



SWIM-MASTER

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MAY 1977

RELIEF FOR SHOULDER PAIN OR TENDONITIS

by Nancy Ridout, Novato, California

Many of us have experienced the sensations of severe shoulder pain or tendonitis. About the only advice given its sufferers is complete rest from whatever activity produced it and/or a shot of cortisone.

Having experienced tendonitis myself on several occasions, the latest, three weeks before the Short Course Nationals at Mission Viejo, neither of the above were what I wanted at that point.

Don Swartz, the former coach of the Marin Aquatic Club, gave me three exercises developed by Bob Fuller, a registered physical therapist and owner of Bob Fuller's Conditioning and Therapy in San Rafael, CA. I have used them since the first occurrence in 1974 and I can say without hesitation - they work!

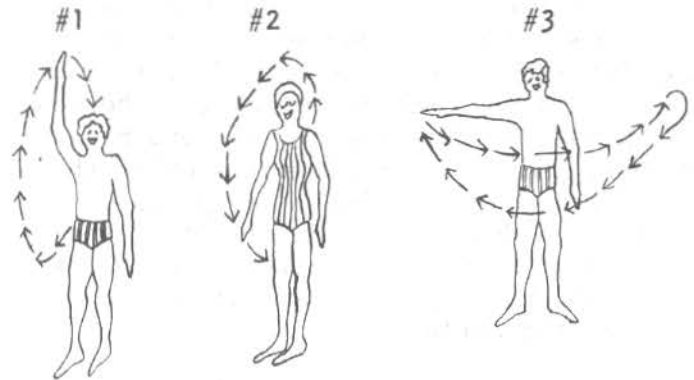
The writing of this article was prompted by the requests of several people in our Association who had heard that I knew of some exercises that might help, and they needed something. Perhaps there are more Masters who read Swim-Master who could benefit from them.

Pain from tendonitis is experienced as slight to severe pain in the shoulder joint. It occurs most often in the shoulder opposite the breathing arm, and it may extend down the arm or down the back as well.

It limits one's range of movement. Attempting across-the-body movements with that arm becomes painful. Weakness occurs when reaching the wrong way to lift or hold something. A warmup of 500 to 2,000 yards is needed before one can feel strength or power from that shoulder.

Man was made to propel himself by his legs, not his arms. That is why stress can occur here when we increase our yardage suddenly, work hard or harder with paddles, throw a ball more than we're used to, play more badminton, tennis, etc.

The exercises are illustrated (illustrations done by Laurie Hoey) and explained as follows:



#1 Backward arm circles as in straight arm backstroke. If you can't get all the way around, go as far as you can. Repeat circles for 1 min.

#2 Forward arm circles as in fly stroke. If you can't get all the way around, go as far as you can. Repeat circles for 1 min.

#3 Arm straight out from shoulder, palm down. Swing arm down, across and up to height of other shoulder, and back again. Repeat for 1 min.

All three exercises: 1) should be done with straight not stiff arms; 2) require gentle, not vigorous, arm movements; and 3) should be done with the arm(s) of the shoulder(s) affected.

The exercises should be done in succession: #1 for 1 min, then #2 for 1 min and then #3 for 1 min. For severe impairment, this series should be repeated three times for a total of nine minutes three times per day.

It shouldn't take much more than a week to be rid of the pain. However, in one case of which I know, it took two weeks. After the tendonitis is relieved, a maintenance schedule of once per day for nine minutes should be enough.

The exercises, though they may seem simple or unrelated, do work. If they are done properly and often enough, they will not only clear up the condition but keep it from recurring. And one doesn't have to stop training!

The tendency is to stop the exercises when the pain is gone. It happens to everyone. However, a daily maintenance schedule will keep you free from tendonitis in the shoulder and save you many problems.

Montreal, Quebec, Canada 1976

Submitted by Prof. Jane Katz, Associate Prof. of Health and Physical Education

Because of the unfortunate tragedy to the eleven slain Israeli athletes at the last Olympic Games in Munich, Germany, I feel that the "Olympic Spirit" in Montreal had been dealt a severe blow. Ideally, during the Olympic Games, for those two weeks out of every four years, man is supposed to forget that he has built up barriers between himself and his neighbors; and it is irrelevant whether these barriers are of a political, religious or racial nature. Hopefully, the spirit of the Olympic ideal will remain alive with the assistance of the people, organizations, and nations of the world.

One of the outstanding organizations that support this ideal is our International YMCA. During each Olympic Games a conference is held in conjunction with the events taking place. This summer, the Ninth World YMCA Health and Physical Education Consultation convened in Montreal, Canada, July 31 - August 2, 1976. Three main documents were shared. They were, A Philosophy with Respect of Sports, A Christian View of Sports, and Declaration on Fair Play.

The latter-most document I believe, has had a tremendous acceptance in our country already. The "Declaration of Fair Play" was prepared by the International Council of Sport and Physical Education (I.C.S.P.E.) in cooperation with the International Olympic Committee (IOC) and with the support of U.N.E.S.C.O. In it, responsibilities of competitors, parents, teachers, sports organizations, coaches, trainers, managers, medical officers, referees, public authorities, journalists, and spectators are included.

The document states that competitive sport can meet many of the physiological, psychological and social needs of man. In particular, it can provide people of all ages and all stations with opportunities for self-fulfillment and for enriching individual and group relationships. It can also help in different ways to improve the quality of life. However, sport, without fair play loses these potentials. This applies to whatever the level of competition.

In many countries, due to a greater affluence and expanded leisure time, especially in the United States, there is increasing scope for people to participate in competitive sport. Yet, at the same time, fair-play appears in-

creasingly to be under threat. Therefore, if competitive sport is to realize its potentials, including the fostering of international understanding this new allegiance of fair play is urgently needed. "Without fair play, sport is no longer sport."

In summary, sport can make a uniquely valuable contribution to the accomplishment of man and to the quality of his life. But it can only make this contribution if it is practised in full accordance with the ideals of fair play.*

Hopefully, with the assistance of organizations such as the International YMCA, the Spirit of the Olympic ideal will once again be rekindled.

* A copy of "Declaration on Fair Play" can be obtained from the National Council of YMCA of USA, 291 Broadway, New York, NY 10007.

WORLD CHAMPIONSHIPS

A recent letter dated April 15, 1977 was received from John and Ruthye Miller stating that it was an encouraging experience to be the target for so many letters from members of the Masters Swimming Association who responded to the appeal in Swim-Master and wrote to support the holding of the first INTERNATIONAL MASTERS AQUATIC CHAMPIONSHIPS. The encouragement found its way to those principals involved in the planning of such an affair and it now appears a final decision is in sight and the event will be held in San Juan, Puerto Rico, early in November 1977. More information when available.



SWIM-MASTER

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Southern Regional ST. Petersburg Florida



- 1 Bob Bober - Tar Heel Masters
- 2 1952 Olympians - Gay Rosser, Bump Jones, K. Pluntke
- 3 Masters swimmers from Canada including Tony Jarvis
- 4 Women Hi Pt Winners - Anne McGuire (40-44), Susan West-nedge (30-34), Rose Caplane (70-74), Virginia Gest (55-59), Boots Culbertson (35-39), Thelma Roach (45-49), Ruth Switzer (65-69) and Gretchen Drake (25-29)
- 5 Taylor Drysdale (1936 Olympian) and Ralph Coxhead
- 6 John Spannuth presenting Team High Point Trophy to the Suncoast Masters coach - Natalie Johnson with Scottie Holiday and George DeCarlo
- 7 Men Hi Pt Winners - Jack Bauerle (25) Cal Winn (35), Peter Jurczyk (70), Ted Haartz (45), George Silvera (60), Bob Harris (50), K.C. Dawson (30) and Bump Jones (40)



SHORT COURSE RECORDS

WOMEN 25-29

FREE	
50	Ellyn Morris 25.41
100	Nancy Ryan 55.16
200	Nancy Ryan 2:02.30
500	Marianne Brems 5:31.30
1650	Marianne Brems 19:23.92
BACK	
50	Nina Thompson 30.50
100	Nina Thompson 1:05.68
200	Nina Thompson 2:26.07
BREAST	
50	Sue Jones Roy 32.20
100	Sue Jones Roy 1:10.18
200	Lynn Colella Bell 2:32.40
FLY	
50	Jamie Stewart 28.10
100	Jamie Stewart 1:01.73
200	Barbara Dunbar 2:28.30
I.M.	
100	Frankie Toppel 1:04.88
200	Marianne Brems 2:23.20
400	Lynn Colella Bell 5:00.00
RELAYS	
F.R.	D.C. MASTERS 1:43.31
M.R.	D.C. MASTERS 1:58.01
Mixed	D.C. MASTERS 1:36.60

WOMEN 30-34

Diane Todd 25.31
Diane Todd 57.50
Nancy Ridout 2:13.33
Jane Katz 5:56.93
Jane Katz 20:28.05
Cathy McCullough 29.47
Nina Thompson 1:07.90
Jane Parks 2:27.64
Carol Skolnick 36.00
Ingrid Daland 1:17.50
Ingrid Daland 2:46.00
Valerie Pecce 28.36
Valerie Pecce 1:04.87
Jane Katz 2:33.55
Diane Todd 1:07.88
Jane Parks 2:30.89
Jane Katz 5:18.30

WOMEN 35-39

Lynne Weir 26.82
Joyce Burrell 59.53
Lynne Weir 2:16.26
Carol Macpherson 6:08.85
Carol Macpherson 21:17.78
Pat Bresee 31.80
Linda Gilchrist 1:11.20
Carol Macpherson 2:37.97
Anne McGuire 36.60
Ivanelle Hoe 1:18.10
Mary Jane Parks 2:50.41
Pat Bresee 28.76
Pat Bresee 1:08.37
Lynn Joesten 2:45.02
Pat Bresee 1:09.93
Carol Macpherson 2:36.03
Carol Macpherson 5:42.50
SAN MATEO MARLINS 1:55.26
D.C. MASTERS 2:11.21
D.C. MASTERS 1:44.57

WOMEN 40-44

Pat Bresee 27.50
Pat Bresee 1:01.32
Juanita Correa 2:17.12
Gail Roper 6:05.10
Helen Buss 21:25.46
Pat Bresee 32.50
Pat Bresee 1:11.49
Gail Roper 2:42.90
Anne McGuire 37.20
Gail Roper 1:19.03
Gail Roper 2:50.07
Pat Bresee 28.90
Pat Bresee 1:09.00
Gail Roper 2:50.00
Pat Bresee 1:09.70
Gail Roper 2:35.13
Gail Roper 5:44.40

WOMEN 45-49

FREE	
50	Gail Roper 28.50
100	Gail Roper 1:02.80
200	Gail Roper 2:19.50
500	Gail Roper 6:20.20
1650	Gail Roper 21:53.07
BACK	
50	Gail Roper 34.80
100	Gail Roper 1:15.30
200	Gail Roper 2:42.70
BREAST	
50	Gail Roper 36.90
100	Gail Roper 1:18.86
200	Gail Roper 2:54.70
FLY	
50	Gail Roper 30.70
100	Gail Roper 1:11.15
200	Gail Roper 2:42.30
I.M.	
100	Gail Roper 1:11.35
200	Gail Roper 2:34.41
400	Gail Roper 5:34.80
RELAYS	
F.R.	RINCONADA 2:07.57
M.R.	RINCONADA 2:27.15
Mixed	RINCONADA 1:50.08

WOMEN 50-54

Ann Curtis Cuneo 29.69
Ann Curtis Cuneo 1:07.25
Dot Resseguie 2:36.40
June Krauser 7:02.50
Dot Resseguie 25:13.10
Jeanne Merryman 38.74
Jeanne Merryman 1:20.04
Minna Hamner 3:09.22
Charlotte Costello 41.60
Charlotte Costello 1:28.69
Nancy Pessel 3:17.39
Charlotte Costello 36.40
June Krauser 1:22.10
Charlotte Costello 3:23.80
Dorothy Donnelly 1:21.19
June Krauser 3:02.90
Charlotte Costello 6:41.39

WOMEN 55-59

Jean Pieretti 31.21
Dot Ressiguie 1:08.51
Dot Ressiguie 2:35.87
Dot Ressiguie 7:21.05
Jeannette Eppley 26:27.80
Jean Pieretti 40.75
Jean Pieretti 1:28.49
Jean Pieretti 3:15.53
Nancy Pessel 43.25
Nancy Pessel 1:31.24
Nancy Pessel 3:14.87
Jeannette Eppley 39.20
Helen Hummer 1:34.24
Jeannette Eppley 3:39.10
Dot Resseguie 1:22.54
Dot Resseguie 3:07.12
Helen Hummer 7:25.70
LONG BEACH MASTERS 2:30.29
LONG BEACH MASTERS 2:57.00
LONG BEACH MASTERS 2:09.90

WOMEN 60-64

Dawn Musselman 33.42
Dawn Musselman 1:19.50
Nancy Clark 3:05.50
Nancy Clark 8:25.02
Jean Durston 28:57.82
Dawn Musselman 42.01
Dawn Musselman 1:31.08
Dawn Musselman 3:30.79
Mildred Anderson 49.58
Mildred Anderson 1:50.60
Mildred Anderson 4:01.14
Georgia McCarthy 47.42
Maxine Merlino 1:48.69
Maxine Merlino 4:01.59
Nancy Clark 1:38.97
Maxine Merlino 3:41.90
Maxine Merlino 7:55.09

WOMEN 65-69

FREE	
50	C. Ballard 41.27
100	C. Ballard 1:29.93
200	C. Ballard 3:34.00
500	Edie Goldman 10:05.90
1650	E. Bein 33:47.30
BACK	
50	Edie Goldman 52.50
100	Dorthea Cole 1:58.38
200	Dorthea Cole 4:13.06
BREAST	
50	Bernice Wayne 54.00
100	Rose Caplane 1:58.10
200	Rose Caplane 4:20.98
FLY	
50	Bernice Wayne 53.71
100	Bernice Wayne 2:12.50
I.M.	
100	Edie Goldman 1:54.28
200	Bernice Wayne 4:27.20
RELAYS	
F.R.	SAN MATEO MARLINS 2:38.91
M.R.	
Mixed	

WOMEN 70-74

Eleanor Anderson 46.82
Eleanor Anderson 1:51.45
Elizabeth Mauric 4:28.20
Elizabeth Mauric 11:35.60
Elizabeth Mauric 39:26.57
M. Myers 1:11.79
Frances Watkins 2:30.70
Sis Fogle 5:53.90
Doris Hogan 1:08.50
Elizabeth Mauric 2:34.58
Elizabeth Mauric 5:15.90
Sis Fogle 1:17.80

WOMEN 75-79

Doris Hogan 59.47
Doris Hogan 2:14.95
Frances Watkins 42:38.14
Pearl Miller 1:12.77
Frances Watkins 2:24.35
Doris Hogan 1:03.73
Doris Hogan 2:34.30
Doris Hogan 5:55.30

WOMEN 80 & OVER

Nellie Brown 1:29.90
Nellie Brown 3:19.90
Nellie Brown 7:02.30
Nellie Brown 18:57.91
Nellie Brown 1:52.20
Nellie Brown 4:11.60
Nellie Brown 8:34.00

	MEN 25-29		MEN 30-34		MEN 35-39		MEN 40-44	
FREE								
50	Ken Hamner	21.30	Robert Boyer	21.80	Steve Jackman	22.19	Don Hill	23.17
100	Fred Schlicher	46.62	Ken Walsh	48.27	Gary LaPrise	51.41	Don Hill	51.79
200	Fred Schlicher	1:43.71	Mike Garibaldi	1:49.75	Edward Hinshaw	1:53.88	Burwell Jones	1:55.82
500	Fred Schlicher	4:44.78	Mike Garibaldi	5:01.30	Paul Thompson	5:07.05	Burwell Jones	5:13.03
1650	William Babcock	16:56.86	Mike Garibaldi	17:45.71	Paul Thompson	17:36.29	Burwell Jones	18:25.66
BACK								
50	Fred Schlicher	25.37	Ken Krueger	25.37	Neal McDonnell	28.10	Yoshi Oyakawa	28.20
100	William Dorney	55.88	Ken Krueger	56.24	G. Chase	1:02.60	Yoshi Oyakawa	1:01.39
200	F. Bates	2:03.50	Thompson Mann	2:06.24	Neal McDonnell	2:14.42	Yoshi Oyakawa	2:16.38
BREAST								
50	Tony Bazant	28.57	Steve Rabinovitch	28.40	R. Neeves	30.13	Paul Reinke	30.90
100	Kip Pope	1:00.38	Tony Canlis	1:01.81	Chuck Maunz	1:05.79	Meredith Smith	1:06.90
200	Kip Pope	2:12.52	Chet Jastremski	2:18.27	Scott Roberts	2:26.63	Paul Reinke	2:29.61
FLY								
50	Fred Schlicher	23.59	Jim McGrath	24.00	Gary LaPrise	25.37	W. Dobler	25.45
100	Fred Schlicher	51.13	Jim McGrath	54.30	Burt Kanner	57.44	Sandy Gideonse	58.96
200	Fred Schlicher	1:57.60	A. Melamed	2:05.10	Dick Stewart	2:13.45	Kent Canterbury	2:25.02
I.M.								
100	Fred Schlicher	54.87	Ken Krueger	56.90	Jim Loofbourrow	1:00.99	Burwell Jones	1:00.13
200	Fred Schlicher	1:59.22	Lance Larson	2:05.47	Jim Loofbourrow	2:13.54	Burwell Jones	2:15.38
400	Fred Schlicher	4:26.90	John Flanagan	4:39.28	Dick Stewart	4:50.54	Burwell Jones	4:56.11
RELAYS								
F.R.	LOS ANGELES MASTERS	1:27.63			MICHIGAN MASTERS	1:34.52		
M.R.	LOS ANGELES MASTERS	1:39.25			MICHIGAN MASTERS	1:48.52		

	MEN 45-49		MEN 50-54		MEN 55-59		MEN 60-64	
FREE								
50	Hal Begel	24.16	Raymond Hakomaki	24.68	Raymond Hakomaki	25.20	M. Valentine	27.00
100	Hal Begel	55.30	Paul Hutinger	56.75	Jim Welch	57.68	Lyle Collett	1:02.90
200	Bob Miller	2:00.56	Paul Hutinger	2:10.34	John Crews	2:08.50	Jim Eubank	2:19.90
500	Bob Miller	5:29.38	W. Kaye	5:57.44	John Crews	5:58.77	Jim Eubank	6:22.99
1650	Bill Williams	19:21.94	John Crews	21:21.87	John Crews	21:18.85	Jim Eubank	22:31.91
BACK								
50	R.B. Mackenzie	30.18	Paul Hutinger	30.10	Paul Herron	31.49	Larry Smith	32.60
100	Bob Miller	1:04.18	Paul Hutinger	1:05.40	Paul Herron	1:09.30	Larry Smith	1:11.10
200	Bob Miller	2:20.69	Paul Hutinger	2:24.50	Paul Herron	2:30.70	Larry Smith	2:49.90
BREAST								
50	Roy Stickney	32.60	Jim Forbes	33.06	Ramon Rodriguez	33.12	George Trawicki	35.29
100	Robert Kueny	1:10.59	Jim Councilman	1:13.60	Ramon Rodriguez	1:14.21	John Higgins	1:18.75
200	Robert Kueny	2:34.77	Jim Councilman	2:45.60	Ramon Rodriguez	2:51.32	John Higgins	2:55.82
FLY								
50	Ed Emes	26.00	Perry Rockwell	27.76	John Crews	29.18	Walt Pfeiffer	30.20
100	Hal Begel	1:02.79	Perry Rockwell	1:04.75	John Crews	1:07.22	Walt Pfeiffer	1:16.67
200	Jim Craigie	2:35.06	Art Koblish	2:42.80	John Crews	2:43.24	Walt Pfeiffer	3:06.80
I.M.								
100	Bob Miller	1:03.77	Paul Hutinger	1:04.76	Paul Herron	1:08.65	C. Wilson	1:12.89
200	Bob Miller	2:20.76	Paul Hutinger	2:26.68	Paul Herron	2:34.99	John Higgins	2:44.28
400	Paul Hutinger	5:22.80	Paul Hutinger	5:26.80	Paul Herron	5:46.08	Walt Pfeiffer	6:16.10
RELAYS								
F.R.	MICHIGAN MASTERS	1:42.32			SAN DIEGO CO. MAS.	1:51.83		
M.R.	D.C. MASTERS	1:56.08			SAN DIEGO CO. MAS.	2:11.17		

	MEN 65-69		MEN 70-74		MEN 75-79		MEN 80 & OVER	
FREE								
50	Lyle Collet	27.64	John McGuire	32.10	Clarence Ross	32.03	C. Wheeler	43.30
100	Lyle Collet	1:03.90	Clarence Ross	1:14.08	Clarence Ross	1:12.90	C. Wheeler	1:39.20
200	Lloyd Osborne	2:28.79	Clarence Ross	2:49.40	Clarence Ross	2:48.60	C. Wheeler	3:33.80
500	Lloyd Osborne	6:48.39	G. Langner	7:50.40	Clarence Ross	7:47.28		
1650	Lloyd Osborne	24:01.08	G. Langner	27:22.43	Clarence Ross	27:37.57		
BACK								
50	Arthur Hargrave	36.21	John Moore	46.50	E. Lyon	56.00	A. Oscamp	2:01.60
100	Arthur Hargrave	1:19.50	Al Kallunki	1:43.80	E. Lyon	2:11.09	A. Oscamp	4:07.95
200	Arthur Hargrave	3:02.11	John Moore	3:45.00				
BREAST								
50	George Muntz	36.64	Henry Strothmann	42.30	Richard Bosse	51.58	C. Wheeler	55.16
100	Sam Bernstein	1:29.51	Winston Kratz	1:34.42	John Whittemore	2:04.69	Joe Ross	2:48.30
200	H. Johnson	3:24.80	Al Kallunki	3:36.16	John Whittemore	4:53.29	Joe Ross	7:59.30
FLY								
50	H. Johnson	36.60	Al Kallunki	42.09				
100	Stanton Craigie	1:36.79	Al Kallunki	1:47.95				
200	N. Monson	3:46.90						
I.M.								
100	Lyle Collet	1:20.40	A. Kallunki	1:33.60				
200	Wm. Loughborough	3:18.87	R. Johns	3:35.86				
400	Al Guth	7:16.90	Al Kallunki	8:00.10				
RELAYS								
F.R.	MONCLAIR HILLS	2:15.55						
M.R.	LONG BEACH S.C.	2:38.82						



THE RULES

By William A. Lippman, Jr.

"AAU RULES SHALL GOVERN": What rules? Govern whom? How many times have you read that exacting, high-sounding phrase on entry blanks and then found that a lot of things were being done you couldn't find in the book?

Article III of the AAU Swimming Rules is entitled "Rules Applying To The Conduct Of All Swim Competition." It means just that—all swim competition sanctioned by and conducted by the Amateur Athletic Union and its association members.

In this column and elsewhere over the years we have agreed that some flexibility is necessary and desirable in the general swimming laws to adjust to the conditions, facilities and goals at issue. What may be possible, easy and natural in the Florida Gold Coast Association may be impractical, difficult or impossible in the Alaska Association. It's a big country and it's all different.

The Entry Blank is an enforceable document—a contract between the swimmer and those who conduct the competition. Once signed and agreed to, it is irrevocable, except under specified conditions spelled out in the AAU Swimming Rules. And it binds both parties equally to conform to it.

If those conducting a competition find it helpful, useful or necessary to wander from the written law and this variance is clearly stated in the entry blank, they have done their part. Nobody has to enter that competition. Their signature on the entry blank means they agree to its terms, including the variance. If they don't like the variance, they don't enter. It's that simple.

Not being the United States Government, with limitless employees and branches of enforcement, the AAU cannot check out the tens of thousands of AAU swim meets held across the country. Of necessity, it operates by the honor system. By and large, there are enough checks and balances in our overlapping competitive swimming activity, and enough honest law-abiding workers involved in it, to make the Swimming Rules a viable document at all levels. This makes us very happy.

There is one punitive avenue open to us. Recognition of national records, and even of National Age Group Ten Best Times, can be denied if it is found that the rules have not been followed. And that hurts.

Many AAU Associations have local regulations or procedures for various levels of competition that may vary somewhat from those found in the Swimming Rules. Usually these are in printed form and revised annually. We suggest that when such associations apply these variations to a meet, they do this: in the entry blank, after the phrase "AAU Rules To Govern," they should add "Except as Noted Herein," then clearly identify the meet procedure or conduct that differs from the Swimming Rules. In this way, when the Entry Blank is signed, it signifies understanding of and agreement to abide by the variance.

EDITORIAL by JUNE KRAUSER:

The most flagrant violations of these rules that I have observed at local meets are: 1) fewer than three timers per lane; 2) no stroke & turn judges; and 3) no lane place judges. Our times are important. We use our times for records, All-American and Top Ten Times Listing. Each swimmer should have the best actual time that he did! The time should be read the same way no matter where the race occurs - to the slowest tenth. The averaging of times seems difficult for most timers. The most flagrant violation of the stroke rules seems to be the scissors kick used in the breaststroke. THIS IS DEFINITELY AN ADVANTAGE. No matter what the age of

MASTERS CORNER



By Capt. Ransom J. Arthur

I received a very detailed and interesting letter from Ann Champ in which she discusses the perennial problem of maintaining motivation when people get older and slower. The motivational area does continue to be a central one for the Masters Program and one which is beset with many complex problems. As we all know, the Masters Program can provide a motivational spur for people to enter or get back into swimming. It can provide an external framework in which swimming can be accomplished with some particular goals in view. It also can provide a certain degree of companionship. Nevertheless, the primary motivation for continuing any physical fitness program must come from an inner wish of the individual to maintain an optimum level of health and vigor for his or her particular age, physical structure, and degree of infirmity. Staying with any of these programs requires a measure of self discipline. As I have said before, I also think it helps to like the water and to enjoy aquatics. For many of us swimming, perhaps in the ocean more than in a pool, is sufficiently enjoyable in itself that we would do it regardless of whether or not it was helpful to our health or whether or not there was any form of external reward in the form of Masters awards. As the years pass, there will be a retention in the program on a permanent basis of those individuals who have this kind of inner motivation and self discipline. There will always be some who will continue winning and they can add the excitement of victories to the motivational forces that keep them swimming. But for most people, their satisfactions will have to come from a sense of well being and a sense of accomplishment within the framework of their own capability.

One must take into account the variables which I mentioned above, that is, not only age, but also one's physical structure and one's level of disability, if any. In the youngest age group disability is not common. In the age groups over 50 and 60, it is routine. Swimming in spite of an impediment or handicap is something that we would all wish to see. Many people will find that a year or two of the Masters Program enjoyable and then will cease their participation. This shouldn't be seen as tragic. If these individuals gained pleasure from their time in the program then it was worthwhile in itself. Naturally, we would like to see them continue and make swimming a life long activity at whatever level of participation they wish, but this is a free nation and everyone is free to choose what he or she wishes to do with his leisure time. One can never net all of the fish in the sea but on the whole we've had a good harvest.

I continue to think it's important to stress to Masters swimmers that they alone should determine their level of participation and of effort. Many people enjoy and profit from going to every meet possible and competing once a month or more. Others may wish only to participate in one meet a year. Each is an appropriate use of the program. Some may seek national recognition, others merely to enjoy swimming as fast as they can go at the local level without any serious regard for national level times. This is good, too. The Masters Program, because it is made up of mature men and women, can have a relaxed and flexible approach which the frenetic programs for the young cannot duplicate. We encourage serious and disciplined swimming, but we also promote the enjoyment of aquatics as well.

the swimmer, he should be disqualified when observed doing a scissors kick during the breaststroke. Lane place judges or across the board judging is often important to decide when a back up time should be used if automatic equipment is being used. Let's follow the rules and be fair to everyone!



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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

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SWIM CALENDAR

- NEW ENGLAND MASTERS SWIM CLUB - Joy Miller, 401 Essex St., Hamilton, MA 01936
MAY 10, JUN 7
- PACIFIC NORTHWEST ASSOCIATION - Steve Engel, 2005 S. 308th, Federal Way, WA 98002
JUN 4-5, JUL 16-17
- OREGON ASSOCIATION - Connie Wilson, 10315 S.E. 82nd, Portland, OR 97266
JUN 18-19, AUG 12-14
- CORONADO MASTERS - 1019 7th Street, Coronado, CA 92118
MAY 29, JUL 10
- HAWAII ASSOCIATION - Dave Drum, 99-1440 Aiea Hts. Dr., Aiea, HI 96701
MAY 8, JUN 19, JUL 24, JUN 5, JUL 10, AUG 14
- MAY 13-15 NATIONAL SC CHAMP - June Krauser, 2308 NE 19 Ave., Ft. Lauderdale, FL 33305
- MAY 14-15 Topeka SC - Linda Haglar - Topeka YMCA, Topeka, KS 66603
- MAY 15 Rio Hondo Jr. Col. - Hal Nichols, 4854 Halkett Av, Rosemead, CA 91770
- MAY 21-22 NATIONAL DIVING CHAMP - John Riley, 5731 N. Spahn Av, Lakewood, CA 90713
- MAY 22 So. CA Maccabiah Seniors - Sid Shapiro, 5870 W. Olympic Blvd, Los Angeles, CA
- MAY 27-29 Southern LC - Robert E. Beach, c/o Judicial Bldg. #402, St. Petersburg, FL 33701
- MAY 27-30 Virginia Masters Swim Camp - P.O. Box 6545, Charlottesville, VA 22906
- MAY 28-29 Dad's Club - Jo May, 1405 Pine Chase, Houston, TX 77055
- JUN 3-5 PA SC Champ - Davis Aquatic Masters, P.O. Box 921, Davis, CA 95616
- JUN 4-5 Oakville Inv - Ken Allen, 132 Cross St., Oakville, Ontario, Canada
- JUN 17-19 NATIONAL YMCA MASTERS - Lollie Keller, 25 Park St., Montclair, NJ 07042
- JUN 18-19 Wichita LC - Dianne Compton, 308 S. Belmont, Wichita, KS 67218
- JUL 2 Rough Water - Huntington Beach SC, P.O. Box 123, Huntington Bch, CA 92648
- JUL 15 NMBSC LC - Larry Holley, 607 S.W. 4 Court, Hallandale, FL 33009
- JUL 23 NATIONAL LONG DISTANCE CHAMP - Clifford S. Brown, N76W22300 Cherry Hill Rd., Sussex, WI 53089
- AUG 13-14 SMS LC - Nat Johnson, 520 Givens St., Sarasota, FL 33581
- AUG 25-28 NATIONAL LC CHAMP - Jack Zappone, N 1311 Superior, Spokane, WA 99202
- SEP 3 Maui Channel Swim - Jim Caldwell, 275 Makaweli Pl, Honolulu, HI 96825
- SEP 5 Waikiki Rough Water Swim - Dept. of P&R, 650 S. King St., Honolulu, HI 96813

DIVING CALENDAR

- MAY 7 Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011
- MAY 21-22 NATIONAL INDOOR - John Riley, 5731 North Spahn Ave., Lakewood, CA 90713
- JUN 11-12 Senior Olympics - Warren Blaney, 5225 Wilshire Blvd., #302, Los Angeles, CA
- JUL 10 Felix Grossman, 17960 Rancho Ave., Encino, CA 91316
- AUG 13 John Samuelson, 230 Dolphin Cove Ct., Del Mar, CA 92014
- SEP 10 Lyle Draves, 5732 Geyser Ave., Tarzana, CA 91356
- OCT 8 Fred Fox, 30162 Branding Iron Rd., San Juan Capistrano, CA 92675
- NOV 6 Tom Crosby, 1261 Nacion Ave., Chula Vista, CA 92011