

the distance. The back stroke swimmer has a rail at each end of the pool to grasp, so that he can catch hold of it and turn himself over on his breast. He then turns himself quickly, at the same time turning on his back, plants his feet firmly against the end with his knees, well bent, and shoves off for another trip down the pool. The crawl stroker has only to touch his hand against the end, whirl, place his feet against the end, shove, and be on his way.

Dill                   Then the shorter pool enables the swimmer to kick off more frequently.

Allphin               Yes, thats right. I will give you an example. Let us say that the contestants are swimming the 220 on a 20 yard pool, the swimmers will do 10 turns - but on a 25 yard pool, the racers will do only 8 turns - before completing the contest.

Dill                   If so much depends upon the turn, what can a swimmer do to improve his technique?

Allphin               Mr. Dill, I believe the turn is one of the most important fundamentals of competitive swimming. For a splasher to improve his technique, first he should be given an explanation of the turn by his coach. Then the coach or one of the varsity squad members should demonstrate. Then the novice is ready to go through this in slow motion. After mastering the turn the swimmer speeds up his practice until he attains perfection.

Dill                   By the way, I seem to recall that you got to the Olympic Games in Berlin two years ago. Did you by any chance get to see the Olympic swimming matches?

Allphin               Yes, I was in Berlin for eleven days.

Dill                   Tell me about them - how many teams were entered?

Allphin               There were about 15 teams entered in swimming at the 11th Olympiad. The principal countries were the United States, Japan, Germany, Holland, Hungary, Sweden, Canada, England, and Australia.

Dill                   What was the size of the pool?

Allphin               The Olympic pool out at the Reich Sport Field was 50 meters long and 20 meters wide, with well marked lines on the bottom and built in starting blocks. The seating facilities could take care of some 18,000 spectators. There was a special diving place in another pool opposite the swimming pool. This was very convenient, as the divers could practice while the competitive races were going on. The water polo equipment was easy to place so there was very little delay between the races and the water polo games. I also had the good fortune of visiting the pool at the Olympic Village. This was rectangular in shape and had dimensions of 30 by 60 feet. There were no diving boards or lines on the bottom, as the pool was solely for the pleasure of some 5,000 Olympic athletes housed in the village who were from 53 different foreign countries.

Dill                   And of course, who won the swimming?