

Wisconsin Masters Swimming

Newsletter Date
June/July 2010

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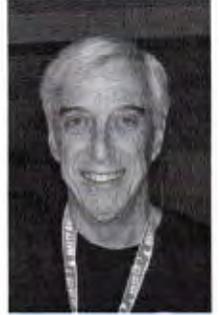
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OFF THE BLOCKS!

I'm writing this column about a week before the USMS National Short Course Yards Championships in Atlanta, Georgia. Whether or not you are competing in this year's event I encourage you to wish all our Wisconsin swimmers (46 of them!) well in their endeavors. I wish I was there with them. Nationals are always a fun time! I've been privileged to have attended several in my years of Masters Swimming. I've met many many swimmers from across the country and I've received advice from fellow competitors



Dick Pitman

I remember attending a national Long Course Meter meet—maybe the only one ever held in the state of North Dakota (1989) - and swimming the 400 IM. I did a somersault turn from back to breast, which is legal (as opposed to the rollover flip turn), and I didn't have the time which I expected to have. Afterwards a swimmer in my age group told me he saw my IM and suggested that in the future I might want to do a simple open turn. It conserves energy. The older I get the more I find that swimmers help other swimmers try to reach their potential.

I see this at every meet I attend. I saw this played out several times at our **State Meet** in Brown Deer in April. Perfect strangers giving little tips to perfect strangers. Sometimes it is that little tidbit of information that can mean the difference between 1st and 2nd place, between 3rd and 4th place, or between 8th and 9th place (which might mean a medal at Nationals!).

What a great meet our return to Schroeder was! I'm glad we made the decision to return there this year. And, I'm glad so many of our state swimmers joined us. It's still a great place to swim where you can have, for a brief moment in time, "a lane all to yourself". (I quote **Betty Kendall**, a one-time Wisconsin Masters swimmer.)

Late in April I received a note from **Sally Dillon**, who is Chair of the Recognition & Awards Committee. She sent out a note to all chairs asking who is our Awards Chair and a history of our awards. Unfortunately, we don't have either a Chair or a history! But I have resolved to form such a committee. It is a huge oversight which I should have remedied a long time ago. We've lost some very important members over the years whose passing deserved a tribute to their achievements and involvement and awards in their memory would be most fitting. I have asked for volunteers among our board members and I would really like some volunteers from our swimming community as a whole. **Fred Russell**, Elmbrook Masters coach, who

doubles (voluntarily) as coach for all our national competitors, was the first to volunteer to be on this committee. I will be on it, of course, and I am seeking to encourage and include people from among our membership who have been involved for ten to fifteen years so they can contribute to our collective memories. Our first mission is to identify what kind of awards we want to have. A second task is to determine who in our rich history is deserving of an award to be named after them. Lastly, we would need to select those among our current roster who might be worthy of an award. This would occur on an annual basis with, perhaps, the awards being announced and presented in conjunction with our state short course meet as that meet seems to attract the largest number of participants. These awards would be given annually so the committee would need to be a standing committee and the awards an on-going thing. If you have any ideas or, more importantly, if you would like to be a member of this committee, please contact me, **Fred Russell**, **Jeanne Seidler**, or **Nancy Kranpitz** (who have also volunteered to be on the committee).

WISCONSIN MASTERS WEBSITE

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

"Nobody cares if you can't dance well. Just get up and dance." (Dave Barry, Nationally syndicated columnist). Could we not say the same thing about swimming?

Up and Coming Summer Events Besides USMS Open Water and Pool Postal Championships

... **Badger State Games Masters Meet:** Appleton, Erb Pool, June 27th, long course, USMS-recognized—**Entry deadline was June 1, 2010.**

... **Lake Amy Belle Open Water Swim:** July 17th, 1/2 or 1 mile, more or less, run by Eric Jernberg. A great way to try out open water on a very calm small lake at YMCA Camp Minikani; not sanctioned or recognized by USMS. We will see the Piranhas again as volunteers giving back to the swimming community.

... **Madison Open Water Swim:** Lake Monona, August 21st, 2.4 or 1.2 miles, held on the 1.2 mile Ironman course, USMS-Sanctioned.



Seth Hoff (former Madison West HS swimmer) met up with **Kevin Welton** and **Brad Horner** at the Wisconsin SCY Championships at Schroeder in April.



George May—200 yd breaststroke champion ages 70-74 at the National YMCA meet.

Shortly after the Wisconsin State SCY Championships at Schroeder Aquatic Center our LMSC Chairman, **Dick Pitman**, received the following e-mail from **Catherine Quill**—a swimmer from Illinois who had made the trek north to participate in the meet. “Wisconsin should be proud of the excellent state meet they put on this weekend. Lots of fast times were had by many. Great facility—great people”. So to all who helped pull this meet off as well as to all who participated—give yourselves a pat on the back. Other compliments concerned the later start time as well as the very reasonable finish time each day.

Butternuts

Are you crazy enough to swim a minimum of 500 yds butterfly? If so you, too, can join 4 other WMAC swimmers who have been nutty enough to do this! **Nancy Kranpitz** is the latest to join the club having swum 500 yds fly on 3/21/10 in 9:47.23 as part of her “cool down” at the St. Petersburg, FL., Masters meet! She joined **Laurie Alioto** (2/10/08, 7:03.80), **Jerry Lourigan** (2/11/07, 7:35.22), and **Dick Pitman** (9:21.99 in '06). Nancy’s husband, Jim, certified and timed her swim which need not be done in an official race. The Noblesville Area Swim Team, Inc (NASTI) sponsors this “event”. Google Forrest Park Pool to get all the details.

FLOG

Have you signed up (on the USMS website) for a Fitness Log (FLOG) yet? If not—why not? I had heard a lot about the FLOG for several months but for some reason never did anything about it personally—until one rainy cold Florida day found me with time on my hands and nothing better to do. Even for the somewhat computer challenged (like me) it was a snap to set up my own FLOG. It computes my swimming yardage into mileage and shows a running total of miles accomplished since January 1. And, much to my surprise, a “50 mile” swim cap, compliments of All-American Aquatics, arrived in the mail without me having to even request it! To set up your FLOG simply go to the usms website, and follow the simple directions! (Nancy Kranpitz)

Third grade students at Waubesa Intermediate School in McFarland were treated to an inspirational talk on the Olympics, athletic training, working hard for success, and enjoying one’s passion when **Art Luetke** took time out of his busy schedule to speak with them on February 25, 2010. Points of emphasis in Art’s presentation included what are the qualities of successful people, what it takes to be a great athlete, what it is like to compete in an international competition against the best in your sport, what it is like to go to the Olympics, and what motivates Olympians. Art drew on his personal experiences saying that as a young man he was never a good swimmer. But through challenging himself, hard training, being disciplined and having good coaches throughout his career he has been able to “rise to the top” competing very successfully on the local, state, and international level. He also stressed that good nutrition is a must as well as just having fun and being the best that you can be.

The children obviously learned a lot and appreciated Art’s talk as evidenced by one of the many thank you letters he received: “Dear Mr. Luetke, Thank you for coming to our school and having a conversation about the Olympics. It sounds like you have a really fun time swimming and whatever other stuff you do. You have lots of cool medels (sic) and a really cool friend that shows up wherever you do. I hope you have a wonderful time winning more gold medels (sic) hopefully. Sincerely, James”

Maybe one day we’ll see James as a Masters swimmer!

2010 Wisconsin Masters SCY State Championship April 10th-11th, 2010, @ the Walter Schroeder Aquatic Center

Jeanne Seidler

Post-Meet Information: Thanks for coming to the meet: Time has a way of marching on, and we can't turn back the clock, and I wanted to get this post meet information out much earlier to all of you great swimmers and volunteers before too much time marched on. But, within two days of the 2010 Wis. Masters Champs, 38 swimmers, myself included, took off for Fort Lauderdale to participate in the YMCA Masters Nationals from April 15th to 18th. At that meet, WMAC swimmers set **new USMS records. Adam Mania** set two individual records in the **Mens 50 and 100 backstrokes** in the 25-29 age group. **Three different relay teams set USMS records in the 18+ Mens 400 Freestyle, the 18+ Womens 200 Medley and the 18+ Mixed 200 Medley.** You may ask, why weren't these records set at the Wisconsin State Meet? Unfortunately, some of the swimmers couldn't attend the State Meet because they were coaching the YMCA kids at the YMCA Nationals that were held in Fort Lauderdale at the same time that our State Meet was held.

Comments on the Venue: As a swimmer, albeit not an elite one, but a competitor in my own way, I'm delighted that the 2010 Wisconsin Masters SCY State Champs were held at Schroeder. The facility spoke for itself. The pool was fast. The water was clear, cool and crisp. There was an eight-lane pool just for warmdowns. But, above all, that pool was so fast that I even amazed myself in one event. Judging by all the smiles I saw and the positive feedback, everyone impressed and surprised themselves with their own great times.

The Numbers: There were **169 swimmers who entered** the meet: 23 Illinois swimmers, 4 California swimmers (known as the California Dreaming exhibition relay team), one Iowa swimmer and one swimmer from New England Masters. All the other swimmers were Wisconsin Masters. There were 23 teams & workout groups represented. There were **722 individual entries and 20 relays.** The meet started at 11:00am each day, and the swimming was finished at 3:00pm each day in a blazing action-packed four hours. We all should congratulate ourselves on swimming a great meet, with great times, in a great place on a Great Lake. And we're glad to share

The Glitches: We did have two glitches at the meet. The announcing system was a problem, and I apologize for some of the garbled announcements. The Colorado timing system browned-out once during the 200 IM. We used our backup systems for both problems. Because we had two manual stopwatches on each lane as the tertiary timing system, all swims in the 200 IM heat affected by the brown-out were qualified for reporting for USMS Top Ten consideration. There was no loss except in the elapsed time to diagnose the problem and restart the Colorado timing system on Saturday.

The Honored Guests: Some of you might not have heard the announcement at the meet about our honored guests from California. **Julie Heather, the 2009 USMS Capt. Ransom Arthur Award recipient,** and **Michael Heather, the USMS Vice President of Administration** came to the Wisconsin SCY Champs because Julie is from Wisconsin (Shorewood). Julie has been a past USMS Vice President and has been very engaged in USMS on the National level in addition to volunteering in her own Southern Pacific LMSC. Julie's 2009 award is the highest award given in USMS. This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters Swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming.

The 40 New Wisconsin Records: Individual (37):

Jessica Connors, 18-24 Womens 50 BR-Stroke, 30.84
Jessica Diel, 25-29 Womens 500 Free, 5:28.45
Andrea Lund Kakas, 30-34 Womens 200 Free, 2:05.69
Nancy Ehrke, 55-59 Womens 50, 100, 200 BR, 40.01, 1:26.34, 3:08.74, and 200 IM 3:02.39.
Fritz Schenker, 18-24 Mens 1650 Free, 18:16.53
Ansel Hilmer, 18-24 Mens 50, 100 and 200 Fly, 24.39, 53.91 and 2:07.29
Brian Cunningham, 35-39 Mens 50 Fly, 24.13
Laren Tiltmann, 40-44 Mens 200 Free, 1:48.12; 50 Back, :26.19; 50 and 100 BR, :28.43 & 1:01.01; 50 Fly, :23.99; and 200 IM, 2:03.48.
Jeff Alexander, 45-49 Mens 50 BR, 28.83
Kevin Welton, 50-54 Mens 200 Back and 50 Fly, 2:15.81 and 26.34
Brad Horner, 55-59 Mens 100 Free, :53.74; 100 and 200 Fly, 56.83 and 2:10.21
Bob L White, 55-59 Mens 200, 1000 and 1650 Free, 2:00.56, 11:43.50 and 19:15.97
Greg Hollub, 60-64 Mens 200, 500, 1000 and 1650 Free, 2:18.55, 6:13.87, :09.56 and 21:27.43
Dick Pitman, 65-69 Mens 100 Fly, 1:15.34; and 200 IM, 2:52.05
Alex MacGillis, 80-84 Mens 50 Back, :47.24; and 100 BR, 1:46.02.
Bill Payne, 80-84 Mens 50 and 100 Fly, 45.31 and 1:45.79

Continued on page 4 →

State Meet Breakdown (Continued)

Relays:

18+ Mens 800 Free Relay, 7:55.77, **Ansel Hillmer, Peter Whalen, Fritz Schenker, Claudio Canizares**
45+ Mens 800 Free Relay, 8:07.09, **James Biles, Steven Davis, Bob L White and Eric Jernberg**
75+ Mens 200 Free Relay, 3:06.07, **Fred Salzman, Tom Michelson, Alex MacGillis and Bill Payne**

The Meet Results: See the USMS Event Rankings and Individual Results on the USMS web at

<http://www.usms.org/comp/meets/resultstrack.php> and

<http://www.usms.org/comp/meets/toptimes.php>. A PDF of results, including team scores, is on the Wisconsin Masters website (www.swim-wimasters.org).

To the Volunteers: (Please share this with any volunteers that you personally recruited for the meet.)

Big success comes from a lot of individual efforts. I didn't get the names of all the people who volunteered at the meet, but each and every volunteer was truly appreciated. And all those many individual efforts came together at just the right time to make the meet successful.

Below are several groups who provided volunteers to the meet, and to whom we owe a special thank you.

... to the **Piranhas**, a recreation swim team coached by **Eric Jernberg**

... to the **Elmbrook families and swimmers**, recruited by **Trina Schaetz**

... to the **WSAC families and swimmers**, especially since they just finished three big meet weekends

... to the **volunteers recruited from the audience** who came forward when we needed timers

A Profile: Eric Jernberg

David Watts



Eric Jernberg

Did you notice at the State Meet that things didn't just happen by themselves? A number of key people made things happen, including **Jeanne Seidler** of course, and our lead judge **Sue Zblewski**. This profile focuses on our **LMSC Sanctions Officer, Eric Jernberg**. LMSC stands for Local Masters Swim Committee, and ours encompasses the entire Badger State. Don't be scared by the term "sanctions." Yes, these can be coercive measures applied against rogue nations. But in this case, sanctions refers to obtaining official approval for a meet from the national organization, USMS.

From my perspective, **Eric Jernberg** is an extremely fast swimmer. He came into the State Meet owning two freestyle records in his age group (50-55). He entered and won four freestyle events, the 100, 200, 500, and 1650, while at the same time making sure that things were running smoothly at the meet.

What makes him so good? He has been swimming and competing at a high level for a long time. As a youth swimmer, he swam in a small club during summers. Then at Whitnall High School he started training year round after sophomore year. Although he swam at UW-Milwaukee, he had a greater interest in Water Polo. He maintained a connection with Water Polo, and got into Masters Swim competition in his mid-thirties, initially because of interest in open water racing. Pool competition soon followed.

Eric swims mornings before work, "mostly to **stay fit and reduce stress and keep balance in my life**." "If I don't get a workout in I get a little edgy, and a good hard main set helps keep me more calm." Eric finds swim meets a good way to measure how hard he has worked, and he tries to get in as many meets as work, family, and his youth coaching allow.

I asked Eric for advice on how average swimmers can improve their stroke: "I suggest that most people do not hold their glide long enough out in front of their stroke. I like to do a lot of 'golf sets,' where I have to swim fast with as few strokes as possible (I add the stroke count to the time, looking for the lowest score)."

"When I prepare for a meet, I like to gradually progress over a number of weeks, doing 2-3 of my favorite sets, where each time I swim it has to be either faster or farther than the last time I swam it. If I swim consecutive days in a row, I like to alternate a hard practice with a light practice."

"One item a coach told me that I think is true, is **once you have learned a drill, don't do drills slow, do them on a clock, keep the practices hard and vigorous.**"

Eric sees a bright future for Wisconsin Masters swimming, and with the level of commitment that he himself represents, I am inclined to agree. And I think I understand better why he is such an outstanding swimmer.



These 5 unidentified swimmers competed in their 1st masters meet at Baraboo. Can you help identify them????



Jeanne Seidler, Candy Christenson, & Tim Potter at Y Nationals.

State Meet in Review

David Watts

There is something special about the **State Meet**. Sure, it's another meet in a series, with many of the same people competing. But the experience is enlarged somehow -- like comparing a dinner party to a rock concert. And **this State Meet did rock**. The facility was large -- large enough to enclose a fifty meter pool, so the 25 yard portion was backed by a continuously available warm-up pool of equal size. As advertised, the water was filtered with a low-chlorine system, crystal-clear, deep, and fast.

There were more swimmers, 169, about double the contingent for a typical meet. Twenty-four events with 108 separate heats, and 756 heat entries, were spread over two days. The addition of swimmers from Illinois and Iowa made it seem like a regional event. But it's more than this, more than a bigger facility with more swimmers. After all, this is the peak, the penultimate, the end of the season for most. This is when the training, the practice, the drills, and the workouts all come together. At least we hope they do.

Seth Hoff put it this way: "Having a meet to train for is motivation to get in shape. It's fun seeing friends, as I am from Madison, but now live in Chicago. I like getting race experience, and swimming with teammates (Chicago Smelts)." According to **Dave Sebastian**, who missed a canceled meet in Lyon, IL, "Wisconsin is a civilized Master's swimming community: Warm ups at 10 AM, Yahoo!" Oh, by the way, Dave had had recent hip surgery, and felt he needed some race practice.

Dave wasn't the only one with health issues. For many, swimming is way to stay healthy, and stay ahead of some of the declines which can otherwise occur with aging. For others who swim with medical conditions, we see what is best about Masters swimming, the acceptance of people of differing abilities. For this reason, I nominate for "**Swim of the Meet**," the **100 IM** swum by **Tara Warren**. I think I had just been telling someone that I couldn't do the fly because of back problems, that I couldn't do breaststroke because of knee problems, that the backstroke hurt my shoulders -- and there was **Tara**, showing no fear, and swimming all four strokes, with great joy.

Since my choice of stroke is limited to freestyle, this puts me in contention with a bunch of other people who swim it. Somehow the 200 seems to involve a battle. In the fifty free, I had swum 28.43. I knew **Howard Goldman** would be somewhere close, having swum with him in a club in Madison before. So what does he do in the fifty? -- 28.43. Yep, we were dead even. And in the next freestyle event, the 200, we were seeded right next to each other.

The 200 started out OK for me, as it often does. The pain doesn't start to increase until about 75 yards. I was a little ahead of Howard at the first turn, but he seemed to gain a little on each segment, until the home stretch, we were dead even, or maybe he was ahead. I powered into the wall and tried to out-touch him. So who won? Some eyewitnesses said I won, but I thought Howard did, and a glitch messed up the electronic timing. But hand timing gave the edge to Howard. Episodes like this can lead to rivalries -- friendly, of course -- and I'm sure Howard and I will have other chances to settle the question of which one of us is faster.

Sunday opened with the 50 butterfly. This is a stroke I don't understand, being unable to move forward while attempting to mimic it. But for those who swim it, it can achieve poetry in motion. With each successive heat, the fluidity and grace, not to mention the speed, increased, and the times became somewhat unbelievable. I had a chance to watch **Laren Tiltmann**, who seemed to generate his own wave while surfing forward. I had noticed **Laren** in Baraboo last month, as he had set several records there. **Laren** apparently found the Schroeder pool to be fast, as he broke his own record with an incredible time of 23.99 (M40-44).

Rob Hughes also swam the 50 fly. But he really came to the meet to be a fourth member of a relay team with some Ironmen from Wausau. "Since I have trouble saying no to people, I agreed to join the team. No regrets, looking back. Best decision I have made this year!" Saying no to Ironmen would be tough. Good choice, Rob! **Karin Bainbridge** said that her niece, a swimmer in Milton, WI, introduced her to Masters, and Karin began swimming in January 2010. "At 65 I thought why not go for it!" Her Sports Quote of the Day: "**You're never too old to try something new.**"

Someone who is not exactly new is **Art Luetke**, but just maybe he got a new lease on life, with a stent placed in his heart last Thanksgiving: "I'm here today to see all my old friends and to see just how well the new stent is working." That stent must be working pretty well, as Art took first in his age group in the 100 free and 50 back, with the backstroke time improved from the previous year. **Art's Best Sports Quote**: "The road goes on forever and the party never ends." I guess for Art it never will.

But this party had to end, and it ended with the 1650. Yeah, I swam it. Even though most of you didn't stick around to watch. I was in lane eight, right next to the bleachers, where I could see people who looked happy and comfortable, people who were completely oblivious to how much pain I was in. I kept thinking somebody would say, "He looks really bad, let's pull him out." But nobody ever did. I kept going, mainly out of fear of shame: I didn't want to be the first one ever to just quit and get out of the pool in the middle of a race. And afterward, I took an ibuprofen and started feeling better, even proud that I had actually finished the event.

Wisconsin Masters Swimming can be proud of this club, and of this great meet. And I want to thank **Jeanne Seidler**, who ran the event, put out great information, and kept the show going on.



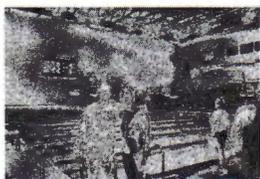
The Schroeder venue!



Cheryl & Tony Zucarro participated in their first ever state meet.



Bill Payne and Fred Salzmann



In one of the closest races in the entire meet **Greg Hollub** (left) defeated **Art Luetke** in the 60-64 50 free by the narrowest of margins: :27.64 to :27.651 Shades of Michael Phelps!

YMCA National Masters Championships!

A large contingent of WMAC swimmers represented their various YMCA's at the National Masters Y Championships in Ft. Lauderdale April 15-18 at the Hall of Fame Pool and several of them really left their marks in that pool! **Adam Mania 26**, set individual USMS (as well as YMCA) records in the 50 and 100 backstrokes (:21.46 and :45.95) as well as participating on 2 USMS record setting relays. He was joined on the record setting 18+ 400 FR (3:05.05) by **Andrew Belton, Chase Graven-good, and Doug Dickinson** and in the mixed 18+ 200 MR (1:39.26) by **Jessica Connors, Lindsay Newport, and Graven-good**. Not to be outdone the women's 18+ 200 MR consisting of **Mallory Rico, Connors, Newport, and Christy Garth** also set a new USMS record with a sizzling 1:48.95 swim!

New National Y records were set in the men's 18+ 200 MR (1:32.86) by **Mania, Graven-good, Dickinson and Belton** and by these same 4 guys in the men's 18+ 200 FR (1:24.77); the women's 18+ 200 FR (1:38.17) with **Garth, Newport, Rico and Trina Schaetz**; and the mixed 35+ 200 FR (1:33.27) with **Garth, T. Schaetz, Dan Schaetz, and Dickinson**.

Individually national championships were claimed by **Jessica Connors** (50, 100, 200 Breast, 100 IM), **Doug Dickinson** (50 fly & free), **Chase Gravenport** 50, 100 fly, 50, 100 back, 100 IM), **Abigail Hatcher** (200 back), **Francisco Lopez** (1000 free), **Adam Mania** (50 free, 50, 100 back, 50, 100 breast), **Lindsay Newport** (50, 100 fly, 50, 100 back, 50 free, 100 IM), **George May** (200 breast) and **Mallory Rico** (50 back). Congratulations to all the individual and relay national champions!

This meet saw a number of new WMACers competing—thanks in large part to the efforts of **Jeanne Seidler** who “encouraged” them to sign up realizing that the potential to set not only state but also YMCA and USMS records was there. While the weather wasn't 100% cooperative—forecast for Sunday looked so bad that competitors were advised that Sunday's events could be cancelled—mother nature did cooperate withholding any lightning and thunder. It was cool and windy—probably not much nicer than Wisconsin weather at that time! But a good time was had by all and our Wisconsin swimmers made their presence felt. Other WMAC participants were: **Candy Christenson, Suzi Green, Tim Potter, Kelly Boettcher, Jeanne Siedler, Cheryl Zuccaro, Valerie Adams, Tony Zuccaro, John Kinsella, Geoff Mykleby, Barry Mandel, Bill Krohn, Bill Lynch, Dan Micha, Steve Forrer, and Tom Bird.**



Adam Mania
Steve Forrer



Bill Krohn



Suzi Green, Tim Potter & Jeanne Siedler

Individual State Records Set at Y Nationals:

Jessica Connors 24, 50 breast :30.65; 100 breast 1:05.74; 200 breast 2:22.27.
Lindsay Newport 27, 100 back 1:01.05; 100 fly :59.05.
Christy Garth 36, 200 free 2:02.68; 100 fly 1:03.52.
Trina Schaetz 37, 100 IM 1:04.33
Andrew Belton 23, 50 free :21.86; 100 free :47.48.
Chase Graven-good 24, 50 back :25.75; 100 back :53.36; 50 fly :23.16; 100 fly :50.97; 100 IM :54.10.
Adam Mania 26, 50 free :20.21 (ties state record); 50 back :21.46; 100 back :45.95; 50 breast :24.97; 100 breast :54.80.
Doug Dickinson 38, 50 fly :23.17.

Relay State Records Set at Y Nationals: (** USMS Record!!!!)

Women 18+ 200 FR 1:39.17 Christy Garth 26, Mallory Rico 23, Lindsay Newport 27, Trina Schaetz 37.
Women 18+ 200 MR 1:48.95** Mallory Rico 23, Jessica Connors 24, Lindsay Newport 27, Christy Garth 36.
Men 18+ 200 FR 1:24.77 Doug Dickinson 38, Andrew Belton 23, Chase Graven-good 24, Adam Mania 26.
Men 18+ 200 MR 1:32.86 Adam Mania 26, Chase Graven-good 24, Doug Dickinson 38, Andrew Belton 23.
Men 18+ 400 FR 3:05.05** Andrew Belton 23, Chase Graven-good 24, Doug Dickinson 38, Adam Mania 26.
Men 55+ 400 FR 3:42.41 Steve Forrer 57, Barry Mandel 57, Geoff Mykleby 57, John Kinsella 57.
Mixed 18+ 200 MR 1:39.26** Adam Mania 26, Jessica Connors 24, Lindsay Newport 27, Chase Graven-good 24.
Mixed 35+ 200 FR 1:33.27 Christy Garth 36, Dan Schaetz 39, Trina Schaetz 37, Doug Dickinson 38.
Mixed 18+ 200 FR 1:32.45 Adam Mania 26, Malory Rico 23, Lindsay Newport 27, Andrew Belton 23.



Adam Mania, Lindsay Newport, Chase Graven-good, and Jessica Connors.
USMS Record in Mixed 18+ MR in 1:39.26



New USMS record setters
Adam Mania, Andrew Belton, Chase Graven-good, Doug Dickinson.
18+400 Free Relay 3:05.05

Hotlanta!!!

Trina Schaetz



Brad Horner and Sarah Perez— National Champs!

It was a super weekend of swimming in Atlanta at the 2010 USMS Masters National Championships held at Georgia Tech University May 19-22. **Team WMAC** secured another **5th place finish** amongst 1975 athletes and 47 states. And our superior finish was not surprising, as there was no shortage of great swimming from our 44 team members. Many of us came away with multiple Masters' Best Times and some even earned Lifetime bests, swimming faster than we had in high school and/or college.

I cannot say that I have been to a more widely successful USMS nationals meet. So many of our WMAC swimmers ended at least one race with a delighted smile, a fist pump, or a shout of happiness. It was very satisfying to witness everyone's successes!



Cheryl Mortensen, Nancy Ehrke, and Cathy Porter.

It seems fitting to begin our account of the many great performances with those of our **National Champs!** **Brad Horner** secured our first title on Friday with a win in the **55-59 100 FLY (54.11)**. Then on Sunday, he set the **National Record** with his victory in the **200 FLY (2:03.18)**. Later that day, **Sarah Perez** defended her **2009 National title in the 200 BR and won with a time of 2:33.98**. More remarkable was the fact that Sarah may be the first pregnant woman to win the 200 BR at Nationals!! **Our Men's 35+ 200 Free Relay (Laren Tiltmann, Dan Schaetz, Brian Cunningham, and Mike Power)** clinched a hugely suspenseful title on Saturday as Power just touched out the first seeded team with a **new WMAC record** in the time of **1:27.57**.

But our points were not all gleaned in these four 1st place swims. Each and every one of our teammates contributed to a fantastic meet in points or super support. Everyone had their piece of the proverbial pie! And speaking of records...did you know that we broke a monumental **50 WMAC individual records** and **10 WMAC relay records** over the course of the weekend? The results on pgs 8-9 show all of them. **Brad Horner, Nancy Kranpitz, Trina Schaetz, and Laren Tiltmann** set new WMAC records in every event they swam. And you know what else??? There were **115 Master's best times!** Can you believe it? The following swimmers had a **Masters Best swims in ALL of their races: Dave Clark, Robert Hoganson, David Holland, Brad Horner, Stacey Kiefer, Paul Kramer, Andrea Lund Kakas, Don Minkey, Cheryl Mortensen, Cathy Porter, Trina Schaetz, Erin Schneider, Chris Stich, Maurice Tetzlaff, Heather Tiltmann, and Cheryl Woodworth.**



Dan Schaetz, Brian Cunningham, Laren Tiltmann, Mike Power—National Champs 35+ 200 Free Relay

And one more thing...WMAC teammates rock! Having such a big group at the meet was daunting to many of the teams on deck. It was not hard to miss that **our team was the most supportive group out there**. Teammates were at the side of the pool for EVERY ONE of our WMAC races. Hard to describe the greatness of that kind of support except to say very few other teams had it! And frankly, that's what makes Masters Swimming in WI so rich! We simply should not ever take for granted the type of camaraderie that we enjoy here on our WMAC team.

A huge thank you to **Coach Fred Russell of Elmbrook**, for all his tireless coaching at the meet. He medaled on a relay, too—did you hear? Between his direction and the assistance of **Dave Clark, Julie Van Cleave and John Baumann**, we kept the whole group rockin and rollin.

What else to say except **this meet simply should not be missed**. Plan to join us **next year** at the **Kino Aquatic Center in Mesa, Arizona**, if you can. **The meet runs April 28-May 1, 2011**. We promise...you won't regret you did.



Bob White Julie Van Cleave



Darryl & Chris Stich



Sheryl Sinitz



Dave Clark



Andrea Lund-Kakas, Heather Tiltmann

7



Dave Holland



Dan Schaetz

USMS SCY National Results for WMAC

* = Masters Best Time WMAC = New WMAC Record # = New National Record

Alexander, Jeff M 46
 *50 Breast 28.18 7th WMAC
 *100 Breast 1:02.80 11th WMAC
 *100 IM 1:00.13 25th
 200 Breast 2:23.09 7th

Alioto, Laurie J W 52
 1000 Free 12:03.00 4th
 400 IM 5:18.37 5th
 100 Fly 1:07.90 7th
 200 IM 2:31.19 6th
 200 Fly 2:26.71 2nd
 100 Back 1:09.95 6th WMAC

Allen, Peter J M 51
 50 Breast 30.42 17th
 100 Fly 1:09.41 32nd
 100 Breast 1:05.17 12th
 *200 IM 2:21.75 19th
 100 IM 1:04.21 32nd
 200 Breast 2:26.97 8th

Bauman, John H M 79
 50 Breast 48.08 3rd
 200 Back 3:57.51 8th
 100 Breast 1:55.99 2nd
 50 Back 48.72 9th
 100 Back 1:49.48 7th
 200 Breast 4:24.70 3rd

Christenson, Candy J W 63
 50 Breast 43.32 8th
 100 Breast 1:38.39 6th
 50 Fly 42.33 15th
 100 IM 1:36.56 14th
 50 Free 36.05 13th
 200 Breast 3:48.45 6th

Clark, David L M 52
 *1000 Free 11:54.95 9th
 *400 IM 5:20.23 10th
 *500 Free 5:45.56 19th
 *200 IM 2:29.66 23rd
 *200 Breast 2:47.53 17th

Dannenberg, James M 65
 50 Breast 35.74 7th
 100 Breast 1:18.47 6th

Ehrke, Nancy L W 56
 400 IM 6:38.22+ 6th WMAC
 50 Breast 40.69+ 14th
 100 Breast 1:24.62+ 10th WMAC
 *200 IM 2:55.24+ 11th WMAC
 *100 IM 1:16.41+ 11th WMAC
 200 Breast 3:07.06+ 6th WMAC

Fulbeck, Kip M 45
 50 Fly 23.39 2nd WMAC
 50 Free 21.51 2nd WMAC

Hall, Julie A W 41
 50 Breast 35.12 17th
 100 Breast 1:17.37 14th
 200 IM 2:31.18 11th
 100 IM 1:09.16 18th

Hoganson, Robert B M 52
 *50 Breast 31.05 20th
 *100 Free 58.23 49th

Holland, David A M 51
 *50 Breast 28.88 7th WMAC
 *100 Fly 1:00.03 20th
 *100 Breast 1:02.74 6th WMAC
 *200 IM 2:12.02 11th WMAC
 *100 IM 1:00.60 19th WMAC
 *200 Breast 2:20.54 4th

Horner, Brad M 56
 *200 Free 1:51.70 2nd WMAC
 *100 Fly 54.15 1st WMAC
 *50 Fly 24.79 2nd WMAC
 100 Free 51.10 5th WMAC
 *# 200 Fly 2:03.18 1st WMAC/NR
 *50 Free 23.84 7th WMAC

Kiefer, Stacey L W 32
 *1650 Free 20:01.59 4th
 *500 Free 5:45.21 7th

Kramer, Paul E M 39
 *50 Breast 30.59 17th
 *100 Fly 1:01.31 15th
 *100 Breast 1:03.03 12th
 *50 Fly 27.91 34th
 *200 Breast 2:29.44 26th

Kranpitz, Nancy W 65
 400 IM 7:05.83 4th WMAC
 100 Fly 1:35.96 3rd WMAC
 50 Fly 39.63 3rd WMAC
 200 IM 3:25.65 3rd WMAC
 100 Free 1:17.89 6th WMAC
 200 Fly 3:39.63 2nd WMAC

Lund Kakas, Andrea W 33
 *200 Free 2:00.17 5th WMAC
 *100 Fly 1:01.90 3rd
 *100 Free 53.94 3rd WMAC
 *50 Free 24.81 2nd WMAC

Minkey, Donald J M 42
 *200 Free 2:01.10 34th
 *500 Free 5:30.81 22nd
 *100 Free 54.35 51st

Mortensen, Cheryl L W 45
 *50 Back 33.48 14th
 *100 Back 1:12.44 14th
 *50 Free 29.48 25th

Murray, Mike M 59
 *50 Breast 36.84 24th
 100 Breast 1:23.47 18th
 200 Breast 3:10.40 17th

Nowak, Peter J M 28
 1650 Free 18:29.4 2nd
 400 IM 4:43.45 10th
 200 Free 1:57.55 24th
 500 Free 5:14.68 12th
 100 Free 53.79 37th
 *50 Free 24.35 38th

Perez, Octavio M 32
 *50 Breast 36.42 24th
 50 Fly 32.82 31st
 50 Free 26.81 28th

Perez, Sarah M W 34
 50 Breast 33.43 3rd
 100 Fly 1:06.17 6th
 100 Breast 1:13.14 4th
 200 IM 2:23.24 5th
 100 IM 1:06.31 8th
 200 Breast 2:33.98 1st

Porter, Cathy J W 51
 *50 Fly 36.20 22nd
 *100 IM 1:26.14 22nd
 *50 Free 33.74 28th

Power, Michael L M 42
 100 Fly 55.35 21st
 *50 Fly 24.53 12th
 *100 Free 48.80 10th
 *50 Back 27.99 14th
 *50 Free 22.14 9th

Rambadt, Don M 40
 1000 Free 11:08.18 11th
 200 Free 1:52.42 16th
 500 Free 5:22.06 19th
 100 Free 51.66 34th

Schaetz, Daniel J M 39
 50 Breast 28.16 7th
 *100 Fly 52.16 3rd WMAC
 *100 Breast 1:00.62 6th WMAC
 *50 Fly 24.15 7th
 *200 Fly 1:58.06 2nd WMAC
 *200 Breast 2:16.64 6th

Schaetz, Trina R W 37
 *50 Breast 30.38 2nd WMAC
 *100 Breast 1:08.46 3rd WMAC
 *50 Fly 27.97 8th WMAC
 *100 Free 53.96 5th WMAC
 *100 IM 1:01.87 3rd WMAC
 *50 Free 24.30 4th WMAC

Schneider, Erin E W 31
 *100 Fly 1:03.16 4th
 *50 Fly 28.44 4th
 *50 Back 32.43 11th
 *200 Fly 2:23.22 3rd WMAC
 *200 Breast 2:47.45 3rd

Schneider, Leah R W 25
 *50 Breast 32.89 13th
 100 Fly 1:01.64 12th
 *50 Fly 27.36 9th
 *200 IM 2:17.00 7th
 *100 IM 1:03.60 10th WMAC
 *200 Fly 2:21.84 4th

Coach Fred Russell split :42.32 in the 50 fly in the Men's 55+ 200 medley relay spurred on, we are sure, by the tumultuous cheering of his "charges"! Way to go **Fred!**

Schneider, Mary P W 57
*50 Breast 51.78 21st
100 Free 1:29.40 17th
50 Free 40.38 20th

Settimi, Nora C W 39
*50 Breast 34.62 8th
*100 Breast 1:14.89 9th
*50 Fly 31.14 23rd
200 IM 2:40.07 15th
*100 IM 1:11.68 20th
*200 Breast 2:47.87 9th

Sinitz, Cheryl W 42
*50 Fly 31.18 21st
100 Free 1:04.52 32nd
*50 Back 33.78 18th
*100 IM 1:11.48 25th
100 Back 1:16.07 21st
50 Free 29.43 24th

Stich, Chris S W 33
400 IM 5:05.ish
*200 Free 2:07.57 12th
*200 Back 2:1.85 3rd
*200 IM 2:25.23 6th
*500 Free 5:48.04 9th
*100 Back 1:05.89 4th

Stich, Darryl D M 34
*400 IM 4:23.03 3rd WMAC
*100 Fly 53.22 8th
*100 Breast 1:02.14 9th
50 Fly 24.55 11th
*100 IM 55.60 6th
200 Fly 2:05.33 4th

Tetzlaff, Maurice M 33
*400 IM 4:49.86 7th
*200 Back 2:10.92 8th
*200 IM 2:10.80 10th
*50 Back 26.75 8th
*100 Back 57.55 6th
*200 Breast 2:29.84 11th

Tiltmann, Heather M W 38
*200 Back 2:22.36 7th WMAC
*100 Free 55.95 8th
*50 Back 30.12 6th WMAC
*100 Back 1:05.10 7th WMAC
*50 Free 25.31 7th

Tiltmann, Laren A M 40
50 Breast 26.86 3rd WMAC
100 Free 47.36 4th WMAC
*50 Back 25.29 3rd WMAC
*100 IM 53.53 3rd WMAC
50 Free 21.50 3rd WMAC

Van Cleave, Julie M W 51
*1650 Free 23:01.2 9th
50 Breast 38.49 13th
*100 Breast 1:24.29 12th
*100 Free 1:05.78 15th
*500 Free 6:32.91 12th
200 Breast 3:09.33 8th

Woodworth, Cheryl C W 66
*200 Free 4:36.77 16th

Van Enkenvoort, Krista R W 36
1650 Free 22:24.21 6th
100 Fly 1:13.08 17th
*50 Back 33.04 18th
100 IM 1:11.35 19th
100 Back 1:11.49 18th
50 Free 28.27 19th

White, Bob L M 55
1000 Free 11:05.28 2nd WMAC
200 Free 2:01.05 15th
500 Free 5:27.54 10th
100 Free 54.56 16th
500 split in 1000 5:25.41 WMAC

Top Ten Finishes for Relays

Mixed 200 FR 25+

6th place WMAC 'A' 1:35.55

- 1) Tetzlaff, Maurice M33
 - 2) Stich, Darryl D M34
 - 3) Schneider, Leah R W25
23.31 45.44 (22.13)
 - 4) Lund Kakas, Andrea W33
- 1:10.80 (25.36) 1:35.55 (24.75)

35+

2nd place 2 WMAC 'A' 1:31.82 **WMAC RECORD**

- 1) Tiltmann, Laren A M40
 - 2) Schaetz, Trina R W37
 - 3) Tiltmann, Heather M W38
21.34 45.05 (23.71)
 - 4) Power, Michael L M42
- 1:10.02 (24.97) 1:31.82 (21.80)

45+

9th WMAC 'A' 1:42.46 **WMAC RECORD**

- 1) Fulbeck, Kip M45
 - 2) Mortensen, Cheryl L W45
 - 3) Van Cleave, Julie M W51
21.33 50.20 (28.87)
 - 4) Alexander, Jeff M46
- 1:19.47 (29.27) 1:42.46 (22.99)

55+

9th WMAC 'A' 2:03.08

- 1) White, Bob L M55
 - 2) Christenson, Candy J W63
 - 3) Schneider, Mary P W57
24.85 1:00.30 (35.45)
 - 4) Horner, Brad M56
- 1:40.21 (39.91) 2:03.08 (22.87)

65+

6th WMAC 'A' 2:46.21

- 1) Kranpitz, Nancy W65
 - 2) Woodworth, Cheryl C W66
 - 3) Bauman, John H M79
33.40 1:21.72 (48.32)
 - 4) Dannenberg, James M65
- 2:12.72 (51.00) 2:46.21 (33.49)

Mixed 200 Medley

25+

9th WMAC 'A' 1:48.57

- 1) Tetzlaff, Maurice M33
 - 2) Perez, Sarah M W34
 - 3) Stich, Darryl D M34
26.85 59.87 (33.02)
 - 4) Lund Kakas, Andrea W33
- 1:23.72 (23.85) 1:48.57 (24.85)

35+

3rd WMAC 'A' 1:43.37 **WMAC RECORD**

- 1) Tiltmann, Laren A M40
 - 2) Schaetz, Trina R W37
 - 3) Schaetz, Daniel J M39
24.98 54.89 (29.91)
 - 4) Tiltmann, Heather M W38
- 1:18.38 (23.49) 1:43.37 (24.99)

45+

10th WMAC 'A' 1:54.77 **WMAC RECORD**

- 1) Mortensen, Cheryl L W45
 - 2) Holland, David A M51
 - 3) Fulbeck, Kip M45
33.61 1:02.74 (29.13)
 - 4) Van Cleave, Julie M W51
- 1:25.76 (23.02) 1:54.77 (29.01)

65+

4th WMAC 'A' 2:54.86 **WMAC RECORD**

- 1) Bauman, John H M79
 - 2) Dannenberg, James M65
 - 3) Kranpitz, Nancy W65
49.36 1:25.37 (36.01)
 - 4) Woodworth, Cheryl C W66
- 2:04.09 (38.72) 2:54.86 (50.77)

WOMENS 200 FREE RELAY

25+

2nd WMAC 'A' 1:42.33

- | | |
|---------------------------|--------------------------|
| 1) Lund Kakas, Andrea W33 | 2) Perez, Sarah M W34 |
| 3) Schneider, Erin E W31 | 4) Schneider, Leah R W25 |
| 24.89 50.62 (25.73) | |
| 1:17.17 (26.55) | 1:42.33 (25.16) |

35+

3rd WMAC 'A' 1:44.00 **WMAC RECORD**

- | | |
|---------------------------------|----------------------------|
| 1) Schaetz, Trina R W37 | 2) Hall, Julie A W41 |
| 3) Van Enkenvoort, Krista R W36 | 4) Tiltmann, Heather M W38 |
| 24.28 51.07 (26.79) | |
| 1:19.12 (28.05) | 1:44.00 (24.88) |

55+

6th WMAC 'A' 2:19.55

- | | |
|-----------------------------|--------------------------|
| 1) Christenson, Candy J W63 | 2) Schneider, Mary P W57 |
| 3) Ehrke, Nancy L W56 | 4) Kranpitz, Nancy W65 |
| 36.20 1:16.46 (40.26) | |
| 1:47.26 (30.80) | 2:19.55 (32.29) |

MENS 200 FREE RELAY

35+

1st WMAC 'A' 1:27.57 **WMAC RECORD**

- | | |
|----------------------------|--------------------------|
| 1) Tiltmann, Laren A M40 | 2) Schaetz, Daniel J M39 |
| 3) Cunningham, Brian D M37 | 4) Power, Michael L M42 |
| 21.49 43.66 (22.17) | |
| 1:05.95 (22.29) | 1:27.57 (21.62) |

45+

5th WMAC 'A' 1:30.56 **WMAC RECORD**

- | | |
|---------------------|-------------------------|
| 1) Fulbeck, Kip M45 | 2) Holland, David A M51 |
| 3) Horner, Brad M56 | 4) Alexander, Jeff M46 |
| 21.25 44.70 (23.45) | |
| 1:07.58 (22.88) | 1:30.56 (22.98) |

55+

10th WMAC 'A' 2:01.74

- | | |
|------------------------|--------------------------|
| 1) White, Bob L M55 | 2) Murray, Mike M59 |
| 3) Russell, Fred W M62 | 4) Dannenberg, James M65 |
| 25.58 56.09 (30.51) | |
| 1:29.52 (33.43) | 2:01.74 (32.22) |

Who carries enough clout with **Coach Fred** to get immediate action from him when **Peter Allen** relayed the following message shortly before the start of the men's 55+ 200 medley relay when Fred was NOT behind the blocks with his teammates? **"Tell Fred to get his butt over here - NOW!"** (And he did!) Answer on page 12.

**Mike Murray
Jim Dannenberg
John Bauman
Fred Russell**



**Pete Nowak,
Krista Van Enken-
voort**



**Julie Hall
Mary Schneider**



**Don Minkey
Octavio Perez**



**Trina Schaetz
Sarah Perez**



**Maurice
Tetzlaff**



Brad Horner, Peter Allen, Dave Holland, Jeff Alexander—the team that beat Rowdy's team!

Just prior to the start of the men's 45+ 200 medley relay **Jeff Alexander** said to **Peter Allen**, "I don't want to freak you out or anything, but did you know you're anchoring against **Rowdy Gaines**?" Peter relates he got psyched!!! He also relates that the other guys on Rowdy's team weren't very fast and that he had about a 4 second lead when he dove in. Peter's slick :24.5 split with a turn in which his toes barely touched the bulkhead trailed Rowdy's :23.4 by just more than a second. But with a "normal" turn—who knows what might have been! Peter defeating Rowdy Gaines! Now that would have been fodder for major headlines!

WOMENS 200 MEDLEY RELAY

25+

5th WMAC 'A' 1:56.68

- | | |
|--------------------------|---------------------------|
| 1) Schneider, Leah R W25 | 2) Perez, Sarah M W34 |
| 3) Schneider, Erin E W31 | 4) Lund Kakas, Andrea W33 |
| 30.69 1:04.19 (33.50) | |
| 1:32.05 (27.86) | 1:56.68 (24.63) |

35+

4th WMAC 'A' 1:57.97 **WMAC RECORD**

- | | |
|----------------------------|---------------------------------|
| 1) Tiltmann, Heather M W38 | 2) Schaetz, Trina R W37 |
| 3) Hall, Julie A W41 | 4) Van Enkenvoort, Krista R W36 |
| 30.20 1:00.26 (30.06) | |
| 1:30.78 (30.52) | 1:57.97 (27.19) |

55+

6th WMAC 'A' 2:39.25

- | | |
|------------------------|-----------------------------|
| 1) Ehrke, Nancy L W56 | 2) Christenson, Candy J W63 |
| 3) Kranpitz, Nancy W65 | 4) Schneider, Mary P W57 |
| 37.21 1:20.91 (43.70) | |
| 1:59.95 (39.04) | 2:39.25 (39.30) |

MENS 200 MEDLEY RELAY

35+

2nd WMAC 'A' 1:36.62 **WMAC RECORD**

- | | |
|--------------------------|--------------------------|
| 1) Tiltmann, Laren A M40 | 2) Schaetz, Daniel J M39 |
| 3) Fulbeck, Kip M45 | 4) Power, Michael L M42 |
| 25.22 42.72 (17.50)* | |
| 59.73 (17.01)* | 1:36.62 (36.89)* |

* Obviously NOT correct splits

Important National Masters Meet Information For "Newbies"

As told by Mary Schneider to one of her teammates on what to expect when you go to Nationals for the first time.

To fill you in on the ways of us "average" swimmers, you can swim any 3 events you want without having any time cuts. Unfortunately, they don't have a long pull buoy event, so you'll have to pick something else to swim, like maybe the mile. (It's good practice for the Ironman.) You'll also get to swim on really cool relays, sometimes unexpectedly, like when you're told to get down on the pool deck in your suit ready to swim in 15 minutes! We all have to make our sacrifices. They also let you swim with the fast people on relays, so sometimes you even get a medal, but everyone is grateful just to have 3 other people to swim with. Oh, the question about getting out of the pool—don't worry, the officials wait for every person to finish swimming, and you may get an ovation just for finishing. They also give you time to swim under the lane guides and exit using the ladders. The heats start with the oldest age group first, and since you swim with your own age group, you don't have to worry about those young whipper-snappers. Even though I was the last one in my heats, I still had that *sense of satisfaction* and *felt like a "real" swimmer*. Plus, once you compete, you earn the right to go out to dinner with everyone and relive exciting swims of the day and strategy for the next day's swims. We may swim in lane 6 with the motto of "slow and steady," but we're determined to do the best we can. We've got a year to prepare and pick up supportive hints from all the "experts" in masters swimming. I better watch out on every set now because you'll be chasing my feet every time!

Note: "When Mary started swimming 4-5 years ago she couldn't swim more than a length of the pool and swam with her flippers nearly the whole first year. She has amazing fortitude. She is a true model of a masters swimmer; not the gifted athlete than swam in high school or college, but someone who just works hard, never gives up, and tries her best." (Quote from one of Mary's teammates).



Mary Schneider just learned how to swim 5 years ago but already has won medals in relays at Nationals



It's a Schneider family affair at nationals with mom Mary and daughters Sarah Perez, Leah, and Erin.

Noteable Quotes from Nationals

"As far as leadership goes, there was Fredrick the Great, Fredrick the Conqueror, and Prince Fredrick...we have **Fred**. One word, one man, if you need more of an explanation, you'll never understand." (Paul Kramer)

"I'm not woman enough to swim the 400 IM." (Peter Allen)

"Thanks to everyone for letting me swim with WMAC....it was a blast and everyone was very welcoming. I really appreciate it!" (Kip Fulbeck)

"I just wanted to say how much I enjoyed hanging out with the WMAC gang in Atlanta. It's a very supportive group, especially for an old guy back just a year after a 46 year competition layoff. (Can't say I wasn't well rested!) It was fun watching so many great swims. Think of all the records that need to be broken in Mesa next year. Special thanks to **Trina, John, and Fred**." (Jim Dannenberg)

"WMAC is a very special team with so much more than just swim talent. **I have not experienced camaraderie like this since college**. Everyone is so thoughtful and fun to be around. Although I am a better long course swimmer, I have decided to take a few more stabs at short course just so I can be around you fantastic people. Thanks for making me feel so welcome!" **Mike Power** (O'Power as Trina says.)

"I want to congratulate everyone on the personal victories they accomplished this past weekend. Too often we mark success on medals and placing and not on the personal victories that we all experienced. Everyone of us had a personal reason to come to the meet and compete. I just want to say that your personal victories were very rewarding for me to be part of. I am continuously inspired by so many of you and I really enjoy the euphoria of watching you as you try to hide your excitement after a personal best time. We are really a team with so many different personalities and...we are close and united. I hope we can sustain our tradition of team unity and personal goal accomplishment so that every year can be as enjoyable as this past one." **Laren Tiltmann**

"Then there's **John** (I'm having trouble breathing but I'm doing the 200 breast anyway) **Bauman**. That's old school baby. Militant old school. I love it." (Jim Dannenberg)

And said by MANY over and over again— Thanks to **Trina Schaez** for all she did to get 44 of us not only signed up for the meet but also all she did in coordinating housing and dining arrangements! **Thanks, again, Trina!!!**

As of June 1, 2010, there are 522 Wisconsin registered masters swimmers. This puts us **WAY** ahead of our numbers for 2009 when we ended the year with 534 members. This despite the fact that 173 people who were registered last year have not renewed yet for this year! Obviously we're doing a good job of attracting new members but we also need to work on retaining the "old" ones!

8th Annual MOWS

Dick Pitman

Here's the link to our 8th Annual MOWS (Madison Open Water Swim):

<http://www.ClubAssistant.com/MOWS2010>

In 2008 we hosted our first ever National USMS sanctioned open water competition. That year we had about 250 swimmers from across the country. Last year we had almost 350! This year we expect more! And, next year we're hosting the National Open Water again! The site is the same as Ironman-Wisconsin. The city-County-State (?) put in a concrete, grooved ramp where the entry point is. That will be great for swimmers this year. Let me know if you have any questions!

Remember what **Eddie Reese** (U of Texas coach & Olympic Coach) says: "Swimming teaches people to be on time."



Many of the 44 WMAC swimmers who were in Atlanta for the USMS Short Course Yards National Meet gathered outside the Georgia Tech "Olympic Pool" at the conclusion of the swimming on Sunday evening to proudly display not only our Wisconsin banner but also our banner proclaiming our **5th place finish among the 47 regional teams** entered in the meet. **CONGRATULATIONS** to all who made the trek to Atlanta! We hope to see many more of you in Mesa, AZ, next year!

From Page 10: Answer: **Julie Van Cleave**

WISCONSIN MASTERS SWIMMING
11917 W. RAINBOW AVE
WEST ALLIS, WI 53214