

Wisconsin Masters Swimming

Newsletter Date
December, 2003

LMSC OFFICERS

Chairman: Dick Pitman
dpitman@usms.org

Treasurer: Ingrid Stine
wmac@execpc.com

Registrar: John Bauman
wmac@execpc.com

Secretary: Suzi Green

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

Health/Safety: Nancy-Leigh Fisher

Fitness: Dan Slick

Newsletter Format

With the return of colder weather I have found a little more time to play around with the new newsletter program. You are seeing the results of some of my work in this newsletter. I obviously have more work to do so please bear with me as I continue to learn. And PLEASE—send me news to share in this newsletter. I can't do it without you!

CHAIRMAN'S LANE

Dick Pitman

I have received several favorable comments about my articles and I appreciate them very much. It just demonstrates that there are many of you out there who can participate in this venue of "dialogue." If you remember within the last year we printed an article by **John Maniaci** about his experience training—and then participating—in the Madison Ironman. He was just sending me an e-mail for the fun of it, but I loved his impromptu essay so much that I sent it to Nancy Kranpitz to publish in our newsletter.

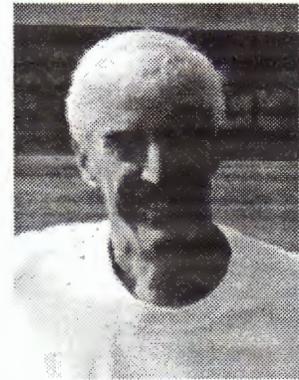
Our newsletter is a way for us to communicate. We include news of meets and records broken as pretty much standard fare. But, what I find fun and interesting are those things happening in Manitowoc, Milwaukee, Racine, Richland Center, Oshkosh, Appleton—did I reach anyone yet? You have things happening right there that are interesting or amusing, don't you?

For example, at the Lawrence Meet there was a confluence of swimmers who had swam on a record-setting relay team 41 years ago! **Nancy Kranpitz, Candy Christensen, Geri Havel, and Jane Stewart** put together four relays that Saturday afternoon in October. The last time they all swam on a relay

together was more than 40 years ago! A year ago we told the story of the **Hoppe** sisters who similarly reprised a relay from 25-30 years ago when they swam together in Oregon, Wisconsin.

I want to tell a story illustrating how small our swimming world is. Maybe this is where they got the name for the magazine. Many of you have heard this story but I've never put it in writing anywhere that I can remember. But, many of you know the longer you swim the more apt you are to run into someone you knew years ago! In 1987 I attended the USMS Nationals in Stanford. I went because I was that virile age (43), was training hard, and my sister lived nearby. This is the meet by which all other national meets are measured because it was and still is the largest Masters Nationals ever held in this country. That could change in 2005 when, and if, the World Masters Games comes to Stanford.

So, there I was sitting next to my mother, sister and brother waiting for my next event and I hear a page: "Will Dick Pitman please report to the announcer's stand?" Somewhat dumbfounded I approached the stand curious and mystified. This woman came forward and gave me a hug and said, "Dick! I thought



that must be you in the heat sheet." I said, "Who are you?" She said, "Sally Peterson." Hmm, I thought as my mind raced through the synapses trying to pinpoint a Sally Peterson in my past. "I'm sorry. How do I know you, Sally?" Sally held her breath a minute and then started to laugh, "Oh, I'm sorry. I'm Sally Chapman... Dick's little sister." "Oh!" I exclaimed. Dick Chapman and I were high school teammates and swam on many relays together. "Funny meeting you here!" So, we talked about her brother and why he wasn't swimming anymore. Anyway, Sally had married and settled in Truckee, CA, where she started coaching and swimming. She started the Donner Lake swim there which became one of the most popular open water swims on the USMS calendar. When I met her she had recently Con't on Pg 8.....

Review of '03—A Look Ahead Toward What Could Be!

Dick Pitman

As '03 comes to a close it is a good time to a look back over our year and think of the things we accomplished. We took three big gambles on new venues: first in Stevens Point, then in Kenosha for our State Meet (both of which were successful) and then in Madison, we tried our first sanctioned Open Water Swim in Lake Mendota. It created quite a bit of excitement and we're encouraged for next year.

I'm really excited about next year too! What happens at the convention is that you get to be close with people you would never otherwise talk to. Most of you know that **John Bauman** and I bumped into **Michael Phelps** when we were checking into the hotel. The next day I was riding the elevator down with **Tom Wilkens**. After introducing ourselves, I said "...as in the book?" The book, which a few of us in Madison read over last winter, **Gold in the Water**, portrayed the agony of Tom Wilkens and others as they trained at the aging facility in Santa Clara for the 2000 Olympics. Tom answered, "yes. In the book." So, we chatted as we walked towards our respective morning meetings. I really did invite him to BSG in June! He said he probably couldn't make it because Olympic Trials were just a couple weeks away from our date. But, it fired my imagination.

I've known **Graham Johnston** for a couple of years now. John has known him for a few decades. At a hospitality night I talked with Graham and asked him if he might be interested in BSG and he said he would. Of course, he would have to talk with his wife. But, he was hooked. He was familiar with Madison from having done business in Wisconsin several years ago. Graham is very involved in Long Distance Swimming. Just recently he did the Maui Challenge and said he met **Art Luetke** there. I told him that we were honored to have **Jim Montgomery** at our meet in 1999. He (Graham) holds 5 world records each in the 65-69 and 70-74 age groups, and a similar number of National records.

I also talked with **Bill Volckening** and he immediately said, "Yes!" He has a goal of visiting every LMSC in the country, and he had never been to Wisconsin. I told him of our successes here and he was very excited. He would like to put on a Club Development program, possibly the day before, for coaches and others interested in forming an organized club in the state. Bill has started a number of clubs, has coached for several years, swims meets, and edits **SWIM Magazine**. Regarding USMS committees he's currently only a member of the USMS Endowment Board of Governors, but he is indirectly linked to all committees because of the need to communicate their programs through **SWIM Magazine**. In short, he knows what's going on. He's very bright, very gregarious, and loves talking with swimmers and getting clubs started and on the right tract. I have great respect and admiration for him and his talents.

I talked with **Ryan Richards** at Badger State Games and he thought this was a great idea. So, all I have to do is get commitments from Bill and Graham and we're ready to go. To do a Club Development program with Bill will require a meeting place, communication with coaches throughout Wisconsin and some support from swimmers here in Madison. I'm really excited about this. It could have a huge impact on Wisconsin Masters Swimming.

FOR A BETTER WORKOUT

Drinking enough water before exercise can help you work out longer—and give you a better workout. To avoid running out of steam: drink two cups two hours before you start exercising and 5 to 10 ounces every 15 to 20 minutes during your workout. If you workout longer than an hour at a time, choose a sport drink to avoid losing too much sodium.

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org

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

Reunion Relay

Candy Christensen, Nancy Kranpitz, Jane Stewart, and Geri Havel reunited at the Lawrence meet and swam a 200 Medley Relay 41 years after swimming to a Wisconsin State AAU Championship in that same event in 1962.

Tips for Tourists Visiting Wisconsin

So what if every person in every pick-up waves? It's called being friendly. Understand the concept?

The "Opener" refers to the first days of fishing and deer season. They are religious holidays. You can get breakfast at the church.

You bring Coke into my house, it better be brown, wet, and served over ice.



WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, January 11, 2004

- Sponsored by:** The Wisconsin Masters Aquatic Club
- Recognized by:** The Wisconsin LMSC for USMS, Inc. Recognized Meet No. #204-002R
- Location:** YMCA at Pabst Farms (YMCA telephone 262-567-7251)
1750 Valley Road
Oconomowoc, WI 53066
- Facilities:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags
- Time:** Sunday, January 11, 2004. Warm-up 8:00 AM—8:45 AM; meet starts at 9:00 AM.
- Eligibility:** Open to all adult swimmers 19 years old or older, whether or not members of USMS. IF entrant is member of USMS, a copy of the entrant's registration membership card **MUST** be attached where indicated on the entry form. USMS and non-USMS swimmers may **NOT** swim together on relays.
- Rules:** Official USMS rules will govern the meet. All events will be timed finals.
- Seeding:** Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat.
- Timing:** Automatic timing system backed up by one watch/lane.
- Warm-ups:** Lane 1 will be the designated start/sprint lane with swimming one direction only and exiting to the side or end. Lanes 2-8 will be for circle swimming only—**NO DIVING STARTS** from the blocks or the deck in lanes 2-8. Swimmers must enter the pool feet first in a cautious manner in lanes 2-8. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.
- Facility User Fee:** \$2.50 per person
- Entry Fee:** \$2.50 per individual event, plus the \$2.50 facility user fee for entries received up to one week prior to event. No charge for relays. Deck entries for individual events will be accepted up to 8:30 AM the day of the meet. The fee for deck entries shall be \$4.00 per event, plus the \$2.50 user fee. Fees must accompany the entry form. Please make check payable to **Wisconsin Masters Aquatic Club**.
- Entry Limit:** Five individual events plus relays. 500 yd freestyle limited to first 28 entrants.
- Entry Form:** The official Universal Meet Entry Form **MUST** be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations.
- Awards:** Ribbons for 1st through 3rd places.
- Mail Entry to Meet Director:** Harry Evans
925 York Imperial Drive
Oconomowoc, WI 53066
Telephone: 262-567-8535
e-mail hevans@gshydraulics.com

DON'T DELAY - ENTER TODAY

SCHEDULE OF EVENTS

Oconomowoc YMCA—January 11, 2004

- | | |
|----------------------------|-----------------------------|
| 1. 50 yd Backstroke | 10. 500 yd Freestyle |
| 2. 100 IM | 11. 200 Butterfly |
| 3. 100 yd Freestyle | 12. 200 yd Medley Relay* |
| 4. 200 yd Breaststroke | 13. 400 yd Freestyle Relay* |
| 5. 100 yd Butterfly | 14. 100 yd Backstroke |
| 6. 200 yd Backstroke | 15. 50 yd Breaststroke |
| 7. 200 yd Freestyle Relay* | 16. 50 yd Freestyle |
| 8. 50 yd Butterfly | 17. 200 yd IM |
| 9. 100 yd Breaststroke | |

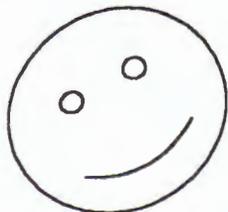
*Relay Entries: Submit entries at the meet. Relays may be all men, all women, or mixed (two men and two women).

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road. The new Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, please use the entrance on the West side of the building, as the main entrance does not open until 10:00 AM on Sunday.

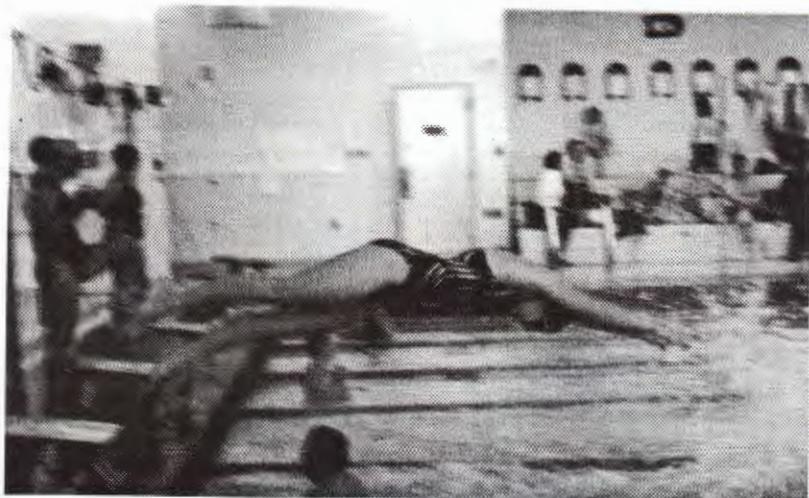
Post Meet: When the meet is ended, plan on stopping for lunch at the Olympia Resort & Conference Center (262-369-4999). Olympia is located on Highway 67 just a few more blocks north of Valley Road—in total only a mile from the Y. We will eat in the Frisco Bay Café next to the main lobby of Olympia.

YMCA at Pabst Farms facility description: The Y is new, having opened in September, 2003. In addition to the competitive pool, the new Y also includes a separate recreation pool, a large water slide, and a pool for infants. There is also a large gym with an indoor running track, an exercise machine and weight room, and a climbing room for pre-teen youth. The open times for these areas of the facility on Sundays are 10:00 AM for the gym and track, noon opening for the recreation pool, and 1:00 PM for the water slide.



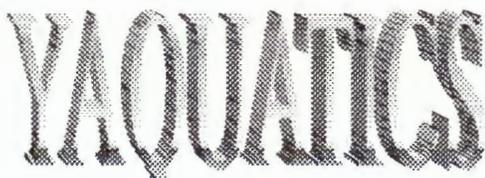
Glucosamine

One more time, glucosamine sulfate shows its worth as a treatment for osteoarthritis. In this latest three year study, people with osteoarthritis of the knee were treated with either glucosamine sulfate (1,500 mg daily) or a placebo (fake supplement.) The glucosamine treated people not only had less pain and stiffness than those who received a placebo, but the supplement also slowed the progression of the arthritis—all with no significant side effects.



Pul-eeze oh pul-eeze goggles—**STAY ON!**

Relay action at the October 25th Lawrence University SCM swim meet. Of 13 relays swum, seven set new Wisconsin Masters SCM marks!



We build strong kids, strong families, strong communities

Masters Swim Meet

Stevens Point Area YMCA

March 6, 2004

- Sponsored By:** Stevens Point Area YMCA Masters Adult Swim Club
- Meet Director:** Nick Hansen, Phone (715) 342-2980 Ext. 327
nhansen@spymca.org
- Sanctioned By:** Wisconsin LMSC for USMS, Inc. Sanction No. 204-004
- Location:** Stevens Point Area YMCA
Adventure Pool
1000 Division Street
Stevens Point, WI 54481
- Facilities:** 25 yard, 6 lane pool, non-turbulent lane lines, starting blocks, back stroke flags. Automatic timing system with score board, backed up with watches.
- Time:** Warm-up: 11:30-11:55. Meet starts at 12:00 PM.
- Eligibility:** Open to all Masters Swimmers 19 years old or older. Each entrant must be a registered masters swimmer. Registrations will be accepted in the Aquatics Office beginning at 10:30 AM and ending at 11:30 AM.
- Rules:** Official Masters Rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting times will swim in the slowest heats.
- Warm-up Procedure:** Lane 1 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 2-6 will be for circle swimming only. During competition lane 6 will be utilized for cool down purposes.
- Awards:** Ribbons for 1st, 2nd and 3rd places.
- Entry Fees:** \$2.50 for individual events. Fee for deck entries is \$4.00 per individual event. Make checks payable to the Stevens Point Area YMCA. No charge for relays.
- Entry Limit:** Five individual events plus relays.
- Entry Form Deadline:** The official entry form must be used. One person per form. Waiver must be signed. Mail entries to Nick Hansen, 1000 Division St., Stevens Point, WI 54481. Entries must be received by Nick Hansen no later than Feb 21, 2003.
- Order of Events:**

1. 50 Fly	12. 200 IM
2. 400 IM	13. 400 Free Relay*
3. 200 Fly	14. 50 Free
4. 200 Back	15. 200 Breast
5. 100 Breast	16. 100 Back
6. 200 Free	17. 100 Fly
7. 400 Medley Relay*	18. 100 IM
8. 50 Back	19. 200 Free Relay*
9. 100 Free	20. 500 Free
10. 200 Medley Relay*	21. 1650 Free (limited to first 12 entries)
11. 50 Breast	

*Relays may be all men, all women, or mixed (2 men & 2 women)

Please Come!

Join The Fun!

Web-master **Ray Diederich** is deep in thought at the Lawrence SCM Meet!



Let's see, now. I'm going to have to do some serious re-arranging on the website since John wants me to remind people to send in their **2004 registration SOON!** I know he was handing out the forms at the meet today—and I suppose those who weren't at the meet have already gotten their registration forms in the mail. Anyway, somehow I need to design something on the website to get their attention so they get this done soon. Also—the **Places to Swim** needs to be updated. How am I going to encourage people to e-mail John (wmac@execpc.com) and let him know the days of the week and hours of the day the facility they swim in is open. I just browsed through it the other day and I **KNOW** there are more places to swim in Wisconsin than are listed on the web-site. Gee—Maybe this could be handled through the newsletter instead of posting it on the web site. I often wonder how many people take the time to check it out anyway. They really should, check it out, I mean. 'Cause there really is a lot of important information on it. Well, I can't dwell on these issues much longer. I have an event to swim!

2003 Registration Facts—Ester Lyman, USMS Database Administrator

We are currently at (net) 41,497 memberships (compared to 42,171 in '02 and 40,645 in '01) registered with 513 clubs within 53 LMSCs (a few less clubs than last year's 518, but more than the 504 in 2001.) Address changes are a constant battle to keep up with, but the piles from SWIM Magazine with returns and/or changes seems smaller this year, while the number of phone or e-mail contacts to the national office seems to have increased. People seem to stay more on top of keeping us informed. Perhaps because moving is becoming more embedded in their lives, with the economy and all. Some swimmers have changed addresses up to four times, while others have stayed in place but changed affiliation that many times including some who have come back to their point of origin. Transfers add a layer of complexity to keeping track of our people. The good news is that the new permanent ID will help manage this!

NEVER, under any circumstances, take a sleeping pill and a laxative on the same night!

Only one copy of the universal entry form, which **MUST** be used for all meet entries, is included with this newsletter. You will have to either copy this one or download one from the Wisconsin Masters Website if you plan on entering both the Oconomowoc and Stevens Point swim meets.

Honey & Fitness

Honey provides a healthful pick-me-up. The glucose and fructose in honey have been predigested by the bees that produced it. These simple sugars are quickly and easily absorbed in the human digestive tract, and they have an overall soothing effect. Honey may be a healthy treat. But take care when using it as a sweetener. Just 1 TBS of honey has 64 calories compared to 46 calories in 1 TBS of granulated sugar.

A person who is nice to you, but rude to the waiter, is not a nice person.

Fish Oil and Heart Disease

Sources—American Journal of Clinical Nutrition, Vol 76, Pg.326; Hope Heart Institute, Seattle

Omega-3 fatty acids—like those found in fatty fish and fish-oil supplements—help to reduce the risk of heart attacks in a number of ways. 1) They **help maintain artery elasticity**, which helps keep blood pressure at healthy levels. 2) They **help reduce inflammation**. Blood vessel inflammation has been linked to heart disease. 3) They can **lower bad cholesterol and triglyceride** levels. 4) They **may help prevent blood clots**. 5) They can **stabilize irregular heartbeats**. The American Heart Association recommends that we eat fatty fish (e.g., salmon, sardines, herring, Atlantic mackerel, tuna) two or three times a week. Or you can take fish oil supplements instead. If you are a vegetarian, you'll find a different type of omega-3 fatty acid in walnuts and flaxseeds.

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-Mail address

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE _____
FEMALE _____ USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$ _____ ea. + pool surcharge \$ _____ = \$ _____

LIABILITY RELEASE

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 of 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.

Signed _____ Date _____

Chairman's Lane—Continued

divorced. She has since remarried and moved to the Seattle area. Her new surname is "Dillon" and she is Secretary for USMS now.

So, a few weeks ago, **John Bauman** forwarded an inquiry about Masters Swimming to me. A woman who had just taken the job of Aquatics Director at Stoughton High School's new pool (8 lane, 25 yd) had come from the Seattle area. "I suppose you must know Sally Dillon?" I asked her. "Yes, I know Sally quite well. I was her coach." It really is funny how small this world of ours is.

After our annual meeting we still had not decided about our State Meet—if, when and/or where to

have it. It turned out that Illinois was going to have their state meet the first weekend in April. That was also the only and best date for us to have our state meet. They had a bid—yes, Illinois is big enough with enough pools that they actually receive bids on their big meets, but then they get about 500 to their state meet—from Carbondale (Southern Illinois University) that was voted down or withdrawn. We offered to hold a joint meet with Illinois at Carthage. Then they decided to go with Barrington—not sure what's in Barrington—that first weekend in April. Well, we had the Carthage pool reserved and we decided to go with that date. But, maybe in the future we will take another look at a joint state meet with Illinois. Maybe make

a dual meet out of it.

Another new development is that there is a new pool available! Oconomowoc Y opened in September. Tim Potter and I drove over one Monday night and tried it out and came away quite impressed. So, I'm proud to announce that on January 11 (a Sunday morning) there will be a meet in Oconomowoc! Let me give you a brief preview of what this pool has to offer: 8 lanes, 25 yds, Colorado timing; a rec pool with a huge slide; lots of deck space; a very large ceiling; very similar to the Stevens Point Y. Happy Swimming!



If you have moved or are planning on moving—please notify **John Bauman** (wmac@execpc.com) ASAP. This is the only way to ensure that your **SWIM** magazine and LMSC news will continue to reach you in a timely manner!

2003 USMS CONVENTION HIGHLIGHTS

International: USMS will undertake a bid to host the 2006 11th FINA World Masters Championships to be held at Stanford University in California. This bid requires a substantial financial investment by USMS and also some risk to USMS whether or not the bid is accepted. Lively discussion ensued in the House of Delegates and the vote was to move forward.

Championship: There were only two bids (Mission Viejo and Orlando) to host the 2005 LC Nationals and only one bid (Orlando) to host the 2005 SC Nationals. Mission Viejo was awarded the LC Nationals. There were no representatives present at the convention to present the bid or answer questions so the bid period for the 2005 SC Nationals was extended into October.

Long Distance: A record number (28) of bids were presented this year to host open water and postal swims. O*H*I*O Masters bid on the One-Hour Postal Swim and narrowly lost to Indy Swim Fit. O*H*I*O intends to bid on this event again next year. Safety in general was discussed, in particular because of the recent hazards at the Waikiki Rough Water Swim. A safety manual is in the process of being written.

Records and Tabulations: The committee wrote legislation that was approved that made it easier for swimmers to have times swum at international meets included in the USMS Top Tens. Records will require a pool measurement. On another note there will be no grand-fathering of pools as was done in the past and that all pools will need to be measured in all lanes.

Sports Medicine: There was a fabulous presentation regarding Masters Swimming and the aging process. Joel Stager presented the current research and showed that there really wasn't too much data regarding the length and quality of life of a Masters swimmer. The Sports Medicine committee agreed to pursue a research study to look at the effects of Masters Swimming on swimmers with initial data to be taken at the 2004 SC Nationals in Indianapolis. The hypothesis is that Masters swimmers live longer and they have a better quality of life than non-swimmers.

Insurance: Data was shared regarding the types of injuries and claims that have been made to the USMS insurance carrier. USMS wants LMSCs to report all injuries from this point forward so that it can compile a database of events. On another note, the committee is concerned that clubs are signing waivers other than the USMS meet entry waiver and that if this is the case the committee would like for these additional waivers to be evaluated by USMS.

Sports Medicine Forum

After the THG "designer" steroid was discovered being used by some elite athletes, Dr. Jim Miller, USMS President, said that USMS will issue a statement regarding performance enhancing drugs, but will not—repeat, **WILL NOT**—start drug testing Masters swimmers. Jim said it costs about \$200 per test so it just isn't economically feasible for us to get into that business.

Coach's Corner

Dick Pitman

Inspired by the new USMS Brochure to inform swimmers about Masters I came up with the following to supplement that beautiful new marketing tool. You can use this if you want, or pick and choose, change...whatever!

A Few Things New Masters Swimmers Should Know...

—"Masters" means someone in the prime of life, not necessarily an elite swimmer! It's not about golf. It's about life.

—Nobody expects more from you than you do. Relax. Have fun.

—Don't try to get in shape in your first practice.

—Don't be afraid or intimidated to ask for help...or, to accept advice if offered. Someone probably noticed something about your stroke that could use correcting.

—Accept the fact that you will never be perfect...but that shouldn't stop you from seeking perfection. Always practice swimming perfectly. I ran across a new motto: *Swim With Uncommon Awareness—Are You Training the Right Stuff?*

—There are 45,000+ registered Masters swimmers in the US. Only about 10% regularly attend swim meets. And, only 10% of those are what might be considered elite swimmers—i.e., perennially listed in the National Top Ten and/or former Olympians.

—So, relax, have fun. If you decide to compete enjoy swimming with your local competition. Mostly, enjoy setting some personal bests. Here's a true story...

—A couple of years ago one of my swimmers, a woman in her late 30's, swam in our State Meet. She entered 8 events, won all 8, and had personal bests in every event! She won a couple of the events because she was the only one in her age group, so she won those by simple default. But, what she was most proud of was the eight PB's—personal bests! That was an incredible feat and will probably not be soon duplicated by anyone I know. But, you never know—*could be you!*

—There are many stories of courage among Masters Swimmers. People who have survived tragedies, near-death illnesses, injuries. One of our state's swimmers broke both of her legs in an auto accident in February 2003. By late March she was swimming in a meet! By June she was swimming at Badger State Games! By July she was doing a triathlon! The doctor told her that she recovered so quickly because she was in terrific shape for a person her age.

—Masters swimmers, when they talk among each other, don't refer to their practices as so many minutes or hours, like a runner would. Rather, it's "How many yards did you go in your workout?" Or, "Wow, I'm tired. I just went a set of 100's on 1:45 and held them all under 1:30." *This is about swimming, not running.* And Masters swimmers don't get old: **they age up!**

—If you bike you always have a bottle of water handy; some bikers have two bottles at the ready. Swimmers should always have a good sized bottle of water on the deck for use between sets. Ingesting water will retard that sluggish, tired, work-out feeling that comes in the middle of the workout. The reason is that when you exercise one of the by-products is CO₂ and other toxins. Water will carry those toxins away and prevent/retard cramping and the build-up of lactic acid.

—Swimmers have to learn how to use the pace clock. That's the big clock on the wall or deck with no hour-hand, a useless minute-hand, and a big, continuous sweep second-hand. Pay attention to the second-hand. Get to know your pace for each distance and how to read your time at a glance. Know that if you swim 50 yards in :40 where that second-hand is going to be when you finish. If you start on the 10 then the hand should be on the 50 when you finish.

—The difference between *lap swimming* and *Masters Swimming*: "Coached workouts that use interval training releases the human growth hormone, lap swimming DOES NOT and never will. The benefits of the human growth hormone are looking younger, having better skin, better internal organs, and better sex." So said Wayne McCauley, of Southern Pacific Masters, in a 2001 discussion forum posting at USMS.

—There's a Masters swimmer in Seattle who came up with the idea that Masters Swimming is about the three F's: *fun, fitness, and friendship.*

—Our 90+ year old swimmer in Madison once told me that "swimming is the only sport you can do lying down." That might be debatable.

—Are you *fast* enough? With many skill levels there's usually someone you can swim with. My Masters group has 4 basic levels spread out over 7 lanes, which means we really have 7 different levels.

—It's all my late mother's fault. She read about something called Masters Swimming back in the early '70's. She said, "You ought to check that out." But I put it off for a few more years until my wife said, "We're going to get ourselves back in shape! I'm signing us up for a Y membership." After 16 years of not swimming I really just wanted to swim laps. I had no interest in competing.



Sara Kranpitz, daughter of Nancy and granddaughter of Fran Zeumer, makes it three generations from one family when she swam in her first masters meet at Lawrence University in October.

Tip of the Month—Distance Per Stroke (DPS)

Paul Hutinger

The importance of distance per stroke is a generally accepted principle. The big problem in my coaching is that swimmers will go slower, until they make adjustments. Many do not have the patience to continue working on DPS until speed is introduced into their training techniques. Why change and what are the advantages?

INCREASES SPEED—HELPS TO STREAMLINE—INCREASES STROKE EFFICIENCY—EXERT LESS ENERGY—BUILDS A GOOD STROKE RHYTHM—GOOD FOR RACE PACE

Top swimmers, such as Popov, Biondi, Thorpe and Phelps all train using DPS.

Start by swimming 25 yds and count each time your hand enters the water. Do a lot of 25's on 1 minute intervals. Suggestions after each repeat: take one fewer stroke on next 25, work on streamline and drop your head, use more body roll to increase stroke length, reach more on recovery, don't rush your stroke, try "riding off your kick."

After you have reduced your DPS, add speed, but maintain your DPS. Do a set of 4 x 50 on 2:00 (more if needed) and time each one with your lower stroke count. Keep a log on your progress. Include a set of 50's in each training session.

At your next meet, concentrate on your DPS in warmup and in your swims. Keep a record of your best times with a swimmer or coach giving you a stroke count.

In practice, try to swim a 200 or 500 with the longer stroke. Remember, technique will improve your swim times along with good training.

This same principle can be applied to back, breast and fly strokes. Take fewer strokes and increase your efficiency with precise efforts in all your training, including fins.

As one world class swimmer (Scott Shake) told me, "In Masters swimming there are 3 things by which we can measure our success. If you achieve one of the three then you had a successful swim. If you achieve 2 of the 3 then you had a very good swim. If you are fortunate to achieve all 3, then you had a GREAT swim! The 3 Masters swimming objectives: 1. Look good 2. Feel good 3. Swim fast."



When she's not swimming **Ann Yaeger** directs her attention to recording her teammate's event times and splits.

Three elderly ladies are excited about seeing their first Brewers baseball game. They smuggle a bottle of Jack Daniel's into the ballpark. The game is real exciting and they are enjoying themselves immensely, mixing the Jack Daniel's with soft drinks. Soon, they realize that the bottle is almost gone and the game has a lot of innings to go.

Based on the information given, what inning is it and how many players are on base?

It's the bottom of the fifth and the bags are loaded....

Lawrence SCM Meet

The air temperature outside might have been chilly, but inside the Lawrence University swimming pool a good turnout of Masters swimmers (more than 60) were heating up the water! Twenty six women's records were broken along with 20 men's records and 7 relay records! For the women **Becky Heller** (35-39), **Geri Havel** (55-59), and **Betty Lorenzi** (75-79) led the way with each breaking 4 individual records: **Becky** in the 50, 100, 200 free and 50 fly, **Geri** in the 50, 100, 200 free and 100 IM, and **Betty** in the 50, 100, 200 back and 100 free. Other record setters for the women were: **Trish Alarie** (40-44), 200, 800, and 1500 free; **Carrie Raeth** (25-29), 50 back; **Shaun Coleman** (25-29), 200 IM; **Barb Kolitsch** (35-39) 400 IM; **Laurie Alioto** (45-49), 200 breast, 200 fly, 400 IM; **Candy Christensen** (55-59), 50 breast; **Edie Jacobsen** (55-59), 400 IM; **Joanne Mader** (65-69), 100 and 200 back; and **Carol Reinke** (65-69) 200 breast.

On the men's side **Michael Huck** (45-49) and **Dan Natali** (55-59) led the charge with 3 records each: **Michael** in the 50 free, 100 back, and 50 fly; **Dan** in the 50, 100, and 200 fly. Also setting records were **Matthew Soelina** (25-29), 200 fly; **Jason Martin** (35-39), 100 back; **Steven Davis** (40-44), 800 and 1500 free; **Peter J. Allen** (40-44) 200 breast; **Tom Meehan** (55-59), 500 and 100 free; **Daniel Slick** (55-59), 100 back; **Mike Ziniel** (55-59), 200 breast; **Bela Sandor** (65-69), 50 and 200 breast; **Fred Salzmann** (70-74), 200 back; and **Lynn Surles** (85-89), 100 and 800 free.

Not to be outdone **Betty Lorenzi**, **Edie Jacobsen**, **Ingrid Stine**, and **Janet Schultz** (240-279) swam all four relays (200 FR, 400 FR, 200 MR, and 400 MR) and set records in all but the 400 Medley. **Jane Stewart**, **Candy Christensen**, **Nancy Kranpitz**, and **Geri Havel** (200-239) also swam all four relays and set new records in the 200 and 400 Free Relays. **Dan Slick**, **John Couper**, **Dick Pitman**, and **Tom Meehan** (200-239) combined for a new 400 Medley Relay record and **Becky Heller**, **Bela Sandor**, **Mike Ziniel**, and **Sandra Smith** (200-239) set the new mark in the Mixed 200 Medley Relay. Out of 13 relays swum, 7 were new records!

Another successful "Lawrence meet" in a beautiful facility! The meet ran smoothly and quickly and we had several "first timers" there. After the meet many of the swimmers enjoyed a meal and socializing before hitting the highway for home.

USMS 2003 TOP TEN SHORT COURSE YARDS

Wisconsin Swimmers and Relays

Individuals

Mary Goggans 41
10th 50 Back :30.49
5th 200 Back 2:18.93

Melinda Mann 46
6th 50 Free :26.08
1st 50 Breast :32.59 NR*
1st 100 Breast 1:10.76 NR*
2nd 200 Breast 2:36.85
4th 50 Fly :28.41
2nd 100 IM 1:04.97

Betty Lorenzi 75
5th 50 Free :40.18
4th 100 Free 1:28.32
3rd 200 Free 3:10.70
4th 500 Free 8:29.07
1st 1000 Free 17:09.15*
1st 50 Back :42.91*
1st 100 Back 1:30.92*
1st 200 Back 3:22.59*

Carol Reinke 66
8th 200 Breast 3:47.85

Todd Murray 23
8th 200 Breast 2:23.58

Michael Rothschild 60
9th 1650 Free 21:48.02

George May 65
9th 50 Breast :36.96
7th 100 Breast 1:22.35
6th 200 Breast 3:06.63

W. Morgan Byers 75
4th 200 Free 2:48.45
4th 500 Free 7:42.45
3rd 1000 Free 16:23.23
3rd 1650 Free 27:32.00
10th 100 Back 1:38.32
8th 200 Back 3:29.95
5th 200 IM 3:22.68

Nancy Kranpitz 58
10th 200 Fly 3:27.72

Laurie Alioto 44
7th 200 Fly 2:33.91

Bela Sandor 67
3rd 50 Breast :34.56
4th 100 Breast 1:19.97

Thomas Michelson 71
9th 200 Fly 4:03.05

Arietta Clauss 47
6th 200 Breast 2:45.86

Candy Christensen 56
7th 50 Breast :40.20
8th 100 Breast 1:31.18

Lynn Surles 85
5th 50 Free :39.45
3rd 100 Free 1:39.21
5th 200 Free 4:08.63
3rd 500 Free 11:01.47
3rd 1000 Free 22:48.82
1st 1650 Free 37:55.32*

*Congratulations to **Melinda Mann** on her two **National Records!** Congratulations, also, to **Melinda, Betty Lorenzi,** and **Lynn Surles.** Their first place rankings have earned them **All-American** status for short course yards, 2003.

Relays

Women 19+
9th 400 Medley 5:03.53
Nicole Beddigs 29
Susan Niemi 47
Stacey Klepel 24
Erin Sorensen 24

Men 25+
8th 400 Medley 4:09.35
Chris Beyer 38
Peter J. Allen 44
Mark Larkin 31
Jeff Shaw 36

Mixed 35+
6th 800 Free 9:13.06
Arrietta Clauss 47
Jeff Bauer 38
Suzi Green 41
Mike Rubens 41

Women 55+
2nd 400 Medley 7:14.19
Betty Lorenzi 75
Candy Christensen 55
Ingrid Stine 63
Dorothy Rose 57

Men 45+
8th 800 Free 9:20.23
Stephen Justinger 50
Peter Ives 47
Peter Maternowski 45
Daniel Slick 54

Mixed 45+
9th 400 Medley 5:05.63
Germaine Havel 54
Janet Schultz 52
Keith Krueger 46
Peter Tournanoff 52

Men 19+
9th 400 Medley 4:25.71
Steven Davis 39
Chuck Ulland 39
Chris Beyer 38
Jesse Davis 22

Mixed 19+
8th 400 Medley 4:23.73
Molly Olmstead 21
Douglas Smith 21
Michael Smith 23
Tracey Smith 26

Mixed 55+
1st 400 Medley 5:19.81*
Tom Meehan 56
Candy Christensen 56
Mike Ziniel 55
Nancy Kranpitz 58

*Congratulations to **Tom Meehan, Candy Christensen, Mike Ziniel,** and **Nancy Kranpitz.** Their 1st place time in the Mixed 55+ 400 yd Medley Relay earns them **All-American** status for 2003 short course yards relays!

WISCONSIN MASTERS SWIMMING

10346 Cedar Falls Road
Hazelhurst, WI 54531

LOOK AT WHAT'S INSIDE:

Chairman's Column
Coach's Column
Convention Report
Look Back—Look Forward
Oconomowoc YMCA Meet Entry
Stevens Point YMCA Meet Entry
SCY Top Ten

Stuffing Yourself Healthy

Before you get too stuffed—and guilt ridden—consider what you are about to eat during the holidays. The traditional offerings contain an unforgivable amount of calories as well as dietary no-nos like fat, sugar and salt, but they also include foods that are good for you. Follow the guides listed and, after your meal, you'll give yourself thanks!

The Bird

If you are choosing between breast and drumstick, go for the white meat. It has fewer calories and less fat than the dark, although both are superb sources of easily absorbed protein, B vitamins and essential minerals like zinc. **Stay away from self basting birds**—on average they have nearly twice the fat and salt as the old-fashioned kind. As for the skin, if you can bear to part with it, do. That's where almost all the fat resides. A reminder: As soon as you're done get the leftovers into the fridge. It takes just two hours for bacteria to build up in a warm bird.

Cranberry Sauce

Cranberries are high in vitamin C and condensed tannins, the heart-healthy compounds also found in red wine. An added bonus: research shows that cranberries **reduce bladder infections** by sweeping away bacteria that adhere to the urinary-tract lining. But chefs, go easy on the sugar!



Brussels sprouts

These little cabbage heads boast big-time benefits. An excellent source of vegetable fiber, they also contain vitamin C, iron and the B vitamin folate, which **may lower the risk of heart disease** and, according to the latest research, Alzheimer's. Sprouts also contain cancer-fighting chemicals called indoles. If you insist on greasing up the sprouts, **substitute olive oil**.

Sweet Potatoes

One potato has nearly zero fat and only 120 calories—**just don't douse it with butter!** Sweet potatoes also boast cancer fighting carotenoids and contain about half the vitamin C of oranges.



Stuffing

New research suggests that **bread crust may contain a cancer-fighting antioxidant**, prolyl-lysine. But to make stuffing really healthful, use whole-wheat bread or high-fiber grains like wild rice. And cook stuffing outside the bird, where it won't absorb fat-laden drippings.

Gravy

Basically, **gravy is flavored fat—and it is salty, too.** Reduce the amount of fat by passing the turkey drippings through a fat-separating cup or refrigerating them and skimming off the hardened layer that develops, especially when prepared with a packaged mix.



Pumpkin Pie
With about half the calories and a lot less fat, pumpkin pie is a **better choice than pecan**. Like other vegetables with orange flesh, pumpkins are packed with carotenoids. If you don't feel full before dessert, the fiber in pumpkin will do the trick.