

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

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

The journey of 1000 miles begins with a single step—or in swimmers terms—the journey of 1000 laps begins with a single length of the pool.

I'm writing this the day after our Madison East Y meet. We had a great turnout—the weather helped. It had snowed in Milwaukee on Saturday and I was afraid it would affect the ability of swimmers to make it to the meet. We ended up with close to 70 swimmers! The really surprising thing is that we started pretty much on time (8:30 AM) and were done at 11:30! Talking with **Peter Maternowski**, the meet director, he said that nobody signed up for the 400 IM (sometimes we get two heats of that) and no teams signed up for the 400 Free Relay. So, we ended up with a 10 minute break in the middle of the meet. The meet flowed smoothly.

I managed to talk with a few of the participants. I welcomed back **Colleen Moore**, who hadn't swam a meet in about 15 years! She was cajoled into swimming by a couple

of people she swims with at the UW SERF (South East Rec Facility on campus), **Eric Chu** and **Kristen LeFevre**. This was Eric's first Masters competition (at least in Wisconsin) that I know of. Kristen swam a meet a few years ago. She really turned heads with her 500 swim—Awesome! I was jealous that Colleen was able to swim the 100 fly with her gimpy shoulder while I could only watch.

We also had another newcomer, **John Rublein**, swimming his first Masters meet. Joining him was his sister, **Susanne**, who flew out from Oakland, CA where she swims for the Oakland Manatees. Visiting their website (just Google Manatee Masters and "lucky") Susanne is President of their club which is about 100+ strong. John and Susanne seemed to enjoy themselves, hiding over the by the whirlpool. I hope Susanne gives a good report to her teammates back in California.

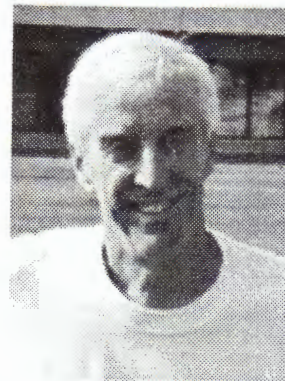
A couple other surprises were seeing **Susan Smar**, whom I had met last May at the Central States Clinic in Chicago. Hanging out with her was **Mary Haney**, who **John Bauman** informed me, was a member of Wisconsin Masters a few years ago. AND, **Jim Sevenich** was back in the swim after an absence! Welcome back Mary & Jim!

One newcomer really attracted admiration with his swims in the freestyle sprints and fly sprints: **Joe Barger**. Joe came up from Cedar Rapids. He was also present at the Pabst Farm meet where he smoked those events. Joe indicated he plans on attending the State Meet in Kenosha, too.

We're looking for some people to go to the annual USMS Convention in Dearborn, MI, this year. We're only allowed 2 voting delegates, which have been John Bauman and myself, plus any member of a standing committee: **Elyce Dilworth** is a member of the Finance Committee. John and I believe we can take extra non-voting members. I'll get clarification of that from someone on the Executive Committee. It is really important this year for a couple reasons, well, maybe 3-4 reasons:

First reason is that the annual conventions don't often get this close to Wisconsin. **Second** is that we are going to bid on a National Championship Open Water swim in Madison in 2008. We are already working on this. We plan to hold this in Lake Monona by Monona Terrace on the same course as the Iron man Wisconsin. It will be about three weeks prior to Iron man. **Third** reason is that we want people to experience the convention and how Masters operates, because John and I are not getting any younger. Well, John doesn't seem to age—but I sure feel it a lot lately! And, **fourth** reason is that it's just a lot of fun and you never know who you might meet on the elevator or at breakfast.

We have a lot of really smart people in our organization who I would like to see involved in the politics of USMS. I know, *politics* can be an evil word, but it can also be kind of fun if you have a sense of humor. People at the convention can get downright ornery when they are arguing a point of view, but we all have fun together at the hospitality suite. Compromises are made and hurt feelings soothed...or plans are made for the next convention. There are people who have been coming to conventions for many years which reflects their deep love and commitment to the organization by the level of their involvement. And, at the same time (and place) that USMS is taking care



Long Course Meters Top Ten—2005

Individuals

Trina Schaetz 33
8th 100 free 1:06.41

Brent Boock 36
5th 800 free 9:49.08
4th 1500 free 18:17.65

W. Morgan Byers 78
8th 100 free 1:27.25
6th 200 free 3:15.23
5th 800 free 14:59.00

Nancy Kranpitz 60
6th 100 fly 1:49.59

Joel Rollings 35
6th 800 free 9:52.61
8th 1500 free 19:17.92

John Bauman 75
10th 100 breast 1:59.62
7th 200 breast 4:28.42

Carol Reinke 69
9th 100 breast 2:06.93

David Holland 47
5th 50 breast :33.12
8th 100 breast 1:15.52
8th 200 breast 2:48.76
9th 200 IM 2:30.69

Lynn Surles 88
3rd 100 free 2:03.77
4th 1500 free 43:37.99

Betty Lorenzi 78
3rd 800 free 15:37.13
2nd 100 back 1:52.90

Bela Sandor 70
7th 50 back :41.77
1st 50 breast :39.22*
1st 100 breast 1:31.02*
1st 200 breast 3:25.63*
6th 200 IM 3:28.04

Relays

Men 280-319
2nd 400 FR 6:36.94
Fred Salzman 73
W. Morgan Byers 78
Alex MacGilles 77
Art Luetke 59

Women 200-239
4th 400 FR 5:45.28
Candy Christenson 58
Nancy Kranpitz 60
Geri Havel 57
Mary Goggins 44

Women 240-279
*1st 400 FR 8:35.30
Betty Lorenzi 78
Dorothy Rose 60
Jeanne Seidler 59
Joanne Moder 67

Mixed 160-199
10th 400 FR 5:12.51
Mindy Seidler 26
Suzi Green 44
Stephen Justinger 53
Jerry Lourigan 40

Mixed 200-239
9th 400 FR 5:42.80
Sara Remus 32
Harry Evans 62
John Elder 63
Sandra Smith 44

(Congratulations to **Bela Sandor** and the **240-279 400 Free Relay** team of **Betty Lorenzi, Dorothy Rose, Jeanne Seidler, and Joanne Moder**. By virtue of their first place finishes (Bela in all three breaststroke events) they have been named as **All-Americans** for the Long Course Meters 2005 season! Way to go!



Erik Rasmussen, Matt Kading, Dave Guzik, and Jerry Lourigan, enjoy some down time between events at the Madison East meet Feb 12.

Chairman's Lane—Continued:

of its internal business, USA Swimming, Diving, Synchronized Swimming and Water Polo are each taking care of their internal business, too. On Saturday night we all gather together for a nice dinner and awards ceremony. Last year we watched as **Aaron Peirsol** was named "Swimmer of the Year" and **Laura Wilkinson** "Diver of the Year".

Our State meet is already behind us—but there are still SCY options out there. Both USMS and YMCA SCY Nationals will be held in Florida in May. Sign up NOW for good competition and WARM weather!

BADGER STATE GAMES

Don't forget that the **Badger State Games** will be coming up quickly! June 25 is the date for the swimming competition. All registered Wisconsin Masters swimmers will be receiving a separate mailing which will include an entry form and complete meet information some time this spring. In the past we have always had beautiful weather and a great turnout of swimmers. The facility (Shorewood Pool) is outstanding and the meet runs to perfection. This is the only long course meter meet available in the state of Wisconsin this summer and for those going on to the FINA World Championships in Palo Alto, CA., in August this will be a great "tune up". So think ahead to warm weather and long pools! Plan to enter the **Badger State Games** this year for sure.

(Erik Rasmussen, pictured above left, began his competitive swimming career at the Manitowoc-Two Rivers YMCA as an 8-under in the early 1980's. His first coach was..... your newsletter editor, **Nancy Kranpitz**. It definitely is rewarding to see one of "my" early charges swimming masters. But, do I feel old or what?)

Coach's Corner

Dick Pitman

In the last newsletter I talked about swimming with your eyes closed. The reason I went off on that subject is that moving your hips from side to side really affects your swimming in such a negative way. Freestyle and backstroke are meant to be swum on the vertical or longitudinal axis. That utilizes best the streamline effect of your body. Here are some other exercises that might help you hold your alignment:

1. Stand in front of a full-length mirror, arms at your side or across your chest, lock eyes with yourself in the mirror. Now, rotate your body so your shoulder is pointed at your image as much as possible. Rotate to the other side. Now, do it a little faster never losing contact with your eyes, but glance down and make sure your hips are not swinging side-to-side.

2. Try doing the same thing with your arms over your head, as close to your ears as possible. Now, it might not be possible to lock your eyes on your mirror image. If you can't do that, try looking up and "drilling a hole in the ceiling" with your out-stretched fingers. Rotate on your axis! Don't let your hips move side-ways!

3. Now, get in the pool and try those same skills, but keep your head down and your eyes locked on the blue/black line on the bottom of the pool.

4. Here's a real test: swim the *corkscrew* drill. The *corkscrew* is done by swimming freestyle. As you take a stroke you follow that arm around and rotate onto your back and then back to your front again using your backstroke arm. The objective when turning is to keep that arm in line so it keeps your body in line. If you get dizzy you won't stay in a straight line. The ultimate objective here is to be able to change from free to back to free and stay on the line. Once you have it down pretty well do it with your eyes closed. If you don't stay in line you'll probably end up with the lane dividers in your mouth or ripping off your goggles! Good swimming!

Tim Trowbridge was incorrectly identified as Carl Lorenz in a picture with Melinda Mann and Janet Schultz in the February newsletter. Sorry about that Tim and Carl!



Jane Wanless decides that a relay start is NOT the right time to try anything with her eyes closed! Jerry Lourigan appears to be keeping a close eye on the legality of the relay exchange!

A Brief History of USMS: Remembering Our Roots

Doug Church, Former USMS Executive Board, GRIN Swim January 2006

Back in 1970 the first "National Championship" of Masters Swimming was held in Amarillo, Texas. It was the brain child of Captain Ransom Arthur, a Navy doctor. He had enjoyed competitive swimming and believed that adding competition to a fitness regime would attract and maintain swimmers as they "matured."

Less than 100 individuals participated, and most came as a result of a personal invitation! Among his initial list of invitees was James "Doc" Counsilman, who found the idea to be perfectly suited to his own beliefs about fitness, swimming, and staying in shape. He then became one of the founding members of the Masters element of the old AAU, the precursor to USMS.

"Doc" and Indiana University hosted the first long course Masters Championships in Bloomington, Ind., in 1972. It's hard to imagine now what those early pioneers must have visualized for Masters Swimming. The early participation was counted in "hundreds" of swimmers, and even that was astonishing to the founders. Perhaps even more astonishing to them was the level of competitive performance being achieved by the "older" swimmers!

This is a phenomenon that continues to be amazing today as we observe men and women well into their 60's and 70's swimming times that would have been competitive for 18 year-olds less than 1/2 century ago.

As it turned out, it wasn't just the former elite swimmer interested in a fitness and competitive environment, but all kinds of swimmers! Just as it may be hard to imagine today that the organization may someday encompass hundreds of thousands of members, so it was then that they would have been astonished to think that someday there might be 43,000 members.

It's also hard to imagine that this organization is only 35 years old. From a small collection of "die hards" to a large and diverse organization that appeals to fitness swimmers, competitive swimmers, triathletes, open water swimmers and more, the essential idea remains the same: **swimming is THE BEST way to stay fit and healthy FOR LIFE!!!**

For more information and encouragement, check out the USMS web site (www.usms.org) "History and Archives" section. The stories collected there are inspirational and fun, AND they connect each of us to that Big Pool of our members! Happy Swimming!



The meet at Madison East Y on February 12 featured a "surprise" medley relay in which teams listed their swimmers in order 1 thru 4 and THEN they were told in which order the different strokes would be swum! "But I don't swim fly" didn't carry any weight in this event! Tim Potter, above, was one of the brave souls who signed up for a 50 yard leg of a relay with no idea as to which stroke he would be swimming. As a testament to the versatility of the participants, the lifeguard never had to leave his "perch"!

Dick Zeumer
1915-2006

Although he was never a card carrying/dues paying member of WMAC, **Dick Zeumer** was a "steady fixture" at Wisconsin Masters Swim meets for many years. Husband of **Fran Zeumer** and father of **Nancy Kranpitz**, Dick thought his 30+ years of faithful attendance at his 4 children's swim meets, rifle matches, band concerts, etc., were a thing of the past when his youngest graduated from high school in 1973. But in the early 1980's Nancy introduced Fran to Masters swimming—and once again Dick found himself serving as chauffeur, timer, and recorder as he followed Fran from local meets to Nationals and Senior Olympic/Games competition. When Fran entered a meet you knew you could count on Dick helping out in one way or another. Asked why he did this he once replied, "Well, it keeps me out of bars and from chasing women". This from a man in his 80's at the time! Dick died February 4, 2006, at the age of 90, from complications of congestive heart failure and will be missed by many people. WMAC expresses their sympathy to Dick's family.

The **Federal Way Kings Masters Swimmers**, sponsors of the 2005 and 2006 USMS Check-Off Challenge, still had 2005 Check-Off Challenge T-Shirts they were trying to "unload" recently for the bargain price of \$7.00. Being the "frugal" person that I am (according to **John Bauman!**) I recently ordered mine at the urging of **Candy Christensen** (also frugal). It arrived in the mail recently—a nice, high quality shirt which is now waiting for me to swim all those events! Since you can check off events swum in meets OR in practice, by doing a 200 free today I can already check off my most dreaded event! Order one today and join the "fun"!

Wisconsin Water Warriors Correction

Janice Walowicz was inadvertently omitted from the Wisconsin Water Warriors results. Janice, competing in the 66-75 age group, completed 21,450 yards which places her in 4th place in her age group.



Nancy and Eric Ehrke are all smiles after turning in nice swims at the Pabst Farms meet in January.