
A great time was had by all at the Wisconsin State Long Course Masters Swim Meet at Wilson Park in Milwaukee August 6,7, and 8th. Despite a COLD start on Saturday morning a lot of good swims were recorded and the warmth of our after meet luncheon more than made up for the cool (mid 50's) air temp throughout the first half of the morning. Sunday's temperatures were a bit more moderate and the swims, therefore, a bit easier. But, let's be thankful for small favors! At least it didn't rain, thunder and lightning! And the pool heaters were working this year providing very comfortable 79 degree water temps for our swims. Many thanks to John Bauman and Harlan Drake who always seem to end up doing more than their fair share in setting up and taking down all the meet apparatus. Without them there would be no WMAC! Thanks, John and Harlan!

Those of us who were at Wilson Park had a difficult time believing what our fellow Masters swimmer Ray Klitzke had endured since we last saw him in early February. On February 19, while teaching at Marquette University, Ray suffered a grand mal seizure. He was in intensive care 3 days and underwent a series of tests (MRS's, EEG) which revealed a brain tumor. The tumor, wrapped around the venous return channel in the brain, was completely removed in surgery and the anticipated radiation post surgery was not needed. In addition, the expected year of speech therapy and eye and left leg and arm therapy never materialized. Ray is FINE except for still regaining his strength completely. Ray's physicians at Froedtert Hospital were very amazed at his swift and complete recovery and credit his regime of exercise through swimming for his remarkable comeback. Doris reports it was a very harrowing and trying couple of months waiting for everything to stabilize before attempting surgery - and then several more weeks of a lot of TLC to get Ray back to where he is today. We're happy to see both Ray and Doris back swimming and chalk his experience up to "another good reason to keep on swimming"!

CONGRATULATIONS TO HERB HOWE ON HIS 3 FIRST PLACE FINISHES - WHICH QUALIFY HIM AS A TRIPLE ALL-AMERICAN. IN ADDITION, HERB'S 200 FREE TIME WAS A MERE .55 SHY OF THE FIRST PLACE TIME! WAY TO GO, HERB!

- Relay Top Ten performances were recorded as follows:
- Men's 400 Yd Free Relay (55+) 9th, 5:06.42 (Lynn Surles, Bob Kueny, Tom Michelson, Don Kilb)
- Men's 400 Yd Medley Relay (55+) 3rd, 6:42.49 (Tom Michelson, Bob Swain, Don Kilb, Harlan Drake)
- Mixed 200 Yd Free Relay (65+) 4th, 2:27.86 (Josephine Pallin, Shirley Hasselbacher, Don Kilb, Lynn Surles)
- Mixed 400 Yd Medley Relay (55+) 7th, 5:54.46 (Doris Klitzke, Carol Reinke, John Bauman, Bob Kueny)

CONGRATULATIONS TO ALL OUR WISCONSIN MASTERS FOR THEIR FINE SHOWING IN THE 1993 SHORT COURSE TOP TEN RANKINGS!

Wedding bells for a former Wisconsin Masters swimmer: Margie Simsic, formerly of Port Washington, and Paul Hutinger have been married. CONGRATULATIONS!

WISCONSIN MASTERS AQUATIC CLUB
SHORT COURSE METER MEET
NOVEMBER 6, 1993

SPONSORED BY: WISCONSIN MASTERS AQUATIC CLUB

SANCTIONED BY: USMS, INC. AND LMSC for Wisconsin - sanction No. 203-06.

LOCATION: LAWRENCE UNIVERSITY Buchanan Kewit Aquatic Center, corner of College Ave and Lawe Street, Appleton, WI.

FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks, backstroke flags.

TIME: Warm-up 12:00 PM to 12:25 PM. Meet starts at 12:30 & will conclude by 6:00 PM.

RULES: Official master's rules will govern this meet. All events will be times finals with heats pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heat.

AGE GROUPS: 5 year age groups - cumulative age for relays. Age groups and sexes will be combined to expedite the meet.

TIMING: Automatic timing backed up by watches.

ELIGIBILITY: Entrants must be currently registered USMS swimmers. USMS forms can be obtained from the meet director. Registrations will be accepted on deck.

ENTRY FEE: \$2.50/ individual event - \$3.00 for relays. BARGAIN RATE: \$10.00 for Minnesota Postal Pentathalon. The fee for deck entries will be \$4.00/event.

CHECKS PAYABLE TO: WISCONSIN MASTERS AQUATIC CLUB.

ENTRY LIMIT: 5 individual events plus relays.

ENTRY DEADLINE: Entries must be in the meet director's hands no later than October 31, 1993.

ENTRY FORM: The official entry form must be used, one person per form and the waiver must be signed.

AWARDS: Ribbons 1st to 3rd places.

MEET DIRECTOR: Edith Jacobsen, 1786 Maricopa Dr., Oshkosh, WI 54904 (414) 233-7583.

ORDER OF EVENTS:

- | | |
|---------------------------|---|
| 1. 50 BUTTERFLY | 11. 200 IM |
| 2. 400 IM | 12. 50 FREESTYLE |
| 3. 100 FREESTYLE | 13. 100 BACKSTROKE |
| 4. 200 BACKSTROKE | 14. 200 BREASTROKE |
| 5. 100 BREASTROKE | 15. 100 BUTTERFLY |
| 6. 200 FREESTYLE | 16. 100 IM |
| 7. 50 BACKSTROKE | 17. 200 MIXED FREE RELAY |
| 8. 200 BUTTERFLY | 18. 400 FREESTYLE |
| 9. 200 MIXED MEDLEY RELAY | 19. 800 FREESTYLE (splits for 400
SUBMITTED FOR TOP TEN) |
| 10. 50 BREASTROKE | |

Each year the Minnesota Masters sponsor a postal pentathalon swim meet. Once again we will incorporate all 3 pentathalon races in the November 6 short course meter meet format. Official entry forms for this postal meet will be available at our meet and our meet director will serve as the official verification person. Last year several Wisconsin Masters not only placed well in this meet but also won and set new records. Let's try to do it again this year.

To support the Minnesota 1993 Postal Pentathalon Meet, the following option to the November 6, 1993 meet is hereby presented:

Each participant swims a Pentathalon (5 events) Butterfly, Backstroke, Breastroke, Freestyle and Individual Medlay. You may enter one of the three Pentathalons (sprint, middle distance or ironman - 50's, 100's, 200's) for the bargain fee of \$10.00. The races will not be swum in order (fly, back, breast, free, IM) but in the order as detailed in the entry information.

The following is a book review submitted by Ray Klitzke.

All Masters swimmers will enjoy a new book by Charles Sprawson, Haunts of the Black Masseur: The Swimmer as a Hero, published by Pantheon. It was reviewed in the March 4th issue of The New York Review, pp. 3-4.

Sprawson escorts us through the history of recreational and long distance swimming and diving from the late 19th Century on. You'll find such famous names as Annette Kellerman, Esther Williams and Captain Matthew Webb who, in 1875, was the first to swim the English Channel without assistance of any kind.

In one endurance race, Webb swam continuously for six days, 14 hours a day. Like all true heroes, he finally met his fate in a gallant challenge. He proposed to swim through the whirlpool below Niagara Falls, a feat never before attempted. He dived from the boat in his red silk costume and swam through "the savage green boiling water that seemed piled up in the centre like some glacier." He was never seen alive again.

Divers were also heroes. The world high-dive record is still held by Alick Wickham, a Solomon Islander, who in 1918 dived 205 feet 9 inches from a platform on a cliff above the Yarra River in South Australia. He wasn't worried as much about the height or water depth as he was about his chances of hitting the opposite bank. The force of the impact ripped off the many bathing costumes he wore and he lay in a coma for a week.

Sprawson tells of the invention of the "swallow" dive (Is this what we now call the swan dive?) and those who made it famous. The swallow dive was invented by the Germans and made famous in Leni Riefenstahl's films of the Olympic Games. (I'll bet the United States' George Sheldon used it in winning the High Diving event in the 1904 Olympic Games in St. Lluís.) Do you remember Esther Williams, who scorned to wear a bikini, performing her magnificent swallow dives in those beautiful musiclas? (Or was that really Pat McCormick?) Remember all those girls diving from the tops of waterfalls? Then there was Jane diving out of the trees into the arms of Tarzan. (I met a grossly overweight Johnny Weismuller at Houston's Shamrock Hotel Pool in the sixties.)

Annette Kellermann was the greatest swimming heroine of all. Nearly paralyzed by polio when she was a child in Australia, crowds came to watch the 14-year old Kellermann in marathon swims in the Thames and Seine. After winning a twenty-two mile race in the Danube, she came to America and made a sensational career in early films. In her 1914 film, "Daughter of the Gods", she set a world high-dive record when she escaped from her prison tower by plunging 100 feet into the sea in a perfect swallow dive. (I don't know about that one!) Annette invented the first sensible one-piece bathing suit. A splendid photo shows her sporting it at the age of sixty, underwater like a seal. The ad said, "Just wear a smile and a Jantzen." Masters swimmers don't wear Jantzen's these days but we sure have that smile!

Sprawson's book looks like a winner. Maybe he doesn't get into modern Masters Swimming but he certainly has a handle on the romance and legends of our favorite sport!

-Ray Klitzke

John Bauman forwarded a note from perry Rockwell explaining his absence from our meets for the past several months. A series of tests for respiratory problems have unfortunately indicated an "enlarged and weaker" heart and while exercise is "OK" getting "intense" about it is not! The good news is that Perry reports he IS back in the water and is hopeful that things will clear up and he will be back once again. Wisconsin Masters wishes you a very speedy recovery, Perry!

Scott Anderson sent the following article about fellow masters swimmer Nancy Joppa.



Bound for 'Ironman'

Nancy Joppa qualifies for famous triathlon; one of just 1,400 worldwide in competition

Ray Rlvard, THE BEE

Nancy Joppa is headed to the Kona Coast of Hawaii on October 30. It will be somewhat of a vacation, but more of a working vacation.

She will be competing, along with around 1,400 other athletes from around the world, in the Gatorade Ironman Triathlon World Championships.

This is something of a dream for the local woman because there are more than 20,000 people who attempt to qualify for the event each year. To make it is a once in a lifetime opportunity. "So, needless to say, I'll be going," she said.

Joppa qualified for the famous and very competitive event by winning the 30-34 year-old category at a qualifying race in Memphis, Tennessee a week ago. There were about 900 athletes competing at this qualifying race and the only way that a person can qualify is to finish in first place. There is also a lottery from which about 185 people are chosen to qualify, but

those are the only two ways a person can get into the big race.

Competition is keen. "Everyone there thinks that they can win the race, otherwise they wouldn't be there," she said.

At this particular triathlon, competition started with a 1.5k (.9 miles) swim and then continued with a 40k (24.8 mile) bike and ended with a 10k (6.2 mile) run.

Nancy finished her race with a time of 2:20. She said that the woman behind her came in with a time of 2:21 and third place not long behind second place. "It was stiff competition," she said.

Nancy said that she began training and competing in triathlons last year. "I competed in seven of them last year in Wisconsin and Minnesota and placed in all of them," she said. She has been encouraged and coached by Scott Anderson along the way.

Some of the competitions she has been involved in over the years include the Chicago Marathon in 1984 and the Oktoberfest Triathlon in 1985. 1992 triathlons

have included the Chippewa Springs-Lake Wissota YMCA Triathlon, Manitou Sprint Triathlon in White Bear Lake, Minnesota, The UW Hospital Sports Medicine Center Triathlon in Madison, The Wausau Triathlon, the Turtleman Triathlon in Minneapolis and the Tinman Triathlon in Menomonie.

Since March, she has rolled up over 1,000 miles on her bike and said that her success is due in part to her rides with the local Wednesday night bike club.

"This is going to be a scary event," Nancy said. Her training will intensify throughout the summer as she increases her distances.

The Ironman consists of a 2.4 mile ocean swim, 112 mile bike race and a 26.2 mile run to be completed within 17 hours. In all, it will require many hours per week of preparation for Nancy to be able to complete the 140.6 mile event.

She plans to travel to Hawaii from four to seven days before the event to get used to the heat.

"People from a cold climate have a disadvantage because they aren't used to the heat and swimming in the ocean," she said. In fact, she is concerned that by the time October rolls around, training will be difficult because of the change in seasons.

She is still figuring out ways in which to raise the necessary funds to make the



Nancy Joppa

trip, which is expected to be expensive. She said that she may attempt to "raise the money someway."

In the meantime, she will continue to train (much of the time with her children) and prepare both physically and mentally for the big event.

"People try for years to qualify for this and I feel really fortunate," she said.

Congratulations to the following Wisconsin Masters Swimmers who recorded National Top Ten rankings in the 1993 USMS Short Course Yards season:

Melinda Mann (35-39)	50 breast , 9th, :34.84		
Ingrid Stine (Unofficial WMAC) (50-54)	200 fly, 9th, 3:42.12	Morgan Byers (65-69)	1000 free, 5th, 14:40.60
Doris Klitzke (55-59)	50 back, 8th :40.45		1650 free, 6th; 24:47.62
	200 IM, 7th, 3:09.23		500 free, 7th, 7:05.98
Josephine Pallin (70-74)	50 back, 5th, :47.24	Lynn Surles (75-79)	50 free, 4th, :31.72
	100 back, 8th, 1:48.13		100 free, 4th, 1:12.97
Elizabeth John (80-82)	1000 free, 3rd, 30:54.97		200 free, 6th, 2:55.32
	500 free, 6th, 15:51.76		500 free, 6th, 8:03.40'
	100 free, 9th, 2:56.88		1000 free, 5th, 16:44.85
	200 back, 9th, 6:53.13	Herb Howe (80-84)	500 free, 1st, 8:34.31
	50 breast, 10th, 1:54.60		1000-free, 1st, 17:16.48
M. Rothschild (50-54)	1000 free, 9th, 12:16.08		1650 free, 1st, 29:40.51
Robert Kueny (60-64)	200 fly, 5th, 2:58.87		200 free, 2nd, 3:08.57
	400 IM, 7th, 6:07.69		100 free, 2nd, 1:19.43
	200 IM, 8th, 2:48.10		50 free, 8th, :39.69
	100 fly, 9th, 1:19.62		

PENTATHALON ENTRY FORM
NOVEMBER 6, 1993

NAME _____ BIRTH DATE _____ AGE _____ MALE FEMALE

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ USMS NO. _____ USMS TEAM _____

SPRINT PENTATHALON: 50 METERS EACH STROKE AND THE 100 IM

Event #1-50 fly _____ Event #7-50 back _____ Event #10-50 breast _____
Event #12-50 free _____ Event #16-100 IM _____

MIDDLE DISTANCE PENTATHALON: 100 METERS EACH STROKE AND 200 IM

Event #3-100 free _____ Event #5-100 breast _____ Event #11-200 IM _____
Event #13-100 back _____ Event #15-100 fly _____

IRON MAN PENTATHALON: 200 METERS EACH STROKE AND 400 IM

Event #2-400 IM _____ Event #4-200 back _____ Event #6-200 Free _____
Event #8-200 fly _____ Event #14-200 breast _____

ENTRY FEE FOR THE TENTATHALON OF YOUR CHOICE - \$10.00

ENTRY FORM
SHORT COURSE METER MEET
NOVEMBER 6, 1993

NAME _____ BIRTH DATE _____ AGE _____ MALE FEMALE

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO _____ USMS NO. _____ USMS TEAM _____

EVENT # _____	SEED TIME _____	EVENT# _____	SEED TIME _____
EVENT# _____	SEED TIME _____	EVENT# _____	SEED TIME _____
EVENT# _____	SEED TIME _____		

NO. OF ENTRIES _____ @\$2.50 = \$ _____

"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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: 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 _____ + _____

MEET DIRECTOR: Edith Jacobsen, 1786 Maricopa Dr., Oshkosh, WI 54904

Thought our swimmers would be interested in hearing about the success of Candy Christensen's son, Troy. Troy rose up through the ranks of YMCA and high school swimming prior to taking on the challenge of Division II swimming in Alaska. Congratulations Troy and Candy!

Local swimmer adjusts to life in Alaska

Christenson makes splash as freshman

By Tony Mooren
Freeman Staff

WAUKESHA — Troy Christenson wanted to see different parts of the country when he went away to college.

"I got about as far away as I could," said Christenson with a laugh.

Christenson attends the University of Alaska-Anchorage on a swimming scholarship and last week capped a successful freshman season with a high finish in the 100 butterfly at the NCAA Division 2 meet in Canton, Ohio.

His 50.7 clocking and fourth-place finish earned him all-



Troy Christenson

American status. He was also on a seventh-place medley relay team that gained all-American recognition and had personal-

hasn't been that much colder than it is here (in Waukesha). In fact, it was 40 degrees and sunny when I left and 22 degrees when I arrived here.

"I left Alaska for something colder."

There is warmth, however.

The team trained in Hawaii during the Christmas break. "We're supposed to go to Germany or the Caribbean next year," he said.

"Just because they're so far away, they have a pretty big budget just to get people to go to school there," explained Christenson. "So we have a pretty international team. The German national champion in the breaststroke is on our team and we also have a couple of swimmers from England and one from Portugal."

And of course, one from Waukesha.

best times of 21.49 and 48.1 in his respective 50 freestyle and 100 backstroke events at the national meet.

"I qualified for the nationals in only one event (the butterfly) but you can swim in four," pointed out Christenson, who also swam in the 100 freestyle.

Christenson, whose father Mark is varsity boys basketball coach at Waukesha South High School, felt right at home in Canton. "It snowed the whole time I was there," he noted during a stop at home on the way back to school.

So far, he's happy with his choice of schools.

"I was looking at other out-of-state schools like Hawaii but I didn't know too much about Alaska-Anchorage," said Christenson. "It's about what I expected. It's not Northern Exposure but I'm not living with Eskimos in igloos either. And it

Christenson qualified for the WIAA state meet three of his four years on the varsity with Waukesha South coach Greg Hollub.

"Coach Hollub knew the Alaska-Anchorage coach because he had recruited his son (Paul)," said Christenson.

Adjusting to college has been tough — and not just the classwork or swim training.

"Moose walk around the campus all the time," said Christenson.

And Alaska itself is an eye-opener.

"My first day there I went to see Portage glacier. It's one of the most spectacular things I've ever seen. It's huge," said Christenson. "I also took a wilderness class which includes hiking and camping overnight. You see bald eagles flying overhead and whales in the inlet — they're everywhere."

Can you stand one more testimonial to the physical benefits of swimming? This one involves your very own newsletter editor! After enjoying the warmth of Sunday morning at Wilson Park I hurried on home to Marinette in order to leave there for further northwoods and a 3 day camping trip at Crystal Lake (north of Minaqua) with my husband Jim and daughter Sara. We arrived at our campsite just in time to set up and walk down to the lake to enjoy a gorgeous sunset. After a campfire we made our trek to the "facilities" (rustic - pit toilets and pumps for water!) and headed back to our campsite in the darkness of the moonless thick northwoods when I stepped just off the edge of the road, severely twisted my ankle and BROKE it! I actually heard the sickening "snap" as it broke before I hit the ground. Given the late hour (11 PM) and the anticipated 3 hours it would take to get to town, to the hospital and then return, I opted for an ice pack and a delayed trip to town the next morning. We awoke to rain, to which Sara remarked - "At lease you picked a good day for us to go to town" - headed to Howard Young Medical Center and had the ER physician confirm what I already knew. My lower leg was splinted in a plaster temporary splint and the original prognosis was 4 weeks on crutches and, if I were lucky, 4 more in a walking cast. Needless to say, I was not a happy camper for the remainder of our trip - although I did manage to read a book and "enjoy" having meals made for me and no responsibilities for taking down camp or unloading once we got home. The good news - four days after the break I was fitted with a walking case with encouragement to walk as much and as soon as possible. The cast came off 9/14 - almost 3 weeks ahead of the original date - and I have to think my overall good physical condition and exercise and eating habits aided in the healing process.

During this ordeal, as I struggled with crutches those first few days of "no weight on the foot", I wondered how in the world an out of shape overweight person could cope in such a situation. I had been swimming, walking, biking and doing nautilus very faithfully for many years and yet could only manage 10 "hops" on the crutches that first day before having to stop and rest. My upper body hurt and my pulse was racing. I did "up my yardage" by the 3rd day to 30 "hops" before needing a rest. But this was still a blow to my ego!

Another huge hurt was having to miss the LC Nationals at Minnesota. I thought I might possibly be able to bargain for an removable air cast that would at least allow me to participate in the meet. But to no avail. Missing that meet was a big disappointment for me.

While my husband was somewhat sympathetic he couldn't resist commenting that "at lease it didn't happen on the way TO the outhouse!" Anyway, while I had to give up swimming, walking and biking for 5 1/2 weeks I returned to the nautilus room at the Y after 2 1/2 weeks and am currently back in the pool but unable to do much kicking. I've had my "off season rest" and am ready and raring to go!

-Nancy Kranpitz

Congratulations to the Wisconsin Masters Aquatic Club which finished 4th in the Large Team Combined final team scores at the USMS Long Course Nationals in Minneapolis in August. The women also finished 4th in the Large Team Women category and the men 7th among the Large Team Men. Space does not permit me to list all of our WMAC members places in this newsletter. But we do want extend congratulations to Herb Howe and Lynn Surles for their individual victories - Herb in the 1500 free (31:29.19) and Lynn in the 50 free (:35.00) and 100 free (1:21.64)! CONGRATULATIONS LYNN AND HERB! More individual results in our next newsletter.

Edie Jacobsen was Wisconsin's representative at the USMS National Convention in Los Angeles in mid September. The following notes are highlights from the convention which Edie wants to share with us. In addition please note the new waiver on the Lawrence entry form. Workout ideas from the convention will be included in our next newsletter.

CONVENTION NEWS

The USMS National convention was held in Los Angeles September 22-26. The largest action of the convention was to elect new officers. Mel Goldstein, who many of you recognize as the meet director of YMCA nationals and World Championships at Indianapolis, is the new president. We are pleased to have our president emanating from the Great Lakes Zone. Vice-president is Dr. Jim Miller from Virginia, Secretary is Suzanne Rague from Oregon, and Treasurer is Lucy Johnson Trapp from California.

One very important safety item which was discussed at great length was diving at practice and meets. There is to be no diving at meets and practices except into sprint lanes. This is cause for disqualification. The rationale behind the ruling is to prevent injury to the swimmers in the lane from someone diving onto them and injuring or crippling them for life. This means our warm-up pool also.

Another safety/insurance item which is worth noting concerns USMS practices. To have a supervised workout it is recommended that a least one individual maintain certification in CPR, first aid training, and one of the following, coaches safety training, emergency water safety training, lifeguard training or equivalent training and USMS or USS membership. For unsupervised workouts it is recommended that there be a certified lifeguard on deck at all times.

The fitness committee will be offering 4 challenges in the coming year to interest and acquaint lap swimmers in USMS. February Fitness- total yardage, June and July 2000 yd/m, May- September open water, and open ended 500 yd. continuous swim. I would appreciate it if each of you posted notice of these events and others at your local workout facility. We need to get the word out about masters.

Championship meets are as follows;

94 SCY Tempe, Arizona	94 LCM Buffalo, NY
95 SCY Ft. Lauderdale, ISHOF	95 LCM Portland, Oregon

A situation occurred at Minneapolis at nationals where a person willfully and knowingly swam in a lane not assigned to him. He has been sanctioned by the championship committee and it was upheld by the house of delegates that he is prohibited from swimming in both 94 nationals.

Great Lakes Zone will again be holding championships. We were the only zone not doing so. Fall Classic in Indianapolis Nov. 7 designated Zone SCM Championship, Cleveland State June 18&19 Zone LC Championship and Chicago Open Water Swim in September Zone Championship. We had a situation last year where the zone chair had to resign half way through the year and no one knew about it until convention when he didn't show up. The position of zone vice-chair/secretary was created and Edie Jacobsen was elected to fill the position. Now if the chair resigns there is a mechanism for the zone to continue to operate.

TOTAL IMMERSION SWIM CAMP

This summer I attended Terry Laughlin's Total Immersion Swim Camp. There were 14 campers ranging from 22 to 75 years old and from very beginners to seasoned competitors who spent 3 and 1/2 days perfecting their strokes. First, we were videoed by an underwater camera and our strokes were critiqued and then we relearned our strokes.

Over the 3 and 1/2 days we had 7 water instructional sessions and 5 classroom sessions. In the classroom sessions we reviewed what we had done in the water and learned how to plan a workout. In the water sessions we became proficient in diagnosing our own stroke defects through stroke drills. We learned about the synergistic nature of the freestyle /backstroke and breaststroke /butterfly.

The winter camps coming up have a different format. The camp lasts a week. All the water and classroom sessions are in the morning with the afternoon free for playing. Dates and places are as follows:

- Nov. 13-20-BARBADOS- sun and fun
- Jan. 17-23-YMCA of ROCKIES- downhill or X-country skiing
- March 13-19 NORTH PALM BEACH FL- sun and fun

Contact:

Total Immersion Adult Swim Camps
 381 Main Street
 Goshen, NY 10924
 914-294-3510

I give the camps an A+ rating. Don't be reluctant to attend because you're afraid they will be high yardage camps. There will not be supervised workouts. The water sessions are instructional in nature.

Eddie Jacobsen 414-233-7583

The 1993 USMS Long Distance National Championship 6000 yard postal swim & 1993 MCCM Masters 1000 yard postal swim are once again being sponsored by the MCCM Masters Swim Team. There are several different categories in this competition including a 6000 x 3 relay, 1000 x 6 relay, individual 6000 and individual 1000. All swims are sanctioned by the Niagra District Masters Swimming for USMS and entry information may be obtained by writing to MCCM Masters Swim Team, c/o Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York, 14564-9310. Swimming must be completed between September 1, 1993 and November 31, 1993 and entries must be postmarked no later than December 15, 1993 and received by December 26, 1993.

Wisconsin Masters would like to extend a hearty congratulations to Minnesota Masters for the manner in which they conducted the recent LC Masters Nationals. Paul Windrath and Wade Mulhern were the driving forces behind the success of this meet - which, I hear, started not at 8:01 AM daily but precisely at 8:00 AM. Hopefully their hard work and resulting greatly successful running of this meet will result in another national bid being awarded to them in the not too distant future. Congratulations-and THANKS-to all the Minnesota Masters who made the meet such a success.

(P.S. - I heard this from a very reliable source - my mother!)

WISCONSIN MASTERS SWIMMING
N1950 SHORE DRIVE
MARINETTE, WI 54143

Some Tips from the Frugal Gourmet (from Shark Sincze)

Cooking with part butter and peanut oil will give you a flavor os butter, with less saturated fat. The oil helps to keep butter from smoking.

Never put oil in the pan before turning on the burner. Heat the pan first, add oil and then the food. This helps prevent food from sticking to the pan.

Using wine in dishes is another way to reduce salt cravings. Wine contains natural potassium chloride and calcium chloride - chemicals quite similar to solium chloride, or table salt.

Quotes from Minnesota's Newsletter "The Old Sternwheeler":

At the meet held in LaCrosse, WI., Fran Zeumer, 72, of Neenah, WI., and her husband came to the meet. Fran came to swim and her husband came to help. When asked why he was not swimming he noted "I'm not old enough". When further inquiries were made as to his age he noted he was born in 1915. He then added that if he had been born in 1914 he would be "old enough".

Following a lifetime best 500 yd free of 7:28.71 and a very strong 26:02.61 1650 yd free, Jamie Davidson, 43, of Plymouth, MN., noted: "Swimming should be like the Indianapolis 500 - when the first swimmer is done then everyone is done."