

USMS Veteran Helped Ensure Success

> Back during the infancy of Masters swimming, when no one knew whether the idea would even last another year, there were a few whose contributions ensured the success of this ambitious new program for adult swimmers, shaping its future in ways that are still being felt today. Not the least of whom was Paul Hutinger.

In Masters swimming, Hutinger is perhaps best known for his understanding of the challenges facing adults making the transition from age group or collegiate swimming – in which they could devote five or more hours a day to training – to swimming seriously as an adult.

Hutinger attended many of the early meetings with Ransom

conducted national Masters swimming clinics in the 1970s that incorporated techniques and technology that were revolutionary for the time, and which became models for clinics that later would be conducted locally and regionally.

The first such event was in November 1973, a two-day clinic at Western Illinois that drew men and women from throughout the United States. The program for the clinic included oxygen consumption and lung volume tests (an early version of VO_2 max testing), stroke analyses using sequenced (Polaroid) photographs, EKG stress testing, and tests for percentage of body fat, flexibility, and blood pressure under athletic stress.

Each of more than 30 participants in the clinic worked with WIU swim coaches and sports medicine physicians, and left the clinic with a personalized training plan. Hutinger conducted another clinic four years later (this one a week-long event), taking advantage of the university's facilities to make the event family friendly.

"Our [physical education] students supervised activities for the kids of the participants," Hutinger explains. "The families stayed together in the dorms. We tried to make it like a vacation. Believe it or not, we even had a couple from Oklahoma who came to the clinic on their honeymoon." Other family-style options included golf, tennis bowling, and historic and archeological tours.

"At times, the people seemed as happy about the social interaction in the clinics as they were about the training and advice on their swimming," Hutinger says. "That's another thing that's so great about Masters [swimming]." <<<

Arthur to discuss how to start a national Masters program, and says he knew these post-collegiate swimmers "were going to have a different kind of workout. As a coach, I had extra time to do my own swimming, but I could see that most Masters swimmers were going to need help. They were going to have to get by with 45 minutes to an hour's worth of training a day ... or something like fifteen hundred yards."

This realization led Hutinger to create workouts that were the precursors for many Masters workouts today. He also

Hutinger, now 84, spoke to *SWIMMER* on a recent morning after returning from his workout at the North Shore Pool three miles from his home in St. Petersburg, Fla. A veteran Masters swimmer who swims with the Florida Mavericks, Hutinger is a dauntless advocate of swimming for health.

"It is unbelievable what I have seen happen to those people who have stayed with an exercise program like Masters swimming," says Hutinger, who, as a professor of exercise physiology at Western Illinois University for 28 years, conducted research on swimming and longevity.



AN ILLUSTRIOUS CAREER

>>> Paul Hutinger's Florida Mavericks swim club, part of the Florida LMSC, offers stroke coaching free to all members. The club also waives membership fees for any swimmer over 90. Currently, three Mavericks take advantage of this offer.

>>> Hutinger was a collegiate swimmer at the University of Iowa during the 1940s, when the team's assistant coach was James E. "Doc" Counsilman.

>>> From 1953 to 1963, Hutinger coached age group swimmers in Kansas City, Mo., where he had a number of nationally ranked individual swimmers and relay teams.

>>> Hutinger missed the first-ever Masters Nationals event in Amarillo, Texas in 1970 because he was at Indiana University working on his doctorate degree in exercise physiology. One of his professors at IU was Doc Counsilman.

>>> Hutinger's research study on swimming and longevity actually lived to a ripe old age itself, lasting more than 30 years, from the time he joined the faculty at Western Illinois University in 1972 until roughly 2000, when he delivered a presentation on his findings to the USMS Convention in Orlando.

>>> Paul and Margie Hutinger were married in 1992 in their bathing suits in the North Shore Pool in St. Petersburg. Presiding over the aquatic marriage ceremony was Florida Judge Robert Beach, also an accomplished Masters swimmer.

>>> Hutinger won the USMS Ransom Arthur Award in 1976.

>>> Ranked 10th nationally for his age group in triathlon, Hutinger qualified for the Hawaii Ironman competition in 1987.

>>> Hutinger was inducted in the World Masters Hall of Fame in 2004.