

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

Newsletter Date
August, 2006

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WISCONSIN MASTERS
WEBSITE

WWW.SWIM-WIMASTERS.ORG

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

Look for **MOWS** entry information and entry form on pages 2-3! Enter today!

Greetings fellow swimmers! Welcome new members of Wisconsin Masters. Right before BSG we were about 425 members strong. We keep growing little by little. We keep trying to do things a little better than the year before. Here's a recap of recent events and others coming up.

Badger State Games was a success in that it ran extremely well. There was the fear that we might have rain and it did cloud up and cool off a couple of times during the day. But, we had no rain. **Steve Davis**, one of our swimmers from Milton-Edgerton area, works for NOAA in Sullivan. He had his eye on the radar Friday and Saturday. He e-mailed me asking what the cancellation policy was. When things turned out dry on Sunday he said we really, really got lucky! You may have not have noticed but our numbers were down quite a bit

this year, by about 60! (Keith Krueger! Where were you?) In the past couple of years we've had over 200 so it was kind of a let-down that we fell so far. I talked with **Jason Verheist**, who was the Age-Group Swimming/Timing Official, and he said they were down 200! So, if you have any thoughts on why this may have happened—we have our own theories—please let me or **Art Luetke** know. Jason Diaz, one of BSG's officials, said the numbers were down in all the sports.

Open Water Season: By the time you receive this newsletter the **Lake Amy Belle** swim will have happened. If you've never done this *fun* swim before, you don't know what you're missing. It's not too, too competitive—just a nice 1 mile swim in a beautiful clear lake. I still have memories of that woman in the yellow suit who flashed by me as I was sprinting to the finish line a few years ago. I accosted her on grassy plain above the lake after the swim and told her nobody had ever passed me like that before! What's your name? "Heather Gollnick," was her reply. That was the year that Heather won her 2nd or 3rd straight Wisconsin Ironman. She told me that Amy Belle was her "home" lake where she trained. So you never know who you might bump into in one of these lake swims!

One of the main reasons to put out this newsletter is that the information about the 4th Annual Madison Open Water Swim (MOWS) missed the last newsletter. The date this year is August 19 and you will find the entry information in this newsletter. The Madison group hosting this is real excited because the venue has changed from the north-side of Lake Mendota to the Ironman course in Lake Monona off of Law Park or the Monona Terrace Convention Center. The distance has changed from 1 and 3 miles to 1.2 and 2.4 miles to match the Ironman distances. The group is also trying to get the Ironman buoys for the event. We expect a great turnout for this. Please join us in Madison in August! The reason for changing venues was to get some experience at this venue so we can bid on a National Open Water Swim in 2008. Wisconsin will be bidding on this at this year's USMS National Convention in Dearborn, MI, in September.

Convention: We want to encourage you to join us in Dearborn for the USMS convention. For the last several years **John Bauman** and I have been the only ones in attendance. Last year we were lucky enough to be joined by **Elyce Dilworth**. Elyce cannot make the trip this year due to some conflicting family necessities. Last year Elyce made such a great impression at the finance committee hearings that she was asked to join as a member. So, we feel that replacing her is crucial. (Con't on page 8)



**4th Annual
Madison Area Masters Open Water Swim**
Saturday, August 19, 2006
Sanction #206-005

What: Open water swims of 1.2 and 2.4 miles around a 1.2 mile rectangular course marked by buoys.

When: Saturday, August 19. Warm-ups and registration 7:00 AM; 1.2 mile race starts at 8:15 AM; 2.4 mile race starts at 8:30 AM.

Where: Lake Monona at Law Park (John Nolan Dr. and Blair Street), WI Ironman course.

Who is Eligible: Only registered USMS swimmers, **18 yrs plus**. Annual or One-Event registration is required. Annual membership is \$35; the annual registration form is available at:

<http://www.swim-wimasters.org/indiv%20Registration%20form.pdf>.

A one-event registration is also available; contact meet director for details. Swimmers **must** submit a qualifying time of less than 10:00 minutes for 500 yards.

Fee: \$20.00 prior to August 12, 2006; day of race: \$35.00. Make check payable to SWIM Club, c/o Peter Maternowski, 1404 Madison St., Madison, WI 53703.

Awards: Trophies for overall men and overall women winners, patches awarded to all participants.

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

Meet Director: Peter Maternowski, mater@chorus.net 608-286-0824 (evenings)

The course will be the same distance and approximate location of the WI Ironman swim course. The race will be an "in-water start" which means from a tread water position. The finish will be at the beach. There will be lifeguards in boats, canoes or kayaks to keep swimmers on course and to offer aid if needed.

Rules: USMS Rules for Long Distance Swimming shall govern this race. In-water start/beach finish.

Weather Check: Call or e-mail meet director. There is no Rain Date. In event of cancellation 50% refunds will be made.

Directions: I-90 to Hwy 12/18 W, take John Nolan Dr. exit. The race staging area is in Law Park located on the short of Lake Mendota and immediately to the right after John Nolan Drive passes under the Monona Terrace Convention Center. Detailed directions available from meet director.

Parking in Race Staging Area: There is ample parking within a 5 minute walk of race staging area. Parking information is available from the meet director.

Time Limit: 1 hour for the 1.2 mile swim; 1 hour 45 minutes for the 2.4 mile swim.

Entry Deadline: Entries must be postmarked by August 12, 2006. Registration is available the day of the competition for \$35.00.

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

Accommodations: Contact Meet Director about hotels in area.

Mail Completed Entry Form and Fees By Aug 12, 2006 To:

Peter Maternowski
1404 Morrison Street
Madison, WI 53703

Don't Delay - Enter Today!



4th Annual Madison Area Masters Open Water Swim Entry Form

Name _____

Birth Date _____ Age on Race Day _____

Sex _____ USMS # _____

Attach copy of current
USMS Registration

Club Name _____

Club Code _____

Address _____

City _____ State _____ Zip _____

E-Mail Address _____

Enter Only One _____ 1.2 Mile Swim _____ 2.4 Mile Swim _____ 500 yd Freestyle Time: _____

Entry Fee _____ (\$20 before Aug 12, \$35 day of race) enclosed for individual entry. Make Check payable to:
SWIM Club, c/o Peter Maternowski, 1404 Morrison St., Madison, WI 53703.

Attach copy of current USMS Registration in space provided above. Contact meet director for One-Event registration form.

Motel Info? _____ Please send me information on local hotels

Directions? _____ Please send me detailed directions to the race location and parking.

LIABILITY RELEASE (REQUIRED): I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE WISCONSIN MASTERS SWIMMING COMMITTEE, INC., THE WISCONSIN MASTERS AQUATIC CLUB, MADISON AREA MASTERS, STATE OF WISCONSIN, CITY OF MADISON, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____

3-5-83-243-4300-4



This is good—a nice clean pool, a line painted on the bottom to follow, turns every 25 yards so I can sneak a little rest, but now people are telling me how great those open water swims, like MOWS, can be. I don't know—I've never done one—maybe this is the year to give it a try. I'll think about it!



A large contingent of WMAC swimmers thought about it and DID swim either the 1/2 mile or 1 mile open water swim at Lake Amy Belle on July 15 on a beautiful hot, sunny day!

This poem was obviously written in a different time. Florida Maverick's **Margie Hutinger** remembered it being read at her girls' camp in northern Wisconsin one Sunday morning service each summer. Like the Hutingers expressed in their newsletter, we all know of swimmers who are suffering through the challenges of illness or surgeries and trying to adjust to slower times. To "Do the best with whatever you have" and to "Be the best of whatever you are" are certainly good tips for all of us, whether our goal is primarily for Masters competition, health and fitness, or triathlons.

Be the Best of Whatever You Are



If you can't be a pine on the top of the hill,
Be a scrub in the valley—but be
The best little scrub by the side of the rill;
Be a bush if you can't be a tree.

If you can't be a bush be a bit of the grass,
And some highway happier make:
If you can't be a muskie then just be a bass—
But the liveliest bass in the lake!

We can't all be captains, we've got to be crew.
There's something for all of us here.
There's big work to do, and there's lesser to do,
And the task you must do is the near.

If you can't be a highway then just be a trail,
If you can't be the sun be a star.
It isn't by size that you win or you fail—
Be the best of whatever you are!

Written by Douglas Malloch, 1877-1938

Workout Blahs???

We all have those days when we just can't face yet another "timed" workout. What to do? Try this! Start the sweep clocks at both ends of the pool but **do not** synchronize them. Select workout distances that have you finishing the distance at the opposite end from which you started (25's, 75's, 125's, etc). Time your **rest interval** only—and when swimming concentrate on technique, strokes per length, streamlining, balance, alternate breathing—anything and everything except repeat times. Instead of feeling down at the end of your workout because you really were not into a "timed" workout that day which most likely would result in not the best repeat times, you'll leave the pool feeling good about having improved your streamlining, bi-lateral breathing, balance, and technique. Plus, you still will have gotten in a good solid workout!

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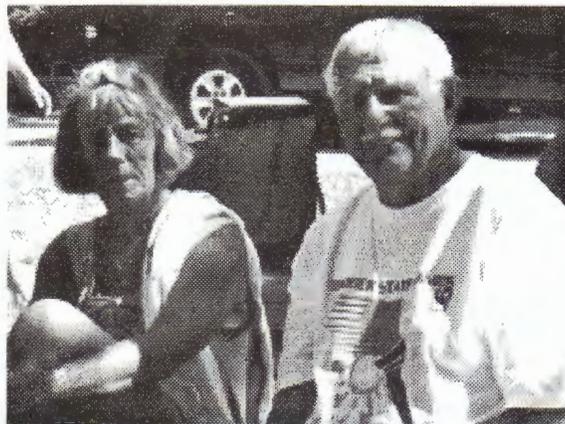
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Badger State Games Kudos

Most everyone who entered the Badger State Games realizes that **Art Luetke** and **Dick Pitman** bear the brunt of the work involved in organizing the meet, securing the site, dealing with the entries, arranging for officials, and making sure all goes well on "game day". However, let's not forget that two other people have a big responsibility in the running of this meet: **John Bauman** spends meet day tirelessly working the timing system and **Deb Erickson** is responsible for the scoring. We just wouldn't have this great meet were it not for the efforts of these four individuals! So—**THANK YOU Art, Dick, John, and Deb!** We sincerely appreciate your work to make this meet the success that it is.



Ingrid Stine and Fred "Cookie Man" Salzmann relax in the shade while gearing up for the Lake Amy Belle Open Water Swim.

Summer's here bringing lake swims and along with them the possibility of contracting *cerarial dermatitis*—swimmer's itch in layman's terms. It results in a skin rash which is caused by an allergic reaction to parasites released from infected snails. The larvae burrow into the skin, causing a rash. The larvae cannot develop inside humans and soon die.

If you swim in contaminated water you may experience skin tingling, burning or itching. Within 12 hours small reddish pimples or blisters can appear. While the itching usually doesn't require medical attention it can last up to a week or more.

How to treat swimmer's itch?

- *Use a corticosteroid cream
- *Apply cool compresses
- *Take a bath with baking soda
- *Apply a baking soda paste to the rash
- *Apply calamine lotion.

Try not to scratch the rash as that can cause infection. If the itching is severe you personal physician may prescribe a lotion or cream.

Source: *Health Connections Summer 2006, Ministry Health Care*

Eric Jernberg directed yet another successful Lake Amy Belle Swim on a HOT sunny July 15.



Coach's Corner

Joel Rollings
joelrollings@hotmail.com

The last article written was about streamlining. So I thought this article would back up a step and work on freestyle and backstroke flip turns. Being able to do a fast flip turn should involve minimal exertion and minimal splash. It's a matter of getting out of the way of the momentum that you've created over the last 25 yards, or 50 meters.

If you think of the body in two parts it will help with this explanation. The upper half of your body contains your center of buoyancy, and the waist is your center of mass. The center of buoyancy sits differently in every person. If you take a large breath of air and from a ball shape you are going to float (hopefully) at a certain depth in the water. Some people will have more of their back exposed than others, but the main point is that this is the layer of water in which you are going to rotate the fastest.

Step 1 is when you are swimming and nearing the point where you turn you should start pressing your chest underneath the water. You should feel the water running over your shoulder blades, and the hips should remain at the surface of the water. Start by over emphasizing the press by going about 3 inches under the water. So the mental image is as you approach the wall you should begin slowly submerging the upper half of your body.

Step 2 is to tuck the chin into your chest and round the shoulders slightly. This puts the center of buoyancy below the center of mass. The momentum keeps traveling forward through the center of mass towards the wall.



There is no way we could run successful swim meets without the help of dedicated volunteer timers. **Laurie Meulemans** and **Sam Kading** (wife of Matt) do their part to ensure another quality meet for us.

Step 3, keep your elbows at your side and bring the palms of your hands up towards your ears. Continue rolling yourself up from the top of your spine towards your waist.

Step 4, bring your knees into the chest. You should be able to almost slide your legs over the top of the water as you drive your knees into your chest.

Step 5 is to plant both feet on the wall about shoulder width apart. Ideally, if the wall is the face of a clock, both feet should be pointing somewhere between 9:00-12:00 or 12:00-3:00 depending upon which direction you rotate.

Common Errors:

- 1) Dolphin kick before turning: This pushes your hips out of that natural floating layer.
- 2) Head up into the wall: If you are looking at the wall your hips will sink below the water line.
- 3) Spinning arms: If you rotate your arms in a circle to spin it will kill all of the momentum going into the wall.
- 4) You can't flip over: You're probably bringing your legs in too soon. It has to be sequential. Bringing the legs in early in the steps listed above reverses the momentum in your center of mass.

Drills:

1) Push off the wall with your hands at your side. Go through steps 1-4 and remain in a ball shape. You should continue to spin around more than once in a circle.

2) Swim freestyle, or backstroke, and execute a flip "turn" mid pool. Complete the rotation and finish on your stomach. Then continue swimming. You should carry momentum from the swim, into the rotation, and then still have momentum moving forward as you leave the ball shape.

3) Arrow into the walls. Build a 25 yd swim, flip at the flags, unfold in a streamline shape at the surface. If you've done the turn correctly, as you get into the streamline shape you should still have momentum to glide into the wall.

(If you have any questions or comments for Joel please feel free to contact him at the above listed e-mail address! He is looking forward to hearing from YOU!)

Politeness is a small price to pay for the good will and affection of others.



Betty Lorenzi was recognized as the "most experienced" (i.e. "oldest") swimmer at the Amy Belle Lake swim.

Block Breast Cancer by Eating Chocolate!

Need another good reason to indulge? **Dark chocolate** helps raise "good" HDL cholesterol, which has been shown in recent studies to protect against breast cancer after menopause. Women with the highest blood levels of HDL cholesterol had a one-third lower risk of postmenopausal breast cancer than those with the lowest HDL levels. And don't forget, **MEN** can get breast cancer, too!

Tip of the Month—Self Coaching Tips

Paul Hutinger—Florida Mavericks

Many of you work out on your own, at whatever pool is available and whatever time works into your schedule. Without a coach on deck, it can be frustrating as you wonder whether or not you are working on proper techniques. However, even without regular personal attention, there are many simple techniques that you can work on at on your own and at your own pool. I've included some easy self-coaching tips that all of you can work into your own workouts. If you compete, they will improve your times. If you're swimming for fitness, I think of them as another way to add variety to your workouts.

***Distance per stroke:** Count the number of strokes you take per 25 yards. Pull harder and longer to reduce strokes to 20 or less for back and free. If you are already below 20, aim lower!

***No bubble machine:** On free, look for bubbles on your stroke, as they are an indication of inefficiency, such as dropped elbows or poor entry. Tweak your stroke and try to eliminate them.

***Push offs:** Surface at or past the flags before your first stroke.

***Streamline off the walls:** "Bury your head!" Feel your upper arms tight against your head and above your ears, one hand on top of the other—NO BUBBLES!

***Fast Feet:** Time your kick sets, such as 8 x 25, or 8 x 50, or 4 x 100.

***Breaststrokers:** Count kicks. Kick on your back and if your knees come out of the water, you're bending too much at the waist.

***Backstrokers:** COUNT the number of strokes from the flags before you start your turn or touch the wall. At meter pools you will have one more stroke.

***Fly:** Use one arm drills and fins.

New WMAC Records!

Congratulations to the following WMAC swimmers who set new Wisconsin State LCM records at the recent Badger State Games. **Trina Schaetz** (30-34) 100 M breaststroke (1:27.04); **Cindy Maltry** (50-54) 100 M Back (1:27.01) and 200 M IM (3:03.97); **Daryl Stich** (30-34) 100 M fly (1:06.11); **Steven Davis** (40-44) 800 M free (10:26.00); **John Cler** (50-54) 800 M free (12:11.12); and **Art Luetke** (60-64) 50 free (:30.63) and 200 M free (2:44.13). While these records reflect *ONLY* our state marks it should be noted that **Art** also broke BSG's marks in his above mentioned 2 events as well as in his 100 free (1:12.51). The records Art broke had all been set by **Perry Rockwell** back in the mid to late '80's. Perry was Art's coach at UW-Platteville in the late 60's and had used Perry's records as his "goal times" for the past 8 months. Although she did not set a new WMAC state record, **Janet Schultz** (50-54) broke the BSG mark for the 200 M IM with a 3:42.21. (There most likely were other BSG records set of which I am unaware. So if you set one—send that information along to your editor)



Brent Abraham is all smiles after finishing the 1 mile swim at Lake Amy Belle.

Coach's Corner!

Effective with our last issue, **Joel Rollings** has assumed the responsibility of providing us with helpful coaching tips through the Coach's Corner column in our newsletter. We will look forward to reading about his helpful hints on a regular basis from now on!



Specifics For Competitive Swimmers

***Turns:** Swim fast into the wall and turn fast.

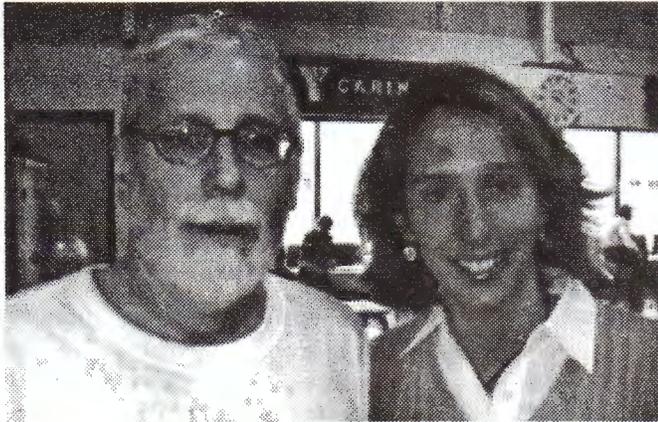
***Finish:** Swim hard into the wall. Touch the wall or pad *UNDERWATER*. NEVER lift your hands out of the water and slap the wall. Free and back—reach for the wall with one hand, slightly on your side. Breast and fly—two hands always! Remember—what you do in practice you will do in a meet!

***Broken swim, at pace, for your specific events:** Sets of 25's or 50's for 100's. Sets of 100's for 200's or longer.

***Starts:** Practice with the goggles you use at meets. Do several starts for each of your events during warm-ups.

When you swim your events at meets, don't think about pain (it will always be there during hard swims). Think instead about your stroke and technique. If you do these little things in practice they will become so routine that when you compete in a meet you will be on automatic and not even give them a second thought!

For the past several months I have been encouraging our umbrella teams to send me information and pictures about their teams. Several months ago we featured in the newsletter the **Pabst Farms Masters Team**. In the June issue the **Elmbrook Masters Team** was featured. Want to see your team featured in an upcoming edition of the newsletter? Just send the information along to me (editor) via either e-mail or snail mail. Both addresses are listed in this newsletter. I hope to hear from many of you soon!



Steve Justinger and Lynn Riley share some time together between events at a recent meet.

Congratulate yourselves!

Last month there was only one newsletter returned to me as "no longer able to forward". That means we are being diligent about getting our changes of addresses to our registrar **John Bauman**. Please continue to keep John informed of your change of address when you move!

Baggy Suit-Air Bubble Drill

Nancy Kranpitz

Quite by accident I stumbled on a new "drill"! Like many of you as my swim suits wear out I "layer" a couple of them to try to get a few more days of swimming out of them. As a result, they are baggy and fairly loose fitting. Attired as such while swimming and doing flip turns I kept getting a fairly large air bubble collecting between my layers of swim suits and across my chest. At first I found myself quite irritated by the "distraction" of this air bubble slipping from side to side with each stroke I took (freestyle). THEN I thought—Wow—what a great way to gauge my "roll". I have a tendency to not roll to my right after breathing to my right. (I know—bi-lateral breathing would help with that—but that is another issue!) But with this air bubble I could easily tell if I was rolling as far to the right as I was to the left! Of course this only works if you are wearing "female" swim suits. You men will have to come up with your own version of a baggy suit drill!

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"The start is NOT the same as the finish" - was Eric Jernberg's mantra as he greeted 70+ participants in the Lake Amy Belle open water swim on July 15 at Camp Minikani near Hubertus. Sunny skies, warm temperatures, and a delightful lake water temperature provided the perfect backdrop for the 1/2 mile and 1 mile distance swims which were not limited to just masters as it had been promoted as a family event thru the YMCA. However, 27 WMAC swimmers did participate and all came away from the experience eager to do it again next year. Nicely visible buoys strategically placed to mark the course, numerous lifeguards in row boats between the buoys, and NO other lake "traffic" combined to make this a fun and safe swim! And with medals AND a candy bar for all participants everyone went home happy!

Among the WMAC members in the 1/2 mile swim **Bruce Bader** (50-59) and **John Bauman** (70-79) claimed 1st places with times of 16:45 and 21:06 respectively for the men. **Carrie Kostopulos** (30-39) was 2nd for the women in 15:00 and **Barb Brown** (50-59) claimed 1st with a time of 19:04.

The mile swim attracted a larger crowd among the WMAC entrants. **Brent Abraham** placed 2nd in the 30-39 age group with a 42:22. In the 40-49 group **Mark Kaczmarek** (23:00), **Jerry Lourigan** (23:39), **Matt Bohlmann** (26:17) and **James Drought** (26:59) placed 1st thru fourth. **Steve Justinger** (25:48), **Mike McCluskey** (34:01), and **Tim Potter** (40:01) went 1-2-3 in the 50-59 age group while **Dick Pitman** (28:10) and **Fred Salzman** (40:26) captured the 60-69 and 70-79 age group titles.

For the women **Mary Tylicki** (30:01) and **Kelly Neveln** (38:46) were 1st and 3rd in the 20-29 age group. **Melodee Nugent** (23:52) out swam **Sarah Allen** (26:52) for 1st and 2nd in the 30-39 group. **Suzi Green** covered the distance in 28:32 to claim honors in the 40-49 group while **Geri Havel** (27:36), **Candy Christenson** (29:39), **Monica Diamond** (31:18), and **Phyllis Smith** (40:13) went 1-2-3-4 in the 50-59 group. **Nancy Kranpitz** (29:32), **Ingrid Stine** (36:12), and **Dorothy Rose** (44:20) claimed the top 3 spots in the 60-69 group while **Betty Lorenzi** (70-79) covered the distance in 34:25.

FINA World WMAC Team

The following WMAC swimmers have entered the FINA World Swimming Championships at Stanford University in August:

- Laurie Alioto
- Elyce Dilworth
- Suzi Green
- David Holland
- Carrie Johnson
- Steve Justinger
- Nancy Kranpitz
- Art Luetke
- Melinda Mann
- George May
- Geoff Mykleby
- Renate Ringsven
- Joel Rollings
- Bela Sandor
- Dana Schaez
- Trina Schaez
- Dan Slick

Good luck to our 17 representatives! We'll look forward to a review of this meet in the next newsletter! (**Betty Lorenzi** also entered the meet but is now unable to attend).

(Chairman's Lane, Continued)

But, we also want support for our Open Water bid. And, we just want more of our members to experience what the convention has to offer. What it has is meeting swimmer-delegates from across the country. Meet the leaders of your national organization. Trade ideas, learn what makes our group great and unique. Masters swimmers around the country are just like us; they love good, fun competition yet are serious about their commitment to the sport.

Annual Meeting: Soon after the USMS Convention Wisconsin will have its Annual Meeting—probably September 23 or 30 in Madison. If there is interest I may change the venue to Oconomowoc if that would generate more participation. At this meeting we will set the meet schedule for the next year, hear grievances, hear requests for changes in the By-Laws of Wisconsin Masters Swim Committee (WMSC). I will post an agenda on the website within the month before the meeting.

Congratulations! I would like to thank **Jeannie Seidler** for becoming our new Top Ten recorder. And, I would like to congratulate her for becoming the Top Current Times recorder for USMS. You may not be familiar with the latter. For the last couple of years there has been a site on the USMS web page where you can see the current top times posted for almost all events...up to 500 if there are that many! This is kind of fun because you may see yourself in the top ten at least for a little while! So what Jeannie will be doing is sweeping the results of all masters meets across the country and tabulating the top times in each event.

Good Luck! To all the swimmers going *west* to the FINA World Masters meet at Stanford University in the next couple of weeks. I know there are a few from Madison, a few from Elmbrook. **Nancy Kranpitz**, our editor, is going, too! (That's why this newsletter is coming out now instead of August!). We will hear all about it in the next newsletter!



Phyllis Smith makes sure **Kelly Neveln** has adequate sun protection prior to the start of the Lake Amy Belle Swim.

Did you know that apricots have high levels of carotenoids, antioxidants that help prevent heart disease, reduce "bad" cholesterol levels, and protect against cancer.