

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
July/August-2008

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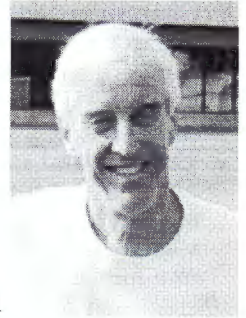
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WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org
Check it out for the latest
meet results, state records,
and MORE!

I write this about one week after Badger State Games, marking the last year the Masters Swimming will be held in Madison. Next year, as many of you know, the entire Badger State Games events are moving to Appleton. The Masters Swimming will take place at Erb Pool, an eight lane 50 meter facility. We in Madison are disappointed because we've had a pretty successful run here: good numbers of participants and beautiful weather most every year! A few years ago we had over 200 swimmers a couple years in a row. The highest participation we ever had was around 213...I think. This year we had 149, close to what we had last year. Moving the meet to Appleton, the BSG officials are hoping to gain new and increased participation from the Fox Valley area. Regarding weather, what else can you say? This year's



Dick Pitman

weather was a lot cooler than we had been used to. In fact, it was downright chilly! I hope our history of warm weather continues in Appleton.

Some years ago we were given the green light to expand our Masters Swimming to include more events in Badger State Games, so we decided to get the meet a "Recognized Sanction." In this way our times count for USMS and Wisconsin Top Ten and records. **Peter Maternowski** and I measured the Shorewood Pool and enabled the meet to be "recognized." It is considered *recognized* because all swimmers do not need to be registered with US Masters. Yet, we follow all other USMS rules. As a "Recognized" meet we were also permitted to obtain insurance coverage under the USMS umbrella. We hope to do the same for Erb Pool in Appleton. Because of the move to Appleton, **Art Luetke** and I have decided to resign as co-commissioners after this year. We feel it will be best to have local people involved in the events. We've enjoyed our years in Madison immensely and thank everyone who contributed their assistance to make the Masters Swimming venue of BSG so popular and fun! It really has been a blast and full of great memories. So, if you are interested in becoming the meet director for Masters Swimming in Appleton give me a call. I hope to talk with people this summer at the **National Open Water** and **Lake Amy Belle** swims.

Lest any of you think that Masters Swimming is a Madison-centric organization, or a Madison-Milwaukee organization, let me deny that here and now! The bulk of our membership may come from this corridor of the state, but we actually have members all over the state. We have long wanted to gain new members from the Fox Valley area so maybe the move to Appleton will help that mission. During the check-in at Badger State Games **Peter Chambers**, who drove down from Black River Falls, came up to me and introduced himself. Coincidentally, he said, we both swam for the same AAU coach back in the late '60's. Since he's much younger than me I have trouble remembering. Back then I had all I could do to stay ahead of **Tim Shaw**, who was 8-9 years younger than me! The coach we swam under was **Jim Montrella**, who is semi-retired, living in Southern California, coaching a little bit with **Bill Rose** at Mission Viejo. We had a lot of newcomers and hopefully they will come back, maybe even join Wisconsin Masters and have even more fun! So if you're one of those newcomers, *WELCOME!*

Special thanks to BSG volunteers: **Neal Seidler**, who handled the Awards desk for the last 10 years or so; **John Bauman**, who with the help of **Jeanne Seidler**, manned the electronic timing system and brought the timing pads every year from his home in West Allis; **Deb Erickson**, who did the meet entries for many years; **Steve Justinger**, who always came early to help set up the meet; **Paul "Sparky" Perlberg**, who was our starter and head official for the last several years. It took a lot of dedicated people to make our Masters Swimming venue run well and still be lots of fun. Thanks to all of you!

Don't forget about the
Lake Amy Belle Open Water
Swim (July 19) and the
MOWS National Open
Water Swim (August 23)!

YMCA Masters National Championships Ft. Lauderdale, FL, May 15-18, 2008

Jeanne Seidler



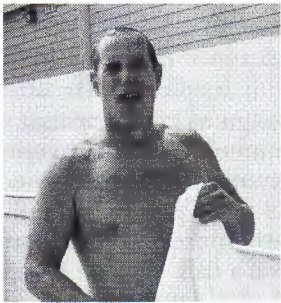
Suzi Green, Tim Potter, Jeanne Seidler, Fred Salzmann, and Laurie Alioto (left to right) enjoy some sunshine and warmth between events at the YMCA Masters Nationals in Ft. Lauderdale, FL, in May. **Suzi, Tim, Fred, and Laurie**, swimming in the 45+ age group, comprised the YMCA of Dane County's 200 free and 200 medley relays at the YMCA National Meet.

Eleven WMAC swimmers, representing three Wisconsin YMCAs, traveled to Ft. Lauderdale to compete in the 2008 YMCA Masters National Championships held at the International Swimming Hall of Fame pool. There were 558 swimmers from 52 YMCAs registered for the meet.

Every WMAC swimmer had a great time in what was a truly great location. The weather was sunny and in the 90 degree range. The pools were cool and refreshing. The competition finished by 2 PM every day. This allowed some of us swimmers to enjoy a late lunch at Bubba Gumps Shrimp (mmmmm) and others to catch a nap or some sunshine before going out in the evening. Several swimmers enjoyed the Saturday night meet social which was a dinner cruise. And, every swimmer took home at least one medal so no one went home empty handed!

WMAC swimmers broke 13 state records, twelve YMCA Masters records, and one USMS national record! **Geoff Mykleby** broke the published USMS Men's 50-55 100 yd backstroke national record of :58.54 by swimming :58.34 in the event. Unfortunately there was another record breaking swim in the same event, so Geoff's 100 backstroke swim will not be published in the 2009 Rule Book. But, Geoff's swim IS published on the USMS website under the Competition Tab, Pool Records for this season. It is amazing that one individual could break two different USMS records just two weeks apart. Geoff's 50 yd backstroke record set in Austin still holds as it was not broken at the YMCA meet.

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Another meet—another few records broken by **Geoff Mykelby!**

Eight YMCA National records were set by **Laurie Alioto** (4) and **Jessica Connors** (4). **Geoff** and **Laurie** also surpassed National Record times while finishing second in the 100 back & 100 IM (Geoff) and 200 back (Laurie).

The thirteen WMAC records were broken by **Laurie** (six), **Jessica** (four), **Kiki Day** (one), and **Geoff** (two). There were also seven first place swims by Laurie, six by Jessica, and one by Geoff. All-in-all we had some great sunshine, some great dinners, some great swims, and generally enjoyed the entire event.

Kudos to **Laurie Alioto**...the new Brett Farve of swimming. Every time she had a close race her superpowers kicked in and she would win in YMCA National record time in a close finish. What a great competitor! What fun it was to watch Laurie compete in some very close races with Debbie Cavanaugh.

My nomination for highest personal achievement at the meet goes to **Tim Potter**. Tim completed his first ever 200 butterfly. Can you imagine, picking the National meet to do a 200 of a stroke for the first time! What courage! Tim swam with great determination and with everyone on the sidelines pulling for him. He finished the race and took home a 5th place medal for his efforts along with the satisfaction of completing a personal challenge.

Whenever a national meet is held close to home I recommend taking advantage of the opportunity to attend. While the majority of swimmers are really, really, good there is still a place for the non-elite at the meet. The meet always has some waiting time between events, so there is an opportunity to get to know the other WMAC swimmers who are at the meet. One also meets swimmers from other LMSCs. Many of the same swimmers go to the national meets, so it is always an opportunity to renew acquaintances. Finally, there are a lot of other swimmers to learn from at the meets. One gets to observe really good swims and techniques. Swimmers compare workouts and share hints and tips. As a side benefit, with time permitting, there may be some sightseeing to do in the location. I always leave a national meet enriched by the experiences. If you're planning your vacations for 2009 consider attending the USMS SCY Nationals in Fresno, CA, and/or the USMS LCM Nationals Aug 6-10, 2009, in Indianapolis. Indy is a relatively short 275 mile drive from Milwaukee. The next YMCA Nationals is scheduled for April 16-19, 2009, in Ft. Lauderdale. And don't forget about the 2008 USMS LCM Nationals in Portland, OR., August 14-17!



Laurie Alioto left her mark in the Hall of Fame Pool setting 4 new National YMCA marks and 6 new Wisconsin State records.

YMCA SCY National Individual Results for WMACers

Jessica Connors 22
 1st 200 free 2:07.38
 1st 50 back :28.21
 1st 50 breast :31.13**
 1st 100 breast 1:06.47**
 1st 200 breast 2:24.14**
 1st 100 IM 1:00.41**

Kimberly Von During 29
 4th 50 free :26.09
 5th 100 free :57.48
 4th 200 free 2:03.43
 4th 500 free 5:40.63
 4th 50 fly :28.33
 3rd 100 fly 1:02.46
 4th 100 IM 1:05.51

Kimberly Fitzgerald 47
 7th 50 free :28.65
 6th 100 free 1:03.36
 3rd 200 free 2:15.16
 3rd 500 free 6:01.46
 8th 50 fly :32.14
 8th 100 IM 1:14.54
 3rd 400 IM 5:37.23

Suzi Green 46
 11th 50 free :32.34
 11th 100 free 1:13.56
 9th 200 free 2:42.82
 11th 500 free 7:11.88
 10th 1000 free 15:03.57
 9th 1650 free 24:47.64
 14th 100 IM 1:30.09
 8th 200 IM 3:15.10

Laurie Alioto 50
 1st 500 free 5:48.08**
 1st 1000 free 11:45.60**
 1st 1650 free 19:51.83**
 2nd 200 back 2:27.11*
 1st 100 fly 1:06.11
 1st 200 fly 2:24.32**
 1st 200 IM 2:28.17*
 1st 400 IM 5:15.96

Kiki Day 56
 7th 50 free :32.02
 5th 100 free 1:10.22
 4th 50 back :38.23
 4th 100 back 1:22.10*
 5th 50 fly :38.35
 6th 100 IM 1:22.66

Jeanne Seidler 61
 11th 50 free 1:06.52
 14th 100 free 2:27.12
 13th 200 free 5:16.31
 11th 500 free 13:34.47
 7th 1000 free 27:55.07
 10th 50 back 1:12.46
 11th 100 back 2:39.77
 9th 200 back 5:15.07

Phyllis Smith 54
 9th 200 free 4:08.96
 13th 500 free 10:34.72
 10th 50 fly 1:02.49
 8th 1000 free 21:45.48
 13th 100 IM 2:11.80

Fred Salzmann 75
 10th 50 free :45.62
 6th 100 free 1:41.02
 4th 200 free 3:39.84
 4th 500 free 9:35.12
 3rd 1000 free 18:51.77
 5th 50 back :50.44
 4th 100 back 1:51.49
 6th 200 back 3:54.65

Tim Potter 52
 12th 100 free 1:24.19
 12th 500 free 8:55.95
 4th 1650 free 31:57.35
 10th 50 back :42.84
 11th 50 breast :41.36
 13th 50 fly :39.24
 5th 200 fly 4:39.36
 12th 100 IM 1:31.47

Geoff Mykelby 55
 2nd 50 back :28.02
 2nd 100 back :58.38*
 1st 200 back 2:14.07#
 2nd 50 fly :26.44
 2nd 100 fly :58.72*
 2nd 100 IM :59.89



* New State Record

** New State and National YMCA Record

New National YMCA Record

Congratulations to **Jessica, Laurie, and Geoff** for setting new Wisconsin State records as well as new YMCA National records(**); to **Kiki, Geoff, and Laurie** for their new Wisconsin state records(*), and to **Geoff** for his new YMCA National record(#)!

YMCA SCY National Relay Results for WMACers

Mixed 45+ 200 Free Relay
 YMCA of Dane County
 15th 2:22.50
 Suzi Green
 Tim Potter
 Fred Salzmann

Mixed 45+ 200 Medley Relay
 YMCA of Dane County
 13th 2:39.43
 Fred Salzmann
 Tim Potter
 Laurie Alioto



Tim Potter is *all* smiles after successfully completing his first ever 200 fly at the YMCA Nationals.



Jessica Connors

Jessica is a relative newcomer to WMAC. A product of powerful D III Kenyon College she is the new masters coach at Schroeder, very enthusiastic about WMAC swimming and getting people in her program to the level where they will want to compete. Welcome aboard, **Jessica**, and congratulations on your national Y and Wisconsin state record setting swims at the YMCA Nationals!

Lake Amy Belle

You STILL have time to get to the **Lake Amy Belle Open Water Swims** (1/2 mile or 1 mile) to be held on Saturday, July 19, 2008, at 11:10 AM in Lake Amy Belle. This is a NICE, CLEAN, WEED FREE, CLEAR lake with a triangle course set-up. Once around for the 1/2 mile, twice around for the mile. Refer to the May-June issue of the WMAC newsletter for more details and directions to Camp Minikani in Hubertus where the race starts or contact **Eric Jernberg** at 414-443-6460 or jernberge@yahoo.com.

A Note From Nancy

Nancy Kranpitz

It is difficult to put into words the excitement I was experiencing when putting together the May-June issue of our Wisconsin Masters Newsletter. I was still on quite a high from our great team experience in Austin and I wanted to share as much of that meet as possible, through words *and* pictures, with those of you who were not able to actually be there. Unfortunately, my use of so many pictures (thanks to our "unofficial photographer" **Trina Schaeetz**) created a huge problem when trying to e-mail the completed newsletter to John Bauman (for our e-mail recipients) and Fedex/kinkos (for our snail mail recipients). And of course the problem is exacerbated by the fact that I must work with dial-up internet up here in the northwoods. Anyway, the point of this "note" is to just let our membership know that in the future, while there will be fewer pictures in the newsletter, it is *only* because of the issues involved in publishing the newsletter. It has no bearing on the importance and/or significance of the stories being reported! *However*, this does not mean you should discontinue sending me pictures! I always have a need for a variety of pictures—head shots, action shots, relay team members, socializing after the event—you name it. Just be patient! If your photo doesn't appear immediately it most likely will appear in a future edition of our newsletter. Thanks to all who have contributed in the past and please remember, I still need your help!

MOWS - NATIONAL EVENT!

Lest anyone forget—this year's **Madison Open Water Swim** is a designated **USMS National Event!** With five years of experience behind him **Dick Pitman** and his crew of volunteers will be hosting a 2.4 mile national championship race as well as non-championship 2.4 mile and 1.2 mile races in Lake Monona beginning at Law Park. The race will be over the same course used during the Madison Ironman Triathlon. The complete entry information and entry form were in the last issue of our newsletter. Lost yours? Go to active.com—you can also get there thru a link on our WI Masters website (www.swim-wimasters.org.) Snail mailers—no internet access? Call Dick at 608-242-8125 (w) or 608-770-2307 ©. Participants must be fully registered USMS members, entry fee is \$30 if received prior to Aug 9 and \$50 if received after August 9 and before August 14. **There will be no registration on the day of the race!**

VOLUNTEERS: According to Dick a lot of the needs have been or are in the process of being met. *However....*extra bodies and hands won't be turned down! Call Dick at the above listed phone numbers or email him at dickpitman@hotmail.com. There are lots of areas to be covered—from registration, body marking, marshals, parking, concessions, set up, clean up, kayak patrollers, awards, and more. Let's make sure that those who come to a national meet in

Don't Delay Enter Today

Check out our website for information about both the Lake Amy Belle and the MOWS (National) Open Water swims!

Moving???

Please Please Please! When you **MOVE** be **SURE** to let our Registrar **John Bauman** know! Send your change of address to John via e-mail at: wmac-swim@sbcglobal.net or via snail mail to 11917 W. Rainbow Ave, West Allis, WI 53214-2166. Lately John has been receiving notice of address changes via the national office when your USMS Swimmer Magazine fails to get forwarded. This is *backwards!* Yes—moving is stressful and all. But **please** take that extra minute to apprise John of your new address and then HE will let the national office know! Thanks—in advance!

Toyota/Dara Torres Swim Clinics

Tracy Grilli

As part of their sponsorship of swimming, Toyota is working with USMS to conduct a number of clinics featuring **Dara Torres!** As many of you know, Dara recently secured a spot on an unprecedented 5th Olympic Swim Team. What you may not know is Toyota is a proud sponsor of USA Swimming and of Dara. Because of this partnership, Toyota has offered to sponsor a number of Masters Clinics led by Dara. **Toyota will be selecting the host clubs based upon the number of requests on their web site.** All you have to do is click on the Toyota/Dara Torres link below and let Toyota hear from you and your club. **(List WMAC as your club please!)** The club that generates the most requests may be getting a visit from one of the most decorated Olympic swimmers in History! Don't miss this opportunity! Click on this website today and register. Help Wisconsin Masters Swimmers take advantage of this great opportunity!

[Http://www.toyotaswimming.com/mastersswimming/](http://www.toyotaswimming.com/mastersswimming/)

Coach's Corner

Dick Pitman

Cogito ergo sum! If you ever took Latin or European history you might have learned this phrase. It is from the famous French mathematician and philosopher, Rene Descartes. It means "I think, therefore I am." The more complete quotation is this: *Dubito ergo cogito; cogito ergo sum.* The first part means, *I doubt, therefore I think.*

One of the keys to improving your stroke is to *think* about your stroke while you are swimming—while you are actually performing your particular swimming stroke. If you don't think about it you will probably end up with a sloppy stroke. If *dubito ergo cogito* enters your stream of consciousness while swimming, then you're on the right track! If something doesn't feel right it probably isn't right. On the other hand if your coach tells you to change something in your stroke, you probably will feel a distinct difference. Oh! How we hate change. But sometimes change is good. When your stroke feels comfortable but you're not getting any better *dubitam ergo eram* - you doubt, therefore you're thinking! You had better ask your coach for help! (My Latin is really rusty—thank goodness for Google!)

Simply stated, you should not be thinking about your day ahead *before* you leave the pool. Swimming requires your concentration! It is as much a thinking exercise (brain calisthenics) as it is a physical exercise. If you apply concentration to your technique you will eventually see your technique improve. I've heard triathletes complain that swimming is so technique oriented, much more so than running or biking. How much thinking do you do when you run? Or bike? Well, you have to pay attention to obstacles, potential dangers, yes; but, how much do you focus on technique? The thing about swimming is that if you don't pay attention to every facet of your stroke you end up with bad habits or reinforcing bad habits. Bad habits often turn into sore muscles or worse—joint injuries.

Another thing we sometimes forget to do is *FEEL*: feel the water on our fingertips, feel our balance in the water, our alignment, and our rhythm in the water. Sometimes we don't allow ourselves to be sensitive to the medium we are immersed in. When you're swimming do you feel the water running over your fingertips, down your wrist. Past your ears? Do you feel bubbles from slamming your hand into the water? (Did you know that when you create bubbles you also create resistance, drag?) Do you feel your hips sliding side to side (bad), or rotating on that longitudinal axis (good)? Just ask yourself, "What am I feeling right now?" Try closing your eyes and using your senses. You can learn a lot from tuning into your other senses. Your eyes don't tell you much—just where you are. You need to turn the eyes off once in a while.

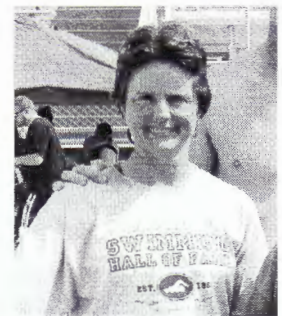


Jessica Connors, Geoff Mykleby, and Kimberly Von Doring at the YMCA Nationals in Ft. Lauderdale, FL.

Do you count your strokes? What are you feeling when you count your strokes? Do you feel anxious? Do you feel yourself reaching farther out to grab as much water as possible? Or, do you feel yourself stabbing the water too deep? This results in very little water being pushed back. Do you glide? I listened to a very famous coach once tell a swimmer who asked if she should glide more: "Glide?" he asked her. "There's no glide in freestyle!" So, if you're trying to reduce your stroke count by gliding, uh-uh, you should try to get more power out of each stroke and achieve something I call *sustained momentum*. On GoSwim.tv there is a drill entitled "Reach, Ride & Grab" which shows a swimmer *riding forward* into the *grab* and pull. You need to focus on grabbing the power that is in front of you.

Can you count your strokes in open water? Yes, you can try. If you know how many strokes you take for a 25 yd pool, then you can try to use that formula when you swim in open water. I use 16-17 strokes per 25. When I count to 130 then I can reasonably guess that I've swum 200 yards.

Will YOU be a competitor or a volunteer at the Madison Open Water Swim National Championship 2.4 mile race???? As of July 8 only 35 entries had been received! If you *doubt* you will enter at least (according to Dick's Coach's Corner) you are *thinking* about it! Help to put Wisconsin on the National swim "map" by doing YOUR part to make this event one of the best



Suzi Green



Coach's Corner - Continued

A few weeks ago I swam with six others across Lake Mendota, a straight-line distance of about five miles, from the northeast corner of the lake—Mariner's Inn—to the University Union Terrace. Our leader re-measured the distance after the swim and discovered we actually went closer to 6.2 miles because we were blown off course by some strong westerly winds. When the sun finally came out and the waves became softer—about halfway to our goal—I was able to keep my head down for as much as 100 strokes. When I took a breath on my right side the sun was in the upper corner of my goggles which told me I was right on course. Keeping my head down enabled me to relax more and concentrate on my stroke. I would breathe on the fifth or seventh stroke—it felt great!

The Wisconsin Senior Olympics will be held on September 6, 2008, at Wauwatosa West High School. Remember—entries for this meet are due in early August! Open to all age 50 and over.

Badger State Games Reprise

Jeanne Seidler

Of 149 swimmers registered 84 were from WMAC and 2 from Badger Masters. There were 418 swim entries and despite the rather marginal weather there were only 8 no-shows! We had 31 swimmers registered for the 800 and 23 brave souls stayed to the bitter end to compete in the 800 free.

We froze our tootsies! The morning had a little sun, although it was around 65 degrees. But then the clouds rolled in and the wind kicked up. I don't know what the temperature dropped to, but jumping into the pool felt like jumping into a hot tub because the water felt so much warmer than the air! I've been at BSG meets since 1995, missing only in 1997 and 2006, and this was the first meet that I been at where the weatherman didn't smile on us for the event. Otherwise it has always been a bright, sunny day where everyone went home with medals and a sunburn!

As for relays—it is too bad that more people don't try to form a relay at this meet. There were four WMAC relays that did swim and I expect that most or all will make it into the USMS Top Ten for LCM Relays for 2008. Last year 2 relays swum at BSG earned All-American (i.e.#1 ranking) status! Hopefully there will be a repeat this year. Many thanks to **Neal Seidler** who not only handed out awards but also helped people who wanted to be a part of a relay but didn't have four swimmers. Several swimmers were able to participate on relays because of Neal's help in coordinating them.

We are reluctant to accept the resignations of **Dick Pitman** and **Art Luetke** as commissioners for BSG Swimming but understand their reasoning. As the games move to Appleton there really is a need for the commissioners to be local people.

I hope to see many more masters swimmers at the new venue, Erb Pool, in Appleton the last Sunday of June, 2009!

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