



ESTABLISHED 1920

FOR BOYS

Matt Mann Camps

DIRECTOR: MATT MANN III

DIRECTOR: ROSE MARY DAWSON

• DURING JULY AND AUGUST ADDRESS IS CHIKOPI, ONTARIO, CANADA



ESTABLISHED 1928

FOR GIRLS

Buck Dawson
Camp Ak-O-Mak
Ahmic Harbor
Ontario, Canada

July 12, 1970

Mr. Joe Grossman
10295 Windstream Drive
Columbia, Md. 21043

Dear Jo:

Diana Nyad is the twenty-year-old daughter of a Greek sportsman father and a French-educated mother. Her fluent languages are English and French. Her interest in swimming began at age twelve when she first met Jack Nelson, a 1956 Olympian, in Fort Lauderdale, Fla. As an amateur she was principally a back-stroker and captain of Nelson's famed Pine Crest girls team all four years she was there as an high school All American.

Diana has traveled extensively in Europe with sports competitions in Switzerland, France and Austria. She has been a swimmer in five U.S. Nationals. A junior Dean's List student at Lake Forest College in Illinois, Miss Nyad is a member of that school's undefeated women's tennis team and an outstanding actress in amateur dramatic productions. She has also been a professional model and has worked as an exhibits designer in the International Swimming Hall of Fame. Her looks and showmanship have made her a favorite with the Press, but in marathon swimming Miss Nyad says, "I'm not shy about publicity but only after I do something worth noting." Hamilton will be the Golden Greek's first professional swim following by one day her canoeing debut with the Camp Ak-O-Mak War Canoe in the Toronto Center Island Western Division CCA Canoe finals. Her last amateur swimming race will be the CSCA Ontario Section Open Championships at London July 18. Miss Nyad is also an excellent softball pitcher and water polo player at the Parry Sound area girls camp owned by her trainer Buck Dawson who earlier trained multi World Champion World record holder Marty Sinn at the camp.

Miss Nyad has never swum a race over one mile and never against professionals but Trainer Dawson believes she will soon become the world's most sought after women's marathon champion. "We train her like a boxer," Dawson says. Lots of road work and other strenuous land exercise, canoeing and several hours a day swimming between the islands in the fiord-like beauty of Ahmic Lake on the Magnetawan River. The natives who watch her swim by their docks believe the Ontario North Country is about to produce another winner.



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Miss Nyad will not wear goggles and she hopes no grease, just guts coupled with a smooth sixty strokes a minute that never varies in revolutions, only in speed. "You can set your watch on her" says Dawson who claims he has never seen a marathoner with such perfect pace, stroke efficiency and water balance buoyancy. Miss Nyad, a mathematician, counts her strokes per mile to determine the efficiency of her sixty revolutions per minute stroke. The single question to be resolved is how she'll hold up on distance. So far she has combined lakeside bulkhead pool training at the camp with 2½, 3, 4, and an 8 mile across-the-lake tests.

None of the cross lake swimming has been in competition with anything but a stopwatch but Miss Nyad swims daily speed tests in the camp pool with Canadian Olympic medal winner Marilyn Corson and other outstanding amateurs training at the famed Ak-O-Mak Sports Camp. Thirty-five Ak-O-Mak Alumni have made Olympic teams including Donna deVarona, Elaine Tanner, Sara Barber, Corson, Louise Kennedy and skier Betsy Clifford.

Unlike other marathoners Miss Nyad will not swing the circuit going each week to a different town to train and swim. "I don't believe in a swim a week" says Dawson, "Diana will come down out of the woods for an occasional bang one. We want the prize money," says her trainer, "but a great swimmer has to be out for more than the loot. It's a challenge to Diana's mental toughness as is no other sport we could find. Hours and hours of training and then unbelievable distances to swim in cold water against torturous tides and great swimmers. Marathon Swimming is the only physical endurance sport where the women compete head on with the men and often win. Dawson says it's because women have more endurance, and more buoyant in the water and hold up better in cold water. These factors equalize superior male strength and in this sport a woman can win it all. Greta Anderson, Marty Sinn and Judith deNijs have on occasion beaten the men. To this list Dawson hopes to add another name, a woman's name. Diana Nyad, that sounds as she looks "Like a Greek Goddess."

P.S. No carbon copy sent to Hamilton. Sincerely yours,

Mr. Grossman,

Not being the best typist in the world and not having an eraser up here in the wilds of Ak-O-Mak, I hope you can decipher the above.

Diana