE
RN A. Michal 1:05.44
IM E. Simpson 1:07.49
RN Dave Dumski 1:09.30
MAP Y Jim Saloga 1:11.86
SS Alan Stern 1:22.96
IBY L. Koseraki 1:23

50 BUTTERFLY
IBY D. H. Burgess 27.41
UN Bud Frank 29.26
UN M. Gamsotta 29.79
IBY R. Kamm 29.87
100 IND. MEDLEY
IBY D. Burgess 1:01.71
IBY R. Kamm 1:11.89
UN Bud Frank 1:15.41
SS J. Landway 1:16.89
BLJCC Irv. Rosenfeld 2:05.76
MEN... (40-44)
50 FREESTYLE
RN Howard Amy 26.40
IBY Wayne Longman 26.43
IBY Jack Lederer 26.91
BLJCC Jaak Cooper 29.16
SS Ken Panske 30.98
UN Sheldon Stambata 33.38
RN John Brinkman 34.58

THE BURLING YMCA
Master's Swim Meet - Jan. 18, 1976
WOMEN... (25-29)
50 FREESTYLE
IBY Violetta Swett 31.90
KLG Y E. Jaekel 32.52
RN S. Emerson 32.69
UN C. Kantor 35.65
IM N. Sandusky 35.78
IBY M. d'Ouville 36.20
SS N. Arnold 38.28

50 BUTTERFLY
KLG Y Sue Glaze 34.08
IBY Edie Terry 37.50
SS Ingrid Stine 39.65
IM J. Oberweis 39.65
IBY J. Steltalen 39.82
RN M. Hadel 53.08
100 IND. MEDLEY
KLG Y S. Glaze 1:17.76
IBY J. Oberweis 1:27.77
SS I. Stine 1:29.0
IM C. Rossi 1:44.21

WOMEN... (45-49)
50 FREESTYLE
IM B. Turcotte 33.46
SS M. Smallen 37.21
SS B. Brandstatter 45.95
SS S. Harris 55.10
100 FREESTYLE
IM B. Reeve 1:14.46
SS B. Brandstatter 1:56.12
200 FREESTYLE
IM B. Turcotte 2:54.29
SS R. Conrad 4:12.20
50 BACKSTROKE
IM B. Reeve 36.46
SS M. Smallen 45.20
SS D. Harris 55.95
SS R. Conrad 57.90
SS B. Brandstatter 1:00.00

50 BUTTERFLY
KLG Y R. Anderson 27.04
UN M. Mitrovic 27.80
KLG Y S. Davidson 28.11
IBY R. T. Krier 28.15
RN P. Jelinek 28.36
IBY J. Oenther 28.92
100 IND. MEDLEY
RN D. Dumski 1:04.88
IBY R. T. Krier 1:04.91
UN M. Mitrovic 1:05.24
IBY J. Oenther 1:05.80
RN P. Jelinek 1:07.56
KLG Y S. Davidson 1:09.00
UN T. Dowling 1:09.26
MEN... (30-34)
50 FREESTYLE
KLG Y Jon Sheldon 24.67
IM D. Russell 24.88
RN Bob Rounds 25.15
IBY P. Druker 25.19
IBY Larry Kramer 27.27
RN J. Ryerson 27.56
IIT Dave Johnson 27.76

100 BACKSTROKE
IBY R. Lederer 1:15.98
SS K. Panske 1:34.1
100 BREASTSTROKE
MAP Y R. Scheidelman 1:25.9
IBY J. Furman 1:42.3
50 BUTTERFLY
BLJCC Jaak Cooper 35.09
MAP Y R. Scheidelman 35.84
SS C. Stine 47.50
100 IND. MEDLEY
MAP Y R. Scheidelman 1:26.38
SS C. Stine 1:40.84
IBY Joe Furman 1:55.19
MEN... (45-49)
50 FREESTYLE
UN Paul Girdea 27.34
IBY E. Youngquist 28.35
IBY Edward Kirk 29.68
MAP Y Dean Pierce 29.85
IIT Don Wright 30.54
UN Don Lyon 32.78
UN Bruce Gunnerson 35.56
100 FREESTYLE
UN P. Girdea 1:03.08
IBY E. Youngquist 1:03.69
IM B. Gunnerson 1:35.95
RN G. Haddock 1:43.58
200 FREESTYLE
IBY E. Youngquist 2:23.85
TOSA J. Bauman 2:26.04
IIT B. Wright 2:38.35
RN G. Haddock 3:58.64
50 BACKSTROKE
IBY H. J. Seegers 33.12
IM B. Wright 36.07
RN G. Haddock 55.99
100 BACKSTROKE
IBY H. Seegers 1:14.5
IIT B. Wright 1:18.67
IBY E. Kirk 1:24.3
100 BREASTSTROKE
IM G. Williams 1:15.12
TOSA J. Bauman 1:20.29
IBY E. Youngquist 1:31.90
50 BUTTERFLY
IM B. Rue 31.19
TOSA J. Bauman 31.62
UN D. Lyon 38.16
100 IND. MEDLEY
TOSA J. Bauman 1:15.09
MAP Y Dean Pierce 1:19.72
BLJCC Ed Kirk 1:24.37
IBY H. Seegers 1:27.97
MEN... (50-54)
50 FREESTYLE
UN M. Gamsotta 1:01.14
SS J. Landway 1:04.91
RN A. Grant 1:13.83
UN R. Selfridge 1:19.52
RN P. Leshart 1:27.32
SS H. Viol 1:38.73
200 FREESTYLE
IBY D. Carey 2:20.06
SS J. Landway 2:27.56
IM B. Frank 2:54.30
UN R. Selfridge 3:10.55
RN P. Leshart 3:33.31
50 BACKSTROKE
IBY D. H. Burgess 30.44
BLJCC I. Jemfeld 54.91
100 BACKSTROKE
IBY A. Koblish 1:17.8
IBY D. Carey 1:13.84
SS J. Landway 1:19.85
IBY H. Viol 1:35.76
BLJCC I. Rosenfeld 2:32.01



50 yard BREASTSTROKE, 100 yard BREASTSTROKE, 50 yard FREESTYLE, 100 yard FREESTYLE, 50 yard BACKSTROKE, 100 yard BACKSTROKE, 50 yard BUTTERFLY, 100 yard BUTTERFLY, 50 yard BREA... (List of swimmers and times for various strokes and distances)

30-34, 50 yard FREESTYLE, 100 yard FREESTYLE, 50 yard BACKSTROKE, 100 yard BACKSTROKE, 50 yard BUTTERFLY, 100 yard BUTTERFLY, 50 yard BREA... (List of swimmers and times for various strokes and distances)

200 yard BREASTSTROKE, 50 yard FREESTYLE, 100 yard FREESTYLE, 50 yard BACKSTROKE, 100 yard BACKSTROKE, 50 yard BUTTERFLY, 100 yard BUTTERFLY, 50 yard BREA... (List of swimmers and times for various strokes and distances)

50 yard BACKSTROKE, 200 yard BREASTSTROKE, 50 yard BUTTERFLY, 75-79, 50 yard FREESTYLE, 100 yard FREESTYLE, 50 yard BACKSTROKE, 100 yard BACKSTROKE, 50 yard BREA... (List of swimmers and times for various strokes and distances)

MINNESOTA ASSOCIATION, Tuesday, January 27, 1976, 100 YARDS BREASTSTROKE, 50 YARDS FREESTYLE, 100 YARDS BACKSTROKE, 50 YARDS BUTTERFLY, 50 YARDS BREA... (List of swimmers and times for various strokes and distances)

100 YARDS INDIVIDUAL MEDLEY, 50 YARDS BREASTSTROKE, 100 YARDS FREESTYLE, 50 YARDS BACKSTROKE, 100 YARDS BUTTERFLY, 50 YARDS BREA... (List of swimmers and times for various strokes and distances)

3rd ANNUAL MULTNOMAH A. C. INVITATIONAL, Jan. 31, 1976, Portland, Oregon, 50 YD. FREESTYLE, 100 YD. FREESTYLE, 50 YD. BACKSTROKE, 100 YD. BACKSTROKE, 50 YD. BUTTERFLY, 100 YD. BUTTERFLY, 50 YD. BREA... (List of swimmers and times for various strokes and distances)



# MASTERS NOTES SWIMMING

1976 LONG COURSE NATIONALS - The dates of August 27-29 have been approved by a vote of 42 to 2.....

MEET RESULTS FOR SWIM-MASTER - Please follow the following tips when typing up meet results for Swim-Master.

1. Please make all columns equal - 27 spaces if using pica type (regular) and 30 spaces if using elite type (small). 2. Paper should be 20# - please do not use thin typewriter paper. 3. Use the format of events as listed in the rules for each age group. 4. Do not double space (skip lines). 5. Use just NAME, AGE and TIME. 6. Use all times to the 1/100 - add a 0 if in tenths and drop the third digit if in thousandths. 7. Indent the sex and age, i.e. WOMEN 25-29; underline event, i.e. 50 YARD FREE-STYLE. 8. Do not include any age groups or events that are not listed for Top Ten Times.....

CONGRATULATIONS JANE KATZ - Jane Katz will be the first woman to be inducted to the City College Athletic Hall of Fame. The installation is to be held on Friday, May 7th, at Leonard's of Great Neck, Long Island. Jane joins an outstanding group of City College of New York alumni who also have been selected at this time and over eighty others inducted in the first nine years.....

SYMPATHY - Our sincere condolence to Dore Schwab and his family. Dore's son was killed in a tragic airplane accident on Dec. 29th.....

1976 NATIONAL AAU CONVENTION - Ellen B. Metzger, chairman of the Convention has contacted John Mechem, Manager of the pool at the Phoenix Country Club, and one of the AAU coaches in the area. He has agreed to make the Phoenix Country Club pool available to all Masters swimmers attending from 9 am to 3 pm daily during the Convention week - October 10-16. The pool is 25 yards and heated. There are shower and dressing room facilities available. There will be an attendant on duty these hours and no charge. The Phoenix Country Club is located less than two miles southeast of the Towne House and so the taxi fare will not be great. Also, Arizona Masters Chairman, Edie Gruender, would like to host a get-together for the Masters attending the convention some evening at her home. These are great plans and so you all start making your plans to attend. On behalf of all attending, we wish to thank both Ellen and Edie for their great hospitality.....

DEAR MASTERS SWIMMING ENTHUSIAST: - When I arrived in St. Petersburg two years ago I was impressed by the Masters swimming program and its benefits to all concerned. My own specialty in college was springboard diving, and I looked forward to an opportunity to remobilize creaky joints, muscles and try out long-forgotten timing. Thanks to the efforts of Joe Biondi, diving has been placed on the program of the list of events at the Southern Regional meet. However, this was the only diving opportunity during the year. There are a number of divers who might like to take up their sport again, as well as those who have never dived but want to give it a try. Also, there are coaches and others who could help in upgrading diving within the Masters, but have not come forward. To revitalize diving activity in the Masters I think it is necessary to include it in regular meets, dual and regional, and allow its points to count with other events for team trophies. I have heard that for the first time separate national championships in diving were held on the West Coast last year. However, I believe that this is not a wise pattern. Divers share the same watery medium with their friends the swimmers (not a few are also swimmers, and vice versa) and ought to likewise share the same team goals and camaraderie. - Frank T. Manheim.....

MORE ON HOW TO IMPROVE MASTERS MEETS - Lloyd B. Osborne writes, "I feel, as do a majority of Master swimmers, that it should be for fun and fitness (and fellowship, too) and that nobody should be barred from entering a meet or race just because they swim it slowly and occupy the pool for too long. Masters Swimming MUST be kept open for everyone - or else we lose the whole purpose. We must be

able to see the forest as well as the trees. I would like to offer the following proposal as a means of shortening the length of time it takes to run a meet, and also to increase the spectator interest. How about changing the standard long distances from 1650 yards to 1000 yards, and the 1500 M. to 800 M. I notice that Eastern Colleges swim the 1000 yard race. What do Western colleges swim for their longest race? What is the Olympic Games distance?.....

BON-VOYAGE - A goodbye party was held for Jim Cotton who is being transferred to Iran (Teheran) for a year or so. He will be in charge of building a large office building and condominium which his company has just designed. Any master swimmers in Teheran?.....

NUMBERS - There are approximately 1350 subscriptions to Swim-Master; there were 2571 AAU registered Masters Swimmers in 1975; there were over 90 teams entered in the 1975 SC National Championships. Sorry Stanley, but there is no way of counting the number of clubs or sanctioned meets held all over the country without making a survey of each of the 58 AAU Associations.....

BROCHURE - Our new brochure has been enthusiastically accepted. "Changing Times" but a blurb in a recent issue and I have received over 200 requests for more information. Only one slight problem, they also said I would tell them where the closest program was to them! This was impossible, so I tried to give them a name of a person close to their zip code so if you get a call from a stranger wanting to know where and when you work out, please sign them up!.....

DIVING BANQUET - Brud Cleaveland writes that their awards banquet was a huge success with 270 persons attending of which 25 were Masters and their spouses. R. Jackson Smith gave an inspirational talk and 6 more Cody awards were presented. The All-American Masters Divers that attended were awarded their patches.....

UNITED STATES SWIMMING FOUNDATION - The United States Swimming Foundation is working very hard to promote aquatics throughout the country. As part of their work, the Foundation is contacting various publications, organizations, etc. to attempt to get them to publish more articles about aquatic activity. John Spanuth, Executive Director of the USSF, is very interested in securing the names and addresses of advertising firm executives who are master swimmers, plus information regarding masters swimmers who are members of civic clubs such as Rotary, Kiwanas, Lions, Civitan, etc. If you are active in a civic organization, please write to John Spanuth, giving him your name, address, name of the club that you belong to and approximately 50 words about your activity in masters swimming. He will then compile all of the material and attempt to get an article published in your civic organization magazine. It would also help if you would send him the name of the magazine that is published by the civic organization, plus the name of the Editor and mailing address. Also, if you have any ideas regarding how the USSF might help to promote aquatics throughout the country, they would be most interested in receiving this information. When writing to the United States Swimming Foundation regarding the above information, please write to John R. Spanuth, Executive Director, United States Swimming Foundation, Reed & Washington Streets, Reading, PA 19601.....

SAD NEWS FROM CANADA - Alan Waites, promoter of masters swimming in Canada passed away recently.....

500 MILE GOAL - Leola B. Smith of Saginaw, MI, has a goal of swimming 500 miles by age 80. Leola is now 77 years old and her goal is just slightly over 2 years away. Leola writes, "The reason for the goal? Well, if you wake up in the morning with the doldrums, not feeling up to par, it is so easy to say nix to all exercise. If you have a goal you think - ok, well if I only do a quarter of a mile today the goal will be that much nearer. It's surprising the magical change that takes place after stepping in the water. Doldrums disappear, you feel like a million and the little one quarter mile you counted on turns into one half, three quarters or even one mile before you pop out of the pool refreshed with a feeling of accomplishment physically, mentally, and nearer you goal. Swimming improves stamina, circulation, relieves stress and helps keep one physically fit and mentally alert. A swim at the YWCA three or four times a week is fun. So I sent for a subscription to Swim-Master, hoping to get others interested in competition. Afraid my turtle style wouldn't be considered for competition, but I do enjoy adding up the miles. Sure hope to encourage others to 'get in the swim'!"..

# SWIM-MASTER

2308 N.E. 19th Avenue  
Ft. Lauderdale, FL 33305

## FIRST CLASS



LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

VOL V - No 3

## 1976 SWIM CALENDAR

Hawaii Association - Richard Merritt, 4326 Aukai Ave., Honolulu, HI 96816
APR 11, APR 25, MAY 9
New England AAU - Enid Uhrich, 25 Lafayette Rd., Newton Lower Falls, MA 02162
APR 6, APR 24-25, MAY 4, JUN 1
Ohio AAU - Roy Stickney, 235 North Remington Road, Bexley, OH 43209
APR 25, JUN 6, JUL 11, AUG 14-15
Oregon Association - Connie Wilson, 10315 SE 82nd, Portland, OR 97266
APR 16-18 (SC Region XII), JUN 6, JUL 18
Pacific Northwest Association - Steve Engel, 2005 So. 308th, Federal Way, WA 98002
APR 3-4, JUN 4-5, JUL 10-11, AUG 13-14
Pacific Association - Dore Schwab, Gray Oaks Box 772, Ross, CA 94957
APR 12, JUN 12-13, Jul 10-11, JUL30 or AUG 1, SEP 11-12, OCT 9-10, NOV 20-21, DEC 4/5
Minnesota Association - David J. Beardsley, 1380 Terrace Dr. #102, Roseville, MN 55113
APR 17, MAY 15
Rocky Mt. Association - Dennis West APR 4, APR 15, 8225 Marshall Ct., Arvada, CO 80003
Southern Pacific Diving Schedule - Brud Cleaveland, 1520 Bay St., Santa Monica, CA 90405
APR 24-25, MAY 23, JUN 12-13, JUL 11, NOV 7
APR 2-4 Southern Regional - R. E. Beach, Judicial Bldg. #402, St. Petersburg, FL 33701
APR 3 Yale University - Jane Hardy, 49 Wilson Ave., Rowayton, CT 06853
APR 3-4 York Dutch Masters Meet - Cal Schaffer, 2826 Eastwood Dr., York, PA 17402
APR 10-11 OHIO Championships - Tom Cloyes, 1642 Cleveland Ave., NW, Canton, OH 44703
APR 10-11 San Antonio, TX - Joanita Reed, Rte 3, Box 208 KK, San Antonio, TX 78218
APR 16-17 WIU - Dr. Paul Hutinger, 815 N. Charles, Macomb, IL 61455
APR 23-25 Michigan Champ. - Bill Burrell, 115 E. Miller Rd., Lansing, MI 48910
APR 23-25 Englewood Open - Jack Buchanan, 3800 S. Logan St., Englewood, CO
APR 24-25 So. Cal. Inv. - Anne Adams, 860C Balboa Blvd. #36C, Northridge, CA 91324
APR 24-25 Inland Empire Assn. - Harry Lewis, E. 944-39th, Spokane, WA 99203
APR 24-25 Kansas City, KS - Neal Scott, 7912 Roe Ave., Prairie Village, KS 66208
APR 25 So. Carolina Champ. - Bob Wilson, 201 Prentiss Ave., Greenville, SC 29605
MAY 1-2 Texas A&M - Will Worley, 1001 Village, College Station, TX 78218
MAY 1-2 East Coast Inv. - Bob Walden, 19 Hawthorne Dr., New Providence, NJ 07974
MAY 8 3rd Annual Spring Open - Alice U. Jones, 2740 Watson Blvd, Endwell, NY 13760
MAY 14-16 NATIONAL SC CHAMPIONSHIPS - Guy Barnicoat, 25211 Pacifica, Mission Viejo, CA
MAY 14-16 NATIONAL DIVING - Ted Keller, SHOF, One Hall of Fame Dr., Ft. Lauderdale, FL
MAY 28-30 Florida Assn. - R. E. Beach (above)
MAY 30 Pentathlon - Janice Terrasi, c/o Coronado Municipal Pool, Coronado, CA 92118
MAY 30 Whitefish Bay - Morgah Byers, WBHS, 1200 E. Fairmont Ave., Milwaukee, WI 53217
JUN 12-13 Sr. Olympics (Swimming, Diving and Water Polo) - Judy Bell, Aquatics Division, Los Angeles County Rec. Dept., 155 W. Washington Blvd., Los Angeles, CA 90015
JUN 26 Tar Heel LC - Dick Lortie, 1227 S. Hawthorne, Winston Salem, NC 27103
JUL 9-11 WORLD CHAMPIONSHIPS *****STILL DON'T KNOW WHERE YET*****
JUL 24 NATIONAL LONG DISTANCE CHAMPIONSHIPS - Clifford S. Brown, N76W22300 Cherry Hill Road, Sussex, WI 53089
JUL 30-31 LC - Mush Van Dolson, County of Nassau, Dept. of Rec. and Parks, Eisenhower Park, East Meadow, NY 11554
AUG 1
AUG 27-29 NATIONAL LC CHAMPIONSHIPS - Wade Barber, 7314 Whitehaven Dr., St. Louis, MO