



SWIM-MASTER

1973 SWIM-MASTER Volume II Table of Contents

Page

- 2 Vol. II, No. 1, February 1973**
- 3 Vol. II, No. 2, April 1973**
- 4 Vol. II, No. 3, June 1973**
- 5 Vol. II, No. 4, August 1973**
- 6 Vol. II, No. 5, October 1973**
- 7 Vol. II, No. 6, December 1973**

1973 SWIM-MASTER Volume II

Table of Contents

Page Vol. II, No. 1, February 1973

1	Confessions of a 44-Year-Old Beginner by Richard O.Peterson
2-3	Masters Diving Rules
3-4	Implementing Your Coaches Ideas Past/Present May Bring You Success by Mark P. Coughlin
4,12	Autobiographical Sketch of N. Gene Nacel
5	Photos - June Krauser; Arizona Masters Maya Feldhuhn, Dan and Edie Gruender, Paul Goetz; Oak Ridge Masters, Lillian Kyte, Janet Meservey
5	Fountain of Youth by John Calhoun 1973
6-11	Meet Results - Pacific Southwest Results, LCM, - Carman Ranch Masters (no date)
6	Masters Swim Meet - Emory College, SCY, Decatur, GA - 10/17-18/1972
6	Metropolitan Masters Swim Meet, SCY, Rockville, MD - 10/28/1972
6	Coronado HI School Masters, SCY, Denver, CO - 11/5/1972
6-7	Fall Masters Meet, SCY, Columbia, MO - 11/10-11/1972
7-8	North-South Dual Meet, SCY, Santa Monica & Palo Alto, CA - 11/11/1972
8	Otter Masters Meet (11/17-18/1972 Britain's first Masters Meet? see page 13)
8	Celebrity Masters Meet, SCY, Denver, CO - 11/19/1972
8	Chula Vista Masters, SCY, Chula Vista, CA - 11/25-26/1972
8	Desert Rat "B" Meet, SCY, Mesa, AZ - 12/2/1972
8-9	Waltham Mass Masters, SCY, Waltham, MA - 12/3/1972
9	Lyncharro Y Meet, SCY, Lexington, VA - 12/9/1972
9	Christmas Masters Meet, SCY, Long Beach, CA - 12/9/1972
9-10	Wilmington AC Christmas Meet, SCY, Wilmington, DE - 12/10/1972
10	Pacific Northwest Masters, SCY, Captain William Ballard Pool - 12/10/1972
10	Oak Ridge Masters Winter Meet, SCY, Oak Ridge, TN - 12/17/1972
10	Hang Ten Masters Swim Meet, SCY, Honolulu, HI - 12/17/1972
10	University of Miami Masters, SCY, Coral Gables, FL - 12/17/1972
10-11	First Cleveland Master's, SCY, Cleveland, OH - 1/7/1973
11	Garden States Masters, SCY, Berkeley Heights, NJ - 1/13/1973
11	Notice - about meet results
11	Swim Meet Schedule
11	Masters Swimming Notes - Watson Lawrence, mailing labels, Dick Brecnahan taking over Swim-Master mailing list; G. Richard Goodley; Nautilus Club; Masters patches and decals; Larry Smith; Dr. John Sorman; Cease Brown in England; D.C. Masters Swim Team; Gini Buzzell; Dick Mesirov
11	Fred Bradley and Lyle Collet; Dr. Ransom Arthur - swim 50 minutes; Enid Uhrich; Syd B. Grange
12	DC Masters Swimming Program Continues Growth by Meredith R. Smith
12	How to Plan a Successful Masters Swim Meet by Mildred Anderson
12	cont. Autobiographical Sketch of N. Gene Nacel
13	People You Should Know by Lloyd Maffitt - The Hawk Eye - 10/29/1972 (about Max E. Hasbrouck)
13	The Old Grow Young by Kelvin Juba - The Swimming Times January 1973
14	Swimmers Proud Parents Association by George Dickson - Poem - 10-11-1966

1973 SWIM-MASTER Volume II

Table of Contents

Page Vol. II, No. 2, April 1973

1	What's It All About by John R. Spannuth (National Aquatics Administrator)
2	New Adult Swim Program Makes Splash (Santa Barbara Masters John Whittemore, 73, diver)
2	Cartoon by John Calhoun 1973 "OK - Everybody Out Of the Pool For Masters Diving!"
2	Cartoon - Phil Frank - Chicago today, Saturday December 23, 1972 "In Lane Three Swimming For The First Time In Competition"
2	Exercise, The Key To Restful Sleep
3	Short Course Records - Feb 13, 1973 (no names)
3	78-Year-Old Cripple Who Learned to Swim at 73 Has Thrown Her Crutches Away (Miss Freda Mohr) Jacqueline Himelstein - The Enquirer
3	Swim Competition Has Nude Bathers - Spenborough, England
3	The Science Of Swimming (1968) by Doc Counsilman
4	Letter To the Editor from Jim Cotton
4	Swimming - Why Do IT? By Mark Coughlin
5	Photos - Ryall YMCA National '72 Long Course Swimming Champions; Pacific Association; Miami Springs
6	Rinconada Workouts
7	Alfred Corning Clark Gymnasium Masters - First Masters Swim Meet in NE US in Rome NY on March 5, 1972
7	Masters All-Americans - Men and Women
8	Photos (Nottaway Pool, Atlanta, GA; Masters mailbox, St Pete, FL; Arizona Masters Swim Meet Participants; George Morgan, Dave Groseclose, & Paul Goetz; Dave Schumann)
9-12	Meet Results - A compilation of 18 separate meet results
12	Swim Meet Schedule
12	Cartoon by John Calhoun, 1973
13-14	Masters Swimming Notes (National Swimming Pool Institute Convention; Judge Robert Beach; Don Bresnahan; Bill Sewell and Winnie Krogsrud 1972 record book; entry cards available; 1973 Swimming Rules Book Available; Herb Zein)
14	Presidential Sports Award
14	The Philosophy of Swimming by Vince Herring
14	Swim-Master Editor, Associates and Regional Representatives

1973 SWIM-MASTER Volume II

Table of Contents

Page Vol. II, No. 3, June 1973

1	The Place for Relaxation in AAU Masters Swimming by Joyce L. Bloom
2	Oak Ridge Swimmers Win Masters Crown by Fred Thomas of the Times Staff
2	His Honor The Swimmer, Overruled - Judge Robert E. beach
2	A Lifesaver, (his Own) at 69 by Fred Thomas of the Times Staff - On John McGuire
3	Masters Swim Beats Records
4	Specific Training, taper and fatigue by Drs. Christian W. Zauner and Edwin C. Reese (University of Florida - Reprinted from Track Technique)
5	A Jack of All Trades In The Swimming World - by Mike Schwebel - Sports Staff Writer - on Jack Calhoun - Boca Raton
6	"Confession Of Mildred Anderson"
7-10	Results - A compilation of 23 SCY meets compiled to tenth place times
10	Diving - The Forever Young, Youngstown, OH - 4/15/1973
10	Masters Age Group (an article about what "Masters" means) cont. on page 16
11	National Championships - Masters Records Tumble AAU/USA 1973 - Photos - Carol McPherson - Richard Rahe
12	The Award -(establishment of the perpetual Capt. Ransom J. Arthur, M.D. Award
13-16	1973 Masters National Swimming Championships AAU Short Course - 25 yd Indoor pool - Santa Monica, CA May 18-20, 1973 Compiled by Betty Talbot
16	Swim Calendar Long Distance
17	Letter to the Editor - Attn. Mr. James Cotton from Mark Coughlin
17	Cartoon - Bare Proof - Swim Records (Skinny) Dip - Bonn- UPI
18	Swim Meet Schedule
18	cont. Masters Age Group (cont. from page 10)
18	Syd Grange cont. handicapping system from page 19
19	Masters Swimming Notes - Joyce Bloom writes about Jane Katz and Mrs. Stacy Frey
19	Eastern Masters Championships
19	Note - on Bill Watt
19	Masters Newsletters
19	Gus Clemens writes
19	AAU Code book is \$2 not \$3
19	Stanley Pudell;
19	Ronald Samson - Course on Water Sports Injuries
19	Edie Gruender on Sandy and Cliff Brown and Ross Lambert
19	Syd Grange - handicapping system cont. on page 18
20	Swim-Master Associates and Regional Representatives
20	An Experience by Connie Wilson, Oregon Masters Chair

1973 SWIM-MASTER Volume II

Table of Contents

Page Vol. II, No. 4, August 1973

1-2	Masters Swimming "A Joy To Behold" If You Don't Drown The First Year of "Re-Watering" by Hal Weatherbe
2	Letter To The Editor - Attn Mister Mark Coughlin - from Alfonso P. Allen - D.C. Masters Swim Team
2, 9	Masters Swimming Notes - Regarding Ransom's article in July 1973 Swimming World about increased meet participation; Regarding Swim Meet results cont. on page 9
3	Still competing
4	Photos of Senior Sports International and Atlanta Meet
5	Illustrations (Doc Counsilman) The Crawl Stroke, The Backstroke, The Breaststroke, The Butterfly Stroke
6	Dan Malone Back in Swim at 42 by Lonnie Wheeler - Herald Writer
7	Kern is a Swimming Banker by Earl Bradshaw - Business Writer
7	You can't Stop a Swimmer
8	Masters Swimmers Stay Fit, Win Medals by Jeff Liss - News Sports Writer
9	cont. Meet Results comments; Spannuth resigns as AAU Aquatics Administrator and becomes Executive Director of Special Olympics
9	The Spokane Swim Master
9	Margaret George writes
9	Anne Adams writes
9	Combined Services triangular aquatics match - Dave Finnegan, Lt. Cease Brown
9	Ronald B. Drummond writes
9	Bill Robertson - back injury and swimming
9	Obesity
9	Cartoon "Masters Swimming Is Getting High on Life Through Health Fellowship and Fun"
10	Swim Meet Schedule
10	Photos - San Mateo Marlin Masters SC National Champions (Tafts, Bresee, Farley); The Masters - 2nd annual National AAU SCY Champs (Jones, Mcguire, Ross, Arthur, Beach)
11-13	Results - A compilation of 14 SCY meets in Top Ten order.
13	Thirty-Five Masters Swimmers Brave Ocean Chops and Chills - Coronado, CA July 4, 1973 results -Long One Mile Open Sea Swim
14	Swim-Master Editor, Associates and Regional Representatives
14	McMahon Keeps in Swim (Mr. William McMahon, 65, former Prime Minister of Australia)

1973 SWIM-MASTER Volume II

Table of Contents

Page Vol. II, No. 5, October 1973

1-2	Factors Governing Success in Competitive Swimming - A Brief Review Of Related Studies by Thomas Cureton, Ph.D.
2	Annual Convention (86th Annual Convention of the AAU held in West Yellowstone, Montana October 8-13, 1973)
3	Photos (Ann and Jay Platt; Franks, Kelly, Clinton, Mattson; Thomas, Merritt, Huffaker, Cotton, Welch, Osborne, Laury)
4	Predictive Test For Masters Swimming Performance by Paul Hutinger - Western Illinois University
4	ASCA Coach Of the Year, 1973 - Bob Miller
5	Conversations Driving Home From Chicago, by Rexene Ashford
5-6	Masters Swimming Notes - News from England by Cease Brown
5	New Zealand Trip
5	The Brown Family
6	Masters Swimming - Over Competitive
6	Missing An Issue Of Swim Master?
6	Recouperating - Anna Adams about Dave Dutrow
6	Congratulations - Pedro Garcia writes
6	Swim Meet Schedule
7	Jane Huber swims Otsego Lake in five hours plus - Cooperstown
7	Millie Bergeron's 4 Victories Pace Masters Swimmers in Nationals
7	Take It From A Pro - (photo - Gertude Ederle, 66, first woman to swim the English Channel on August 6, 1926)
7	Cartoon - Trim's Arena - The Milwaukee Journal
8	Channel Swimmer Aiming To Do It Again - Both Ways by Linda Sherbert - Staff Writer - (about Stella Taylor)
8	Anne McGuire cops a record - The Monday Paper
9	Mother of Four swims to five gold medals, by Maria Karagianis - Globe Staff (about Ginny Stephanos)
10	Champ swims like a fish - (about Betsy Jordan)
10	Rough Water Conquerors (Al Onsgard, Wally White, Marty Lipstein) Will Rogers Rough Water mile
10	Garibaldi Wins Swim (about Mike Garibaldi)
11-13	Long Course Times Compiled From Meet Results Received Prior to 9/27/73 (22 meets)
14-17	1973 Nationals AAU Masters Long Course Swimming Championships Results - University Illinois, Chicago - 8/10-12/1973
17	Overall Team Scores Nationals
17	Photos of 1973 LCM National Championships
18	Swim-Master Editor, Associates and Regional Representatives
18	Hawaiians Victorious in Maui Channel Swim By Anne Adams

1973 SWIM-MASTER Volume II

Table of Contents

Page Vol. II, No. 6, December 1973

1-2	1974 Official Rules - Masters Swimming
2-3	Convention (Masters Swimming Committee - a separate Standing Sports Supervising Committee; June Krauser elected to one year term as Chairman of the AAU Masters Swimming Committee.)
3	1974 AAU Masters Swimming Committee
4	Letters To The Editor - from Judy Rasmussen
4	Editorial
4-5	Letter from Glenda (Ortlip) Sharp
5-6	Top Ten info from Ted Haartz, Chairman Masters Tabulation
6	Diving
6	Veteran Roseland Swimmer Competes - about Fred Stickel
7	1973 Records - Short Course - with names
8	1973 Records - Long Course Course - with names
9	Ford Keen On Staying Fit - Ann Arbor Michigan, 10/13/1973 (about President Gerald Ford)
9	Fitness Goal of Swim Masters - The Kansas City Star - 11/1/1973
9	Photos DC Masters
10	No Real Regrets - by Emil Tagliabue (about Tom Hetzel)
10	Photo - "The Grandmas' Four" - Claim oldest, fastest 200 yd freestyle record.
10	Town Talk - photo - Jim Forbes etc.
11-12	Meet Results - A top ten compilation of 6 short course meets.
13	Masters Swimming Notes (send meet results typed up; New National Long Distance Championship - 2 miles for men, 1.5 miles for women;
13	Mr. H. Lynn Jamison becomes National AAU Aquatics Administrator replacing Harry Hainsworth
13	Thomas Hetzel writes
13	Viola Thompson writes
13	Oak Ridge Masters Meet on October 20-21, 1973
13	Swim Meet Schedule
14	Photos - (John P. Crews, Don Greetham, Tom Cloyes, Roy Lagaly, John Sorman) (Winnie and Rick Krogsrud)
14	Swim-Master Editor, Associates