

Wisconsin Masters Swimming

Newsletter Date
Feb/March '09

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**WISCONSIN MASTERS
WEBSITE**

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

CHAIRMAN'S LANE

In early January I was informed of the death of a contemporary of mine, **Roy Saari**. A few of you might remember him as one of the wonder boys of the 1964 Olympics. He was well-known in Southern California long before the Tokyo Olympics. I grew up in Southern California as well.

Roy Saari was a remarkable swimmer. His father, Urho, was a very well known and respected water polo player and swim coach in the '60's and his son Roy was his finest product. Roy and his brother Jeff also played water polo. Roy made All-American in both swimming and water polo. Growing up in Southern California and swimming in high school, Roy Saari commanded the same awe as **Michael Phelps** does today. He was the first person to break the 17 minute barrier in the 1500 meter free and won the 400 IM at the '64 Tokyo Olympics. And remember, in 1964 we didn't wear goggles.

In 1962 our school scheduled a swim meet with El Segundo—Roy Saari's school. Since I was the butterfly I knew I would be scheduled to swim the 100 fly. I had no idea it would be against Roy Saari! I can't honestly remember whether I had butterflies in my stomach. I think he was about a foot taller than me; but maybe only four inches. I'm sure some of you have been in a similar situation: having to swim against a really great swimmer. So, imagine my fear at that time! In our home pool! Roy Saari was kind. He let me stay even with him for the first 50. I remember hearing the roar of the crowd when we turned together at the 50! And then...he left me behind as he swam to an easy :54.1. I think I finished just under 1:00 although I can't really remember that clearly. But, that was one of my biggest thrills: racing Roy Saari in the 100 fly!

Our 2009 is off to a great start! After the **Middleton** meet in mid-November, the **West Bend** meet in early December, and the **Pabst Farms** meet in early January, we're already coming up on the **Oshkosh** meet February 1 and the **Madison Y** meet on February 15. Check out the information and entry form on our web-site which is listed below.

I didn't have the opportunity to train very much for the Pabst Farms meet but entered anyway and decided to swim the 400 IM, the 100 IM, and the 50 free. I swam a 400 IM the day before and timed myself to make sure I could do it! If I hadn't proved to myself that I could, I probably would have scratched. I like the 400 IM and feel badly that I haven't swum it in a while because of chronic shoulder pain. When I work out I do very little butterfly—one arm fly if I really have to. When I swam my 400 IM I concentrated on really stretching out the fly—taking as few strokes as possible. My first length I kicked well past half-way so I only took five strokes to the wall. That was the easy part. I did manage to get through the other three lengths and ended up with a 1:20 (?) for my fly split. The nice thing about Pabst Farms is that the big display board is behind the starting blocks so you can see what kind of pace you're on if you're able to see it! I finished :30 faster than what I did from a push-off the day before. The secret to a successful 400 IM is learning how to pace yourself. That's why I like the event. Epicurus said back in the 3rd century B.C.: "*The greater the difficulty, the more the glory in surmounting it.*"

Rumor has it that **Fred Russell** may be putting on his short-shorts and mixing it up in the 60-64 age group sometime this winter/spring. Don't miss it!

Have you seen the new logo for USMS? I love it! Back in 1987 I was part of the USMS Marketing Committee with the late Mary Lee Watson. Rich Burns was on the committee as well. That's when the old design was created. One of the other creations out of that committee was a USMS Calendar featuring 12 of our most photogenic swimmers from across the country. According to Rob Butcher, our Executive Director, the new logo (check it out on www.usms.org) reflects not only competitive swimming but adult fitness and the evolution towards open water.

This is an exciting time to be a part of US Masters Swimming! We have an exciting new Executive Director with a lot of great innovative ideas. He was hired last summer and hit the ground running. It must be his youth. But, you know swimming does tend to keep one young!



Dick Pitman

Coach's Column

Dick Pitman

One of the things we do at my coaching venues is play "Swim Golf". This is a pretty simple variation on regular "golf" wherein your objective is to get a low score. I may have talked about this in previous issues in this space. But, I was just reading something that inspired me to talk more on the subject.

Before I get into this inspired revelation let me explain again what "Swim Golf" is. If you time yourself for 50 yards and count your strokes for that distance, the sum of your time and strokes equals your golf score. Surprisingly, if you play golf with the little white ball, the scores are very similar. Just like "white ball golf" a low score is a measure of your *efficiency*. So, I sometimes put "Par Values" above the workout group to let them know where I think their score should be. My really good swimmers should be under "72". I actually have some swimmers who are under "60"! I may have my novice swimmers try to break "100". Now, if you can swim a 50 in 45 seconds, you are probably going to take 22 strokes down the first 25 and 24 strokes on the returning 25: $45 + 22 + 24 = 96$. Get it?

A few of you may know that I'm a fan of Richard Feynman. Feynman was a brilliant physicist who won his Nobel Prize in Physics for discovering the unseen properties in the nucleus of the atom. It is what the physicists are now in the process of *delivering proof* of his theories. The giant cyclotron in Cern, Switzerland, was built primarily to conduce proofs of his theories. When visiting the Cern lab and being told it cost umpteen millions of francs (this was before the euro), Feynman exclaimed in his best Long Island accent, "What! You didn't trust me?"

Feynman was the physicist who was a member of the panel investigating the Challenger shuttle disaster of 1988. As you remember, it was discovered that it was a faulty "O" ring that caused a leak that led to an explosion during take-off from Cape Kennedy. Feynman took a sample of the same "O" ring from Martin-Marietta, the manufacturer, dropped it in ice water for a few seconds, took it out, applied just a little pressure, and it cracked in half like a cracker.

So, I've been reading a new book* which is a compendium of his smaller volumes—*Surely, You're Joking, Mr. Feynman!* And *What Do You Care What Other People Think?* - with some of the same stories but additional ones I had never heard. He was a very eccentric yet very human person, and very funny. When he was 11 or 12 he and a friend were discussing one of their scientific experiments and he said to his friend, "Thinking is nothing but talking to yourself inside." His friend Bernie replied, "Oh yeah? Do you know the crazy shape of the crankshaft in a car?" "Yeah, what of it?" said Feynman. Bernie: "Good. Now tell me how did you describe it when you were talking to yourself?" At that point Feynman discovered that *thoughts can be visual as well as verbal*.

So, my premise is that it's possible to be able to do three things at once: swim, count, and pay attention to your stroke technique. As you swim and count your strokes you should be able to tell how effective each stroke is. When I swim I know that I'm taking my 7th stroke at a certain point in the pool and I should complete the length in 15-16 strokes. If I reach #7 before that certain point I know my stroke count is going to be higher than I want it to be.

In college Feynman was inspired to conduct an experiment regarding counting seconds and seeing how close he could get to "60" or one minute. Could he do

it without looking at a clock? He could. Then he wondered if there were conditions that affected his counting rate. He tried running up and down stairs while counting to himself. His dorm mates thought he was crazy. He counted while folding his laundry, including his socks. He found that he could read and count at the same time. One of his dorm mates challenged him saying he could count and talk at the same time. Feynman demonstrated that he could read and stop on 60 seconds. He stopped at 48. His friend recited a nursery rhyme and stopped exactly at 60! Feynman was amazed. So, he practiced that until he could get his timing down.

So, what is the purpose of this discussion? Do you remember Michael Phelps' 200 meter butterfly in the Olympics? When he finished he whipped off his goggles and threw them disgustingly up on the deck. When interviewed afterwards he said his goggles filled with water and he couldn't see after the first lap! What kept him going? He knew, from many hours of practice, *how many strokes* of butterfly it took from wall to wall. He had a clock ticking inside his head as each stroke landed. He was surprised that he broke the world record, but probably not that surprised.

For those of you who compete let me ask you: have you ever raced and had your goggles fill with water? Probably. Would you like to perform a personal best even if you had goggle problems? Then learn to count your strokes, and learn to turn on your internal clock. If you do these two things every time you practice you won't have to even think about them in a race. It will be automatic.

*Classis Feynman: All the Adventures of a Curious Character



Julie Van Cleave
Trina Schaetz
Nora Settini
Katelynn Oniel
Elmbrook teammates at the Pabst Farms Meet.

Go The Distance!

Steve Justinger

The 2008 USMS Fitness Event **Go The Distance** is now in the books with a record 631 participants including 7 from Wisconsin. For the second year in a row the most miles swum in 2008 were by our very own **Carrie Kostopulos-Doebler** with **2000.32 miles!** She out swam Ray Cottom who finished second with 1564.05 miles. Congratulations to **Carrie** for her outstanding accomplishment. The other WMAC swimmers and their miles swum are: **Melodee Nugent** (593.60), **Steve Justinger** (525.25), **Dan Slick** (362.82), **Suzi Green** (276.37), **Sheryl Leonard-Schneck** (111.45), and **Bill Jeppson** (153.60). The complete final results are posted at:

www.usms.org.fitness/content/gothedistance08.
Congratulations to our WMAC participants!

**WISCONSIN MASTERS SWIM MEET
SHORT COURSE YARDS
MARCH 21, 2009**

- SPONSORED BY:** The Wisconsin Masters Aquatic Club.
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 209-004
- LOCATION:** Jack Young Middle School
1531 Draper St
Baraboo, WI 53913
- TIME:** Saturday March 21. Warm-up 10:00 AM, meet starts at 11:00AM.
- FACILITIES:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- ELIGIBILITY:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2009 USMS registration card.
- RULES:** Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING:** Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time, a **NO TIME** will be seeded in the slowest heat.
- Age groups and sexes will be combined to expedite the meet.
- TIMING:** Automatic timing system backed up by watches.
- WARM-UP PROCEDURE:** Lane 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 1-3 or 5-8. Swimmers must enter the pool feet first in a cautious manner during warm up. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up.
- Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress
- ENTRY FEE:** \$3.00/individual event plus a \$5.00 pool user surcharge. Deck entries for individual events will be accepted until 10:30AM. The fee for deck entries will be \$5.00 individual event plus the surcharge
- CHECKS PAYABLE TO WMAC.**
- ENTRY LIMIT:** Five individual events per day plus relays.
- ENTRY DEADLINE:** Entries must be in the meet director's hands no later than 6:00PM, Saturday, March 14.
- SEND TO:**
- John Bauman – MEET DIRECTOR**
11917 W Rainbow Ave
West Allis, WI 53214-2166
(414)453-7336 E-mail: wmacswim@sbcglobal.net
- ENTRY FORM:** The universal entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations. Remember to include a copy of your USMS registration card.
- AWARDS:** Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

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

*Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women.

Meet results will be posted to the Wisconsin Masters web site, www.swim-wimasters.org, within 48 hours of the conclusion of the meet.

Directions From Madison:

190/94 towards the Dells

Use the Baraboo/Portage exit for Hwy 33

West on Hwy 33 towards Baraboo, approx. 14mi

Stay on Hwy 33 in Baraboo to Draper St, the third stop light

Right on Draper St to the High School on the left.

Continue up the hill, the Middle School is behind the High School

The pool entrance parking lot is on the back side of the Middle School (on top of the hill)

"I swim because it is the only exercise that keeps me cool, clean, refreshed and that I can do lying down....which I like a lot better than exercising in those hot exercise rooms with a stationary bike or treadmill." Jeanne Seidler

USMS Long Course Meters Top Ten for 2008 Individuals

Melinda Mann 52
1st 50 breast :38.78*
1st 100 breast 1:24.35*
2nd 200 breast 3:09.24
2nd 100 fly 1:12.38
3rd 200 IM 2:47.12
3rd 400 IM 6:04.94
8th 200 free 2:32.38
10th 100 back 1:24.84

Leah Schneider 24
3rd 200 fly 2:50.18
5th 50 fly :32.66
7th 100 fly 1:14.33
7th 200 IM 2:46.26
9th 400 IM 6:21.08

David Holland 50
3rd 200 breast 2:43.09
4th 100 breast 1:13.38
4th 50 breast :33.43

Bela Sandor 73
2nd 100 breast 1:34.47

Sarah Cramer 33
6th 200 IM 2:48.00
8th 100 back 1:21.75

Trina Schaetz 36
9th 100 breast 1:25.73

Relays

Men 240-279 400 FR
4th 4:58.81
John Couper (62)
Dick Pitman (64)
Art Luetke (62)
Robert Liebel (60)

Men 280-319 400 FR
10th 7:22.48
Fred Salzmann (76)
John Bauman (78)
Bela Sandor (73)
George May (71)

Women 120-159 400 FR
9th 7:13.00
Audrey Go (41)
Vicki Stone (56)
Christine Schinker (41)
Alicia Stone (19)

Women 240-279 400 FR
6th 9:22.30
Jeanne Seidler (62)
Joanne Moder (70)
Dorothy Rose (63)
Phyllis Jane Smith (55)



By virtue of her first place finishes in the 50 and 100 meter breaststroke races **Melinda Mann** has earned the distinction of **All-American** for the LCM 2009 Season. *Congratulations,*



**WISCONSIN MASTERS SWIMMING CHAMPIONSHIPS
SHORT COURSE YARDS
APRIL 4-5, 2000**

- SPONSORED BY:** The Wisconsin Masters Aquatic Club.
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 209-005.
- LOCATION:** Middleton/Cross Plains Area High School
2100 Bristol Street
Middleton, WI 53562
- TIME:** Saturday April 4 and Sunday April 5, 2009.
Warm-up 10:00 AM, meet starts at 11:00AM.
- FACILITIES:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- ELIGIBILITY:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2009 USMS registration card.
- RULES:** Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING:** Heats will be seeded slowest to fastest. Please submit a reasonably accurate seed time, a **NO TIME** will be seeded in the slowest heat. Entries for the 1650 Freestyle will not be accepted without a seed time which, at the discretion of the meet director, may be subject to change based on prior performances. Age groups and sexes will be combined to expedite the meet. Heat sheets will be provided.
- TIMING:** Automatic timing system backed up by watches.
- WARM-UP PROCEDURE:** Lane 1 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 2-8 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 2-8. Swimmers must enter the pool feet first in a cautious manner in lanes 2-8. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm ups.
- ENTRY FEE:** \$3.00/individual event plus a \$10.00 pool user surcharge. **DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED.** Fees must accompany entries. **CHECKS PAYABLE TO WMAC.**
- ENTRY LIMIT:** Five individual events per day plus relays. **THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED.** Each swimmer entered in the 1650 will be responsible for providing a person to count his/her laps.
- ENTRY DEADLINE:** Snail mail and email entries will be accepted up to 6:00PM, Tuesday, March 31, 2009.
- SEND ENTRIES TO:**
John Bauman – MEET DIRECTOR
11917 W Rainbow Ave
West Allis, WI 53214-2166
(414)453-7336 Email: wmacswim@sbcglobal.net
- ENTRY FORM:** The official entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations. Remember to include a copy of your USMS registration card.
- AWARDS:** Ribbons for 1st to 3rd place.

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Wisconsin Masters Swimming Championships—Continued:

SCHEDULE OF EVENTS

Saturday, April 4

1. 50yd Freestyle
2. 200yd IM
3. 100yd Backstroke
4. 200yd Mixed Medley Relay
5. 200yd Breaststroke
6. 200yd Freestyle
7. 100yd Butterfly
8. 50yd Breaststroke
9. 200yd Free Relay
10. 400yd Medley Relay*
11. 800yd Free Relay*
12. 500yd Freestyle

Sunday, April 5

13. 50yd Butterfly
14. 400yd IM
15. 100yd Freestyle
16. 200yd Mixed Free Relay
17. 200yd Backstroke
18. 100yd Breaststroke
19. 100yd IM
20. 200yd Butterfly
21. 50yd Backstroke
22. 200yd Medley Relay
23. 400yd Free Relay*
24. 1650yd Freestyle

Submit relay entries at the meet.

*Swimmers will be permitted to swim in only one 200 Free, 200 Medley 400 Free, 400 Medley and 800 Free relay. Relay teams may be all men, all women or mixed. Mixed Relays must consist of 2 men and 2 women.

Meet results will be posted to the Wisconsin Masters Web site, www.swim-wimasters.org, within 48 hours of the conclusion of the meet.

West Bend SCM Meet

Nancy Kranpitz

This meet may soon be come to be known as the West Bend SNOW meet! For the 2nd consecutive year meet attendees (and there were about 60 of us) braved snowy, windy conditions to participate in our one and only short course meter meet. Those who made the trek weren't disappointed! Although we once again had some problems with the timing system communicating to the computers it was an enjoyable afternoon in a great facility. There were several new faces which is always good to see. We hope to see them again at our next meet!

One of the highlights of this meet had to be the overwhelming willingness of those in attendance to, in many cases, jump out of the pool and right into helping with the timing. While the computer gurus worked to coordinate things the decision was made to proceed with the meet—which required at least 2 timers per lane and in those cases where swimmers thought they might break a record, three timers per lane! Our officials generously accommodated those who needed an extra few seconds to move from role of timer to swimmer. No one missed an event because of this and it also provided an opportunity for swimmers to get to know one another on a personal level while timing together. Yet another plus—I just happened to be timing one of WMAC's swimmer/coach and picked up some wonderful tips on stroke technique just by watching her!

In addition to some great overall swimming 21 individual and 2 relay records went down the drain. **Jessica Conners (19-24)**, 200 back, 50 & 200 breast, 100 IM, and **Geoff Mykleby (55-59)**, 50, 100, 200 back and 100 IM, led the way with 4 individual records each; three each for **Alex MacGillis (80-84)** 50, 100 breast, 50 fly, and **James Biles (45-49)** 100 fly, 400 IM, 1500 free; two each for **Maurice Tetzlaff (30-34)**, 50 back, 100 breast, and **Bill Koller (60-64)**, 50 & 100 breast; and one each for **Janet Schultz (55-59)**, 100 back, **Dan Babcock (25-29)**, 100 fly, and **Gordon Schalla (80-84)**, 50 back. In the relays **Mickey Eaton, Greg Rosner, Paul Robey, and Cary DeGrazia** combined for a new 200-239 200 meter free relay record and **Geoff Mykleby, Candy Christenson, Dick Pitman, and Nancy Kranpitz** set a new standard in the 240-279 200 meter mixed medley relay.

Extra thanks to **John Bauman** and **Jeanne Seidler** who once again spent all their non swimming time manning the computers! Definitely a successful meet once again.



Dick Pitman & Don Rambadt



I found this poem, author unknown, in my e-mail box recently. It couldn't be more appropriate for the winter of 2008-2009!



It's winter in Wisconsin
And the gentle breezes blow
Seventy miles an hour
At twenty-five below.
Oh, how I love Wisconsin
When the snow's up to your butt.
You take a breath of winter
And your nose gets frozen shut.
Yes, the weather here is wonderful
So I guess I'll hang around.
I could never leave Wisconsin
'Cause I'm frozen to the ground!

2009 Maui Channel Swim

Brad Horner

The 37th Annual **Maui Channel Swim** will be held on Saturday, September 5, 2009, and for the 5th time in nine years, the "**Grumpy Old Badgers**" will be participating. This is a fun, six person relay format, 9.5 mile swim event for masters swimmers of all ages. Any USMS registered swimmer can participate on a **Grumpy Old Badger** relay, regardless of swimming background, college affiliation, or how grumpy you are. Well, I take that back. **REALLY** grumpy people should stay at home because this is a very fun event and for many, the adventure of a lifetime.

Sharks should not be a concern since nearly 15,000 people have participated over the years and there has never been an attack. Swimming conditions vary from year-to-year and place-to-place in the channel. You could swim in light surface chop or washing machine type conditions. Typically it isn't too bad.

To learn more about it, contact any of the dozens of Wisconsin masters swimmers who have done it, or me:

bhorner1486@hotmail.com 608-235-0902.

See the official MCS website for more information about the event at:

www.maichannelswim.com

The sooner you can commit the sooner we can begin serious planning for this spectacular adventure!



Phil Hellmuth sizes up the Maui Channel on the ride over to the starting point on the Island of Lanai during the 2007

Your Friends are Swimming, Are You?

Stacey Kiefer

This year's Wisconsin Water Warriors contest attracted **73** swimmers throughout the state of Wisconsin...and even a few from Illinois. Many swimmers (and triathletes) logged an impressive increase in yardage this year, proving that, despite the cold temps outside, it is possible to swim inside!

Our 2008 overall (female) swimmer was 2004-2007 reigning champ, **Melodee Nugent**. Forty one year old Melodee swam 133,800 yards...that's 76 miles! In her five years of participating in the contest Melodee has increased her two week grand total by over 14,000 yards. After surviving this year's fourteen days of massive yardage by splitting her daily swims in half each day (yes, she went to the pool TWICE a day!) and battling a cold and the flu, Melodee was happy to report that she retired four "dead" swimsuits and treated herself to some new ones. Our male winner was Schroeder swimmer, **James Biles**, logging 100,910 yards, but not without very close competition from fellow 46-55 age category swimmer, **John Carey**, who swam 100,300 yards. A special congrats to these three swimmers who swam a combined total of over 200 miles...that's a lot of swimming!

Over the years, the WI Water Warrior participation has had its ups and downs with this year's 73 people almost breaking our headcount record. One particular age group showing very active participation was the men 46-55 age group, with 16 participants. Due to unregistered, but team/facility-associated participation, the overall team competition was almost impossible to fairly compute. However, the most yardage submitted from any one facility was Schroeder with 572,090 yards.

Of course very special kudos go out to all of the participants in the 76+ category, including: **Lois Goddard, Jack Hughes, Fred Salzmann, and Dave Goddard**. Thank you to everyone who participated.

Awards, provided by Adolph Kiefer & Associates, will be distributed to the top winner in each age group and the overall winners at the WI State Meet April 4 & 5 at Middleton Cross Plains High School.

(Results for men are on page 10)

WWW Results-- Female

<u>18-25</u>			
Wendy Frank	Schroeder		51,050
Kelli Steenrod	Carthage		21,620
Jessica Connors	Schroeder		5,700
<u>26-35</u>			
Erika Osborn			34,600
Kimberly VonDoring	Schroeder		21,600
Correen Schuebel	TriWi		21,600
Stacey Kiefer	Carthage		20,200
Nicole Mitchell	SWY		19,030
Sarah Schneider	Elmbrook		19,000
Aubrey Pauschert	Carthage		6,650
Kimberly Kruse	Carthage		600
<u>36-45</u>			
Melodee Nugent	WMAC		133,800
Mary Bildsten	Baraboo		25,700
Jennifer May	Elmbrook		16,800
Julie Pipke	SWY		11,550
<u>46-55</u>			
Joanne Hoff			35,250
Elizabeth Casey	Schroeder		33,740
Ann Berres-Olivotti	Baraboo		31,250
Julie Vann Cleave	Elmbrook		30,650
Suzi Green	Madison		16,400
Mary Anne Stewart	Baraboo		10,800
Janet Boemer	Schroeder		9,500
<u>56-65</u>			
Ann Buchel	Schroeder		41,350
Jeanne Seidler	Schroeder		25,895
Candy Christensen	WMAC		21,850
Phyllis Smith	Madison		17,600
Nancy Kranpitz	WMAC		14,850
Mary Schneider	Elmbrook		12,100
Monica Diamond	SWY		8,000
<u>66-75</u>			
Ingrid Stine	WMAC		32,080
Lee Kass	Schroeder		24,300
<u>76+</u>			
Lois Goddard	Schroeder		17,600

Pabst Farms Meet

Jeanne Seidler & Dick Pitman

Seventy-one swimmers from nine different clubs competed at the January 11 **Pabst Farms SCY Masters Meet**. Swimmers came from Carthage (Kenosha), Madison, Lake Geneva, Elmbrook, Schroeder, and even Illinois to test the waters at the Pabst Farms YMCA. There were a lot of very good swims by masters swimmers both young and old.

One particularly outstanding swim was completed by **James Biles** (47) who swam a sub 5 minute 400 IM (4:54.57) to break the existing WI Masters 45-49 400 IM record by over 10 seconds! James also swam in one of the most exciting individual races—the 500 free. The event started as a dual between **Don Rambadt** (38) of Carthage Masters and **Eric Jernberg** (50) of Schroeder. About half way into the race **James** joined the mix. For the last 200 yds all three guys were within a second of each other swimming back and forth, vying for the lead, then trying to hold the lead. For the most part **Don** held the lead with **Eric** pushing him hard. All three made the last turn together and finished within a half-second of each other. With all three in different age groups they all came out as winners!

In another exciting race **Jessica Connors** (23, Schroeder) and **Trina Schaetz** (36, Elmbrook) dueled in the 50 breaststroke. Both were evenly matched and swam together, stroke for stroke, so we couldn't tell who was going to be the winner...until we saw the scoreboard. With a 32.21 **Jessica** just touched out **Trina** who finished in 32.39.

Unfortunately, not many people stayed for the "slide" competition. Pabst Farms has a great slide in the family pool and in past years several swimmers ended the meet with a competition to see who could travel the farthest out of the slide. Apparently **James Biles** did take a trip down the slide. But as it was undocumented he can't be credited with the win!

Congratulations to all who swam. While only one new State record was broken there were many PRs. Great swimming in a great facility!



Front: **Mary Schneider**, **Trina Schaetz**, **Katelynn Oniel**. Back: **Sarah Schneider**, **Curt Paulsen**, **Tim Young** enjoying time together watching their teammates participate in the Pabst Farms Meet.



Why Do I Do This???

Jeanne Seidler writes a newsletter for her fellow Schroeder Aquatic Center teammates—which she shares with me (your editor). I thought her following comments were worthy of sharing with her fellow WMAC teammates from across the state—and nation!

"Many of you probably wonder why I attend meets since I'm such a slow swimmer with only one stroke and I always finish dead last.... Well, I attend meets for several reasons:

1. The meets provide me with goals. It means that I have to concentrate on working out, and on attending workouts that I might otherwise slack-off on.
2. The results of the meet are a benchmark to work against. If you know your time from a meet, you can measure your own progress by your times at the next meet.
3. Meets are a way to get ready for YMCA or USMS Nationals. Local meets are a good place to make mistakes, develop strategies, test out stroke changes and try different events. Nationals is not the place to try out different events or to practice a new start.
4. Swimmers are so friendly. You get to meet other swimmers from other places in Wisconsin. You might even run into a swimmer that you swam against in high school or college."

What a fantastic approach to have! We all should try to emulate Jeanne's thinking. Why not start by entering the next available meet!

An Open Water Swim Indoors!

Jeanne Seidler

While some people might have still been sleeping off their New Year's partying **Jessica Connors**, the masters coach at the Walter Schroeder Aquatic Center, ran a simulated "open water" swim on January 2. The pool was configured for 50 meters, without lane lines, and three buoys were placed in a triangle so we could swim like an open water race. **Jessica** said that we should bring a friend to swim that day. Fortunately, **Melodee Nugent** got the message about bringing a friend and she and her team from the Southwest YMCA in New Berlin came along. We really enjoyed the swim and there were a lot of people in the pool to make it interesting. The difference between a real open water swim and our simulated environment was that we could take a breather at the ends of the pool, which almost everyone did now and then, especially in the first few laps. **James Biles** also kept changing the positions of the buoys every time he completed a 500, so it was a continual challenge to find the buoys. It was a fun swim and I think it really built up some strength for the swimmers. **Jessica** talked about doing the challenge again in another few weeks. In fact, after we finished, the age group swimmers arrived for their practice and they did the same swim challenge. Those youngsters had to prove they could keep up with the challenges and adventures of the Masters!

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

FEES 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 _____
 UMEF R2 10/03/03

WWW Results—Male18-25

Dan Timke	Carthage	36,700
Andy Steenrod	Carthage	20,030

26-35

Jason Mayer	Schroeder	60,930
Maurice Tetzlaff	Elmbrook	30,500
Darryl Stich	Elmbrook	26,700
Josh Gordon	Schroeder	19,700
Michael Jacobsen	Elmbrook	16,375
Patrick Bergin	SWY	13,035
Octavio Perez	Elmbrook	12,100
Nick Bentz	Carthage	8,450

36-45

Robin Kiefer	Carthage	11,000
Michael Schweiner	Schroeder	10,400
Mark Foster	Carthage	7,150
Don Rambadt	Carthage	6,300

46-55

James Biles	Schroeder	100,910
John Carey	WMAC	100,300
Mark Kaczmarek	Elmbrook	70,650
Pat Uthagrove	Carthage	41,500
David Steenrod		35,542
Scott Richards	Carthage	28,800
James Culp	SWY	27,585
Jay Urbain	Schroeder	27,275
Gus Robledo	WMAC	25,250
Bill Curtis	SWY	24,970
Ric Johnson	Schroeder	20,840

46-55 (Cont)

Joe Garcia	Schroeder	20,450
Nahi Halmann	Schroeder	20,300
Curt Paulsen	Elmbrook	16,600
Jeff Nelson	Carthage	10,500
Ken Carlson	Carthage	7,150

56-65

Steve Justinger	Madison	39,700
Jerry Huhn	Elmbrook	30,200
James Arnold	Schroeder	21,450
Mike Murray	Elmbrook	11,400
Mike McCluskey	Elmbrook	11,150
Tom Diamond	SWY	4,675

66-75

Donald Jackson	Schroeder	33,100
Peter Ruta		6,510

76+

Jack Hughes	WMAC	7,720
Fred Salzman	Madison	6,400
Dave Goddard	Schroeder	6,000

Team Totals:

Schroeder = Schroeder YMCA	572,090
WMAC = WI Masters Aquatic Club	336,578
Elmbrook = Elmbrook Masters	304,225
Carthage = Carthage Masters	226,650
SWY = Southwest YMCA	109,645
Madison = Madison (area)	80,100
Baraboo—Baraboo Adult Swim Club	67,750
TriWI = Tri Wisconsin Triathlon Team	21,000