

Wisconsin Masters Swimming

**Newsletter Date
February, 2005**

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DOES YOUR MAILING LABEL HAVE A RED STRIPE ACROSS IT? IF SO IT MEANS YOU HAVE NOT REGISTERED FOR 2005 AND THIS WILL BE THE LAST ISSUE OF THE NEWSLETTER YOU WILL RECEIVE. TO STAY IN TOUCH RENEW TODAY!

CHAIRMAN'S LANE

Dick Pitman

Did you notice the foursome pictured in the November issue of **SWIM Magazine**? Those are our famous WMAC ladies all originally from Neenah, Menasha, and Appleton and all former members of the Lawrence Swim Club—an AAU team headquartered out of Lawrence College in the late '50's and early '60's: **Candy Christenson, Nancy Kranpitz** (our newsletter editor), **Jane Dillon Stewart, and Germaine Havel**. The photo was taken at last year's Appleton meet at Lawrence University. After the meet Nancy sent the photo to **Phil Whitten** at **SWIM** telling him the story of her relay team. He lost it on his desk! Fortunately he finally cleaned his desk and found the photo. He called Nancy to tell her he was amazed that the four of them had kept in touch, much less had swam a relay together and set a Masters relay record 41 years later! That truly is amazing! Phil said he wasn't sure he could even remember the names of his relay team-mates 40 years ago. Of course, in Wisconsin we're used to amazing things!



I did a swim clinic in Lodi on December 11 and there, posted on the wall next to the entrance to the pool, was a big hand-designed poster with 25 names on it with their yards corresponding to the dates for the **Wisconsin Waters Warriors Fitness Challenge**! None of these swimmers are registered with us yet. But, I'm expecting maybe 3 to attend the Oconomowoc meet in January, and our meet in February in Madison. I was inspired by these swimmers' enthusiasm for **Stacey's Fitness Challenge**. What a difference that has made in those people's lives! I had 12 eager people waiting on every word of advice I had to give them. It was very exciting...and a lot of fun.

Did you send back your survey form? We received a number of them back and here are the results based on those 143 returns:

1. Newsletter available on website w/password access: 45
Newsletter e-mailed as a PDF attachment: 54
Continue to receive hard-copy printed and mailed: 51

I counted all votes even when someone voted for two options. It's pretty clear that there is a majority of members who would like to receive their newsletter electronically. **If and when we go that route we will continue to print and mail to those who wish the hard copy**. We recognize the computer limitations of some of our members and don't want them to be denied the news contained in our newsletter.

2. What committee(s) would you be interested in participating on? Out of 143 respondents we discovered there are actually people who want to be involved! Actually, there are 7 souls out there among you! Thank you very much. If I haven't contacted you yet, I will.

3. I guess there wasn't a #3. Whoops!

4. We discovered a few new places to swim! We would really like you to get these registered in "Places to Swim" on our website and/or USMS.org. It's not hard: just assemble the necessary data: location, times open, lanes, coached program, name, etc. Burlington Wellness Center, Kimberly Clark Health Facility, Hartford Park & Rec, Milton HS, Brookfield HS (2), West Bend YMCA, UW-Platteville, Motion Fitness in New Berlin, Feith Family Y in Saukville, Woodson Y in Wausau, Madison Princeton Club, Janesville Y, Racine Y, Waukesha Y, Bally's, Edgewood, Menomonee Falls Y, Northern Door Y, Baraboo Middle School, Neenah Y, Oshkosh Y, Whitewater Aquatic Center, Lincoln HS and Y in Manitowoc, Kenosha Y, MATC (Madison), Homestead HS, Green Bay Y, Carthage College, Lawrence University, Madison East & West Y's, Cam-

WISCONSIN MASTERS SWIMMING CHAMPIONSHIPS

SHORT COURSE YARDS

APRIL 9-10, 2005



- Sponsored By:** The Wisconsin Masters Aquatic Club.
- Sanctioned By:** Wisconsin LMSC for USMS, Inc. Sanction No. 205-005
- Location:** Carthage College Aquatic Facility, 2001 Alford Park Dr., Kenosha, WI.
- Facility:** 8 lane, 25 yd pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- Time:** Saturday, April 9 and Sunday April 10, 2005
Warm-up: 12:00 Noon, meet starts at 1:00 PM.
- Eligibility:** Open to all Masters Swimmers 19 years old or older. All entrants must be a registered Masters Swimmer and their USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's 2005 USMS registration card.
- Rules:** Official Masters Rules will govern this meet. All events will be timed finals.
- Seeding:** Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time. A **NO TIME** will be seeded in the slowest heat. Entries for the 1650 freestyle will not be accepted without a seed time which, at the discretion of the meet director, may be subject to change based on prior performances. Age groups and sexes will be combined to expedite the meet.
- Heat Sheets:** Heat sheets will be provided.
- Timing:** Automatic timing system backed up by watches.
- Warm -Up Procedure:** Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.
- Entry Fee:** \$2.50/individual event, plus a \$5.00 pool surcharge. Deck entries for individual events will not be accepted. Fees must accompany entries. Make checks payable to Wisconsin Masters Aquatic Club (WMAC).
- Entry Limit:** Five individual events per day plus relays. THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer entered in the 1650 will be responsible for providing a person to count his/her laps.
- Entry Deadline:** Entries must be in the meet director's hands no later than 6:00 PM Friday, April 1, 2005.
- Send To :** John Bauman—MEET DIRECTOR
11917 W. Rainbow Ave
West Allis, WI 53214-2116
(414) 453-7336 e-mail: wmac@execpc.com
- Entry Form:** The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
- Awards:** Ribbons for 1st to 3rd place.



**WISCONSIN MASTERS ENTRY FORM
STATE CHAMPIONSHIPS APRIL 9-10, 2005**

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

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 @ \$2.50ea. + pool surcharge \$5.00= \$_____

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 _____

UMEF R2m 10/03/03

Coach's Corner—Dick Pitman

I've been reading a fascinating, scintillating book called, "Too Soon Old, Too Late Smart," by Gordon Livingston. When I was browsing new book reviews on the New York Times online edition and saw this quote it struck me as one of the most profound statements I had ever seen or heard, but so simple and precise: "We are not what we think, or what we say, or how we feel. We are what we do." If you think about that you will agree that looking back on your life—speaking more directly to those over 40 now—that is who you are! You have become who you are by what you do. Speaking to those under 40 you will become what you do now. I collect quotations—silly habit, I know, but fun—and looking at my meager collection there are similarities on this theme throughout history. Indulge me while I list a few to illustrate the truism of what Mr. Livingston has expressed:

"Do what you can, with what you have, where you are" - Theodore Roosevelt; "When all is said and done, more is said than done." - Unknown; "What you do is of little significance; but it is very important that you do it." - Mohandas K. Gandhi; "The first forty years of life give us the test; the next thirty supply the commentary on it." - Arthur Schopenhauer, philosopher; "Pursuing one's passion gives meaning to life." - my sister, Marilyn Pitman-Waite; "You are never too old to be what you might have been." - George Eliot (Mary Ann Evans), novelist.

Maybe Teddy Roosevelt said it best and most simply. When I returned to swimming 22 years ago it was like returning to what I was meant to do. I had a chance to do things with my favorite activity that I didn't in my past swimming career. These things focused on singularly personal goals to be sure...because I wasn't 40 yet! As I achieved some of those personal goals I tried to give back more to my sport: helping other swimmers, encouraging more people to get into Masters, to return to swimming as I did. When I got the opportunity to coach I didn't, as it might seem, jump at the chance. I was apprehensive because I knew what I didn't know. I really wasn't prepared to coach. But I had made a commitment to our Masters program that I would not let it die for lack of a coach. Suddenly without knowing or realizing it I had become *what I do*. Swimming has become how I identify myself.

Late in the summer after my personally successful LC Nationals I e-mailed my sister how excited I was about my swimming world: training, coaching, competing, immersed in the politics of our swimming world. She sent me a simple homily that reverberates in my mind constantly: "Pursuing one's passion gives meaning to life." I'm not sure whether she borrowed that from someone or if it was her own invention. We both share passion as an ingredient in our lives: she's an artist and is equally immersed in her art as I am in my swimming.

I was shocked early in November when I was called by a reporter at the local ABC affiliate who wanted to interview me about the forthcoming municipal swimming pool in Madison. I have been keeping a pretty low profile since the announcement of a site and plans for the new pool. So, it was surprising that anyone even remembered my name. It was after a very hot summer in 1999 when I called a bunch of people with swimming backgrounds to get together to discuss ways we could get a pool in Madison. When we finally got together a couple of weeks later I was amazed at what I had accomplished simply by asking them to come. They were all as eager as I to get something done for our community. You may recognize many, if not all of these people: Jack Pettinger, Jerry Darda, Dave Dahler, Jim Bruskevitz, Dave Holland, Rich Hubbard, Art Luetke, Kevin Welton, Phil Hellmuth, and Ken MacKenzie. What a wealth of talent, passion and commitment! All these individuals regarded swimming as fundamental in their lives. Looking around that table as I addressed them I was in awe what I had accomplished just bringing these people together to talk about an issue that was important to me. Apparently it was just as important to them as well. It soon attracted the attention of Jim Montgomery, a Madison native, who even addressed our group at one of our meetings when he was in town. Jim is passionate about swimming and about his native city. Our group was confident that if we kept the issue alive that it would eventually happen. Although we had our moments of despair, we never lost sight of that goal.

Our journey took 5 years—it's still not built yet, but it should be up by 2006. In 2002 it became a central political issue when our former mayor created an *ad hoc committee* to research the pool issue and named Kevin Welton chair. We have a couple of wonderful entrepreneurs in Madison who *just happen to be swimmers*. They are the Goodman brothers, founders of a jewelry store in Madison. Never married, they treat Madison as their favorite grandchild. I used to lifeguard them when they swam at the Downtown Y back in the 1960's. Wonderful persons. Earlier this year they committed \$2 million to the building of a pool. But, they put some tough conditions on it: a site had to be decided on by January 1, it had to be open to the public by July 2006. After the city decided on a site (Franklin Field) the Brothers Goodman gave another \$500,000. The Goodman Brothers are what they do. They forced the City to be conscious of the life-time benefits of swimming. Commitment to one's passion does have rewards. These are rewards of satisfaction.

Here's a quiz: Who said "Swimming in water teaches men how birds fly upon the air. Swimming illustrates the method of flying and shows that the largest weight finds most resistance in the air." The answer is somewhere below. When I swim butterfly I love the feeling I get when I close my eyes, push my chest down, stretch my arms out slightly wider than my shoulders and glide like Superman. Don't you ever experience that short sense of euphoria? Leonardo da Vinci was a great observer of nature and saw the connection between swimming and flying. We would do well to examine



Coach Karen Kowalski instructs and inspires some members of the Carthage Masters Team during a recent workout.

USMS 2004 Top Ten Short Course Yards For WMAC

Jocelyn Picl 24

4th 50 Free	:24.70
3rd 100 Free	:53.37
6th 200 Free	1:58.71
8th 50 Back	:29.34

Betty Lorenzi 76

4th 50 Free	:39.36
4th 100 Free	1:26.47
2nd 200 Free	3:06.10
2nd 500 Free	8:15.83
1st 1000 Free	16:55.17*
1st 1650 Free	27:53.63*
1st 50 Back	:41.48*
1st 100 Back	1:31.66*
1st 200 Back	3:19.23*

W. Morgan Byers 75

5th 200 Free	2:51.51
2nd 500 Free	7:43.26
5th 200 Back	3:28.88
5th 200 IM	3:19.09

Alex MacGillis 75

7th 100 Fly	1:43.73
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Trina Schaetz 32

3rd 50 Breast	:32.47
3rd 100 Breast	1:11.16
2nd 200 Breast	2:36.71

Ingrid Stine 65

8th 200 Fly	4:08.40
8th 400 IM	8:05.10

Matt Koski 37

7th 100 IM	:56.72
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Tom Meehan 57

9th 100 Back	1:06.38
10th 100 IM	1:04.05

Bela Sandor 68

2nd 50 Breast	:34.86
1st 100 Breast	1:17.29*
4th 200 Breast	3:01.77

George May 66

9th 50 Breast	:36.84
9th 100 Breast	1:22.40
10th 200 Breast	3:08.42

Laurie Alioto 46

3rd 1650 Free	19:50.29
8th 200 Back	2:27.22
3rd 200 Fly	2:25.37
4th 400 IM	5:13.76

Dan Natali 55

9th 100 Fly	1:01.56
2nd 200 Fly	2:19.71

Peter Allen 45

8th 200 Breast	2:22.59
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Daniel Slick 55

9th 200 Back	2:30.50
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Lynn Surles 86

2nd 50 Free	:42.30
3rd 100 Free	1:40.23
6th 200 Free	4:13.08
3rd 500 Free	10:31.14
3rd 1000 Free	22:55.15
3rd 1650 Free	40:52.96

Germaine Havel 55

8th 50 Free	:30.68
4th 100 Free	1:06.37

Carol Reinke 66

10th 100 Breast	1:44.88
5th 200 Breast	3:44.39

Lauren Tiltmann 34

4th 50 Free	:21.44
4th 100 Free	:47.60
4th 100 Back	:53.64
5th 50 Breast	:27.87
4th 100 IM	:54.37

Ryan Zahorik 27

10th 100 Free	:47.13
9th 50 Back	:25.33
4th 100 Back	:52.62
2nd 50 Breast	:26.09
1st 100 Breast	:56.25*
2nd 100 IM	:51.89

Women 19+

10th 200 Free	1:48.51
Jocelyn Picl 24	
Carrie Johnson 32	
Trina Schaetz 31	
Julie Van Cleave 44	

Men 25+

4th 200 Free	1:28.26
Laren Tiltmann 34	
Daniel Schaetz 33	
Timothy Young 33	
Ryan Zahorik 27	

Men55+

7th 200 Medley	2:00.43
Daniel Slick 55	
Bela Sandor 68	
Dick Pitman 59	
Tom Meehan 57	

Mixed 25+

7th 200 Medley	1:47.80
Laren Tiltmann 34	
Trina Schaetz 31	
Ryan Zahorik 27	
Carrie Johnson 32	

Mixed 65+

9th 200 Medley	3:02.37
Fred Salzmann 71	
Ingrid Stine 65	
Betty Lorenzi 76	
Tom Michelson 72	

Mixed 25+

7th 800 Free	9:05.58
Don Rambadt 33	
Jeffrey Nelson 48	
Erin Sorensen 25	
Stacey Keifer 25	

Mixed 55+

3rd 200 Medley	2:12.15
Tom Meehan 57	
Candy Christenson 57	
Dick Pitman 59	
Germaine Havel 55	

Mixed 65+

5th 400 Free	6:17.97
Fred Salzmann 71	
Ingrid Stine 65	
Betty Lorenzi 76	
Tom Michelson 72	

Mixed 55+

*Congratulations to Betty Lorenzi (1000, 1650 free, 50, 100, 200 back), Ryan Zahorik (100 breast), and Bela Sandor (100 breast). By virtue of their first place rankings in these events they have earned All American status for 2004 SC Yards! Relay AA Status goes to Men 25+ (Zahorik, Schaetz, Young, Hext—1st in the 400 Medley Relay) as well as AA status AND a new NATIONAL RECORD to Men 55+ (Slick, Zniel, Natali, Meehan) also first in the 400 Medley. Congratulations to all on this outstanding accomplishment!
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WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531

Check Out:

Chairman's Lane
Coach's Corner
SCY Top Ten 2004
LCM Top Ten 2004
State SCY Meet Entry Info
Wisconsin Water Warriors Challenge

Coach's Corner (Con't)

His words and apply them in a physical sense. It's very true that the greater the weight the more resistance there is in air or in water. The force of gravity wants to force that weight toward earth. However, by applying forward direction we create the forces of *drag* and *lift*. These forces explain why a 2000 ton airplane can fly and a 200 pound man can swim. Leonardo had not yet discovered those complimentary forces of lift and drag. Those would be discovered a couple centuries later by **Daniel Bernoulli** (1700-1782) and known as the Bernoulli Principle.

Learning how to use your body, your hands, your arms, your legs in concert with the forces of *lift* and *drag* is how we gain efficiency in swimming through the water. At this year's convention I heard Ed Nessel, recently retired Masters coach at Rutgers University, say that the drag co-efficient of the surface of water is about 3; the drag co-efficient of water under the surface is about 2. This is caused by molecules at the surface forced to bond more tightly together by atmospheric pressure; the molecules below the surface are more independent and more loosely bound. This being the case it would make sense that it is easier to swim underwater than on the surface since there would be less resistance due to the lessened drag co-efficient.

This fact became crystal clear when, in the late 1980's, **David Berkoff** of Harvard broke not only world records in the backstroke events, but shattered the rule book by swimming almost entirely underwater during his races. Judges and officials at the NCAA's in Austin, Texas, checking their rulebooks, couldn't find anything that forbade doing what he had done! **Trish Alarie**, one of our members, was in attendance at that meet. She said the audience was stunned, letting out, she said, a combined "audible gasp." **Berkoff** did the usual backstroke start, but didn't come up until just before the turn, came up, turned and under water again. He dolphin kicked *underwater* for practically the whole 100 yard race. Just practicing the Bernoulli Principle. The rule was changed after the 1988 Seoul Olympics to allow no more than 15 meters underwater after the start or turn.

A Little Side Note

If **David Berkoff** and **Daichi Suzuki** had stuck to the rules, nobody would remember them today. At the 1988 Olympic Games in Seoul, these two swimmers surprised experts and the public alike by breaking one record after another. The reason: **Berkoff** and **Suzuki** were the first swimmers to apply a simple principle of physics to their sport, namely that a body moving under water creates much less turbulence than one moving along the surface. The American and the Japanese kept under water for almost the entire length of the pool, and defeated their opponents who retained a conventional style.

Keep 'em Swimming!

Wisconsin Water Warriors

Stacey Kiefer

The first ever **Wisconsin Water Warriors** proved a success in more than one way. This yardage-tracking two-week contest motivated and encouraged over forty competitive and fitness swimmers throughout the state of Wisconsin to participate. The 18 to 75 year old participants swam from 550 yards to over 119,000 yards. However, even more impressive were the personal notes that accompanied many of the entries. Some participants were thankful for the little "push" to count their laps (especially if they normally did not), while others found the two-week period between Thanksgiving and Christmas to be just the right motivation to hit the pool for a seasonal stress reliever. One swimmer even took off time from work to make the contest a true challenge. In two weeks, averaging 8,500 yards a day, this 37 year old mother of three racked up over 67 miles, crushing her goal of 61 miles.

Another shared encounter of the contest was that of the Lodi YMCA. While this small community YMCA only has a handful of swimmers, the facility Sports Coordinator encouraged all of their members to take part by hanging a participation chart in their lobby. To the surprise of all, the Y had members swimming who hadn't touched the water in years not to mention a competitive rivalry between the participants. The Lodi Extreme Team, as they call themselves, even gained new admiration and respect for a member with arthritis awaiting a hip replacement. This particular gentleman, who normally swam a few laps a day, took it upon himself to basically open and close the pool each day with the lifeguards totaling a fierce Lodi high of 79,500 yards!

Last, but certainly not least, was the heart-touching encounter of one swimmer who "made" the challenge fit into her schedule for the physical and emotional necessity of her own well being. This particular swimmer found herself at her husband's bedside in the hospital after he suffered a mild heart attack on Nov 23 followed by quintuple bypass surgery on Nov 30. Determined to participate in the challenge while caring for her husband, she rose at 5 AM on several occasions to workout either on her own or with an organized masters group; the perfect prescription for her!**

Whether participating competitively or just for fun, the **Wisconsin Water Warriors** demonstrated a true love and need for swimming. First place individual awards will be distributed at the WI State Meet April 9-10 at Carthage College. See the complete results at right!

This paragraph just happens to refer to me—your newsletter editor! On Nov 23 my husband, Jim, a 58 year old non-smoker, non-drinker, not overweight, daily exerciser, heart-healthy dieter for the past 20 years with regular blood pressure readings of 105/65, completely shocked us, the ER staff, and all who know him with this heart attack. It wasn't a clutch your chest and collapse episode but rather a "severe bout of indigestion" with one *small* area of chest "tightness". Because of this we have been on a campaign to enlighten and encourage as many people as possible to **KNOW even the most subtle symptoms of a heart attack and to **ACT** immediately should you experience **EVEN ONE** on them. We're happy to report Jim has made a quick and thorough recovery.



WISCONSIN WATER WARRIORS RESULTS

Name	Team	Age	Yards
Michelle Czuprynski	Carthage Masters	18-25	17,750
Erin Roethe	Carthage Masters	18-25	9,300
Heidi Burmeister	Carthage Masters	18-25	6,600
Charlotte Reddeman	Arlington	26-35	60,350
Stacey Kiefer	Carthage Masters	26-35	12,950
Aubry Mangi	Carthage Masters	26-35	12,700
Claudette Stears	Carthage Masters	26-35	9,200
Melodee Nugent	WMAC	36-45	119,200
Barb Bruenig	Lodi Extreme Team	36-45	56,750
Deb Orvis	Decorah	36-45	48,100
Diana Carls	Dane	36-45	26,200
Cathy Veldhuizen	Wausau	36-45	24,650
Suzi Green	MAM(Madison)	36-45	23,000
Jeanne Geiger	Carthage Masters	36-45	12,200
Sheri Villani	Carthage Masters	36-45	7,050
Cindy Ingram	Carthage Masters	36-45	6,000
Sarah Kemp	Lodi Extreme Team	36-45	5,800
Karen Schutz	Lodi Extreme Team	36-45	550
Martha Oppeneer	WMAC	46-55	40,000
Eva Neterowicz	Portage	46-55	22,100
Cynthia Easley	Lake Geneva	46-55	15,400
Janet Schultz	MTRY	46-55	10,300
Lori Brown	Carthage Masters	46-55	6,000
Suzi Niemi	Carthage Masters	46-55	3,200
Debbie McRoberts	Carthage Masters	46-55	3,000
Nancy Kranpitz	WMAC	56-65	19,400
Edith Jacobsen	Decorah	56-65	16,800
Kathie Allen	WMAC-Madison E	56-65	12,000
Ingrid Stine	WMAC	66-75	33,900
Joe Kosman	Carthage Masters	18-25	3,200
Mark Ellerbrock	Carthage Masters	26-35	13,000
Kurt Wilson	Lodi Extreme Team	36-45	79,500
Hans Koesser	Carthage Masters	36-45	3,200
Michael Huck	WMAC	46-55	54,100
Richard Hubbard	WMAC (Madison)	46-55	47,000
Peter Maternowski	MAM(Madison)	46-55	25,600
Pete Pronold	Team WI Multi-Sport	46-55	20,000
Greg Reischl	Carthage Masters	46-55	9,250
Tim Trowbridge	MTRY	56-65	12,600
Fred Salzmann	Madison	66-75	53,900
John Bauman	WMAC	66-75	33,900
Bill Payne	WMAC	66-75	29,200
Will Moser	Racine	66-75	25,200
William Molis	Manitowoc	66-75	6,800
Team Totals:			
Lodi Extreme Team	356,675	Portage	22,100
MAM (Madison)	149,500	Team WI Multi Sp	20,000
Carthage Masters	134,600	Lake Geneva	15,400
Decorah	64,900	WMAC Mad East	12,000
Arlington	60,350	Manitowoc	6,800
Dane	26,200		
Racine	25,200		
Wausau	24,650	WMAC Individual Swimmers	329,700
Manitowoc/Two Rivers Y	22,900		

Wisconsin Water Warriors

On Page 8 you will find a write up and results of the Wisconsin Water Warriors Fitness Challenge which was organized by **Stacey Kiefer**. While only 2 members of the Lodi Extreme Team entered as individuals many more logged their yardage and had their yards count toward the team total which is why you will note a very high yardage amount in the team results. Next goal is to get all these individuals to register for USMS and participate in our meets. Hopefully Stacey's challenge will be the impetus they needed to do it! Thanks again, Stacey.

The YMCA at Pabst Farms has registered as a sub-club...the **Pabst Blue Ribbons!**



Jeanne Geiger, Claudette Stears, and Terri Harold take a break during a workout with the Carthage Masters Team in Kenosha.

Did you know that 71 out of 143 respondents to "the survey" enjoy coached workouts or swim at locations with a coach? Seventy-two are self-coached, or don't have a coached program available.

For a number of reasons the Swim Meet originally scheduled for March 26 at the Stevens Point YMCA has been cancelled. It is our hope that this meet will be a part of our meet schedule in 2006.

You know you are from Wisconsin when your snowblower gets stuck on your roof!



Cindy Ingram gives it her all during a kick set while working out with the Carthage Masters Team in Kenosha at the Carthage College Natatorium.

Please notice in the column on Page 1 listing our LMSC Officers that **Susan Zblewski** is our new Officials Chair. In addition to her new duties with Masters Swimming Sue is the Head Official for Wisconsin Swimming, Inc. Sue replaces **Debra Mueller** who has served our program for the last 10 years. The Wisconsin LMSC extends their gratitude to Debra for all of her contributions to our program over the years and we wish her well in her "retirement". Thanks, Debra, and welcome aboard, Sue!

Courtesy Rules of the Road for Lap Swimming

1. Don't stand in front of the pace clock.
2. Don't interrupt a workout set.
3. Warm up in a slower lane.
4. *At all times be aware of what's going on in your lane!* If a swimmer behind you looks as though she may overtake you on the next lap, stop and wait at the wall. Let that swimmer pass first. If this happens frequently, you're probably in the wrong lane.
5. If you need to stop, squeeze into the left corner of the lane so that other swimmers have ample room for turns. Likewise, at the end of a set, squeeze left so other swimmers can swim into the wall.
6. Push off underwater to avoid making waves for oncoming swimmers.

Additional Unofficial Courtesies

1. Make sure your sidestroke kick stays in its own lane.
2. Always check to make sure your nose isn't visibly running. (This is swimming, not running.)
3. Please don't exhale in my face!

*It's nice to be important—but it's more important to be nice.
To be somebody you must BELIEVE in yourself.*

6. *Make one person happy each day even if it is yourself.*

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org

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

SCHEDULE OF EVENTS

**Wisconsin Masters Swimming Championships
Short Course Yards—April 9-10, 2005**

Saturday, April 9

1. 50 yd Freestyle
2. 200 yd IM
3. 100 yd Backstroke
4. 200 yd Breaststroke
5. 200 yd Freestyle
6. 100 yd Butterfly
7. 50 yd Breaststroke
8. 200 yd Free Relay*
9. 400 yd Medley Relay*
10. 800 yd Free Relay*
11. 500 yd Freestyle

Sunday, April 10

12. 50 yd Butterfly
13. 400 yd IM
14. 100 yd Freestyle
15. 200 yd Backstroke
16. 100 yd Breaststroke
17. 100 yd IM
18. 200 yd Butterfly
19. 50 yd Backstroke
20. 200 yd Medley Relay*
21. 400 yd Free Relay*
22. 1650 yd Freestyle

*Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men, two women).

**Meet results will be posted on the Wisconsin Masters web site
www.swim-wimasters.org**

The Wisconsin LMSC uses a universal entry for all swim meets it sanctions. Swimmers will be required to use this form. The official entry form for the SCY State Championship Meet will be found on page 5 of this newsletter.

You may be on the right track—but you will get run over if all you do is just sit there.

Lots of things are opened by mistake—but none as often as the mouth.

When pointing your finger accusingly at someone else remember: you've got 3 fingers pointed at yourself.

If you have difficulty meeting new people, try picking up the wrong ball on the golf course.

USMS 2004 Top Ten Long Course Meters For WMAC

Germaine Havel 56

8th 100 Back 1:45.34

Kevin Ballweg 19

8th 50 Free :26.36
10th 50 Fly :28.98

Kyle Rausch 29

4th 50 Free :25.52
4th 100 Free :55.98
3rd 200 Free 2:03.10
2nd 50 Back :30.47
8th 50 Fly :27.29

Bill Payne 75

9th 100 Free 1:31.36

Carol Reinke 68

9th 100 Breast 2:04.77

John Batty 21

4th 100 Free :57.10
4th 200 Free 2:09.46

Dick Pitman 60

9th 400 Free 5:40.20
8th 100 Fly 1:23.20
4th 200 Fly 3:08.33

W. Morgan Byers 77

7th 100 Free 1:27.60
5th 200 Free 3:19.54
3rd 800 Free 14:55.66

Betty Lorenzi 77

4th 100 free 1:38.64
3rd 200 Free 3:34.61
2nd 800 Free 15:05.75
1st 50 Back :47.55**
1st 100 Back 1:46.38**
2nd 200 Back 4:01.77

Bela Sandor 69

1st 50 Breast :39.73**
3rd 100 Breast 1:31.40
2nd 200 Breast 3:26.65
8th 200 IM 3:22.54

Lynn Surles 87

2nd 100 Free 2:05.97
3rd 200 Free 4:46.09
3rd 800 Free 20:54.83

Relays

Women 120+

3rd 400 FR 5:07.83
Nora Settimi 34
Julie Van Cleave 45
Carrie Johnson 33
Trina Schaezy 32

Women 200+

5th 400 FR 8:13.49
Nina Wagner 29
Jeanne Seidler 58
Dorothy Rose 59
Betty Lorenzi 77

Men 160 +

5th 400 FR 4:37.25
David Severence 42
Curtis Paulsen 45
Mark Kaczmarek 48
Bradley Hext 35

Mixed 160+

2nd 400 FR 5:19.38
Stephen Justinger 52
Susan Stein 37
Suzi Green 43
Toby Haines 35



****Congratulations to Betty Lorenzi and Bela Sandor! By virtue of their 1st place rankings (Betty, 100 & 200 Back, Bela, 50 Breast) they have been named as All-Americans for LC Meters for 2005!**

Chairman's Lane (Con't)

Elementary, Marquette University, Pabst Farm Y (Oconomowoc), and the list goes on.

5 & 6. There are 9 different coaches listed so there must be 9 different programs going.

7. Competition—67; Fitness—41; this includes 15 who said both C & F.

8. Criteria for attending a meet. Overwhelmingly Distance and Time involved were the chief obstacles, followed by "who's going", "events", "competition," and two people wrote in "date."

9. There was a huge interest in attending a clinic. That's wonderful! I love doing clinics!

10. Friends? 46 had some; 33 didn't; 2 said 'maybe'.

11. Skills at a clinic that are desired: almost all were indicated.

12. Host a 1-Hour Swim? Or a Postal Virtual Swim? What would inspire you? We didn't have a lot of response to these series of questions, but there were enough to inspire us to have more fitness events like **Stacey Kiefer's** imaginative *Wisconsin Water Warrior Fitness Challenge*. I truly thank all of you who responded to the survey. It helps give us some direction as we prepare to make some positive changes in the future. I was really pleased by all the positive comments people made. There were some negative comments but they mostly had to do with water temperature...over which I have little or no control.

Those of you who enjoyed Stacey's imaginative *Wisconsin Water Warriors Fitness Challenge* will love this one. In November I received from the Federal Way Kings Masters team their annual **Check-off Challenge**. The purpose of this personal challenge would be to swim every event—yes, *every event*—offered during the year. That means from the 50 of each stroke to the 200 of each stroke, the 400 IM and 1000/1500/1650 free. You can achieve this by swimming the event in a meet or during a practice. You send the application form and \$15 and they will send you a T-shirt listing all the events. Then, you take a magic marker and check off those events as you accomplish them. It makes a great conversation piece when you're walking around. Let me know if you want to sign up. I hope you took advantage of **Stacey Kiefer's** *Wisconsin Water Warrior's Fitness Challenge* too. I think we had pretty good participation.

As another challenge—this on membership—**Stacey Kiefer** enrolled 13 new members during the month of November. Thanks Stacey! That's terrific!

I noticed from the survey that a lot of you swim alone and wish you had a group to swim with. Here are a couple of ideas I might offer you:

1. On a prominent place—locker room doors, window over-looking the pool, etc—post an announcement that: (A) You are looking for a training partner...or more risky... (B) "Masters Workout at 6:00 AM on Monday-Wednesday-Friday". This idea might surprise you with the results. But be prepared. Have a workout ready. Have some ideas. Be the leader!

2. On the web, go to "Places to Swim" in Wisconsin and see if there is a program close to where you live. Sometimes it's worth a little drive to get a good quality practice with a group. But, always call at least the day before to make sure the pool is open and that you can swim there.

Remembering Shirley

On December 21, 2004, WMAC lost a long time member in **Shirley Hasselbacher**. Shirley had battled pulmonary fibrosis for a number of years but continued to swim even when it was necessary for her to use her portable oxygen unit to get to and from the pool. Shirley was in her prime in the 1940's only to lose a chance of participating in the Olympics when they were cancelled due to WW II. Shirley holds numerous freestyle records and was a willing participant in many WMAC relays over the years. She will be greatly missed—and we extend our condolences to her family.



Jeff Nelson & Shelly Czuprynski enjoy a short break between sets at a recent Carthage Masters Team workout.

USMS National Publication

Many of you received the latest issue of **SWIM Magazine** and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of **SWIM Magazine**, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, "**USMS Swimmer**". These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members.

You know you're from Wisconsin when you know what cow tipping is.