

Wisconsin Masters Swimming

June/July 2013

O N D E C K . . .

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Summerti-i-i-i-me ... and the season of long course ... open water and the long distance pool (postal events) ...

June 23rd is the LCM State Champs at Schroeder. REGISTER NOW for the meet if you want to swim the 400m free, 1500m free or 400m IM because these events have an entry limit.

August 17th is the MOWS open water swim on the Ironman Wisconsin course in Lake Monona. REGISTER NOW because the meet filled up last summer at a max of 500 swimmers. Swimmers who waited to register did not get into the open water swim.

July 20th is the Amy Belle OW Swim at YMCA Camp Minikani in Hubertus, northwest of Milwaukee just off Hy 41-45 and Mequon Road. This is a developmental OW experience and is not a USMS event. Eric Jernberg runs the event and any proceeds are donated back to the Y. This event is a good place to get some real open water experience, e.g., in-water start with other swimmers in close proximity; navigating your swim toward and around buoys; and the in-water finish. Choose between ½ mile or 1 mile distance. See you there.

This newsletter is now being developed by Mary Schneider. Many thanks to Nancy Kranpitz for volunteering as the newsletter editor since the inception of the newsletter in 1987 (maybe 1988, no one is sure of the date). Can you imagine volunteering in the same position for 25 years? Nancy and her husband, Jim, are retired teachers, snowbirds in winter and seasoned travelers. Enjoy your retirement, Nancy, and we'll still see you at swim meets and



Jeanne Seidler

catch up on your travels. Many thanks to Mary for stepping into the newsletter role. Mary is the mom of a family of age group swimmers who have grown up and are now masters swimmers. Mary and I go way back as bleacher buddies when her children swam for Menomonee Falls and mine swam for Germantown. We're all on the same team now, which is really great.

Being on the same team, we enjoyed the USMS Nationals from May 9th to 12th with 54 other WMAC swimmers at the IUPUI Natatorium in Indianapolis. Team WMAC placed 4th in combined scores for the 19 regional clubs. There is an article in this edition of the newsletter on page 7.

2013 YMCA Masters SCY Nationals

Jeanne Seidler

WMAC swimmers from five Wisconsin YMCAs traveled to sunny Florida to enjoy four days of competition in the outdoor pools of the Fort Lauderdale Aquatic Center. There is nothing so great as taking leave from the Wisconsin winter weather to spend time swimming outdoors. Whether outdoors in a pool or outdoors in the ocean, the Florida location is absolutely inviting for combining a swim meet with a vacation.

From the YMCA of Dane County, Suzi Green and Gill Rowley swam to a 35th place finish thanks to the 4 points earned by Gill.

From the Manitowoc YMCA, Candy Christenson enjoyed many good swims and earned 22nd place among the women's teams.

From the Stevens Point YMCA, George May swam his best events and earned 23rd place in the men's team division.

From the Oshkosh YMCA, Melinda Mann, Greg Hollub and Jeff Schmiedel swam and finished 15th place for women's teams, 18th place for men's teams and 16th place combined teams.

From the Schroeder team, we were fortunate to have enough swimmers to have relays which increased the points and team standings. The team finished 3rd in men's teams, sixth in women's teams and 4th in combined scoring. As Coach Jessica Connors went to the podium to pickup the 4th place trophy, her smile was as bright as the Florida sun shining on the trophy. It was a thrill to receive the honor.

Although the USMS Nationals are the most prestigious meets in Masters Swimming, many of us like to attend the YMCA Masters because the meet has the location Wisconsin loves in the winter. The Y meet has far fewer swimmers (500 vs. 1600) so each day's competition finishes by 1pm. That leaves the afternoon free for beach time which everyone enjoys. At dinner time, there are many restaurants within a

few blocks of the hotel. It is a laid back resort atmosphere. Plus, swimmers can enter up to 12 events over the four days and there are no qualifying times. The meet has more swimmers in the 50+ age groups, which means fewer awards for a swimmer like me.

This year, the weather was tenuous on one of the days. The meet had to call a rain delay on the Saturday which lasted for 2 hours. The meet restarted but had to call a second rain delay. I was in the water swimming the 100 backstroke, and the officials stopped us at the first 50. Such is life. Another ½ hour of rain delay and my heat was restarted, but I had used all my energy on that first 50. I'm glad it wasn't stopped in the middle of a 1000 or 1650.

Beginning this summer, the Fort Lauderdale Aquatic Center will be closed for an extensive multi-year building project. The ISHOF is moving to California. In a few months the Y will tell us the location and venue for the 2014 and future meets to be held before the FLAC is again open for competition. The rumor is that the meet will stay in South Florida, possibly using the same hotel location on the beach and then holding the swimming at one of the colleges in the Fort Lauderdale area. We will know the plan this fall. If you swim at a YMCA, try this meet in the future. It is definitely fun in the sun.



Women's 55 plus relay with medals and coach Jessica Connors

l to r is Sarah Oberhofer, Sue Gartner,



Andy Seter, Bill Krohn, Jim Arnold (row1) Tom Bird, Joe Garcia and Bill Lynch



Denise and Jessica Connors



Debbie Cabrera, Bailey Nennig and Francisco



Emily Silver, Jeanne Seidler, Mindy Seidler, Jason Lezak



Gill Rowley, Suzi Green

New WI Masters Records from YMCA Nationals

Men 18-24 100 FREE :47.04 Philip Davies
 Men 25-29 100 FREE :44.84 Adam Mania
 Men 25-29 100 IM :50.42 Adam Mania
 Men 25-29 200 BACK 1:55.12 Kevin Ewald
 Men 25-29 50 FLY :21.92 Adam Mania
 Men 30-34 50 BACK :25.25 Sean Tepper
 Men 60-64 100 BACK 1:00.26 Geoff Mykleby
 Men 60-64 100 FREE :55.74 Barry Mandel
 Men 60-64 100 IM 1:02.22 Geoff Mykleby
 Men 60-64 50 BACK :27.67 Geoff Mykleby
 Men 60-64 200 BACK 2:26.28 Geoff Mykleby
 Men 60-64 50 FLY :27.05 Geoff Mykleby

Men 60-64 50 FREE :25.53 Barry Mandel
 Men 65-69 100 FREE 1:01.24 Greg Hollub
 Men 65-69 100 IM 1:13.50 Greg Hollub
 Men 65-69 200 BACK 2:51.29 Greg Hollub
 Men 65-69 200 FREE 2:16.74 Greg Hollub
 Men 65-69 50 FREE :27.48 Greg Hollub
 Women 18-24 100 FREE :51.57 Rebecca Thompson
 Women 18-24 50 FLY :26.39 Rebecca Thompson
 Women 18-24 50 FREE :23.65 Rebecca Thompson
 Women 25-29 50 BREAST :30.77 Jessica Connors
 Women 55-59 100 BREAST 1:14.63 Melinda Mann
 Women 55-59 50 FREE :27.70 Melinda Mann

New WI Masters Records from USMS Nationals

Men 55-59 100 BREAST 1:11.94 Robert Hoganson	Women 35-39 200 IM 2:21.17 Sarah Perez
Men 55-59 400 IM 5:15.40 David Clark	Women 35-39 200 BREAST 2:31.86 Sarah Perez
Men 55-59 50 BREAST :31.23 Robert Hoganson	Women 55-59 100 BACK 1:14.00 Laurie Alioto
Men 60-64 100 IM 1:02.01 Geoff Mykleby	Women 55-59 1000 FREE 12:10.22 Laurie Alioto
Men 60-64 200 BACK 2:21.46 Geoff Mykleby	Women 55-59 200 BACK 2:30.86 Laurie Alioto
Men 60-64 200 IM 2:39.51 Carl Millholland	Women 55-59 200 IM 2:32.66 Laurie Alioto
Men 60-64 50 BREAST :33.26 Geoff Mykleby	Women 55-59 400 IM 5:24.18 Laurie Alioto
Men 60-64 50 FLY :26.33 Geoff Mykleby	Women 75-79 100 BREAST 2:00.93 Carol Reinke
Women 30-34 200 FLY 2:22.51 Erin Schneider	Women 75-79 200 BREAST 4:26.24 Carol Reinke

Relay Records

Women 65+ 200yd Freestyle, 3:09.07, Candy Christenson 66, Jeanne Seidler 66, Carol Reinke 76, Nancy Kranpitz 68

Women 65+ 200yd Medley, 3:26.12, Jane Dillon Stewart 70, Carol Reinke 76, Candy Christenson 66, Joanne Moder 75

Men 55+ 200 Medley, 1:52.26, Dean Fochios 59, Robert Hoganson 55, Geoff Mykleby 60, David Clark 55

Mixed 55+ 200yd Medley, 2:02.32, Geoff Mykleby 60, Robert Hoganson 55, Laurie Alioto 55, Nancy Ehrke 59

Mixed 65+ 200yd Freestyle, 2:19.89, Candy Christenson 66, Fred Russell 65, Nancy Kranpitz 68, Robert Corris 68

Mixed 65+ 200yd Medley, 2:32.98, Fred Russell 65, Robert Corris 68, Candy Christenson 66, Nancy Kranpitz 68

Mixed 75+ 200yd Freestyle, 3:07.88, Joanne Moder 75, John Bauman 82, Carol Reinke 76, George May 75

Mixed 75+ 200yd Medley, 3:27.67, Joanne Moder 75, John Bauman 82, George May 75, Carol Reinke 76

Summer Accomplishments Wanted

This summer many of you will be participating in a variety of events both swimming related and non-swimming related. We would love to hear about your accomplishments, from open water swims to aquathons, duathlons, triathlons, summer nationals, or out-of-state meets. Tell why you entered the event, your goal, how you did, and if you enjoyed the event. Just a short article is fine, and if you have any pictures, please include them. Please send the information to WIEditor@usms.org.

2013 USMS Nationals



Mary Schneider

The 2013 USMS National Meet took place May 9-12 in Indianapolis. The Wisconsin team was again coached by the fearless Fred Russell, assisted by the knowledgeable John Bauman. There were 54 swimmers representing WMAC from various communities across the state, with a number of great swims resulting in 41 individual medal winners. In addition, there were 37 relays, of which 26 placed for medals. This culminated in a 4th place finish for Wisconsin!

On deck, teammates could be seen and heard cheering for each other. After swim festivities included happy hour reminiscences of the day's swims. There was also a rumor of some late-night celebrating Saturday night. One first-time national swimmer was overheard to say, "I didn't know nationals could be so much fun! I'm coming back again." I'm not sure if that remark was about the swimming, or the after swim gatherings. Other swimmers were heard to comment about enjoying meeting people from other parts of the state. Of course, swimming relays together always solidifies relationships with other swimmers.

One of the highlights on Sunday, was a special mixed free relay composed of Jason Lezak, Emily Silver, and WMAC's very own Esmeralda Perez! In Esmeralda's own words about swimming with ex-Olympians, she stated, "It was awesome!" For those who don't know, Esmeralda has been battling Hodgkin's Lymphoma for the past year, but through all the treatments, she has continued to swim.

Lastly, to give credit to our National Champions, who worked hard to represent the state, here they are:

Laurie Alioto – 200 IM, 400 IM

James Biles – 1650 Free

George May – 50 Breast

Geoff Mykleby – 50 Back

75 + 200 Mixed Free Relay – Joanne Moder, John Bauman, Carol Reinke, George May

65+ Men's 200 Medley Relay – John Bauman, Robert Corris, Fred Russell, George May

Congratulations to everyone who attended the 2013 USMS Nationals! Next year's nationals will be held in Santa Clara, CA (as in it will be warm and sunny), May 1-4. Please put the dates on the calendar and plan to join the team. Remember, any swimmer can swim 3 events plus relays at nationals without meeting the time standards.



Team Wisconsin having fun in the bleachers



Laurie Alioto—National Champion 200 IM, 400 IM



National Champion 75 + Mixed Free Relay—John Bauman, Joanne Moder, Carol Reinke, George May



George May—National Champion 50 Breast



Esmeralda Perez with Jason Lezak and Emily Silver

SSTY Workshop

Jeanne Seidler

On Tuesday, 4/30/2013, the 5:45am Schroeder Masters group along with the age group swimmers were privileged to experience a swimming lecture and practice with the very famous world-renowned coach, Milt Nelms. We loved it, listened intently and tried everything Coach Nelms suggested. What a great experience and opportunity for all of us. Pictured with Coach Nelms are (L-R) Jim Arnold, Joe Garcia, Jeanne Seidler, Coach Milt Nelms and Coach Don Jackson. The session was invigorating. Coach Nelms has been called the "water whisperer". He taught us the importance of feeling the water to improve our swimming.



Survey Input Requested

Many of you WMAC swimmers practice on your own, and we have heard from you how difficult it is to do this all season long. We would like to survey those of you who swim on your own, and find out the difficulties you encounter, if there are positives to working out on your own, and if there is a favorite workout you like to do. Feel free to send any comments you have to WIEditor@usms.org. I will consolidate those into a column in the next newsletter.

19th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 20st 2012, 12:00 Noon

WHEN: Saturday July 20, 2012, Race at 12:00 Noon, Check in at 11:30

WHERE: Lake Amy Belle at YMCA Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500-yard swim in 11 minutes or less

FEE: \$15 (\$10 for Y Members),

T-SHIRTS: \$15 (guaranteed only if ordered by July 2th, 2013)

AWARDS: Medals to all finishers, trophy to 1st place swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half-mile oval. Swimmers can choose either the half or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard rowboats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, **including their 500yd time.**

Advance registration is due by Tuesday July 16th, after that, registration cost is \$25

Mail to: Lake Swim, c/o Eric Jernberg, 5204 W Wells St, Milwaukee WI 53208-3038

Race results will be available on line at: swim-wimasters.org 14 days after the race

Weather check or other ?: Eric Jernberg 414-443-6460 or jernberge@yahoo.com

No refunds if event is cancelled due to bad weather

Directions: to Camp Minikani from Milwaukee County

Take US-45 freeway north from Milw to Exit # 54 (Lannon Rd/Mequon Rd (Germantown Exit))

Go left on Lannon Rd. to Second Stop light (state route 175, Appleton Ave.)

Turn right for 1 block to Willow Creek Rd. Turn left and drive west for 1 mile to Amy Belle Rd.

Turn right on Amy Belle Road, drive 1 mile to the camp entrance (see Leadership Lodge building)

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Entry Form

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check One: _____ ½ Mile Race _____ 1 Mile Race 500 yard Time: _____ (required)

Race Fee Enclosed (\$10, \$15, or \$25): \$ _____

T-Shirt (optional \$15 each, xxl is \$16 each)

shirt size (if ordered) _____ small _____ med _____ large _____ x-large _____ xx-large

T-Shirt Fee Enclosed: \$ _____

Total Enclosed: \$ _____ **Make Check out to:** North Milw. Swim Club

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yd time listed above and I am in good physical condition to swim this race.

Participants Signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team affiliation _____

MAS I EHS



Team Wisconsin USMS

Next Newsletter Deadline will be July 22



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