



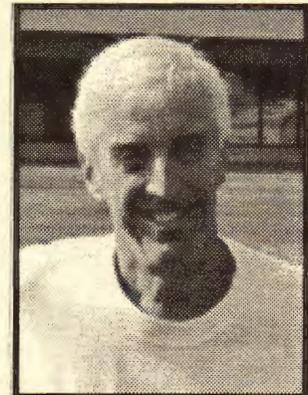
# WISCONSIN MASTERS SWIMMING

JUNE 2003



## CHAIRMAN'S LANE

Well, our short course yard season is finished for 2003. We want to extend our congratulations to those who ventured to Tempe, AZ, in May for the USMS Nationals and to Sarasota, FL, for the YMCA Nationals in April. There were some great accomplishments! Special recognition goes to **Melinda Mann** and **Betty Lorenzi**. **Betty** won six events in Sarasota at the National Y meet setting new national YMCA records in the 1000 free and the 1650 free. Congratulations, **Betty!** **Melinda** managed to break two national records in just one swim! She broke the 50 breaststroke record on her way out in the 100 breaststroke, thus breaking both distance standards! Now that is true economy of effort. Wonderful job, ladies! Here's a heartbreaker: At the National Y meet **Steve Forrer** managed to break the national Y record in the 50 free for 50-54, but took second place. **Alan Becker** showed his great versatility by winning the 500 free, 1650 free, and 400 IM while taking 2nd in the 200 fly! Great job guys! **Tom Michelson** took a couple of 2nds also, as well as a 3rd and a 4th.



Dick Pitman-LMSC Chair

At Tempe there were some ladies who really excelled besides **Melinda**. **Nancy Kranpitz**, coming off her ankle injury back in February, medaled in all six events she swam! She told me her 100 IM was her best in 10 years! Now, I would not recommend busting your ankle in order to achieve a personal best. Doing that is still best done by training hard and focusing on technique. Congratulations also to **Trish Alarie**, **Candy Christenson**, and **Erin Sorenson**. **Trish** took 3rd in the 1650, **Candy** took 3rd in the 100 breast, and **Erin** took 3rd in the 1000 free. Other medal collectors at Tempe were **Mark Askew**, **John Bauman**, **Carrie Johnson**, **Stacy Klepel**, and **George May**. Congratulations on a job well done! We're very proud of all of you.

We had our first ever meet in Stevens Point back in March. It went very well and was a nice surprise. Although we experienced some snow flurries driving up, the day turned out to be excellent. The meet ran smoothly and on time. Twenty-nine of us went to dinner afterwards and swamped the locally famous Springville Wharf in Plover. It was a wonderful time to socialize. That was **Nancy Kranpitz's** "coming-out" party after her accident, too.

The next big surprise was moving our state meet this year to Carthage College in Kenosha. I know a lot of people were disappointed and confused about the change of date and place well into the season. I'm really sorry about that. Everyone fell in love with the pool and the site in general. It was a fast pool and very spacious. Huge windows let in lots of natural light. Right outside there was a track meet going on. How cool!

As some of you may know, next year will put our state meet in a quandary. USMS Nationals will be in Indianapolis April 22-25, 2004. So, while you mark your calendars, also notice that Easter is April 11. So, it would be nice to have our State Meet around April 3-4 if we want to have it before Nationals. Please send me your thought on this. I would appreciate hearing from you.

- | LMSC OFFICERS          |   |
|------------------------|---|
| <b>Chairman</b>        | - Dick Pitman<br>dickpitman@hotmail.com |
| <b>Treasurer</b>       | - Ingrid Stine<br>wmac@execpc.com       |
| <b>Registrar</b>       | - John Bauman<br>wmac@execpc.com        |
| <b>Secretary</b>       | - Suzi Green                            |
| <b>Newsletter</b>      | - Nancy Kranpitz<br>jnk@newnorth.net    |
| <b>Webmaster</b>       | - Ray Diederich                         |
| <b>Long Distance</b>   | - Eric Jernberg                         |
| <b>Coaches</b>         | - Dick Pitman                           |
| <b>Sanctions</b>       | - Eric Jernberg                         |
| <b>Officials</b>       | - Debra Mueller                         |
| <b>Top Ten/Records</b> | - John Bauman                           |
| <b>Health/Safety</b>   | - Nancy-Leigh Fisher                    |
| <b>Fitness</b>         | - Dan Slick                             |

Our Long Distance chairman (and Sanctions Officer) **Eric Jernberg**, has come up with a great idea: an **Open Water Challenge**. By swimming in a Wisconsin open water race you would get 10 points plus one point for each year you have done it. The open water events on tap this summer are: The Manitou Monster Swim in Eau Claire on July 13, Lake Amy Belle on July 19, and the Lake Mendota Swim on August 23. There are entry forms for Lake Mendota and Amy Belle attached to this newsletter,

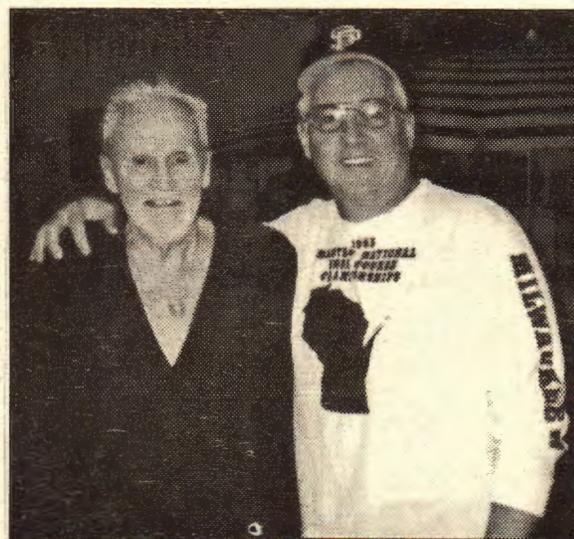
I wish to thank members of the Board of Wisconsin Masters Swimming for their hard work and diligence this year. **John Bauman**, Registrar/Top Ten/ and multi-meet director; **Ingrid Stine**, Treasurer; **Suzi Green**, Secretary; **Eric Jernberg**, Sanctions/Long Distance; **Dan Slick**, Fitness; **Nancy-Leigh Fisher**, Safety/Sports Medicine; **Deb Mueller**, Officials; **Nancy Kranpitz**, Newsletter Editor. And thank you, members all, for attending meets, for communicating your concerns and ideas, for your help at meets, and for your constant encouragement.

**February  
Fitness Challenge - 2003**

Steve Justinger

Congratulations to the four Wisconsin swimmers who participated in the 2003 February Fitness Challenge. **Will Moser**, 68, of Racine won his age group with 185,850 yards! That is just a tad over 105 miles - an OUTSTANDING effort. Congratulations, **Will!** **Fran Justinger** (Steve's sister) of West Bend placed 9th in the 50-54 age group with 67,300 yards. Nice Job **Fran!** **Steve Justinger** swam 16 of the 28 days in February and accumulated 56,800 yards.

That was good for 7th place. **Pam Ogden**, 46, of Eau Claire, finished 22nd with 22,800 yards. Watch SWIM Magazine for information about the 2004 February Fitness Challenge.



Lynn Surles and Art Luetke relax between races at the Stevens Point meet in March.

**USMS 2002 Top Ten - Short Course Meters  
Wisconsin Individuals**

**Mary Goggans 41**  
4th 50 back :33.24  
3rd 100 back 1:11.30  
4th 200 back 2:41.43

**Edith Jacobsen 55**  
7th 200 fly 3:54.68  
7th 400 IM 7:22.64

**Jason Wrone 29**  
8th 200 free 2:08.29

**Dan Natali 54**  
7th 200 fly 2:37.95

**Gary Bezella 65**  
7th 50 free :31.19  
9th 100 free 1:12.89

**Bob Swain 65**  
7th 200 fly 4:46.75

**W. Morgan Byers 75**  
3rd 200 free 3:09.16  
3rd 400 free 6:46.26  
3rd 200 IM 3:45.85

**Lynn Surles 85**  
3rd 50 free :46.35  
4th 100 free 1:51.97  
5th 200 free 4:38.02  
3rd 400 free 9:40.90

**Melinda Mann 46**  
1st 50 free :29.57  
1st 50 breast :36.63 (NR)  
1st 100 breast 1:19.93 (NR)  
1st 100 IM 1:13.65

**Ingrid Stine 63**  
5th 200 fly 4:33.16  
7th 400 IM 8:52.05

**Matthew Soellner 25**  
6th 200 fly 2:31.99

**Mike Ziniel 55**  
9th 100 fly 1:16.14

**Bela Sandor 67**  
4th 50 breast :40.58  
5th 100 breast 1:35.48  
6th 100 IM 1:24.98

**John Bauman 72**  
9th 100 fly 1:54.14

**Cynthia Maltry 48**  
6th 50 back :36.77  
7th 50 breast :41.40  
9th 50 fly :34.05  
4th 100 IM 1:18.10

**Betty Lorenzi 75**  
3rd 400 free 7:31.95  
3rd 800 free 15:10.58  
2nd 1500 free 28:40.95  
1st 100 back 1:44.79  
1st 200 back 3:48.27

**Dick Pitman 58**  
4th 200 fly 3:07.08  
6th 400 IM 6:47.57

**George May 65**  
9th 50 breast :42.69  
6th 100 breast 1:36.53  
9th 200 breast 3:37.86

**Wisconsin Relays SC Meters Top Ten**

Women 240+  
1st - 400 Free Relay 6:32.75  
**Ingrid Stine 63, Betty Lorenzi 75, Janet Schultz 51, Edith Jacobsen 55**  
2nd - 400 Medley Relay 7:14.83  
**Betty Lorenzi 75, Janet Schultz 51, Edith Jacobsen 55, Ingrid Stine 63**  
Men 280+  
7th 200 Free Relay 2:56.24  
**Gordon Schalla 76, John Bauman 72, George May 65, James Sevenich 73**  
5th 200 Medley Relay 3:18.75  
**Gordon Schalla 76, John Bauman 72, George May 65, James Sevenich 73**

## COACHES CORNER

Dick Pitman

As coaches we daily observe our swimmers and point out weaknesses and try to correct them. Not so often do we note a swimmer's particular strength and reinforce it. There's never time, it seems. But, swimmers need positive feedback as much as negative feedback. At the ASCA World Clinic last year Michael Collins told a story about Kerry O'Brien, who coaches the Walnut Creek Masters. Kerry believes strongly in positive feedback but faces the same dilemma as you and I: not enough time, forget, etc. So, Kerry's solution is to put ten popsicle sticks in one pocket. As he compliments a swimmer or says something positive, he transfers a popsicle stick into the empty pocket. His goal is to get all ten in the other pocket before the practice is over. And, sometimes he finds himself with five sticks left in his pocket and 10 minutes of practice left!

So, that's one way to deal with positive feedback. How conscious are we of our own weaknesses...coaching weaknesses? Do you get, or allow, feedback from your swimmers? Does your ego get in the way? I tell my swimmers to be "conscious of what their body is doing in the water." Isn't it equally important that I be conscious of how I'm coaching?...while I'm coaching? I'm most aware of this when I'm trying to teach a novice swimmer a new skill. Sometimes you have to reach really deep to come up with something that the person can latch onto so that she/he "gets it." This connection that you create with that swimmer makes future instruction so much easier. The connection I make with myself through this consciousness process improves my confidence and provides me with more resources I can utilize in the future.



75 year old **Gordon Schalla** churns his way through a breaststroke swim at Stevens Point

## WISCONSIN MASTERS WEBSITE

[www.swim-wimasters.org](http://www.swim-wimasters.org)

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

## ALL AMERICANS!

By virtue of their first place rankings in the 2003 Short Course Meters Top Ten the following Wisconsin Masters Swimmers have been accorded All American Status:

**Melinda Mann 46**

50 free  
50 breast  
100 breast  
100 IM

**Betty Lorenzi 75**

100 back  
200 back

**Women 240+ 400 Free Relay**

**Ingrid Stine 63**

**Betty Lorenzi 75**

**Janet Schultz 51**

**Edith Jacobsen 55**

**CONGRATULATIONS  
LADIES!**

## *A Progress Report from Your Editor*

Nancy Kranpitz

I want to begin by thanking everyone for your cards and expressions of concern and recovery over the past 4 months. Four weeks post accident, and 4 hours post left leg brace removal, I was back in the pool. To say it felt heavenly is a gross understatement. There's just something so soothing about water! Two weeks later I was freed from the right leg brace and a week after that I met my first come-back goal by participating in the Stevens Point meet. The times I swam there became my "focus" for the next 6 weeks. I had already sent in my USMS Nationals entry form and had paid for my airplane ticket. So, talk about motivation and having a goal to reach. Prior to my accident I had met NQT's in all of the 6 events I wanted to swim. Post Stevens Point - well - let's just say I had my work cut out for me! So for the next 6 weeks I did something I hadn't done for at least 10-15 years. And that was to FOCUS on my swimming to be MENTALLY prepared as well as PHYSICALLY prepared. I even got nervous before my events at Tempe - something I had told myself years ago was a foolish thing for a woman my age to be doing given that I consider myself a fitness swimmer first and a competitive swimmer second. The result? Some of my best swims in up to 10 years!

So now what? I have to decide if I want to stay at this level of intensity or go back to my "old" ways. Much as the swims felt good, there are other interests I enjoy pursuing. With recovery comes the opportunity to return to some of my other physical pursuits. With summer comes kayaking, biking, and triathlons (my 3rd come-back goal!). Which ever way I go I really know now how much factors other than actual swimming play in determining the final outcome. Thanks much - and keep moving - and ALWAYS wear your seat belt!

## **1st Annual Madison Area Masters Lake Mendota Open Water Race**

**Saturday, August 23, 2003 - Sanction #203-007R**

**When:** Aug 23. Warm-ups and registration 7:00 AM. 1st race at 8:00 AM; 2nd race at 9:30 AM

**What:** Distances: 1.5 mile and 3.0 mile swim around marker buoys

**Where:** Lake Mendota off of Governor Nelson State Park, 5140 Hwy M, Waunakee, WI. In-water start. This is not a beach start/finish.

**Who is Eligible:** Only registered USMS swimmers, 19 yrs plus. One-day event registrations are available for \$15.00; Annual is \$35.00. Swimmers **must** submit a qualifying time of less than 10:00 for 500 yards.

**Fee:** \$20.00 before August 16; \$30.00 day of race. Check made payable to SWIM, c/o Peter Maternowski, 1404 Morrison Street, Madison, WI., 53704.

**Awards:** Trophies for overall men and overall women winners; gold medals to each five-year age group winner.

**Swim Caps:** Will be provided and will be required to be worn.

**Meet Director:** Dick Pitman, 608-242-8125 (w), 608-770-2307 (c)

This is a unique location and specially chosen because of its safety features. Because there is a long shallow shelf the race will be an "in-water start" which means from a tread-water position. The finish will likewise be across a line in the water. The course chosen will be in water that is at least 4-4.5 feet deep and no deeper than 6.5 feet deep. There will be lifeguards in boats, canoes, or kayaks to keep swimmers on course and to offer aid if needed.

**Rules:** USMS Rules for Long Distance Swimming shall govern this race.

**Weather Check:** Call Dick Pitman or e-mail" dpitman@usms.org

**Directions:** I-90 to Hwy 30 to Hwy 113 North to Hwy M, turn left into Gov. Nelson State Park.

**PARKING IS EXTRA:** Day pass for entering State Park is \$5.00; Annual is \$20.00. Hourly pass is available for \$3.00

- but I don't know anyone who is that fast!

**Time Limit:** 1 hour for the 1.5 mile swim; 2 hours for the 3.0 mile swim.

**Deadline:** Postmarked August 16, 2003.

**Wetsuit Rule:** Swimmers choosing to wear a wet suit will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide. The water temperature should be no lower than 72 degrees F.

**Accommodations:** Contact Meet Director about hotels in area if coming a long distance.

**Mail Completed Entry Form and Fees By August 16, 2003 To:** Dick Pitman, 2729 Commercial Ave, Madison, WI 53704

**ENTRY FORM AND WAIVER FOR THIS MEET CAN BE FOUND ON PAGE 5!!!!!!!**

### **WISCONSIN OPEN WATER SWIMS - 2003**

Eric Jernberg

As warmer weather approaches, we have a short time to swim outside. Some swimmers like to swim more "naturally" - no, not naked, but in area lakes. Wisconsin will host 3 open water lake swims in the summer of 2003. The **Eau Claire YMCA** hosts the **Lake Manitou Swim** on Sunday, July 13th. This 2 mile race is in its 12th year. The following week, Saturday July 19th, will be the **Lake Amy Belle** race in Hubertus (just outside of Menomonee Falls). In its 8th year, this swim has a choice of either a mile or a half mile race. Finally, the 3rd Wisconsin Open Water Swim is a newcomer. **The Lake Mendota Swim** will be held on Saturday, August 23rd. This event is limited to US Masters Swimmers.

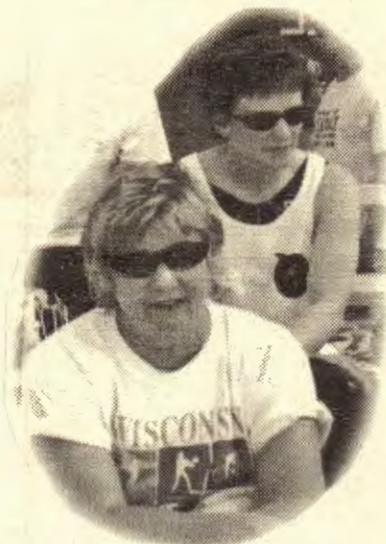
To promote Wisconsin's lake races, I want to present the **Wisconsin Open Water Swim Challenge 2003**. The rules are:

- >Open to Wisconsin Masters swimmers only
- >Swimmers will be awarded 10 points for each of the 3 listed swims she/he finishes. Those entering three swims will get 30 points, 2 swims 20 points, 1 swim 10 points.
- >Swimmers will also get one additional point for each year they have swam one of the events in previous years.

Since this is the 1st year for **The Lake Mendota** swim, you can get a maximum of 10 points for that event. However, if you finish the **Amy Belle** race and you have also swam that event 2 times before, you would get 12 points from the **Amy Belle** race. The same rules apply for the **Eau Claire** race.

Swimmers should mail in the enclosed form (**FOUND ON PAGE FIVE OF THIS NEWSLETTER**) before August 31, 2003. The high point swimmer would be awarded a plaque noting their accomplishment. In case of a tie, the award would go to the older swimmer.

Feel free to contact **Eric Jernberg** if you have any questions.



**Melinda Mann** (top) and **Candy Christenson** take a few moments to get "psyched" up for their breast-stroke swims at the USMS Nationals in Tempe.

# LAKE MENDOTA OPEN WATER ENTRY & WAIVER FORM

NAME \_\_\_\_\_  
AGE ON RACE DAY \_\_\_\_\_ SEX \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_ USMS# \_\_\_\_\_  
CLUB NAME \_\_\_\_\_  
CLUB CODE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_

ATTACH COPY OF  
CURRENT USMS  
REGISTRATION

ENTER ONE ONLY:

\_\_\_\_\_ 1.5 MILE SWIM

\_\_\_\_\_ 3.0 MILE SWIM

MOTEL INFORMATION \_\_\_\_\_ Please send me information on local hotels

DIRECTIONS \_\_\_\_\_ Please send me detailed directions

ENTRY FEES \_\_\_\_\_ enclosed for individual entry: Make check payable to SWIM

ONE-DAY EVENT FEE \_\_\_\_\_ \$15.00 enclosed made payable to WMSC

DONATION TO WMSC??? \$ \_\_\_\_\_ THANK YOU VERY MUCH!

**Liability Release (required):** 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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS 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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE WISCONSIN MASTERS SWIMMING COMMITTEE, INC, THE WISCONSIN MASTERS AQUATIC CLUB, GOVERNOR NELSON STATE PARK - STATE OF WISCONSIN, TOWN OF WESTPORT, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Wisconsin 2003 Open Water Challenge

Please fill out and mail to: Lake Swims, 5204 W. Wells, Milwaukee, WI 53208

**POINTS FOR:**

|                   |  |                               |
|-------------------|--|-------------------------------|
| <b>Eau Claire</b> | _____ 10 points for 2003                                 |                               |
|                   | _____ points for previous time swam                      |                               |
|                   | (one point for each year you have swam this race before) |                               |
|                   |  | Total Eau Claire Points _____ |
| <b>Amy Belle</b>  | _____ 10 points for 2003                                 |                               |
|                   | _____ points for previous year swam                      |                               |
|                   | (one point for each year you have swam this race before) |                               |
|                   |  | Total Amy Belle Points _____  |
| <b>Mendota</b>    | _____ 10 points for 2003                                 |                               |
|                   |  | Total Mendota Points _____    |

**GRAND TOTAL OF POINTS FOR ALL 3 SWIMS** \_\_\_\_\_

Swimmers Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Wisconsin Masters # \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ 5

## TANTILIZING TEMPE

Nancy Kranpitz

Thirteen WMAC swimmers descended upon Tempe, AZ, May 15-18, for the 2003 USMS National Short Course Yard Championships. We were greeted with temperatures that climbed over 100 degrees on Saturday and Sunday - quite a change from the 50's and 60's we had left behind in Wisconsin! The Mona Plummer Aquatic Center was wonderful! Two 25 yard courses set up in a 50 meter pool - one length-wise and one cross-wise. Additionally there was an 8 lane 25 yard warm-up pool as well as the 8 lane 25 yard diving well. Covered seating areas provided a welcome relief from the sun - but nothing could conquer the ozone alerts we dealt with all day Saturday. WMAC placed 20th in the small team division with 184 points and individual placings were as follows:

**Julie Van Cleave 44**

20th 100 breast  
20th 50 breast  
36th 100 free

**Erin Sorensen 24**

3rd 1000 free  
14th 500 free  
14th 100 fly

**Carrie Johnson 31**

10th 100 breast  
16th 200 IM  
24th 100 free

**Trish Alarie 42**

3rd 1650 free  
12th 400 IM  
16th 500 free

**Candy Christensen 56**

6th 50 fly  
5th 200 breast  
3rd 100 breast  
4th 50 breast  
8th 100 IM

**Geroge May 65**

5th 200 breast  
12th 50 free  
4th 100 breast  
4th 50 breast  
7th 100 IM

**Stacey Klepel 24**

5th 400 IM  
9th 200 breast  
11th 100 breast  
6th 100 IM

**John Bauman 72**

6th 1000 free  
9th 100 breast  
9th 200 breast  
5th 50 breast

**Melinda Mann 46**

4th 50 fly  
1st 50 breast  
1st 100 breast  
1st 200 breast  
5th 50 free  
2nd 100 IM

**Nancy Kranpitz 58**

6th 400 IM  
7th 50 fly  
7th 50 free  
8th 100 fly  
7th 100 IM  
6th 200 fly

**Chuck Ulland 40**

27th 100 breast  
18th 50 breast

**Mark Askew 32**

15th 100 breast  
7th 50 breast  
29th 100 IM

**Ray Diederich 60**

25th 50 free  
15th 100 free

**55+ 200 Mixed Medley Relay - 10th**

**Candy Christenson 56**  
**George May 65**  
**John Bauman 72**  
**Nancy Kranpitz 58**

Special congratulations go to **Melinda Mann** who set two new **National Records** at Tempe. She split :32.79 (NR) on her way to winning the 100 breaststroke in a 2nd NR of 1:10.76. **CONGRATULATIONS, MELINDA!!!**

### NEW STATE RECORDS SET AT TEMPE!

**Stacey Klepel 24:**

200 breast - 2:39.54  
400 IM - 4:59.23

**Melinda Mann 46**

50 breast - :32.79 (also NR)  
100 breast - 1:10.76 (also NR)  
200 breast - 2:36.85  
50 fly - :28.41

**Candy Christenson 56**

50 breast - :40.20  
100 breast - 1:31.18

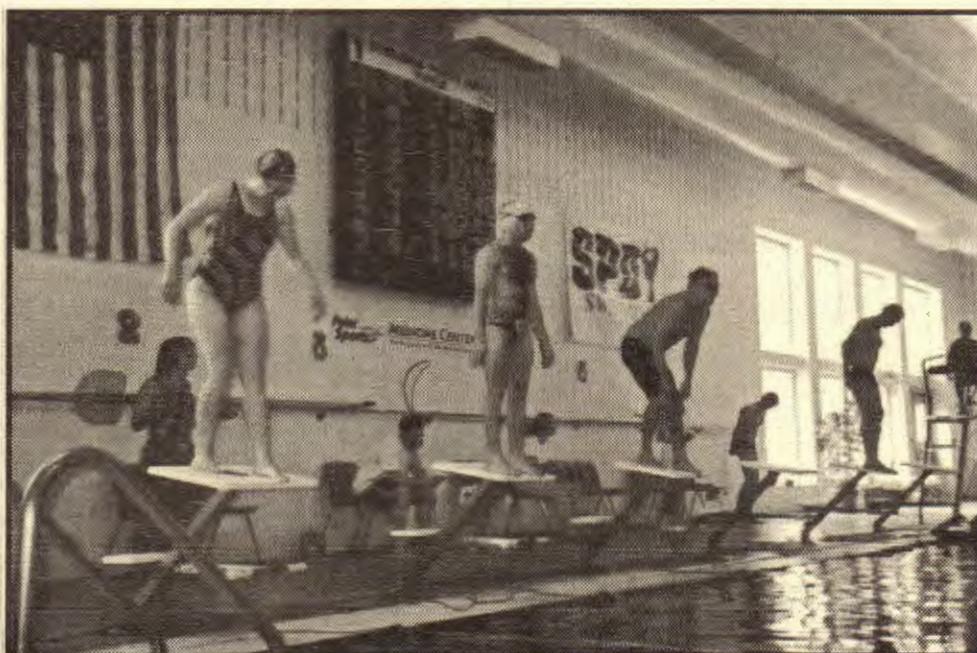
**Chuck Ulland 40**

50 breast - :30.08

**CONGRATULATIONS!**

>

Aimee Arnoldussen, Toby Haines, Art Luetke, and Greg Hollub are ready to "take their mark" for a race at the Stevens Point Meet.



## TIP OF THE MONTH - SIDE EFFECTS OF DRUGS

Paul Hutinger

Many masters swimmers are on long term drugs for heart problems, blood pressure, cholesterol, diabetes, etc., or temporary drugs for bacterial infections. These medications affect patients differently, and the Masters swimmer must be aware of the side effects that may interfere with their daily training. Be sure to read the leaflet that comes with your medication so that you are aware of them. Some of the common complaints are a too low heart rate, extreme fatigue, muscle weakness, dizziness, shortness of breath, cough, constipation, diarrhea, etc. If you have any unusual symptoms, check with your doctor immediately as she/he may be able to prescribe a substitute that your body can handle more easily.

While working on my doctorate at Indiana University, we measured the amount of my blood and I had 15-20% greater than the predicted blood volume, which is based upon body size. Research studies verify this. If you train year round, three or four days a week, for 30-60 minutes, you are in a special category of a trained athlete, no matter what your age, and have more total liters of blood. With approximately 15% more blood, it appears your hematocrit and hemoglobin are lower than normal. Most trained individuals do have a greater total body hemoglobin due to the greater total blood volume. This person may be misdiagnosed as having anemia. Sometimes, it is known as marathoner's anemia. Some blood pressure medications are beta blockers, which can cause a decrease in your heart rate, which can effect your performance.

Roger Franks, a multi world record holder at age 75, recently experienced problems with the side effects of lipitor, a cholesterol lowering drug. He consulted with his doctor as he became progressively weaker and ended up unable to walk without a limp, climb stairs normal, lift himself out of a chair without help and occasionally collapsed on the floor. In addition, he experienced muscle aches, cramps and spasms, especially at night. Needless to say, this was a frightening experience and his swimming was adversely affected.

Be sure to inform your personal physician if you are a trained athlete. If she/he has a background in sports medicine or has knowledge of your regular training, she/he can more adequately advise you and your special needs. As competitive Masters swimmers, we want more out of life than to just sit around in our rocking chairs and watch the world go by.

### 5K & 10K Postal Meet

GRIN Indiana Masters Swimming (GRIN) is the sponsor for the 2003 USMS 5K and 10K Postal National Championships. You can swim the distance(s) in any 50 meter pool. The 5K is 100 lengths and the 10K is 200 lengths. The swim must be completed on or between May 15 and September 30, 2003. Entries must be received by the event director **Mel Goldstein**, 5735 Carrollton Ave, Indianapolis, IN., 46220, by October 10, 2002. Contact Mel for an official entry form or check the GRIN website for possible downloading ([www.GRINswim.org](http://www.GRINswim.org)).

From Carl Lorentz

A man after drinking a potion  
Claimed he could swim 'cross the ocean.  
He was less than half over  
Then got mighty sober  
And said this was not a good notion!

Eighteen

WMAC swimmers turned in times fast enough in 2002 to earn them positions in the Top Ten National rankings for Short Course Meters. Six of those 18 placed in the 200 fly and 3 in the 400 IM. Two swimmers, **Edie Jacobsen** and **Dick Pitman** ranked in BOTH of those events. And notice that our ladies (**Ingrid Stine**, **Betty Lorenzi**, **Janet Schultz**, and **Edie Jacobsen**) who placed first and second in the relays competed in two of the longer relay events - the 400 Free Relay and the 400 Medley Relay. Is it something in the milk, or brats? Whatever it is let's keep up the tradition! Swim those longer, tougher races!



7

And they're off! Another heat takes to the water during the Wisconsin Masters State Championships held in April at Carthage College.



John Rebock, Kurt Kleppek, Mike Kuitrud, Suzi Green, and Steve Justinger take a breather between races at Stevens Point.

Are you using the excuse "I missed the entry deadline" for the reason you are not swimming at Badger State Games? Well, you're out of luck. You can still register online at [www.sportsinwisconsin.com](http://www.sportsinwisconsin.com) for \$25 until June 15th!

### Swimming Successes in Sarasota!

Seven WMAC swimmers journeyed to Sarasota, FL., for the National YMCA Masters Swimming Championships in late April. Competing against YMCA swimmers from across the United States our contingent turned in several Wisconsin State record swims. In addition they brought home a massive number of medals! Here's how they placed:

#### **Steve Forrer 50**

2nd 50 free :23.59  
 3rd 100 free :53.17  
 7th 200 free 2:01.41  
 8th 50 breast :34.85  
 5th 50 fly :27.15  
 5th 100 IM 1:03.06

#### **Alan Becker 60**

1st 500 free 6:29.68  
 1st 1650 free 22:29.67  
 1st 400 IM 6:04.04  
 2nd 50 fly :30.17  
 2nd 200 fly 3:01.05

#### **Tom Michelson 71**

2nd 200 fly 4:03.05  
 3rd 200 back 3:37.06  
 3rd 200 breast 3:39.48  
 3rd 100 breast 1:45.04  
 5th 100 IM 1:40.91

#### **Betty Lorenzi 75**

1st 50 back :43.29  
 1st 100 back 1:35.41  
 1st 200 back 3:24.82  
 1st 500 free 8:32.54  
 1st 1000 free 17:09.15  
 1st 1650 free 28:35.41  
 3rd 200 free 3:11.85

#### **Karla Nieforth-Adams 36**

2nd 1000 free 12:03.57  
 3rd 500 free 5:52.27  
 6th 100 fly 1:10.86  
 7th 100 IM 1:11.92

#### **Carol Reinke 66**

3rd 50 breast :48.15  
 3rd 200 breast 3:47.85  
 3rd 100 breast 1:46.24  
 4th 100 IM 1:40.67

#### **Gordon Schalla 76**

5th 50 breast :48.15  
 5th 50 free :45.51  
 4th 50 back :55.05

### New State Records Set in Sarasota

**Betty Lorenzi** - 200 free (3:11.85); 1000 free (17:09.15); 1650 free (28:35.41)

**Karla Nieforth-Adams** - 1000 free (12:03.57)

**Carol Reinke** - 100 breast (1:46.24); 200 breast (3:47.85)

**Steve Forrer** - 100 free (:53.17); 50 free (:23.59)

**Congratulations to all!**

### National YMCA Records!

Not only did **Betty Lorenzi, 75**, set two new Wisconsin State records in the 1000 free and 1650 free at the YMCA Nationals, she broke the **National YMCA Records** in those events while competing at the YMCA National Meet in Sarasota, FL., in April. **Congratulations, Betty!**

### GEARING UP FOR THE GAMES

The 2003 Wisconsin Senior Olympic Games will be held September 2-14, 2003. Opening ceremonies will be held on Tuesday, September 2, at Bluemound Gardens. Swimming competition will be on Saturday, September 6, at the Wauwatosa West HS Pool. Mark your calendars!

## Another Tip of the Month - Fun and Fitness

Paul Hutinger

Let's work for more fun and fitness in our Masters swim program. Our team, The Mavericks, are heading in the right direction. At our first awards dinner in Sarasota, Doris Prokopi provided hats and caps for everyone - from the silly to the exotic to the elegant. What a riot! Swimming should be fun, whether you are in the program for the competition, fitness, or camaraderie.

In Jim Miller's (USMS President) article in the May/June Swim Magazine, he encourages us to "motivate more people to partake of the health-giving effect of programs such as USMS." For years, Margie (wife) and I ran a fitness program at our pool in St. Pete, FL. The object was to swim 200 miles to Key West, logging every lap in a pool. Fitness articles have appeared in previous SWIM Magazines and the FL LMSC newsletter, describing three programs, to provide motivation beyond the competitive aspect.

We have many talented swimmers on our team and they are recognized for their outstanding achievements throughout the year and also at our spring awards dinners. Another award we offer, which is just as significant, is the Fitness Award. This is given to a swimmer who doesn't compete, or competes in very few meets, is an outstanding role model for fitness swimmers, desires to improve her/his strokes, and is persistent in regular swim workouts. The Mavericks have a diverse membership, which isn't limited to swimmers "who are good enough."

To encourage Mavericks to participate in one or more of these programs, I have two special motivational plans for you. They are:

**Check off Challenge:** This is for a swimmer who is able to swim all four strokes. The T-shirt comes first. On the back, all 16 pool events are listed. When you swim an event, in a meet or in practice, you check it off. Slowly swimming an event in practice, like the 200 fly or 400 IM, is a good way for the timid to undertake an intimidating event that you don't have enough nerve, as yet, to enter and race in a meet.

**Virtual Swims:** These are swims in off beat locations, like Crater Lake, that you wouldn't really swim. You log in your miles in your pool. Distances vary from 12 to 58 to 200 miles. This is for the noncompetitive swimmers or those who compete infrequently.

Either of these swims would give you a sense of accomplishment and goals for your training program.

Editor's Note: While Paul's comments were directed at his team (The Mavericks) they certainly could be applied to all of us here in Wisconsin. Both the **Check off Challenge** and the **Virtual Swims** have been mentioned in SWIM Magazine.

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**LOOK AT WHAT'S INSIDE:**  
Lake Amy Belle Entry Information  
Lake Mendota Entry Information  
SCM Top Ten  
Coach's Corner  
Chairman's Lane  
Teaching Butterfly  
Tips of the month  
USMS National Results  
YMCA National Results  
And More.....

## PLACES TO SWIM!

Our webmaster is updating the information on the **Places to Swim** section of our website. PLEASE forward any information on where YOU swim (even if it hasn't changed in a long time) to John Bauman at wmac@execpc.com. Remember, the next time you travel and are looking for a place to work-out this information could be very important to you. So take a moment to do it NOW!

## PLAN AHEAD!

The 10th FINA World Masters Championships will be held June 3-13, 2004 in Riccione, Italy! Sounds to me like a good excuse to take a trip to Europe!

Before I was born I swam in a pool of water

And twixt and tween I slept much more than I shoulda oughta!

And now that I am older, it simply can be seen

I swim in a pool of water, and still sleep in between!

James Sevenich

## TEACHING BUTTERFLY

Dick Pitman

I want to share with you a technique that I have found very successful for me in teaching butterfly. I really feel good about this because it has taken me so long to figure it out! Sometimes when you have such an intimacy with one stroke and it is somewhat natural for you it is difficult to teach. It took my own re-engineering of my stroke to figure out a step-by-step method. Here it is. Keep it simple.

**Point #1:** It is OK and even good to *glide*. **Point #2:** Try to take a minimum number of strokes. **Point #3:** Focus on the head, do not worry about the legs yet. The legs will follow your body, which will follow your head. **Step #1:** Hands should enter the water at 11:00 and 1:00 position, slightly under the surface of the water, arms should reach and extend straight out. **Step #1a:** Glide. **Step #2:** *Anchor your hands*. I heard this somewhere and it makes sense. You can't catch the water until your hands are anchored. **Step #3:** Now, *drop your wrists and raise your elbows* and pull/push towards the center, bringing your hands close together. You have more power when you concentrate both hands pushing on the same focal point. This is not an "S" stroke, but a smooth fluid stroke. I learned this years ago from my AAU coach, Jim Montrella. I confirmed it with him last year at the ASCA Clinic. He's now as assistant with Mission Viejo Nadadores Swim Club, and a past Coach of the Year. **Step #4:** Finish the stroke. Push all the way back to your legs. **Step #5:** Recover straight arm, palms rotated out so the thumb is pointing to the water. **Point #4:** Breathing is done early in the stroke rather than later. One needs to avoid being caught with both the arms and head out of the water at the same time. Put the head down before the arms go past the 90/180 degree or 3:00 position. The arms should follow the head in a shallow dive under the surface. The head should go just deep enough to bring the butt up to crown the water's surface. Stay long in the water! **Other tips:** To enable the novice swimmer to feel the undulation, have him/her do **dolphin jumps**. That's where you crouch on the bottom and jump straight up in a streamline position and dive no more than 2 feet away. Don't bend the knees. Stay long and fluid. **The One-Arm Drill** is great to help swimmers get the undulating feel for the butterfly. Two strokes and switch arms. Breathe to the side and dive. In a recent SWIM Magazine Michael Phelps is profiled doing his favorite drill - *One-Arm Butterfly!*

If you have an idea and would like to share it let me know. I look forward to hearing from you!



Heading north! **Connie Welch, Aimee Arnoldussen, Jerry Lourigan, Tim Potter, Fred Salzman (in back), Mike Rubens, and Dick Pitman** pack up for the drive from Madison to Stevens Point for the meet held there in March.