

something for the older athlete, who appears to favor individual competition.

Attend a road race some day and notice all the older folks competing. You might notice how some of those older competitors are always near the front of the pack, outrunning a lot of those younger types.

Swimming is not a whole lot different. The older athletes like to compete there and many of those swimmers are ones who are returning to the fold.

were only four masters swimmers who were active in 1982.

A year later that number increased to 30 and by 1984, the number had risen to 60. This year, the club has 108 active members.

Usually there is a reason behind such increases. With this program it is an increased awareness of fitness.

S. W. Jackson, 66, of Fort Smith is one of the swimmers. For years he played tennis to keep fit, but the continual pounding on his legs

on that "we just started a couple of months ago." The masters swimming club in Fort Smith played host to its first meet during the weekend.

Like Jackson, most masters became interested in swimming for the fitness aspect but sooner or later, Hlavacek said, the swimmers want to try competition. And it's that competition that drives some people.

Rick Field of Conway is 42 and was headed to the National Association of Intercollegiate Athletics championships 21 years ago when kidney problems forced him from competition.

In May he made it back to the na-

collejo," Field said. "When I started swimming again I wanted to break all the records I set in college and I have done that in all but one event.

"I wanted to establish a goal I can achieve" a realistic goal, one that is achievable but not without a price."

Field said masters swimming provides "exciting competition" against people he swam against in college and high school.

He mentioned an opponent of his in college. The two would battle back and forth in several events and seldom would one man win the same event consecutively. That battle is continuing today, but on

dicte that "Age, speed, cunning and trenchery can defeat youth and skill." And the club motto goes right along with that: "Still crazy after all these years."

"We have people who only began competing this year and still others who were All-Americans or national quality swimmers when they were younger," Hlavacek said.

"Most of the people here are in it for the fitness but will accept a little friendly competition. I like to compete against the guys, it adds a little friendly fire."

Maybe members of the Arkansas Masters Swim Club are "still crazy after all these years."

The US Masters National Short Course Championships were held May 9-12, and three of Arkansas' best were on hand to represent remain as to the growing popularity of masters swimming, imagine nationals with 113 men entered in the 1650, with 27 heats in the 39 heats in the 100 free. Top 10 times in each of the meet's events qualify for most college scholarships despite those swimmers' age in the 25-35 year old ranges.

In their respective age groups, the Arkansans scored the following times and placements:

LaVerne Anderson, 66	Ida Hlavacek, 43	Rick Field, 42
50 Breast :55.56 6th	50 Fly :33.66 8th	50 Breast :31.44 6th
100 Breast 2:06.32 6th	100 Fly 1:34.27 7th	100 Breast 1:07.25 7th
200 Breast 4:48.55 4th	200 Fly 3:31.90 6th	200 Breast 2:29.70 6th
50 Back :53.48 6th	200 Breast 3:31.99 5th	100 Free 1:04.92 28th
	200 I.M. 3:09.84 10th	100 I.M. 1:09.30 24th
	400 I.M. 6:43.70 6th	

Rick's time in the 100 Free represents an exceptional achievement for a fellow whose freestyle time has just barely kept ahead of his breaststroke. It also shows that the nationals or any masters competition can be whatever one makes it, a time to extend yourself in the your best area or a time to explore new potentials and establish goals in new areas. Rick shares some of his impressions with us in this next piece.

Return to the Mountain by Rick Field

The Nationals - what a kick ! I actually made it...I went and swam - if only Coach Rouse could see me now - the skinny freshman diver who swam 3rd leg on the 'B' relay - who would have ever guessed that I would swim faster at age 42 than I did at age 18. What about Coach Norris ? He would sure have lost a bundle betting against me being faster today than when I was 21...

I wanted very badly to make my school's diving team - I practiced hard but the team needed a breastroker more than an oversized diver so I swam. I wanted a varsity sweater so I worked hard in my new role. The Coach said all qualifiers could go to the Eastern Interscholastics so I worked hard every day in practice. My YMCA team at home needed swimmers to help them defend their National Championship won the year before - I swam hard and qualified again. I wanted to make my college varsity team - I needed to beat the team captain to earn a spot so I really began to work. The team was going to the NAIA's Nationals and to qualify meant even more work. I was seeded 1st or 2nd in a couple of events, ready to WIN and bang ! a kidney explodes - man did I come down that mountain fast. No medals, no letter, no nothing except that voice somewhere that said "I want to make the team again someday and swim in a national championship".

21 years later after the hardest work of my life I made it back to where I left off - and every year since I work back to that same spot (this year at Brown Deer) on my shrunken mountain - what a kick !

Masters swimmers win several events in two recent meets

Masters swimmers from Conway won events in their age groups in two recent meets.

At a masters meet in Fayetteville, Marvin Schwartz, 35, won the 200-yard freestyle in a state record time of 2:03.2. He also won the 100 butterfly in 1:03.2. John Kane, 30, won the 100 individual medley in 1:01.2 and the 50-yard breaststroke in 31.2. Don Cameron, 53, won both the 50 (27.2) and 100 freestyle (1:01.2). Rick Field, 42, took the 100 breaststroke in 1:07.8.

At a zone championship meet in Austin, Texas, Field set zone and state records in winning the 50-yard breaststroke (30.8), the 100-yard breaststroke (1:07.1) and the 200-yard breaststroke (2:28.8).



200-yard medley and broke a three-year-old state record in the process at the Arkansas Masters Winter Classic Championships in Little Rock.

Marvin Schwartz, Rick Field, John Bumpers and Don Cameron won the event in 1:52.3. The meet was open to swimmers 25 years and older.

Schwartz also won the 500-yard freestyle in record time while Bumpers established two state masters marks in the 100 butterfly and the 100 freestyle. Field broke his state records in the 50- and 100-yard breaststroke. Cameron set age group records in the 50 breaststroke and 100 freestyle. John Cain of Conway won the overall 100-yard individual medley while Don Neal placed in all freestyle events.

The team's meet is Saturday, Memphis. Anyone interested in learning more about masters swimming should call Field at 329-6836.

