

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

**Newsletter Date
December, 2005**

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**WISCONSIN MASTERS
WEBSITE**

WWW.SWIM-WIMASTERS.ORG

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

*Got a splinter? Place a piece
of Scotch tape over the splinter,
then pull it off before resorting to
tweezers.*

I'm really excited and optimistic about this coming year. We have a healthy treasury as a result of good fiscal discipline. We have more members in our organizations than ever before, 461! This has necessitated and resulted in more frequent newsletters. This was actually **John Bauman's** idea. John (to be polite) is a fiscal conservative and so is **Ingrid**, so I was a little surprised when he proposed this idea last year. We needed to do a better job of communicating with our membership than quarterly newsletters. It appears that he was right on the mark. Because of this I've sensed a greater sense of unity and participation from members in, not only meets, but offering ideas to help move our organization forward. Nancy is even getting a few more photos for the newsletter!

From our Annual Meeting: We intend to post the minutes from our Annual Meeting on the website. So, if you weren't able to attend, you will be able to see what was discussed and decided in your absence. **Suzi Green** has been doing a fabulous job as Secretary, and I think she actually enjoys it. By being able to read these minutes it might inspire you to become more involved to be a part of the process rather than just an observer. Last year when I conducted a survey it was clear that many of you do desire to be more involved, if only to voice a comment on what we are doing. That is the sign of a healthy organization.

At the USMS Convention in September I attended the Fitness Committee meeting. I presented our homegrown fitness challenge, *The Wisconsin Water Warriors* contest, the brainchild of **Stacey Kiefer**. I remarked on how simple it was; how it came at a time of the year when people needed to stay in shape (after Thanksgiving); how it was open to all adults in Wisconsin, registered or not; and how excited people got about it. I was disappointed when nobody shared my excitement. But, I still like the idea and your board still likes the idea. And, we're going to offer it again this fall. Last year we had about 40 participants and some groups had their own local competition. We're looking for increased participation this year.

At our annual meeting we tackled a subject of which most of you are unaware: the One-Event Registration (OEV). This form of registration has been little used and not promoted by us because it didn't seem to offer much to the person using it. They don't get to set records, they don't get to swim relays, and they don't get the magazine. They are pretty much invisible, but they are insured for the event and the host club and WMSC are insured for their participation. The OEV allows a person to register with USMS for the purpose of doing just *one event*. That one event has usually been used for open water swims. But we also used it for the clinic we did this past spring. We came up with a simple solution that will help it do what it was designed to do: bring in more members to Wisconsin Masters Swimming and USMS. If you have a friend who has been thinking of getting involved in this crazy sport, they can do so by using the OEV for a cost of \$18. Remember, they can't swim relays or set a record! If they decide that it was fun and want to do another event *in the same year* it will only cost them \$17—the difference between the regular membership fee and the OEV—and they will be made full members.

We also decided to post events on our website which, although not sanctioned by USMS or Wisconsin Masters, might be of interest to members of our organization. We've done this with the Lake Amy Belle swim, so why not other types of events like that? Criteria: it has to be oriented to Masters Swimming somehow, like an open water swim.

We also decided that we would not accept, at this time, advertising in the newsletter or on the website. This may change. What we will allow is information regarding new products or services which might be useful to our members. So if you come across something—new training produce, health product, etc., you can let us know. We don't want anything that resembles an advertisement—no pricing, sloganeering, etc.

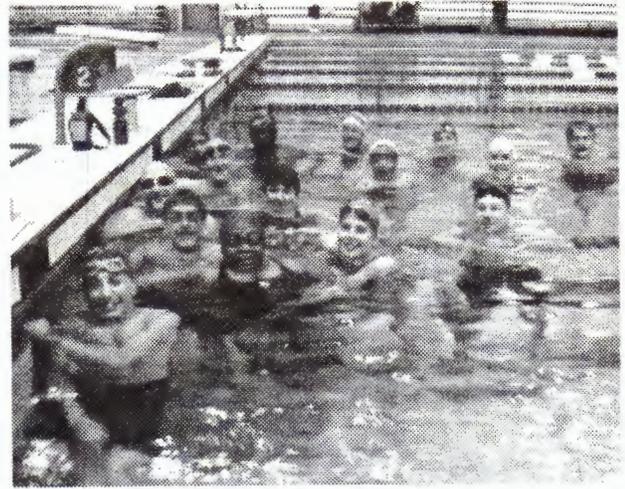
Three BIG changes came out of the USMS Convention that will affect us (regular 'ol swimmers) directly: They include changes to the backstroke start, breaststroke start/turns, and "commingled" meets with USA swimmers. More specifically:

Backstroke Start: The toes are no longer required to be under the surface of the water at the start. However, the toes are still *not* allowed to be above the lip of the gutter or curled over the lip of the gutter. The change was made so that when full-face pads are used (pads that extend above the gutter) there is no requirement to have the toes under the water. From a practical standpoint there is no change when using touch pads that hang on the pool gutter.

Breaststroke turns/start: During or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed, but not required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it must be followed by a breaststroke kick. It is not permissible to take only a downward butterfly kick without then taking a normal breaststroke kick. The downward butterfly kick is **NOT** permissible prior to the arm pull-down. In addition, there is now a requirement for all movements of the legs to be "in the same horizontal plane and without alternating movement." This was previously not included in our rules. **NOTE:** This interpretation is subject to change based upon further consultations with FINA at a meeting which was held in October.

Commingled Meets: This new ruling will allow both USA and Masters swimmers to swim and compete together in a meet with the Masters swimmer's times being eligible for Masters records and Top Ten consideration *as long as BOTH USA and USMS have sanctioned the meet.* If a *beat* has **ALL USA** or **ALL USMS** swimmers then the appropriate rules govern those swimmers. When USA and USMS swimmers are swimming in the *same beat* USA-Swimming rules are followed (i.e., no breaststroke kick allowed in the fly events for those Masters who are competing.) This will be a big benefit to those of us in rural areas who find driving to Milwaukee and Madison (often 3-5 hours driving one way) inconvenient or impractical. Dual sanctioning of a "kid" meet in, for example, Rhinelander, Ladysmith, Rice Lake, or Minocqua, will allow registered Masters swimmers in the northwoods (as well as others state-wide) the opportunity to compete and put up times for themselves and state/national consideration.

Other Convention highlights can be found on the USMS website (usms.org).

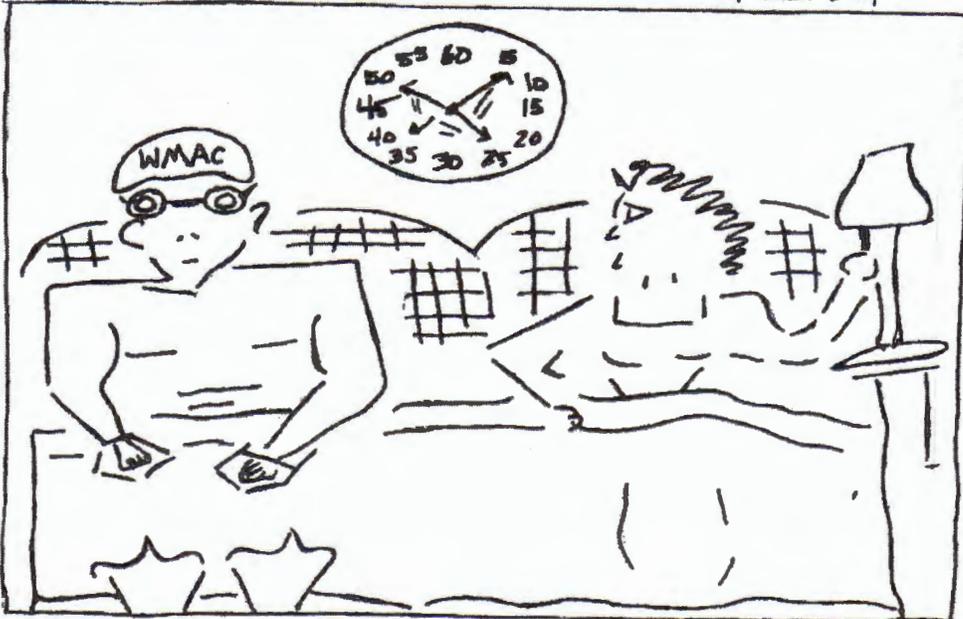


Masters swimmers at Schroeder take a break between sets to catch their breath and pose for a picture!

It has been said that bad habits are at first cool- webs...then chairs. Spanish Proverb

LANE 4

by Kiki Day



"I TALKED TO YOUR COACH, STAN. THE ONLY PLACE YOU HAVE TO BREAK A MINUTE IS IN THE POOL!"

How many times have you, like me, read articles about how swimming (for exercise) just can't compete with other activities (like biking, jogging, etc) when it comes to weight loss or weight control? Doesn't it get your ire up? Well, here's yet another bit of "info" that recently appeared in the Milwaukee Journal Sentinel. According to the U of California, Berkeley Wellness Letter, swimming is an ideal way to *stay in shape* throughout the year. However, even though swimming burns about 600 calories/hour swimmers may lose less weight than other exercisers *because* cold water may dissipate considerably more body heat than exercising in air at the same temperature and this energy loss may stimulate more eating to keep the body warm! The publication recommends swimming longer and faster and watching what you eat afterward. I don't know about you—but when I'm seriously working out I certainly am not looking for ways to keep warm—even in pool temps that hover around 80 degrees! Maybe they should do their research using *real* swimmers!

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

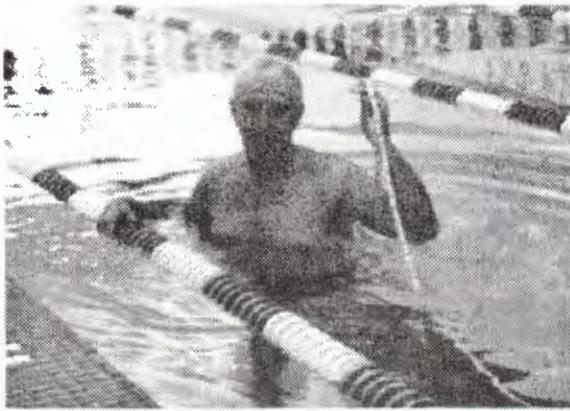
Sunday, January 15, 2006

- Sponsored by:** The YMCA at PABST FARMS
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc. Sanction #206-002
- 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 15, 2006, Warm-up 8:00 AM—8:45 AM; meet starts at 9:00 AM.
- Eligibility:** Participants must be a member of U.S. Masters Swimming, and be age 18 years or older. A copy of the entrant's registration membership card **MUST** be attached where indicated on the entry form.
- 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 time. A "No Time" will be seeded in the slowest heat. Age groups and sexes will be combined.
- Timing:** Automatic timing system backed up by one watch/lane.
- Warm-ups:** Lane 8 will be the designated start/sprint lane with swimming in one direction only and exiting to the side or end of the pool. 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, kick-boards, fins, etc., may not be used at any time during the warm-up period.
- Facility User Fee:** \$5.00 per person.
- Entry Fee:** \$2.50 per individual event, plus the \$5.00 facility user fee for entries received up to one week prior to the event (received by January 8). No charge for relays. Deck entries for individual events will be accepted up to 8:00 AM the day of the meet. The fee for deck entries shall be \$4.00 per event, plus the \$5.00 user fee. Fee must accompany the entry form. Please make checks payable to **YMCA at Pabst Farms**.
- 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.
- Meet Director:** Mail entry to:  Harry Evans
1849 Spring Park Ct.
Oconomowoc, WI 53066
- Phone: 262-200-2194
E-mail: hevans@gshydraulics.com

SCHEDULE OF EVENTS:

- | | |
|----------------------------|-----------------------------|
| 1. 50 Yd backstroke | 11. 200 Yd breaststroke |
| 2. 400 Yd IM | 12. 500 Yd freestyle |
| 3. 100 Yd freestyle | 13. 200 Yd butterfly |
| 4. 50 Yd breaststroke | 14. 200 Yd medley relay* |
| 5. 200 Yd backstroke | 15. 400 Yd freestyle relay* |
| 6. 100 Yd butterfly | 16. 100 Yd backstroke |
| 7. 200 Yd freestyle | 17. 100 Yd breaststroke |
| 8. 100 Yd IM | 18. 50 Yd freestyle |
| 9. 200 Yd freestyle relay* | 19. 200 Yd IM |
| 10. 50 Yd butterfly | |

- *Relay Entries:** Submit entries at the meet. Relays may be all men, all women, or mixed (2 men and 2 women).
- Directions:** Directions, Post Meet gathering info, and YMCA at Pabst Farms facility description all found on page 4.



George May helps with measuring the pool before the start of the Lawrence University SC Meter meet November 6.

Fitness Myth: Abdominal exercises flatten your stomach. Sit-ups and other "core" exercises strengthen muscles and improve posture. But if you have extra fat around your stomach, you won't be able to see those muscles no matter how many sit-ups you do.

Cookie Man Fred Salzman along with **Phylliss Smith** (below) kept swimmers and workers supplied with goodies during the Lawrence meet.



Tip of the Month - Advantages of Wearing a Full Suit

Paul Flutinger

Research in the past has not demonstrated a big improvement in swim times wearing a full high tech suit. In the July/August 1998 issue of SWIM Magazine, Julie Walsh gives the following information: The suits have been tested in the lab to give 10% reduction in skin friction drag which is one to two percent reduction in overall drag. Claims are tenths of seconds in sprints and seconds in longer events. Keep in mind, the research and data was compiled on the younger college and elite swimmers. I have not seen a study on older Masters swimmers.

So, in the spring of 2004, I decided to buy a full suit and see what it could do for my 80 year old body. I consulted Bonnie Prank, a 60 year old Canadian and World Record holder, and her personal choice was an Arena suit which cost \$230. I opted for a "cheap" close out \$50 full body Nike suit. Here are examples of some of my comparisons:

In a March '04 practice, wearing my regular Speedo suit, I swam a set of 10 x 100 yds back @ 2:30 with fins with times of 1:20. At a meet in March, again in my Speedo, my best 50 yd and 100 yd back times were :37.1 and 1:27.5. In April, '04, wearing the full suit, my times for the same set of 100's dropped to 1:12. At Y Nationals in April my times were :36.1 and 1:22.8—a drop of 5 seconds in the 100 back!

In a 50 M pool, my practice repeats of 10 x 100 M back @ 2:30, with fins, were 1:25 wearing my Speedo and 1:20 wearing my long suit. During my first practice at the 2004 World Championships in Italy, I wore my long suit and did 8 x 50M back @ 2:00 with a :48 pace. The next day I wore my Speedo and my times for 4 x 50 @ 2:00 increased to :52. I initially thought that I was really tired from the previous day. So I put on my long suit and did 4 more 50's, same interval. Again, my times were :48. The placebo effect may have been working to some degree, but not for four seconds for each 50!

When I raced my 200 M back at Worlds in my full suit my time was 3:30.5—13 seconds faster than my best time in 2003! My 50 M back time improved from :42.7 to :41.1 and my 100 M back time dropped to 1:35.7 from 1:36.9.

Can a cheap close out sale of \$50 for a full body Nike suit give you better performances? I discovered that it can as I have worn it for several practices and have similar results.

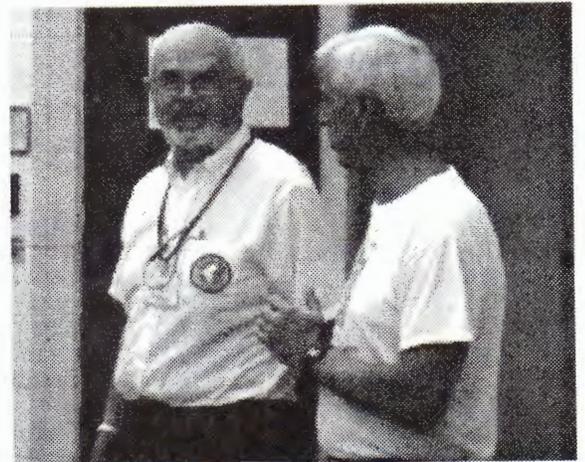
Loose skin causes resistance—and the older we get the more loose skin we tend to have! With a full torso suit you can enhance your streamline, and as a result, your times could be faster. It worked for me—it could work for you.

YMCA at Pabst Farms Meet Information—Continued

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94 on State Highway 67. Go 2 blocks to Valley Road, turn east (right) on Valley Road. The Y will be about 1 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: Following the meet plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). When leaving the Y turn left, go east about 1/2 mile to HWY P (Sawyer Rd), turn south (right) to I-94 and take I-94 east 3 miles to the Delafield Hwy 83 Exit. Go south (right) two short blocks and turn east (left) on Hillside Drive. Meander one mile past the Home Depot and the Brewhaus is on the right. Good eating and excellent Masters socializing!

YMCA at Pabst Farms facility description: In addition to the competitive pool, the Y also includes a separate recreation pool, a large water slide and a pool for infants. There is a large gym with indoor running track, an exercise machine and weight room and a climbing wall 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.



Bob Swain and Dick Pitman converse before the start of the Lawrence meet. Due to a shortage of officials meet director Bob ended up officiating instead of swimming this meet.

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
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
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_____	_____	_____		_____	_____	_____

FEEES 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 _____

Where are you now?

Have you MOVED? If so, have you informed **John Bauman**, our Registrar, of your new address? If not—put that on your “to do” list immediately. With each newsletter mailing at least 5-7 newsletters are returned as “undeliverable” “moved—no forwarding address”, or “forwarding time expired”. Same thing happens to your “Swimmer” magazine. So, make sure John has your most recent correct address. You can e-mail this information to John at wmac@execpc.com.

Fitness Myth: The best time to exercise is in the morning. Actually, the best time to exercise is when you will do it, and only *you* can decide. A morning routine will get you energized for the rest of the day. In the afternoon you're more flexible, your reaction time is quicker, and strength is at its peak. One word of caution: An intense workout before going to bed can interfere with sleep!

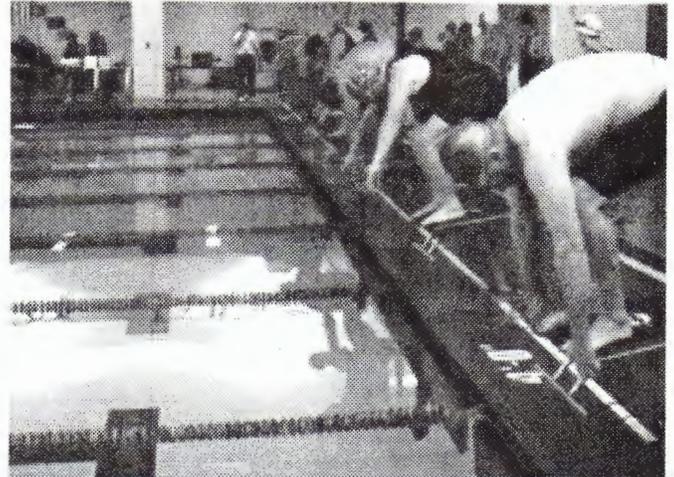
2006 USMS One Hour Postal Swim National Championships

Lake Erie LMSC is handling the entries for this nationally recognized postal championship. All swims must take place during the month of January, 2006. Check the usms web site for an official entry form. Swim it as an individual or as part of a relay. More info can be found on the usms web site and/or in our **Swimmer** magazine.



Melinda Mann supervises while Dick Pitman helps with the chore of measuring the pool before the start of the Lawrence SC Meter meet.

If at first you don't succeed, shouldn't you try it like your wife told you to do it?



Swimmers respond to the command “Take your mark” while competing at the Lawrence SC Meter meet in November.

The source for the fitness myth “snippets” found in this newsletter is Family Safety & Health, Vol 63, No.1

Good Eating, Simplified

Source: American Dietetic Association

Want to eat right, but don't want to memorize the official food pyramid and measure everything you eat? Don't despair. There are easier ways to make sure you're eating healthy foods. Just follow these guidelines:

Cut your normal portions by a third: Chances are this amount will still satisfy your hunger. Research shows that if more food is placed in front of us we'll eat more—much more than we need.

Eat slowly: It takes about 20 minutes for the brain to get the message that you are full.

Make at least half of what you eat fruits and vegetables: They are nothing but good for you. And because of their fiber they keep you feeling full longer.

Don't skip meals: This sets you up for overeating later—often with junk foods. Studies have shown skipping breakfast can lower your metabolism by 10%.

Balance what you eat: Try to eat protein, good fats like those in nuts, fish, and olive oil, and complex carbohydrates at all your meals. Protein and fat keep you feeling full longer.

Practice “mindful eating”: When you're eating, don't do anything else. Mindlessly stuffing yourself while watching TV is a sure recipe for overeating.

Keep a food journal: This helps you to be aware of your eating patterns—what, when, and why you're eating. Awareness is the first step in learning to control what you eat.

Source: Adapted from Aging Well, by James F. Fries, MD., Addison-Wesley Publishing

Dr. James Fries, one of the nation's experts on successful aging, includes these strategies to help you look forward to growing older (and wiser).

Be enthusiastic: Ask yourself what you really want to do. Work part time, travel, sports, hobbies, music? Plan activities that will give you something to look forward to.

Have pride: Whatever you do, set high standards for yourself, whether it's your personal appearance, home maintenance, your relationships, or a new activity.

Pride is related to self-worth or self-image. People with low self-esteem seem to get sick more often, become depressed, and age more rapidly.

Be individual: Your unique insights, beliefs, and experiences are your strength. This is the part of the life cycle where there's no need to conform.

Write your autobiography. Include major and minor life events, friends, problems, good and bad experiences. This challenge can be immensely rewarding, and can help you approach the future with grace, serenity, and wisdom.

Coach's Corner

Dick Pitman

"Be open to everything and attached to nothing."

I got this quote while reading the transcript of Frank Busch's presentation at the 2004 ASCA World Clinic that was held last October in Indianapolis in conjunction with the World Short Course Meet. Frank Busch is the veteran head coach of the University of Arizona. He offers up some very interesting, and maybe to some of us, threatening ideas. That's why the little phrase caught my attention. Besides that, the phrase is underlined in the book. These transcripts are kind of funny—there is no editing for grammar or sentence structure. What you get is the word-for-word speech spoken by the presenter. While you may have to do some mental editing and spelling deciphering, what really comes through is the speaker's passion, the speaker's emphasis of certain points. The emphasis is clear because there's a capital letter on one end and a period on the other. And, if that's not clear enough he asks the transcriber to underline certain phrases!



Laurie Alioto extends herself while swimming the breaststroke leg of the 400 IM at the Lawrence SC Meter meet.

Why do I bring up this subject? It's because (1) to make you aware that these transcripts are available; (2) the transcripts are a great substitute for going to the Clinic; (3) we have to keep up with what's new in swimming technique, swimming ideas. We have to *be open to everything and attached to nothing*.

For the last couple of years I've been going to the Midwest Swim Clinic in Chicago. It's a week long deal, so it can be expensive. If you coach age-group I think it's indispensable. If you coach Masters I think it's a great weekend getaway! And, you come away with a lot of great ideas. But you have to go there willing to learn new things, and willing to rid yourself of old ideas. One learns new skills, learns new drills, new techniques that are useful in your coaching. Mark Schubert, the USC coach, is one of the principal owners of this Clinic. Peter Daland sold out to him last year. So, at this year's clinic in May, we had Coach Schubert, Dave Salo from Irvine Novaquatics (Aaron Peirsol's coach) Dave Marsh from Auburn, Bob Bowman (Michael Phelps' coach) and Bill Boomer, the famous technique guru.

Another reason I feel it's beneficial to go to clinics is that I have this fear that there are coaches out there who are still coaching technique from the '70's, the '80's, or the '90's. I get so many swimmers into my programs in Madison using very out-dated technique, such as thumb-first entry on freestyle. Do you know this can cause rotator impingement? This may surprise some of you swimmers and coaches, but the technique that was superior at the 1996 Olympics in Atlanta is no longer taught. In fact, what was state-of-the-art at Sydney is old today. In 2000, it was still heads-up, eyes forward freestyle. After Athens (2004), it's head down, eyes down. Let me just say that technique has changed a whole lot from Sydney to Athens. And, it will change a whole lot between now and Beijing. Not only technique, but also training. And, that's why you need to study your sport.

Back in March we had Michael Collins in town for a clinic. I had a chance to spend some time with him before he got on the plane to return to Irvine. I remembered him giving a presentation to a bunch of age-group coaches at a clinic in Las Vegas (hint) based on the book about Southwest Airlines called *Nuts*. He talked about team-work, cohesiveness, marketing, coaching. He talked about a lot of business-related ideas but he made them germane to swimming and coaching. It was very interesting. I went out and bought the book. It was fascinating! Anyway, I asked Michael what he was reading now. He said, *Raising the Bar*. It's the story about the health-training snack

Clif-Bar. It's written by the guy who started Clif-Bar in his garage with his wife and a few close friends. He named Clif-Bar after his father. In April of 2000 he was on the verge of selling his company for millions of dollars to a multi-national company. Everyone told him it was a great opportunity, a good thing. But he was getting sick agonizing over the sale. He was thinking about the promises made to partners, family, employees, suppliers, all the people who helped him get where he was. Days before he was to close on the \$120 million deal he bailed out. He reneged on the business transaction. But, he kept his promise to his partners, his family, his employees, his suppliers, and all those people who believed in him on the way up. He kept—or retrieved—his integrity.

So, I went on a quest for books that were not swimming related that might help me. Here are a couple that might be of interest to you. In *The Wisdom of Alexander the Great* by Lance Kurke, Alexander gives examples of *thinking outside the box*. He came up with different strategies for every country he conquered: he examined the culture and people to decide how to deal with them. His solutions were almost always very pragmatic. *Wooden on Leadership*, by John Wooden and Steve Jamison, is a great book for coaches! In giving his ideas on coaching he tells of the mistakes he had made in his career: lessons that he's willing to pass on. I found these books in the "Business" section of Borders, not the sports area. So, think outside the box a little bit. And, ***"be open to everything and attached to nothing."***



Elyce Dilworth and **Janet Schultz** are all smiles while waiting for their events to come up.

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET
Sunday, February 12, 2006—Madison East YMCA

- Sponsored by:** The Wisconsin Masters Aquatic Club, Madison Area Masters
- Recognized by:** The Wisconsin LMSC for USMS, Inc. Sanctioned Meet No. 206-001
- Location:** Madison East YMCA
711 Cottage Grove Road
Madison, WI 53716
- Facilities:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- Time:** Sunday, February 12, 2006. Warm-ups 7:30 AM; Meet starts at 8:30 AM.
- Eligibility:** Open to all Masters Swimmers 18 years old or older. All entrants must be USMS registered Masters swimmers. Entrant's USMS number must be listed on the entry form.
- 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 at least one watch per lane.
- Warm-ups:** Lane 8 will be the designated start/sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1 thru 7 will be for circle swimming only—NO DIVING STARTS from the blocks or the deck in lanes 1 thru 7. Swimmers must enter the pool feet first in a cautious manner in lanes 1 thru 7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.
- Facility User Fee:** \$5.00 per person.
- Entry Fees:** Before 2/5/06: \$2.50 per individual event plus \$5.00 facility user fee. No charge for relays. Deck entries for individual events will be accepted up to 8:00 AM the day of the meet. The fee for deck entries (after 2/5/06) shall be \$5.00 per individual event plus \$5.00 facility user fee. Fees must accompany the entry form. **Please make checks payable to SWIM Club.**
- Entry Limit:** Swimmers are allowed to enter up to five individual events plus relays. The 500 free is limited to the first 28 entrants.
- Entry Form:** The official Universal entry form (found on page 5 or on the website) 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:** Peter Maternowski, Meet director
1404 Morrison Street
Madison, WI 53703
Phone: (608) 286-0824
e-mail: mater@chorus.net
Make checks payable to **SWIM Club**.

SCHEDULE OF EVENTS

- | | |
|-------------------------|-----------------------------------|
| 1. 50 Yd Butterfly | 11. 400 Yd Free Relay* |
| 2. 100 Yd Backstroke | 12. 50 Yd Backstroke |
| 3. 100 Yd Breaststroke | 13. 100 Yd IM |
| 4. 50 Yd Freestyle | 14. 500 Yd Freestyle |
| 5. 200 Yd Backstroke | 15. 50 Yd Breaststroke |
| 6. 200 Yd Medley Relay* | 16. 100 Yd Freestyle |
| 7. 200 Yd Freestyle | 17. 200 Yd Medley Relay Surprise* |
| 8. 100 Yd Butterfly | 18. 200 Yd Butterfly |
| 9. 200 Yd Breaststroke | 19. 200 Yd. Free Relay* |
| 10. 400 Yd. IM | 20. 200 Yd IM |
- 5 Minute Break**

- *Relays:** Submit entries at the meet. Relays may be all men, all women, or mixed (2 men and 2 women).
200 Yd Medley Relay Surprise details provided day of the meet!
- Directions:** Go to page 9 of this newsletter for specific directions to the Madison East YMCA.

Up North Swimming

Candy Christenson



Bella Sandor appears to be hesitant to begin his warm up before the recent Lawrence meet.

Fitness Myth: *Exercising the same body part every day is the fastest way to strengthen it. This is the fastest way to cause an injury! Your muscles need at least 48 hours to recover after a weight-training session.*



Peter Allen is deep in thought visualizing his next event at the Lawrence meet.

Alaska Pacific Masters workout at the Alaska Pacific College in Anchorage, Alaska. I thought about them while visiting our son on our annual family trip to Anchorage in August. Knowing how fast I can get out of shape while on vacation, I mentioned them to our son. He picked up his phone and called Mike Sorenson (Alaska Masters swimmer's) cell phone. He answered from the World Masters in Edmonton and gave us practice times. I again felt welcome as I joined them at the beginning of August for two of their 5:30 AM workouts and their Saturday 8 AM workout.

Getting up at 5:30 AM isn't so hard when the sun has already been up for 2 hours and the drive gives you a true taste of the Alaska scenery. The early morning ride in town, with no traffic, takes you along pristine Jewel Lake and Cambell Creek while straight ahead you feel like you are driving right into the sunlit Chugach Mountains. It takes 7 minutes to get there and although there are no cars in sight most of the way there, they become bumper to bumper as we enter the campus and then the pool parking lot. I know I am in the right place!

There are about 20 swimmers of all ages. The coach asked my time for a set of 100 frees and then assigned me to a lane. After the warm-up, he introduced me to everyone and really made me feel welcome. I met the swimmers in my lane but there wasn't a lot of time for talking. In between sets, I was able to find out about the completion of a beautiful bike trail along the Seward Highway with views of snow covered mountains and the Cook Inlet...a must to take. Other than that, the best place to hear about Alaska's adventuresome people is in the locker room...especially Saturday morning when they are not rushing off to work. This particular Saturday I heard about one young swimmer's first Open Water swim (8 miles) that she did the weekend before in Oregon. I also got to hear stories of another swimmer's experience with a half Iron man triathlon that she did in California. Another interesting topic was how many of them were or are in the process of downsizing their homes because they want more time for "doing things" - not cleaning! When I got back to our son's house it felt like I had never left...everyone was still in bed! (One problem with the midnight sun is keeping late hours since it is still light at midnight.)

The following are sample workouts from APM:

300 warm up	warm up—choice
600 (50 Dr/50K)	3 x 200 K
4 x (4 x 100 Hard, 1 100 EZ)	24 x 100—5 hard on 1:40, 1 EZ
4 x 100 IM EZ	then repeat 4 times

Madison East YMCA, 711 Cottage Grove Road, Madison

The pool is located near the junction of US Hwy 51 and Cottage Grove Road (County Hwy BB) on the east side of Madison.

From Milwaukee: Take I-94 to Hwy 30. Proceed west of Hwy 30 to the Stoughton Rd (US Hwy 51) exit. This is the first exit after leaving I-94. Turn left (south) and exit Cottage Grove Rd (Hwy BB), left at the light, then left on Clair St.

From West-Madison: Take the Beltline (Hwy 12/18) to Stoughton Rod (Hwy 51), exit Cottage Grove Road, turn right at light and proceed west under 51 to left on Clair St.

From Rockford/Janesville: Take I-90 to Hwy 30, which will be the exit from the left lane. Proceed west of Hwy 30 to the Stoughton Rd (US Hwy 51) exit. This is the first exit after leaving I-94. Turn left (south) and exit Cottage Grove Rd (Hwy BB) then left at the light, then left on Clair St.

From LaCrosse/Stevens Point: Take I-90/94 to Hwy 30. Proceed west on Hwy 30 to the Stoughton Rd (US Hwy 51) exit. This is the first exit after leaving I-94. Turn left (south) and exit Cottage Grove Rd (HWY BB) then left at light, then left on Clair St.

Wisconsin Water Warriors

Although the challenge is already well underway it may not be too late to be a part of 2005's competition. If you are like me and log your yardage each time you swim you can probably fill in the blanks from the days that have already gone by. Log your daily yardage from November 27 through December 10, total it up, indicate your name, e-mail address, physical address, age group, and gender and e-mail to Stacey@kiefer.com or mail to Adolph Kiefer & Assoc., 1700 Kiefer Drive, Zion, IL, 60099, Attn. Stacey Kiefer. Forms must be received by December 21, 2005.



Ingrid Stine heads down the pool of length 3 of the 100 fly portion of the 400 IM.

ADOLPH KIEFER & ASSOCIATES, INC. 1700 KIEFER DRIVE, ZION, IL 60099

Chairman's Lane—Continued

Everyone knows about the new FINA, USA and USMS swimming rules for breaststroke (dolphin before the pull-out) backstroke start (toes can be out of the water), and commingling of USA and USMS swimmers at meets? Yes? No? Well, I'm going to ask **Ray** to post these on the website so you can be clear about how to interpret them. See also page 2 of this newsletter for more details.

I have mentioned the clinic we did in Madison in March of this year. MAM donated the \$500 seed money they received from USMS back to WMSC so we can fund our own clinics within the state. I sent out a notice to all the known coaches in the state but the only one I heard from was someone in Madison. I would like to have another one in Wisconsin next year, so start thinking about it. Give me a call or send an e-mail. It can be a good fund-raiser for your local Masters club.

Nancy Kranpitz, our newsletter editor and **Ray Diederich**, our webmaster, are anxious to get their hands on more photos, preferably the digital kind, but printed photos are nice, too. They should have good, clear resolution with good contrast that will print well.

Last year I put out a call for someone to join **John** and me in North Carolina for the USMS Convention. **Elyce Dilworth** stepped forth, albeit somewhat reluctantly. She participated in the Finance Committee and made such a good impression that she was asked to be a member of that committee. The Finance Committee acts as the guardian of the USMS funds during the year. In other words, it is a *standing committee*. So **Elyce**, if she accepted that appointment, would be a regular convention delegate which would give Wisconsin three delegates. This means we could take another person next year, maybe, as an at-large delegate. The convention next year will be in Dearborn, MI, which means it will be close enough for other Wisconsin swimmers to go.

Did you know......that you would have to eat two quarts of air-popped popcorn to equal the calories in 20 potato chips? **And that...**romaine lettuce has twice as much folate, six times as much vitamin C, and eight times as much beta-carotene as iceberg lettuce?

If you haven't already renewed your membership for 2006 please do so **BEFORE** December 15. That is the latest date you can be sure your name will be forwarded to the national office for inclusion on the mailing list for the USMS Swimmer Magazine.

Want more detailed information on the new breaststroke/dolphin kick rule? www.swimmingworldmagazine.com/lane9/news/10203.asp is the place to look!

Due to time constraints on the part of your editor the majority of this newsletter had to be completed prior to the Lawrence SC Meter meet. A recap of this meet will be forthcoming in the next newsletter!

WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531