



# SWIM - MASTER

VOL XV - No 4 USA NATIONAL PUBLICATION FOR MASTERS SWIMMERS MAY 1986

## PSYCHOLOGICAL PREPARATION FOR CHAMPIONSHIP TRAINING AND COMPETITION

by John Flanagan

How many times have we arrived at the final meet of the season and found ourselves swimming times that we had either done in the local meets or even in practice? We usually blame this on our taper, which we just happened to miss by 36 hrs, or the coach neglecting to give us that final stroke correction which would have made us five seconds faster in the 100 free. The real culprit here is not in the physical preparation for the meet but the lack of psychological preparation.

I would like to present some simple steps that may enhance your performance at the next championship level meet. These tools must be practiced daily though, and the sooner you begin the more confident and competent you will become with these techniques. In order, they are Relaxation, Concentration, Visualization and finally, Acutalization. They must be in this order and none may be left out or maximum performance cannot be achieved.

RELAXATION is the first step in the process. We often fail to achieve peak performance because we are 'too tight', too nervous, too anxious or too tense. We may end up tensing every muscle in the body instead of just contracting those necessary. Peak performance occurs when your mind and body are allowed to combine in a free flowing experience.

There are many relaxation techniques available. Two suggested readings would be The Relaxation Response (W. Morrow & Co., 1975) and Behavior Therapy Techniques (Pergammon, 1966). I will present here a simple practice method.

- 1) Sit quietly in a comfortable position.
- 2) Close your eyes.
- 3) Relax all your muscles deeply, begin at your feet and progress slowly up to your facial muscles. One group at a time and keep them relaxed.
- 4) Breathe through your nose and become aware of your breathing. Count your breaths silently.
- 5) Continue for 10-15 minutes. Remain passive and you will soon feel very relaxed. Once you have mastered simple relaxation you are ready to move on to the next critical step in the championship preparation.

CONCENTRATION is the uninterrupted connection between two things. We must learn to enhance our ability to focus on one thing or one idea and to block out all unnecessary distraction. The obvious benefit to us as swimmers will be the ability to block out negative thoughts, the crowd, the competition, a possible injury, or poor pool conditions, and then focus on the important thing--swimming fast. As we know, worry is one of the great inhibitors of peak performance. If you can learn to view competition in a less worrisome way, or if you can come up with concentration strategies which are more absorbing than the worry, you will be well on your way to consistent performance at your optimum level.

Here's a simple concentration exercise. When you have gotten into a relaxed state, pick an object such as a lamp or vase and focus your attention totally on this object. Exclude all other thoughts or feelings or body sensations. Eliminate all distractions and keep them out, focus only on the chosen object. Close your eyes and picture the object in every detail. Practice this simple technique and you will soon learn to handle more complex ideas and images and eventually cast out any anxiety problems that you may have. Only the important things can ten be focused on.

Now that you have mastered the first two techniques, RELAXATION and CONCENTRATION, the third and most important step must be learned and practiced. This technique is VISUALIZATION or mental imagery. It is a known fact that our mind cannot differentiate between fact and fantasy. So with mental imagery, we have the ability to stimulate our system through mental pictures of what we want to accomplish during the race. So in essence, we are testing the circuits. We are plugging in a positive performance program to our brain and nervous system so that our body can follow it.

When you practice this technique, you must be in a relaxed and concentrated state of mind in a

quiet spot with very little distraction. View yourself as if you were in a motion picture starring you as a champion swimmer. Imagine seeing yourself warming up, swimming up and down the pool with easy but powerful strokes. You get out of the pool and towel off and ready yourself for the race. As you see yourself stepping onto the blocks, you see a confident and physically perfect individual. The training really shows up now in your physique. Every muscle shows and you are extremely poised. The starter calls the swimmers to their marks. Bang the gun sounds, and you dive and surface before anyone. Your first strokes are strong and powerful, and you instantly pull ahead of the competition. A perfect turn at the far end and you're sprinting for home. You touch and then the others finish. The Timing Board reads, Lemmon DCM 26.92, a new national record, and your goal has finally been reached. In this description of a 50 yard free race, only the very positive aspects of the race are imagined. We must work hard to make sure worrisome thoughts, such as a missed turn, I'm not totally prepared, I've had a cold for a week, the pool's a little warm, don't enter into our thought patterns for these things too can be imprinted and will haunt you on the day of the race.

The final step is ACTUALIZATION or the doing of the race itself. If you have done your homework both in and out of the pool, have physically and mentally prepared yourself for the race, then you will enjoy the optimum benefits of your labors.

"Whom have we conquered? None but ourselves. Have we won a Kingdom? No and yes. We have achieved an ultimate satisfaction, fulfilled a destiny to struggle and to understand, never this last without the other."--George Mallory

Reprinted from DC Masters WAVE-MAKER

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### MASTERS SWIM CAMP TO BE HELD IN MAY

A Masters Swim Camp will be held at the University of Virginia on Memorial Day weekend, May 22-26. The camp will feature the latest training methods, weight training in swimming, swimming physiology, training films, video taping, swimming psychology and stroke mechanics. A number of noted clinicians will be featured including Head Coach at U Va., Mark Bernardino and Don Easterling, Head Coach at North Carolina State U. Contact Virginia Cavalier Swim Camp, Inc., University Hall P.O. Box 3785, University of Virginia, Charlottesville, VA 22903. Cost of the camp is \$175 and includes dormitory room on campus, meals at athletic dining facility, seminars and training sessions.

# ALL AMERICAN TEAM

## U.S. Swimming Masters Long Distance Swimming 1985 All American Team

### MEN

#### 25-29

Paul Amuth  
Lincoln Djang  
Mark Heinrich  
Jeff Land  
Perry Lange

#### 30-34

Mark Bernardino  
Fred Ferroggiaro  
Dale Keith  
Mike Trudeau

#### 35-39

Bill Damm  
Patrick Dixon  
Bob Kolonkowski  
John Osterloh  
Kevin Polansky  
John Shrum

#### 40-44

Phillip Gibbs  
Tex Haraszi  
Phil Hengen  
Hugh Winn  
Ben Wisckol

#### 45-49

Herb Barthels  
Tom Begley  
Roger Bosveld  
Kirk Canterbury  
Edward Hinshaw  
Burt Kanner

#### 50-54

Robert Beach  
Don Brown  
Barney Hugerford  
Burwell Jones  
William Lauer  
Dale Petranec  
Brad Sturtevant

#### 55-59

George Erk  
Daniel Gruender  
Edward Schaner  
Forrest Sullivan  
Win Wilson

#### 60-64

Calvin Barnes  
Bill Bell  
Bradley Cassidy  
Glynn Jones  
Harvey Yurak

#### 65-69

Aldo Da Rosa  
Birch Davidson  
Bill Struthers

#### 70-74

Herbert Howe  
John Morrison  
Dexter Woodford

#### 75-79

Alfred Guth  
Lee L. Starr  
Charles A. Wood

### 80-84

Gus Langner

### 85-89

Clarence Ross

### WOMEN

#### 25-29

Linda Bingler  
Deborah Caine  
Karen Chequer Pfeiffer  
Cindy Collins  
Traci A. Dries  
Kim Griffis

#### 30-34

Paige Gorham  
Elaine Hochuli  
Sherry L. Kittrell  
Patricia Mattson

#### 35-39

Karen Barnes  
Marilyn Brahms  
Mananne Brems  
Barbara Brand  
Joan Diercks  
Katherine Watson

#### 40-44

Jane Katz  
Jane Murphy Sherman  
Nancy Ridout  
Janet Royer

#### 45-49

Patricia Bresee  
Joan Jeter  
Faith W. Lyman  
Patricia Tullman

#### 50-54

Ann Prisciotta  
Marjorie Jones  
Lavelle Stoinoff  
Nadine Whitehall

#### 55-59

Edie Gruender  
Marianne Hagan  
Dorothy Laporte  
Gail Roper

#### 60-64

Dorothy Lachasse  
Ruth Manfredi  
Hazel Turner  
Madeline Zillmer

#### 65-69

Barbara Golseth  
Jane McCollister  
Rose Steward  
Zada Taft

#### 70-74

Helen OffenHauser

#### 75-79

Eva Bein  
Julia Dolce

#### 80-84

Elizabeth Mauric



TEXAS STATE MEET IN ALAMO HEIGHTS

- UPPER LEFT: Tom Boak, USMS President, tied for Hi-Point 40-44 age group
- UPPER RIGHT: Huddle Clark Murray, Hi-Point winner in 25-29 division and team mate Meg Jorn, runner-up
- LOWER LEFT: Hamilton Anderson, Hi-Point winner in his division with Bud Dallmann
- LOWER RIGHT: Lone Star swimmers Steve Odrobina, Hi-Point winner in 55-59 and Allen Hellman, Hi-Point winner in 60-64 age group

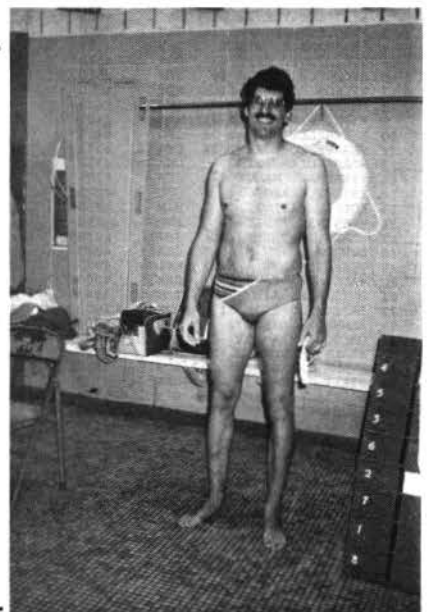
ERIC JOHNSON, FASTEST CHANNEL SWIMMER

Eric Johnson, Midland, TX coach, swam the Channel from France to Dover in a little over 8 hrs. in 1985. Eric is 27 and missed swimming in the 1980 Olympics. He won Hi-Point in the 25-29 age group at the Texas State Meet. Thomas Hetzel was Eric's coach for his Channel swim.

JUSTUS AQUATIC CENTER MEET

TOP TO BOTTOM

- Chris Carey - Meet Director
- Boca Raton Masters - Bill Kirkland, Coach and Tom Boyd
- Florida visitor, Irving Katz from New England Masters
- Coaches - Richalie Crammer, Ft. Lauderdale and George Bole, St. Petersburg
- Gold Coast Masters swimmers - Andy Weinkle, Lisa Woodman and Cal Winn









MEN 70 to 74

REC: Herbert Howe 72, 1985 WIS 3925

Table with 4 columns: Rank, Name, Club, Points. Includes Schofield, Howe, Newman, Zipperling, Ronan, Overeem, Thornburg, Stinson, Westfield, Tillotson, Morrison, Saff, Downey, Annes, Mitchell, Walbolt, Coyle, Ford, Miller, Wojcik.

MEN 75 to 79

REC: Arthur Rule 76, 1982 RIN 3460

Table with 4 columns: Rank, Name, Club, Points. Includes McAfee, Burnside, Chapin, Guth, Vanlill, Sigrist, Stinson, Starr, Braden, Briscoe, Vest.

MEN 80 to 84

REC: Clarence Ross 80, 1980 JER 3435

Table with 4 columns: Rank, Name, Club, Points. Includes Langner.

MEN 85 to 89

REC: Clarence Ross 85, 1985 JER 3240

Table with 4 columns: Rank, Name, Club, Points. Includes Fletcher.

1986 TEAM RESULTS

WOMEN 25+

REC: 14,465 Walnut Creek Masters 1983 (Killingsworth, Lasell, Richcreek)

Table with 4 columns: Rank, Name, Club, Points. Includes Los Altos Masters, New England Masters, Georgia Masters, Chicago Masters, Connecticut Masters, Jersey Masters, DC Masters, New England Masters, Yuba City Racquet Club, Central Florida Masters.

WOMEN 35+

REC: 13,255 Empire State Masters, 1986 (Francis Hare 35, Christine Zimmet 38, Susanne Rague 35)

Table with 4 columns: Rank, Name, Club, Points. Includes Empire State Masters, Industry Hills, Tamalpais Aquatic Masters, Los Altos Masters, Georgia Masters, Industry Hills, Leaders Oaks, New England Masters, Connecticut Masters.

WOMEN 45+

REC: 11,740 San Diego Swim Masters 1984 (Janet Lamott 48, Betsy Jordan 46, Adrienne Pipes 49)

Table with 4 columns: Rank, Name, Club, Points. Includes Tamalpais Aquatic Masters, Connecticut Masters, Industry Hills, DC Masters.

WOMEN 55+

REC: 10,875 New England Masters, 1986 (Clara Walker 59, Marjorie Martin 56, Joan McIntyre 57)

Table with 4 columns: Rank, Name, Club, Points. Includes New England Masters, Santa Barbara Swims Club, San Mateo Master Marlins, Connecticut Masters, New England Masters, Connecticut Masters, Newport Beach Masters, Connecticut Masters, Arizona Masters.

WOMEN 65+

REC: 8,850 San Mateo Master Marlins, 1986 (Audrey Etienne 69, Patricia Mathiesen 68, Zada Taft 66)

Table with 4 columns: Rank, Name, Club, Points. Includes San Mateo Master Marlins, Walnut Creek Masters, Industry Hills.

MEN 25+

REC: 15,995 Chicago Masters, 1986 (Charles Green 25, Mark Rubino 26, Brian Murray 25)

Table with 4 columns: Rank, Name, Club, Points. Includes Chicago Masters, Chicago Masters, New England Masters, St. Pete Masters, Wisconsin Masters, Middle Atlantic Masters, Central Florida Masters, Rogue Valley Masters.

MEN 35+

REC: 15,140 Caltech Masters 1982 (Brad Sturtevant 48, Burt Kanner 42, Bill Damm 35)

Table with 4 columns: Rank, Name, Club, Points. Includes New England Masters, Chicago Masters, Chicago Masters, New England Masters, Jersey Masters, Chicago Masters, Connecticut Masters, Auburn Masters, Jersey Masters.

MEN 45+

REC: 13,650 Chicago Masters, 1986 (Bill Mulliken 46, Sam Koolstra 50, John LeBourgeois 47)

Table with 4 columns: Rank, Name, Club, Points. Includes Chicago Masters, DC Masters, Connecticut Masters, St. Pete Masters, New England Masters, Industry Hills, New England Masters, DC Dept of Recreation, Los Altos Masters, DC Masters, Middle Atlantic Masters, Jersey Masters.

MEN 55+

REC: 12,505 New England Masters 1983 (Win Wilson 55, Jim Edwards 60, Irving Katz 59)

Table with 4 columns: Rank, Name, Club, Points. Includes New England Masters, Middle Atlantic Masters, Connecticut Masters, Oregon Masters, New England Masters, Jersey Masters.

MEN 65+

REC: 11,380 San Mateo Master Marlins 1986 (Fred Talott 65, Ray Taft 66, Edw. Moran 67)

Table with 4 columns: Rank, Name, Club, Points. Includes San Mateo Master Marlins, Middle Atlantic Masters, Jersey Masters, St. Pete Masters, St. Pete Masters, St. Pete Masters.

MEN 75+

REC: 8,905 Long Beach Masters 1986 (John Burnside 76, Leonard Chapin 77, Alfred Guth 77)

Table with 4 columns: Rank, Name, Club, Points. Includes Long Beach Masters.



St. Patricks Invitational Plainville, Connecticut Mar. 8-9, 1986 #86-08

Women 25-29

Table with 4 columns: Name, Club, Points. Includes Barbara Crowder, Barbara Cornett, Sarah Eicher, Barbara Crowder, Barbara Cornett, Barbara Crowder, Sue Langenhan, Barbara Cornett, Barbara Cornett, Sue Langenhan, Barbara Crowder, Sue Langenhan, Barbara Cornett, Sue Langenhan.

Women 30-34

Table with 4 columns: Name, Club, Points. Includes Suzi Haylon, Gail Palmer, Ann Larsen-Parish, Suzi Haylon, Gail Palmer, Ann Larsen-Parish, Ann Larsen-Parish, Ann Larsen-Parish, Ann Larsen-Parish, Suzi Haylon, Gail Palmer, Ann Larsen-Parish, Suzi Haylon, Gail Palmer, Ann Larsen-Parish, Suzi Haylon.

Women 35-39

Table with 4 columns: Name, Club, Points. Includes Jerianne Donnelly, Mel Lebsack.

Women 40-44

Table with 4 columns: Name, Club, Points. Includes Barbara Sautter, Judith Marks, Janit Romayko, Judith Marks.

Table with 4 columns: Name, Club, Points. Includes Janit Romayko, Judith Marks, Janit Romayko, Judith Marks, Barbara Sautter, Barbara Sautter, Barbara Sautter.

Women 50-54

Table with 4 columns: Name, Club, Points. Includes Sally Nicolai, Sally Nicolai, Ronnie Kamphausen, June Gravener, Sally Nicolai, June Gravener, Sally Nicolai, June Gravener, June Gravener, June Gravener.

Women 55-59

Table with 4 columns: Name, Club, Points. Includes Jean Rabenold.

Women 60-64

Table with 4 columns: Name, Club, Points. Includes Dot Donnelly, Nancy Phillips, Nancy Phillips, Dot Donnelly, Nancy Phillips, Dot Donnelly, Dot Donnelly.

Women 70-74

Table with 4 columns: Name, Club, Points. Includes Helen Offenhauser, H. Offenhauser, Marie Wicklun, Agnes Romayko, Marie Wicklun, H. Offenhauser, Marie Wicklun, Marie Wicklun, H. Offenhauser.

Women 75-79

Table with 4 columns: Name, Club, Points. Includes Elizabeth Dziadus.

Men 25-29

Table with 4 columns: Name, Club, Points. Includes Bill Hyatt, Jim Bernhardt, Bill Hyatt, Jim Bernhardt, John Herd, Tom Moore, John Herd, Richard Korb, Tom Moore.



1000 yd free		100 yd breast		50 yd breast		100 YD BREAST		200 YD BACK	
George Missailidis, 26	10.45.07	Mike Laux, 44	1.15.43	Stanley Pudell, 70	42.87	Gary Rumbie 26*	1:09.04	Robert Williams 43	2:00.56
John Herd, 29	11.15.13	50 yd fly		John Sautter, 71	43.54	Bill Walsh 26	1:09.06	100 YD BREAST	
Richard Korby, 25	11.55.85	Waldemar Drejer, 41	27.80	100 yd breast		Barry Hockle 29	1:10.00	Peter Greene 42	2:03.74
Tony Pizzolla, 38	14.45.78	Alex Kaali-Nagy, 42	28.08	Stanley Pudell, 70	1.42.60	Steve Behar 26	1:10.50	100 YD BUTTERFLY	
50 yd back		Rick Roy, 40	30.32	50 yd fly		Larry Stahl 26	1:12.00	Robert Williams 43	2:07.00
Bill Hyatt, 29	28.05	100 yd fly		John Sautter, 71	46.87	Andrew DeMott 27	1:12.00	100 YD INDIVIDUAL MEDLEY	
200 yd back		Mike Laux, 44	1.03.13	100 yd I.M.		Tom Loney 27	1:12.00	Robert Williams 43	2:08.00
Richard Korby 25	2.24.47	100 yd I.M.		John Sautter, 71	1.33.38	Mike Masterson 26	1:12.26	Robert Williams 43	2:08.00
50 yd breast		Rick Roy, 40	1.10.13	Men 80-84 - Gus Langner		100 YD BUTTERFLY			
Richard Korby, 25	32.70	Alex Kaali-Nagy, 42	1.07.10	50 yd free	40.90	Mark Heinrich 28	59.70	100 YD FREE	1:00.00
Tom Moore, 28	39.93	200 yd I.M.		100 yd free	1.29.69	Gary Rumbie 26*	59.81	Pete Riddle 47	2:03.00
50 yd fly		Mike Laux, 44	2.28.60	200 yd free	3.16.88	Brian Thompson 26	59.96	100 YD FREE	
Tom Moore, 28	39.08	Men 45-49		1000 yd free	17.22.02	Mike Wittgen 27	1:00.79	PER WISKO 45	2:11.00
100 yd I.M.		50 yd free		200 yd back	5.05.89	Tom Loney 27	1:05.00	Pete Riddle 47	2:02.70
Tom Moore, 28	1.22.10	Ray Thornberg, 46	32.31	100 yd fly	3.06.43	200 YD BUTTERFLY		100 YD FREE	1:03.00
200 yd I.M.		100 yd free		MEET: Colorado, CA (25Yd)		Scott Bernard 27	2:12.75	PER WISKO 45	2:10.00
John Herd, 29	2.18.31	Lawrence Conti, 49	1.13.69	MEET: 3/9/77 Sanction 1458-MS-52		200 YD INDIVIDUAL MEDLEY		Pete Riddle 47	2:10.00
Men 30-34		1000 yd free		MEET DIRECTOR: Adrienne Pipes		Mark Heinrich 28	2:10.30	PER WISKO 45	2:02.00
50 yd free		Bob Coykendall, 49	13.34.63	WOMEN 25-29		Mike Wittgen 27	2:13.40	PER WISKO 45	2:02.00
Bob Crowder, 30	22.57	50 yd back		100 YD FREE		Greg Bonano 28*	2:18.45	Bill Earley 49	2:02.00
Gil Olson, 30	24.81	Ray Thornberg, 46	43.12	Cathy Neville 28	52.04	Stephen Hains 29	2:21.78	Men 50-54	
100 yd free		50 yd breast		Loni Cole 29	1:12.51	Pete Ressler 28	2:23.19	100 YD FREE	
Bob Crowder, 30	50.13	Ray Thornberg, 46	44.66	200 YD FREE		Jeff Anderson 29	2:24.09	John Goode 50	2:02.71
Gil Olson, 30	54.00	50 yd fly		Cathy Neville 28	5:20.70	Bill Walsh 26	2:30.85	Tom Hillary 50	2:14.31
200 yd free		Lawrence Conti, 49	37.06	100 YD BACK	1:05.18	Tom Loney 27	2:37.84	Jim Kassner 54	2:07.00
Gil Olson, 30	2.00.64	100 yd fly	46.21	200 YD BUTTERFLY		Steve Behar 29	2:47.11	Dave Drum 50	2:10.00
1000 yd free		Lawrence Conti, 49	1.30.79	Cathy Neville 28	2:12.66	Men 35-34		Jim Kassner 54	2:10.00
Al Germain, 34	12.03.07	100 yd I.M.		WOMEN 30-34		Walt Greigo 32	54.81	1000 YD FREE	1:00.00
Gil Olson, 30	12.04.11	Lawrence Conti, 49	1.32.15	Marilyn AS Fink 31	57.10	Andrew Chen 31	55.31	Dave Lanoff 50	1:00.00
Richard Gowen, 32	13.09.99	Ray Thornberg, 46*	1.35.45	100 YD BUTTERFLY	1:07.81	William Bernatz 33	55.63	100 YD BACK	1:00.00
Paul Rabenold, 33	14.26.90	Men 50-54		200 YD BUTTERFLY	2:01.78	Jerry Hicks 32	1:03.48	John Goode 50	1:10.14
Alan Bader, 30	15.33.85	1000 yd free		200 YD INDIVIDUAL MEDLEY	2:31.78	Richard Schulman 31	1:04.61	Tom Hillary 50	1:02.61
50 yd back		Mel Siebold, 51	13.23.93	WOMEN 35-39		Mark Tieses 33	1:05.78	Jim Kassner 54	1:00.00
Gil Olson, 30	31.85	Arnie Green, 54		100 YD FREE		Robert Coulton 32	2:49.36	Tom Hillary 50	1:04.71
50 yd breast		100 yd back	1.16.45	100 YD FREE		Mark Kussler 30	1:57.93	200 YD INDIVIDUAL MEDLEY	2:48.00
Steve Bergethon, 30	30.60	200 yd back	2.48.69	JARIS B. BOQUIST 37	1:23.75	Jeffrey Keeney 30	2:42.21	400 YD INDIVIDUAL MEDLEY	6:50.00
100 yd breast		200 yd breast	3.10.10	100 YD BACK	1:30.39	Robert Coulton 32	2:49.36	Men 55-59	
Steve Bergethon, 30	1.06.33	100 yd I.M.	1.17.04	Katherine Watson 28*	1:30.39	Mike Nelson 32	5:10.49	100 YD FREE	
Tom Nosal, 30	1.11.40	200 yd I.M.	2.55.07	Katherine Watson 28*	2:20.26	Mark Kussler 30	5:27.97	Ken Kimball 55	1:02.10
200 yd breast		Steve Bergethon, 30	2.26.50	Barbara S. Durbin 37	3:35.21	Thomas Long 30	5:50.75	200 YD FREE	
50 yd fly		Gil Olson, 30	29.54	Katherine Watson 28*	2:29.72	Walt Greigo 32	6:13.93	PERF TRASK 58***	2:08.18
Mark Griffin, 32	29.73	100 yd fly	29.73	200 YD INDIVIDUAL MEDLEY	6:10.20	Jerry Hicks 32	6:34.44	Gordon Gillin 55	2:02.00
100 yd fly		Bob Crowder, 30	56.19	SCOTT BERNARD 27	6:10.20	Mark Tieses 33	6:52.91	200 YD FREE	
Tom Nosal, 30	1.01.47	Tom Nosal, 30	1.01.47	Katherine Watson 28*	6:10.20	Robert Coulton 32	6:18.93	PERF TRASK 58***	2:01.00
Steve Bergethon, 30	1.08.00	50 yd fly	31.91	WOMEN 40-44		Jeffrey Keeney 30	15:12.42	Ken Kimball 55	2:48.00
Mark Griffin, 32	1.12.71	100 yd fly	1.14.74	Francesca Gordon 44	1:21.02	Bob Duffield 33	1:07.39	200 YD FREE	2:48.18
200 yd fly		200 yd fly	2.59.20	100 YD FREE	1:21.02	Mark Tieses 33	1:19.20	PERF TRASK 58***	2:02.00
Tom Nosal, 30	2.19.65	Men 60-64		100 YD FREE	1:21.02	Richard Schulman 31	1:29.51	Gordon Gillin 55	2:02.00
Mark Griffin, 32	3.06.31	1000 yd free		100 YD FREE	1:21.02	William Bernatz 33	1:12.02	1000 YD FREE	1:00.00
100 yd I.M.		Jim Edwards, 63	1.09.16	100 YD FREE	1:21.02	Andrew Chen 31	1:14.77	100 YD BACK	1:00.00
Bob Crowder, 30	1.00.66	Val Ouchakof, 62	1.24.01	100 YD FREE	1:21.02	Thomas Long 30	1:19.29	100 YD BUTTERFLY	1:00.00
200 I.M.		200 yd free		100 YD FREE	1:21.02	Robert Coulton 32	1:32.38	100 YD BUTTERFLY	1:00.00
Tom Nosal, 30	2.16.14	Jim Edwards, 63	2.33.77	100 YD FREE	1:21.02	Walt Greigo 32	1:02.80	100 YD BUTTERFLY	1:00.00
Men 35-39		Y.M. Naci, 61	3.55.53	100 YD FREE	1:21.02	Richard Schulman 31	1:13.34	200 YD INDIVIDUAL MEDLEY	3:11.00
50 yd free		1000 yd free		100 YD FREE	1:21.02	Mike Nelson 32	2:10.15	Leonard Chapin 77*	9:02.04
Warren Altneu, 36	30.52	Jerry Jarrold, 64	13.43.67	100 YD FREE	1:21.02	Mike Nelson 32	2:10.85	RELAYS	
Steve Ronis, 39	1.02.48	Val Ouchakof, 62	17.54.29	100 YD FREE	1:21.02	Walt Greigo 32	2:26.27	200 YD MEDLEY RELAY	
1000 yd free		50 yd back		100 YD FREE	1:21.02	Bob Duffield 33	2:32.75	MIXED 111 YRS. & under	
Paul McClintock, 35	11.43.45	Val Ouchakof, 62	45.24	100 YD FREE	1:21.02	Jerry Hicks 32	2:43.08	San Diego Swim Masters	1:55.34
Doug Walther, 38	12.20.06	100 yd back		100 YD FREE	1:21.02			Cathy Neville 28, Bill	
Paul Epstein, 39	14.53.91	200 yd back		100 YD FREE	1:21.02			Walsh 28, Mike Nelson 32,	
50 yd back		200 yd breast		100 YD FREE	1:21.02			Marilyn AS Fink 31 (119)	
Bob Cahill, 38	33.50	Warren Altneu, 36	3.13.11	100 YD FREE	1:21.02			San Diego Swim Masters	2:01.50
100 yd back		50 yd fly		100 YD FREE	1:21.02			Bill Earley 49, Lloyd	
Bob Cahill, 38	1.12.68	Steve Ronis, 39	29.64	100 YD FREE	1:21.02			Kranstad 51, Dave Drum 51,	
200 yd back		Warren Altneu, 36	37.50	100 YD FREE	1:21.02			Ken Kimball 55 (20Yrs)	
Bob Cahill, 38	2.34.72	100 yd fly		100 YD FREE	1:21.02			* SPM registered swimmer	
200 yd breast		Steve Ronis, 39	1.08.95	100 YD FREE	1:21.02			** New England registered swimmer	
Warren Altneu, 36	3.13.11	100 yd I.M.		100 YD FREE	1:21.02			*** Hawaii registered swimmer	
50 yd fly		Bob Cahill, 38	1.11.72	100 YD FREE	1:21.02				
Steve Ronis, 39	1.08.95	Warren Altneu, 36	1.17.85	100 YD FREE	1:21.02				
100 yd I.M.		200 yd I.M.		100 YD FREE	1:21.02				
Bob Cahill, 38	2.35.46	Bob Cahill, 38	2.51.16	100 YD FREE	1:21.02				
200 yd I.M.		Men 40-44		100 YD FREE	1:21.02				
Bob Cahill, 38	2.35.46	50 yd free		100 YD FREE	1:21.02				
Warren Altneu, 36	2.51.16	Alex Kaali-Nagy, 42	26.03	100 YD FREE	1:21.02				
Men 40-44		Waldemar Drejer, 41	26.50	100 YD FREE	1:21.02				
50 yd free		100 yd free		100 YD FREE	1:21.02				
Alex Kaali-Nagy, 42	26.03	Waldemar Drejer, 41	57.66	100 YD FREE	1:21.02				
100 yd free		Rick Roy, 40	59.90	100 YD FREE	1:21.02				
200 yd free		Mike Laux, 44	2.10.83	100 YD FREE	1:21.02				
100 yd free		Rick Roy, 40	2.17.36	100 YD FREE	1:21.02				
200 yd back		Mike Laux, 44	2.39.05	100 YD FREE	1:21.02				
50 yd breast		Alex Kaali-Nagy, 42	34.46	100 YD FREE	1:21.02				
100 yd back		Stanley Pudell, 70	44.80	100 YD FREE	1:21.02				
200 yd back		100 yd fly		100 YD FREE	1:21.02				
Alex Kaali-Nagy, 42	34.46	Stanley Pudell, 70	1.36.56	100 YD FREE	1:21.02				

## YOUR SHOULDER

INTRODUCTION - The great majority of swimmers are interested in their shoulders. All swimmers have teammates with shoulder trouble. Up to 65% of age-group swimmers will have shoulder trouble. For the masters swimmers, aging joints and bones are on nothing short of a collision course with modern training techniques.

WHAT IS THE SHOULDER? - The shoulder is a place. It is an area of the body with which we are all familiar, but the anatomy of the shoulder is very complex. Doctors and anatomists refer to it as the "shoulder girdle". It is a loosely constructed and mobile mechanism of bones and tissues which has the least stability of any joint in the body. The only "real" (with a big ligament) connection of the shoulder to the trunk is at the end of the clavicle where it touches the breastbone (sternum). The shoulder consists of two bones, the sternum (breastbone) and clavicle (collarbone) attached to two bones, the humerus (upper arm) and scapula (shoulder blade). It comprises five joints which are logically divided into two groups. The first group comprises two joints: 1) the shoulder or scapulo-humeral joint in which the long bone of the arm meets the scapula and 2) the subdeltoid joint (a special kind of joint called a physiological joint). The second group comprises three joints: 3) the scapulo-thoracic joint 4) the acromioclavicular joint in which the end of the clavicle touches the end of the scapula and 5) the sterno-clavicular joint. The shoulder involves eleven major motor muscles (trapezius, rhomboid, levator scapulae, serratus anterior, pectoralis minor & major, subclavius, supraspinatus, infraspinatus, deltoid, teres minor & major, latissimus dorsi), each of which works in unique ways to move the arm. The construction of the shoulder joint is amazing. The shoulder is the most mobile of all the "joints" in the body, allowing movement in three planes in space and on three axes (three degrees of freedom). Each of the muscles is connected by tendons to the bones. The bones are connected to each other by ligaments. Force exerted by the muscles causes movement of the shoulder. Some of the spaces in which the movement of the tendons take place are small and space is tight. The biceps tendon is the tendon used in swimming which is the most likely to cause trouble.

SHOULDER PAIN - Pain is both simple and complex. In all cases, however, pain is our body sending our head a message. Someone must be home to receive the message. The swimmer must think about the pain and try to understand what is happening. Shoulder pain is a broad subdivision of the many aches and pains we feel as we work and play. Pain can be good or bad ("it hurts so good"). You must learn to discriminate among the many pain signals you get as an athlete. Muscle pain in swimmers is usually not a serious problem. Very few of the water or dryland exercises cause serious muscular pain. Aches after a hard set are normal and seldom imply serious muscular injury. Weight training causes many small (internal) tears in the muscle, but this is the normal way in which new and stronger muscle is built. Swimmers should generally train only with lighter weights. Visible bruises on the skin from torn muscles is unheard of in normal swimmers and should probably be attended to medically.

Pain-which feels like it is coming from inside the shoulder, on top of the shoulder, which hurts when pressed with a finger, or which occurs in a position or motion is the subject of our concern. If you get this pain, stop what you are doing and elicit the pain. You don't need to stop swimming altogether, but stop what causes the pain if you can identify it. You need to think carefully about when the pain occurs. Is the pain constant or intermittent? Does it occur during all workouts or just some? Does it happen when you try to sprint? Does it occur when you exceed a certain percent effort in freestyle or stroke? Does it occur when sleeping or driving if your arms are fixed in a particular position? The answers to these and other questions will help find the cause and inspire either a cure or control. You must be aware that very few physicians understand the fine points of stroke mechanics, stroke flaws, and precipitants of shoulder problems as applied swimming specifically. You must work with the doctor so that you may be helped without being told to quit altogether.

DIAGNOSIS - You can only make a diagnosis of the source of the pain if you are trained in anatomy, physiology, and the selective testing required to differentiate the highly varied sources of shoulder pain. Usually, only the orthopedic surgeon, sports medicine specialist, trainer, or physical therapist with specialized knowledge can help. Some things can be cured easily, others not. The source of pain is important because, as we will see later, prevention and treatment can be made specific to the problem. The best treatment regimen follows a careful and thorough diagnosis arrived at by a careful history and physical examination, with such laboratory work and X-rays as are appropriate. X-rays, for example, can tell bony spurs and calcium deposits, each of which may warrant a surgical intervention. An arthroscopic examination is occasionally required, but not so often in the shoulder as in the knee, because the shoulder is so complex.

WHAT IS IT CALLED? - The names for what is wrong with a swimmer's shoulder can be confusing. There are so many structures in the shoulder, tendons, ligaments, bursae, muscles, blood vessels, nerves, and bones. Any one or a combination of these can be hurt, inflamed, degenerated, torn, coated with a calcium deposit, or otherwise injured. The most common occurrence is stress of the tendon to the biceps muscle. This tendon passes in a narrow groove. This tendon swells and causes stress on some of the surrounding tissues. These swell even more and the problem gets worse and worse. A doctor might call this "tendinitis". With one or two other symptoms it could be called bursitis. It could progress to be called a "rotator cuff tear" if other surrounding tissues were damaged. As a matter of fact, three different good physicians might call the same thing by three different names. There are too many structures all close together. Simon (1975) and Booth & Marvel (1975) are clear in their statements that the names for the problem cause too much confusion. Swimmers' shoulder is enough.

WHO GETS SHOULDER PAIN? - You do, or you wouldn't be so interested. Many people are subject to shoulder pain. Modern swimming training is extremely stressful, even on children. Nearly 65% of age group swimmers have some sort of shoulder trouble from time to time. The masters swimmers has the



added problem of aging. The repetitive motions in swimming every stroke, even correctly, place the masters swimmers at risk to develop one of the class of injuries known as overuse syndromes. Most swimming related shoulder problems fall into this category. The author, however, gave himself his own shoulder trouble in a different, but not uncommon way. In medical school I played intramural football. I tried out for quarterback and without proper long warm-up tried to throw a long pass. I simultaneously completed the pass of 55 yards and ended my already dim hopes of being quarterback. I wound up on the line where I belonged. Similar things can happen in softball, moving furniture, carrying groceries, and raking the yard. When swimmers taper (rest for a championship meet), they have excess energy and want to do something; anything. Probabilities of injury from recreational sports increase dramatically during a taper. For masters swimmers, I suggest sex. Luckily, I do not coach swimmers under 25 years of age.

CAUTIONS, WARNINGS, AND HOPE - Stroke flaws increase the probability of injury. Proper modern strokes are designed to produce as much force as possible that is directed toward forward motion, balance, and symmetry. Freestyle and backstroke are the main culprits, since they can be completed asymmetrically. Butterfly and breaststroke can, generally speaking, not be legally completed asymmetrically and are not the cause of the problem, although they can exacerbate an existing one. When a swimmer breathes to one side in freestyle, the roll is forced to that side. The roll to the opposite side must be either learned or natural. If there is not an equal symmetric roll, the arm on the non-breathing side will be forced to pull in a contorted manner to propel the swimmer forward. This will produce extra stress on the shoulder. This increases the likelihood of shoulder trouble. Breaststroke pull produces the greatest shoulder stress (but not necessarily injury) of an exercise of which I am aware that uses no equipment (pull buoy optional). Susceptible shoulders will be stressed. The butterfly produces intermediate levels of stress, when swum correctly. It is always symmetric and forces are applied evenly, for the most part. When swum slowly, butterfly is neither stressful nor beneficial, except for the psychological benefits. Other training devices can increase the stress on shoulders. Hand paddles are flat (curved, serrated etc.) plastic plates which strap on the hand. They have greater surface area than the hand. They can cause serious shoulder pain, since much greater force is required to pull them through the water at the swimmers accustomed hand speed. Drag suits are swim suits with pockets on the outside of them. The pockets are designed to catch water, increase resistance, and build strength. They too can stress the shoulders. Stretch cords are pieces of surgical tubing tied to a web belt attached to the swimmer's waist. If the appropriate length of cord is found (empirically), it can be a great challenge to swim to the other end of the pool. As the cord is stretched, it provides increasing resistance. This develops explosive sprint speed, but is very stressful. The apparatus described above (drag suits, paddles, etc.) can be a problem. Masters swimmers should never sprint with paddles. Sprinting with paddles is the single most likely thing to cause injury of which I am aware. Warm-up and slower swimming is fine with them if you are not susceptible.

Drag suits are not as likely to cause any trouble, but be careful because of increased stress. No one can say for certain why you have shoulder trouble now unless you had a particular injurious event. If you are in a modern training program, you are doing a lot of yardage. As recently as 1962, NCAA qualifiers were doing 3000-4000 yards a day. Finalists did 6000-7000 and were regarded as quite extreme. Today, 6000 yards is considered a short training distance for each of about 13 practices per week. This is the norm. Totals of 100,000 yards a week are common among seniors. Totals of 20,000 a week are increasingly common among masters swimmers. This can subject the masters swimmers to overuse syndrome. Any sudden increment in your distance per day can cause immediate shoulder trouble. A change should be gradual. When I go from short course USMS training of 4000 a day for 5 days a week to long course of 6000 meters 5 days a week with age groupers, I need a plan. The change is required because of availability of pools and training quality. I tell the coach in advance that I have trouble, but that I will start at 3500 meters and increase by 100 per day until I get to 6000. This has worked so far. Weights and dry land exercises can cause trouble if not done correctly. Heavy weights have no place in swimming training, but some people will do them anyway. Heavy weights can cause injury easily. Light weights when repeated many times can cause overuse syndrome. Older people should not do weights without their physician's approval. Weight training is best done under competent supervision. Many stretching regimens on television and in magazines you read are dangerous and can cause injury. Swinging and bouncing as stretching have no place in adult regimens. Slow and easy gradual stretching is best. It hurts, stop. Get good advice. Physical therapists, physicians, and certified fitness instructors can help. Stretching is a part of what most swimmers should do as their warm-up. Inadequate warm-up is a cause of injury. It is important to warm-up to be ready to put out at the time your practice starts. You must be ready to swim hard at the appointed hour. You waste your time and money if you don't work. Start with slow long stretching of your limbs and trunk. Get in the water and paddle. Kick a little, swim a little then warm-up. To be warmed up you must show it. Quantify it. See if you can get to your peak 500 speed on a descending set of 50's, 100's etc. Warm-down is important. You must warm-down long and slow to get the lactic acid out of your muscles to prevent the blood from rushing to your legs and pooling there. This is most important in older people. Soreness can, in part, be prevented by warm-down. Injury probably can't be prevented, but discomfort can surely be avoided.

AGING AND THE SHOULDER - As we get older our body becomes less flexible. Our bones tend to get a little more brittle. Some women lose a lot of bone mass through osteoporosis. The effect of swimming on these changes in adult athletes has not been studied in a rigorous scientific way, but preliminary indications are that swimming may indeed reverse some of these changes. The loss of flexibility, however, has not been shown to be reversed by any good studies. The studies are hard to do, however. There are too many problems associated with the proper design of the experiment. My belief, however, is that a regular program of careful supervised stretching and other flexibility exercises will reverse many

age associated changes in flexibility. The effect of aging on strength is clear. We lose muscle mass and strength at and after age 35. Some of this muscle mass protects against injury. There are special rehabilitative exercises that are given to patients with shoulder problems to protect against reinjury. Some properly supervised weight training is appropriate.

WHAT MAKES IT WORSE? - Any of the things discussed above has the capacity to make it worse. A failure to have a plan for swimming, a plan for healing, and a plan for rehabilitation is much more potentially insidious than anything else. Have distance and training goals for each part of the year. Do not suddenly change your plans just to "get ready" or to go along with wild and nutty ideas. A favorite nutty idea is "Fort Lauderdale Day", in which the gang may want to do 50 or 100 fifties to commemorate the old days in college, training in the Hall of Fame Pool on Christmas vacation. This may harm many swimmers if done incorrectly. Plan your training year with goals in mind. Work to execute your plan. When you see your doctor, try to understand the plan for treatment and rehabilitation. Ask if you are confused or unclear about the strategy. Follow through with the plan. Take the medicine. Do the rehabilitation exercises. Medicine is practiced best when the team of doctor, physical therapist, and injured athlete work together.

HOW DO WE CURE IT? - The treatment of choice is rest. A period of diminished intensity of training with competent coaching to correct stroke faults. Not swimming at all, however, causes shoulder pain. That doesn't make any sense, you say. Well, it's true. Any abrupt change in the amount you swim does something. The nature of the effect is different. Stopping swimming with a shoulder injury is usually awful. Active motion is required to keep the shoulder working right. The best type of adaptation is to swim at medium speed until you develop a little pain and then stop. Hire the age group or college coach for an hour every week or two if you need to. They are accustomed to private lessons and coaching. Expect to pay about \$20-30 per hour. It will pay off in more dividends than the old AT&T! Kicking or one-arm swimming may be good also. One arm swimming is usually done in the correctly rolled position. Kicking without a board is helpful. Locking your arms in fixed position on a kickboard may hurt. The topic is discussed extremely well by Aronen (1985). Stretching, flexibility, and endurance are needed to be built and maintained in injured shoulder. Remember, 2500 slow freestyle is rest. An adjunct to rest is ice. Ice tends to limit swelling after injury. Swelling will cause further injury. For example, if you had been doing 6000 yards a day, a typical resting prescription might be to stretch and warm-up slowly. Then do long and slow stroke drills for a total of 3000 yards. This would be followed by 15-20 minutes of icing. This would maintain full range of motion and flexibility, while keeping some aerobic (cardiovascular and pulmonary) benefit. The next step in treatment is anti-inflammatory drugs. This first and best drug is aspirin. Unfortunately, aspirin is neither sexy nor cool. Aspirin is like Pabulum. Patients are shocked at the anti-inflammatory does: "1) take two aspirin every four hours. 2) increase to three every four hours. 3) in-

crease to four every four hours. 4) increase to four every three hours. 5) if you experience ringing in your ears, back off to the lower dose that stops ringing. 6) Continue this for ten days." Some patients have sensitive stomachs and can't take aspirin. Most adults are driven crazy by the prospect of such a regimen. The cost per day is cheapest for aspirin, but compliance is hoped for. I have had greatest success with a drug that can be taken once a day, Feldene<sup>TM</sup>. Motrin<sup>TM</sup> is as good, but needed three times a day. There are a few different anti-inflammatories. Ask your doctor. Ask your pharmacist about the price per day of treatment. I think they are all similar except for aspirin which can be as low as 20 cents per day. The next treatment modality often considered is the injection of steroid preparations into the shoulder. I am firmly opposed to this in nearly all cases. The injections weaken the tendons and predispose to injuries which can be permanent. Some authors claim that the aging adult has reduced hearing, but none of the data comes from aging trained athletes with increased muscle mass and blood flow. Patients who have chronic arthritis and other disorders should carefully consult with a specialist before treatment. Steroid injections are common among professional athletes. Their goals and priorities are not health and conditioning, rather money available to them for a short period in their life, with many time constraints and pressures. Swimming has, up to now, not been blessed (cursed?) by either a large financial base or great media attention. Transcutaneous electrical nerve stimulation (TENS) is the application of an electrical charge to the skin which flows through the tissues around the shoulder. The exact mechanism of the therapeutic effect is unclear, but many swimmers have found relief with few complications. It requires the cooperation of a physical therapist who knows the technique and has the equipment available. Surgical correction of the chronic swimmers shoulder may be appropriate. Some chronic shoulder problems can be corrected with surgery. Some swimmers can return to vigorous levels of competition after surgery. Surgery should be attempted only for disabling conditions in which the swimmer is highly motivated to continue and has tried for at least a year to manage shoulder pain through more conservative medical correction. Not all surgical corrections will make the shoulder ready to endure swimming training. It requires the expertise of an orthopedic surgeon experienced in treating swimmers' shoulder.

QUACKS, DUCKS, AND THE SHOTGUN - In hunting, if it looks like a duck, quacks like a duck, and flies with a duck, you may go ahead and pull out the shotgun and shoot it. Looking for good care in the rehabilitation of the shoulder is not that simple. Human maladies get better, get worse, or stay the same - often all by themselves. If you have a cold you will get over it in 10 to 14 days 95% of the time. If the voodoo doctor rubs bat oil on your chest, holds your hand, and chants, you will get over the cold in 10 to 14 days 95% of the time. You may just get better in spite of the treatment. It is important to treat the shoulder according to principles which first do no harm. The next thing is to apply carefully tested principles which can be shown to do good. The next is to maintain motion and restore function. It is important to understand that there are no magic formulas and healing

# Swimming News

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GETTING WET - Poem by Nancy Steadman-Martin, Surf Lifesaving Association

The hardest part of a swim workout is getting wet,  
I take too much time getting my goggles set.  
I feel the water with my toe and it feels much too cold,  
I see someone dive right in - boy is he bold.  
I take out my paddles, kickboard and fins,  
Now the water is up to my shins.  
I now notice that the chlorine smells awfully strong,  
I wonder if swimming in this water would be wrong.  
"Should I use the bathroom again?" I ask myself,  
Then I remember a masters' meet coming up real soon.  
So I hop in and now the water is up to my waist,  
Mommy always told me watch out for haste.  
One more minute while I adjust my cap and suit,  
I now dunk under and yell out a toot.  
I push off the wall and start on my way,  
There must be an easier sport to begin my day.  
A few laps later and I'm enjoying my swim,  
I realize there's more to this than just keeping trim.  
I swear that tomorrow I won't delay,  
But that's what I say every day!

MEMORIAL SERVICE - Dawn Musselman passed away on Saturday, April 5th. A Memorial Service was held on April 14th. A letter to Dawn dated March 20th from Hugh Moore, president of PNA stated, "On behalf of the Pacific Northwest Association of Masters Swimmers, I would like to inform you that you are to receive the Dawn E. Musselman Inspirational Swimmer award. This award is to be presented annually to a PNA swimmer who has inspired fellow swimmers. Since you have been an inspiration to many of your fellow swimmers, the award has been established in your name. You have encouraged your teammates at the Tacoma Y during workouts. You have been willing to share your training methods and other ideas. The hand-crafted items that you have made and given to others have often cheered the recipient. Your support of novice swimmers in the PNA has helped many decide to continue their efforts. Your sportsmanship at local, national, and international meets serves as an example for all."

M.S.I. NEWS - The official newsletter of Masters Swimming International is available for US \$4.50 for four issues a year. Also now available are the 1985 M.S.I. TOP TEN TIMES (LC Meters - 50 m pools fresh water) for \$3.00. Send your money and requests to Margaret G. Samson, 49 North Altadena Drive, Pasadena, CA 91107 USA.

CALL FOR LEGISLATION - The Legislation Committee is responsible for reviewing and recommending changes to our Code (except Part V, Rules of Competition). Proposed changes to the Code must be submitted to the Legislation Committee by July 1, 1986 to be considered at the National Convention in September. (Changes received after that date can only be considered as "emergency" legislation and require a 90% affirmative vote at the Convention to pass.) If you wish to recommend changes, you must submit the change to your Local Masters Swimming Committee (LMSC) and, if the LMSC approves, have them submit the change to me showing the existing language with dashes through the deleted words and the new language underlined. Submit to Arthur C. Smith III, 337 Chesapeake Drive, Great Falls, VA 22066.

your shoulder is complicated. Since doctors have no magic cures, swimmers with shoulder pain often look to others who claim to know the truth. In 1984-1985 a typical group of masters swimmers was surveyed informally and confidentially. They were found to be using DMSO, aspirin, all the anti-prostaglandin inhibitors, herbal potions, naprapathy, injections, etc. Among the group was only one legitimate prescription from a licensed practitioner. Problems which can't be solved are common to physicians, but upsetting to members of a highly technologically advanced society. Faith healers and others appeal to forces and powers about which modern scientific medicine knows very little. Practitioners of unscientific medicine prey on the fact that the patient, the physician, and all of technology can't always fix a sore shoulder. There are many people willing to accept money from people who hope for cures. The alternate practitioners have points of view that have not been scientifically tested or medically proven. Presumably, they are well meaning, but while some practices are innocuous, others are dangerous. DMSO, for example causes cancer. Some forms of unauthorized injections coupled with other "Eastern" body positioning can cause permanent damage. Over-doses and "mega" doses of vitamins are not recommended and there is no evidence that they will help. We will all be better off if swimmers understand that their physician is trying to balance a process in which the body is being stressed in extreme ways by training that was unheard of until just recently. Patience will help as all members of the treatment team arrive at a balance solution for each swimmer's shoulder and swimming training.

by ROSS W. LAMBERT, JR., M.D.



# SWIM-MASTER

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## SWIM CALENDAR

VOL XV - No 4

MAY 1986

MAY	15-18	USMS SC NATIONALS - Mike Corash, 3209 Virginia Ave., Ft. Pierce, FL 33454
	15	SEP 15 - 10 K Postal Swim - Dorothy Laporte, 1207 E. North Shore Dr. #134, Tempe, AZ
	25	LC - Pentathlon - Alicia Coleman, 24 The Point, Coronado, CA 92118
	31	SC - John Spannuh, Cleveland County YMCA, 1001 Halley Ave., Norman, OK 73069
	31	SCM - Sue McFarlane, 4 Lorie Lane, Saratoga Springs, NY 12866
	31-JUN	1 - LC - Stan Flanagan, 1954 Woodvine, Houston, TX 77055
JUN	6-8	SCM - G. Edward Rudloff, Sr., 4399 Fairway Dr., Rohnert Park, CA 94928
	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
	13-15	LC - Carrie Thornthwaite, 5101 Maryland Way, Brentwood, TN 37037
	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 - Nancy R. Polisky, 7444 Tanglewood Rd., Richmond, VA 23225
	28	1500 M - Barry Dayton, 221 N. Washington, Park Ridge, IL 60068
	28	LC - Chris Carriere, 410 Castro Ct., Campbell, CA 95008
	28-29	LC - Mary Lee Watson, Maryland Farms, Nashville, TN 37205
JUL	5-6	LC - Sally Ann Peterson, Box 9122, Truckee, CA 95737
	12-16	1st FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS c/o Japan Masters Swimming Assn., Showa Bldg. 301, 2-7-12, Kanda Jimbo-cho, Tokyo 101, 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	SCM - Chris Carey, 6421 Crestview, Orlando, FL 32810
	25-27	LC - Dean Drury, 1000 Webster St., Fairfield, CA 94533
	26	John Spannuh, Cleveland County YMCA, 1001 Halley Ave., Norman, OK 73069
AUG	3	LC - Alicia Coleman, 24 The Point, Coronado, CA 92118
	2-3	LC - Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139
	16-17	LC - Dick Cheadle, 8919 Prince Caspian Ct., Burke, VA 22015
	21-24	USMS LC NATIONALS - Barbara Frid, 10214 SW Parkway, Portland, OR 97225
SEP	13-14	Decathlon, North Florida Masters, P.O. Box 6606, 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
	12	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
NOV	2	SC Pentathlon - Dot Werry, P.O. Box 8205, Sacramento, CA 95818
	8-9	SC - San Francisco State U. Pool, San Francisco
DEC	6	SC - Sally Ann Peterson, Box 9122, Truckee, CA 95737
	7	SC - Long Events - 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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