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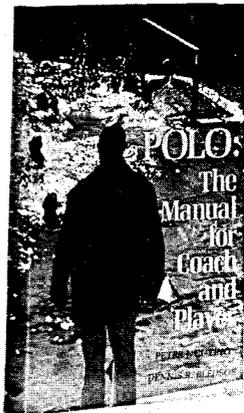


NUTRAMENT. IT GIVES YOU ENERGY TO BURN.

POLO—The Manual For Coach And Player

By Olympic Coach,
Pete Cutino and
Dennis Bledsoe

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It's here—the newest book on water polo. A must for every player and coach at all levels. Hard or soft cover, 192 pages, more than 70 graphic photographs and 150 play action diagrams. The authors cover the basic skill of water polo as well as the more advanced concepts: individual and team defense, individual and team offense, play systems, how to play certain teams, weight training, and how to generate and develop a successful high school or college program.

John Felix, Olympic and International referee says, "I've accompanied Peter on some of his international trips and I've been amazed by his coaching philosophy and handling of the teams from start to finish. In this book, the authors explain everything very clearly and explicitly so that a person with little knowledge of the game of water polo is able to understand the discussion."

Swimming World
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DISTANCE SWIMMING

By Conrad Wennerberg



The connoisseur of marathon swimming is like the connoisseur of any other sport. He is given to fantasy. One of the by-ways of his fantasy is to compare the present day pro marathoner with the marathoner of the past.

There are too many variables—time, training methods, diet and a host of other factors. On the other hand, physiologists say biological systems change very little over long periods of time—that is, tens of thousands of years. Thus the inheritance of man, so they say, remained virtually the same throughout recorded history and before.

Thus, with my doubly-biased fantasy, I decided to go back a few years and compare the status and progress of American marathoners in pro swims since 1964 (the year the WPMSF began) and now. In doing so, I tallied the points amassed by each American marathoner from 1964 to now. In each of the 12 years, there were an average of four pro marathons. Some years saw three races. Other years saw six races. No races were less than ten miles and all were sanctioned by the WPMSF.

When I finished, the results were startling. The regular writer of this column, Dennis Matuch, emerged overwhelmingly as the top American pro marathoner to date. His phenomenal record is partly due to his extraordinarily long 12-year career. During that time he entered and finished over 60 pro swims. He quit in only two of the races, both of which were early in his career when he was only 21 years old.

During his career he has beaten every pro marathoner he has swum against at least once with only one exception—the indomitable Abo-Heif. Some of the great marathoners Matuch has beaten include Greta Andersen, Regent LaCoursiere, Tom Park, Horacio Iglesias and Herman Willemse. His wins over these great were invariably in cold-water marathons where his endurance proved greater.

While not winning very many races (only one—the 1962 Lake Michigan 36¼-mile marathon), his extraordinary consistency in placing in the first five in most of his races combined with his long career (again quite extraordinary in pro marathon annals) has allowed him to amass a sum of points that is more than double his nearest American rival.

Another interesting statistic is that fellow American John Kinsella, in just three years of professional swimming, has amassed over one-half the number of points that have taken Matuch 12 years to get. Kinsella has also won the world championship in pro marathon swimming twice.

The top ten to date are as follows: Matuch, 10,904 points; Bucy, 6,046; Kinsella, 5,794; J. Erikson, 4,703½; Barton, 2,218; Hetzel, 1,622; Hart, 1,010; Huggard, 780½; Brittain, 634; Dodson, 483.

Olympian, Gold Medalist Jenny Kemp Announces Retirement for Health Reasons

A one-time Olympian and gold medalist, Jenny Kemp, announced her retirement early in January for health reasons. The 21-year-old from Ohio bowed out of competitive swimming because of a shoulder injury.

"I can't compete any more due to shoulder surgery that I had last spring," Kemp explained.

Kemp was a member of the 400 freestyle relay team that won a gold medal and set a world record at the 1972 Olympics in Munich. Before that she was on the Pan-American swim team and won a bronze medal in the 100 meter back.

Throughout her career she held several American and national records along with being ranked among the top 25 swimmers in 1970, 1971, 1972, 1975.

In 1974, Jenny was a member of the national champion water polo team, Cincinnati Marlins.