



SWIM-MASTER

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FACTORS GOVERNING SUCCESS IN COMPETITIVE SWIMMING

(A BRIEF REVIEW OF RELATED STUDIES)

By Thomas K. Cureton, Ph. D.

Thomas K. Cureton, Ph.D., Professor Emeritus of Physical Education, University of Illinois addressed the Masters Swimmers attending the 1973 LC Championships Banquet held at the Conrad Hilton in Chicago on August 11th. Cureton is now Director of the Physical Fitness Institute at U of I.

Tom was named on the All-American Intercollegiate Swimming Team in 1923, in the backstroke. He was Captain of the Georgia Tech Swim Team and also swam at Tech High School in Atlanta, Ga. He competed with the Atlanta Athletic Club, 1919-22 in the Southeastern AAU and was a member of that championship team in the south. He has published as many as 100 books and articles on swimming, warfare aquatics, physical fitness, applied physiology, and served as National Chairman of the YMCA Aquatic Program for 25 yrs. Dr. Cureton is a well-known International figure having lectured in 70 countries and seven Symposia at Olympic Games. His paper at the Munich Symposium was on "Improvements from Adult Fitness Programs".

And so, after 48 years, Dr. Cureton found himself sitting in the "Bull Pen" waiting for "heat" assignments with Jim Counsilman, "Bump" Jones, Lloyd Osborne and other notables, while attending the 1973 Masters LC Championships. His last competitive race against time was in 1925 as a member of the Intercollegiate Championship Team of 1925. Because of doing a lot of fitness (exercise) training in the interim, he took the races well, and in the 1500 meters, the 200 back and 200 IM races, he did not ache as he used to do in the 1920's as a college swimmer. Specific training for swimming is required. Though he had been immunized against stress, he was not fully trained for swimming. "Never the less," he said, "it has been an inspirational experience, to see so many take part, and the wholesomeness of it all."

"There is a great void for the majority of adults, who settle down at about 25-26 years

to offices, or the women to homes, to make a living in the furious American Competitive mill, and promptly give up their physical training regimes, if they existed at all. Middle aged America is not very fit, so the many thousands in training across the country for an event like this is a wholesome sign, and it will spread to others. Americans should find some way to keep up vigorous exercise and shuffle-board and golf are not enough."

EXCERPTS FROM ADDRESS

Factors Governing Success in Competitive Swimming: 1. Mental attitude to train and work hard; 2. Structural aptitude - constitutional body type (the body itself); 3. Organic fitness, both circulatory-respiratory and neuro-endocrine fitness; and 4. Efficiency of stroke mechanics, event by event. Since publishing these four main factors in 1934, the emphasis has been on "more total work", longer (year-around) training schedules, the "Flip-Turns", more use of dietary supplements (B-vitamins, wheat germ and wheat germ oil, kelp and general vitamin-mineral additions to the diet); also, better pools and more of them, and the WONDERFUL DEVELOPMENT OF AGE-GROUP SWIMMING. Now this is extended to adults over 25, THE MASTER'S PROGRAM.

The Master's Swimming Program, a Contribution to Adult Fitness: With recognition of the relatively low level of middle aged fitness in this country from 26-80, the Master's Swimming Program is an incentive to keep working at physical training in these years. From data at hand, and in the National Aging Institute, in Baltimore, the curves of almost every circulatory-respiratory fitness test goes definitely downward after 25 yrs of age. But now many thousands are working at "adult fitness through swimming". There is great experimentation with the methods of fitness: interval training, circuit training, repetitious "burst" training, repetitious pace work (part-distance), and longer developmental programs --- trying to raise the fitness levels. Counsilman summarized that all of these are needed to break monotony and to

train for various distances and to develop both aerobic and anaerobic capacity.

Failure Is In Fitness Deterioration: Tests show that cardiovascular-respiratory tests get relatively poorer with age. The curves go definitely downward, and a 4:36 Olympic swimmer does 6:36 at 45 years of age. Some go down faster than others. Trained swimmers have stronger heart beats, higher stroke volume, lower internal arterial resistance, and better respiration and lower cholesterol than others non-trained of the same age. Strength can be pretty well maintained until 65-70; but the ability of the nervous system to take stress diminishes a bit. Flexibility is generally poorer with age, and this hurts the swimming time some. Steady work is needed to stretch stiffening joints, especially the ankles. Stretching exercises are highly indicated for aging swimmers. Certain minerals and vitamins are used up faster in hard training, especially in adults. These may be replaced by artificial vitamins and additions of iron, calcium, magnesium, phosphorous, potassium. It is probably that five days per week are enough for adults to train. Milk is essential (skimmed or 2% low fat) in the diet, and loss of water. Fibrous vegetables and fruits are also very valuable. Adults drinking alcoholic drinks do not eat enough of the right foods and smoking is definitely detrimental. High amounts of vitamin C are also needed.

Swimming Aptitude: The middle-ager, somewhat lower in energy capacity, nevertheless may float flatter and be a bit more buoyant-traits which give girls an advantage over most men. The flat floater, is built for longer races, whereas, the candidate with heavy legs in the water and poor floatability, must work harder, and may succeed better in sprints. Finding the optimal event is a prime problem. A strong heart stroke is a great asset (by heartograph or BCG). A slow pulse rate is also helpful, and relatively low diastolic blood pressures and moderate systolic pressures, and relatively long breath-holding time --- are all assets. Psychological conditioning is mainly just getting fitter and fitter and knowing it. Very few people reach their full potential because of structural limitations partly, which are hard to improve, but more so because of lack of sufficient training and related confidence. Knowing the pace that one can stand is a mental matter, requiring keen judgement.

Results Of Some Studies: With older competitors, warm-up is very important and protective, as shown in the ECG studies, because

without warm-up there are marked arrhythmias and depressed ST-segments brought on by lack of warm-up, indicating greater heart stress, but these are almost non-existent after a gradual progressive warm-up. (2) Adequate generalized training, as in jogging, cycling, walk-jog, continuous rhythmical calisthenics (imitating the swimming movements), do train the central nervous system to bear stress -- the pulse rate gets slower and the stroke volume greater (by heartometer). Most of all, the sensory centers in the muscles, blood vessels and lungs get less and less sensitive to stress. The WORK, on a gradual progressive pace basis is the real thing --- more and more of it. Swimming is predominantly an endurance exercise but such endurance depends on ability to fight the accumulating CO₂ and stress-tension (high diastolic pressure) which develops in timed races. Work, Work, and more Work - has a desensitizing effect. Inadequately trained swimmers do suffer but I consider swimming, with water pressure on the body, a virtual protection against vaso-motor collapse. There are almost no real fatalities in competitive swimming. The risk factors related to coronary heart disease are generally reduced. (3) The TOTAL AIR (intake and expiration) must be as large as possible in races over 100 m. The O₂ debt builds up and one cannot get rid of enough CO₂ --- it is the latter which causes distressful feelings. So, do respiratory drills, and learn to breathe more and more, stretch the chest, bob and do some breath-holding work followed by maximal forced breathing. Swimming is one of the best exercises to develop the respiratory capacity; do not hyper-ventilate greatly before swimming, but do more and more as the work is longer than 100 m. After 20-30 min. in the pool, there is no danger from hyper-ventilation, as the body needs as much air as possible to keep the CO₂ level down in the lungs and blood. The respiratory muscles need a great deal of over-training to be best in swimming.

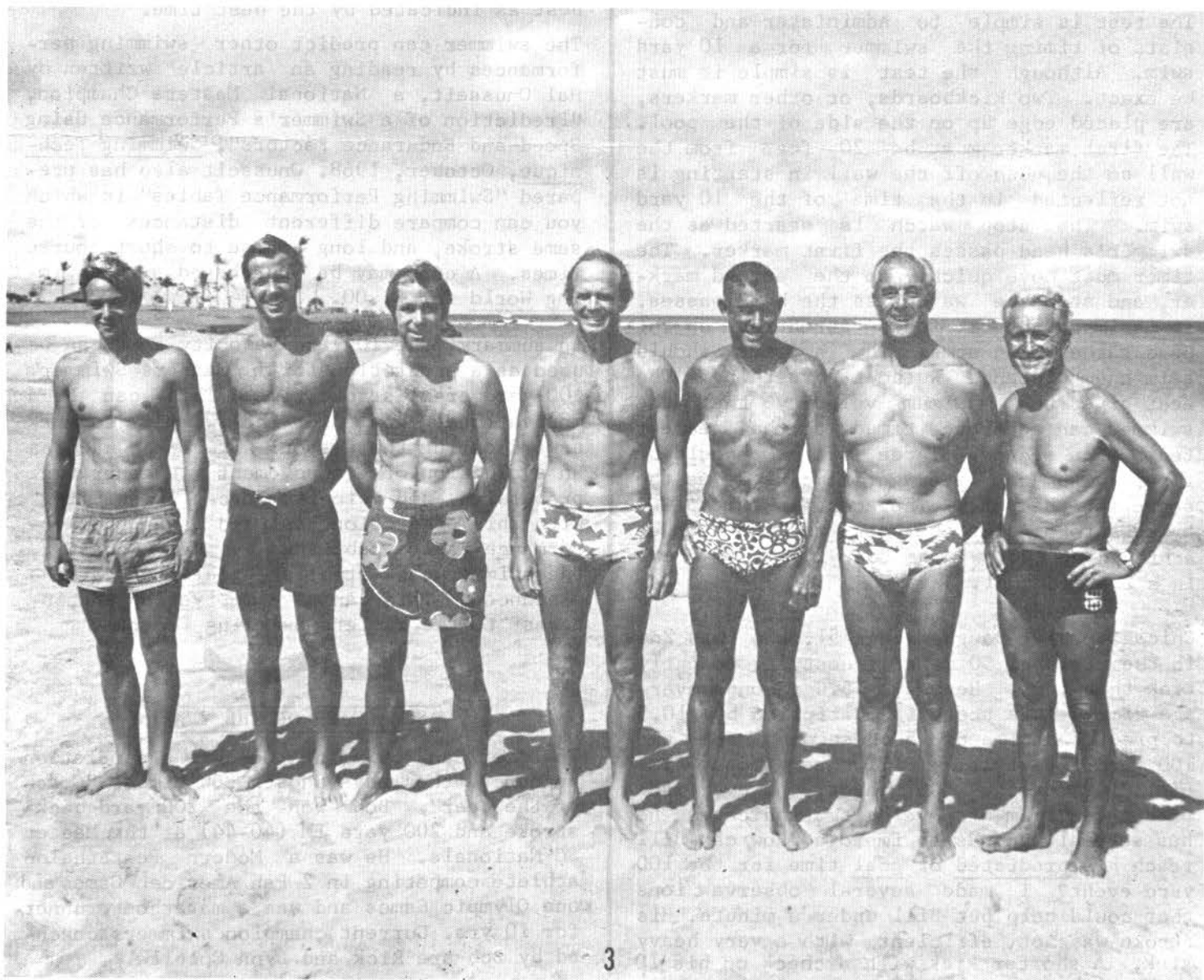


ANNUAL CONVENTION

The 86th Annual Convention of the Amateur Athletic Union of the U.S. will be held in West Yellowstone, Montana on October 8-13, 1973. The Masters Swimming Committee will hold their annual meeting at 8:00 p.m., October 10, Wednesday, in Room B of the Community Church.



1. Congratulations to Ann and Jay Platt who were married in early September and we understand they were in Hawaii for their honeymoon.
2. Competing in a Masters meet at John B. Kelly Pool in Philadelphia on July 20th were left to right: Rosen Franks, Jack Kelly, Bill Clinton and Bob Mattson.
3. Some Waikiki Swim Club members at weekly practice session at Ala Moana Park in Honolulu are left to right: Rick Thomas (sub-Masters Age Group), Richard Merritt (25-29), Harry Huffaker (30-34), Jim Cotton (40-44), Jim Welch (55-59), Lloyd Osborne (60-64) and Wally Laury (70-79).



PREDICTIVE TEST FOR
MASTERS SWIMMING PERFORMANCE

by Dr. Paul Hutinger
Western Illinois University

Would you like to find out your maximum potential performance time for the 100 yard freestyle? Many Masters Swimmers who have not had experience in competitive swimming have little knowledge of their potential speed. Former competitive swimmers have no idea of the effect of aging upon their performance potential. Dr. Ransom Arthur has a rule of thumb gained from years of experience working with masters swimmers. He feels the average former competitive swimmer should be able to achieve 90% of his or her former time. For example, a swimmer with a best time of 55 seconds should be able to do one minute for the 100 yard freestyle.

A predictive test for competitive swimmers has been devised at the Human Performance Laboratory at Western Illinois University. The test is simple to administer and consists of timing the swimmer for a 10 yard swim. Although the test is simple it must be exact. Two kickboards, or other markers, are placed edge up on the side of the pool. The first marker must be 20 feet from the wall so the push off the wall in starting is not reflected in the time of the 10 yard swim. The stop watch is started as the swimmer's head passes the first marker. The timer must move quickly to the second marker, and stop the watch as the head passes. It is important to focus attention on the head rather than arms. The swimmer should swim the distance without breathing. The test gives the maximum velocity that the swimmer can generate, timed to the nearest tenth of a second. Three trials should be given with the average time used as the score for the test. The score is multiplied by 10.5 to predict the best time that can be achieved by the swimmer for 100 yards crawl in a 25 yard pool.

Chicagoan Bill Baugher, age 51, who was 2nd in the National 50 meter freestyle, recently took this test. He had a 5.6 seconds average time. This score is multiplied by 10.5 to predict a time of 58.8 seconds for the 100 yard freestyle. Bill has a best time of 1:01.9 for the 100 yards, however the prediction from his velocity indicates he has several seconds to improve. How can Bill reach his predicted or goal time for the 100 yard event? I made several observations that could help put Bill under a minute. His stroke was not efficient with a very heavy kick. A shorter kick with a check on his 10 yard velocity time would be a good evalua-

tion. Training should be specific to the stress encountered in the 100 yard swim. He needs, also, to improve his turns. The improvement in turns can be measured and evaluated by timing the turn from 5 yards from the wall, using the head as it passes the marker going in and coming out.

The 10 yard predictive test can be used with the breaststroke, butterfly and backstroke. The turns are slower in these strokes, however, so a factor of 10.8 instead of 10.5 should be used for backstroke if a flip turn is used and 11.0 for breaststroke and butterfly.

The 10 yard velocity test also has another application for stroke efficiency evaluation. The test is given the swimmer with breathing and without. If the time is greater than .2 seconds the swimmer should work on improvement of breathing techniques. Several breathing patterns can be used such as single breathing, 3 stroke (alternate sides), and four stroke. The swimmer can be timed in using the different patterns and select the best as indicated by the best time.

The swimmer can predict other swimming performances by reading an article written by Hal Onusseit, a National Masters Champion, "Prediction of a Swimmer's Performance Using Speed and Endurance Factors", Swimming Technique, October, 1968. Onusseit also has prepared "Swimming Performance Tables" in which you can compare different distances of the same stroke, and long course to short course times. A copy may be purchased from Swimming World for \$1.00.

In summary, the 10 yard velocity test can be used as a prediction for the Masters Swimmer's 100 yard crawl stroke time. This can be a motivational goal for the swimmer to work toward during the season. It can be used as an evaluation of improvement in generating propulsive, and velocity forces in swimming. With this prediction test and using the Performance tables published by Hal Onusseit, the swimmer can establish goals for various distances. This can give motivation and interest to the Masters Swimming Program.


ASCA COACH OF THE YEAR

The American Swimming Coaches Association announced they have chosen Bob Miller "Coach of the Year". Bob won the 200 yard backstroke and 200 yard IM (40-44) at the Master SC Nationals. He was a Modern Pentathlon athlete competing in 2 Pan American Games and one Olympic Games and was a marathon runner for 10 yrs. Current champion swimmers coached by Bob are Rick and Lynn Colella.

CONVERSATIONS DRIVING HOME FROM CHICAGO

by Rexene Ashford

Did anyone have an itchy ear on Monday after the Long Course Nationals in Chicago? Well-I would hate to say we gave anyone an itchy ear, but --- four women in a car on a long drive do a lot of talking and the subject was --- what else --- the meet and all the friends we met again and the new friends we had found.

Curiosity got the better of us and it became a game to speculate on how many children or grandchildren someone had, where did they live, what did they do in "civilian life". Even more interesting was a face that was vaguely familiar, what was her maiden name and where did she swim before. Could she be so-and-so who swam for such-and-such team? With the changes the years do bring it becomes a guessing game to put names and places with faces. Another question was how many old friends might be swimming now but so far away our paths haven't crossed yet.

Some 790 miles later out of these silly but sometimes serious conversations came an idea --- a "who's Who in Masters Swimming." This isn't meant to be a select group but everyone who is interested in the program & swims competitively anywhere in the country. We hope a large number of other people are equally curious because next spring the ACC Gym Masters Swim Team will have (hopefully) a booklet available with general biographical information on most of the people participating actively in the Masters Program.

Several methods of soliciting information will be used. Secretaries of organized teams may submit 3 x 5 cards for each member and for new members as they join. Swimmers who are unattached should send in their own information. If duplicates for an individual come in, that's fine, better to have two sets of information than to leave someone out.

The first deadline for information will be December 15, 1973. Mail cards to Pat Clinton, ACC Gym, Copperstown, New York 13326.

Because the friendships and social aspects of the Master's program contribute greatly to the whole concept of Health, Fellowship and Fun, we hope this will be an aid to finding old friends, meeting new friends with the same interests and enthusiasms and helping everyone new feel more at ease because they can find out about everyone without asking numerous questions.

Information requested: Name including maiden name, age, birthdate, number of children and grandchildren and age range, current address and phone number, occupation, husband's or wife's name and occupation, hometown high-school and college attended, past and present school, club or team affiliations, outstanding swimming achievements, and any other information which you think may be of interest.

MASTERS NOTES SWIMMING

MASTER'S SWIMMING NEWS FROM ENGLAND by Cease

Brown: The big news is that the 1973 Master's Swim Champ. will be taking place on Sat., Nov. 17th. The organizer, Eric Kimber of the Otter Swimming Club says, "judging from early enquiries and the enthusiastic comments we have received from all over Great Britain the 1973 Masters Championships should be a great sporting and social event..." --- The Amateur Swimming Association has just announced the ASA Adult Award Scheme. There is a two fold purpose in the program, one to encourage adults to learn to swim and to obtain minimum proficience, and two to encourage adults to continue swimming, once they have learned, as a purposeful recreation. --- Master's swimmers proved to be big winners in the recent Royal Navy Swimming Champ. Royal Navy Swim coach Paddy Hayes (40-45) did extremely well against the youngsters in the meet. Former Great Britain international star Dave Finnegan, (25-29), now of the Royal Marines won both breaststroke events. Cease, as an exchange officer with the Royal Navy surprised herself by winning two firsts against the teens.

NEW ZEALAND TRIP: Any Master's Swimmers interested in an 18-day trip to New Zealand and possibly Australia in late February and early March should contact Richard H. Rahe, CDR, MC, USNR, NECL CODE 8000, San Diego, CA 92152. The estimated price --- including hotels and tours - is approximately \$1,000, per person (for a double room). 15 swimmers definitely committed by mid-December are needed in order to obtain this special rate.

THE BROWN FAMILY: Clifford Brown submitted a detailed account of his family's participation in Masters Swimming. Four family members entered in the 1973 SC Nationals and accomplished more than I have room to print. The family members consist of Cliff Brown, daughter Sandy Brown, daughter Edie Gruender and son-in-law Dan Gruender.

MASTERS SWIMMING - OVER COMPETITIVE? ----Ken Coon from Colville, WA writes: "...I would like to join the ever growing group of those who see fit to comment on the course of masters swimming, particularly in reference to 'becoming overly competitive'. For what ever it is worth, my authority to comment on the subject is based on the fact that I have been a masters swimmer almost from the beginning and have been a member of Anne Adam's SPA AAU committee. With no swimming background, little time to train (two thousand yards per week average) and little or no natural talent, I have been, admittedly a perennial 'also-ran'. However, I do have some background in physical training. As I see it, masters swimming has just 3 things to offer - all beneficial. (1) Improved health through conditioning, (2) an opportunity to engage in athletic competition, for ego-sake or whatever, and (3) a social and recreational element, providing the opportunity to meet and associate with people of similar age and interests..." and "...As obscure as it may be, the point I am trying to make is that in all of our planning for the future direction of masters swimming, let's make a genuine effort to keep the fun element alive and plan novice or B events at every meet. Always try to include some fun events such as relays. Plan for lots of social get-togethers. Obviously, without competition there would be no masters program. Also, it is only right that those who put the most into swimming should win the medals and no-

terity, but the program will best serve its purpose if we attract the 'not quite so serious' swimmers..."

MISSING AN ISSUE OF SWIM MASTER? Mrs. Glenda Sharp writes: "Hi! Just a line to let you know you have forgotten our SwimMaster. Mr. George Henery & ME, Glenda Sharp, have been hunting through our daily mail box's with frantic thoughts, 'Oh where, Oh where is the Swim Master'. Please send them to us. We will be delighted to settle our despair with such delightful reading."

RECOUPERATING: Anne Adams happily reports that she received a letter from Dave Dutrow who is recovering from his heart condition at home. He sounds pretty good - like any good athlete - spirits high.

CONGRATULATIONS: Pedro Garcia of Costa Mesa, CA, writes: "Although I did not make the SC Masters Nationals in CA this year (due to illness) I was amazed and pleased to see the increased number of new entrants in the four strokes of swimming, particularly in my age group (40-44) where I counted approximately 40 new names in comparison with last year's also the terrific times they all registered, and of course this holds true for the rest of the groups of both sexes. I heard the meet was a success, and I want to take the opportunity to congratulate all the persons involved in putting it together so beautifully. Again it is nice and encouraging to witness so many masters interested in keeping themselves in good shape, conserving a healthy heart and just having clean fun."

SWIM MEET SCHEDULE

OCT 7	Leatherstocking Masters Swim Meet, Pat Clinton, Alfred Corning Clark Gym, Cooperstown, NY 13326
OCT 6-7 or 13-14	Cal Tech, Anne Adams, 17432 Osborne St., Northridge, CA 91324
OCT 2, NOV 6, FEB 5, APR 2	New England Masters Mini-Meets - Enid Uhrich, 12 Highland Way, Burlington, MA 01803 272-0885
OCT 20-21	Oak Ridge Masters Fall Invitational, Winnie Krogsrud, 110 Vassar Rd., Oak Ridge, TN 37830
OCT 27	Potomac Valley Masters Fall Meet, Robert Husson, 10301 - 45th Pl. #201, Beltsville, MD 20705 (301) 937-6230
OCT 28	FORT Lauderdale Masters Swim Meet, June Krauser, 5340 N.E. 17th Ave., Ft. Lauderdale, FL 33308 (305) 771-8835 (305) 961-9700
NOV 10*	Syracuse Parks and Recreation Chargers Masters Meet Robert Swindler, Dept. of Parks & Rec., 412 Spencer St., Syracuse, NY
NOV 10 or 11	North/South Dual Meet, Contact Anne Adams (above)
NOV 24-25	Sarasota YMCA Thanksgiving Meet, Coach Tim Hill, Sarasota YMCA, 1075 S. Euclid Ave., Sarasota, FL 33579 (813) 955-8194
DEC 2	Winter New England Masters SC Meet, Contact Unid Uhrich (above)
DEC 8	Long Beach City College, Contact Anne Adams (above)
DEC 8	Masters Swimming Meet - University of Iowa, Iowa City, IA Ford B. Parkes, 2611 E. Court St., Iowa City, IA 52240 (319) 353-4859
JAN 13, FEB 10, MAR 31	Lake Erie AAU Masters Meets, Harold Urban, 2247 Walter Rd., West Lake, OH 44145 (216) 777-2610
MAR 22-24	Southern Masters A.A.U. Meet, Judge Robert E. Beach, Judicial Building, Room 402, St. Petersburg, FL 33701

* Tentative

Jane Huber swims Otsego Lake in five hours plus

COOPERSTOWN — A Cooperstown mother of four, 40-year-old Jane Huber swam the entire nine-mile length of Otsego Lake in five hours and 19 minutes last week.

Previous times recently known are seven hours by a life guard from the Cooperstown Country Club, and five hours & 45 minutes by a lifeguard from the State Glimmerglass Park in Springfield.

Mrs. Huber bettered the record of the five hours and 45 minutes by 26 minutes, at almost twice the age of the lifeguards.

Jane was accompanied in a canoe by her husband, her daughter Clair, and Stephanie Sheffield.

Mrs. Huber has been a part of the Cooperstown Masters Swim Team for 18 months now. "We train every day. I swim at least a mile every day and thanks to this kind of training I was able to stay with it an finish. I am told in good time," Mrs. Huber said.

Jane and David Huber and their four children have been residents of Cooperstown since July of 1969. David is a pilot engineer for Pan American World Airlines.

Jane has recently accepted the position of secretary to Angus Mackie, the Otsego County Drug Coordinator, County Office Building in Cooperstown.

According to Jane anyone over 25 years of age may join

the Masters Swim Team. The Team will travel to Chicago to participate in the Second National Long Course Championships, August 10, 11 and 12.

Each team member will compete in five events, the number allowable. Making the Chicago trip will be Rexene Ashford, Pat Clinton, Jane Hanson, Jane Huber and Carol O'Hara of Otsego, the newest member of the Swim Team.

The Team will also be defending their championship titles in the Medley Relay and Free Style Relay. As a Team the Alfred Corning Clark Swim Team placed 16th against 6 teams at the National Championship Short Course Swim Meet held in Santa Monica, Calif. in May of this year.



GREAT LOOKS — And, they can swim. Eastern's contingent in the recent National AAU Masters Swim Championships in Chicago are (from left) Raoul Garcia, Millie Bergeron, Carolyn Rabinovitch and Stephen Rabinovitch. Photo by S.D. Rabinovitch

Millie Bergeron's 4 Victories Pace Masters Swimmers in Nationals

CHICAGO — Paced by Millie Bergeron is four individual victories, Eastern's contingent of veteran swimmers scored well in the National AAU Masters Swim Championships (long course) recently.

Millie, swimming in the age 30-35 group, took the 100-meter backstroke, 200-meter backstroke, 100-meter butterfly and the 200-meter individual medley.

This kind of performance, added to her victories in the 100-yard backstroke and 200-yard individual medley at the National Short Course Championships at Santa Monica, Calif., in May, won her a place on the All-American Team for 1973.

Millie formerly is from Montreal where she swam in national competition 15 years ago. She's been with Eastern the last nine years.

OTHER Eastern swimmers excelled. Raoul Garcia, husband of Mrs. L. Garcia in consumer relations and a former Olympic swimmer from Cuba in the 1948 games, swam to two second places in the meet held at the

University of Illinois (at Chicago). He was close in the 50-meter and 100-meter freestyle events and placed fourth in the 200-meter freestyle, all in the 40-45 age group.

Steve Rabinovitch, DC-8 first officer in Miami, and a former Olympian from Canada, won the 100- and 200-meter breaststroke to retain the title he won last year in the 30-35 age group. At the Santa Monica event, he won the 100- and 200-yard events to qualify for the All-American team — four separate victories required for that qualification.

CAROLYN Rabinovitch, senior flight attendant from Miami and 9-year employee, has taken over the presidency of the Masters of Florida Swim Club, 45 members strong.

Eight are from Eastern, Carolyn reports. They invite anyone who likes to compete to come on out for the club. To get in touch with Carolyn, write Masters of Florida, 11800 N.E. 8 Ave., Biscayne Park, Fla. 33161.



AP Wirephoto

TAKE IT FROM A PRO — Gertrude Ederle, 66, the first woman to swim the English Channel on Aug. 6, 1926, shows this youngster how she did it. Miss Ederle, shown in Sea Bright, N. J., loves teaching kids to swim. Before swimming the channel, she was an Olympic gold medalist on the same U. S. team as Johnny Weissmuller in 1924. She also was a world record holder in swim sprints.

FOR LAWRENCE WELK

Doesn't your dancing worry your doctor, when you get so out of breath afterward? It sure worries this fan.—Mrs. Rose Sands, Brookfield Center, Conn.

● I'm an ardent golfer, and I swim every morning, so I'm used to a lot of exercise. No, my doctor is not concerned about my dancing.



THE MILWAUKEE JOURNAL

Trim's Arena





Staff photo by Gary Gardiner

CHANNEL SWIMMER STELLA TAYLOR
... ended up swimming twice as far

Channel Swimmer Aiming To Do It Again—Both Ways

By LINDA SHERBERT
Staff Writer

After swimming 45 miles against cold English Channel tides, Fort Lauderdale's Stella Taylor arrived home last night vowing to cross the channel again — both ways.

Minutes after stepping from a plane, the Coral Ridge Country Club pool manager said, "I'm going back to the channel and I'll swim both directions."

Miss Taylor, 38, crossed the 21-mile stretch a week ago in 15 hours, 45 minutes. She said shifting tides dragged her behind her expected landing spot, so she finally swam through 45 miles of 60-degree water.

She crossed from Shakespeare Cliff on the English shore to Cap Blanc Nez on the French side.

A Channel Swimmers' Association observer and boat pilot followed her when she left at 10 p.m. until she arrived at Cap Blanc Nez early in the afternoon the next day.

Miss Taylor said she is the first Florida woman to swim the channel.

Clad in a red and white Northeast High School bathing suit, goggles, and a heavy lathering of petroleum jelly and lanolin, she was well-prepared for the challenge.

"I wore the Northeast bathing suit because my coach Robert Duenkel is also swim team coach there," she said.

"He helped me a great deal with my

stroke. After three hours in the channel, I really appreciated his advice, but my arms were killing me.

"I prayed and sang Beatles' songs to keep myself going," she said. "I could have easily fallen asleep, but the boat pilot wouldn't let me. I had told him ahead of time to brow-beat me into finishing the swim."

She said she remembers thinking to herself, "Oh, dear God, I can't become unconscious.

"By the second day I didn't even care if a shark came after me. There had been a shark scare two weeks earlier.

"And, thank goodness, I wasn't even cold. Before I left I drank lots of cod liver oil and malt to fatten up, so that I could hold body heat in the water," she said, adding that now she wants to trim down her 164-pound frame.

She said she chose the England-to-France route because it offered a greater challenge. But the currents almost tugged her into a large buoy.

She said she ate no food on the trip, but managed to drink a few small cups of coffee.

English-born Miss Taylor lives at 3345 NE 32nd St., just off the Galt Ocean Mile. She said the first thing she wanted to do, upon returning home, was to see her pet poodle and cat.

THE MONDAY PAPER

Anne McGuire cops a record

A Delray mother of four who sometimes skips a fifth set of tennis to fit in her daily two-mile jog last week splashed to a new national record for swimmers 35-and-over.

Competing in the National AAU Masters Swim Championships over the Memorial Day weekend, Anne McGuire, of 901 S. E. 7th Ave., raced to a 2:51.7 clocking in the 200-yard individual medley and chalked up second place finishes in four other events.

Anne's "near misses" came in the 1650-yard freestyle, the 100-yard breaststroke, 200-yard breaststroke and 100-yard butterfly.

In the latter event, Anne finished just .7 second off the pace, losing to a former teammate from the Lafayette Swim Club of Purdue University, where Anne was a member of a 1954 world-record-setting-team in the 400-

yard medley relay.

Another familiar face from the past looked back over a shoulder at Anne in the 100 and 200 breaststrokes as Ivanelle Hoe, a Hawaiian swimmer who beat Anne 20 years ago, proved a jinx once more.

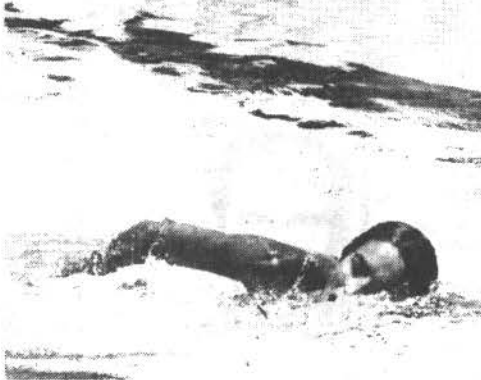
More than 500 competed in the Masters this year, an annual event for swimmers 25 years or over. Competition is divided by age groups, starting with 25 through 29 and 5-year brackets thereafter. (One competitor had celebrated an 86th birthday!)

As one might expect, Anne and husband Jim, a professor of physics at Florida Atlantic University, have raised a sports oriented family. Sally, 14, Scott, 12, Jimbo, 11, and Margaret, 8, all swim, play tennis, skin dive and sail.

Anne, along with three other ex-Purdue University girl swimmers,

is a member of Ft. Lauderdale's Aquatic Club. Since all four have been national champions, there's no lack of competition to keep everyone sharp.

This summer, Anne will be at Boca's St. Andrew's Camp in charge of the swimming program, perhaps starting another gal on her way to national honors.



Mother of four swims to five gold medals

By Maria Karagianis
Globe Staff



GINNY STEPHANOS' SHOWS HER PRIZE-WINNING BUTTERFLY STROKE. (Joseph Runci photo)

Can a housewife, whose only exercise has been chasing after four children for 12 years, gain fitness, fame and five gold medals as a competitive swimmer?

According to Ginny Stephanos, 35, of Swampscott, who recently won the 1500, 100, 200, 50 meter freestyle and 50 meter butterfly in the National Master's Swim Championship in Chicago, the answer is yes.

"I'm essentially lazy," said Mrs. Stephanos. "If I can do it, anyone can."

In the den of her sprawling Swampscott home, Mrs. Stephanos talked about her metamorphosis from sedentary housewife to award-winning athlete.

In one corner was a bookcase filled with trophies, ribbons, and medals. The paneled walls of the room were dotted with family photographs.

Her four sons — Kyle, 12, Dale, 9, Braun, 6, and Tarn, 4 — were playing with a gang of neighborhood children outside. The driveway was strewn with bicycles, bats and balls, and catchers' mitts, and the air with the din of kids playing and the frantic barking of the family's curly-haired terrier Mike.

Mrs. Stephanos remained calm. "It's like this most of the time around here," she said.

She learned how to handle noisy boys a long time ago as a coach. "I once coached a football team of seventh and eighth grade parochial school boys. The nuns were afraid to hire me at first and the boys were even more afraid when they discovered the coach was a lady.

"I had to earn their respect and I think I finally succeeded. Our final record was seven wins, two losses and one tie."

Ginny Stephanos has always loved sports — both as a fan and as a participant. In high school, she was an avid booster of her older brother Brian, a star quarterback at Holy Cross. Later, in college, she rooted for Charlie Stephanos, a three time all-American swimmer at Ohio State. She married him in 1959.

A long time ago, even before she was a fan, she was a swimmer. "I started at the age of nine," she said. "There were Labor Day races every year at the pool near my house in Medford."

As she explained it, one year the habitually tardy young Ginny missed the race for nine-year-old girls and begged to compete in the only remaining race — a competition for boys 16 and under. She won it and went on to capture a number of national championships before her brief career ended at the age of 16.

"It boiled down to a question of money and time," she said. "In those days there were no swimming scholarships for girls. My father died and I had to work to pay for my schooling."

She said that obtaining pool time became increasingly difficult as she got older. "It didn't matter that I was serious about swimming," she said.

"It's a shame that so many women quit swimming when they are still young like I was. A woman really reaches her strength as a swimmer in the late teens and early twenties, yet this is the time when so many get discouraged.

"Since those days, I've been like most people — physically inactive," she said.

Four years ago, a group of former professional swimmers from Florida established the National Master's swimming program for adults who wanted to compete.

The program is affiliated with the Amateur Athletic Union (AAU) but is unlike the AAU because both amateurs and professionals can compete in the same races in each age category.

"Anyone is eligible," she said, "which makes for a real democracy." She said swimmers in local meets run the gamut from doctors and lawyers to bus drivers.

Her own decision to start swimming again was an impulsive one. "My husband told me about a local competition in Connecticut one day about a year ago," she said. "The next morning I woke him up at five and we drove down."

The aching muscles which resulted from that excursion convinced her to start training again.

Her husband, a director of training for the State Department of Mental Health, stays fit by jogging and playing squash. "But I'm very lazy," she said, "and there are more people like me in the world than like him."

At first, exercise was torture for her and dieting an impossibility. "I'm a bad example," she said. "I train on beer and M&M's."

But by swimming twice a week during the winter and two-and-a-half hours each day along with her sons in the Lynn Boys' Club this summer, she found her old strength coming back.

She discounted her previous experience as an athlete as a factor in winning the gold medals recently. "Anyone who likes to swim and wants a chance to compete can take part in the Master's program."

The oldest of the 600 competing swimmers in the recent Chicago competition was a sprightly 84-year-old amateur.

The master's competition is divided into five-year age categories beginning with the 25-29 year old competition.

She said an advantage of the program is that a swimmer can be as serious or lackadaisical as individual taste dictates. "It's a social thing and a psychological benefit as much as anything else," said Mrs. Stephanos.

She said as a young swimmer she was much more intense about swimming and heartbroken when she lost. Now she has accepted the limitations of age and can set reachable goals.

A fervent advocate of the program, she said it provides an opportunity for married couples to share an activity and to socialize after local monthly meets with other couples of varying backgrounds.

"Women particularly tend to get out of touch with things once they marry and start having children. Swimming is a good way to get out of the house and it's a tremendous emotional boost," she said.

At the urging of her visitors, Mrs. Stephanos changed from her navy blue pants suit into a bright orange tank suit and consented to demonstrate a butterfly stroke, one of her specialties, out back in the family pool.

"See," she said. "You don't have to be a big strong athlete for this. There are a lot of flabby old bodies around, but what counts is what they can do in the pool."

Champ swims like a fish



Betsy Jordan swims the backstroke only two seconds slower than she did 20 years ago.

Not bad for a mother of four.

Good enough, in fact, to break a national record at the master's swimming competition this year.

BUT that isn't the only record Mrs. Jordan broke.

She managed to snap three others and take a first place and second place in the national competition.

Mrs. Jordan does something similar almost everytime she competes.

"I swam competitively in Indiana in the 1940s and 50s," said Mrs. Jordan. In 1952 I tried out for the Olympic Swim team, but didn't make it that year. To obtain a place on the team a swimmer must place in the top three in state competitions.

IN 1955, Mrs. Jordan placed second in the state and was rated among the top swimmers, "but it just wasn't the right year to be on an Olympic team."

The Olympic games are held every four years.

Mrs. Jordan stopped competitive swimming in college and taught water ballet. When working as a summer lifeguard at the local country club, she met her husband-to-be, James.

MRS. Jordan didn't start swimming again until "about four years ago."

At the time, it started as a joke. "My husband said I should enter the rough-water competition, but he knew I hadn't swum for quite a while," and not much in the ocean.

I never saw the ocean until I was 15, so I hadn't swum much in it, she said.

"In the rough-water swim, it wasn't so bad, because there were other bodies in the water to scare away any potential sharks!"

ANYWAY, "what was funny about the swim was that I came home with the trophy!"

Since then, Jordans built their own pool.

"I swim because its a good way to keep physically fit, keep the circulatory system going and the heart beating."

"But, most of my time is spent driving the kids around," she said.

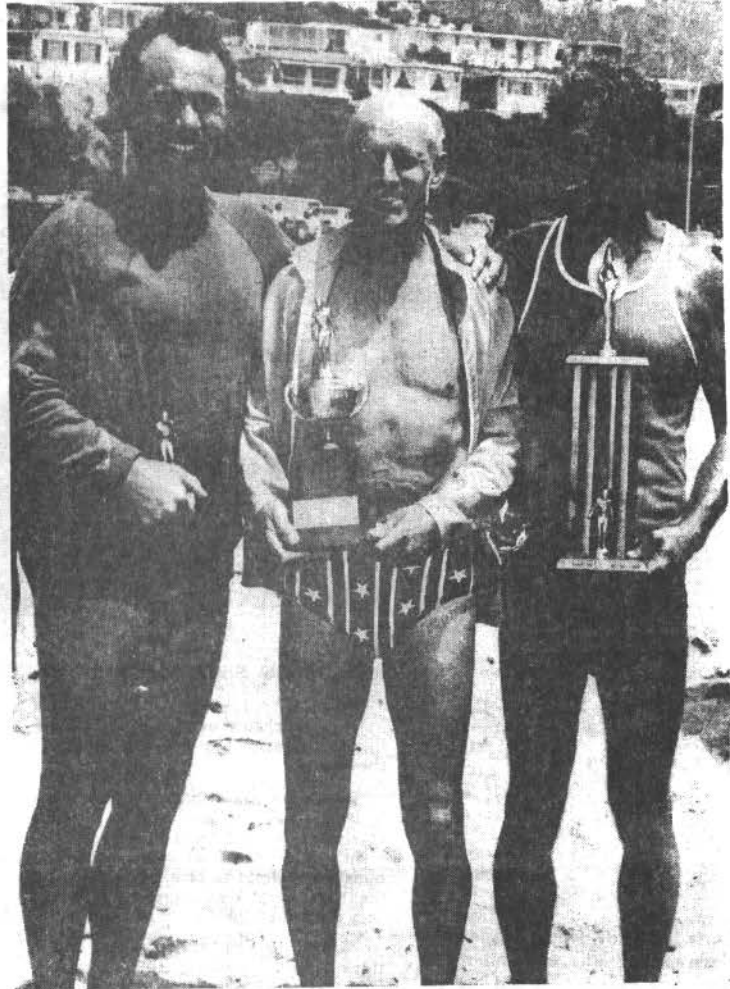
AMY, 12, Myla, 10, Jimmy, 7, and John, 4, will be attending four different schools, all of which meet and dismiss at different times.

In her free time, Mrs. Jordan sews and enjoys cooking for special occasion. She also teaches art history at UCSD extension during some semesters. She holds a master's degree in history. of a

Besides being dozent chairman at La Jolla Museum of Contemporary Art for two years, Mrs. Jordan teaches folk guitar and is involved with the backyard swim programs sponsored by the PTA and La Jolla Red Cross.

"My son asked me once how I could teach so many things all at the same time, she said.

"But, I don't do them all at once," she said.



ROUGH-WATER CONQUERORS

Al Onsgard (center) holds championship trophy for his first-place finish in men's 50-and-older division of annual Will Rogers rough water mile swim. Onsgard, from Van Nuys competing for San Fernando Valley Ath-

letic Club, nipped Wally White (left) of Beverly Hills and third-place finisher Marty Lipstein of Ocean-Track Club of Santa Monica in event sponsored by Los Angeles City Recreation and Parks Dept.

Garibaldi Wins Swim

It was a great day for a dip in the Bay, so 60 swimmers, aged 20 to 69, did so yesterday in a mile-long AAU-sanctioned event at Aquatic Park.

The event was a joint venture of San Francisco's two old aquatic clubs — the Dolphin (founded in 1877) and the South End Rowing Club (1880) — and was billed as the first annual invitational rough water competition.

Thirteen women were in the water, and four former Olympians, and a blind man who swam the course while heading shouted directions.

The winner among the men was Mike Garibaldi, 27,



MIKE GARIBALDI
Coach shows how

who is the swimming coach at Hartnell College in Salinas. His time was 16 min-

utes and one second — 25 seconds faster than second-place Bob Roper San Francisco deputy sheriff and record holder for the Golden Gate and Alcatraz (round-trip) swims.

Swiftest swimmer among the women was Tina Summers, a physical education instructor at San Francisco State, whose time of 23 minutes 32 seconds bettered second-place Kathleen Bauer by a minute and 26 seconds.

It took Lou Gallic 34 minutes and 50 seconds to make the circular mile, but he was a proud winner too. Gallic, 69-year-old real estate man, led the field of oldsters.

NATIONAL CHAMPIONSHIPS



200 METER BACKSTROKE	
Thomas Cureton 72	4:15.22
100 METER BREASTSTROKE	
John Anderson 70	3:00.42
Carl Bergman 71	3:11.57
200 METER BREASTSTROKE	
Paul Dunakin 72	9:29.07
50 METER BUTTERFLY	
John Anderson 70	55.03
200 METER INDIVIDUAL MEDLEY	
Thomas Cureton 72	4:29.05

200 METER MEDLEY RELAY	
WOMEN 25 & OVER	
Connecticut Masters	2:34.16
Ryall Masters "A"	2:41.54
D.C. Masters	2:41.55
Alfred Corning C.G.	3:06.78
U. of Chi. Swim Club	3:17.40
Oak Ridge Masters	3:20.20
Ryall Masters "B"	3:47.67
WOMEN 35 & OVER	
Ft. Lauderdale A.C.	3:10.78
Oak Ridge Masters	3:37.02
Ryall Masters	4:11.74
WOMEN 45 & OVER	
D.C. Masters	3:16.48
Oak Ridge Masters	3:48.69
MEN 25 & OVER	
New York A.C.	2:00.74
U. of Chi. Swim Club A	2:01.82
Connecticut Masters	2:04.25
Ryall Masters "A"	2:07.36
Warren YMCA	2:08.40
Vanderbilt Masters	2:09.25
Mansfield Athletic A.	2:09.61
St. Pete. Rec. Dept.	2:10.21
Dearborn Rec S.C.	2:10.58
Masters of Florida	2:10.85
Greater Columbus S.C.	2:11.24
Oak Ridge Masters "A"	2:13.44
U. of Chi. S.C. "B"	2:17.16
Bloom. Gat. S.C.	2:19.61
Ryall Masters "B"	2:24.08
Donner Swim Club	2:31.25
MEN 35 & OVER	
Greater Col. S.C.	2:14.73
D.C. Masters	2:17.82
Ryall Masters A	2:24.34
St. Louis Metro Mas.	2:24.94
New York A.C.	2:26.20
San Diego County	2:28.46
Oak Ridge Masters	3:32.78
Ryall Masters "B"	2:35.65
Bloom. Gat. S.C.	2:48.55
MEN 45 & OVER	
New England Masters	2:17.51
Tosa Swim Club	2:19.41
Un. of Chi. S.C.	2:29.04
Oak Ridge Masters	2:36.87
Ill. Institute Mas.	2:38.51
D.C. Masters	2:50.88
Ryall Masters	3:34.03

200 METER FREE RELAY	
WOMEN 25 & OVER	
D.C. Masters	2:11.90
Connecticut Masters	2:23.72
Ryall Masters "A"	2:25.47
Un. of Chi. S.C.	2:36.31
Alfred Corn. Cl. Gym	2:41.89
Oak Ridge Masters	2:52.59
Ryall Masters "B"	3:22.38
WOMEN 35 & OVER	
Ft. Lauderdale A.C.	2:44.00
Ryall Masters "A"	2:53.78
Oak Ridge Masters	3:39.43
WOMEN 45 & OVER	
D.C. Masters	3:00.41
Oak Ridge Masters	3:25.92
MEN 25 & OVER	
New York A.C.	1:46.85
U. of Chi. S.C. "A"	1:46.86
Connecticut Masters	1:49.11
Dearborn Rec S.C.	1:50.95
Mansfield Ath. Ass.	1:50.96
Warren YMCA	1:51.68
U. of Chi. S.C. "B"	1:52.13
Ryall Masters "A"	1:52.31
Oak Ridge Masters "A"	1:53.10
Masters of Florida	1:53.34
St. Pete. Rec.	1:59.04
D.C. Masters	2:01.29
U. of Chi. S.C. "C"	2:01.78
Bloom. Gat. S.C.	2:04.44
Ryall Masters "B"	2:05.46
MEN 35 & OVER	
Greater Columbus S.C.	1:57.19
D.C. Masters	1:59.64
Ryall Masters	2:05.49
Bloomington G. S.C.	2:14.37
St. Louis Masters	2:14.73
Oak Ridge Masters	2:15.19
MEN 45 & OVER	
Tosa Swim Club	1:58.75
New England Masters	2:04.09
Un. of Chi. S.C.	2:06.58
IT Masters S.C.	2:10.54
Oak Ridge Masters	2:22.67
D.C. Masters	2:28.01
Ryall Masters	2:56.17

100 METER BACKSTROKE	
Ted Mumby	3:42.0
200 METER BACKSTROKE	
Glen Evins 75	6:23.8
Ted Mumby	7:05.4
100 METER BREASTSTROKE	
John Whittemore	2:36.0
200 METER BREASTSTROKE	
Gerhard Mauric 70	5:30.6
50 METER BUTTERFLY	
Glen Evins 75	1:12.0

OVERALL TEAM SCORES

Men's Swimming Team Champion
 Women's Swimming Team Champion
 Nat'l AAU Masters Long Course Champion

University of Chicago Swim Club
 D. C. Masters Swim Team
 D. C. Masters Swim Team

AHQ	A & N Aquatic Club	16	NESC	New England Masters S.C.	176
ACC	Alfred Corning Clark Gym	78	NDX	New Mexico Masters	10
BGSC	Bloomington Gatorade S.C.	32	NOY	North Canton 'Y'	12
BRB	Baton Rouge Bengals	24	NSY	North Suburban YMCA	12
BSC	Bethpage N.Y. Swim Club	5	NBSY	Northwest Suburban YMCA	20
BUY	Buehler YMCA	23	NYAC	New York Athletic Club	85
CESD	Capitol East Sea Devils	7	OLC	The Olympic Club	24
CHSC	Chapel Hill Swim Club	24	ORM	Oak Ridge Masters	204
CJAC	Central Jersey A.C.	9	OMS	Omaha Westside Swim Club	22
CNW	Connecticut Masters	163	PHC	Powel Crosley Masters	7
CRY	Cedar Rapids Y Swim Club	41	P 66	Phillips 66	60
CST	Celebrity Swim Team	41	RMSC	Rosemead Swim Club	54
DAC	Denver Athletic Club	24	RHM	Rin Conada Masters	35
DBR	Dearborn Recreation S.C.	39	RP	Ridge Park Swim Club	29
DCMT	DC Masters Swim Team	347	RVC	Riviera Club	22
DDY	Dad's Club YMCA	4	RYM	B.R. Ryall Masters	209
DRNY	Dept. Rec. N. Y. City	5	SBAC	Santa Barbara Aquatic Assn	31
FLAC	Ft. Lauderdale Aquatic C.	129	SDC	San Diego Co. Swim Masters	61
FYA	Frederickton Y Aquanauts	7	SFAC	San Fernando Valley A.C.	65
GCSC	Greater Columbus Swim C.	73	SHS	Shabbona Sharks Swim Club	10
GHSC	Greater Milwaukee S. C.	7	SMH	San Mateo Marlins	120
GPSA	G.P.S.A.	15	SPAC	St. Petersburg Rec. D.C.	52
GPSC	Gopher Swim Club	56	SSC	Sarasota Swim Club	41
GSCV	Greenville S. C. YMCA	14	STL	St. Louis Metro Masters	34
HBS	Huntington Beach Swim Club	24	SVY	Somerset Valley YMCA	4
HSC	Houston Swim Club	7	SWP	Spartan Water Polo Club	24
HST	The Hills Swim & Tennis	24	SY	Sarasota YMCA	45
IIT	Illinois Inst. Masters	93	TGMB	Texas Gulf Masters-Belaire	25
ISC	Irvine Swim Club	37	TGRI	Texas Gulf Masters-Irarton	23
JMY	Johnson Memorial YMCA	24	UCSC	University of Chicago S.C.	202
JRY	Jordan YMCA	1	UT	University of Toronto	3
KYF	Kenosha Youth Foundation	22	VBC	Vesper Boat Club	32
LA	Lawrence Aquahawks	3	VMB	Vanderbilt Masters S.T.	47
LHY	Lima YMCA Swim Club	9	WAC	Wilmington Aquatic Club	78
LVR	Livonia 'Y' Blue Racer Club	12	WASC	Waikiki Swim Club	130
MMA	Mansfield Athletic Ass'n	5	WESY	Westfield YMCA	5
MAC	Marin Aquatic Club	64	WSC	Waukesha Swim Club	17
MDO	Midland Octagideffins S.C.	15	WISC	Wauwatosa Swim Club	70
MFLA	Masters of Florida	107	WY	Warren YMCA	6
MNTY	Montclair YMCA (N.J.)	53	YHSC	Y-Huntington Swim Club	10
MISC	Montclair Swim Club	36	YSC	Yavapai Swim Club	6
MWY	Millville N. J. YMCA	31	ZAC	Zwicker Aquatic Club	24
NC	Nina Clippers	1	DSC	Donner Swim Club	3



- June Krauser, "Bump" Jones, Gail Roper
- Bill Cerney, Hal Ousselt, Ted Harats
- Elea deSagasti, Nancy Clark, Anne Adams, Mildred Anderson, Geri Orocco
- Larry Anderson (Ham's grandson), Walt Pfeiffer, Hamilton Anderson, Dave Dutrow, Robert Bloebaum
- Joan and Lloyd Osborne
- A group of 1972 All-American's attending the LC Banquet
- Wally Dobler, Jim Counsilman, George Runciman
- The Breenahan Family - Dick, Don, Anne Adams, Fred





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HAWAIIANS VICTORIOUS IN MAUI CHANNEL SWIM

By Anne Adams

A Masters event which is gathering momentum in the Hawaiian Islands is the annual Maui Channel Inter-Island Relay Race. This year 5 teams were entered in the 9 mile race. The AAA Hawaiian team won in a crossing that took 3 hrs and 50 min. The distinguished members of the winning team were: Bill Goding, Marc Finley, Scott Harvey, Harry Huffaker, Dave Baker and Don Willard. The San Francisco team of Bob Roper, Mike Garibaldi, Richard Glass, Dennis Rice, Frank Blair and Bill Foehr placed 2nd, finishing in 3 hrs and 58 min. The AA Hawaiian team placed 3rd with Paul Johnstone, Richard Merritt, Dan McCrerey, Jim Baird, Art Welch, and Jeff Graunke in 4 hrs and 4 min. Finishing 4th in 4 hrs and 8 min. was the A Hawaiian team of Jim Caldwell, Jim Cotton, Steve and John Baker, Ulrich Klinke and Robin Durnan. Swimming for L.A. was the only women swimmer, Anne Adams, and Chuck Buddemeyer, Jack Burgan, Herb Nakama, Bob Mack and Walt Pfeiffer. The swimmers worked in relays across the Auau Channel bucking a choppy sea at the beginning and a bad current about half way over. At times the swimmers had to use their escort boats as windbreakers. Jim Cotton has developed an attractive swimming package for the Labor Day week-end with the Maui Channel Swim, the Hawaiian Masters LC Championships and the Waikiki 2 mile Rough Water Swim. Where else do we offer more challenging swimming to the Masters swimmer? So save Labor Day 1974 for a trip to paradise and experience an unforgettable week-end of swimming.

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