

Wisconsin Masters Swimming

On Deck.....

Newsletter Date

Aug/Sept 2012

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Although the summer is half over, and Wisconsin has had the LCM Championship meet, and the USMS Summer Nationals are over, there is still competition offered in **Open Water Swimming**, outdoors, in lakes and rivers, here in Wisconsin and in other locations.

August 18 is the **Madison Open Water Swim** on the Ironman Course in Lake Monona. This USMS Sanctioned event draws more than 250 swimmers from Wisconsin and neighboring states. This swim is part of the **USMS GLOWS Series**. GLOWS is a acronym for "Great Lakes Open Water Series" which is organized by the Great Lakes Zone. Each LMSC in the Zone (Wisconsin, Michigan, Illinois, Ohio, Indiana Lake Erie, Kentucky, and Allegheny Mountain) designates an open

water swim to be part of the series. Swimmers who finish races in the series earn points. Awards are presented at the end of the series to those swimmers with the highest total points. **September 7** is the **Illinois Big Shoulders OWS**, which is the Illinois GLOWS swim offering.

There are some non-sanctioned, non-recognized swims also being done in Wisconsin. On July 21st, **Eric Jernberg** ran the 18th Annual **Lake Amy Belle Swim**. Approximately 60 people participated in the swim. On a beautiful, sunny, warm day, the lake and YMCA Camp Minikani are a perfect setting for a developmental open water swim. **August 4th** in the **Point to LaPointe** swim in Bayfield, WI., followed on **Aug 5th** with the **Annual Swim for Freedom** which is held at **Lake Geneva**. This swim is run by **Steele Whowell** and benefits the Special Operations Warriors Foundation. This Foundation works with families of deceased special operations personnel and also with severely wounded special operations soldiers. Also on **Aug 5th** is the **Rock Lake Swim** hosted by **Fred Salzman** at his northern Wisconsin cabin.

All these events are good reasons to keep on swimming this summer. But, what is coming up for the Fall of 2012?

An interim Board meeting was held at my house following the Amy Belle Swim. At that meeting we discussed three items. First, the USAS (United States Aquatic Sports) Annual Convention is being held Sept 12-16 in Greensboro, NC. Wisconsin delegates attending are **Jeanne Seidler, John Bauman, Dick Pitman, Suzi Green, Elyce Dilworth, and Jerry Lourigan**. This convention is a working meeting where the delegates participate on USMS committees. Committees propose rules, legislation, Championships for 2014, awards, and set a budget for USMS along with other items. The assembly of USMS delegates, known as the House of Delegates, then votes on items presented by the committees. This is also the same convention where there are separate meetings for USA Swimming, USA Diving, USA Synchro, USA Water Polo, and USMS delegates. The five sports finish their individual business late on Saturday, hold an awards banquet on Saturday night, and then hold wrap-up sessions early on Sunday. It is a very intensive experience to attend this convention as sessions run all day and into the evenings. Most of us take for granted all the structure, rules, and legislation behind Masters Swimming, but it is very apparent in attending this convention that the USMS swimmers are also the volunteers who have established the organization and carried it forward since the inception of a National Championship in 1970.

Second, we discussed the process of amending the by-laws of the WI Masters Swim Committee to reflect and recognize some informal processes conducted for the business of WI Masters Swimming. These amendments and

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Jeanne Seidler

On Deck, Continued

changes will be voted on during the next **Annual Meeting** which will take place at the **YMCA at Pabst Farms** on **September 22**. The meeting is open to any and all Wisconsin registered masters swimmers. Everyone is encouraged and invited to attend and become integrally involved in the running of our great state organization. The meeting will begin at 12:00 noon. Please RSVP to WChair@usms.org if you plan to attend!

Third, we discussed the **meet schedule for 2012-2013**. In the next few weeks, meet directors are being asked to obtain the dates for the meet venues which held meets in the 2011-2012 season. I have already contacted **West Bend** about a December SCM date. I've also discussed dates for the **SCY State Meet** and the new **LCM State Meet** with the **Walter Schroeder Aquatic Center**. Again, we expect to see meets in the other venues (**Pabst Farms, Madison East Y, Oshkosh YMCA and Baraboo Middle School**) but dates need to be set for us to vote on the schedule at the Annual Meeting. There might also be a possibility of a meet at the **Whitefish Bay HS** pool as that pool is being converted to run meets cross wise with starting blocks located in the diving well. None of this is cast in concrete as of yet!

Rock Lake Figure Eight Swim

On **August 5th** come to **Rock Lake** (45 minutes north of Minocqua) for the one mile (more or less!) figure eight course around 2 islands while avoiding lily pads, turtles, and muskie! A delicious after swim brunch will be served. This event is **FREE!** Call **Fred Salzmann** (608-845-8190 ext. 4) for more information.

4th Annual Swim For Freedom

Steele Howell

The **4th Annual Swim for Freedom** will be held on **Sunday, August 5, 2012**. If you are interested in joining us again this year go to the website www.swim4freedom.org and fill out and email back your entry form. There is no cost to enter but we strongly encourage each participant to raise at least \$500 for their swim. All of this money goes to the SOWF www.specialops.org

Please remember that **every swimmer needs a support boat (of some type) with them at all times for the entire swim**. Feel free to contact me if you have any questions at steele@GordysBoats.com.

Remember, if you don't have time to get enough training in to swim the lake solo you can always put a relay together!

Point to LaPointe

August 4 is the date for the **Point to LaPointe** open water swim from Bayfield, WI to Madeline Island! But bring your wetsuit as this swim takes place in Lake Superior!

Wisconsin Masters Website

www.swim-wimasters.org

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

There is **one recognized pool meet** that will be held on **Sept 15**. The **WI Senior Olympics** moved from Tosa West to Shorewood HS. **Dave Clark** is the meet director for the event. This meet is a qualifying meet for the National Senior Games which will be held in Cleveland, OH, July 21-Aug 5, 2013. The only requirement is that the participant be aged 50 years or older. There is no requirement for being a member of USMS. The meet has novice events and masters events. The registration is done through the Senior Olympics website and is not connected with WI Masters. Swims for members of USMS will be reported to the USMS database. Keep in mind that the **entry deadline** for this meet is **Aug 7!**

One final announcement is that the Minnesota LMSC is holding a **USMS Coaching Level I and II certification class on Aug 25**. The full text of the announcement is on the WI website (and on page 4 of this newsletter). This clinic awards the USMS/ASCA certification. Please pass this information on to your coaches if they wish to expand their certifications. **Mel Goldstein** and **Bill Brenner** of USMS Club and Coach Services are the instructors.

As your thoughts turn to the next seasons of fall, winter and spring, there is a resource on the USMS website that is helpful for organizing your workout group. See this line (<http://www.usms.org/admin/building.pdf>) for information on building a successful masters club, or as we do in Wisconsin, building a successful workout group of WMAC.

The next issue of this newsletter which would arrive at your mailbox in late September will be held up slightly so that the results of the Convention and the WI Annual Meeting can be reported.

Madison Open Water Swim

"MOWS"

The **Madison Open Water Swim**—otherwise known as **MOWS**—will once again take place in **Lake Mendota in Madison on Saturday, August 18, 2012**. This event no longer accepts paper entries. In order to enter you must go to: <http://www.clubassistant.com/MOWS2012>.

There is a limit of 500 entries this year. If this is an event you don't want to miss sign up today!



**Big
Shoulders
Chicago
September
8**

Schroeder LCM Meet

David Watts

Thanks, WMAC, for a great LCM Championship at **Walter Schroeder Aquatic Center** June 24. For long course fans in Wisconsin, things were looking grim. **Badger State Games** Masters swimming was cancelled after the 2011 Appleton meet. Since that was the only long course meters meet in Wisconsin, it seemed like our hopes and dreams were to be dashed on a cruel fate.

For me, this was particularly distressing. I had started my masters swim career in my fiftieth year, when I stood on the blocks at Shorewood pool in Madison, and looked down to the far end, which was where they said I had to swim to. I entered only one race, the 50 M freestyle. After a couple of years I abandoned the 50, and entered the 200, 100, and 800 free events. I did the long course races every year, and followed **Badger State Games** to Appleton in 2009. But after 2011 BSG swimming came to an end, seemingly taking with it Wisconsin's long course competition.

But look what our Wisconsin swim team committee was able to do. They put together a LCM meet at Schroeder on the exact same weekend **BSG** would have taken place. The competition offered 26 events, increased from just 13 at Badger State.

Moving the long course meet indoors did not detract from the experience. The Schroeder facility's airy interior felt similar to an outdoor venue. I had only competed in the shallow, or short course end of the Schroeder pool. The long course spans all the way to the impressive depths of the diving area. Even the shallow end isn't so shallow. This is the deepest and fastest long course pool I've ever raced in.

For some swimmers, the appeal of the 50 meter length remains mysterious. Many experience a sinking feeling when they see how far one has to swim without help from the walls. Others question during the uninterrupted stretches while you swim: "How much farther to go until I reach the wall?" or "Did they measure this pool correctly?" Despite the pool's epic proportions, the competition drew 85 swimmers and featured many competitive races.

John Bauman had one of the meet's most exciting victories over age-group rival **Bill Payne** in the 50 M breaststroke. Both swimmers crushed their seed times and were neck and neck for nearly the entire race. The margin of **John's** win was barely over one-half second, a close race in the long course.

For the truly intrepid, there is the 400 IM. Even the mighty **Phelps** dreads this event. **Nancy Kranpitz** braved the competition, but was just edged out of first by her age-group rival from Illinois, **Georgia McDaniel**. Both put down strong swims in all strokes, and both came in well under their seed times.

Speaking of out-of-state swimmers, they were strongly represented at the LC Championship. I counted no fewer than **25 Illini** swimmers, as well as one each from **Michigan, Minnesota, New England, and New Jersey**. I had the privilege of swimming next to a truly fine swimmer from Illinois, **Phil Dodson**, in the 200 free. I could still see his feet when we reached the first wall, but after the turn, he seemed to disappear, and I finally saw him waiting at the finish when I still had a ways to go. The fact that long course has fewer turns slightly benefits those of us who struggle with them, but against Phil, it wasn't enough.

Since half the events had not even been available at BSG, there were new opportunities to set records at this meet. **Greg Rosner** has a genius for identifying creampuff records that were made to be broken. He noted that there was *no record* in the 800 FR, 200-239 age group. He enlisted a team of highly motivated swimmers, **Gus Robledo, Steve Justinger, and Paul Robey**, to join him in establishing a new record. With excitement building with each leg, it became clear that they would succeed. They did it! They established a new Wisconsin record!

Greg Rosner didn't stop there. Another "new" event was the 200 FR. I was part of this team, which included **Greg, Eric Jernberg, and Paul Robey**. We eclipsed the previous record by ten seconds. In the LC 200 FR, two swimmers start at each end, and this was a new experience for me. One problem with nearsighted swimmers is making sure you are using the same lane as your relay team members at the far end. Fortunately, we were able to accomplish this.



Erin Schneider
and her mom
Mary.



Nancy
Kranpitz



Fred Salzmann

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Schroeder LCM Meet - Con't

The meet ran smoothly from beginning to end, from the 50 fly to the 1500 free. Oh, there was a slight glitch when **Eric Jernberg** tried to stagger the start of the 1500, but **John Bauman** straightened this out: "Eight lanes, eight swimmers, everybody starts at once!"

This meet ended with the 1500. I did not swim it, and when **Fred Salzmänn** asked why, my answer was "laziness." Some of my joints ached, but this excuse didn't seem adequate to Fred, who has had more surgeries than Methusalem. There he was, seemingly unstoppable in the 1500. I counted laps for **James Biles**, so the counting went fast, about 39 seconds or less per length. I noticed that **James** will be one of my teammates at the **USMS Nationals in Omaha**. I am glad to be on this team. From my humble LC start in my fiftieth year, I now join a strong WI team at my first Nationals, in my sixtieth year.

Once again, thanks WMAC, especially Chairman **Jeanne Seidler**, for putting together this great meet. I hope this is the start of a new tradition in Wisconsin LC swimming!

Deadline for submissions for the next newsletter is September 25, 2012!



New LCM Records set at Schroeder!

Molly Woodford, 18-24: 800 free, 11:23.79; 1500 free, 21:34.71

Bailey Nennig, 25-29: 50 breast, :37.52; 100 breast, 2:21.81

Jessica Connors, 25-29: 200 breast, 2:59.69

Erin Schneider, 30-34: 50 fly, :33.02; 200 fly, 2:51.74

Melinda Mann, 55-59: 50 free, :34.90; 100 breast, 1:30.27; 50 fly, :33.86

Denise Connors, 55-59: 400 free, 7:13.44

Janet Schultz, 60-64: 200 breast 4:02.14

Nancy Kranpitz, 65-69: 200 free, 3:38.83; 400 free, 7:20.38; 50 back, :49.97; 400 IM, 8:11.48

Cy Mistry, 18-24: 200 free, 2:06.41; 200 breast, 2:34.98

David Clark, 55-59: 1500 free, 21:10.42; 200 back, 2:59.82; 200 IM, 2:54.72

Robert Hoganson, 55-59: 50 breast :36.26

David Janda, 55-59: 100 breast, 1:27.26; 200 IM, 2:54.72

Bill Koller, 60-64: 50 breast, :39.88

John Couper, 65-69: 100 back, 1:40.23

Gary Bezella, 75-59: 50 free, :34.12

George May, 75-59: 200 breast, 4:12.78

Bill Payne, 80-84: 50 fly, :58.05

Women 120-159 400 MR 6:38.30:

Kari Prahl, Dee Jushka, Erin Schneider, Ashley Cooper

Women 240-279 200 FR 2:53.07 and **400 MR** 7:03.98

Melinda Mann, Janet Schultz, Mary Schneider, Nancy Kranpitz

Men 200-239 200 FR 2:08.09

Greg Rosner, Paul Robey, Eric Jernberg, David Watts

Men 200-239 800 FR 12:59.41

Gus Robledo, Steve Justinger, Greg Rosner, Paul Robey

Congratulations to all our new record breakers and setters!



Seldom seen a team as this,
Mature and happy as can be.
You keep swimming in our wish,
So you can live long like we.
Tom Michelson

Fred Salzmänn, 80, John Bauman, 82, Tom Michelson, 81, Bill Payne, 82, above left to right: **New relay record setters in the 320-399 age group in the 200 Meter MR (4:09.09) and 400 Meter FR (9:16.38). Gordon Schalla, 86, (not pictured) Fred, Bill, and John set a new standard in the 320-399 200 Meter FR (4:20.16).**

Congratulations to our octogenarians!

Calling all Coaches!

Bill Brenner

The Minnesota LMSC is hosting a USMS Masters coach certification clinic in Minneapolis on August 25, 2012. Both levels 1 & 2 will be presented. The clinic is open to all USMS registered members who coach, are interested in becoming a coach, or would like more knowledge to be able to assist in coaching the adult athlete.

The success of this continuing education program depends on the information being made available to our members. Listed below is the registration link.

www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=54593

USMS Summer Nationals in Omaha, NE

David Watts

Could anything have lived up to the hype for this meet? The centerpiece was the **Olympic Trials pool**, billed as the fastest in the world, recently graced by swimming gods named **Michael, Ryan, Dara, and Natalie**. For 2 weeks, Omaha, NE, became Swim town USA.

For me, attending my first Nationals, the scene was daunting. Four days of swimming, with some of the fastest swimmers in the world. The scale of the meet was intimidating: 1251 registered swimmers, with no fewer than 40 heats of the men's 100 free. I worried about being at the blocks at my appointed time. But this meet was well run, almost like clockwork, and it was surprisingly easy to race when I was supposed to.

Competing against other outstanding swimmers in my age group, however, wasn't so easy. There were 73 males in my age group, 60-64, and most of them could swim a lot faster than me.



National LCM individual champs: **Laren Tiltmann, Kip Fulbeck, James Biles**



Double National Champ **Melinda Mann**

Fortunately, I was not alone at this meet. There were 13 WI swimmers, and I am proud to report that every one of the WI swimmers scored points at this meet. Each of us had at least one race in which we finished in the top ten. (In my case, it was only one race). Besides me, these are the 12 who represented WMAC: **James Biles, Dean Fochios, Kip Fulbeck, Karen Gremminger, David Holland, Melinda Mann, Mark Pfaltzgraff, Michael Power, Renata Ringsven, Jeanne Seidler, Darryl Stich, Laren Tiltmann.**

Wisconsin, with 13 swimmers, placed eighth among regional clubs, edging out Iowa, which sent 25 swimmers to Omaha. Although each WI swimmer scored for the team, some were veritable scoring machines. **Laren Tiltmann** scored in all six of his races, no lower than 4th place, and he took first place in the 50 free. With his relay teammates **Kip Fulbeck, Michael Power, and Darryl Stich**, first place was won in the 200 FR and 2nd in the 200 MR.

Melinda Mann scored in all five of her races, including first place in the 50 fly and 50 breast. She was 2nd in the 100 meter versions of both races. **James Biles** had a meet schedule best described as "brutal", starting with the 1500 free, in which he successfully defended his national title. James had scoring relays in the 200 free and 200 medley along with teammates **Dean Fochios, David Holland and Mark Pfaltzgraff**, placing 6th and 8th respectively.

Another WI swimmer who scored in each of her races was Chairwoman **Jeanne Seidler**, placing in the 800 free, 200 back, and 100 back. Jeanne was our leader and relay coordinator, making sure that all of Wisconsin's considerable talent was used to its best advantage.

Was this the fastest pool in the world? Having swum at the Schroeder meet 2 weeks earlier, I had done the 50 free in :32.10. In Omaha I improved on that with a personal best time of :32.09. So I think that from my experience, the Olympic Trials pool was indeed a fast pool, just slightly faster than the best long course pool in Wisconsin.

My lone scoring swim was in the 800 free. I went out fast, trying to keep up with the swimmer in the next lane, which I did for the first 50 meters. After that I pretty much slowed down to a pace I could sustain, and tried to hang on for the last 750.

At the end of my last race, the 400 free, I waited in the water for the fly-over start of the next heat, and I was given some good advice from the guy in the next lane: "*Ignore what everyone else does. Just swim your own race. People sandbag all over the place.*" Too bad I had not learned this sooner!



Michael Power, Laren Tiltmann, Darryl Stich, Kip Fulbeck: National 200 Free Relay champs (160-199) and 2nd place in the 200 Medley Relay.

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USMS Summer Nationals, Con't



Nationals was amazing, grueling, exciting, exhilarating, and overall unforgettable. I came home with a medal, for 8th in the 800 meter free, and considering the expense involved that medal cost about \$1,000! But, in a way, it is priceless. I got a chance to swim with some of the finest swimmers in the world. In fact, I swam on the same team with them.

Jeanne Seidler (left) swam her 800 free backstroke and even managed to sneak a peak of herself swimming as she swam under the jumbo-tron!



LCM National Results for WMAC

Darryl Stich 35-39
 10 50 free :26.25
 12th 100 free :57.68
 15th 50 back :33.06
 11th 50 breast :33.51*
 2nd 200 IM 2:26.05
 3rd 400 IM 5:18.63*

James Biles 50-54
 7th 400 free 4:55.20
 1st 1500 free 18:44.48*
 8th 200 breast 3:00.17
 5th 200 fly 2:38.03
 3rd 400 IM 5:32.57*

Renata Ringsven 65-69
 11th 50 free 1:07.41
 7th 100 breast 2:57.69

Jeanne Seidler 65-69
 9th 800 free 25:37.58
 7th 199 back 3:03.90
 8th 200 back 6:19.91

Michael Power 40-44
 11th 50 free :26.08
 5th 100 free :58.02
 9th 50 fly :29.04
 6th 100 fly 1:05.25

Mark Pfaltzgraff 50-54
 10th 100 free 1:03.22
 6th 200 free 2:18.29*
 6th 400 free 4:55.06
 12th 200 IM 2:43.19
 6th 400 IM 5:54.52

David Watts 60-64
 17th 50 free :32.09
 15th 100 free 1:12.49
 14th 400 free 5:51.95
 8th 800 free 12:12.34

Laren Tiltmann 40-44
 1st 50 free :24.86*
 2nd 100 free :55.59
 3rd 50 back :29.04*
 2nd 100 back 1:02.32*
 4th 50 breast :31.60*
 2nd 50 fly :27.05

David Holland 50-54
 7th 50 free :27.43
 2nd 50 breast :34.04
 5th 200 breast 2:50.72
 11th 50 fly :31.00*

Karen Gremminger 45-49
 25th 50 free :37.16
 21st 400 free 6:35.01
 13th 100 breast 1:39.24
 9th 200 breast 3:36.51

Kip Fulbeck 40-44
 1st 50 free :25.07*
 24th 100 free 1:05.58
 2nd 50 fly :26.65*

Dean Fochios 55-59
 13th 50 free :27.96
 11th 100 free 1:02.15
 8th 200 free 2:22.32
 8th 50 back :34.43*
 5th 100 back 1:14.49*
 7th 200 back 2:45.83*

Melinda Mann 55-59
 4th 400 free 5:33.19*
 1st 50 breast :39.58*
 2nd 100 breast 1:28.10*
 1st 50 fly :32.89*
 2nd 100 fly 1:16.67

* indicates new WMAC LCM record! In addition to those indicated above, which were set in those specific swims, the following records were broken in lead-off or split swims: **James Biles**, 800 free, 9:58.68; **Melinda Mann**, 200 free, 2:45.38; 50 free, :31.72. Congratulations to all!

Men 160-199 200 FR
 1st 1:40.14
Michael Power
Laren Tiltmann
Darryl Stich
Kip Fulbeck

Men 160-199 200 MR
 2nd 1:53.96
Laren Tiltmann
Daryl Stich
Kip Fulbeck
Michael Power

Men 200-239 200 FR
 6th 1:53.08*
James Biles
Mark Pfaltzgraff
David Holland
Dean Fochios

Men 200-239 200 MR
 8th 2:07.72*
Dean Fochios
David Holland
James Biles
Mark Pfaltzgraff

Mixed 200 FR 240-279
 16th 2:52.90
Melinda Mann
David Watts
Dean Fochios
Jeanne Seidler

Women 200 FR 200-239
 14th 3:45.92
Melinda Mann
Renata Ringsven
Karen Gremminger
Jeanne Seidler

* indicates new WMAC LCM relay record! Congratulations to all the individual and relay record breakers and especially to our LCM National Champs—**James (1500 free)**, **Laren (50 free)**, **Melinda (50 breast and 50 fly)**, and the **Mens 160-199 200 M Free Relay!**

FINA 2012 - Riccione, Italy

Art Luetke

The **Riccione, Italy** trip was great, but it might have been more than about just the swimming. My traveling buddy, **Jim Montgomery** (triple gold medalist in the 1976 Montreal Olympics and 1st man to break :50 in the 100 M free) met me in New York. We then headed to Barcelona, Spain, for 5 days. Adjusting to a 7 time zone change and doing some serious “carbo-loading” is always part of our pre-meet preparation. The two of us, having been to FINA World Championships in Munich (2000), Christchurch, New Zealand (2002 where I was also top 10 in 5 events), San Francisco (2006), Perth, Australia (2008), and Goteborg, Sweden (2010), found this meet “was a zoo!”

Ten thousand (10,000) swimmers from some **70 countries!** Imagine THIS: how about **2000+ entries just for men in the 100 M free** (that’s 220 heats), and how about **2800 entries in the 50 M free, 280 heats, for just the men.** And, for warm-up, if you didn’t get there at 6:30 AM for the hour that they were kind enough to allow use of the competition pools before the meet started, you could always warm up in the **5 lane 25 meter pool!** Wanna know what that looked like???



Art Luetke in Riccione



Anyway, I am glad that I have approached these meets more over the years for the camaraderie and friendships that I have made over the years. THAT made this meet a lot of fun. Jim and I have met wonderful new people along the way, renewed old friendships, been inside more churches than we can remember, ate great food, hoisted many a cold beer, and seen a lot of the world. For the *Parade of Athletes* at the first night’s opening ceremonies, I even got in with the Russian folks, as standard bearer! Hey, it’s also about having fun, right!



Art Luetke (center back) with WI native **Jim Montgomery** (front), **Leonard Bielicz** (back left, from Sweden), and **Tommy Hickcox**, Jim’s college roommate!

More From Riccione, Italy!

Laurie Alioto was the other WMAC swimmer to make the trip to Italy for the **FINA World Championships**. Swimming in the 50-54 age group she placed 9th in the 200 M backstroke (2:56.04), 8th in the 100 M fly (1:26.67), 7th in the 400 M IM (6:06.14), and 3rd in the 200 M fly (2:47.94). Laurie’s 200 M fly time set a **new WMAC LCM record**—eclipsing her own mark of 2:50.13 in that event. Congratulations to both Laurie and Art on their fine swimming in Riccione, Italy!

Olympic Triathlon

Wisconsin’s (and Schroeder’s) own **Gwen Jorgensen** will be representing the United States in the **Olympic Triathlon competition on August 4**. Gwen is a relative newcomer to the sport of triathlon, She got into it just 2 1/2 years ago after a very successful 4 years at UW-Madison where she competed in both swimming and track. Best of luck to you, Gwen! We’ll be watching and cheering for you!

Senior Olympics

The **Wisconsin Senior Olympics** Swimming event will be held on **Sept 15** at the **Shorewood High School Pool**. Please note that this is a change in venue from past years when the event was held at Wauwatosa West HS. Also, long time meet director **John Bauman** is no longer serving as meet director for the event. It appears that the paper work needed to have this meet be a **USMS Recognized** event, and thus have times swum in the meet be eligible for **USMS Top Ten** consideration, as well as having it be a sanctioned meet, have been filed with the Senior Olympics organization. So here is your chance to get some early season SCY times.

The entry **deadline is August 7th**—YES, August 7th for a meet on Sept 15!!!! So if you want to go to this meet you need to get your entry in **NOW!** You can enter 5 events—and there is a pretty full slate of events. So, all you 50 year and older swimmers who want to get an early start on the SCY season—this is your meet!

END-WET

Melodee Nugent

END-WET is an acronym for **Extreme North Dakota-Watersports Endurance Test**. This “test” is a 27 mile swim down the Red River (I had to laugh as it was “only” a 26 mile event up until the night before). Competing in this event were solo swimmers, relays, kayaks and canoes. END-WET is considered an **ultra marathon swim** and there are a limited number of ultra swims (anything more than 6 miles) in the US. There is one in Tampa, New York, and California. For this reason, I had to give this a try. There were 12 solo swimmers from all over the US including Pennsylvania, Illinois, California, Minnesota, Arizona, Wisconsin, North Dakota, and international (Malaysia).

The Red River forms the border of North Dakota and Minnesota and runs into Canada. The race started in Grand Forks, MN, and finished in Oslo, MN. It is one of the few rivers that has a current that runs south to north. This was helpful for the swim and I was counting on the current to help me finish.



Ariel view of the Red River



Melodee tackles the gray waters of the Red River.

It was a hot day on Saturday, July 21st, but I really enjoyed my first river swim—mostly scenic. The water temp was around 85 or so by afternoon, much warmer than anticipated. The water level is the lowest it has been in many years, but you could see how high the river does get. The water was cloudy, but that was from the clay at the bottom, it wasn't dirty although I could only see the top of my upper arm in the water. I could not feel the current during the swim, but when I stopped for a drink I could feel it. There were many uprooted trees all along the river bank and some in the water.

The swim went well, I used my nutrition drinks for the entire swim (no solids) and at about hour 4, I switched to caffeine drinks and then alternated between both. For safety reasons, everyone had to have a canoe or kayak escort. My escorts (Alison and Karyn) worked hard and stopped me every half hour for drinks and would send texts to family/friends on the status of the swim. I have a couple of battle marks on my stomach from a tree in the river that I hit, but other than that, my escorts did an excellent job. We had to swim the first 1.7 miles without the escort, get out and walk/run through tall grass and then a path (1/3 mile) to get to another section of the river because of heavy water rapids.

The actual swim went fine and it was not until the last 5 miles that I was becoming anxious to “just be done.” It was those last 5 that seemed to go on forever (and some mentioned that the last mile was more than a mile). My arms were getting sore, but I feel I was much better prepared for this swim than the 25K (15.5 miles) I did last year. A swimming friend from PA (Darren Miller) helped me with my training yardage schedule and it paid off (I swam 168 miles in June). My MP3 player worked for the entire swim, without having to get my backup (it is supposed to last 8 or so hours fully charged) - even enjoyed clips from Finding Nemo, with my favorite saying, “Just keep swimming, Just keep swimming...”.

I placed third overall out of 12 swimmers. Darren, the Ocean 7 swimmer, was first in 9 hours 11 min, the only other girl, Sandra, was second in 9 hours 15 minutes and I was third in 9 hours 23 minutes. I was very happy with the results, especially since the 2 ahead of me were 28 and 29 years old! I told the other girl, “**Girls Rule!**” People were still coming in at 12+ hours and my friend from Illinois, **Dan, did the entire swim butterfly (14 hours 30 minutes)**. The race ended in the little town of Oslo, MN, - very very small and there was not much to do, even though there was a festival going on at the time of the swim. I thoroughly enjoyed a Summer Shandy beer at the bar!

Would I do it again.....definitely!! Anyone interested in training for this event next year, let me know!



Top three finishers:
Sandra Bergquist
Darren Miller
Melodee Nugent

Are You Breathing at the Right Time?

Dick Pitman

If you find yourself struggling to take your breath, it may be that you are not breathing at the correct time in your stroke. I had this problem from when I first starting to compete until 2004. I was struggling to learn the principles of **balance, alignment, and rhythm**. It made a huge difference in my own personal achievements and the comfort in swimming longer distances. It's also made a huge difference in the way I coach.

Balance is that ability to keep your body mostly on top of the water's surface. **Alignment** is that function of "holding the line". **Michael Collins**, who coaches the Irvine Masters in California, calls these two properties "Swimming Posture." **Rhythm** is less obvious to most swimmers and subject to different interpretations. The way I define rhythm in swimming is the use of the whole body to distribute energy to produce power. If you're out of balance, and out of alignment, you're going to find it difficult to discover rhythm. As famous coach, Milt Nelms said, "**Rhythm will develop by paying attention to it. All animals have rhythm. Rhythm is speed and power.**" Breathing will become a lot easier when you understand and apply these rules of physics.



Carolyn Pettersson appears to have good balance, alignment and rhythm as she "flies" thru the water.



Although it is definitely easier to breathe while swimming backstroke, proper alignment and rhythm definitely enhances one's performance—so aptly demonstrated by **Laren Tiltmann**.

Back to breathing: You need to breathe when you're best balanced. It's just easier that way. I tell my swimmers to breathe when they are **long in the water**, which means you should breathe when your opposite arm is fully extended, not in the "catch" position. There are two "cures" to know when to breathe: (1) As your breathing side arm is pulling you should start rolling your head to the side; (2) This allows your head to be in line with your recovered arm. Way back when I started swimming - some 50 years ago—we were taught to breathe into our armpit. Swim technique is always changing, and usually right after the Olympics! Also, 50 years ago we were taught to swim flat and keep our head up a little bit so as to see in the front of you. I remember reading an article in the old SWIM magazine talking about Mark Spitz, saying: "He'd be a much better swimmer if he didn't roll his hips so much." Yikes! That's exactly why he was so fast: he was creating power by rotating his hips.

But I like to tell my swimmers that all I know about physics I've learned from swimming. **Balance, alignment, and rhythm** are physical properties that occur throughout nature. Why wouldn't swimming require those same properties to produce speed in the water? Going back to **timing of breathing**: Above I said to breathe when you're **long in the water**. This makes your body more buoyant. Slight rotation into your breathing side makes you more streamline. Side-to-side rotation should be **rhythmic** in order to produce power. All of this is meaningless if you don't maintain your alignment in the water. Having bad alignment negates any effects you may attain from good balance and good rhythm. In fact, the failure to maintain anyone of the three will negate the other two. It works the way physics usually works. Remember, as Milt Nelms said "Rhythm will develop by paying attention to it."

An example of swimming with good balance, alignment, and rhythm: Last week I was working with one of my swimmers correcting his stroke. After I decided that he had it right, I asked him to swim another 25 with his eyes closed. "Can I peek?" he asked. I told him, okay, but only a couple of times. He swam his line perfectly. I asked him how many times he peeked. He was surprised that he hadn't peeked at all! That's what being in balance, proper alignment, and good rhythm can achieve. His stroke count went down, too!

Olympic Trials

Adam Mania, who coaches and trains at the Walter Schroeder Aquatic Center, set **two new Wisconsin Masters LCM records** in the men's 25-29 age group in the **50 M free (:23.48)** and **100 M free (:51.15)** while participating in the Olympic Swimming Trials. While Adam may have come up just short of making the US Olympic Team he did swim well enough to make the semi-finals in the 100 M backstroke. He had the fastest 50 split in the swim—even faster than that of Ryan Lochte! Congratulations, Adam!

Minocqua Mile

The Minocqua Area Chamber of Commerce and the Oneida County Dive Team sponsored an extremely successful first, hopefully annual, **Minocqua Mile Open Water Swim** on June 23. The swim was held, appropriately, in Lake Minocqua and started and ended in Torpy Park, which is right in downtown Minocqua. The weather conditions were great—sunny and with little wind so the swimmers did not have to battle much in the line of waves. The out and back swim ran parallel to Hwy 51 thru downtown Minocqua making for some great viewing for the spectators.

Safety measures were outstanding—with 22 kayaks, 6 pontoon boats, and the Minocqua Police boat all patrolling the 1/2 mile out and back course. It was well marked with bright orange and green buoys. **Charlie Lonsdorf** and **Rob Meyer** were the only WMAC swimmers to participate in the swim although **Nancy Kranpitz** participated by patrolling the course in her kayak. **Charlie** swam sans wetsuit and reported it was a little cool swimming as the water temp was in the very low 70's. **Rob** opted to wear a wetsuit. While many swimmers completed the mile without the benefit of a wet suit a fair number of swimmers wore one. **Charlie** also reported it was a relatively “weed free” course—which means you just might see Nancy (who actually *panics* in weeds) in the water next year rather than on top of it in her “boat”.

This was an exceptionally well run event—especially given it was the inaugural event. So, all you open water lovers, keep this one in mind for next year.

Fred Says....

Fred Russell (Elmbrook Masters Coach) reports that while all WI swimmers had a great outing in Omaha at the LCM Nationals, **Laren Tiltmann** will most likely end up in the **Top 5 in the world** in the **50 M free** given his great performance in this event in Omaha. And while Fred didn't say *this*—a little research shows that **Melinda Mann** and **Laurie Alitoto** will also be right up there in the world rankings: **Melinda** in the **50** and **100 M breaststroke** and **butterfly** races and **Laurie** in the 200 M fly. **Melinda's** 1:16.67 100 M fly in Omaha was **1.5 seconds faster** than the **winning time in the FINA meet** so we could have a #1 world ranked swimmer in our midst! **Laurie's** 3rd place 200 fly time of 2:47.94 in the FINA meet is currently #1 among US swimmers. We'll keep our eyes peeled for the final rankings.

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