

WISCONSIN MASTERS SWIMMING NEWS - SUMMER 1992

Summer is upon us and once again we look forward to our one and only long course meet at Wilson Park on August 7,8, & 9. Meet entry information and an entry blank are enclosed in this newsletter, and a short editorial comment concerning this meet follows.

We have 235 registered swimmers in Wisconsin. Last summer less than 20% of our membership supported our State Long Course Meet. Had it not been for our usual heavy influx of Illinois swimmers our Wilson Park meet would have "gone under". Running this meet (as well as all our other meets during the remainder of the year) is no simple task. Preparations to use the facility must be made, an official secured, entry forms prepared, run off and mailed out (a time consuming task when 235 pieces of mail are involved), result sheets and heat sheets prepared, entry fees collected and deposited at the bank, ribbons and medals ordered, relay forms prepared, pencils sharpened, stop watch batteries checked, automatic timing equipment hauled to the meet site, set up, taken down, and hauled back home again after the meet, and final results compiled. To do all this for less than 20% of our membership can become a real mental drain on those in charge. In short - WHERE IS EVERYBODY?

It is time that we all sit down and re-evaluate our priorities as far as swimming is concerned. If we want our Wisconsin meets to continue we absolutely MUST start supporting them. Fifty percent of registered Illinois Masters supported their short course state meet. We need to make that a goal for Wisconsin Masters.

HOPE TO SEE LOTS OF YOU AT WILSON PARK IN AUGUST!

When acknowledging Wisconsin swimmers who achieved Short Course Meter Top Ten ranking Colleen Moore (40-44) was inadvertently overlooked. She ranked 7th in the 800 free and 10th in the 100 fly. A belated congratulations to you, Colleen!

Trivia Quiz: Who won 10 Indiana State Diving Championships in the late 1940's and early 1950's?

Who placed 2nd in the short course Nationals in the 50 fly in '54, 4th in the LC Meter 50 fly at Nationals in '54, and was ranked 9th in the world in the 50 fly in '54 at the age of 19?

PLEASE CONTINUE TO FORWARD NEWSWORTHY ARTICLES TO ME FOR INCLUSION IN FUTURE NEWSLETTERS. THIS NEWSLETTER IS INTENDED TO BE NOT ONLY FOR YOU BUT ABOUT YOU. THANKS - Nancy Kranpitz

MAKING EARLY SEASON A PRODUCTIVE TIME IN YOUR TRAINING CYCLE

by Terry Laughlin

Few Masters swimmers are anxious to plunge back into heavy training in September, which is probably a sound instinct. With important meets still six months and more in the future, early fall should be a time to explore alternative types of training, rather than forgo any activity. Properly utilized, this can be a fruitful and satisfying phase in the annual training cycle. Here are some suggestions on how you can best use these months:

1. Cross-training

Runners were probably the first athletes to discover the benefits of mixing several workout modes. Though reluctant to give up their cherished mileage, frequent injuries sent many high-mileage runners into the pool and onto the bike to maintain aerobic fitness while healing themselves. To their delight, they discovered that they ran better by running less and complementing it with cycling and swimming.

Swimmers can use cross-training to take advantage of fall's glorious weather to build a solid base of aerobic fitness with biking and running. Later, you'll convert that to specific muscular endurance in your swim workouts. Cross-training aids in muscular recovery. As you switch from swim to bike to run workouts, you'll keep the cardiovascular system working at a high level, but overload different sets of muscles for each. Other forms of cross-training you may want to investigate include: roller blading, challenging hikes, rowing and kayaking, and even team sports such as basketball and soccer that provide a good aerobic workout.

2. Drills

Bill Boomer, the swimming coach at the University of Rochester, welcomes his collegiate swimmers back to school every September with stroke drills and nothing but. He endorses drills as the best way to develop efficient movement patterns, while building general aerobic fitness. Moreover, he won't let his team advance to whole stroke swimming until the technique he's looking for begins to emerge.

Since you're still months away from doing any serious racing, you too have the luxury of spending the early season developing the most efficient stroke. Drills can take you straight to the "sweet spot" in your stroke—giving you fresh insights about swimming economically. No need to compromise conditioning either; get an aerobic workout by simply designing sets build mainly on drillwork, but incorporating your usual number of repeats and work:rest ratio. Monitor your heart rate to see that it stays in your aerobic training range.

3. Give your specialty stroke a rest

Many coaches feel that certain specialty strokes, particularly butterfly and breaststroke, are best done in training, only when you have developed the strength and conditioning to execute timing and technique precisely. Otherwise, training fatigue will cause deviations from proper form. Practicing counter-productive habits

will keep you from reaching your goals. So you may be better off building your fitness foundation with secondary strokes (and/or with cross-training), developing your movement patterns in your specialty stroke with drills, and putting the whole stroke together in repeats only for distances over which you can successfully execute proper pace, form, and rhythm.

4. Work on your weak strokes

As long as you're giving your specialty a rest, and with races still months away, early season can give you the luxury of probing your old limits and breaching old barriers. Mastering new skills can be even more satisfying than improving old ones. And they can leave you much more leeway and fertile new ground for achieving new personal bests. Devote September and October to gaining competence in a stroke that has had you intimidated up to now. Spend perhaps 25% of your total workout yardage doing drills and/or form swimming in your weak stroke. Set a goal of being ready to swim it in a race by December. But keep that goal within realistic limits that will allow you to enjoy the racing experience and feel "successful" for having successfully swum the new stroke in a race, regardless of your time or place. Then you'll have the balance of the season to improve on that time.

5. Build a strength base

Since you're probably spending less time in the pool, during the early fall, use some of the time and energy you have in reserve in the weight room—not simply to build strength that you'll later apply to swimming faster—but to build resistance.

The thousands of laps you'll log over the ensuing months will not only tax you physically, but also put quite a strain on muscle, joints, and connective tissue, making minor injury a real concern. The right early season weight-training program will help your muscles and joints bear your training load more easily as you start to boost your yardage.

The best early season routine combines light weights, a relatively high number of repetitions, and perfect form (ask a trainer at your health club or gym to work with you initially). A good early season routine: one set of 15 to 20 repetitions on 10 to 12 standing or machines, twice per week. For each exercise, select a starting weight that allows you to complete about 15 reps. As your strength increases to the point where you can complete 20 or more reps, add about 10% more weight.

The combination of light weight and concentration on form will allow you to strengthen connective tissue between muscles and bones prior to imposing a heavier load as you reduce reps (to between 6 and 10 per set) and add weight in mid-season.

Terry Laughlin is director of Total Immersion Swim Camps, and editor of a monthly newsletter "Swim Smarts." For information, call Terry at 914-294-3510 or write Total Immersion, 381 Main Street, Goshen New York 10924.

Vitalist

Six Ways to Build your Self-Confidence

- (1) Concentrate on your potential, not on your limitations.
- (2) Focus on your skills and develop those you already perform well.
- (3) Visualize yourself as being a success.
- (4) Don't be limited by other people's low expectations.
- (5) Create and nurture a network of positive friendships.
- (6) Spend less time worrying about yourself and more time getting involved with others.

SWIMMING & HEALTH

THE ROLE OF THE MEDICAL EXAM IN MASTERS SWIMMING

Note: This information is being disseminated to masters swimmers by the USMS Sports Medicine and Research Committee. The Primary authors of this article are physicians Bill Weir and Jim Miller.

Medical experts agree that some individuals risk impaired health if they exercise strenuously; however, debate continues about the true value of the routine physical examination in identifying or predicting risk factors. Extensive research has been conducted through the Institute for Aerobics Research in Dallas, headed by Dr. Kenneth Cooper, as to the degree of risk encountered by the general population. Another body that publishes guidelines for classification of risk factors is the American College of Sports Medicine in the Guidelines for Exercise Testing and Prescription, third edition of 1986. The categories are summarized below.

- Group A** Individuals younger than 45 years who are healthy and who have no major coronary risk factors. Persons in Group A should be exempt from medical testing.
- Group B** Individuals 45 years or older who are healthy and have no major risk factors. These individuals should have an exercise stress test (preferably a maximum exercise stress test and a complete physical examination) prior to beginning an exercise program.
- Group C** Individuals 35 years or older who have no symptoms, but who have at least one major coronary risk factor. Group C members should have a maximum exercise stress test and complete physical examination test prior to initiating a fitness program.
- Group D** Individuals regardless of age with at least one major coronary risk factor and/or symptoms suggestive of cardiac or lung or metabolic diseases. These individuals need to have a complete physical examination as well as a maximum exercise stress test and, after being counseled regarding heart rates, can be monitored closely and safely improve their exercise tolerance. At the moment it is felt that the majority of the benefit of exercise capacity, as opposed to true changes with heart function that would allow this group of individuals, as well as other groups, to benefit from an organized program of exercise.
- Group E** Individuals regardless of age with known heart, lung, or metabolic disease. Persons in this category are considered to be incurring undue risk if they involve themselves in strenuous exercise, regardless of the baseline data that may be accumulated involving them.
- Group F** Individuals regardless of age who are medically unstable and deemed at high risk by their physicians. Like those in Group E, these individuals are considered to be incurring undue risk if they involve themselves in a strenuous exercise program.

WMAC member Lynn Surles recently received a certificate of commendation from the Milwaukee Committee for "National Older Worker Week" in recognition of his contributions to the sports of swimming and diving at the Menominee Falls YMCA and Germantown High School. Congratulations, Lynn!

SWIMMING & HEALTH

Although individuals in Groups E and F are felt to be incurring undue risk, the benefit of the sport itself in the form of workouts, improving exercise tolerance, etc. is present. However, the supervision required would involve a level of sophistication beyond the scope of the majority of Masters swimming programs. Also, it should be stated here that these individuals should not be involved in any competitive settings. In addition, supervision is difficult because at-risk persons frequently use medications which mask the usual warning signs and symptoms of problems. The American College of Sports Medicine and the Institute of Aerobics Research in Dallas also recommend that persons in Groups B, C, D, E and F undergo certain risk profiling, have blood analyses performed, and work from that point with a dietary program to correct metabolic problems.

MAJOR CORONARY RISK FACTORS

1. History of high blood pressure (above 145/95).
2. Elevated total cholesterol/high density lipoprotein cholesterol ratio (above 5).
3. Cigarette smoking.
4. Abnormal resting ECG, including evidence of old myocardial infarction, left ventricular hypertrophy, ischemia, conduction defects, or dysrhythmias.
5. Family history of coronary or other atherosclerotic disease prior to age 50.
6. Diabetes mellitus.

Source: American College of Sports Medicine, Guidelines for Exercise Testing and Prescription, 3rd Edition, 1986.

Even if you are physically fit and enjoy good health, it is advisable to see your physician for periodic medical exams, the frequency of which should be determined by your underlying health problems. Some people erroneously believe that physical fitness will protect them against cardiorespiratory problems. Apparently healthy people are all too often unaware that they possess risk factors for cardiac problems. Your health care provider usually can take steps to detect these risk factors if they exist and can counsel you about guidelines for a safe exercise program.

Many currently active Masters swimmers are rather complacent about the need for periodic physical examinations. In fact, a survey conducted by Dr. Bill Weir at the 1984 USMS Long Course National Championships revealed that some of the competitors had not been examined by a physician for as many as eight years. Check your health records and arrange for a medical exam if you haven't seen your physician recently. We must recognize the distressing fact that there is no known absolute preventative of coronary heart disease or of vascular disease in general. In spite of how hard you train, even Masters swimming is not a guarantee against vascular disease!

One final note on this topic: Communicate your health concerns and emergency medical information to your coach. This information will help your coach to individualize your workouts, and also will help ensure your safe participation in Masters swimming.

Masters swimming is a strenuous athletic activity, and each participant is advised to consult his/her personal physician before undertaking the program.

This article, on Nutrition and Carbohydrates, was written by Linda Houtkooper, appeared in the March 1992 issue of Swimming World, and is reprinted with their permission.

Importance Of Carbohydrates



Q: I know it's important to eat carbohydrates. Why is this true? How much carbohydrate should I eat and when should I eat it?

A: Eating carbohydrate is very important for many reasons. First, the body cells need to burn carbohydrates to make ATP which is the direct fuel for body cells. The body has a limited ability to store carbohydrate in the form of glycogen in the liver and muscles. The body has a lot of stored fat that is also used to make ATP. However, the cells have to burn some carbohydrate in order to use fat as a fuel. So, even if there is plenty of fat stored in the body, if carbohydrate stores get low, the cells can't make enough ATP to meet the energy demands of hard working muscles. This means you can't swim as hard or as long.

Carbohydrates from solid or liquid foods are the only ways to replace glycogen stores and to keep blood sugar levels normal. The brain relies on blood sugar for its energy. If blood sugar levels get low, your brain simply can't work efficiently. When your brain isn't working, your muscles don't work well either.

Extra fat from the food you eat or fat stored in the body can't be turned into carbohydrate. However, extra carbohydrate, fat or protein can be turned into fat in the body. This means that to replace glycogen stores, you have to eat solid or liquid foods that supply the amount of carbohydrate your body needs.

What foods contain carbohydrate?

Carbohydrates come in two forms—simple (sugars) and complex (starch, dextrin). Either form of carbohydrate can be used to form glycogen or to maintain blood sugar levels. Foods that contain carbohydrate include fruits, vegetables, grains-bread-cereals-pasta, milk, sports drinks, soft drinks, candy, table sugar, honey and syrup. The table on page 48 lists the carbohydrate content

How much carbohydrate is enough for heavy training?

Research suggests that minimal carbohydrate intake during heavy training should range from about 3.5-4.5 grams of carbohydrate/pound of body weight/day. For a 150-pound swimmer, this means eating between 525-675 grams of carbohydrate a day. This swimmer could eat the following foods listed in the table to get 532 grams of carbs:

- | | |
|-------------------|------------------------------|
| 2 cups OJ | 2 cups apple juice |
| 2 bananas | 1 cup mash. potatoes |
| 3 bagels | 2 cups Cheerios |
| 5 graham crackers | 6 slices bread |
| 2 cups milk | 2 cups fruit-flavored yogurt |

Adding the following foods to the list of preceding foods would bring the total carbohydrate for this food up to 672 grams of carbohydrate: 2 cups spaghetti with tomato sauce, 3 slices cheese pizza, 2 chocolate chip cookies.

When should carbs be eaten?

Before, during and after endurance exercise, food intake should include easily digested high carbohydrate foods. The rates of nutrient digestion in order from fastest to slowest are simple carbohydrate (sugar), complex carbohydrate (starch, dextrin), protein and fat.

Liquid foods empty from the stomach faster than solid foods. The amounts and types of foods and the time interval before exercise that food can comfortably be eaten varies among swimmers. You will need to test eating different amounts of food at various time intervals before you start workouts to find out what is best for you.

Results from research studies have shown that there are some general guidelines for carbohydrate intake that seem to work well for swimmers. Following is a summary of the results:

Before Exercise—Endurance exercise capacity is increased by eating solid or liquid high-carbohydrate foods from 1-4 hours before exercise. Food eaten one hour before workouts lasting longer than one hour should provide 0.5-0.9 grams/pound of body weight. If food is

start the recommended amount of carbohydrate intake is 2.2 grams/pound body weight. For example, if an athlete weighs 150 pounds this would equal about 340 grams of carbohydrate. This amount of carbohydrate could be supplied by eating two 3-ounce bagels, 1 banana, 1 cup of orange juice, 1 cup of plain yogurt, 5 fig bar cookies and 2 cups of high-carbohydrate sports drink.

There are many other combinations of solid and liquid foods that can provide carbohydrate. The table lists the carbohydrate content of other foods and could be used to pack in some carbohydrate before you start your tough workouts.

During Exercise—Consuming approximately 25 grams of carbohydrate every 30 minutes can delay fatigue. Once again, use the table to find foods or beverages you like that provide this amount of carbohydrate.

After Exercise—Consuming easily digestible high-carbohydrate liquid or solid foods should begin soon after exercise is stopped has been shown to promote fast muscle glycogen synthesis. Rapid glycogen formation is promoted by consuming 0.2-0.7 grams of carbohydrate/pound of body weight starting 15-30 minutes after stopping exercise and continuing to consume this amount of carbohydrate for the next three hours. Research has also suggested that consuming 0.2 grams carbohydrate/pound of body weight of easily digestible carbohydrate every 15 minutes after exercise may "optimally" stimulate muscle glycogen formation.

Using these carbohydrate guidelines will help keep your glycogen stores topped off and ready to supply your muscles with energy during tough workouts. It is also important to drink plenty of fluids to prevent dehydration. Adding these tips to your training program will help you swim at your best and may help prevent staleness. ■

BY LINDA HOUTKOOPER, PH.D., R.D.

CARBOHYDRATE CONTENT OF SELECTED FOODS		CARBOHYDRATE (gms)	AMT.	CARBOHYDRATE (gms)	AMT.	CARBOHYDRATE (gms)	AMT.
FOODS	FOODS	FOODS	FOODS	FOODS	FOODS	FOODS	FOODS
Fruits	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals	Cereals
Apple (whole)	Cheerios	Cheerios	Cheerios	Cheerios	Cheerios	Cheerios	Cheerios
Apple juice	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal
Apple (dried)	Shredded Wheat	Shredded Wheat	Shredded Wheat	Shredded Wheat	Shredded Wheat	Shredded Wheat	Shredded Wheat
Banana (whole)	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
Cantaloupe	Graham	Graham	Graham	Graham	Graham	Graham	Graham
Cranberry juice	Salines	Salines	Salines	Salines	Salines	Salines	Salines
Fig (whole)	Rye Krisp	Rye Krisp	Rye Krisp	Rye Krisp	Rye Krisp	Rye Krisp	Rye Krisp
Grapes	Rice Cake	Rice Cake	Rice Cake	Rice Cake	Rice Cake	Rice Cake	Rice Cake
Grape juice	English muffin	English muffin	English muffin	English muffin	English muffin	English muffin	English muffin
Mixed dried fruit	Garbanzo beans	Garbanzo beans	Garbanzo beans	Garbanzo beans	Garbanzo beans	Garbanzo beans	Garbanzo beans
Orange (whole)	Kidney beans	Kidney beans	Kidney beans	Kidney beans	Kidney beans	Kidney beans	Kidney beans
Orange juice	Pancakes	Pancakes	Pancakes	Pancakes	Pancakes	Pancakes	Pancakes
Peach (whole)	Pasta	Pasta	Pasta	Pasta	Pasta	Pasta	Pasta
Peaches	Pita bread	Pita bread	Pita bread	Pita bread	Pita bread	Pita bread	Pita bread
Pear (whole)	Poppcorn, plain	Poppcorn, plain	Poppcorn, plain	Poppcorn, plain	Poppcorn, plain	Poppcorn, plain	Poppcorn, plain
Pineapple	Pretzels	Pretzels	Pretzels	Pretzels	Pretzels	Pretzels	Pretzels
Raisins	Rice, brown	Rice, brown	Rice, brown	Rice, brown	Rice, brown	Rice, brown	Rice, brown
Watermelon	Rice, white	Rice, white	Rice, white	Rice, white	Rice, white	Rice, white	Rice, white
	Tortilla (flour)	Tortilla (flour)	Tortilla (flour)	Tortilla (flour)	Tortilla (flour)	Tortilla (flour)	Tortilla (flour)
	Wheat bread	Wheat bread	Wheat bread	Wheat bread	Wheat bread	Wheat bread	Wheat bread
Vegetables	Milk Products	Milk Products	Milk Products	Milk Products	Milk Products	Milk Products	Milk Products
Carrots	1% milk	1% milk	1% milk	1% milk	1% milk	1% milk	1% milk
Corn	2% milk	2% milk	2% milk	2% milk	2% milk	2% milk	2% milk
Peas (sweet)	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk	Skim milk
Potatoes (white)	Pudding	Pudding	Pudding	Pudding	Pudding	Pudding	Pudding
Sweet potato	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain
Tomato, fresh	Yogurt, fruit flavored	Yogurt, fruit flavored	Yogurt, fruit flavored	Yogurt, fruit flavored	Yogurt, fruit flavored	Yogurt, fruit flavored	Yogurt, fruit flavored
Tomato juice	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain	Yogurt, plain
Grains/Legumes							
Angel food cake	Sugars	Sugars	Sugars	Sugars	Sugars	Sugars	Sugars
Bagel (egg)	Candy	Candy	Candy	Candy	Candy	Candy	Candy
Bun	Granola bars	Granola bars	Granola bars	Granola bars	Granola bars	Granola bars	Granola bars
Bran muffin	Gum drops	Gum drops	Gum drops	Gum drops	Gum drops	Gum drops	Gum drops

1992 USMS 10K National Championships & 5 K Postal Swim

Sponsored by Davis Aquatic Masters

LOCATION: Any 50 meter pool.

WHEN: Any time between May 15, 1992 and September 30, 1992.

RULES: 1992 USMS Long Distance Swimming Rules will govern the event. The 10K is 200 lengths of a 50 meter pool, and the 5K is 100 lengths. A starter/referee must be present, and a timer/lap counter to write splits every 100 meters and the final time (split sheet is provided). For the sake of the swimmer please use more than one watch in case of error. The participant's and counter's signatures are required on the entry form. Please record time to the hundredth of a second.

ELIGIBILITY: All 1992 USMS registered swimmers are eligible. A photocopy of your USMS card is required with your entry. Foreign swimmers are also invited to participate. Similar proof of membership is required. The swimmer's age is determined by the date on the swim. Swimmers who change age groups during the event period may enter in both age groups, but they must swim it once in each age group. Standard USMS Age groups will be used (19-24, 25-29, 30-34,...).

AWARDS: For the Championship 10K event, medals will be given for first, second, and third place in each age group. A Championship patch will be given to the winner in each age group. The top USMS finisher in each age group will become the 10K All-American.

SCORING: An unofficial club championship score will be tabulated based upon scoring the top 6 places in each age group.

ENTRY FEES: The entry fee for the 10K swim is \$6.00. The 5K swim is \$4.00. Do not send cash. Foreign entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate.

T-SHIRT: 1992 USMS Postal 10K Championship T-shirts are available for \$12. Foreign entrants please include \$2.00 postage for each shirt.

Make checks payable: Davis Aquatic Masters
and mail to: P.O. Box 921
Davis, CA 95617

DUE DATE: Entries must be received by October, 15 1992

MEET INFORMATION
Contact Michael Collins (916) 758-7212 or Barb Paulson (916) 756-4234

10K & 5K OFFICIAL ENTRY FORM

PLEASE PRINT OR TYPE!!!

 Last Name First Date of Birth Age Sex: Male Female

 Street Address City Zip Code

 Country (if not USA) Telephone (include area code) 10K 5K Distance S M L XL T-Shirt size

 Time USMS Club Name 1992 USMS Reg. #

NOTE: You must submit a copy of your USMS Registration card and a split sheet along with your check in order to be processed.

SPLIT SHEET

100	2600	5100	7600
200	2700	5200	7700
300	2800	5300	7800
400	2900	5400	7900
500	3000	5500	8000
600	3100	5600	8100
700	3200	5700	8200
800	3300	5800	8300
900	3400	5900	8400
1000	3500	6000	8500
1100	3600	6100	8600
1200	3700	6200	8700
1300	3800	6300	8800
1400	3900	6400	8900
1500	4000	6500	9000
1600	4100	6600	9100
1700	4200	6700	9200
1800	4300	6800	9300
1900	4400	6900	9400
2000	4500	7000	9500
2100	4600	7100	9600
2200	4700	7200	9700
2300	4800	7300	9800
2400	4900	7400	9900
2500	5000	7500	10000

Release from Liability.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meet or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

 Date Signature of Swimmer Signature of Counter

Although Ingrid Stine is not a Wisconsin Swimmer, those of us who regularly attend Wisconsin sponsored meets know her well. We were saddened to learn that her mother passed away recently and we extend our condolences to her.

Reasons Why You Should Swim BEFORE Eating

Adapted from cardiologist Stephen R. Yarnall, M.D.

1. It helps you keep a workout appointment with yourself. If you choose a meal each day, before which to schedule your workout, you won't forget to exercise and you're not likely to forget to eat afterward.
2. It keeps you honest. No excuses! (No swim-ee, no eat-ee). You'll have to eat sometime, so if you discipline yourself to swim before eating, your fitness resolution is protected.
3. It helps digestion. Swim on an empty stomach and you won't get those notorious and much feared cramps.
4. It helps your workout. Muscles get the full benefit of your blood circulation. By exercising on an empty stomach, none of your blood is tied up helping digestion.
5. It helps your heart. When you swim after eating, both your stomach and muscles need blood flow. This can mean lessened blood flow to your heart, which can be dangerous if you have heart trouble.
6. It helps you maintain a healthful weight. Moderate brisk exercise before a meal causes your blood sugar level to go up, helping to take the edge off your appetite.
7. It helps burn excess body fat. Swimming when your blood sugar is lowest (before eating) mobilizes free fatty acids, which help burn stored body fat for fuel.
8. It helps you feel better. A moderate brisk swim workout will inject a flood of endorphins into the bloodstream, increasing alertness, improving your mood, and decreasing fatigue. You'll be less likely to overeat to satisfy a psychological hunger.
9. It helps your food taste better. When you swim before eating, you'll feel fresh and relaxed when you eat. And because your healthful workout will still be fresh in your mind, you'll probably eat more conscientiously.

Source: Swim Smarts - Summer 1991

Efforts are underway to hold a short course meter meet at Lawrence University on October 31, 1992. This meet will replace the Neenah Y meet which has traditionally been held the first Saturday in November. Fran Zeumer and Edie Jacobsen are joining efforts to finalize plans. Lawrence U has a superb new 8 lane facility and having the meet there will add only 10 minutes on to the driving time of those arriving from the south.

Trivia Answers: Ramon Klitzke is the diver and Doris Klitzke the "flyer"!

5 & 10 K Postal Swim: Distance swimmers take note. Here's your chance to make the USMS Top Ten list and maybe even set a record! The 1992 10 K USMS Championships and 5 K Swim is here. The swim can be done in any 50 meter pool between May 15-September 30. The average entries in each age group is 5 or less. To check the USMS 10 K Records in each age group see pages 111-112 in the 1992 USMS Rules Book. For those not up to a 10 K, the 5 K is a great option. Entries are \$6.00 and entry information and split sheet are attached.

WISCONSIN MASTERS
LONG COURSE SWIMMING CHAMPIONSHIPS
AUGUST 7-8-9, 1992

- SPONSORED BY: The Wisconsin Masters Aquatic Club.
- SANCTIONED BY: USMS, INC. and LMSC for Wisconsin. Sanction No. 202-06.
- LOCATION: Wilson Park Recreation Center, 4001 So. 20th St,
Milwaukee, WI
- FACILITIES: 8 lane, 50 meter pool with anti-turbulent lane guides,
starting blocks and backstroke flags.
- Time: Friday, Aug. 7: Warm-up 6:00PM, meet starts at 6:45PM.
Saturday, Aug. 8 and Sunday, Aug. 9: Warm-up 7:00AM,
meet starts at 8:00AM.
- WARM-UPS: Lanes 1 & 8 will be start and sprint lanes with swimming
in one direction only and exiting to the side or end.
Lanes 2-7 will be for circle swimming only - NO DIVING
STARTS from the blocks or the deck in lanes 1-5.
- RULES: Official Masters rule will govern this meet. All events
will be timed finals and will be pre-seeded except for the
400 and 1500 Freestyle. Heats will be seeded slowest to
fastest and swimmers not submitting seed times will swim
in slower heats. Age groups and sexes will be combined to
expedite the meet.
- TIMING: Will be with an automatic timing system backed up by watches.
Members of the Wisconsin Masters Aquatic Club will be
expected to assist with the timing.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older.
All entrants must be a register Masters Swimmer and have
their current card available at the meet. The USMS number
must be on the entry - no "applied for" will be accepted.
- ENTRY FEE: \$2.50/individual event - \$5.00/relay, plus a \$4.00 surcharge
for facility user fee. Fees must accompany entries.
- DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED.
- Deck entries for relays will be accepted.
- CHECKS PAYABLE TO: Wisconsin Masters Aquatic Club.
- ENTRY LIMIT: Five events per day plus relays and the 1500 Freestyle.
THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 48 ENTRIES
RECEIVED and each swimmer entered in the 1500 will be
responsible for providing a person to count his/her laps.
- ENTRY DEADLINE: Entries must be in the meet directors hands no later than
6:00PM, Wednesday, July 29. Entries received after the
deadline will be returned.

ENTRY FORM: The official entry form must be used, one person per form and the waiver must be signed without any alterations.

AWARDS: Ribbons for 1st to 3rd place.

MEET DIRECTOR: John Bauman
11616 W Greenfield Ave - Apt. 23
West Allis, WI 53214

(414)-453-7336

SCHEDULE OF EVENTS:

Friday, Aug. 7 - Warm-up 6:00PM - 1. 1500 Freestyle

Saturday, Aug. 8			Sunday, Aug. 9		
	Warm-up 7:00AM			Warm-up 7:00AM	
2.	50m	Butterfly	10.	50m	Breaststroke
3.	400m	IM	11.	200m	IM
4.	100M	Freestyle	12.	100m	Backstroke
5.	200m	Backstroke	13.	50m	Freestyle
6.	100m	Breaststroke	14.	200m	Breaststroke
7.	200m	Freestyle	15.	100m	Butterfly
8.	50m	Backstroke	R3.	200m	Free Relay
9.	200m	Butterfly	R4.	200m	Mixed Medley Relay
R1.	200m	Medley Relay	16.	400m	Freestyle
R2.	200m	Mixed Free Relay			

Stroll helps Heart, Study says

(Chicago Sun Times)

Taking a three-mile stroll five days a week reduces the risk of heart disease to the same degree as taking a brisk walk, researchers say. In a 6-month study of 102 women, researchers at the Cooper Institute of Aerobic Research in Dallas found strollers got the same cardio-pulmonary benefits as aerobic and brisk walkers. While faster walkers made greater strides in their respiratory health and burned more calories, the levels of so-called "good" cholesterol in the women's bodies increased by the same amount no matter how fast they walked, study author John Duncan wrote in the Journal of the American Medical Association. "If the shoe fits, start walking", Duncan said. "If you don't want to sweat, you can walk at a more leisurely pace and still reap the benefits." The study divided the women into groups who walked three miles a day, five times a week at either 20, 15 or 12 minutes per mile. A fourth group did not exercise. Both the slowest and the fastest walkers increased their levels of "good" cholesterol, called high-density lipoprotein, or HDL, by 6%. HDL cholesterol is thought to sweep "bad" low-density lipoprotein cholesterol from artery walls, where it can build up and lead to heart disease. "That's fairly impressive.", Duncan said. "For every 1 percent rise in HDL, you get 3 percent reduction in the risk of coronary diseases. That translates into 18 percent decreased risk."



Tracy Arndt of Green Bay placed first in five events in the YMCA Masters National Swim Meet in Fort Lauderdale, Fla. "It was probably the best meet of my life," said Arndt. Competing in the women's 40-44 division, Arndt won the 50-yard freestyle (27.4), the 100 freestyle (1:00.5), the 200 freestyle (2:16.8), the 100 individual medley (1:12.3) and 100 backstroke (1:11.9). She broke the national record in the 100 backstroke.

From The
Green Bay →
Press Gazette
Congratulations Tracy!

ENTRY FORM
 WISCONSIN MASTERS CHAMPIONSHIPS
 August 7-8-9, 1992

NAME _____ BIRTH DATE _____ AGE _____ MALE _____ FEMALE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO. _____ USMS NO. _____

TEAM _____

SCHEDULE OF EVENTS

Friday, August 7	Seed Time		
1. 1500m Freestyle	_____		
Saturday, August 8	Seed Time	Sunday, August 9	Seed Time
2. 50m Butterfly	_____	10. 50m Breaststroke	_____
3. 400m IM	_____	11. 200m IM	_____
4. 100m Freestyle	_____	12. 100m Backstroke	_____
5. 200m Backstroke	_____	13. 50m Freestyle	_____
6. 100m Breaststroke	_____	14. 200m Breaststroke	_____
7. 200m Freestyle	_____	15. 100m Butterfly	_____
8. 50m Backstroke	_____	R3. 200m Free Relay	_____
9. 200m Butterfly	_____	R4. 200M Mixed Medley Relay	_____
R1. 200m Medley Relay	_____	16. 400m Freestyle	_____
R2. 200m Mixed Free Relay	_____		

SURCHARGE \$ 4.00

ENTRY FEES: _____ INDIVIDUAL EVENTS @ \$2.50 \$ _____

TOTAL FEES \$ _____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED _____ DATE _____

WI Masters Swimming
1115 Morningside Ct.
Marinette, WI 54143

"The Swimmer's Bible"

By Terry Laughlin

As a swimmer and coach, I feel fortunate to have had the opportunity to swim under the tutelage of Terry Laughlin, as a teenager in Richmond Va. He contributed much to my success as an athlete. Terry inspired his swimmers to come as close as possible to total efficiency in the water, through constant emphasis on drills and technique work. His workouts were always thought-provoking, never boring. Each was a learning experience.

Streamlined Instruction

Now Terry has put all those learning experiences into one of the most comprehensive, yet streamlined manuals on adult swimming I have ever read. The manual, THE SWIMMER'S BIBLE, is an absolute must for all who want to improve their strokes, conditioning, or mental approach to swimming. Terry has distilled the highlights of 20 years of coaching experience into a 40-page book, which is distinguished by its "user-friendly" approach. No reader will struggle to understand its advanced concepts because they are described so well and so simply.

The book opens with a discussion of "the breakthrough season," in which success is bred by "the predictable out-

come of planning, concentration, and cultivating the basic talent we all have." Terry describes how this concept applies to everyone from the recreational swimmer to Masters' world record holders. He outlines a 4-step goal process, how to build self-confidence and use past experience as a way to positively change one's life. Throughout, he sprinkles encouraging quotes.

The next section, on building fitness, gives an easy-to-understand explanation of the interaction between maximal oxygen usage, the anaerobic threshold, and biomechanical efficiency in building endurance. Terry explains a strategy for mixing low, medium, and high intensity training and provides examples to help swimmers absorb these strategies and plan workouts to implement them.

Become A Better Swimmer

His outstanding section on sprinting analyzes how power production, energy metabolism, and stroke technique work together to make swimmers faster. This book may convince you that anyone can become a better swimmer by including some speed training in their program.

Finally, strength building and stroke technique are examined. The book

describes a circuit-strength training program and how it affects the muscle groups that are most important in swimming. It explains how to convert strength into swim-specific power and stresses the importance of flexibility, detailing exercises for improving each.

Swimming Can Be Exciting

The final section describes the four competitive strokes and gives skill drill progressions, breaking each stroke down into the most basic components. The point is made that drills are for everyone, from world-class athletes to recreational lap swimmers.

One can't help but be excited and motivated to embark on (or renew) a swimming program after reading this manual. I've often heard swimmers (particularly lap swimmers and triathletes) complain that swimming is boring. Terry provides so many creative training options in this manual and his accompanying newsletter, Swim-Smarts, that no workout need be boring. Any swimmer trying them would be so absorbed by his stroke techniques and novel ways of training, that any workout would pass quickly. Swimming can be exciting, or at least thought-provoking, with this manual as a guide.

YES, I want to improve my swimming skills. Please send me _____ copies of THE SWIMMER'S BIBLE. I have enclosed \$14.95 for each book that I've ordered, plus \$2.00 for postage and handling.

Name _____

Address _____

City/State/Zip _____

Total amount of enclosed check \$ _____

SEND TO:
Total Immersion
381 Main Street
Crosheen, NY 10924