

WISCONSIN MASTERS NEWS

DECEMBER 1992

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It is with a great deal of sadness that we learned of the November 27 death of John Dwyer. He had been a very active member of WMAC for many years and his presence around the pool at our meets will be missed. John had battled with cancer - and we want to let his extended family know that his swimming family will miss him greatly.

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FEBRUARY FITNESS CHALLENGE

How about a postal swimming event to put some spice in your mid-winter laps? The USMS Fitness Committee and the Southern Masters invite all Masters, regardless of swimming ability, to participate in the February Fitness Challenge. All you have to do to participate is record and submit your total swimming yardage for the month of February 1993. All participants will receive a specially designed swim cap, certificate and final results.

For an entry form write to Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge, LA 70806. For a free pamphlet containing timely tips on how to: 1) prepare for the Fitness Challenge and 2) how to get the maximum fitness benefit out of the yardage you do, send a SASE (#10 envelope) to Fitness Challenge, 381 Main St., Goshen, NY, 10924.

-Terry Laughlin - USMS Fitness Committee

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Total Immersion will offer 2 exciting adult swim camps in the next couple of months. February 11-17, 1993 could find you "camping" in Barbados, or, if you prefer to stay stateside, attend the North Palm Beach, FL., camp April 2-8, 1993. For more information call: Terry Laughlin, 914-294-3510 or write: Total Immersion, 381 Main Street, Goshen, NY., 10924.

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IF YOU ARE NOT A PART OF THE SOLUTION YOU ARE PART OF THE PROBLEM!

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Putting together this newsletter continues to be an enjoyable task for me - as long as I continue to receive information, news articles, exceptional meet results, etc., from YOU! My goal is four newsletters per year - one for each season. So please - when you see an interesting article relating to swimming, health, nutrition, exercise, or whatever, document it and send it along to me. This newsletter is supposed to be about YOU and for YOU. Thanks much!

Nancy Kranpitz, 1115 Morningside Court, Marinette, WI 54143

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GIVE THOSE UNHEALTHY LIFESTYLE HABITS A BREAK  
(Mayo Clinic Health Letter)

Will shifting to a healthier lifestyle be worth the effort? Yes. The U.S. Public Health Service reports 51% of deaths in this country are caused by unhealthy lifestyles. Smoking alone counts for 1 in 6 deaths. Habits aren't created equal. Some are tougher to break than others. No matter what your habit may be, there is no magic formula for success. But these tips will help make your resolution reality.

Maximize motivation. An honest commitment to change is the key to success - so make the most of it. List on paper reasons a change will benefit you. Keep this list handy and refer to it often for inspiration. Understand your habit. Before attempting a change, observe and record your behavior. Keep a log of harmful behavior, such as overeating to cope with stress. When does the behavior most often occur? What makes it worse? Changing your behavior involves getting to know yourself. Set realistic goals. All-or-nothing proclamations are recipe for defeat. Take it a day at a time. To lose weight, saying "I'm going to give up sweets" is courting failure. Instead, decide to replace your two frosted doughnuts every morning with a small bran muffin for the coming week. Avoid triggers. "Triggers" are events or feelings that tempt you to revert to old habits. If you smoke cigarettes to cope with stress, a disturbing phone call may prompt you to light up. If you can recognize your triggers, you can prepare for them. If an after dinner cup of coffee is a trigger to smoke, change this routine. Push away from the table and take a walk, trim a hedge or manicure your nails.

Swap bad for good. Once you recognize your triggers, start a competing behavior that fulfills the same need. If you deal with stress by overeating, call a friend instead. Expand your repertoire of beneficial habits. They can help eclipse the bad ones.

Trip, but don't fall. Expect a lapse now and then. Don't let it deter you from your long-term goal of a healthier lifestyle. Learn from lapses. Consider them part of the process - not the end of it.

Relax and imagine. Your imagination can be a powerful tool. Make it your ally. When stress builds and your determination weakens, relax, breathe slowly and close your eyes. "Travel" in your mind to a calming place.

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Why is it that garden pests don't seem to have any trouble getting their offspring to eat vegetables?

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You don't know what bald is until you go to the barbershop only out of habit.

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Most of the "one liners" in the newsletter appeared in the Green Bay Press-Gazette and are authored by columnist Doug Larson.

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You know you are getting old when a good night's sleep doesn't interfere with your afternoon nap.

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USMS NATIONAL CONVENTION - SEPTEMBER 1992  
Prepared by: Edie Jacobsen  
Wisconsin "Rep"

HEARTLAND ZONE

We have a new zone chairman, Skip Thompson. Our meet schedule is to be sent to him. He will forward it to Mel Goldstein to include in the national schedule. It is available from Mel for a self-addressed stamped envelope. Mel had 500 requests this year and periodically updates the listing.

We were reminded to send in our zone assessment. Heartland zone nominated Mel for president for next year. We are to forward our Top Ten to Skip and he will compile a zone Top Ten. This was never done this year due to the resignation of Dave Brown as zone rep.

INTERNATIONAL

Dan Gruender is the liason to MSI and June Krauser is representative to FINA Masters Technical Committee. There were some concerns about rules and procedures at Indianapolis Worlds and June will be dealing with this at the next FINA meeting. There also is some tension between FINA and MSI so we are walking a tightrope between them. Walt Reid is the World Top Ten recorder. You can get lists and patches from him. FINA is thinking about drug testing for masters swimmers. The committee voted unanimously to oppose it.

AD HOC OFFICIALS

The committee voted unanimously to oppose drug testing for masters swimming. Letters will be sent to FINA from Drs. Jim Miller, Joseph Kirtzman, and Jane Moore with rationale to oppose testing of masters. It was pointed out that many of the banned drugs on the IOC list are being prescribed for masters and it could be very dangerous for them to not take these drugs. The comment was made that FINA was taking a square peg (masters swimmers) and trying to fit them into a round hole (IOC-type swimmers). The pamphlet "The Role of The Medical Exam" is to be included with each new registration.

The International Center for Aquatics Research in Colorado Springs would like to hold 4 day camps for masters at the swimmer's own expense (about \$600). These camps generally include testing of stroke mechanics, nutritional status, psychological factors, as well as evaluation of swimming technique in the flume.

LEGISLATION

It was not a legislation year and only a few housekeeping changes occurred.

INSURANCE

One day (event) registration was discussed. The insurance company was not in favor of this type of registration. The recommendation of the committee and the company was to collect the full amount of the insurance premium.

CONVENTION

The committee sent a proposal to the House of Delegates to lengthen the convention to Wednesday morning to Sunday noon. This was defeated by the House because it was a problem for most people to attend for that length of time. Next year's convention will be in L.A. at the Biltmore Hotel.

## CHAMPIONSHIP

The committee reminded that time standards will be in effect for the meets this year. There will be 3 events that each person may swim without meeting standards and then up to 3 more by meeting standards. This is only an experiment to see how this affects the lengths of the days. There may be changes if it does not have the desired effect. Nationals will be in Santa Clara (short course) and Minneapolis (long course). We swam in the Minnesota pool for daily workouts and it is a beautiful pool, similar to the Natatorium at IUPUI. Nationals for 1994 will be at the U of Arizona in Tempe (short course) and Buffalo, NY, (long course).

## RANSOM ARTHUR AWARD

The recipient of the award was Walt Reid, our Top Ten recorder and now World Top Ten recorder. He puts in many hours to the benefit of all swimmers and is a worthy recipient.

## AD HOC ONE EVENT REGISTRATION

Since needs vary between LMSC's it was decided that the decision be left up to them. This concept is most attractive to the California area where they have many open water swims. The local registrar still has the option to collect just the national fee of \$15 and no local fee for a one event registration until a national one event program is in place.

## COACHES

The stroke drill manual (92 separate drills) is complete. The thought is to possibly break it down into stroke segments and include it as a tear-out section in Swim magazine. The coaches of the year are Clay Evans and Gerry Rodrigues from SCAQ. They are the ones who wrote the workout in the September Swim magazine.

## RECORDS

Records should be sent to Walt as soon as they have been established. Send computer tape, swimmer name, heat number, lane number, and signature of the head timer or referee. Do not wait to submit with Top Ten. Swimmers can turn in documentation from out of LMSC meets to his Top Ten person. Walt Reid is all Top Ten recorder for the world. FINA has taken over world Top Ten as of 5/1/92. FINA's rule is one month for a submission of a world record. They will be a little lax on this in the beginning as we get used to the rule, but we should be aware of the rule.

## MARKETING

Swim magazine is improving and was well received. The committee decided to create a package that the locals can use to send to people who don't reregister. It is recommended that locals pursue those who don't reregister. In a survey conducted, one of the largest responses was that nobody asked me to reregister. One recommendation was a small handout with the registration that tell how association dues were utilized to entice registration.

## AD HOC FITNESS

They will generate a packet to put on a one day clinic. Local coaches can be used. There will be a February fitness challenge to generate interest in swimming.

## REGISTRATION

Rolling registrations were discussed. This could be an alternative to one event registration. This must be studied with all the financial implications. It would make it more difficult to figure out the budget. Idea will be studied.

AD HOC COMPUTER

The computer project is in limbo. The vendor could not meet the deadline so the contract was terminated. The executive committee dissolved the computer committee and took over the job.

Next year is an election year. The race seems to be shaping up between Mel Goldstein, the current secretary from Indiana, and Nancy Ridout, the current vice-president from California. There is some feeling that our best interests would be served by a president from the Heartland area. Mel has much experience on the international scene and has been a good liason to the YMCA. Nancy has been a good vice-president.

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EXERCISE IS ESSENTIAL FOR HEALTH (Chicago Sun Times)  
(From Shark Snooze - November issue)

Lack of exercise is as significant a contributing factor to heart disease as cigarette smoking, high blood pressure and high-cholesterol levels, the American Heart Association said recently.

For optimum heart health, the association recommends aerobic activity - walking, jogging, cycling or swimming - for 30 to 60 minutes, three or four times a week. But it's not necessary to do this much to improve your health, the statement said. For those people who take great pain to park in the closest possible spot, who take the elevator one flight and spend 13 of their 16 waking hours sitting, the message is simply this: Spend less time on your bottom! The advice is to start building more physical activity into your daily life. Walk around while talking on a cordless phone, take a lap around the mall, bend and stretch at the grocery store, get up regularly from your desk and stretch. Lots of people unconsciously look for ways to save calories - whether it's by using a remote control, going to a drive-through window or letting someone else pump the gas. It's important to get in the habit of looking for ways to be active.

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GUEST EDITORIAL

As I was spending what seemed to be unending hours working on the results of the Lawrence University meet so they could be sent in for Top Ten, I thought of all the hard work two people do every month for our LMSC. These two people are John Bauman and Harlan Drake and without them there would be no masters swimming in Wisconsin. Harlan has been our registrar for many years. He registers swimmers, negotiates with Wauwatosa to get the pool for meets and helps John run the meets. John has run 6-7 meets a year for many years. He keeps the timing equipment in working order, brings it to the meets, sets it up, takes it down, etc. He also prepares the results for for pick up at the next meet. Please remember to thank these men the next time you see them. They do a big job. Your help is also needed to run the meets by timing, setting up and taking down the equipment, cleaning up the pool area, etc. Please remember to volunteer.

Edie Jacobsen

Editor's comment: AMEN! (NK)

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WHEN YOU FAIL TO PREPARE YOU PREPARE TO FAIL

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DON'T LET BUFFET LINE GO TO YOUR WAISTLINE - (Shark Snooze)

How do we enjoy the holidays and keep the weight off?

Don't settle for overeating followed by guilt and "crash dieting". If you do overindulge one day, don't punish yourself. Just get back on track the next day and remember: It's hard to eat an extra pound's worth of calories in one meal.

Before you leave home, drink plenty of water and practice responses to temptations. When you arrive at your event (like the Shark's Christmas party), scan the appetizers and decide what looks most appealing to you. Have them in moderation, remember to leave the room for the meal. Focus on talking to friends. Keep reminding yourself that you want to enjoy the evening. At mealtime, take small portions of each item you desire with the option of having seconds if you are still hungry - but remember there is also dessert. Size up the situation. Before you pick up a plate, circle the buffet table. Mentally note which foods you really want to eat. Treat yourself to one or two "best picks". Don't make the mistake of waving away all rich foods. Instead, choose one or two favorite dishes that you generally consider "forbidden" because of fat or calories. Allowing yourself to indulge within limits can prevent feelings of deprivation that often leads to overeating later. Eat in half portions. If you always start with less than what you think you want to eat, you may be surprised how little it takes to satisfy you. Put distance between you and food. Sit down once you fill your plate. Standing by the table can lead to continuous nibbling. When you finish, get rid of your plate and get back to socializing. Limit your alcoholic beverages! A study from Georgia State University finds that people eat an average of 350 calories more at mealtime when they imbibe in spirits. Decide about dessert. If you must have dessert choose from items such as fresh fruit or angel food cake. If you opt for a rich dessert, share it with a friend. At buffet lines, where menus almost beg you to overeat, don't be a martyr. Restraining yourself unnecessarily tends to promote frustration and, ironically, future overindulgence. Instead of self-sacrifice, use these hints to enjoy the variety of foods in a buffet line while watching your waistline.

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THE AVERAGE AMERICAN GAINS SIX POUNDS BETWEEN THANKSGIVING AND NEW YEAR'S.

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PUBLICATIONS

Swim Technique, 4 issues a year \$10.00 per year	Swimming World	116 West Hazel St Inglewood CA 90302
Swim Smarts, monthly	Terry Laughlin 914/294-3510	381 Main Street Goshen NY 10924
USMS Rule Book, \$6.00	Dorothy Donnelly 508/886-6631	2 Peter Avenue Rutland, MA
MACA Newsletter, quarterly \$10.00 per year	Toni De Mauro	1624 Redfern Place Longmont CO 80501
World Aquatic News and Travel, quarterly \$6.00 per year	Margaret Samson 818/792-7947	PO Box 70366 Pasadena CA 91117
National Top/Ten & Records, 3 issues \$12.00 per year	Dorothy Donnelly 508/886-6631	2 Peter Avenue Rutland MA 01543

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I received the following article, "The One Hour Workout", by Clay Evans and Gerry Rodrigues, coaches for Southern California Aquatic Masters, and thought you might be interested in their "philosophy".

### THE ONE HOUR WORKOUT

All but one of SCAQ's 50 weekly workouts are one hour in duration. Our philosophy, cardiovascularly and physiologically, is that 60 minutes is the most effective way to coach adults on both a competitive and fitness level. Our ex collegiate swimmers can easily accomplish a 3000 yd quality IM, or a 4000 yd distance free workout. What more is needed - given that 14 of the 18 competitive racing events are under five minutes in duration?

We want to keep our swimmers for the long haul. Swimming motivation for the average adult should be packed in only 60 minute workout segments. Adults don't need the additional time and yardage as they stay more attentive, inspired and focused in this time frame. The One Hour Workout will achieve 95-98% of potential performance. Attaining the additional 2% requires tripling this amount. But it's not worth it for the average adult! Also let us remember that adult athletes injure quicker, heal slower and don't recover from workout to workout as we did in college. Keep it short, keep it specific and train smart.

Exceptions to this? Of course. Your open water swimmers and to some extent the 1650 or 1500 swimmer may desire longer workouts and can add some yardage for a few months. In most instances the desire for mega yards is based on past experiences from college or their age group team, where they were over trained. We teach "Specificity Enjoyment" at SCAQ and have good results to prove it. Do you need extra yardage that badly? Question the effects before making the decision.

### TYPICAL SCAQ WORKOUT COMPOSITION

1. Get in a social swim for the first 5 minutes. This allows for late comers to filter in but mostly for socializing while swimming the first couple hundred yards. Coach is organizing lanes, greeting swimmers and helping everyone out.
2. FORMAL COACHED WARM-UP. This warms up the swimmers and will range from 500-1200 yards. An example would be 6-8 x 100 on a 1:30 taking 5 seconds rest off the interval every 2 swims. Our goal here is to progressively warm up the swimmers while preparing them for the main set. There is correlation between the main set and the warm-ups. If it's IM day, we will have our swimmers warm up in all the strokes.
3. MAIN SET is targeted toward any swimmer (also the general fitness swimmer) that wishes to prepare for their special competition meet event. SCAQ's main sets range from 800 to 2000 yards depending on the ability levels and the type of workout ie. stroke, mid/dist free, IM, etc. The minimum time for a main set should be 15 minutes.
4. STROKE ISOLATION is used in SCAQ workouts for specification regarding the types of kicking or pulling our swimmers need. We

encourage kick sets to be stroke optional but encourage our fitness swimmers to wear fins. This increases their ankle flexibility. Those training for nationals in breaststroke may wish to only kick breaststroke. The same goes for pulling, although we do give lots of hypoxic breathing sets. This forces our swimmers to learn to relax while thinking on stroke specific alterations or adjustments.]

5. QUALITY SWIM. At SCAQ we like to give an all-out swim at the end of workout. Something that relates to the main set. Example: if the main set was 9 x 200/150/100, then we will have a 200 free for time at the end. Yes, there are always snarls, but it teaches fast pace swimming.

6. WARM DOWN. Always end with a relaxing social warm-down, very necessary for safety.

Only in the initial conversation with a former collegiate swimmer are we asked about 1.5 - 2 hour workouts. After their first SCAQ workout they recognize the intensity, the lack of garbage yardage and subsequently the value in The One Hour Workout.

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#### NOMINATIONS FOR WISCONSIN LIFESPORTS AWARDS

The Paper Valley Hotel in Appleton will host the annual Wisconsin Lifesports Awards Banquet on March 12, 1993, with guest speaker Paula Newby-Fraser. Now in its 4th year the Wisconsin Lifesports program began in the spring of 1990 as an avenue for peer recognition of outstanding Wisconsin athletes in the "silent sports" of running, swimming, cycling, Nordit skiing and the combination field of triathlons.

The nomination process allows athletes to nominate their peers for recognition of athletic accomplishments and/or contributions to the sporting community for the current year. The program also includes event and volunteer awards designed to recognize and thank those extraordinary people behind the scenes who spend countless hours providing us the opportunity to participate and compete in the sports and activities we enjoy.

Wisconsin Lifesports recognizes the sport of swimming in its program each year. Lynn Surles was voted athlete of the year at the '92 banquet for his outstanding personal accomplishments and contributions to his sport during the 1991 season.

To nominate a swimmer, event or volunteer for 1992 send your letter of recommendation to: Edith Jacobsen-Swimming Chair, 1786 Maricopa Dr., Oshkosh, WI., 54904. Deadline for nominations is January 15, 1993.

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God gave us two ends  
One to sit on and one to think with.  
A person's success depends upon  
which end he uses the most.  
It's a case of heads you win  
And tails you lose.

I gave away my exercycle:  
I found I couldn't face  
All that work and energy  
To stay in the same place

**CENTRAL MASTERS SWIMMING ASSOCIATION — 1992/93  
SCHEDULE (some dates are tentative—watch for next newsletter)**

<b>LOCAL</b>			
Jan 10 1993	Lattof Masters Lattof YMCA, Des Plaines	Mary Jo Ferris 708/397-2510	115 Honeysuckle Ct Rolling Meadows IL 60008
Jan 24	Elmhurst Masters York High School, Elmhurst	Mary Morris 708/916-0310	17 W 771 Kirkland Ln Villa Park IL 60181
Feb 6-7	Naperville YMCA Masters Naperville North HS, Naperville	Rich Cullen 708/355-6180	1747 Brookdale Rd Naperville IL 60563
Feb 14	Rock Island Masters Augustana College, Rock Island	Dave Thomas 309/788-9253	Carver PE Center Rock Island IL 61201
Feb 21	Shabbona Masters Shabbona Park, Chicago	Jack Masters 312/282-7386	6608 W Schorsch Chicago IL 60634
Mar 7	Central Illinois Masters Illinois Wesleyan, Bloomington	Joe Shehan 309/556-3382	1012 N Linden Normal IL 61761
Mar 13/14	Du Page Masters Wheaton	Craig Gitchell 708/653-7241	1418 E Lowden Wheaton IL 60187
Mar 28	Rockford YMCA Masters Rockford YMCA, Rockford	Pat Burns 815/987-2257	YMCA, 200 Y Blvd Rockford IL 61107
Apr 17	Barrington Masters Barrington HS, Barrington	Vince O'Leary 708/438-4998	44 N Golfview Rd Lake Zurich IL 60047
Apr 30- May 2	CMSA Championships Northwestern U, Evanston	Russ Lyman 708/869-5864	1236 Asbury Ave Evanston IL 60202
<b>NATIONAL AND INTERNATIONAL MEETS</b>			
Nov 8 1992	Indianapolis Fall Classic Indianapolis IN	Joan Dierks	917/283-3286
Apr 10-17 1993	Pan Pacific Championships Hamilton, New Zealand	Helen Fletcher	PO Box 86 Matamata, New Zealand
Apr 22-25	YMCA SC Nationals Fort Lauderdale FL	Paul Atkinson	2816 E Rahn Rd Kettering OH 45440
May 20-23	USMS SC Championships Santa Clara CA		
Aug 19-22	USMS LC Championships Minneapolis MN		
Sep 12	5 K National Championships Chicago IL		

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 The trouble with most drips is that they can't be silenced by calling a plumber.  
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 When it comes to difficult acts to follow, it's pretty hard to beat the good old days.  
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 Keeping your mouth shut has a number of advantages, not to mention reducing the chance of being misquoted.  
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 Achieving perfection may be all right if you don't feel compelled to improve on it.  
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 WHEN LIVING ON A BUDGET IT WOULD BE NICE TO OCCASIONALLY RUN OUT OF MONTH BEFORE MONEY.  
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 Perhaps because it happens so seldom, it's a glorious feeling when a drain opener works as advertised.  
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UPTHAGROVE/PATRICK  
MOVED LEFT NO ADDRESS  
UNABLE TO FORWARD  
RETURN TO SENDER

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4042 W. MAIN ST # 2B

PAT. UPTHAGROVE



WI Masters Swimming  
1115 Morningside Ct  
Marinette, WI 54143

PRESS RELEASE:

RELEASE DATE: DECEMBER 5, 1992

PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS  
HAMILTON, NEW ZEALAND - APRIL 6-16, 1993

It is not too late to sign up for the 1993 Pan Pacific Master Swimming Championships in Hamilton, New Zealand next April 6-16, 1993. The New Zealand Pan Pac will be the only major international swimming competition held in 1993. And what better place to hold an international competition than in beautiful New Zealand.

Ponte Vedra Travel & Associates have been selected as the official travel agent for the championships in the USA and Canada by the New Zealand Masters championship organizing committee.

For more information regarding the New Zealand Pan Pacific Masters Swimming Championships you can call Ponte Vedra Travel at: 1-800-833-SWIM. Ask about special team and group discount on the Pan Pacific travel packages and post meet excursions planned to New Zealand's south island and a tropical island cruise planned in Fiji.

For additional information contact: Ann Lamberson/George Koski, 2280 South Third Street, Jacksonville Beach, FL., 32250.  
Phone: 1-800-833-7946 FAX: 1-904-241-4206

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