

WISCONSIN MASTERS SWIMMING

Fall – 1999

As I gaze out the window I am struck by the beginnings of fall color in the trees, frost on the marsh, and the inevitable fog lifting out of the lowlands as the sun creeps into the eastern sky. Where did summer go? It seems as though we were just getting geared up for the Long Course season. Now it is back to indoors and short course yards. If you do not feel as though you got much swimming done this summer it certainly can not be blamed on a lack of opportunities. Between The Badger State Games, Amy Belle Lake Open Water Swim, The Wisconsin State Long Course Championships, and the USMS National Long Course Championships in Minneapolis opportunities abounded for participation. As we look ahead to fall and winter these opportunities continue. Once again the plea goes out to all registered swimmers to do their part to support our program through participation in our meets. The first one up is the Lawrence University Short Course Meters meet on October 30, 1999. You will find complete entry information about this meet elsewhere in this newsletter. Hope to see MANY of you there!

Editor – Nancy Kranpitz

ANNUAL MEETING

John Bauman - LMSC Chair

The annual meeting of the Wisconsin Masters Swim Committee, Inc., (LMSC), will be held Saturday, October 2, 1999, 1:00 P.M., at 11917 W. Rainbow Avenue, West Allis, WI (Rainbow Avenue is one block north of Greenfield Avenue).

Business to be conducted will include election of LMSC officers; establish registration fees for 2000; set a meet schedule for 1999-2000; discussion of lack of attendance at meets and direction that the LMSC should take to encourage better attendance; and any other business that may be brought before the committee.

Any team wishing to conduct a sanctioned meet should be prepared to present a proposal, including a firm date, at the meeting. A proposal mailed to me prior to the meeting will be given consideration.

Teams currently registered:

Manitowoc-Two Rivers YMCA-Carol Jensen
Appleton YMCA Masters-Laurie Lett
Waukesha Express Masters-Dan Meinholz
Badger Dolphins Masters-David Holland

Any Wisconsin registered swimmer is eligible and encouraged to attend this meeting.



TWO TIME NATIONAL RECORD HOLDER MELINDA MANN, 43, OSHKOSH.

**CONGRATULATIONS
GORDON SCHALLA!**

Gordy chose to participate in the archery competition at The Badger State Games to help him prepare for the State and National Senior Olympics Archery competition. Competing in the Senior Division (compound bow with a release) he placed first after shooting 30 arrows each for a distance of 60, 50, and 40 yards two days in a row. The total score determined the winner. Gordy compares it to getting up on the starting blocks 90 times a day! Word has it that Gordy was victorious in this year's State Senior Olympics competition held recently in the Milwaukee area. Good luck at the Nationals, Gordy!

FITNESS TIPS

A Publication of the USMS Fitness Committee

Editor, David Girilli

August 1999

Staying "Fit For Life"

Janet Renner

Do you believe in being "Fit For Life"? You must, otherwise you wouldn't be reading this. Grab a pen and a piece of paper and write down what being "Fit For Life" means to you. For added incentive you'll also want to write down how you will benefit by being "Fit For Life". If your definition or benefit lists do not state your long-term actual physical goal for life, then write that down, too.

Next, create a plan to attain that goal. Be sure your plan is attainable. Now examine your plan. Is there any fun in it? Without fun, why do it? Be smart and throw in workouts, races, adventures that are totally different for you. Doing something totally "off the wall" to your normal routine always raises your endorphins, and we all want more than our share of endorphins! Endorphins do a body/mind good!

All right then, so you're motivated and have enlisted in working out, but you have those days where you are having a tough time psyching yourself up to exercise. Try doing any of these:

- Let yourself work out just for 1/2 the time of your scheduled workout, but do it with intensity...fast and furious.

- Take a moment to reflect on your long term goal and the impact that missing 1 day equals in your workouts for the week. Miss 1 workout in a 4-day program and that's 25%!

It isn't worth skipping your workout...go for it! Needing more incentive...reflect for a time on how much better you've felt (mentally and physically) after having done your workout. Now reflect on how great you'll feel by just doing it.

OK, now that you're workout out, what do you do if you "hit the wall" during your workout? Imagine your shadow is pushing you, and working with you to finish. This is your source of inspiration, your buddy, your teammate. Together you pull each other along. This is assuming you've kept yourself properly fed and hydrated!

The more you do something the easier it gets and the more confidence you gain because you develop your own style and pace for accomplishing it. Chart your development and watch your style and pace evolve.

You and your working out are a source of inspiration for others and this is one of the greatest sources of motivation for yourself. Encourage your friends, family and acquaintances to go on a workout with you. Be gentle with them, and set your goal for that workout to inspire them to continue. Usually, this is not accomplished by showing off how great you are, but by leading them on with encouragement and tips, and reinforcing how great they are doing.

By being "Fit For Life" you enhance your mind-body spiritual quality of life. For many of us our bodies are the leader of how we feel about ourselves. Nourish your quality of life with a regular fitness program, and notice how each day seems brighter and easier to manage.

Don't forget to send newsletter items and/or articles to jnk@ncwnorth.net.

The aging process could be slowed down if it had to work its way through Congress.

WISCONSIN LONG COURSE CHAMPIONSHIPS

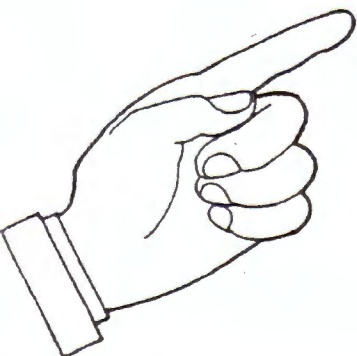
Submitted by John Bauman

Forty eight swimmers participated August 6-8 in the Wisconsin State LC Championships at Wilson Park in Milwaukee. After several years of ideal weather our luck ran out and the meet was run in the rain on Saturday and with a very cold wind on Sunday. Despite the less than ideal conditions 36 individual and 9 relay State Records were set. A big "thank you" goes out to those who braved the weather to support this meet.

You know you're getting old when getting lucky means you find your car in the parking lot.

WISCONSIN MASTERS AQUATIC CLUB
SHORT COURSE METRIC SWIM MEET
LAWRENCE UNIVERSITY
October 30, 1999

- SPONSOR: WISCONSIN MASTERS AQUATIC CLUB
- SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 209-011
- LOCATION: Lawrence University, Buchanan-Kiewit Aquatic Center, near corner of East College Ave. and Lawe St., Appleton, WI
- FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks and backstroke flags.
- DATE/TIME: October 30, 1999. Warm-up: 12:00 p.m. to 12:25 p.m. Meets starts at 12:30 p.m. and will end by 6:00 p.m.
- RULES: Official U.S. Masters rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heats.
- AGE GROUPS: 5-year age groups. Cumulative age for relay teams. Age groups and sexes are combined to expedite meet. Age group is determined by the swimmer's age as of December 31, 1999.
- TIMING: Automatic timing system backed up with watches.
- WARM-UP PROCEDURE Lane 8 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 1-7 will be for circle swimming only. NO DIVING in lanes 1-7. It is prohibited for any swimmer to dive or jump into a warm-up pool in any location other than the designated sprint lanes. At the discretion of the meet director, an offender may be disallowed from competition for the remainder of the day and be disqualified from events he or she may have already swum that day.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. Each entrant must be a registered Masters Swimmer. Registrations will be accepted at the meet until 12:00 p.m. BUT NO LATER!
- ENTRY FEES: \$2.50/individual event. OR -- A Bargain rate: Pay only \$10. to swim a pentathlon. Fee for deck entries is \$4/event. A pool surcharge of \$2.00 will be added to entry fee. Make checks payable to WISCONSIN MASTERS AQUATIC CLUB. No charge for relays.
- ENTRY LIMIT: Five individual events plus relays.
- ENTRY DEADLINE: Entries must be received by meet director no later than October 23, 1998. Deck entries and late Masters registrations accepted **ONLY** until 12:00 p.m.



If it weren't for the last minute a lot of things wouldn't get done.

ENTRY FORM: The official entry form must be used. One person per form. Waiver must be signed.

AWARDS: Ribbons for 1st, 2nd and 3rd places.

MEET DIRECTOR: Robert Swain, 2100 N. Eugene St., Appleton, WI, 54914. (920) 731-1913.

ORDER OF EVENTS:

- | | | | |
|-----|--------------------------|-----|---|
| 1. | 50 m butterfly | 11. | 200 m IM |
| 2. | 400 m IM | 12. | 50 m freestyle |
| 3. | 100 m freestyle | 13. | 100 m backstroke |
| 4. | 200 m backstroke | 14. | 200 m breaststroke |
| 5. | 100 m breaststroke | 15. | 100 m butterfly |
| 6. | 200 m freestyle | 16. | 100 m IM |
| 7. | 50 m backstroke | 17. | 200 m mixed free relay |
| 8. | 200 m fly | 18. | 400 m freestyle |
| 9. | 200 m mixed medley relay | 19. | 1500 m freestyle (Limited to first 16 entries. Splits for 400 and 800 can be submitted for Top Ten & first 200 split can be used for Ironman Pentathlon entry.) |
| 10. | 50 m breaststroke | | |

Each year the Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon events in our meet. Official entry forms for this postal meet will be available at our meet and the meet director will serve as the official certification person. In past years Wisconsin Masters have placed in this meet and have won events and set new records. Let's try and do it again this year.

Participants in our meet will be able to swim the five events of one of the three divisions of the Minnesota Masters Postal Pentathlon Meet for only \$10. Each participant swims a pentathlon of five events: Butterfly, backstroke, breaststroke, freestyle and individual medley. You may enter our meet and one of three pentathlons: Sprint, Middle Distance or Ironman. Our entry for fee for the five events is \$10. Events will be in the order described above.

NOTICE: Minnesota Masters will charge a separate fee for entry in its postal pentathlon.
Lawrence Meet entry fees **DO NOT** include the Minnesota Masters entry fee.

POST-MEET: When the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Avenue at the railroad crossing. (Northeast corner) It's on the way out of town and the food is good.

DIRECTIONS TO POOL: The pool at Lawrence University is on the main campus on East College Avenue which is Hwy 125 into the city. If coming from the north or south on Hwy 41, take the Hwy 125 off-ramp (West College Avenue) and go east all the way through the downtown business district to the campus on East College Avenue. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is just east of and behind Main Hall on the south side of College Ave. Parking in and around campus is limited. If you're on College Avenue, go past the Chapel to the next stop/go light and turn left. Go one block, turn left again, go another block to Union Street and turn left again. There's a visitor's parking lot next to the Chapel and a fair amount of on-street parking in this general area. The rec center and pool are straight south of Union Street.

ENTRY FORM
SHORT COURSE METRIC MEET
LAWRENCE UNIVERSITY
October 30, 1999

Print Clearly, PLEASE

NAME _____ BIRTHDATE _____ AGE _____ SEX _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ USMS NO. _____ USMS TEAM _____

Event # _____ Seed Time _____ Event # _____ Seed Time _____
Event # _____ Seed Time _____ Event # _____ Seed Time _____
Event # _____ Seed Time _____ Event # _____ Seed Time _____

Number of Entries _____ @ \$2.50 + \$2.00 Pool Surcharge: \$ _____

Pentathlon entrants: You pay only \$10.00 for five events plus pool surcharge.

MINNESOTA MASTERS PENTATHLON INFORMATION

The Minnesota Masters Postal Pentathlon has three divisions: Sprint, Middle Distance, and Ironman. If you plan to enter the pentathlon, place a check in the space provided below and enter the event numbers and seed times in the spaces above. You can enter five Lawrence Meet events for the price of four.

NOTICE: Minnesota Masters will charge a separate fee for entry in its postal pentathlon.

Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fee.

_____ SPRINT PENTATHLON: 50 meters each stroke and 100 IM: Event #1: 50 fly; Event #7: 50 back;
Event # 10: 50 Breast; Event #12: 50 free; Event #16: 100 IM

_____ MIDDLE DISTANCE PENTATHLON: 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

_____ IRONMAN PENTATHLON: 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

WAIVER

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. **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 DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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.** In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

**CONGRATULATIONS TO THE FOLLOWING WISCONSIN MASTERS
SWIMMERS FOR BEING NAMED AMONG THE TOP TEN IN THE USMS
NATIONAL RANKINGS FOR SHORT COURSE YARDS IN 1999.**

INDIVIDUALS

| | |
|-------------------------|-------------------------|
| Nicole Paplham 24 | Doris Klitzke 63 |
| 3rd 50 Free :25.25 | 8th 50 Back :40.38 |
| 3rd 100 Free :54.19 | 8th 100 Back 1:30.12 |
| 4th 200 free 1:59.61 | 9th 200 Back 3:16.59 |
| 1st 50 Back :27.49 | 10th 100 Fly 1:37.77 |
| 3rd 100 Back :59.74 | |
| 4th 200 Back 2:13.37 | Betty Lorenzi 71 |
| | 10th 100 Free 1:29.21 |
| Jennifer Dorius 24 | 6th 200 Free 3:14.23 |
| 10th 100 Breast 1:13.41 | 5th 500 Free 8:29.30 |
| | 3rd 1000 Free 17:07.85 |
| Nancy Kellner 32 | 5th 50 Back :44.63 |
| 10th 500 Free 5:33.56 | 5th 100 Back 1:37.33 |
| 10th 1650 Free 19:11.20 | 4th 200 Back 3:32.28 |
| 7th 200 Fly 2:24.84 | 8th 100 IM 1:45.15 |
| | |
| Melinda Mann 42 | Mark Gwidt 29 |
| 9th 50 Free :26.61 | 8th 1000 Free 10:45.14 |
| 2nd 50 Breast :33.44 | 9th 200 Breast 2:19.28 |
| 2nd 100 Breast 1:13.22 | |
| 3rd 200 Breast 2:39.46 | Steven Lauffer 29 |
| 10th 50 Fly :29.02 | 10th 200 Breast 2:19.99 |
| 4th 100 Fly 1:04.26 | |
| 2nd 100 IM 1:05.25 | Antonio Portela 33 |
| 4th 200 IM 2:25.08 | 9th 50 Fly :23.79 |
| 6th 400 IM 5:18.56 | |
| | Alan Becker 56 |
| Nancy-Leigh Fisher 47 | 9th 200 Fly 2:54.11 |
| 4th 50 Free :26.16 | |
| 4th 100 Free :57.44 | Wesley Mayer 66 |
| 4th 200 Free 2:05.81 | 6th 100 Breast 1:23.04 |
| 4th 500 Free 5:38.93 | 4th 200 Breast 3:06.47 |
| 3rd 1000 Free 11:33.74 | |
| 2nd 1650 Free 19:36.82 | Robert Kueny 68 |
| 2nd 50 Back :29.40 | 8th 200 Fly 3:31.39 |
| 2nd 100 Back 1:05.54 | |
| 1st 200 Back 2:26.05 | W Morgan Byers 71 |
| 6th 200 Fly 2:45.62 | 10th 200 Free 2:43.21 |
| 4th 400 IM 5:28.26 | 8th 1000 Free 15:51.37 |
| | 7th 1650 Free 26:16.67 |
| | |
| Nancy Ehrke 45 | Alex MacGillis 70 |
| 5th 50 Breast :36.45 | 9th 100 Breast 1:32.12 |
| 7th 100 Breast 1:20.06 | |
| | Lynn Surles 81 |
| Ingrid Stine 60 | 7th 50 Free :36.10 |
| 9th 1650 Free 29:37.05 | 6th 100 Free 1:25.67 |
| 9th 200 Fly 3:51.89 | 8th 500 Free 9:39.03 |

RELAYS

| |
|---|
| Women 55+ |
| 3rd 400 Free 6:17.51 |
| I Stine, J Davis, B Lorenzi, D Klitzke |
| 2nd 400 Medley 7:00.46 |
| B Lorenzi, I Stine, D Klitzke, J Davis |
| 3rd 800 Free 13:44.32 |
| I Stine, J Davis, C Smollen, D Klitzke |
| Women 65+ |
| 2nd 400 Free 7:06.97 |
| J Moldenhauer, F Zeuner, B Lorenzi, S Hasselbacher |
| Men 25+ |
| 10th 400 Medley 4:25.91 |
| J Mueller, J Lourigan, C Beyer, T Lukens |
| 8th 800 Free 9:04.42 |
| C Beyer, K Kleppek, T Haines, J Lourigan |
| MEN 45+ |
| 10th 200 Free 1:42.74 |
| M Daley, E Ehrke, R Dickson, P Toumanoff |
| 2nd 800 Free 9:20.61 |
| J Couper, S Justinger, T Meehan, A Luetke |
| Men 65+ |
| 9th 200 Medley 2:41.61 |
| G Schalla, J Bauman, A MacGillis, H, Drake |
| 3rd 400 Free 5:32.52 |
| J Bauman, R Kueny, B Payne, T Michelson |
| 3rd 400 Medley 6:08.57 |
| W Byers, J Bauman, R Kueny, T Michelson |
| 4th 400 Medley 6:26.59 |
| G Schalla, W Mayer, A MacGillis, L Surles |
| Mixed 25+ |
| 4th 400 Free 4:35.95 |
| T Haines, F Jennings, S McKay, J Lourigan |
| Mixed 45+ |
| 2nd 400 Free 4:10.14 |
| N Fisher, N Ehrke, T Meehan, S Justinger |
| 4th 400 Medley 4:37.36 |
| N Fisher, N Ehrke, D Pitman, T Meehan |
| 5th 800 Free 9:31.43 |
| T Meehan, N Ehrke, N Fisher, S Justinger |
| Mixed 65+ |
| 8th 200 Medley 2:59.96 |
| B Lorenzi, J Bauman, T Michelson, B Kendall |
| 2nd 800 Free 12:48.40 |
| B Lorenzi, B Kendall, W Byers, R Kueny |

You're getting old when you're sitting in a rocker and you can't get it started.

Middle age is when work is a lot less fun – and fun a lot more work.



WISCONSIN MASTERS SWIMMERS ENJOY A MEAL OUT AFTER THE STATE LC MEET IN AUGUST.

FITNESS TIPS

The "Check Off Challenge" is a fitness event where by a swimmer uses a checklist printed on a tee shirt as motivation to swim all 18 short course events. The "Postal Pentathlon" requires participants to swim a certain distance of fly, back, breast, free, and IM and mail your results for comparison on a national level. These events are not necessarily competitive, but are an effort to get swimmers to try something different.



SARA ALLEN, 24, ENJOYING A SUCCESSFUL LC NATIONAL MEET

USMS LONG COURSE METERS NATIONALS

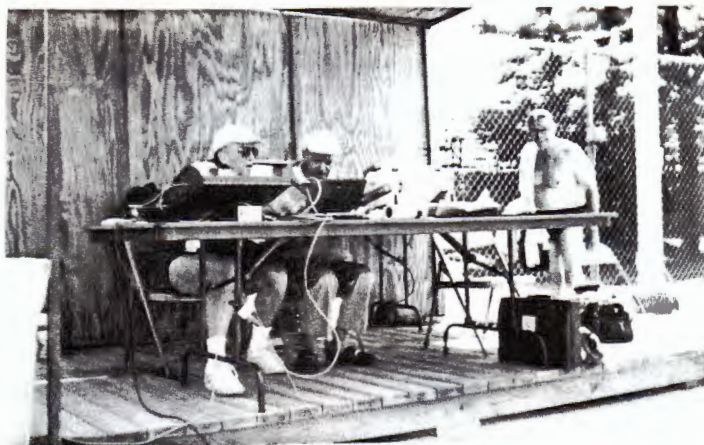
Submitted by John Bauman

Nine hundred forty nine swimmers participated in the Long Course USMS Nationals held August 19-23 at the University of Minnesota Aquatic Center, Minneapolis. Two Wisconsin clubs, Wisconsin Masters Aquatic Club and the Badger Dolphins Masters competed. A total of 77 Wisconsin individual and 8 relay State records were set as well as 5 National and 2 World records by Wisconsin registered swimmers.

WMAC's **Melinda Mann**, 43, placed 1st in 5 events and set **National Records** in the 50 and 100 meter breaststroke races. Another WMAC member, **Nicole Paplham**, 25, placed 1st in 4 events.

Badger Dolphins' **Karen Morrison**, 41, had one 1st. **Thomas Redig**, 38, had four 1sts including a **National** and **World Record** in the 50 fly. **James Sorensen**, 41, had three 1sts with a **National Record** in the 200 IM. The Dolphins also had four 1st place relays including a new **National** and **World Record** in the 160+ Mens 200 Medley Relay which featured Curt LaCount, David Holland, Thomas Redig, and James Sorensen.

WMAC finished in 10th place in combined scoring in the medium size team division. Bader Dolphins were 7th in the small team division.



JOHN BAUMAN AND RAY DIEDERICH KEEP ALL SYSTEMS GOING AT THE STATE LC CHAMPIONSHIPS IN AUGUST AT WILSON PARK.

Don't forget to send newsletter items and/or articles to jnk@newnorth.net.

FITNESS TIPS FOR THE BEGINNER

Relax when swimming. As your hand enters the water the muscles of the hand and fore arm should be at ease. Blow slow bubbles, and learn to blow bubbles out your nose. Fewer strokes per 25 yards are better than more. Be video taped. Seeing is believing. Often, you may not realize a fault has developed with your stroke. Watch a videotape of your swimming with coaches and friends. Listen to the critique.



NICOLE PAPLHAM, 25, 4 EVENT WINNER AT LC NATIONALS IN MINNEAPOLIS

Don't forget to send newsletter items and/or articles to jnk@newnorth.net.

THE USMS 2000 SHORT COURSE YARDS NATIONALS MEET, ORIGINALLY SCHEDULED TO BE HELD IN PHOENIX, AZ, HAS BEEN RELOCATED TO THE IUPUI NATATORIUM, INDIANAPOLIS, IN, AND WILL BE RUN APRIL 27-30, 2000.

Middle age is when it takes longer to rest than to get tired.



PERRY ROCKWELL, JOHN BAUMAN, WESLEY MAYER, AND MORGAN BYERS - 3RD PLACE AT LC NATIONALS IN 280+ FREE RELAY.



Don't worry about avoiding temptation. As you grow older, it will avoid you.

SIGNS YOU ARE NO LONGER A KID

- You're asleep, but others worry that you're dead.
- Your back goes out more than you do.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You buy a compass for the dash of your car.
- You are proud of your lawn mower.
- Your best friend is dating someone half his age.. and isn't breaking any laws.
- Your arms are almost too short to read the newspaper.
- You sing along with the elevator music.
- You would rather go to work than stay home sick.
- You constantly talk about the price of gasoline.
- You enjoy hearing about other people's operations.
- You no longer think of speed limits as a challenge.
- People call at 9 PM and ask, "Did I wake you?"
- You send money to PBS.
- The end of your tie doesn't come anywhere near the top of your belt.
- You take a metal detector to the beach.
- You wear black socks with sandals.
- You know what the word equity means.
- Your ears are harrier than your head.
- You talk about "good grass" and you're referring to someone's lawn.
- You get into a heated argument about pension plans.
- You got cable for the weather channel.
- You can go bowling without drinking.
- You have a party and the neighbors don't even know it.



**AMY BELLE LAKE
SWIM PARTICIPANTS**



AMY BELLE LAKE OPEN WATER SWIM

July 17, 1999

Submitted by Ingrid Stine

Once again meet director Eric Jernberg picked a good day for the 1/2 mile and 1 mile lake swim. Despite a thunder storm at 5:00 AM and a cloudy day, the air and water temperatures were near 80 degrees.

Eighteen swimmers, ages 10 to 81, took part in the 1/2 mile swim including Wisconsin Masters swimmer Lynn Surles. The oldest participant, Lynn finished in 13th place with a time of 19 minutes 42 seconds.

The mile race had 24 swimmers including 9 Wisconsin masters. The fastest time was 21:24. Meoldee Nugent, 32, finished 3rd overall (22:25) followed by Bill Curtis, 40 in 4th place (22:29). The other WMAC swimmers were Patty Jernberg who was burdened with a passenger on board (7 months pregnant), Carol Smollen, Ingrid Stine (oldest female), Tom Seoic, Tom Gragan, John Bauman, and Harlan Drake (Oldest male).

Eric had a little awards ceremony and all finishers received a participation medal and a candy bar. Eric will host the ONE HOUR SWIM in January, 2000, and another lake swim in July, 2000.



**MEET DIRECTOR
ERIC JERNBERG
WITH
LYNN SURLES AT
THE AMY BELLE
LAKE 1/2 MILE
SWIM**

WISCONSIN MASTERS SWIMMING NOW HAS AN E-MAIL ADDRESS. IT IS:

wmac@execp.com

Wisconsin Masters is also in the process of setting up a web site. At the moment it is NOT up and running. However, when it is up and running you will be able to access it through the same "address". We'll keep you posted as we make our progress.

1999 SENIOR OLYMPICS SWIMMING

Nancy Kranpitz

The Senior Olympics swimming competition was held Saturday, September 18, at the Walter Schroeder Aquatic Center. There was a good turnout of swimmers including 6 women in the 50-54 age group! About one half of the participants were familiar faces from USMS meets. It was wonderful to see many new to swimming competition enjoying their swims and having a good time. Good luck to all those who are heading to Orlando next month for the National Senior Olympics competition.

YMCA MASTERS NATIONALS

Congratulations to the Schroeder YMCA and its multitude of volunteers for the fine job they did in running the 1999 YMCA Masters Nationals Swimming Championships in April. The Schroeder Swim Team (Masters) won the large team (26 and more swimmers) men's title, large team women's title, and the large team combined title. Among the small teams (25 and fewer swimmers) Stevens Point YMCA placed 8th in the men's division, 4th in the women, and 3rd combined. Green Bay YMCA was 10th in the women's category and 8th in combined and Oshkosh YMCA was 9th among the women.

The following Wisconsin swimmers won one or more YMCA National Titles: Nicole Papham, Kate Benes, Stacy Miller, Christy Garth, Marsha Hilliard, Becky Schmalz, Nancy Kellner, Julie Hall, Jennifer Lopus, Melinda Mann, Nancy-Leigh Fisher, Judy Hemke, Nancy Ehrke, Elizabeth Kosobucki, Candy Christensen, Doris Klitzke, Betty Lorenzi, Matt Miller, Dave Willoughby, Chris Younger, Paul Domer, Mark Swidt, Derek Williams, Todd Kellner, Tony Portella, Kurt Davis, Barry Dittus, Larry Eschenburg, Nathan Leech, Alan Becker, Harlan Drake, Alex Macgillis, and Lynn Surles. The SSTY also captured 10 relay titles.

Congratulations to all on some excellent swimming!

WHILE IT IS IMPORTANT TO WIN,
IT'S IMPERATIVE TO COMPETE

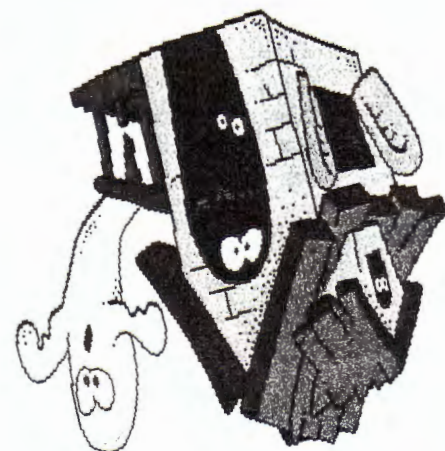


*Some Impressions Never Fade
A statement from Phillips Petroleum
Sponsor of US Swimming & Diving*

You start out wet behind the ears. Swallow some water. Do a few bellyflops. You keep trying. Again and again. And again. But there are so many people behind you. Coaches, Parents. Volunteers. As well as United States Swimming and Diving. Helping you learn discipline. Gain confidence. And make new friends. Each step of the way. Because swimming and diving are more than just time and form alone. It's a contest where everyone wins. Even though only a few earn medals. Because what you learn sticks with you for the rest of your life.

Don't forget to send newsletter items and/or articles to jnk@newnorth.net.

Middle age is when you don't care where you go just so long as you're home by 10:00 P.M.



WISCONSIN MASTERS SWIMMING
10346 CEDAR FALLS ROAD
HAZELHURST, WI 54531