

# WISCONSIN MASTERS SWIMMING

## SPRING – 1999 – NEWSLETTER

The snow has melted, the ice on the lakes has gone out, and the trees are trying to bud. Must mean spring is here! Must also mean it is time for another newsletter. As I sorted through the pile of possible articles for this newsletter it seemed strange to be thinking about swimming outside. But that time will fast be upon us. With Badger State Games information already out summer just can't be too far away. I hope you all have had a successful winter of swimming and are anticipating an exciting slate of summer events in which to partake. Have a good summer season and I hope each of you has the opportunity to make it to a number of the summer swims available in Wisconsin in 1999.

-Nancy Kranpitz – editor

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### RELAY ALL-AMERICANS

At the 1998 October LMSC meeting approval was given to purchase 1 (only) All-American Relay patch for each swimmer who was a member of a Wisconsin Masters All-American Relay (1<sup>st</sup> place on the National Top Ten). Some of the swimmers were on 2 to 4 All-American Relays – but will receive only 1 patch. The 1998 Relay All-Americans are:

- |                    |                 |
|--------------------|-----------------|
| Laurio Alioto      | Robert Kueny    |
| John Bauman        | Betty Lorenzi   |
| Candy Christensen  | Corinna Maleike |
| Judy Davis         | Tom Meehan      |
| Nancy Ehrke        | Dick Pitman     |
| Nancy-Leigh Fisher | Carol Smollen   |
| Herbert Howe       | Ingrid Stine    |
| Betty Kendall      | Lynn Surles     |
| Doris Klitzke      | Fran Zeumer     |
| Nancy Kranpitz     |                 |



Statistics from the All-American Relay Results: There were 55 clubs with winning relays. Gold Coast Masters, FL, had 50 swimmers gaining All-American status. Wisconsin Masters was 11<sup>th</sup> among all teams with 19 All-American Relay swimmers beating our neighbors Illinois (17), Minnesota (13), and Michigan (12).

**HURRAH!!!!**

**WE ARE GOOD!!!!**

**WE GOT THE QUALITY!!!!**

Editor's note: One of the MAIN reasons we had such a good representation in the All-American Relay count is because of the effort that Ingrid Stine puts in to formulating these relays. She spends a lot of time behind the scenes putting together not only fast relays but relays that include all those who want to participate. Of course, those she "taps" to swim have to cooperate and judging by the number of relays swum at the Tosa meets this winter those of you who have been asked HAVE cooperated. Many thanks to all who have helped put Wisconsin Masters Relays in the forefront this year and especially to Ingrid for all her organizational work.

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You might be a Wisconsinite if you can identify a Michigan accent.

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**BEGINNERS TIPS**  
From the USMS Fitness Committee

Flags at the end of the pool are called "backstroke flags". Use them to help you judge the distance remaining to the end of the pool. Use them - they will become very important to you!  
A swimmer travels further underwater than on top. Learn to extend and glide on starts and turns.  
When learning new strokes, fins may be used. They make swimming easier. They can be taken off at any time.

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**1999 MILWAUKEE ONE HOUR SWIM**  
**JANUARY 16, 1999**  
Ingrid Stine

Eric Jernberg hosted a one hour swim competition at Juneau High School in Milwaukee on January 16, 1999. Thirty swimmers of all ages participated including five Wisconsin Masters Swimmers. Melodee Nugent (31 weeks pregnant) and Peter Lee shared a lane and both Melodee and Peter swam 156 lengths (3900 yards). Ingrid Stine swam 132 lengths (3300 yards), Patti Jernberg swam 128 length (3200 yards), and Judy Davis swam 104 lengths (2600 yards). The #1 swimmer, a 14 year old girl, did 166 lengths and Eric's 11 year old daughter, Abbey, was 2<sup>nd</sup> with 158 lengths. The event was well organized by Eric. The pool was great, the water was most delightful, and the locker room facilities very nice. Many thanks to Eric for his work in organizing this event!

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**MEET SCHEDULE**  
John Bauman

**July 3, 1999** – Open Water Swim – Quarry Lake Park, Racine, WI. Contact: Linda Eberle, 3505 Olympia Drive, Racine, WI 53406 (414) 554-0519

**July 17, 1999** – Open Water Swim – Lake Amy Belle, Hubertus, WI. Contact: Eric Jernberg, 618 N. 54<sup>th</sup> Street, Milwaukee, WI 532008 (414) 443-6460

**August 6-8, 1999** – Wisconsin Masters Long Course Championships, Wilson Park, Milwaukee. Entry forms will be mailed to all Wisconsin registered swimmers.

**August 19 – 23, 1999** – USMS National Long Course Championships, University of Minnesota Aquatic Center, Minneapolis, MN. Entry forms will be in the May/June, 1999, issue of SWIM Magazine. Meet entry deadline is July 8, 1999.

I hope that Wisconsin will be well represented at the Nationals in Minnesota in August. Be sure to let me know if you are going and I will put relays together which the club (WMAAC) will pay for. Remember that relay age groups are determined by the "sum of the ages" at this meet. Don't forget the July 8 deadline so I can get the relay entry mailed on time!  
John Bauman (414) 453-7336

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You might be a Wisconsinite if you have ever gotten frostbitten and sunburned in the same week.

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## TOSA MEET – JANUARY 16, 1999

Fifty Three swimmers showed up for this meet including Ingrid Stine and Judy Davis who had participated in the One Hour Swim earlier in the day! Ingrid showed she is in GREAT shape by being among those who filled three heats of the 1000 free (remember, she did 3300 yards earlier the same day). It appears that many swimmers were eager to “go the distance” as five 400 freestyle relays and 1 200 medley relay were formulated. The meet finished early but the “meet meltdown” continued at the Ground Round over dinner. Many thanks to our LMSC Chairman, John Bauman, who is the driving force behind these Wauwatosa meets!

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## TOSA MEET – FEBRUARY 2, 1999

Ingrid Stine

The February Tosa meet attracted 64 swimmers and only a few scratches. Once again the meet ran very smoothly and very quickly. More than 1/3 of the swimmers participated in the 800 free relay- 6 teams – 1 heat! This was followed by three heats of the 500 free. With the large number of swimmers opting for the longer events in both the January and February meets could it be that even in the pool Wisconsinites are looking for sustained exercise in order to keep warm during the typically cold days of January and February? At any rate, after a 4:30 PM meet finish the swimmers once again adjourned to the Ground Round for dinner.

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## TOSA MEET – MARCH 13, 1999

Ingrid Stine

Fifty-nine swimmers (43 men and 16 women) found their way to Wauwatosa West High School for our March Tosa Meet. Once again many were willing to swim on relays as 8 relay teams competed in three different heats. And once again the continued cold Wisconsin winter weather found 18 souls searching for warmth through sustained exercise as three heats of the 1650 were filled. Melodee Nugnet swam the 1650 in a little over 26 minutes and flipped all her turns. So? She was 8 months and 3 weeks pregnant!! And Tosa West Pool is quite shallow at one end. Way to go, Melodee!

Several state records were broken. The 45+ 400 medley relay team of Nancy-Leigh Fisher, Janet Schultz, Dick Pitman, and Tom Payden took 23 seconds off the old record. Ingrid Stine (60) broke four 14-15 year old records including the 200 fly, 400 IM, 1000 free, and 1650 free! Talk about an Iron Man Day! Betty Lorenzi (71) broke the 100 IM record, Dave Watson (41) broke the 200 backstroke record, and Alex McGillis (70) broke the 100 breaststroke record.

**A very special thank you to Ray Diederich who drives Lynn Surles to all the meets and helped meet director John Bauman with the results on the computer.**

Despite the long distance races being swum the meet finished at 4:30 PM and the group adjourned only to reconvene again at the Ground Round for dinner.

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You might be a Wisconsinite if at least 50% of your relatives work on a dairy farm.

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# 1999 LONG DISTANCE NATIONAL CHAMPIONSHIP EVENTS

Sally Ann Dillon, Long Distance Committee Chairman for USMS, has forward to me the 1999 Long Distance Swimming Events Calendar. It includes hundreds of events from across the country. Space constraints prohibit me for listing them all. However, if you wish to have a copy, please send me a SASE and I will forward the calendar of events to you. The following long distance events are the 1999 Long Distance National Championship Events. The official entry form for all but the 5/10 K Postal Swim and the 3000/6000 Postal Swim have been or will be published in *Swim Magazine*. If space permits I will include the entry forms for these two events in this newsletter. If not, you may obtain them from me by sending a SASE and I will make sure you get them. The USMS sponsored events are:

5/10 K Postal Swim hosted by the Pacific Northwest Association of Masters Swimmers. It is to be swum between May 15 and September 30.

2 mile Cable Swim hosted by the Virginia Masters Swim Team. Date: July 10 at Chris Greene Lake in Charlottesville, VA.

1 Mile Open Water Swim hosted by the Seal Beach Swim Club. Date: July 17 in the Pacific Ocean in Seal Beach, CA.

2 Mile Open Water Swim hosted by the Ohio Masters Swim Club. Date: August 1 at Lake Erie in Cleveland, OH.

8.5 Mile Open Water Swim hosted by the Malibu Polar Bear and Breakfast Club and SCAQ. Date: September 25 in the Pacific Ocean at Catalina Island, CA.

5 Kilometer Open Water Swim hosted by the Malibu Polar Bear and breakfast Club and SCAQ. Date: September 26 in the Pacific Ocean at Catalina Island, CA.

3000/6000 Yd Postal Swim hosted by the Florida Maverick Masters. It is to be swum between September 1 and October 31.

The USMS Long Distance Committee would like to remind everyone of their publication, *The Open Water Manual*. Available for only \$7, the Manual is designed to guide teams and LMSC's in organizing an Open Water Event. To order, send a check payable to USMS to Tracy Grilli at the USMS National Office. The Long Distance Committee updated the Manual last fall and all future revisions and additions are included in the price. If your club would like to host a 2001 Championship Event you may obtain an official bid form and other pertinent information by contacting Sally Ann Dillon at 360-679-5039 or [salswmmr@oakharbor.net](mailto:salswmmr@oakharbor.net).

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## YMCA MASTERS NATIONALS

The YMCA Masters Nationals were held at the Schroeder Aquatic Center April 22-25, 1999, and many Wisconsin Masters swimmers participated. The Schroeder YMCA had a very large contingent of swimmers there as did the Manitowoc-Two Rivers YMCA and the Neenah-Menasha YMCA. While I did not stay until the very end of the meet to see who claimed the team trophy I think I am safe in saying it was Schroeder. They probably could have won it on the strength of their relay entries alone (64!). There were LOTS of great swims as well as LOTS of fun at the social gathering Saturday night.

Many teams sported banners – at least one of which was borrowed from their YMCA youth team. One had beautiful lettering proudly say “Neenah-Menasha YMCA Sharks”. Just below the image of the shark and just before the word “sharks” someone had plastered a large piece of duck tape with the word “mature” on it! I’m sure the “mature” sharks did their YMCA proud!

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You might be a Wisconsinite if traveling coast to coast means going from Superior to Milwaukee.

# GO TAKE A HIKE – IN THE POOL!

Nancy Kranpitz

Are you tired of the regular swimming grind? Goggles giving you a constant headache? Looking for a way to get some serious exercise in the water by adding a bit of variety to your exercise routine? Try water walking! By water walking I don't mean strolling around in the shallow end of the pool. I mean – don an aqua jogger belt, head for the deep end of the pool, start the sweep clock, and get ready for a good cardiovascular, very low impact workout. I stumbled across this alternative form of water exercise quite by accident and now incorporate it into my "swimming" routine.

How does it work? Basically I start my "run" on a 2:00 interval, "run" for 1:40, and rest for :20. I do 10 repeats and vary my "running" style by alternating between movements as large as I can make them, to medium size, to "sprints" in which my leg "kick" is very small and my arm movement very fast. I try to put equal emphasis into both the forward and recovery motions of both my arms and legs with the end result being I stay pretty much in one small place in the pool. After a 1 minute rest I do either 10 x :60 on :15 rest – or 10 x :50 on :10 rest. I find I can get my heart rate into my target range very quickly and maintain it there for the entire 30-32 minutes of my "run". Granted, it ISN'T swimming. But for people like me who concentrate more on the fitness aspect of Masters Swimming than the serious competitive aspect of the sport, it provides an excellent cardiovascular workout and does great things for overall body toning. No, I haven't given up swimming altogether! Some days my workout is exclusively swimming. But more often than not I find myself combining swimming with varying degrees of water walking. Now if they would just install a TV in the pool area so I could keep up with the Today Show .....

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## DID YOU KNOW...

- A brisk walk will burn about 100 calories per mile, improve your cardiovascular fitness with 20 minutes of sustained activity, and reduce stress.
- When you don't have time for a dedicated walk, using the stairs throughout the day can serve as a substitute for the walking.
- You can boost your veggie count while reducing your fat intake by topping your salads with salsa instead of dressing. Not a salsa fan? Try substituting non-fat yogurt for sour cream or mayonnaise in your favorite dressing mix.
- If weeknights get too hectic to prepare a meal grill an extra chicken breast on the weekend and reheat it in the microwave during the week. Simply add a steamed vegetable, salad and a slice of bread and dinner's on. If you are not sure how much meat to eat at a meal simply choose a serving about the size of the palm of your hand. Then fill the rest of your plate (and appetite) with low fat vegetables and carbohydrates.
- If the snack monster is stalking you scare it away with an apple a day for only about 80 calories.
- You can satisfy your chocolate craving by pouring chocolate syrup over a ripe, juicy strawberry. Chocolate syrup typically contains no fat!

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Just in case anyone should ask you what USMS is all about, here is the official word!

United States Masters Swimming (USMS) is an organization of sportswomen and sportsmen founded in 1970 and dedicated to the premise that the lives of participants will be enhanced through aquatic physical conditioning. USMS supports and encourages competitions among its members and those of other nations.

The purposes of the corporation shall be: To promote Masters Swimming consistent with the goals, rules, and regulations of United States Masters Swimming, Inc. (USMS).

The Mission Statement of United States Masters Swimming is: To promote fitness and health in adults by offering and supporting Masters Swimming programs.

# STATE SHORT COURSE YARDS CHAMPIONSHIPS

Approximately 80 swimmers participated in the Wisconsin State Short Course Yards Swimming Championships April 10-11 in Fond du Lac. While specific results and possible new records are not available as of printing time it is reported that the meet was very well run and produced many quality swims. The Fond du Lac facility is very nice and provided a chance for "upstate" Wisconsin swimmers to have a championship meet closer to home. Many thanks to all those whose combined efforts resulted in an excellent Short Course Yard Championship meet.

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Take a cardiopulmonary resuscitation (CPR) and First Aid course so you'll know what to do in an emergency. It takes less than a day, and *you* may save someone's life.

**Heat stroke is a life-threatening emergency, Call 911!**

The symptoms include: hot, red, dry skin and a very high body temperature.

Breathing may be rapid and shallow and the victim may vomit and lose consciousness.

First Aid: Move to a cool place. Apply cool, wet cloths to the victims body. Put ice packs on victims wrists, ankles, neck and armpits if available.

## Red Cross:

In 1914 Commodore Wilbert E. Longfellow established the volunteer based Life Saving Service of the American Red Cross. His objective was to "water proof" America.

Your local Red Cross is a great place to obtain *community water safety information*.

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The Kranpitzs have gone high tech! We are now "on line"! Our E-mail address is [ink@newnorth.net](mailto:ink@newnorth.net). I hope this will make it easier for many of you to forward newsletter items to me. Remember – this is YOUR newsletter! I need your help to make it happen!

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I'm sure I speak for many, if not all, of the Relay All-Americans who received a Relay All-American patch in the mail this past week when I say I was very pleasantly surprised and pleased. I was not in attendance at the fall LMSC meeting and was unaware of the decision made by the swim committee to have WMAC pay for the Relay All-American patches. On behalf of all the Relay All-Americans – THANK YOU WMAC! What a nice gesture!

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It has been brought to my attention, although I haven't been able to positively confirm it, that Nancy-Leigh Fischer was named an All-American based on having the fastest time in the nation in the 45-49 age group for the 1000 yard freestyle for 1998. Congratulations, Nancy-Leigh! We're proud of you!

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## STORK NEWS

**CONGRATULATIONS** to Melodee Nugent on the birth of a baby boy on March 24. Melodee was swimming at 8:00 AM, but something did not feel quite right. She went to the hospital and the baby was born at 10:00 AM! If the doctor had let her she probably would have gone back to the pool to finish her workout!

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# TIP OF THE MONTH - FLEXIBILITY

Paul Hutinger

There are many areas the Master swimmer can use to improve performance, which can help your overall fitness and health. Flexibility is frequently overlooked. Surgery on my left shoulder made rehab part of my daily training. The arm must be restored to full range of movement (ROM) before adding strength and swimming to workouts. To maximize your flexibility needed for streamlining and proper stroke mechanics, you need to extend your arms straight overhead, behind your head, elbows straight, hands overlapped. I can now do this. The other arm flexibility is upper arms up at 90 degrees with forearms and hands extended forward. The legs and knees, especially for breaststroke, need to be rotated to an 80 degree angle. Florida Maverick Masters President Robert MacDonald has one of the best ROM for breaststroke. His tip for improving ROM is to lie flat on your back with both knees and feet rotated outward. Start by sitting between your knees and very slowly and carefully, gradually progress onto your back. This position is difficult and not all of you will be able to achieve the MacDonald position.

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## STEVE CULLEN HEART RUN

JANUARY 23, 1999

8 KM RUN IN WAUWATOSA

Ingrid Stine

Okay - it was a little wet - maybe a lot wet. But the rain did not stop more than 250 healthy runners from turning out for the 3<sup>rd</sup> Steve Cullen Heart Run/Walk. There were lots of icy patches, ankle deep puddles, and snow banks to hurdle along the course which wound through Hanson Park. Two Wisconsin Masters swimmers participated: Gary Dunn finished 5<sup>th</sup> in his age group (40-44), 44<sup>th</sup> place overall, with a respectable time of 35 minutes 7 seconds. Ingrid Stine was a bit slower with time of 51 minutes - good enough for 2<sup>nd</sup> in her age group (55-59) and 149<sup>th</sup> overall. It was an experience Ingrid says she will never forget, but the hot chili, cheese, beer, and other goodies afterwards made it all worth it.

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## *9<sup>TH</sup> POSTAL PENTATHLON CHAMPIONSHIPS*

Several Wisconsin Masters Swimmers placed in the 9<sup>th</sup> Annual Postal Pentathlon Championships sponsored by the Minnesota Masters. They were:

- Chris Blimel 45-49, 8<sup>th</sup>, Sprint Distance
- Edith Jacobsen 50-54, 2<sup>nd</sup>, Iron Man Distance
- Doris Klitzke 60-64, 4<sup>th</sup>, Sprint Distance
- William Curtis 40-44, 6<sup>th</sup>, Sprint Distance
- John Maniaci 45-49, 3<sup>rd</sup>, Sprint Distance
- John Maniaci 45-49, 3<sup>rd</sup>, Iron Man Distance
- John Bauman 65-69, 1<sup>st</sup>, Middle Distance
- Tom Michelson 65-69, 2<sup>nd</sup>, Middle Distance

Congratulations to all Wisconsin Masters for their fine showing in this Postal Event!

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You might be a Wisconsinite if you learned to drive a tractor before the training wheels were off your bike.

**WISCONSIN SWIMMERS/RELAYS  
ON THE 1998 USMS SHORT COURSE  
METERS TOP TEN**

**INDIVIDUALS**

Sarah Moore 22 9th 50 Free :30.89	Judy Davis 63 10th 200 Back 5:04.24
Barbara Kolitsch 32 10th 200 Fly 2:59.09 8th 400 IM 5:53.44	Doris Klitzke 63 5th 50 Back :46.36 7th 50 Fly :46.05 6th 100 IM 1:42.26
Jennie Bourguignon 39 8th 50 Back :36.74	Carol Reinke 61 9th 100 Breast 1:55.44 10th 200 Breast 4:10.02 10th 100 IM 1:51.93
Laurie Alioto 46 9th 1500 Free 21:49.59 10th 100 Fly 1:22.00 2nd 200 Fly 2:54.38 7th 200 IM 2:56.28 4th 400 IM 6:08.86	Betty Lorenzi 71 7th 100 Free 1:40.10 2nd 50 Back :49.12 2nd 100 Back 1:48.01 2nd 200 Back 3:52.82 6th 100 IM 1:56.75
Melinda Mann 42 1st 50 Breast :37.33 1st 100 Breast 1:21.61 2nd 200 Breast 3:01.97	Fran Zeumer 78 9th 100 Free 2:13.91
Nancy-Leigh Fisher 47 2nd 800 Free 10:40.05 3rd 1500 Free 19:57.98 1st 50 Back :34.56 1st 100 Back 1:18.18 2nd 100 Back 2:46.59	Mike Kramp 25 4th 50 Back :29.13 4th 100 Back 1:04.93
Candy Christenson 51 5th 50 Breast :44.59	Jim Kurtz 50 10th 100 Back 1:16.89
Edith Jacobsen 51 4th 200 Fly 3:45.41 3rd 400 IM 7:18.21	Dick Pitman 54 7th 100 Fly 1:12.26 2nd 200 Fly 2:53.56
Ingrid Stine 59 9th 200 Fly 4:32.85	John Bauman 68 5th 200 Breast 3:52.47 8th 100 Fly 1:46.20

**RELAYS**

Women 240+ 2nd 400 Free 7:03.41 Ingrid Stine, Judy Davis, Doris Klitzke, Betty Lorenzi
Mixed 100+ 9th 200 Medley 2:31.25 Mike Kramp, Laurie Schroeder, Jay Buckmaster, Jennifer Boehm

**Diving or jumping:**

Know the depth  
before you dive and don't jump  
into the water that is murky  
without checking for hidden  
objects below the  
surface of the water.

Most spinal injuries occur in  
shallow water and you can  
injure limbs as well when  
jumping in unfamiliar waters.

**Didja Ever Wonder....?**

If nothing every sticks to Teflon, how do they make  
Teflon stick to the pan?

Why do you need a driver's license to buy liquor,  
when you can't drink and drive?

Why are there flotation devices under airplane seats  
instead of parachutes?

Why are cigarettes sold in gas stations when smok-  
ing is prohibited there?

**Long Distance Safety Issues:**

Hypothermia, fog, high surf,  
rays, rip currents and other  
currents, exhaustion, leg  
cramps, and dehydration.

**Some Tips:**

Be informed don't take this  
competition lightly. Ask the  
lifeguards about currents.  
Know the course well, train  
extensively, include weight  
repetitions for upper-body  
strength and be able to swim  
twice the distance.  
Plan your first swim to be  
shorter and in calm water.  
When allowed, wear a wetsuit  
made for surface swimming.  
Try it out a few times and wear  
double caps to keep from  
loosing too much heat in the  
more than likely 74 degree  
or less water.

You might be a Wisconsinite if "down south" to you means Chicago.

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# USMS WEB SITE

Contributed by Edie Jacobsen

The USMS Web site is located at usms.org. If you need to know what's going on in master's swimming go to the web site. The topics include places to swim, training, competition, calendar, coaching, long distance, fitness, discussion forums, LMSC information, rule book, member directory, etc. For instance, under LMSC information you could look up an LMSC where you might be visiting to see if they are having a meet while you are there or who you could contact to find out about coached workouts. Under competition you can find Top Ten Times for the current year. There is also an archive where you can get TTT back to 1992. You will be able to enter long course national over the Internet. When I logged on there was a posting about master's swimming in the NY Times. I checked it out and it led me to workouts from Mountain View Masters. There are other master's groups workouts, too. **HINT – WE NEED SOMEONE TO SET UP A WISCONSIN WEB SITE. IF INTEREST, CONTACT JOHN BAUMAN.**

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### **First aid for a seizure victim in the water:**

Support the victim - keeping the head and face above the water to breathe.

Have someone call 911.

After the seizure is over remove the victim from the water and check for breathing and pulse.

### **Hypothermia can**

**occur in 80 degree water!**

Symptoms: Shivering (this may be absent in severe hypothermia), slow, irregular pulse, numbness, glassy stare, apathy, decreasing levels of consciousness.

The very young and very old are most prone to hypothermia.

### First aid:

Warm, dry clothing.

Don't give fluids to a person not fully conscious, and never give alcoholic beverages.

### **Your County Health Department has**

regulations regarding swimming pools. Some common regulations include specified safety equipment that must be available at all public pools (this includes apartment, community, and college pools); the chemistry and clarity of the water, and a prohibition against dogs in pool areas.

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## **ONE HOUR POSTAL SWIM RESULTS**

Ingrid Stine

This year 1,838 swimmers (889 women and 949 men) swam 6,812,130 yards – a total of 3,870.5 miles! Club scoring was based on the total yardage swum by all of the swimmers of each club. Clubs were divided into 4 groups based on the number of participants per club. Divisions were: extra large clubs, large, medium, and small. Davis Aquatic Masters, CA., with 299 swimmers, was 1<sup>st</sup> in the extra-large group with 1,068,210 yards. Wisconsin Masters, with 4 swimmers, was 30<sup>th</sup> out of 87 in the small group. Melodee Nugent (31) – along with her passenger – finished 61<sup>st</sup> out of 108 in her age group. Ingrid Stine (59) was 14<sup>th</sup> of 50. Judy Davis (63) was 26<sup>th</sup> of 31 and Morgan Byers (71) was 2<sup>nd</sup> of 24 with 146 lengths (3650 yards). **Congratulations and thanks to our Wisconsin Masters participants for representing our state in such a fine fashion!**

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## SWIMMING TIP

Paul Hutinger

Prepare for meets and your events with **BROKEN SWIMS**. The following is an example for the 200 free. Estimate your goal time for the next meet – 3:00, or :45 per 50. Do 4 x 50 on 1:00 and pace your 50's for :45. This gives you :15 rest after each 50. To be more specific for your race, dive on the first 50, giving you :40. A more involved set would be as follows:

1. 4 x 50 with 10 sec rest per 50.
2. 4 x 50 with 20 sec rest per 50.
3. 4 x 50 with 30 sec rest per 50.

Try to hold your pace on all sets, taking several minutes between sets. You will have more rest as you do each set which will enable you to keep your pace. This works for all strokes, distances, and the IM's. If your times are faster, keep the same intervals, but decrease your pace. If you are slower, increase your pace. Once a week, you should do a set of repeats that increases your performance by stimulating the three energy systems. This maximizes your training and prepares you for meets with your best strokes. Check your heart rate or time to increase effort for each set.

Try the following set each week in your workouts. Write down your average times for each set and compare times. Try to improve your times each week by 1 or 2 seconds for each set until you reach your goal time. This also teaches you pace for your events.

Warm up – 400 yards

1. 3 x 100 (best time + 20 sec – 1:30 + :20 = 1:50) rest 30 sec after each 100 & 2 min after the 3.
2. 3 x 100 (best time + 15 sec – 1:30 + :15 = 1:45) rest 45 sec after each 100 & 2 min after the 3.
3. 3 x 100 (best time + 10 sec – 1:30 + :10 = 1:40) rest 45 sec after each 100 & 2 min after the 3.
4. 1 x 100 all out (aim for best time + 5 sec – 1:30 + :05 = 1:35).



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