

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

SUMMER 1997

Can summer really be upon us already? With such a late spring in most of the state it doesn't seem possible we are already swimming outdoors, following terribly long lines on the bottom of the pool, and doing fewer turns. I hope this will be a successful LC season for each and every one of you.

I must begin this newsletter with an apology - not only for this newsletter but the two previous ones. Once again we are in the process of moving - only not really by choice. Without going into any sordid details we (husband Jim and I) have endured a difficult six months dealing with his wrongful dismissal from his job. The long and short of it is we will be leaving Marinette as of June 23, 1997, and moving to Hazelhurst, WI, (WHERE???) Can you believe Hazelhurst is even further north than Marinette! My mind has definitely been on things other than this newsletter and these last three are not the quality I would hope for. Our temporary address is 10135 Cedar Falls Road, Hazelhurst, WI, 54531. We will be building a new home about a mile further down Cedar Falls Road so while the return address will change for the fall newsletter it will only be a different fire number.

YES - there is an indoor pool in the area! I have been asked that numerous times. So I WILL be able to continue swimming. It will just be a bit more inconvenient because lap swim time is from 5:40-7:20 AM only. But at least the opportunity is there. Does anyone know any Masters Swimmers in the Minocqua, Hazelhurst, Lake Tomahawk, Woodruff area? And yes, Jim has found employment in the form of superintendent of schools for Minocqua-Hazelhurst-Lake Tomahawk District. There is a USS swim team in Minocqua as well as high school girls and boys teams so we should both be able to "carry on".

If I miss something you sent me for inclusion in this newsletter please send the information along a second time. As I type this some of our possessions are already in storage in Hazelhurst, some are in boxes in this house, and who knows where the rest is! Educators move themselves - so to say we are in a state of upheaval being 1 week from closing is a gross understatement! So bear with me. I'll do my best to get the essentials covered and try to make up for these past few newsletters in the future.

Nancy Kranpitz - Editor

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TOP TEN AWARDS

Many Masters Swimmers are unaware that they are eligible to obtain a Top-Ten patch (with stroke segment), if they are listed in any event, in any course, during the year. Please be advised that:

Master swimmers are eligible to obtain a Top-Ten patch (with stroke segment) if they are listed in the Top Ten in any event during the year. All members of Top -Ten relay teams are eligible.

The 1996 patch reads: USMS Masters Swimming, TOP TEN, 1996." It is 4 x 2 1/2 inches and can be sewn on clothing or swim bags or tacked on walls. Earlier patches are similar.

USMS publishes three Top-Ten listings each year, one for each course (25 yards, 25 meters, and 50 meters). Listings are also available on the World-Wide Web at "www.swimgold.com" going back to 1993. Patches and stroke segments for most years as far back as 1982 can be ordered for \$5.00 each from Darlyne Ferguson, P.O. Box 8005, Canton, OH, 44711, (330) 455-4176.

Additional stroke segments can also be purchased for \$1.00 each. Your order must include your name and address, and the year, course, age group and event in which you placed in the Top Ten. Checks should be made payable to "Lake Erie LMSC".

If you have further questions you may contact Lilly Kron, Chairman, Lake Erie LMSC, 35400 Bainbridge Road, Solon, OH, 44139, (216) 248-8270.

I have received YMCA National Masters Results from Gordon Schalla but will hold them until the next issue in hopes that more of you will send me YOUR results. I can't get too critical here as I can't even tell you my exact results. They are packed away someplace. There were many Wisconsin swimmers at the Y Nationals. Don't be bashful. Send me your results TODAY!

DISREGARD TEMPORARY ADDRESS! NEW PERMANENT ADDRESS IS 10346 CEDAR FALLS RD, HAZELHURST, WI, 54531.

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WELCOME TO THE PSYCHIATRIC HOTLINE
Shark Snooze

If you are obsessive-compulsive, please press 1 repeatedly.
If you are codependent, please ask someone to press 2.
If you have multiple personalities, please press 3, 4, 5, and 6.
If you are paranoid-delusional, we know who you are and what you want. Just stay on the line; we'll trace the call.
If you are schizophrenic, listen carefully and a little voice will tell you which number to press.
If you are manic-depressive, it doesn't matter which number you press. No one will answer.
If you are delusional and occasionally hallucinate, please be aware that the thing you are holding on the side of your head is alive and about to bite off your ear.

USMS NATIONAL SUMMARY
sent by Nancy-Leigh Fisher

I received the following letter from Nancy-Leigh and wanted to share not only the results of the WI Masters swimmers who participated but also her very descriptive account of her experience.

"I just thought that I would drop you a quick note to let you know how four hale and hardy Wisconsin Masters swimmers did at the 1997 Nationals in Federal Way, WA. It was a pretty amazing meet. I think that last I heard there were over 68 national records broken at this meet. The facility was absolutely wonderful! The pool obviously seemed fast and it was a very well run meet. Unfortunately the numbers were down from other years by at least 600 swimmers so the meet didn't run as late as it usually does in the afternoon. However, like most of the national meets that I've been to, warmups were an adventure. Unless you managed to get to the pool at 6:00 AM you couldn't be guaranteed any kind of a warmup. There would be at least 10-12 people in a lane and you basically just moved a little bit. They did try to help alleviate it somewhat by designating slow, medium and fast lanes, but when a fast swimmer decides to kick he is not a fast swimmer anymore. The scenery for those of us who had never been to the Seattle area was incredible. I had always heard that it was beautiful but I wasn't expecting just how beautiful. I thought that it would be rain, rain, rain. From the time I arrived on Wednesday until I left Monday morning I experienced 10 minutes of rain. The rest of the time it was warm and sunny and just plain beautiful. The philodendrons were in full bloom along with the Scotch Broom along the side of the road. There were other flowers blooming but I didn't know what they were. Well enough of that. Here is how the four of us did."

Chris Weisman 34	Patricia Miller 31	Gordon Schalla 70	Nancy-Leigh Fisher 45
50 Breast 2nd	1000 Free 4th	50 Breast 2nd	50 Free 2nd
26.96	12:06.90	45.36	25.77
100 Breast 2nd	500 Free 12th	50 free 6th	200 free 1st
58.81	6:01.66	36.01	2:04.32
200 Breast 2nd		50 Back 5th	500 Free 1st
2:09.59		42.57	5:37.05
100 IM 2nd		100 Back 8th	50 Back 2nd
54.79		1:39.23	29.42
200 IM 4th		100 Free 11th	100 Back 2nd
1:59.71		1:31.21	1:05.17
50 Fly 6th			200 Back 1st
24.66			2:20.70

CONGRATULATIONS TO ALL AND THANKS FOR BEING SUCH GREAT REPRESENTATIVES AND
AMBASSADORS FROM WISCONSIN MASTERS SWIMMING!

DESCENDING SETS LEAD TO DESCENDING TIMES

By Paul Windrath

Although the training concept involving descending swims has been around for many years, it is still an unknown training method among many Masters Swimmers. This is unfortunate because, as a training technique, it can lead to improved race results for all strokes and all distances. AND, it can be incorporated into every facet of your practice to lower the boredom level.

The goal of a descending set is to increase the effort level as the set progresses. This makes it possible to know what different speeds feel like as you get tired. This is important during a race - especially middle and long distance races where "going out" too fast can lead to real pain.

Let's start with defining a descending set:

a) The basic descending set is a number of repeats on a fixed interval where you swim each repeat faster than the previous repeat. An example of this would be 3 x 100 on 2:00. If you swim the first 100 in 1:20, the second 100 should be faster than that, and the third 100 should be faster than the second 100. The coach might refer to this kind of set as: Slow, medium, and Fast (or as some Red Wing swimmers say: Most Slow, More Slow, and Slow).

b) Descending sets can be made as easy as you like (example "a" above) or more complex. Examples are:

1) Swim: 5 x 100 on 2:00 Descend. This requires more pace work to accomplish because you have to get faster for 5 x 100.

2) Swim: 10 x 100 on 2:00 descend 1-10. This requires even more pace work.

3) Swim: 10 x 100 on 2:00. Descend 1-5, 6-10. This means to make each of the first 5 faster. Then, you can go "slow" again on the sixth and descend again.

c) Descending sets don't just have to involve swimming each repeat faster than the previous one. They can involve anything that requires you to work harder than the previous repeat. Examples:

1) Swim: 5 x 100 on 2:00, 1:55, 1:50, and 1:45. This set is a descending interval. Keeping the pace the same while the amount of rest decreases increases the effort. You can also double descend by swimming faster on each repeat as well as having the repeat interval decrease.

2) Swim: 5 x 50 on 1:00. "Descend" the number of breaths you take during the 50. Start out with your normal breathing pattern. With each 50, reduce the number of breaths by 1. If you need more rest, take it. This is good for sprint training because you get comfortable with not breathing as often.

3) Swim: 6 x 100 on 30 seconds rest. This is a favorite warm-up for me. I hate swimming 600 yards straight when I am not loosened up. This warm-up provides the breaks I need plus the increasing effort level that my muscles can handle.

4) Swim: 500 straight. Rest 10 seconds at each 100. Descend each 100. This requires a little more thought and is excellent for distance training.

The number of descending sets is limited only by your imagination and willingness to increase the effort level. As a training technique, it can help you improve pacing, know your anaerobic threshold better, avoid pain, and swim faster. GOOD LUCK and SWIM FOR THE HEALTH OF IT!

Both articles by Paul Windrath, 2612 Eunice Ave, Red Wing, MN, 55066, PH/FX 612-388-8524, EMAIL 76732.3321@Compuserve.com, are reprinted with his permission.

GREAT NEWS - ATTENTION - GREAT NEWS - ATTENTION

In the last issue of our newsletter I had enclosed a listing of those Wisconsin Masters swimmers who would have made 1996 SC Yards Top-Ten had our state Top-Ten been sent in on time. One of the biggest disappointments had to be our 280+ mixed 400 free relay team of Herb Howe, Lynn Surles, Fran Zeumer, and Betty Kendall. Their time, achieved at the State Indoor Meet at Schroeder in April, 1996, would have earned them first place, a national record (by over 20 seconds), and All-American status. While nothing can be done about the 1st place and All-American honors USMS has recognized their time as the new national record. So, congratulations to Herb, Lynn, Betty, and Fran - NATIONAL RECORDS HOLDERS IN THE 280+ 400 MIXED FREESTYLE RELAY!

The Masters Prerogative
by Paul Windrath

So - You want to swim fast? It IS possible to improve your speed in the water and the secret is NOT doing a lot of weights and a lot of yards. The secret is training differently than many masters swimmers train.

Masters swimmers are not wimps by any means. By the same token, most masters swimmers are in the pool for more than purely physical reasons. Therefore, the thought of 6 x 100 on the 5:00 minutes is not necessarily appealing. Why? Because it means being uncomfortable.

Practice intensity ranges from the purely aerobic to the purely anaerobic. In between, there are lactic acid tolerance practices. To go faster, it is necessary to train in the anaerobic and lactic acid tolerance zones. If you train in these zones weekly, your times will get faster.

First, the purely anaerobic practice. The coach defines the practice as a few repeats - say 50s, 75s, or 100s - with a lot of rest. Should you choose to accept it, your mission is to swim as fast as you can for as long as you can. A typical set might be 6 x 100 on 6:00. Other examples are 8 x 50 on 4:00 (no breathe) or 8 x 75 on 5:00. These sets emphasize pure speed until you run out of gas.

Second, the lactic acid tolerance practice. When the coach assigns 5 x 200 on 3:30 or 4:00 (broken 10 seconds at each 50), do it. Your body will learn to continue swimming fast even when lactic acid is building up. You will also learn how to hold stroke technique when you are fatigued. These sets are different than the purely anaerobic sets previously described because you are going at a slightly slower speed - maybe 90-95% effort instead of 100%. These sets will help the second half of a 100 or 200 race (probably the 500 as well).

The purely anaerobic set is good to do only once per week. More often invites excessive physical breakdown. The lactic acid tolerance set can be done 1-2 times per week. Go through a nice long warm-up followed by a transitional set to increase your heart rate. Then, go to it.

These practices are not cute, creative, or fun in the traditional sense. Go into these sets embracing the prospect of death and believing "it is a good day to die!" Achieving complete muscle failure is the goal - pure and simple. But, each week you will feel stronger. By the time you have done these sets for 10-12 weeks your body will triumph. With some rest, fast swims and stronger swims are yours.

USMS SERVICE AWARDS

As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers, giving of their time and expertise to help our exciting program continue this growth. Among these volunteers, there are some whose service stands out in its scope, its impact on the program, and the numbers of members who have benefited from this individual's efforts on the local, regional, or national level.

The awards are in the form of a 3-color enamel pin. The USMS President and two members of the Recognition and Awards Committee will select the honorees, limited to 15 Awards Pins in a given year. Pins and a recognition letter will be sent to each honoree. Their names and accomplishments will be formally recognized at the Friday evening House of Delegates Meeting at the annual convention.

USMS wants you to tell us who and what is deserving of the special recognition of the USMS Service Award. Write and tell us of a person who has executed a single service project - or has given sustained service over a long period of time - or whose efforts in some way extend above and beyond the usual fine work of our volunteers.

Be sure to include the following information:

Name, address and phone of the nominee

Clearly indicate whether the service was performed at the local, zone, or national level

Describe the impact of the candidate's service - new programs, or improvements or enhancement of ongoing USMS programs

Outline the scope of the service and the number of members who have benefited

You may include a letter of support for your nomination

Please include your own name and address

Nominations may be forwarded at any time. For recognition at the 1997 Convention, please submit on or before August 1, 1997. Nominations should be sent to Mary Lee Watson, Chairman, Recognition & Awards, 6613 Rolling Fork Drive, Nashville, TN, 37205-3916.

CONGRATULATIONS TO THE FOLLOWING WISCONSIN MASTERS SWIMMERS WHO PLACED IN THE TOP-TEN FOR THE 1996 USMS SHORT COURSE METERS:

Cynthia Maltry 41	Doris Klitzke 61
9th 50 Back :37.14	3rd 50 Free :38.75
10th 100 Breast 1:31.58	4th 100 Free 1:28.42
6th 50 FLY :34.36	4th 50 Back :44.12
5th 100 IM 1:18.80	3rd 100 Back 1:39.61
4th 200 IM 2:55.82	9th 50 Breast :51.89
	2nd 50 Fly :43.92
Melinda Mann 40	3rd 100 Fly 1:49.31
2nd 50 Breast :37.88	4th 100 IM 1:37.27
2nd 100 Breast 1:23.87	
2nd 50 Fly :32.35	Shirley Hasselbacher 70
	8th 50 Free :44.48
Nancy Fisher 44	Betty Kendall 76
1st 400 Free 4:58.88	6th 50 Free :50.22
2nd 50 Back :33.11*	6th 100 Free 1:58.53
3rd 100 Back 1:12.92	5th 200 Free 4:14.75
2nd 200 Back 2:37.35*	6th 400 Free 8:53.86
* World Record Women 45-49	
Nancy Fisher 45	Fran Zeumer 76
1st 50 Free :29.66	9th 50 Free :59.49
1st 100 Free 1:06.25NR	8th 100 Free 2:06.87
1st 200 Free 2:24.46	8th 50 Breast 1:14.73
3rd 800 Free 10:33.35	
2nd 1500 Free 19:37.99	Mary Siebold 80
1st 50 Back :33.98	8th 100 Free 3:08.16
2nd 100 Back 1:14.65	10th 100 Back 3:34.56
1st 200 Back 2:40.54NR	5th 100 Breast 4:41.80
5th 50 Fly :35.91	3rd 200 Breast 10:09.23
7TH 100 im 1:23.39	7th 100 IM 3:51.26
Candy Christenson 49	W Morgan Byers 69
8th 50 Breast :43.74	8th 200 Free 2:55.13
Janet Schultz 45	5th 800 Free 13:28.56
6th 200 Breast 3:41.25	4th 1500 Free 25:20.25
Nancy Kranpitz 51	9th 100 Back 1:35.96
9th 200 Breast 4:02.84	5th 200 Back 3:33.35
2nd 200 Fly 3:42.55	6th 200 Im 3:27.94
5th 400 IM 7:43.74	Bill Payne 67
Ingrid Stine 57	6th 800 Free 13:48.31
9th 1500 Free 29:31.45	5th 1500 Free 26:13.32
6th 100 Fly 1:57.96	Lynn Surles 79
7th 200 FLY 4:18.14	10th 100 Free 1:40.40
7th 400 IM 8:30.98	7th 200 Free 3:51.30

NR= National Record.

Note: Nancy Fisher, at age 44, set 2 World Records in the Womens 45-49 age group under the FINA age determination rule.

RELAYS

Women 160-199 200 Free 2nd 2:03.05
Cynthia Maltry, Melinda Mann, Patty Morgan, Nancy Fisher
Women 200-239 200 Medley 4th 3:04.10
Doris Klitzke, Carol Reinke, Nancy Kranpitz, Edith Jacobsen
Men 240-279 400 Medley 2nd 6:55.09
Frank Feld, Bill Payne, Alex MacGillis, David Farrell
Mixed 280-319 800 Free 1st 15:01.18
Lynn Surles, Betty Kendall, Ingrid Stine, Harlan Drake

SPECIAL CONGRATULATIONS TO HARLAN DRAKE, INGRID STINE, BETTY KENDALL, AND LYNN SURLS FOR ACHIEVING ALL-AMERICAN STATUS FOR THEIR FIRST PLACE 800 METER MIXED FREESTYLE RELAY IN THE 280-319 AGE GROUP. THEIR ALL AMERICAN WINNING TIME WAS 15:01.18! ALSO, CONGRATULATIONS TO NANCY-LEIGH FISHER. IF I AM DOING THIS CORRECTLY SHE SHOULD ALSO BE RECOGNIZED AS ALL-AMERICAN BY VIRTUE OF HER TOP RANKINGS IN THE 50, 100, 200, AND 400 FREESTYLES AND THE 50 AND 100 BACK. CONGRATULATIONS TO ONE AND ALL.

LAP SWIM ETIQUETTE
The Old Sternwheeler
Volume 23 No. 2 Spring 1997

Please don't try to strike up a conversation with me when I stop between reps or sets. I probably don't have the breath to respond. I guess you aren't working that hard if you have the breath to chat.

I also can't hear you. The pool area has a constant echoing din, my ears are filled with water, my cap blocks out much of the sound, and my heart is pounding in my head.

I also can't see your lips move. I wear glasses outside the pool, and I don't have the financial luxury of buying prescription goggles. My goggles are wet inside, and the lighting in the pool is bad.

For the same reason, please understand if I don't see you until the last minute when you decide to stand in my lane. I'm just following the line on the bottom. I have little peripheral vision, and your light blue suit makes you blend in with the color of the pool bottom.

Please don't stand in front of the pace clock. I'm serious about doing my reps in a certain amount of time, so I like to see the clock as I swim. And I'm serious about starting my next rep at a certain time. I'm not bobbing my head around like this to imitate a turkey. I'm trying to watch the second hand as it approaches the top of the clock. Because of my pacing, please don't take offense when I take off for my next rep while you are in the middle of your conversation with me (that I can't hear in the first place...)

Please choose a lane with swimmers more closely aligned with your speed and ability. Please don't resent that I make a larger wake than the slower swimmers.

If you don't want to get your hair wet, perhaps a pool is not the best arena for you to do your workouts...

Sigh ...I feel better now. Thanks for listening.

I figured out one reason why I love swimming laps so much. I get to wrap myself in a cocoon of sensory deprivation. I can't hear much, and I can't see much. There is a constant white-noise in the natatorium, and in the water itself. It is just me and my thoughts and my goals for the workout. Refreshing! When someone interrupts that, they take me out of my world.

Joe Oppelt e-mail (joppelt@us.oracle.com)

FEBRUARY FITNESS CHALLENGE '97

What does it take to swim 37 million yards in just 28 days? Well, it takes 541 swimmers averaging almost 70,000 yards per person to complete such a distance. It happened recently in the 1997 February Fitness Challenge, a postal event hosted by the Crawfish Masters of Baton Rouge, La.

In its fifth year nationally, the FFC continues to be the second largest postal swimming event in the country, just behind the One Hour Swim. Host Baton Rouge led city-wide participation numbers with 47 entrants, followed by Canmore, Alberta, Canada, with 42 and Davis, CA, with 20 swimmers.

Event director Scott Rabalais, coach of the Crawfish Masters, says the event appeals to swimmers of all ages and abilities. "The purpose of the FFC is to encourage swimmers to track their yardage and to stay consistent with their workouts," he says. However, some swimmers go well beyond just charting yards and showing up at the pool.

Charles Hendrix, 53, of Auburn, Ala, took overall distance honors with a whopping 630,100 yards in February. Hendrix, a professor of veterinary medicine, squeezed in seven hours of daily swimming to accomplish the feat. The top female was Dottie Diedrick, 53, who managed 403,920 yards. Diedrick, of Elyria, OH., said, "This is more than I ever thought I could swim and still have fun!"

Equal credit must be given to the most senior participant on the FFC rolls. At the age of 87, Harold "Jack" Davis swam 13,950 yards. A resident of Fargo, ND., Davis not only has been in the water lately but also surrounded by it!

Take part in the 1998 February Fitness Challenge by contacting Rabalais for an entry form. He may be reached at 3537 Christina Ave, Baton Rouge, LA., 70806, or by e-mail at ScottRabalais@compuserve.com. Come on - take the Challenge!

THE SWIM DOCTOR - SOME LIKE IT HOT
Kentucky Waves Volume I Number 1

When work chores are piling up at home and the pressures at work are on the rise, masters swimming can relieve tension and promote well being. But when we arrive at our liquid Eden for workout and the water temperature is not within a few degrees of where we like it best, practice becomes a chore. This article will focus on temperature extremes and the consequences of overheating and overcooling.

Humans are warm-blooded animals and maintain a relatively constant body temperature of 98.6 F. Our core temperature is regulated through, among other things, receptors in our skin. Because our body temperatures are maintained through a balance of heat production and heat loss, variations in pool temperatures will cause the body to respond so as to maintain the core temperature.

As most of us are well aware when we do any dry land work in high temperatures and low humidity, our sweat evaporates quickly and we cool quickly. On the other hand, when the temperature and humidity are both high (as in a hot swimming pool), cooling off by the evaporation of sweat is less efficient, and our core temperatures rise. This can result in many problems, including heat cramps, heat exhaustion and even heat stroke.

If the pool's temperature is too cold, our blood vessels constrict and we shiver. Our bodies will conserve heat and more heat is produced by shivering. Behavioral responses, such as getting out of the pool, going indoors, or putting on warm clothing, are heat conserving methods that are important. These are often overlooked by macho masters swimmers.

Other factors play an integral role in an individual's ability to tolerate heat and cold. If a person is fat or very muscular, his or her ability to conserve or produce heat might allow toleration of colder water temperatures than a trim, less muscular individual. When the water is too hot and we climb out of an 88 F pool into 90 F low humidity air, we become cooler because of the evaporation of our sweat, which is limited in a super-humid environment (like a swimming pool).

Acclimatization to a hot environment generally takes as long as three weeks. Things a swimmer should do to help include 1) train in either early morning or late evening for a few weeks, then gradually move to midday workouts, 2) maintain an adequate fluid intake, drinking cold fluids if at all possible, 3) resume interval training in early morning or late evening on very hot days. Remember, with extremely strenuous exercise, core body temperatures can increase 1 C every five minutes if the micro climate (i.e., hot pool and humid air) prevents heat loss. Beware!

Because heat loss occurs twenty-five times more rapidly in water than in air, few things can be done to acclimate oneself to cool water. Adding blubber (like a whale) to your body is one way. Behavioral responses are important, too. Hopefully this article, though not exhaustive, will provide some food for thought as well as give some insight into why pool managers should maintain proper water temperatures.
E. Bell, M.D.

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TIDBITS FROM SHARK SNOOZE

Find yourself drained of all energy at the end of the work day? Try these tips from Men's Health magazine:

Stand up and speak. Get in the habit of standing to receive phone calls. This stretches tight muscles and allows you to breathe more deeply.

Have water in the morning. Since your body already is facing a water deficit from the night, drink 8 to 16 ounces of cold water as soon as you wake up. Then sip water throughout the day.

Sleep an extra hour. This means going to bed an hour earlier.

Break things up. Take short breaks during the work day. Research shows breaks actually speed work up making you more productive and less fatigued.

Laugh. Laughing not only helps you forget your present troubles, but the shift of facial muscles and changes in blood flow also can make you feel more alert.

Enjoy a snack. Raisins, fig bars, and lowfat granola bars are excellent sources of energy packed carbohydrates.

URNS-THE WINNING EDGE.
Florida Masters (Paul Hutinger)

The following tips for improving your turns and pushoffs have been compiled by Charles Schlegel (who has years of coaching experience) with updates by Paul Hutinger.

1. WORK ON TURNS DURING EVERY PRACTICE, building speed to the wall for the turn, instead of the typical easygoing turn.
2. STREAMLINE OFF THE WALL - stretch, keep arms pressed against your ears, one hand on top of the other, and head buried. If you have at least an average dolphin kick, use at least three underwater on the back before you start to surface. A new innovation by world class swimmers is to do one or more dolphin kicks off the wall in the free.
3. CONCENTRATE ON YOUR TURN - don't look at others, especially on the breast and fly.
4. PRACTICE WITHOUT BREATHING FOR ONE STROKE IN AND OUT OF THE TURN IN FREE.
5. THE PUSHOFF SPEED IS FASTER THAN YOUR SWIMMING SPEED, so use this momentum to your advantage.
6. THE TURN IS A VITAL PART OF RACE TACTICS. Make your move on the turn to get a jump on your opponent with a super push off.

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LESSEN THE STRESS - LEARN TO LIVE SIMPLY
FOCUS ON WHAT'S IMPORTANT
from Shark Snooze

- Don't answer the telephone during dinner.
- Stop trying to please everybody. Start pleasing yourself.
- Carve out an hour a day for solitude.
- Set aside one day a week for rest and renewal.
- Don't squander precious resources: time, creative energy, emotion.
- Never make a promise you can't keep.
- Allow an extra half hour for everything you do.
- Always carry something interesting to read.
- Breathe - deeply and often.
- Drink pure spring water - lots of it.
- Always opt for comfort.
- Cultivate gratitude.
- Luxuriate in your senses.
- Let Mother Nature nurture.
- Go to bed at 9 o'clock twice a week.
- Approach problems as challenges.
- Begin and end the day with prayer, meditation, reflection..

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WISCONSIN STATE LC CHAMPIONSHIPS

At the time this newsletter was being put together a firm date and location for the 1997 LC Championship meet had not been determined. Keep your eyes on your mail box for official information about this meet later in the summer.

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RACINE QUARRY OPEN WATER CHALLENGE
A WISCONSIN MASTERS OPEN WATER SWIM - JULY 5, 1997

If you are a registered Wisconsin Masters swimmer then you should have received entry information and an official entry form for the Racine Quarry Open Water Challenge on July 5, 1997. The lake is a spring-fed body of water located in an old rock quarry in Racine, WI. The surrounding park has a beautiful sandy beach, bathhouse with air conditioning, flush toilets, showers, lockers, and a concession stand. There are picnic tables and grills for a team picnic after the races and a hill above the beach provides great viewing of the races. The masters event is a 1.2 mile swim. If you misplaced your entry information you may contact Linda Eberle, 3505 Olympia Dr., Racine, WI, 53406, (414)554-0519. Ingrid Stine participated in this swim last year and gave it very high marks! Don't let the USS events scare you away. We are last on the order of events so the "youngins" will be long gone by the time we hit the water.

REMAINING USMS 1997 LONG DISTANCE NATIONAL CHAMPIONSHIPS

- **5/10 K Postal Swim - to be swum between May 15 and September 30**
hosted by Crawfish Masters
- **1 Mile Open Water Swim - May 3 in Irving, TX**
hosted by North Texas LMSC
- **2 Mile Open Water Swim - May 25 at Lake Audubon, VA**
hosted by Reston Masters
- **2 Mile Cable Swim - July 12 at Chris Green Lake, VA**
hosted by Virginia Masters
- **10 Mile Open Water Swim - July 19 in Seal Beach, CA**
hosted by Seal Beach Swim Club
- **5 Kilometer Open Water Swim - September 20 at Catalina Island, CA**
hosted by SCAQ and the Malibu Polar Bear and Breakfast Club
- **3000 yd Postal Swim - to be swum between September 1 and October 31**
hosted by Pacific Northwest Masters

Due to the fact that most of these events are held a great distance away from Wisconsin official entry forms for these events are not included in this newsletter. Anyone who would like an official entry form for any of these events should send a SASE to me. N. Kranpitz

WHY NOT TRY A LAKE RACE?

On Saturday, July 12, the North Central YMCA is sponsoring the YMCA Lake Amy Belle Swim Race at Camp Minikani on Lake Amy Belle. Swimmers may choose either a 1/2 mile or a 1 mile race swum on a 1/2 mile course. Entry fee is \$10 (\$8 for Y members) if paid by July 8th - \$12 after that date. Eric Jernberg, 618 N54, Milwaukee, WI 53208, is handling entries and has the official entry form and more information for anyone interested. Eric can also be reached by phone at (414) 443-6460.

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TEN COMMANDMENTS FOR A LONG AND PEACEFUL LIFE

submitted by Sam Caravello to Shark Snooze

1. Thou shalt not worry, for worry is the most unproductive of all human activities.
 2. Thou shalt not be fearful, for most of the things we fear never come to pass.
 3. Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.
 4. Thou shalt face each problem as it comes. You can handle only one at the time.
 5. Thou shalt not take problems to bed with you for they make very poor bed fellows.
 6. Thou shalt not borrow other people's problems. They can take better care of them than you can.
 7. Thou shalt not try to relive yesterday for good or ill. It is gone. Concentrate on what is happening in your life today.
 8. Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.
 9. Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.
 10. Thou shalt not become bogged down by frustration, for 90% of it is rooted in self-pity and will only interfere with positive action.
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GOOD SWIMMERS CAN DO THINGS WELL MOST OF THE TIME; GREAT SWIMMERS DO ALL THINGS WELL ALL OF THE TIME!

WISCONSIN MASTERS SWIMMING
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