



# **SWIM-MASTER**

## **SWIM-MASTER Volume VI - 1977**

### **Table of Contents**

#### **Page**

- 2** Vol. VI, No. 1, January 1977
- 3** Vol. VI, No. 2, February-March 1977
- 4** Vol. VI, No. 3, April 1977
- 5** Vol. VI, No. 4, May 1977
- 6** Vol. VI, No. 5, June-July 1977
- 7** Vol. VI, No. 6, August 1977
- 8** Vol. VI, No. 7, September 1977
- 9** Vol. VI, No. 8, October 1977
- 10** Vol. VI, No. 9, November-December 1977

**Page Vol. VI, No. 1, January 1977**

<b>1</b>	Training On 1500 Yards A Day and Still A Winner by Paul Hutinger
<b>1-2</b>	Masters Swimming Notes - National Short Course Championships
<b>2</b>	AquaPride, Sterling Silver Pendants
<b>2</b>	Possible New Idea from Jan Moeller
<b>2</b>	Answer For Jan - Top Ten patch design by Harry Fox
<b>2</b>	In Memoriam - Larry Smith DOD 11/20/1976
<b>2</b>	Found - John Spannuth
<b>2</b>	World Championships 1977 - possible Equador location in October
<b>2</b>	From Connecticut
<b>2</b>	1977 AAU Directory
<b>2</b>	Announcing (birth of John Otto Hetzel)
<b>2</b>	Pentathlon (by DC Masters)
<b>2</b>	Tours - The 1977 AAU International Swimalong - June 30 - July 16
<b>2</b>	Southern AAU Championships by Joanne Marshall
<b>2</b>	1977 All American Selection - qualifications
<b>3</b>	Photos (St Louis; Collegiate Swim Captains, 1976 National Championship Relay 65 and over, Phoenix meet, Best in meet (Katz); Baton Rouge Masters
<b>4</b>	Photos National Championships in St Louis
<b>5-8</b>	Results National AAU Men's and Women's Long Course Masters Swimming Championships St. Louis, MS - 8/26-29/1976
<b>8-9</b>	1976 SCY and LCM Top Ten errata
<b>9</b>	Results - Capistrano Valley, CA - Masters Diving Invitational - 10/23/1976
<b>9-10</b>	Mission Viejo, CA Pentathlon, SCY, - 9/18/1976
<b>10</b>	North-South Dual Meet, SCY, Atascadero, CA - 10/2/1976
<b>11</b>	Eligibility for Top Ten and All Americans
<b>11</b>	Short Course Women's Times - no names
<b>12</b>	Men's Short Course Times - no names
<b>12</b>	Women's and Men's Long Course Times - no names
<b>13</b>	1976 All Americans
<b>14</b>	Swim Meet Calendar

**Page Vol. VI, No. 2, February-March 1977**

<b>1</b>	Hutinger Master Swim Clinic by Rose Conrad
<b>2</b>	Coffee, by Ed Blackledge
<b>2</b>	National AAU Convention, Phoenix, AZ by Capt. Ransom J. Arthur
<b>3</b>	Photos 1000 yd 10-man (and woman) relay; Suncoast Masters, Jim Cotton
<b>4</b>	Results - Greater Kansas City Masters Swim Meet, SCY, Olathe, KS, 10/2-3/1976
<b>4</b>	Arizona Masters Meet, SCY, Phoenix, AZ - 10-03-76
<b>5</b>	San Diego County Swim Masters Palomar College Invitational, SCY, San Marcos, CA – 10/10/1976
<b>5-6</b>	5th Annual Leatherstocking Open Masters Swim Meet, SCY, Hartwick College, Oneonta, NY
<b>6</b>	Masters Swimming Meet, SCY, Glastonbury, Conn. - 10-16-76
<b>6-7</b>	York Dutch Masters, SCY, York, PA - 10/23-24/1976
<b>7-8</b>	Houston Texas Gulf Masters Swim Meet, SCY, Houston, TX - 10/23-24/1976
<b>8</b>	New England Masters, SCY, Exeter Academy, Exeter, N.H. - 10/24/76
<b>8-9</b>	Pacific Northwest Association Masters Swim Meet - Northshore Pool SCY, Seattle, Washington - 11/6-7/1976
<b>9-10</b>	DC Masters Fall Meet, SCY, Montgomery College - 11/13/1976
<b>10-11</b>	New Canaan, CT YMCA, SCY, - 11/14/76
<b>11-12</b>	Caltech Masters Meet, SCY, Pasadena, CA - 11/14/76
<b>12</b>	Oregon Association, SCY, Eugene, OR - 11/5-6/1976
<b>12</b>	Union Aquatic Club, State University at Binghamton, NY - 11/14/1976
<b>12</b>	Swimmers Get Fresh Ideas In Icy Water - United Press International
<b>13</b>	Masters Swimming Notes - Short Course Championships
<b>13</b>	Long Course Championships
<b>13</b>	All-American Requirements
<b>13</b>	Labels For Medals
<b>13</b>	Verification For Top Ten And Records
<b>13</b>	From Arthur Hargrave (about Larry Smith, DOD 11/20/76)
<b>13</b>	Masters Synchronized Swimming Championships
<b>14</b>	Swim Meet Schedule

**Page Vol. VI, No. 3, April 1977**

<b>1-2</b>	Masters Swimming Program Stimulates Fitness Motivation, by Ransom J. Arthur, MD
<b>3</b>	Photos ISHOF International Swimming Hall of Fame, Inc. Gerald R. Ford inducted into ISHOF.
<b>4</b>	Mercedes Galler - The lady likes to splash the water, Catholic Commentator, 1/19/1977
<b>4</b>	Gruender a Master by Penny Butler, Women In Sports, The Arizona Republic, 2/10/1977
<b>5</b>	Swimmer getting better with age by Mike Madigan (about Alfred Beffie)
<b>5</b>	North Miami Masters Second Annual Masters Swim Meet by Diane Poljack, 2/12/1977
<b>6-7</b>	For The Record - Southeastern AAU Masters, SCY, Oak Ridge, TN - 11/6-7/1976
<b>7-8</b>	Lakewood Christmas Invitational, SCY, Lakewood, CA - 12/4/1976
<b>8-9</b>	O*H*I*O Masters Winter Meet, SCY, Branin Natatorium, Canton, OH - 12/4-5/1976
<b>9</b>	Columbus Academy, Southern Ohio Masters a Sandpiper Swim Club Meet, SCY - 12/12/1976
<b>9</b>	D.C. Masters 1650, American University - 12/18/1976
<b>9-10</b>	Oregon Association Portland Community College, SCY - 12/18/1976
<b>10</b>	P.N.A. Masters, Shoreline Pool, SCY, Seattle, WA - 1/18-19/1976
<b>10-11</b>	Ambassador College Masters Meet, SCY, Pasadena, CA - 1/9/1977
<b>11</b>	BMAC Invitational, SCY, Sandy, OR - 1/15-16/1977
<b>11-12</b>	Celebrity Masters Meet, SCY, DanVar, Colorado - 1/16/1977
<b>12</b>	Pompano Beach Masters Meet, SCY - 1/22-23/1977
<b>12</b>	1977 Ransom J. Arthur Award Committee
<b>12</b>	The Master Swimmer - a cartoon by Jeanne Merryman
<b>13</b>	Masters Swimming Notes - Short Course Championships
<b>13</b>	Long Course Championships
<b>13</b>	Newsletters
<b>13</b>	Masters Diving
<b>13</b>	Thank You (from Gary Stutsel)
<b>13</b>	Completed Career (Jean Garbus on Dr. M.H. 'Chet' Chetrick DOD 1/26/1977)
<b>13</b>	Top Ten Pin
<b>13</b>	Publicity
<b>13</b>	Top Ten Patch
<b>13</b>	Tom Cloyes Writes
<b>13</b>	From Canada
<b>14</b>	Swim Calendar

**Page Vol. VI, No. 4, May 1977**

- 1** Relief for Shoulder Pain or Tendonitis by Nancy Ridout, Novato, CA
- 2** Reflections on the XXI Olympiad and the IX World YMCA Consultation Health, Physical Education, Montreal, Quebec, Canada 1976, by Jane Katz, Associate Prof. Of Health and Physical Education
- 2** World Championships
- 3** Photos - Southern Regional St Petersburg, Florida
- 4** Short Course Records - Women
- 5** Short Course Records - Men
- 6** For the Record - D C Masters Winter Meet, American University, SCY, - 1/23/1977
- 6-7** Pacific Northwest Association Masters Meet, Mercer Island, Washington - 1/30/1977
- 7-8** First United States One Hour Swim (Postal)
- 8** North Miami Masters Meet, SCY - 2/12/77
- 8-9** Long Beach Invitational, Belmont Plaza Olympic Pool, SCY, Long Beach, CA - 2/13/1977
- 9-10** Greater Lansing Masters, SCY - 2/20/1977
- 10** Sunny Bay Invitational, SCY, Miami, FL - 2/27/77
- 10-11** Vancouver S.C. Invitational, Oregon Association, SCY, Vancouver, Washington - 2/27/1977
- 11-12** Third Metro Masters Invitational, SCY, Long Beach NY - 2/27/77
- 12** Competition never gets old in Masters swim by Barry Temkin (about Meredith Scanlon)
- 12** Family Plan - They Swam Together ...For 49 Miles by Bob Chick (about Thelma & Ted Roach)
- 13** The Rules by William A. Lippman, Jr
- 13** Editorial by June Krauser (about rules violations at meets)
- 13** Masters Corner by Capt. Ransom J. Arthur (about motivation in Masters swimming)
- 14** Swim Calendar

**Page Vol. VI, No. 5, June-July 1977**

- 1** National A.A.U. Men's And Women's (13th) Short Course Masters Championships - May 13-15, 1977 - Ft Lauderdale
- 2** What Makes Willy Swim? April 13, 1977
- 2** Everything goes swimmingly for Miss Willy (Miss van Rysel - marathon swimmer)
- 2** A Medal for Kacey - (about Kacey Conway)
- 2** Figure Out Exercise You Need by Gerald Storch
- 3** From 25-83, They Feel Younger, Fitter Competing In Masters Swim Championships, by Pat Dooley, Ft Lauderdale News, May 12, 1977
- 3** Championships May 13, 14, 15, 1977 - The Miami Herald May 13, 1977 (Gaither Rosser and June Krauser)
- 3** 39 Records Fall In Masters Swim - Ft Lauderdale News and SunSentinel May 15, 1977
- 3** Krauser Sets Swim Mark
- 3** Swimming Record-Breaking Exercise for Men by Susan Shackelford - Hearld Sports Writer - May 17, 1977
- 4** Photos - no captions
- 5-11** Results - National A.A.U. Men's & Women's Short Course Masters Swimming Championships, Swimming Hall Of Fame Pool - Ft Lauderdale, 5/13-15/1977
- 11-12** Connecticut Masters Meet, SCY, Yale University - 4/2/1977
- 12** San Joaquin Valley Masters Diving, - 4/23-24/1977
- 13** Master swimmer just keeps rolling by Marc A. Maturo (about Jack Geoghegan)
- 13** Even if you're 80, you're eligible (about Masters Swimming and Ken Uhl)
- 14** Swim Calendar

**Page Vol. VI, No. 6, August 1977**

<b>1</b>	Strength Training For the Master Swimmer by Paul Hutinger
<b>1</b>	Announcing Master Swimmers Lane 4 Newsletter - written, edited and published by Paul Hutinger - 6x per year \$10
<b>2</b>	2nd Annual National YMCA Masters Championships by Les Finnegan
<b>2</b>	Captions for photos on page 3
<b>3</b>	Photos - captions on page 2
<b>4</b>	Rose Blossoms at 70 to Win Swim Awards by Jody Homer - Sun Tattler Staff (about Rose Caplane)
<b>5-6</b>	For The Record - So. Cal Short Course Regionals - East Los Angeles City College 4/22-24/1977
<b>6-7</b>	Greater Kansas City Masters Swim Meet, SCY, 4/23-24/1977
<b>7</b>	Duke University, SCY, 4/23-24/1977
<b>7-9</b>	Hartness College Masters SCY, 4/26-27/1977
<b>9-10</b>	Portland Oregon Region XII Championships, SCY, Multnomah Athletic Club, 4/29-30 & 5/1/1977
<b>10</b>	Huntington Beach Pier Swim, 7/2/1977
<b>10</b>	Diving Titles - National AAU Masters Diving Championships, Belmont Plaza, Long Beach, CA, 5/21-22/1977
<b>11-12</b>	Photos -National AAU Masters Diving Championships, Belmont Plaza, Long Beach, CA, 5/21 22/1977
<b>13</b>	Masters Swimming Notes - 1977 Long Course National Championships
<b>13</b>	The First - Frank Coughlan
<b>13</b>	Masters Swimmers Don't Grow Old, They Just Rust Away - Deitorial Comment - Oregon AAU Masters Aqua-Master
<b>13</b>	Good Sports Award (Debbie Birkner)
<b>13</b>	Swimming Is #1
<b>13</b>	Maui Channel Swim
<b>13</b>	News Release (about the AAU Masters Short Course Swimming Championships in Davis, CA - June 3-5, 1977)
<b>13</b>	First Annual Hawaiian Postal Relay Meet
<b>13</b>	Masters Swim Attracts Adults of All Ages
<b>13</b>	FINA News by Robert H. Helmick - Honorary Secretary of FINA (about FINA Rule GR11)
<b>14</b>	Swim Calendar

**Page Vol. VI, No. 7, September 1977**

- 1 National AAU Masters Swimming championships
- 1 Chet Hall comments - Swimming said better than jogging by David Georgette
- 1 Not Everything is for youth (John Bauman, Jamie Cameron, Hazel Montgomery, Bobbie Callision)
- 2 Big Swim Field (expected for National AAU LCM Swim Meet)
- 2 Not far from old time (about Lou Silverstein)
- 2 Masters chalk up more swim marks (Maxine Merlino, Arthur Hargrave, Roy Fait, Willy van Rysel)
- 2 Hargrave sets two marks
- 2 Masters Long Course Meet has champs of past (Collister Wheeler, Tom Lane, Lynn and Rick Colella. Willy van Rysel, Arthur Hargrave, Barbara Jensen Reeve, Wanda Werner Cavanaugh, Michael Garibaldi, John H. Higgins, Donald Hill, Burwell (Bumpy) Jones, June Fogle Krauser, Carol Tait MacPherson, Thomas Mann, Clarence Ross, William Van Horn)
- 3 Old Sternweeler's Do IT Yourself Stroke Hints
- 4 Three Masters Swimmers Head For Nationals (Anne Farrell, Dave Rowen, Jeanne Merryman)
- 4 Boca lifeguard takes national titles by Rick Wuest (about Jack Calhoun)
- 4 Mayfair High official still maintains a Master stroke by Hal Lowe (about Duane Draves)
- 4 Grandmother Turns 70 - Swims Lake's Width (about Jodi Durkee)
- 4 People In Sports (about Joe Nameth)
- 5 Photos - Midland Masters Win Michigan Championships; Commander William L. Earley; Mildred Anderson; Edward L. Emes, Jr.
- 6 National Championships - Diving photos
- 7 Results at a Glance - National Diving Championships Woodlands, TX 7/29-31/1977
- 7 National Long Distance Champ. Menomonee Falls, WI, 7-23-77
- 7 Eastern United States Long Distance Championships, Chris Green Lake Virginia, 7/10/1977
- 7 D C Masters 1500 Meter Swim, 7/31/1977
- 7-8 D C Masters 6th Annual Summer Long Course Meet, Allentown Road Aquatic Center, Oxon Hill, Maryland - 8/13-14/1977
- 8-10 Los Angeles Masters Invitational, LCM, Van Nuys, CA, 8/13-14/1977
- 10-11 Suncoast Masters - Sarasota , LCM, Venice, FL; 8/13-14/1977
- 11-12 Region XII LC Championship, Mt. Hood C. College, LCM, Gresham, OR, 8/12-14/1977
- 12 O\*H\*I\*O Masters Summer Meet, LCM, C.T. Branin Natatorium, Canton, Ohio, 7/17/1977
- 13 Masters Swimming Notes - Long Course Nationals
- 13 1978 National Championships (Zone II AAU Associations - 16 total)
- 13 World Championships (no 1977, but 1978 in Toronto)
- 13 News From The White House (about President Carter swimming)
- 13 Scandinavian Masters Swimming Junket (about the US Masters Int'l Swim Tour)
- 14 Swim Calendar



**Page Vol. VI, No. 8, October 1977**

<b>1</b>	Suncoast Masters Win Hawaiian Relays
<b>2</b>	Still Swimming to Win by Violet E. Dewey (about William Stemmler, George and Evelyn Trawicki, Elizabeth John, John Bauman)
<b>3-10</b>	1977 SCY A.A.U. National 10 Best Times
<b>11-16</b>	National Long Course Championship Results - Spokane, WA - 8/25-28/1977
<b>17</b>	Masters Swimming Notes - Corrections (to story on Duane Draves Sep 1977 Swim-Master, page 4)
<b>17</b>	Death At Long Course Nationals (about Graham Cummings, Jersey Masters, in Spokane)
<b>17</b>	Congratulations (reception honoring Pat Clinton)
<b>17</b>	Meet Results
<b>17</b>	1978 National Championships
<b>17</b>	National AAU Convention (90th annual to be held October 9-15 in Columbus, OH)
<b>18</b>	Swim Calendar
<b>18</b>	Henry cartoon

**Page Vol. VI, No. 9, November-December 1977**

<b>1</b>	90th Annual Convention, Columbus, OH - October 9-15, 1977 (3 sets of records established; Ted Haartz elected Chairman)
<b>1</b>	Committee Report
<b>1</b>	Ted Haartz, 1976 Recipient of Ransom J. Arthur award
<b>2</b>	Photos
<b>3</b>	Ridout named top swimmer - Pacific Associations
<b>3</b>	Records for Bournemouth Swimmer
<b>3</b>	Don Bloom - Lake Tahoe awaits challenge of find-raisers
<b>3</b>	Only Wealthy Swim Topless - Vatican (Rome)
<b>4</b>	Virginia Stated Championships by Les Finnegan
<b>4</b>	Masters Swimming Executive Committee - members
<b>5</b>	Deep Water High Dive by L.C. Calhoun
<b>5</b>	Master Age Group Swimming - The Swimming Times September 1977
<b>6</b>	Results at a Glance - New England Masters, LCM, Brown University, 4/13-14/1977
<b>6-7</b>	Mt San Antonio College Masters Meet, LCM, California 6/18/1977
<b>7-8</b>	Mt. Park Invitational, LCM, Lake Oswego, Oregon, June 18-19, 1977
<b>8</b>	Alexandria Aquatic and Racquet Club Invitational, LCM, Alexandria, Louisiana, June 18-19, 1977
<b>8-9</b>	Nassau County Long Course Open, LCM, Hicksville, NY, July 29-31, 1977
<b>9-11</b>	Hartnell College Masters Long Course Swim Meet, 156 Homestead Ave, Salinas, CA 93901, July 30-31, 1977
<b>11</b>	Major Swimming Rule Changes for 1978
<b>12</b>	Masters Swimming Notes - Questions And Answers reprinted from Lane 4
<b>12</b>	Swimmers Whose Times Were Not in the Top Ten, But Should Have Been by Enid Uhrich
<b>12</b>	Dublin Masters Swimming Tournament
<b>12</b>	Long Course Top Ten
<b>12-13</b>	All-American
<b>13</b>	Records
<b>13</b>	Pacific Association's Masters Swimmers of the Year
<b>13</b>	Super Masters Teams
<b>13</b>	Ride The Bus
<b>13</b>	Joe Namath
<b>13</b>	New Tour Of Duty For The Huson's
<b>13</b>	Want To Swim For Health?
<b>14</b>	Swim Calendar