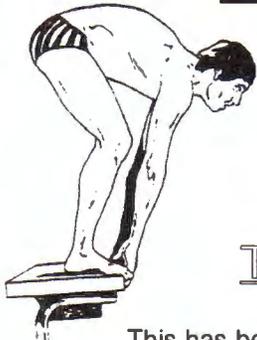


WISCONSIN MASTERS

SWIMMING

JUNE, 2002



THE CHAIRMAN'S LANE....

Dick Pitman

This has been an interesting year to say the least. A lot of changes. Our website changed and, if you noticed, it was down for a period in late April-early May because the firm that hosted our website didn't renew our subscription and chose not to tell us. So, we have a new host/sponsor and we're back in business. Those few souls who ventured to Baraboo in the blizzard of March 2 have been very patiently waiting for results from that meet. In the last newsletter I extolled the aspects of the Baraboo pool and we would certainly like to get back there if they will have us. We had a problem with the results: The Baraboo crew running the timing gave a back-up disk with the results to **John Bauman**. But it turned out the disk was bad and John couldn't open it, couldn't get anything out of it. So, we tried to get a replacement disk for the last couple of months.

We finally received printed results which John had to wade through to re-compile records and possible Top Ten times. Despite giving up the LMSC Chairman post I think John has really worked much harder this year than last. So, next time you see John be sure to thank him for his tireless efforts on your behalf. While the results of the Baraboo meet are not on the web, they have been incorporated into records and Top Ten. The State Meet results and all the other results for this year's swimming calendar are on the website: www.swim-wimasters.org.

I would really like to know where you're swimming. Even if it is your backyard bird-bath. Even if your dog is your coach. If it's you and the dog in the water and the cat's the coach, let me know! I think there are some fine swimming programs out there and it would be nice to give them a little publicity. Early in May I dragged myself out of bed at 5:00 AM to drive down to Oregon, the little village south of Madison, for their twice weekly workout. The coach is Robert Pinter, who came to swim at UW from Romania when he was about 23. He swam for Jack Pettinger for a couple of years until he literally "aged" out of the NCAA. He was a pretty good butterflyer. If I'd thought ahead we could have ridden down there together because he only lives about two miles from me on the east-side of Madison! But, I couldn't handle the rest of his schedule. He works full time at UW and then coaches the age group team in the late afternoon. Included in the set that morning was a timed 800 swim - I forgot to tell you that it is a 25 meter pool - and I went a 12:12, good enough to give me encouragement to enter that event at BSG.

Speaking of BSG, the handbooks are out. The deadline is June 12. For those of you who have been coming to this favorite venue of the year, we changed the order of events. The first event is not the 200 free. It is the 50 fly. We added three new events for the first time in 15 years. New are the 50 back, 50 breast, and 100 fly. I tried to get the 200 fly and 400 IM in there but was voted down. My two best events! See, politics will get you nowhere in the end. I did put in my order for the usual sunshine. Keith Krueger always thought I had some sort of deal with God, or Mother Nature. I can't explain it either.



Dick Pitman

LC NATIONALS

Where will **YOU** be August 15-18, 2002? Where **SHOULD** you be August 15-18, 2002? If you didn't answer (to yourself, of course) at the **USMS National Long Course Championships** at the Natatorium at Cleveland (OH) State University then you need to "get a grip" and get with the program. Cleveland is definitely within driving distance for all of us in Wisconsin - even those of us in the north woods! It has been several years since we have had the luxury of having a National Championship meet in our "back yard". So let's make a sincerely concerted effort to have a strong Wisconsin showing in this meet. All the entry information and official entry form can be found in the May/June '02 edition of Swim Magazine. Interested in swimming on a relay? Let Dick Pitman know as he has volunteered to serve as relay coordinator. According to official rules relays may be entered at any time until 4 PM the day before the relay is scheduled to be swum. Don't dilly-dally as entries must be postmarked by July 5 OR received by July 12. Let's have a **STRONG** Wisconsin contingent at this meet!

TAKE NOTE!!

TAKE NOTE!!

MAY WAS STROKE AWARENESS MONTH!

Every 53 seconds, someone in the United States experiences a stroke.

May was National Stroke Awareness Month and the National Stroke Association (NSA) urges people to take charge of their health by asking their doctor about stroke prevention and adopting healthy lifestyle habits. A good first step is to have your blood pressure checked. High blood pressure is the number one cause of stroke. Nearly 50 million Americans have high blood pressure, and almost a third do not even know it.

NSA is again teaming up with WebMD during May to deliver important stroke news and information. The theme for this year's Stroke Awareness Month is high blood pressure and stroke risk, particularly in African American women. One of every two African American women will die from stroke or heart disease.

Visit WebMD's Stroke Condition Center at <http://www.stroke.webmd.com> for the latest prevention, treatment and recovery facts. Also, get connected with other stroke survivors and caregivers in the newly created stroke message board and chat room. You'll find a group of people who understand what you're going through and are there to help.

Get informed today at <http://www.stroke.webmd.com> or www.stroke.org

Editor's note: Be SURE to see related article found elsewhere in this newsletter concerning Paul Hutinger (Florida Maverick's Tip of the Month author) and his recent stroke "encounter".



Madison, WI native **Jim Montgomery** (left) and **Art Luetke** converse poolside in Christchurch, New Zealand, between events at the World Championships in March, 02. **Jim** starred at Madison East HS, Indiana University, and was a 1976 Olympic Gold Medalist in 3 events in Montreal - including the 100 M freestyle. He was the first man to break :50 in the 100 M free. In New Zealand he won the 100 M free (age 47) in :54.22, the 200 M free in 2:01.67, and took 2nd in the 400 M free in 4:26.22. **Art** 55, placed 4th in the 50 M free - :29.58, 6th in the 100 M free - 1:07.65, and 200 M free - 2:33.36, 8th in the 400 M free - 5:37.52, and 10th in the 50 M back - :40.42. Art's four freestyle swims set new Wisconsin records and according to Art were personal bests by a long shot! **Gordon Schalla** and **Betty Lorenzi** also made the trip to New Zealand. Look for their results and further insights into life in the world "down under" on page 4 in this newsletter.

2002 ONE HOUR POSTAL NATIONAL CHAMPIONSHIPS

Carol Smollen

Four Wisconsin Masters swimmers participated in the One Hour Postal National Championships sponsored by the Florida Maverick Masters. **Melodee Nugent**, Women 30-34, placed 34th with a total of 4,095 yards; **Carol Smollen**, Women 55-59, placed 24th with 3,095 yards; **Thomas Grogan**, Men 40-44, placed 119th with 3,590 yards; and **Morgan Byers**, Men 70-74, placed 9th with 3,570 yards. As a small team, Wisconsin placed 50th out of 106 small teams participating.

A record number of swimmers, 2005, accepted the awesome challenge and swam an incredible 7,386,089 yards. Swimmers from Japan and Australia also met the challenge. As quoted from the results: The swim was not just about the yards! For some it was perseverance. "That was the longest hour I've ever seen!" Or, an individual goal. "While my distance was unimpressive, it was a milestone for me and I really want to have it on record." A warm fuzzy. "My time wasn't all that great...but what a GREAT FEELING to actually do it!" And isn't that was Masters swimming is all about?

On April 5, 2002, **Judy Davis**, Wisconsin LMSC Safety and Fitness Chair, died suddenly and unexpectedly in Florida at the age of 66. Judy joined masters swimming about 5 years ago. She showed up at the Senior Olympics and was talked into joining Wisconsin Masters. Judy was our Registrar for 2 years (2000 & 2001) and our Safety & Fitness Chair for 4 years. Judy was also involved with the Wisconsin Council for Senior Citizens, Milwaukee Labor Council, and the retired teachers group. She was an active leader in the teacher's union until she retired from teaching. Her son, Marc, has been a Wisconsin Masters member for several years even though he is an Illinois resident. Judy's bright smile and her contagious, peppy, personality will be greatly missed. Memorials may be sent to the Leukemia & Lymphoma Society, 1126 S. 70th Street - Suite N405-A, West Allis, WI., 53214, in honor of Judy's life.



REMEMBERING JUDY....

Melinda Mann

My favorite memory of Judy occurred last summer while attending the Long Course Nationals in Federal Way, Washington. Judy, Betty Lorenzi, and I were the three representatives from Wisconsin at the meet. I ran into Judy and Betty in the restroom (a popular place at swim meets!) where Judy was trying on new swimsuits. Betty had already decided on her suit for the meet as she was dropping lots of time in her new leg suit. Judy was trying on several different ones, including a wild leopard print. She was asking Betty and me our opinion on various styles. She had a great tan at the time so we told her to pick the one that looked the best with her tan! What's more important - a fast suit or looking good! We had a few laughs over this.

I will really miss Judy a lot. She was a lot of fun and a great contributor to Wisconsin Masters swimming.

The mind commands the body and the body obeys.
The mind commands itself and finds resistance.
St. Augustine (354-430)

USMS HISTORY & ARCHIVES

The History & Archives Committee has already collected stories and oral histories for 272 of your top athletes. One of their top priorities is to collect stories on 309 more athletes who have been named USMS All American six or more times. To see the list, which is divided by both Zone and LMSC, go to <http://www.swimgold.org/zone/> on the web. USMS is hoping that each LMSC will write stories about their swimmers. The History & Archives Committee has a brochure on the web and in PDF format with guidelines for writing stories and where to send them. Thank you for helping USMS go down in history.

THEY'RE BACK...

Space constraints in this newsletter simply do not allow me to do justice to a most interesting story regarding four sisters (the **Hoppe** sisters) who competed in swimming as youngsters and are now back at it in Masters! The four, **Jerri Stenavich**, **Jill Fritz**, **Jennifer Vipond**, and **Julie Verish** reunited in the pool after 20 years on March 16 at the Wauwatosa West meet. They were at it again at the state meet at Schroeder April 13-14. Their story is most interesting and definitely more deserving of the limited space that could be devoted to it in this issue. So look for this feature in the fall edition of the Wisconsin Masters Swimming newsletter.

SC YARDS RECORDS UPDATE

Wisconsin Masters swimmers re-wrote the state record book at the SC Yards State Meet at Schroeder in April. **John Bauman**, our Top Ten/Records Chair, does a yeoman's job with this task and notes that there may be some errors and/or omissions due to people swimming in the wrong heat or lane, etc. Times for the 1000 free are from splits.

Stacey Klepel, 23, 400 IM, 5:08.99; **Barbara Kolitsch**, 35, 200 breast, 2:49.61; **Melinda Mann**, 45, 50 breast, :33.19; 100 breast, 1:12.23; 200 breast, 2:40.90; 50 fly, :29.35; **Nancy-Leigh Fisher**, 50, 100 free, 1:01.48; 1000 free, 12:37.62; 1650 free, 20:58.30; 200 back, 2:38.11; **Candy Christensen**, 55, 100 free, 1:20.80; 500 free, 7:50.33; **Betty Lorenzi**, 74, 100 free, 1:25.04; 50 back, :41.74; **Ritchie Fischer**, 19, 1650 free, 19:17.09; **Kevin Welton**, 42, 50 back, :26.91; 100 back, :58.39; 200 back, 2:12.97; **Peter Allen**, 43, 100 breast, 1:05.06; **Larry Eschenburg**, 52, 1000 free, 12:06.03; 1650 free, 19:52.68; 50 back, :31.16; 100 back, 1:07.87; 200 back, 2:30.57; **Dan Natali**, 53, 200 fly, 2:16.83; **Tom Meehan**, 55, 100 free, :56.44; 50 fly, :28.38; 100 IM, 1:05.57. **RELAYS:** Women 45+, 200 MR, 2:01.75 - **Fisher, Clauss, Maltry, Mann**; Women 55+, 200 FR, 2:37.98 - **Rose, Kranpitz, Christensen, Smollen**; Women 55+ 200 MR, 2:50.85 - **Lorenzi, Christensen, Stine, Smollen**; Men 19+, The foursome of **D. Smith, M. Smith, Fisher, Gniotczynski** combined to set records in the 200 FR (1:39.45), 400 FR (3:44.38), 800 FR (8:52.12), 200 MR (1:55.42), and the 400 MR (4:28.00); Men 25+, 400 FR, 3:31.90 - **Welton, Wrone, Beyer, Larkin**; Men 45+, 200 MR, 1:55.26 - **Meyer, Daley, Huck, Forrer**; Men 55+, 200 MR, 2:05.33 - **Meehan, Couper, Pitman, DeWeerd**.

At the Madison Y meet in February **Gordon Schalla**, 75, broke the 200 back record with a time of 4:27.41. At Tosa West in March **Candy Christensen**, 55, 50 breast, :40.84, **Tom Meehan**, 55, 50 free, :25.53, 100 fly, 1:06.34, and **Dick Pitman**, 57, 1000 free, 13:30.01 all recorded state record times. At Baraboo in February **Art Luetke**, 55, became the first 55 year old to break :26 in the 50 free in the 30 year history of Wisconsin Masters swimming - only to see the record broken weeks later by **Tom Meehan**. The women's 19-24 400 IM record was broken twice by **Carrie Bunger**, 22, (at Madison and Tosa West) only to see **Stacey Klepel**, 23, break it again at Schroeder. These are just a couple of examples of how quickly records are broken - and this is in just one of the three courses for which **John** tallies the records! So, PLEASE, if a record was missed, try to understand the enormity of this job, bring it to our attention, and we'll see that credit is given where credit is due!



Ready to take off at the State Meet

WORLD CHAMPIONSHIPS

From March 24-31, 2002, the Masters World Championship Swim competition was held in Christchurch, New Zealand. Almost 3,000 swimmers from 61 countries participated including our own **Betty Lorenzi**, **Gordon Schalla**, and **Art Luetke**. **Betty**, 75, came home as world champion in both the 100 and 200 M backstroke events with times of 1:42.69 and 3:44.55! She was also 2nd in the 200 M free (3:27.06), 3rd in the 800 M free (15:05.96), and 3rd in the 400 M free (7:16.18). **Gordon**, 75, was 10th in the 50 M back (:56.96) and 7th in the 50 M breast (1:00.16). Look for **Art's** results on Pg 2 of this newsletter. Following are some excerpts from an e-mail Art sent while experiencing life "down under":

"It's 1 PM here in Christchurch, NZ Thursday which means it's about 7 PM there in Mad-town on Wednesday. I'm trying to find a sporting event here that I can watch, get a final result, and then call my bookie in Madison so he can place my bet when you guys see it tomorrow....!"

"This e-mailing is just great - the USA just isn't here yet technologically. Like in Sidney last week, same here in Christchurch...every block has these little internet cafes, just walk in, go to any open computer and log on to your e-mail or website...for a couple bucks US/hour...stopped using my phone cards altogether..."

"...in one of our carbo-loading sessions in Sidney Jim Montgomery talked me into shaving my arms and legs...haven't done that since the Collegiate Championships in 1967, but it feels pretty good."

ASK THE SWIM DOCTOR

Paul Hutinger

*On 4/1/02 Paul Hutinger had a mild stroke at the pool resulting from high blood pressure...no clots. He's OK! Here is his article from the latest issue of the Florida Maverick's Newsletter.

Question: I have been diagnosed with high blood pressure (hypertension). What problems would I have with training and competing in Masters swimming and how can I overcome this challenge?

Answer: Aerobic swim training is one of the better exercise programs for hypertension. A warm up and cool down are important in your training. Monitor your own blood pressure regularly and figure out your stress areas and strive to reduce them. Talk to your physician if medication is necessary to help control your levels. The ace inhibitors won't interfere with your performance as much as the beta blockers.

I speak from experience. Halfway through my morning workout on April 1, 2002, my left arm became numb. At first I thought it was a pinched nerve from my shoulder surgery. Shortly afterwards, my entire left side became numb. I immediately recognized the stroke symptoms and got out of the pool. While changing, I told a guard that I was having problems and he should call 911. I had no other symptoms other than my numb left side.

My history showed that while monitoring my blood pressure (BP) several weeks before, I had highs in the 180/95 range. A CAT scan in the emergency room revealed a cerebral hemorrhage, resulting from this high BP. Further tests excluded other problems, like clogged arteries. During my three days in the hospital, I had another CAT scan, an EEG and was carefully monitored. My neurologist released me with BP medication to ensure keeping my BP under 140/90, with regular monitoring at home. My prognosis is that I will have a full recovery, with no permanent damage. I can not train or compete for 6-8 weeks. After 1 1/2 weeks, my numbness was less than 40%. My body will gradually reabsorb the blood that caused the temporary insult to the sensory section of my brain.

Many CVA's (cerebral vascular accidents) are caused by a clot that restricts the blood flow causing local pressures to build up. If your physician believes you are at risk for clotting problems, he will recommend BP medication, plus additional medication for other specific problems.

I was lucky with the minor stroke that I experienced. This is a wake up call to me, and also to some reading this column. The stress in my life resulted from the city restricting our team's time at our pool. I am working to conquer this challenge, as my philosophy follows that of the former Olympic Coach, James "Doc" Counsilman. He felt that it is more important to find ways to ENCOURAGE swimming for health, fitness and competition than to include needless RESTRICTIONS which hinder the motivation and goals of swimmers.

The positive for the Masters swimmer is that a trained, healthy life style will help you survive many problems you will face in the future. All the medics that talked to me at the hospital conveyed to me that I was the best trained 77 year old they had seen. This will enable me to return to competition with a full recovery.

Anyone wanting more info, please send a large SASE to: Dr. Paul Hutinger, 1755 Georgia Ave NE, St. Petersburg, FL 33703.



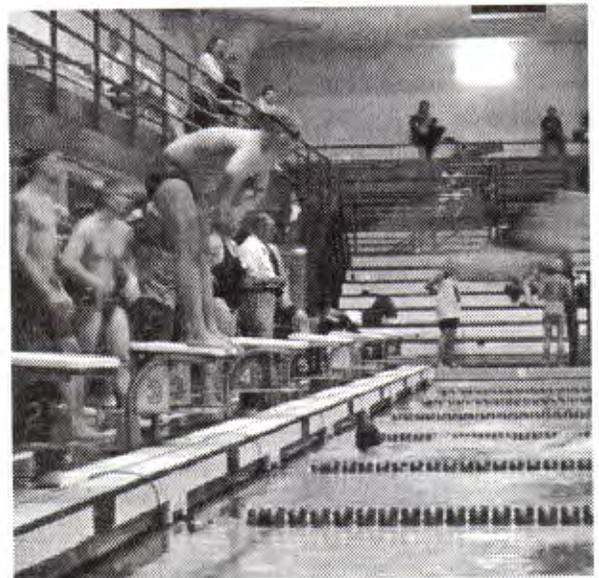
IMPORTANT ENTRY DEADLINES!

JUNE 10 - Racine Quarry Swim

JUNE 12 - Badger State Games

JULY 5 - USMS LC Nationals

JULY 12 - Lake Amy Belle Swim



Guy Gniotczynski waits for his relay start.

7th Annual YMCA Lake Amy Belle Swim Race Saturday, July 20th, 2002

When: Saturday, July 20, 2002, Race at 11 AM, Check-in at 10:30 AM
Where: Lake Amy Belle at Camp Minikani, Hubertus
Who: All swimmers who can complete a 500 yard swim in 14 minutes or less
Fee: \$12 (\$10 for YMCA members) Late fee: \$20 (call for family discount)
T-Shirts: \$10 (guaranteed only if ordered by July 6, 2002)
Awards: Medals to all finishers; Trophy to 1st place

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow devices are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half mile oval. Swimmers can choose either the half or 1 mile race. Those swimming the mile race swim 2 laps around the course. Swimmers will be followed by guard boats. Any swimmer too tired to finish may swim to a boat for aid. Anyone receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the application and release below, including their 500 yd time.

Advance registration: is due by Friday, July 12. After that, registration cost is \$20.

Weather check or other questions: Call Eric Jernberg @ 414-443-6460

Directions to Minikani:

Take the US-45 freeway north from Milwaukee and exit at Lannon Road (3rd exit past Main Street, Menomonee Falls)
 Go left on Lannon Road to the first 4 way stop (State Route 175, Appleton Ave)
 Turn right for one block to Willow Creek Road
 Turn left and drive west for 1 mile to Amy Belle Road (note the Apple Orchard sign)
 Turn right on Amy Belle Road, drive 3/4 mile to the camp entrance on your left at Amy Belle (note camp signs)

Cut & Return

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check one _____ 1/2 mile race _____ 1 mile race _____ 500 yd time _____

fee enclosed (\$10, \$12, or \$20) \$ _____

T-shirt(s) (optional \$10 each) _____ shirt size (if ordered) _____ large _____ x-large _____ xx-large
 (XX-Large \$11 each) \$ _____

Total Enclosed: \$ _____ **Make Check to:** North Milwaukee Swim Club
Mail to: Lake Swim, 618 N. 54th St, Milwaukee, WI 53208

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yard time listed above and I am in good physical condition to swim in this race.

Participants Signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team Affiliation _____

The Coach's Corner

Dick Pitman

We are entering the next season, the one that you either love or hate, the Long Course and Open Water seasons. It looks like we will not be having a State Long Course meet this year. We may have been able to have had one more State Meet at Wilson Park. But the attendance at the last couple just did not warrant going to the expense and effort. We will still look for possible venues for a State LC meet in the state, though. The possibility of a meet in Appleton came up - and this is something for us to consider for next year - at Erb pool, a 50 meter pool. The Masters meet would have come on the tail-end of an age group meet and would take place at night. Mary Goggans and I had some discussion about it and we decided to table it until next year. I would like to have input from others about this possibility. The meet would have started around 5 PM and lasted until 9, 10, or 11 PM or so depending on what events were offered. It just doesn't seem to make a lot of sense to hold a meet for less than 50 people. If you're willing to support a Long Course meet we will certainly hold one. You can e-mail me your feelings at rpitman@restinobunbury.com.

We do have a couple of Open Water Swims that are attracting a seasonal crowd. The first one will be July 6 at the Racine Quarry. I have yet to take in this event. Maybe this will be the year. Everyone who has gone from Madison loves the event. The next one is the Lake Amy Belle Swim up near Hubertus. This one is also gaining in popularity although I'm not sure it is a sanctioned event. In the current SWIM Magazine in the pull-out section there is a drill for open water swimming that some of you may find useful.

I've had success lately with some odd-distance workouts in my East Y group. They like them so I keep trying to create more that are similar. Here is the Main Set from Tuesday, May 6. This was for my Level One group (can hold a set of 100's at 1:20 or better). Feel free to modify this to your own skill level.

6 x (50 fast-75 moderate-25 fast)
Rest :05 between swims and :30-:40 between sub-sets
Easy 100 after the last one
3 x 50 kick with :10 rest - no board
4 x 75 on 1:20
8 x 25 with :05 rest
Easy 50
Total - 1700 yards

The next set has become our vertical kick set using dolphin and/or flutter:

4 x :35 on :45 followed by easy 50 or 100
Cool Down

Those of you desiring to be Masters Certified, you can go to www.usms.org then "coaching" then "club development" which is a long 26 page pdf file at the end of which is the Masters Certification application. Or, you can get there through the ASCA website: www.swimmingcoach.org then "Why Join ASCA?" then "Certification" and then "Masters Certification." Note that Masters certification is closely linked to ASCA and you may need to order materials from ASCA to earn the education credits. Contact me for further information...which I'm still compiling.

I pulled this quote from somewhere. I think it applies to swimming. I think Voltaire was a swimmer: "Perfection is attained by slow degrees; it requires the hand of time." Voltaire, philosopher (1694-1778).

Planning on swimming a relay at the LC Nationals in Cleveland in August? Be sure to let Dick Pitman know. When sending your intentions to Dick be sure to use your correct "registered" name and your age as of December 31, 2002. This goes for those of you sending in entire relays or for those singles wishing to be included in a relay.

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org

Check it out for the latest meet results, state records, and MORE!

You know you are a swimmer when your barber/hair-stylist gives you a bill for sharpening her scissors.

LMSC OFFICERS

Chairman - Dick Pitman
rpitman@restinobunbury.com
Treasurer - Ingrid Stine
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Registrar - John Bauman
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Secretary - Janet Schultz
Newsletter - Nancy Kranpitz
jnk@newnorth.net
Webmaster - Ray Diederich
Long Distance - Eric Jernberg
Coaches - Dick Pitman
Sanctions - Eric Jernberg
Officials - Debra Mueller
Top Ten/Records - John Bauman

Racine Quarry Open Water Challenge

A United States Masters Swimming Meet – Sanction #202-007

Saturday, July 6, 2002

Sponsor: South Eastern Aquatics – Racine YMCA Swim Team

Location: Quarry Lake Park, 3501 Northwestern Ave., Racine, WI (262) 637-6179 (Emergency only).
Directions: I-94 to Hwy. K (East) to Hwy. 38 (Northwestern Ave.). Turn right. Go east and cross both Hwy. 31 and Hwy. MM. Stay in the right lane. Cross the bridge. The park is on your right. Watch for the sign. Admission to the park is \$.75/person after 8:00 AM.

The Course: The course is a 1.2 mile open water swim around a closed course, marked by buoys. Swimmers finish at the original starting line, through a timing chute. An electronic timing system will be used.

Facilities: The Lake: 18 acres. A spring-fed body of water located in an old rock quarry. A favorite place in Racine for swimming, fishing, and scuba diving. The Park: 40 acres, surrounding Quarry Lake. Sandy beach, bathhouse with air conditioning, flush toilets, showers, lockers and concessions stand. Picnic tables and grills. Volleyball area. Parking for 275 vehicles. Excellent view of the lake from the picnic area and beach. Bring your lawn chairs – and binoculars!

Format: The Master's 1.2 mile swim will immediately follow the events of a separately sanctioned U.S.S. Open Water Meet. Although both meets are held on the same day and at the same location, they are considered two separate meets. Swimmers must be members of United States Swimming to compete in the U.S.S. sanctioned meet; swimmers in the Masters sanctioned meet must have membership in United States Masters Swimming. Combined entries in both meets will be limited to approximately 300-350 swimmers, depending on projected meet timelines. Meet information for the U.S.S. meet can be obtained from Linda Eberle (see contact listing, below).

Meet Timeline: **THE POSITIVE CHECK-IN** will be at the clerk of course table beginning at 6:30 A.M. and will close 45 minutes before the start of the Master's event. An estimate of the start time of the Masters swim will be on a recording at (262) 554-0519 after July 2. In recent years the Masters start time has been around 11 AM., but could vary, depending on the timeline of the preceding USS meet. **THE OFFICIAL WARM-UP TIME** will be 6:30 – 7:45 A.M. Swimmers checking in later in the morning will be able to warm up along the roped-off area of the beach.

Awards: Trophies will be awarded to the top three male and female swimmers over-all. Rosette ribbons will be awarded for each age group, male and female, 1st-3rd. Age group divisions will be 19-24, 25-29, 30-34, etc., through 85+..... Yes, we do have a category for Lynn Surles!

Rules: Official United States Masters Swimming Rules will govern this meet. Age is determined as of July 6, 2002. All swimmers are REQUIRED to wear a brightly colored cap (which will be supplied).

Eligibility: All Swimmers MUST BE REGISTERED UNITED STATES MASTERS SWIMMERS. Deck registration in the meet MAY be possible, depending on the combined timeline of the two meets. Registration in Wisconsin Masters Swimming (full membership, or a \$12 "one event" membership) will be offered at the meet registration table, or can be obtained by contacting John Bauman at wmac@execpc.com or 414-453-7336. Swimmers must have a seed time of at least 12 minutes for a 500 yard free.

Cutoff Times: IT IS EXPECTED THAT ALL SWIMMERS HAVE TRAINED AND PREPARED FOR DISTANCE SWIMMING IN OPEN WATER. **ALL SWIMMERS IN THE MASTER'S DIVISION MUST BE ABLE TO SWIM A 12 MINUTE 500 YARD FREESTYLE!**

Entry ENTRIES ARE \$15/SWIMMER **IF MAILED BY MONDAY, JUNE 10, 2002**, and include a t-shirt, cap, and goody bag. Entries must be mailed by this date to be guaranteed a choice of a t-shirt size. **ENTRIES MAILED AFTER JUNE 10** are \$20/entry. These entries will receive XL shirts, a cap, and (depending on availability) a goody bag. **DECK ENTRIES** will be taken the day of the meet, for \$20, as space permits, and will include a cap only.

ENTRIES MUST INCLUDE A COMPLETED INDIVIDUAL WAIVER FOR EACH SWIMMER, AND A COPY OF THE SWIMMER'S UNITED STATES MASTER'S MEMBERSHIP CARD. Enclose \$15/\$20 per entrant.

Checks should be payable to "SEAY".

Mail entries to: Frank A. Michalowski
2123 Carlisle Ave.
Racine, WI 53404-2111
(262) 632-2246
E-mail: franknwi@aol.com

Direct questions to: Linda Eberle
3505 Olympia Dr.
Racine, WI 53406
(262) 554-0519
E-mail: eberle5@execpc.com

Concessions: A snack bar is available at the park. We will also be selling food and drink items earlier in the morning near the registration table. Grills and picnic tables are available in the park on the hill above the lake.

Cancellation: In general, the meet will run regardless of weather conditions. However, if severe weather or any other conditions adversely affect the safety of the competitors, the race may be postponed until conditions warrant a restart of the race. If conditions further deteriorate to such a point that the race will not be able to be completed in a reasonable time limit, the race may be canceled.

QUARRY CHALLENGE MASTER'S ENTRY (USMS membership required)

(This form MUST be completed by ALL USMS swimmers! If not registered in Wisconsin, attach a copy of your membership card as well.)

NAME: _____ USMS NO. _____ T-Shirt Size: S _____ M _____ L _____ XL _____
XXL _____ (available at \$2.00 extra)

SEX: M _____ F _____ BIRTH DATE: _____ AGE AS OF 7/6/02: _____ PHONE NUMBER: _____

CLUB AFFILIATION (if any): _____ E-MAIL: _____

ADDRESS: _____
(Street) (City, State) (Zip Code)

PLEASE NOTE ANY PERTINENT MEDICAL INFORMATION: _____
(State "None" if none are known)

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 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. In addition, I agree to abide by and be governed by the rules of USMS. I ALSO SPECIFICALLY ACKNOWLEDGE THAT I AM AWARE OF ALL THE RISKS INHERENT IN OPEN WATER SWIMMING, AND AGREE TO ASSUME THOSE RISKS.

Participant signature: _____ 500 yard free seed time: _____
(must be provided)

- 1- Complete this form and attach \$15 (\$20, if mailed later than June 10). Add \$2.00 extra is choosing an XXL shirt.
- 2- Attach copy of current membership card.
- 3- Mail to: SEAY, 2123 Carlisle Ave., Racine, WI 53404.

Tip of the Month - FINS: THE STROKE ENHANCER

Paul Hutinger

There are positive and negative aspects about using fins in your training. Sprinters and stroke swimmers would profit more than the distance people. Fins reduce the pressure on the shoulder following an injury or surgery.

The type of fin is important. I recommend the Dacor Corda (Kiefer catalog, ave \$33), which is an excellent quality. It is more expensive, but won't split easily. The red (competition) Zoomers are excellent small fins. The Hydry Training fin (\$4), inbetween the two, is also excellent quality, gives good speed and is easy on the feet (1-800-353-7946). I do not recommend the scuba fin (too large and heavy) nor the Force Fin (force in one direction only).

Swim training with fins is best with short swims (50's, 100's, or 200's) and speed or power kicking. Use short fast kicks, not deep oversized ones. It is important to swim fast in training, to understand the feeling of swimming fast in a meet. Breast stroke with the dolphin kick, will enhance your timing on this finesse stroke. Try flutter kicking underwater for 25 yards - front and back - as well as dolphin kick front and back.

My first extensive use of fins in my training was in the 55-60 age group. With injuries to my shoulders from bike crashes, I used fins for speed assistance on my fly training. They enhanced my stroke and rhythm and enabled me to get through difficult workouts. In 1999, fins enabled me to compete at the national and world level in backstroke after surgery to reattach the supraspinatus tendon. It was completely torn from the insertion in another bicycle crash. I had had to train with fins for 85% of my workout.

A Masters swimmer from Illinois had shoulder and neck problems and was ready to quit for the year. She reconsidered and used fins for backstroke training for the rest of the season. She used repeat swims the last two weeks before Nationals to give her the transition needed to swim without them. She won the three backstroke events.

A recent article by Amanda Beard in the March/April SWIM Magazine, demonstrates the dolphin kick drill in breaststroke. This drill is enhanced by the use of fins.

Fins can increase flexibility, allow you to swim at race speed and enhance strokes, especially fly. Streamlining is important in all strokes, and the speed generated with fins gives you immediate feedback. When using fins, be sure to allow a two week transition before a meet, with Zoomers or regular swimming. Besides all these positives, it also adds FUN to your training.

And more.....

Coach's Corner

New SC Yard Records

One Hour Swim Results

World Championship Results

Chairman's Lane

Lake Amy Belle Entry Form

Racing Quarry Entry Form

AT WHAT'S INSIDE:

LOOK

HAZELHURST, WI. 54531

10346 CEDAR FALLS ROAD

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