

Page

- 2 Vol. XI, No. 1, January 1982
- **3** Vol. XI, No. 2, February 1982
- 4 Vol. XI, No. 3, March-April 1982
- 5 Vol. XI, No. 4, May 1982
- 6 Vol. XI, No. 5, June 1982
- 7 Vol. XI, No. 6, July 1982
- 8 Vol. XI, No. 7, August-September 1982
- 9 Vol. XI, No. 8, October 1982
- 10 Vol. XI, No. 9, November-December 1982

Page Vol. XI, No. 1, January 1982

1-6	a new beginning happy 1982 - 1982 United States Masters, Inc. Technical Rules and Code of Regulations
6	President's Report - Regarding LMSC Chairmen, Procedure for Establishing LMSC, Names of LMSC
6	1982 Registration Info
7	Directory
8	Photos - Southeastern Masters Championships
9	Photo captions for page 8
9-11	Results - Southeastern Masters Championships, Oak Ridge, TN -10/24-25/1981
11	Swimming News - Congratulations To Jim Montgomery
11	1981 Long Course Errata
11	New Patches Available
12	Swim Calendar

Page Vol. XI, No. 2, February 1982

1	All-American Masters Swimming Team For the Year 1981
2	International Swimming Hall of Fame - June Krauser
3	The Good Life by Robert Tolf (on Anne McGuire)
4	Letter to USMS LMSC Chairmen and Registrars from Ted Haartz
4	Note to All Americans
4	A Program for CV (Cardiovascular) Fitness by Patti Fischer
4	And Direct from Swim-Swim (swimsuit tips)
5	Short Course Records - 9/81 (no names)
6	Long Course Records - 10/81 (no names)
7-8	Results - Swim Cellar Pentathlon - Short Course Masters, Beverton, OR - 12/6/1981
8-9	Results - DC Department of Recreation Masters Swim Meet, SCY, Washington DC - 10/9/1982
9	LC Masters 1650 and 200 Fly Meet Fun & Fitness, SCY, Arlington, VA 12/13/1981
10	Christmas Swim Meet, SCY, South Gate, CA - 12/5/1981
10	1981 Long Course Errata
10	Cartoon, Chicago Today Saturday Dec 23, 1972, On Campus with Phil Freak
11	Swimming News - Rules Amendments 1982
11	Thoughts and Philosophy For the Master Swimmer
11	National Masters Sports Festival
12	Swim Calendar

Page Vol. XI, No. 3, March-April 1982

1	How To Do The 200 Yard Butterfly by Ray Chen
2-3	Masters Swimmers Lane 4 - A Master Taper - by Tom Schweer, Head Swimming Coach Western Illinois University
4	Sun Life Master Swimming A Success - The Swimming Times - January 1982
5	Results (Winners only) Sun Life Masters Championships - 11/21-22/1981
5	News about Pan Pacific Masters
5	Sample Workouts
6	For the Record - Arkansas Masters Swim Club, SCY, Little Rock, AR - 2/7/1982
6-9	Southern Connecticut Mid-Winter Invitational, SCY, 1/9/82
9-10	Pleasant Valley, SCY, Pleasant Valley CA - 1/16/1981 (1982?)
10	Fall Long Distance, SCY, Industry Hills, CA - 11/1/81
11	Swimming News - Swimming Hall Of Fame Building Fund
11	All-Americans (Patch)
11	1982 Rule Book (is available)
11	Muscle Strength by Patti Fischer
11	Question (why no 25s?)
11	From the Nautilus Aquatic Club Newsletter
12	Swim Calendar

Page Vol. XI, No. 4, May 1982

1-2	The Ironman Triathlon by Jim Green
2	Open Letter to Masters Swimmers - from Mark Coughlin
3	Photos Southern Region IV - St Petersburg, FL - 4/2-4/1982
4	65 Hours - by Gene Womciechowsli (about Stella Taylor)
4	A Goal - Or - On To The Next Goal by Stella Taylor
4	Masters begins with the swimming mile, by Bob Silver - St Petersburg Times
5-6	For the Record - Results - 5th Annual National Masters Hour Swim - January 1982
6-9	12th Annual Southern Regional Short Course Meet Results, SCY, St. Petersburg, FL 4/2-4/1982
9-10	Chris Chapman Memorial Meet - Metro Masters SC of NY, SCY, Bethpage, NY - 3/7/1982
10	DC Masters Spring Meet, SCY, Colesville/White Oak Swim Center - Silver Springs, MD 3/13/1982
10	Miami Masters Mile, University of Miami, SCY, Coral Gables, FL - 3/7/1982
11	Swimming News - Swimming Hall of Fame Masters Section Report
11	Master Swimmers Lane 4
11	Happy News About All-Americans
11	Two To A Lane by Les Finnegan
11	Proper Body Positioning For the Backstroke by Ann Yelmokas
11	United States Masters Swimming Patches
11	Why Aren't There More Short Distances in Meets Like the 25 Yard In All Strokes? (reprint from Masters Swimmers Lane 4)
11	Registrations (6500)
12	Swim Calendar

Page Vol. XI, No. 5, June 1982

1	Photos - Masters Swimming to Woodlands 3rd Annual Pentathlon; Chicago, IL - 3/20/1982 (captions on page 11)
2	Put Heart Into Your Training by Fred Eckhardt
3	Masters swimmers work as hard as kids by Ward Busbee; IJ Sports Editor
3	Marie Heikkinen Swims for Fun Of It, by Gene Wilson; Sports Writer
4	Different folks swim to different strokes (about Bobbie Turcotte)
4	Update on Adult Masters Program (about Bobbie Turcotte)
5	Results - Indiana University Masters Annual Short Course Swimming Meet, SCY, Bloomington, IN 4/2-3/1982
5-6	DC Masters Spring Pentathlon, SCY, Takoma Park, Maryland - 4/10/1982
6-8	Buehler YMCA 3rd Annual Pentathlon, SCY, Chicago, IL - 4/20/1982
8-9	Second Annual Triad Masters Swim Meet, SCY, Greensboro, NC - 2/26-27/1982
9-10	Winter 1982 - Belmont Plaza, SCY, Long Beach, CA - 3/7/1982
11	captions for 1982 National Short Course Championship Photos (page 1)
11	Four ways to avoid injury
12	Swim Calendar

Page Vol. XI, No. 6, July 1982

1	Heart Attacks, Swimming and Nutrition by Ken Krueger
2-13	National SC 1982 Championships Results, Woodlands, TX - 5/21-24/1982
11-13	National SC 1982 Championships Relays, Woodlands, TX - 5/21-24/1982
14	Swim Calendar

Page Vol. XI, No. 7, August-September 1982

1-9	1982 SCY National 10 Best Times (top ten)
9	A record-breaker at 65, by Kevin Thomas, St. Petersburg Times (about Willy Van Rysel)
9	Photo - Walt Lockwood
9	Photo - Julia Dolce
10	Short Course Records June 1982 (No Names)
11	Swimming News - Results of Nationals by Amar Lathi
11-12	The Effects of Isotonic Training on a Muscle by Patti Fischer
11	Photos SC Nationals
12	Swim Calendar
12	Cont. from page 11 - The Effects of Isotonic Training on a Muscle

Page Vol. XI, No. 8, October 1982

1	Photos 1982 National Masters LC Swimming Championships, Portland, OR - 8/26-29/1982
2-10	1982 National Masters LC Swimming Championships Results, Portland, OR - 8/26-29/1982
10	National LCM Relay Results Portland, OR - 8/26-29/1982
11	Swimming News - Subscription Rate Increase
11	Don Erion's Report On The Masters Swimmer Junket To Russia In August 1982
11	Rules
11	Now The Future
11	Congratulations (about Charles Matthews and Candace Gillespie's marriage)
11	United States Masters Swimming Annual Meeting (235 clubs; 11,294 swimmers)
12	Swim Calendar

Page Vol. XI, No. 9, November-December 1982

1-9	National 10 Best Times LCM (1982 LCM Top Ten)
9	Two stay young in Masters swimming by Ralph Thornton (about Ray Hakomaki & Virgil Luken)
10	U.S.M.S. LC Records 9/82 - no names
11	Swimming News
11	Subscription Rate Increase
11	1983 Short Course Nationals
11	memory jogger - Dietary Guidelines for Athletes, by Diane M. Huse, MS,RD, The Physician and Sportsmedicine 1982
12	Swim Calendar