

United States  
Masters  
Swimming

# SWIM - MASTER



VOL XVII-No 6 USA NATIONAL PUBLICATION FOR MASTERS SWIMMING JUL-AUG 1988

## National Short Course Championships



TOP: Aldo da Rosa & Hamilton Anderson, Edie & Dan Gruender, Bob Cowling & Dave Gillanders  
MIDDLE: Thomas & Deb Barton, Larry Wood & Trip Hedrick, Ginger Pierson & Kevin Kelly  
BOTTOM: Jessie Watson, Nancy Clark, Burwell 'Bumpy' Jones, Bill Grant, Anne McGuire  
PHOTOS BY MILDRED ANDERSON



















# SWIM-MASTER

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

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work worthwhile. It isn't for everyone, but I certainly now know that it's for me!.....  
TAPER WORKOUTS - The swimming taper is the special training you do the last 2-3 weeks before a major meet. The goal is for you to perform at maximum potential in an event. Tapers are not a passive rest period, although reducing yardage and avoiding fatigue are important to tapering. The taper sharpens and focuses the training done all season to give you best times in your main events. Tapers include reduced yardage, swims at race pace, intervals swum on longer rest intervals, and more swim-downs between sets. Race-pace swimming is done only for 1/8-1/4 of the actual distance of your event, or excess fatigue sets in. Make sure you rest between sets, and don't over-sprint! The following taper workouts are based on John Troup's & Randy Reese's A Scientific Approach to Swimming.

## SPRINTERS

- |                   |                             |
|-------------------|-----------------------------|
| 400 yards         | - Warmup                    |
| 6 x 12 1/2 on :45 | - Sprint Swim               |
| 1 x 200 yard      | - Swimdown                  |
| 6 x 12-1/2 on :45 | - Spring Kick               |
| 6 x 50 on 1:30    | - Build (swim accelerating) |
| 1 x 200 yard      | - Swimdown                  |
| 4 x 50 on 3:00    | - Swim @ 200 pace           |
| 300 yards         | - Swimdown (1850 yd total)  |

## MIDDLE DISTANCE

- |                 |                               |
|-----------------|-------------------------------|
| 500 yards       | - Warmup                      |
| 3 x 200 on 4:30 | - Swim resting 5 sec after 50 |
| 1 x 200         | - Swimdown                    |
| 3 x 100 on 3:00 | - Swim @ 500 pace             |
| 6 x 50 on 1:00  | - Kick                        |
| 6 x 50 on 1:30  | - Swim @ 200 pace             |
| 500 yards       | - Swimdown (2500 yd total)    |

GOALS, FUN, AND HEALTH - Perhaps that should be the motto of masters swimming. Some of us are in it for one or two of these reasons. How many are in it for all three? I find myself trying harder and harder to adjust my mindset to fit this better outlook. I suppose it's sufficient to seek fun and health in the pool without goals, but- for me, at least- I think the fun and health are bolstered when I have goals, too. Maybe we need to think more about the goals we select for ourselves and then have to live with. (Words of wisdom from Tom Lyndon, NEM NEWS).....

MARKETING MASTERS SWIMMING - Ways to advertise - cheap (from MACA Newsletter). Talk about your program - spread the word!! Happy & satisfied swimmers will tell their friends, and so on, and so on. Free advertising - newspapers, sports magazines, community mailings. Put up posters (in sports shops, etc) and hand out flyers. Wear a T-shirt with your team name on it - people will ask! Contact local physicians for medical referrals. Give swim clinics at local health clubs and YMCA's. Establish contact with your local Masters Swimming Committee.....

SWIM-MASTER EXPIRATION DATES - Check those three numbers beside your name - first digit is the last issue you will receive of the last two digits (year).....

# Swimming News

SHORT COURSE NATIONALS - As you can see, printing ALL the results makes little room for anything else! Guess we will just have to limit printing the first eight places in the future. Only problem is that is a lot of cutting and pasting!....

OMISSIONS - Gene O'Donnell writes that his name was omitted from the Hour Swim results. He would have been 26th in the 60-64 age group. Please don't write to Swim-Master about omissions from meet results. Write to the meet director.....

WHAT MASTERS MEANS TO ME - by Esther Forrest (a member of the Mid-Island Masters in the 40-44) - Having to answer the question, "Why did I join Masters Swimming?" is not easy. I must reflect and reevaluate my motives. I always enjoyed swimming. I had been doing it for fitness for about six years, but I had never participated in any organized sports, even as a youngster. I had lived vicariously through my son's sports accomplishments. Then one day I saw the sign-MASTERS SWIMMING. I hesitated about inquiring. I just knew that if I became involved, it was going to be all the way. Then came the personal invitation from Mike Ford. I went to one of the Mid-Island Masters' monthly meetings. I enjoyed the comraderie. My lap swimming changed to workouts. I saw an improvement in my fitness and swimming ability. I just came back from my first Empire State Games. The thrill I felt in competing and meeting other Masters athletes makes all the hard

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June Krauser, Editor  
2308 N.E. 19th Avenue  
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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

## SWIM CALENDAR

VOL XVII - No 6

JUL-AUG 1988

JUL	9	1 MI Open Water - Peter Crumbine, 3 Copper Bch Rd., Greenwich, CT 06830	
	9	2 MI Nationals - Jim Miller, 1417 Johnson Willis Dr., Richmond, VA 23235	
	9	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	
	10	LC - SDI Masters Swim Office, 1135 Garnet-K, San Diego, CA 92109	
	10	LC - Cincinnati, OH - Marty Ott 513-851-1894	
	16	LC - Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212	
	16	LC - Suzanne Rague, 263 West End Ave., #9-C, New York, NY 10023	
	16-17	LC - Mary Dowlen, 106 C Bull St., Charleston, SC 29401	
	16-17	LC - Dorothy Ressiguie, Box 7, Tar Heel, NC 28392	
	16-17	LC - Eagle Creek Pk, IN - Betty Bainbridge, 317-237-5780	
	16-17	LC - Will Worley, 1001 Village Dr., College Station, TX 77840	
	17	LC - Ann Arbor, MI - Carl Woolley, 313-663-1752	
	21	LC - SCI Masters Swim Office, 1135 Garnet-K, San Diego, CA 92109	
	23-24	LC - Canton, OH - Pieter Cath 216-248-8270	
	24	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118	
	24	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	
	24	3 MI Nationals - George Mcvey, 477 Antlers Dr., Rochester, NY 14618	
	24	LC - Dorothy Donnelly, 495 Lovely St., Avon, CT 06001	
	24	LC - Lytal Aquatic, 302 Island Road, West Palm Beach, FL 33406	
	29-31	LC - Chris Truhol, 612 Pall-A-Grille Way #3, St. Petersburg, FL 33706	
	29-31	LC - Milwaukee, WI - John Bauman 414-453-7336	
	30	LC - Crawfordsville, IN - George Ickes 317-362-8256	
	30	LC - Elizabethtown, KY - Bill Tingley 502-451-454567	
AUG	6-7	LC - Delaware, OH - Jack Florance 614-362-2801	
	7	LC - Detroit, MI - Frank Thompson 313-683-2191	
	13-14	LC - Louisville, KY - Mary Graves 502-451-3162	
	13-14	LC - Nancy Kirkendall, 3403 Gilden Dr., Alexandria, VA 22305	
	13-14	LC - Dorothy Ressiguie, P.O. Box 7, Tar Heel, NC 28392	
	13-14	LC - Rob Copeland, 242 Hedgerow Rd., Bridgewater, NJ 08807	
	14	Terrible Tripple - Suzanne RAgue, 263 West End Ave., #9-C, New York, NY 10023	
	7-13-14	LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108	
	21	LC - SDI Masters Swim Office, 1135 Garnet-K, San Diego, CA 92109	
	25-28	USMS LC NATIONALS - Gene Donner, 717 South Road, East Aurora, NY 14052	
	27-28	LC - Brenda Hennessy, 1414 Glengarry Rd., Jacksonville, FL 32207	
	27	Manhattan Island Marathon Swim, 438 W 37 St., Suite 5-H, NY, NY 10018	
OCT	10-15	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Brisbane, Australia	
MAY	1989	USMS SC NATIONALS - Boca Raton, FL	
JUL	23-AUG	5 1989 MASTERS GAMES - Denmark	
AUG	17-20	1989 - USMS LC NATIONALS - Grand Forks, ND	
OCT	7-15	1989 - 1st FINA PAN PACIFIC AQUATIC GAMES - Indianapolis, IN	
AUG	7-13	1990 - 3rd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Rio de Janeiro, Brazil	
		1992 - 4th FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Indianapolis, IN	

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