



SWIM - MASTER

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GAIN WITHOUT PAIN

by

Lucille Griffin

For two or three months I could not swim any whole strokes or kick holding a board or touch into the wall with either hand to do a back flip turn. I don't remember exactly how long it was; it seemed like forever. I did a lot of kicking -- both literally and figuratively. Nevertheless I gained over ten pounds that winter.

I was treated by a physical therapist with an antiinflammatory followed by ultra-sound and advised that the pain and swelling could be made to go away but I should not hope ever again to swim as fast in backstroke (the one stroke in which I had been very competitive). The initial injury was not caused by swimming but had been greatly aggravated by attempting to swim through the pain, causing ligament damage in one elbow.

I did only very easy swimming all summer, stopping whenever there was pain which frequently occurred before I had reached 1,000 meters. Bicycle-riding and breath control while swimming were the only methods I hit upon at this time to wear myself out.

That fall my physician advised that I resume weight training very carefully to build up the muscles around the injured area. Using Hydro-gym equipment at easy settings or moving through the exercises very slowly on the machines which have no adjustable gauge, I gradually worked up to a 25 minute program, including stretching between several stations. In the beginning I was unable to do the military press or arm curls and a 20 pound bench press was only sometimes possible. After about two months I was making a complete circuit of the equipment three times with ten repetitions per station. I did (and still do) this twice a week and aimed for three times a week.

At alternate days between weight training I swam or played at swimming. My left elbow recovered first, and I resumed back flips on that side which had previously been the side I did not favor. My average yardage crept up to a mile, but most of it was still at warmup pace or slower, doing variousstroke drills. The only

speed work I did was kicking, mostly back kick or underwater dolphin because the kick board was not comfortable.

In the beginning of 1985 I registered to compete again, deciding it would be less depressing to be beaten than not to go to meets at all. I began to accomplish "real" workouts by adding as much butterfly as I could stand to my routine. This was not much, but at that point very little butterfly was a major increase in conditioning for me. One day my ex-age-grouper lifeguard daughter complimented my butterfly stroke. I was ecstatic. I decided then and there to become a flier - especially since I was unable to do enough of it to hurt my elbows.

Whenever I read meet results, though, the lure of backstroke returned. In my age group (as in many another) the depth of good backstroke competition is rather thin, making this an ever attractive area in which to score the sneak back into the rankings. However, for most of 1985 whenever I attempted to resume regular interval work or repeat sprints of backstroke an elbow complained.

At my first meets, October to December, my times were mostly poor, just good enough to be there. Anyway I enjoyed beginning all over again with N.T. on my time cards and no pressure to excel, meeting old friends. Following an early Dec. meet, my training took off on a new tangent. I gave up all pretense of working with a clock, repeats, intervals, all of it. Excepting the 50 fly, I no longer actually swam in practice any of the races I would enter at meets. In butterfly I raced 200's kicking the first 175 and swimming the last 25, kicking the first 150 and swimming the last 50, or swim/kick by 25's or 50 s, whatever the lane traffic would allow. The 200 backstroke I simulated by sprint kicking most of the way and stroking only from the flags into each turn at race speed and stretching arms in streamlined position during the kicking. I soon discovered I could flip to either side again and that I no longer had any preference. I stretched and swam down easy or sculled two lengths of the pool after each 200 yd effort. Now my workouts (and are) 1650 to 2200 yards, including at least half of the yardage in very easy swimming, concentrating on feeling the pressure of the water on my hands and various other mechanical

Continued on page 3

The History of Swimming

BY BUCK DAWSON

International Swimming Hall of Fame Historian

When Flying Gull winged past Tobacco, swimming the length of a 130-foot pool in thirty seconds, Londoners were flabbergasted at the unorthodox splashing style of the North American Indians. The year was 1844, and swimming was already established as a popular competitive sport in England. But British athletes generally relied on the sedate breaststroke for traveling in the water, and were rather shocked at the exhibition staged by this group of North American Indians who had been invited to London by the Swimming Society in England. One observer found their swimming "totally un-European," declaring that the Indians "thrashed the water violently with their arms, like sails of a windmill, and beat downward with their feet, blowing with force and forming grotesque antics." Even though the style of Flying Gull and Tobacco was considerably faster, it was not copied, and British swimmers continued paddling along in their accustomed manner. It was not until some forty years later that the Indians' "totally un-European" style was re-introduced as the crawl: a stroke so rapid that it revolutionized competitive swimming.

Yet this revolutionary advancement was really centuries old. The original inhabitants of the Americas, West Africa and most Pacific islands had been using a type of crawl for generations, while Europeans had limited their swimming to the breast and side strokes, essentially modifications of what must have been man's first method of keeping his head above water: the "dog stroke" learned from animals. Although this four-legged paddling style came naturally to many animals, it was at best for man a churning, thrashing and tiring means of getting from one bank of the river to the other. Mosaics and drawings from early Middle Eastern civilizations depict men swimming with the dog stroke, as do mosaics at Pompeii. Although swimming was not included in the ancient Olympic games, the Greeks practiced the sport, holding it in high regard, as they did all athletic endeavors. In fact, one of the most biting insults one Greek could unleash on another was to dismiss him as a man who "neither knew how to run nor swim." Plato considered a man who didn't know how to swim uneducated. There are frequent representations of swimmers in the Vatican, Borgian and Bourbon codices, and the murals of the Tepantitla House at Teotihuacan near Mexico City.

Both Julius Caesar and Charlemagne were known as great swimmers, and Louis XI frequently took swims in the Seine as did John Quincy Adams in the Potomac. By 1837 regular swimming competitions were being held in London, organized by the National Swimming Society in England, and there were about six artificial pools in the city. As the sport grew in popularity many more pools

were built, and when a new governing body, the Amateur Swimming Association of Great Britain, was organized in 1869, it numbered more than 300 member clubs. Despite any impression Flying Gull and Tobacco may have made with their "windmill thrashing," the English continued to use the breaststroke. They swam it in the traditional manner, with the arms underwater, pulling out and back from the chest, coordinated with a frog-kicking motion.

In a time when endurance exploits were prized higher than races against time, the English Channel was considered impossible to swim. On August 24, 1875, Captain Matthew Webb slipped into the water at Dover, England, and 21 hours and 45 minutes later touched land at Cape Gris Nez, France, becoming the first man to conquer the English Channel. Relying mainly on the breaststroke, he swam some 38 miles in covering a straight-line distance of about 20 miles. It wasn't an uneventful trip. Along the way, Captain Webb sang, sipped coffee and beer, ate steaks, was stung by a jellyfish and had to fight his way through a nasty storm. It was 31 years before another successful crossing by Burgess.

While Flying Gull and Tobacco failed to make English swimmers speed conscious, some South African Kafferts—indirectly—succeeded. During a trip to South Africa, J. Arthur Trudgen noticed that the natives generated much more speed in the water with their overhand stroke than he had produced with the breaststroke as an amateur swimmer in England. But he apparently failed to note that this overhand stroke was coupled with a distinctive up-and-down kicking motion. Upon his return to England, (1873), Trudgen began teaching others the new arm movement. Even though swimmers continued using the frog kick of the breast stroke, the overhand arm action gave them significantly more speed and power. Using the Trudgen stroke—as it came to be called—swimmers whittled the record for the 100 yards down from about 70 seconds to 60 seconds.

Trudgen's teachings turned the swimming emphasis from endurance to speed, but the revolution was only half complete. The leader in the rest of the battle was another Englishman, Frederick Cavill. Using the traditional breast stroke, Cavill became a well known swimmer in England, and in 1878 emigrated to Australia, where he built pools and taught swimming. Just before the turn of the century, Cavill and his family—which included six sons—made a trip to some of the islands of the South Seas. Like Trudgen, he noticed that the natives used an overhand stroke. But Cavill was more observant—he realized that their kicking action was also different, and he closely studied it. Returning to Australia, Cavill taught his sons the new stroke, and they soon were splashing past all existing records. One of the sons, Richard, went to England in 1902 and swam the 100 yards in 58.6, a time his competition, using the less powerful Trudgen stroke, couldn't approach. Asked to describe the revolutionary style, one of the Cavills said it was "like crawling over the water."

Gradually it became known as the crawl, and only somewhat modified is the freestyle stroke used today.

Cavill's sons were efficient evangelists, and their stroke soon became widely adopted. One son, Sidney, went to San Francisco, California, in 1903 to coach at the Olympic Club. An early pupil, J. Scott Leary, became the first American to swim 100 yards in 60 seconds, and won 17 consecutive races. Charles M. Daniels, who before Leary's debut had been the U.S.'s leading swimmer, studied the new stroke and eventually came up with his "American" crawl. Daniels went on to win four gold medals in the Olympic Games and shaved the world record for the 100 yards to 54.8 seconds in 1910. Two years later, when Duke Kahanamoku of Hawaii began out-swimming all international competition, someone asked who had taught him the crawl stroke. Kahanamoku, winner of the Olympic 100-meter race in 1912 and 1920, replied, "No one." He had learned the crawl as a child by watching how the older natives of his home island swam, where, he said, the stroke had been used for "many, many generations."

Kahanamoku set his records using a six-beat cycle, which is now considered the classic freestyle form. Each complete cycle of his arms—entering the water, pulling and recovering—was accompanied by six flutter kicks. At the 1924 Paris Games, a gangly, 20 year-old American named Johnny Weissmuller pounded past Kahanamoku with this same six-beat cycle, winning the 100 meters in the Olympic record time of 59 seconds flat. Weissmuller picked up two more gold medals at the same Games, and won two at the 1928 Amsterdam Olympics. The 1920's was the Golden Age of Sports and Weissmuller was its golden swimmer. He set world records in 67 different events, from 50 yards to 880 yards, before trading swimming for swinging through trees and even greater fame as Hollywood's most durable Tarzan. The basic, six-beat-cycle crawl of Kahanamoku's and Weissmuller's day has changed little; Don Schollander of the United States was using it when he splashed to four gold medals at the 1964 Tokyo Olympics.

At the first modern Olympic Games in 1896 only the freestyle events were held, with the competitors relying on various interpretations of the breast or Trudgen stroke. In 1900 a backstroke event was added, and with the crawl becoming the dominant freestyle form, the breaststroke was made a separate competition in 1904. Women's freestyle races were first included in the 1912 Games, and eventually their event grew to include all the regular competition strokes. The breaststroke was done in the traditional manner until the early 1930's, when some swimmers discovered that they could get an extra boost going into the turns by digging into the water with a double overhand arm stroke. The coach at Iowa University, Dave Armbruster, and one of his swimmers, Jack Seig, toyed with this "butterfly" arm action and developed a new kick to go with it called the "dolphin"—put together the arms and the legs were similar to the way a Giant Ray swims. By 1938 swimmers using the butterfly arm action combined with the required frog kick, were

dominating breaststroke races. Eventually, in 1953, they were made into separate competitions; the breaststroke became known as the "silent stroke," for swimmers found that they could make much better time underwater than on top. It was faster, but hard on the lungs, as well as the spectators who saw the swimmers only when they surfaced to gulp air. A few years later, the rules were again changed, so that the breaststroke had to be swum with the head out of the water. It was again the rowboat but like great ships, modern breaststroke moves more like a propeller than a paddlewheel, with the skulling action that we were slow to copy from synchronized swimmers. The butterfly was first raced as a separate Olympic competition at the 1956 Melbourne Games.

Since its first appearance at the 1900 Olympic Games, the backstroke was at first an inverted breaststroke. In 1912 Harry Hebner, an American, first won the Olympics with an up-side down crawl. His straight arm technique was used by the great Adolph Kiefer and finally Yoshi Oyakawa. The Australians in the mid 1950's found they could get more horizontal thrust by slightly bending the arm as it came around underwater, and their style has been adopted and refined by all of us since.

Most of the stroke techniques have been constant the last 20 years but don't be surprised if some enterprising coach or swimmer returns way into the past to bring a "new" technique in the future. When it happens we will once again laugh at the poor idiots who swam with no kick or thrashed the water like Tobacco and Flying Gull.

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GAIN WITHOUT PAIN - continued

details.

Imagine my surprise at SC Nationals in Fort Pierce to have swum 4 out of 6 events at life-time best times, among these, the 50 backstroke! Following that event I was frightened and iced my elbow in case it might swell, but it did not.

I will keep my lucky training routine. I don't believe working harder or longer would achieve better results, and it might risk reinjury. (I have scar tissue in both elbows.) I have always believed that careful attention to details of stroke was more important than yardage accomplished, and now I think I've proved it. There is, too, gain without pain, as surely as there is plenty of pain without gain. I offer my experiences as a bright window of hope to Masters everywhere -- among them many of my friends and best adversaries -- who suffer from over-use injuries or depression caused by withdrawal from their usual dose of fun at swim meets.

USMS CONVENTION - Ft. Worth, Texas, Sept. 17 - 20, 1986

The Annual Convention of USMS will be held in conjunction with the United States Aquatic Sports Convention at the Worthington Hotel, 200 Main St., Ft. Worth, Texas. Over a hundred masters swimmers, representing LMSCs, committees and administrators will spend these four or five days helping to ensure the sensible growth of our Masters Swimming Program.

Delegate packets have been mailed out by USAS. If you are interested in and/or entitled to the Convention and have not received a packet, contact Dorothy Donnelly at the National USMS Office, 5 Piggott Lane, Avon CT 06001.

Convention Schedule:

Wednesday, September 17	9 a.m. - 12 noon	Executive Committee Convention Committee Board of Directors Rules Committee Legislation Committee Masters Social
	1 p.m. - 3 p.m.	
	3 p.m. - 6 p.m.	
	7 p.m. ?	
Thursday, September 18	9 a.m. - 12 noon	Long Range Planning Registration Records/Top Ten Sports Medicine Long Distance Swimming Zone Committee Welcome Reception
	1 p.m. - 3 p.m.	
	1 p.m. - 4 p.m.	
	4 p.m. - 6 p.m.	
	7 p.m. ?	
Friday, September 19	9 a.m. - 12 noon	Marketing/Publications Championship International Coaches - Ad Hoc Committee Championship Finance Committee Rules Committee Legislation Committee House of Delegates (1988 Championship awards)
	10 a.m. - 12 noon	
	1 p.m. - 3 p.m.	
	1 p.m. - 4 p.m.	
	1 p.m. - 6 p.m.	
	4 p.m. - 6 p.m.	
	7 p.m. - 9 p.m.	
Saturday, September 20	9 a.m. - 10:30 a.m.	Individual zone meetings
	10:30 - 12 noon	House of Delegates
	1 p.m. - 6 p.m.	House of Delegates
	7 p.m.	Awards Banquet
Sunday, September 21	9 a.m. - 12 noon	House of Delegates

Delegates and committee members may attend all meetings except Executive Sessions, with no vote, and voice at the will of the Chair.

United States Masters Swimming, Inc.
CONVENTION

MASTERS SWIMMING INTERNATIONAL

WORLD RECORDS AT FEB '86

WOMEN

Table with columns: AGE, STROKE, DIST., 50M., 100M., 200M., 400M., 800M., 1500M., 50M., 100M., 200M. (Freestyle and Backstroke records)

Table with columns: AGE, STROKE, DIST., 50M., 100M., 200M., 50M., 100M., 200M., 200M., 400M. (Breaststroke, Butterfly, and Individual Medley records)

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Swimming News

CONGRATULATIONS - Dr. Jane Moore, chairperson of the USMS Sports Medicine Committee, and Hugh Moore, President of the P.N.A. (Pacific Northwest Association of Masters Swimmers) are the proud parents of a baby girl, Sarah Michelle Moore, born April 16th in Tacoma, WA. She weighed 7 lbs. 5-1/2 oz. and was 21" long.....

MEDICAL HOT-LINES FOR MASTERS COACHES - The following doctors have agreed to give medical advice to Masters Coaches who have questions concerning the adult athlete.

- | | | |
|------------------|----------------|----------------|
| Dr. James Miller | - Virginia | - 804/320-3999 |
| Dr. Jane Moore | - Washington | - 206/971-3100 |
| Dr. Bill Weir | - North Dakota | - 701/235-9655 |
| | Work | - 701/232-3241 |

POOL FOR SALE - A 12-year-old pool, 25 yards long with six lanes is up for sale! At the present time there are Swim Lessons, Masters Swimming, Age Group Swimming, Water Exercise Classes and Recreational Swimming. This is a privately owned pool and for more information contact: John E. Stearns, 3707 Saxon, New Smyrna Beach, FL 32069. Res. 904/427-5415, Pool 904/428-5074.....

MASTERS SWIMMING RULES - On page 154, at the bottom, under E Swimming Rules, the editor of the WHOLE book neglected to substitute the new Article numbers for the old Article 2 (Rules for Swimming the Strokes) and Article 3 (Rules applying to the conduct of all swimming competition). Instead of Articles 2 and 3 it should read Articles 101 and 102.....

JAPAN - Rumor has it that over 5000 swimmers have entered the 1st FINA/MSI World Masters Swimming Championships! If this is a fact, it will be a l-o-n-g meet!.....

By Mike Gordon, Star-Bulletin Writer

Lloyd and Joan Osborne

LLOYD Osborne says he swims because, at 76, one of his fondest desires is to usher in the year 2000 with a rather simple ritual.

"I'd like to write a check dated Jan. 2, 2000," he says.

Lloyd and his wife Joan swim as often as six days a week—"against the clock, in a pool where we can see how far we're going," says Joan.

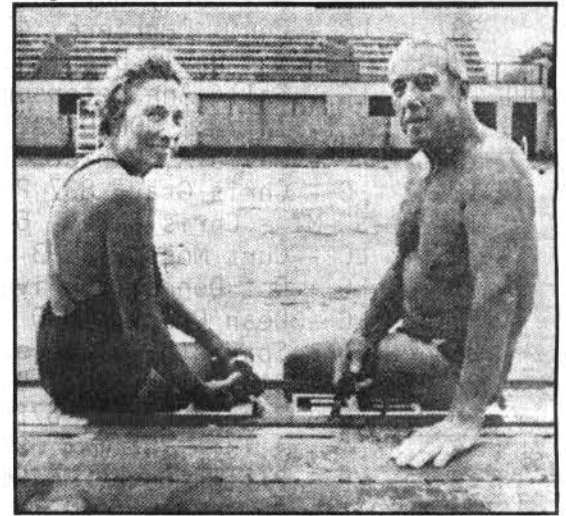
The Osbornes began swimming as children, but Lloyd quit after college and Joan when she was sent to prep school.

Then in 1972, when Olympic swimming champ Buster Crabbe—a college friend of Lloyd's—arrived in Honolulu to promote the U.S. masters swimming program, Lloyd decided to take the plunge once more. He asked Joan if she wanted to come along.

"It sure beat the heck out of staying home and running the vacuum cleaner," says Joan, who will turn 69 in July. She says it took her an hour to swim 300 yards and she couldn't swim the butterfly stroke.

"It took me two years just to learn to get my feet and hands to work together," she says.

Now the Osbornes swim 1,000 to 1,500 meters a day and compete in local masters swimming events on a regular basis. This fall they'll compete in the U.S. Masters Championships on the Mainland.



"I just love living very healthy," says Lloyd. "I maintain a good physical status. I think it's very valuable to maintain and aid my longevity."

"I step on the scale and I weigh the same as I did in college—200 pounds. It's displaced a little differently but the scale says the same thing."

For Joan, who says "if I'm going to be on Planet Earth for many more years, I better be in good shape," aging and competition are mutually compatible. And birthdays bring more "age-group" records to conquer.

"Swimming is the best. When I turned 65, I won everything," says Joan. "I still hold one world record, in the 200 Individual Medley. There aren't too many 69-year-old broads that swim the butterfly you know."

SWIM-MASTER

June Krauser, Editor
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SWIM CALENDAR

VOL XV - No 5

JUNE 1986

- JUN 12-15 LC - Albert Minn, 1337 Lower Campus Rd., Honolulu, HI 96822-2370
13-14 LC - Kerry O'Brien, 5517 Nebraska Dr., Concord, CA 94521
14 LC - Becky Davis, 140 Sylvan Dr., Goleta, CA 93117
14 LC - Tom Dunning, 11200 SE 6th, Bellevue, WA 98004
14 CLINIC at the University of Alabama, Contact Judy Meyer below
14-15 LC - Judy Meyer, P.O. Box 3522, University, AL 35486
14-15 LC - Deb Walker, 7223 Turnstone Rd., Sarasota, FL 34242 (meet at Venice, FL)
21 LC - Ken Anson, 1116 E. Oklahoma, Enid, OK 73701
27-29 LC - Carrie Thornthwaite, 5101 Maryland Way, Brentwood, TN 37027
27-29 LC - Nancy R. Polisky, 7444 Tanglewood Rd., Richmond, VA 23225
28 LC - Becky Davis, 140 Sylvan Dr., Goleta, CA 93117
28 1500 M - Barry Dayton, 221 N. Washington, Park Ridge, IL 60068
28 LC - Chris Carriere, 410 Castro Ct., Campbell, CA 95008
29 1500 M - David Diehl, 12511 Littleton St., Silver Spring, MD 20906
- JUL 5-6 LC - Sally Ann Peterson, Box 9122, Truckee, CA 95737
12-16 1st FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - Tokyo, Japan
12-13 LC - David A. Parler, 1639-F Juniper St., Charleston, SC 29407
12-13 LC - Chris Gray, 837 Princeton Ct., Woodland, CA 95695
18-20 SC-MT - Chris Carey, 6421 Crestview, Orlando, FL 32810
19 LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
19-20 LC - Dot Donnelly, Five Piggott Lane, Avon, CT 06001
25-27 LC - Dean Drury, 1000 Webster St., Fairfield, CA 94533
26 John Spannuth, Cleveland County YMCA, 1001 Halley Ave., Norman, OK 73069
26-27 LC - Blaine Co. Rec. Dist., c/o Mary Austin, POB 297, Hailey, ID 83333
26-27 LC - Winnie Prall, 6735 Chesapeake Point, NW, Atlanta, GA 30328
- AUG 3 LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
2-3 LC - Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139
3-9-10 LC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
8-9 LC - Joanne Tingley, 2107 Eastview, Louisville, KY 40205
9-10 LC - Dixie Zone Champ, Al Robelot Jr., 10426 Jefferson Hwy, #D, Baton Rouge, LA 70809
15-17 LC - Randy Erlenbach, PO Box 1011, Lenoir, NC 28645
15-17 LC - Jim Acker, 3939 1st Ave. N., St. Petersburg, FL 33173
16-17 LC - Anthony Young, 8708 Lowell St., Bethesda, MD 20817
21-24 USMS LC NATIONALS - Barbara Frid, 10214 SW Parkway, Portland, OR 97225
- SEP 13-14 Decathlon, Bonnie Draper, P.O. Box 6606, FSU, Tallahassee, FL 32313
17-21 USMS CONVENTION, Amfec Hotel, Ft. Worth, TX (1987-Atlanta, 1988-St. Louis)
27 N/S/Oceana Zone - Steve Schofield, 9740 Yolanda, Northridge, CA 91324
- OCT 4 SC - Kerry O'Brien, 5517 Nebraska Dr., Concord, CA 94521
10-12 SC - M. P. McMahon, 412 Midvale St, Port St. Lucie, FL 33452 (Ft. Pierce)
12 SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
- MAY 1987 - USMS SC NATIONALS - Stanford University, Palo Alto, CA
AUG 1987 - USMS LC NATIONALS - The Woodlands, TX

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