Wisconsin Masters Swimming

June 2015 / July 2015

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On Deck . . .

Jeanne Seidler

Summer is here, but what happened to Spring? Eighteen WMAC swimmers enjoyed spring in Sarasota, Florida, at the YMCA Masters Nationals, May 7-10. Forty-four WMAC swimmers enjoyed spring in San Antonio, Texas, at the USMS Nationals, April 23-26. The stories and pictures from these events are in this edition of the WMAC newsletter. Enjoy reading about these events and think about putting one of these events on your calendar for next spring.

On Saturday, June 20th, the Wisconsin Masters Long Course Championship will be held at the Schroeder pool. Be advised that registration will close on Saturday, June 13th which is one week before the meet. Warmup is at 11am, Meet start at noon, Meet finish around 4pm. As in the past, this event will offer something for everyone, be it the longer distance 800 freestyle individual event, the 50 sprints, the middle distance or 4 x 50 relays and 4 x 100 relays. This is the only Long Course meet held in Wisconsin this summer. And, since it is indoors, we don't have to worry about inclement weather.

In the last week, Wisconsin Masters swimmer Eric Jernberg informed us that there will not be a Lake Amy Belle Swim this summer or in the future. Eric has run this event for the last 20 years along with the Tri-County YMCA in Menomonee Falls. As the YMCA of Milwaukee reorganized under Chapter 11 this winter, Tri-County was one of the assets sold to the Waukesha YMCA. This popular swim has been enjoyed by as many as 90 swimmers each year. The setting was at the YMCA Camp Minikani, Hubertus, WI, on a spring-fed, calm, inland lake without motor boats. Thank you to Eric for running this event. It was always a nice swim on a sunny summer day.

The Madison Area Masters MOWS swim in August is already filled to capacity and the entries are closed. The swim allows a maximum of 500 entrants.

One other event to note this summer is the USMS Long Course Nationals at the Spire Institute in Geneva, Ohio, August 6th through 9th. The USMS website (www.usms.org) lists all the championship meets, including the long distance (epostals) and open water events. Perhaps you'll be able to take advantage of some of the USMS national programs such as the 5K-10K epostal events this summer, swimming in the pool where you workout.

This newsletter has such great information about USMS Nationals, but there is one more item I want to address for WMAC swimmers. One element of USMS Nationals is the NQT or "National Qualifying Time". Swimmers can always swim three events at USMS Nationals, but to swim more than 3 events, the swimmer must have swum a time better than the NQT within the past two years. As this is a point of confusion, the USMS Championship Committee has posted an FAQ (Frequently Asked Questions) on the USMS Nationals Website. Please see the FAQ page at http://www.usms.org/comp/NQT-FAQ.pdf. One common misconception is that swimmers have to have swum the NQT in a swim meet in order to qualify. This is not true. Swimmers may swim their times in a workout instead of a meet. Simply have someone use a stopwatch to time your swim and you will know that you have the qualifying time. USMS qualifying times are on the honor system. No swimmer ever has to prove a time at a USMS Nationals. This point and everything else about USMS Nationals can be found in the FAQ page noted above.

See you at the June 20th Long Course Meet at Schroeder.

LCM State Meet June 20

The LCM State Meet will be held at the Walter Schroeder Aquatic Center on Saturday, June 20. To register online, go to https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=6479. Registration must be completed by June 13th. To register by mail, please see the registration information in the April-May newsletter. This is the only LCM meet hosted by Wisconsin Masters Swimming.

Madison Open Water Meet 2015

by Dick Pitman

Big news in Madison! Our 13th rendition of the Madison Open Water Swim (MOWS) sold out the first week it was open! 500 swimmers signed up between May 4 and May 8. . .five days! Incredible!

But, we're ready! We're transitioning to new leadership in key positions with people responsible in those positions assisting the transition. I'm really proud of the people in Madison! After Peter Maternowski died last summer, in the middle of our preparation, the new guard, with Suzi Green now at the helm, took charge and led us to another successful event. I remember talking with Bill Mullikin at convention some years ago, asking the secret to building such an event as "Big Shoulders" and then walking away. He said, "I found good people to take it over."

You learn a lot about yourself when you have to lead.

YMCA Masters Nationals—Sarasota, FL, May 7-10

by Jeanne Seidler

Eighteen WMAC swimmers affiliated with four different YMCAs attended the 2015 YMCA Masters Nationals in Sarasota, FL, from May 7th to May 10th. A total of 535 swimmers from all over the United States attended the meet.

While the weather was about 60-degrees with rain in Wisconsin, we were fortunate to have high 80's and clear days in Sarasota. It was very warm and comfortable in the outdoor pools while there was adequate shaded space on the pool deck for swimmers.

The Y Masters Meet runs quickly as two 8-lane pools are used for competition with one pool used for even-numbered heats and one pool used for odd-numbered heats. Competition finished in the early afternoon each day, leaving plenty time for enjoying the beaches of Siesta Key in the afternoon and early evening or finding early-bird dinners for senior citizens.

The Y Meet has swimmers coming from all different ages and ability levels. The most mature woman swimmer was 95 year old Doris from Chesapeake MD. She was an inspiration to us all. I hope I'm still swimming at her age.

Swimmers by YMCA: Eau Claire Y: Patrick Quinn, Oshkosh Y: Greg Hollub, Melinda Mann, Jeff Schmiedel and Kelly Wynns; Schroeder Y: Jim Arnold, Barbara Benning, Sue Gartner, Dan Hansher, Eric Johnson, Francisco Lopez, Fred Salzmann, Jeanne Seidler, Mindy Seidler, Phyllis Smith and Jody Zwickey; Cedar Rapids Y Reunion Team: Barry Mandel and Geoff Mykleby. Swimmers with 1st place finishes were Melinda Mann, Fred Salzmann, Eric Johnson and Mindy Seidler.

Fred Salzmann (pictured) was the high point man for the WMAC swimmers, earning 75 individual points. Fred competed in 12 events (the maximum for the meet) and three relays. Fred took home 14 medals and was the Y National champion in two events.

Fred and Francisco Lopez were the marathon men of the WMAC group as each competed in both the 1650 freestyle and the 1000 freestyle on the same day.

This was the first competition ever for Barbara Benning. She helped out nicely with relays and was a real trooper for taking on new challenging swims in relays.

Swimmers enjoyed a social on Saturday evening at the Phillippi Estate Park in central Sarasota.

The meet will again be held at the Sarasota venue in 2016 and 2017. The date for next year is earlier in the season, running April 14 to April 17, 2016.

New State Record from YMCA Nationals
Sarasota, FL, May 7-10, 2015

Age Group	Event	Time	Name
Women 55-59	50 Free	27.52	Melinda Mann

YMCA Nationals

Dan Hansher with his medals

4 senior swimmers:
Francisco Lopez, Barbara Benning, Jeanne Seidler, Sue Gartner

Fred Salzmann and his medals

Geoff Mykleby getting ready to swim

USMS Nationals, San Antonio, TX
2015 National Champions

<u>WMAC National Champions</u>
Upper left—Nancy Kranpitz, 50 Free, 50 Fly, 100 Fly, 100 IM
Center above—Trina Schaetz, 100 Breast
Upper right— 35+ Mixed Medley Relay, Darryl Stich, Trina Schaetz, Josh Bonis, Georgia Chatzigeorgiou
Bottom left—Ricky Perez, 200 Back

WMAC 2015 USMS National Team Members
Northside ISD Swim Center, San Antonio , TX

Not Picturred: Jane Dillon-Stewart, Francisco Lopez, Bobby Wu, Georgia Chatzigeorgiou, Nathan Conrad, Jen Moeller, Octavio Perez, Dave Clark

Entrance to the Northside Swim Center, San Antonio, TX, site of the USMS Short Course Nationals.

Regional Club 5th Place Finish banner. Go WMAC!

L to R: Mindy Seidler, Fred Russell, Julie Van Cleave, Bob Corris, Cheryl Sinitz

USMS Nationals—San Antonio, TX
A Coach's Perspective

By Fred Russell

Nearly a month passed since the April 23-26 National Meet in San Antonio. Only now have I had enough time and distance from the event to give my observations and to recognize this team.

Team Composition

The Wisconsin Masters National Team was represented by forty five (45) swimmers, with the oldest being John Bauman at 84, and the youngest, Rickie Perez at 18. The majority of our swimmers currently live in Wisconsin with Jane Dillon Stewart joining us from California, Clark Knuth from Florida, and Georgia Chatzigeorgiou from Greece.Our team had the smallest number of swimmers in the 18-24, 25-29, and 30-34 Age Groups with our biggest numbers spanning 40-59.

The team had eight newbie National Team Members that included: Josh Bonis, Georgia Chatzigeorgiou, Francisco Lopez, Jennifer Moeller, Carissa Paasch, Ricky Perez, Luci Reichel, and Bobby Wu. The Perez/Schneider Clan accounted for six swimmers on the team and another three as loyal fans!

National Venue

The meet was held at the Northside Swim Center, which is the site of the 2015 Phillips 66 National Championships. What a facility! The complex opened in 2013 and serves the largest school district in San Antonio. Multiple high school teams train at the same time. There are two fifty meter pools, one outdoor with full grandstands and one indoors. Sandwiched between the two is the Dive Pool with four one meter boards, four three meter boards and a full tower, and better yet, 12 more lanes for us to use for warm ups and warm downs, with 2 sprint lanes to practice starts. Throw in a four lane Instruction Pool (used a lot by my over 65 people), and we had over sixty (60) lanes of water to use! To find our swimmers when they went to warm up or warm down was impossible.

Results

Our Women's Team was 3rd with 395 points (18 points ahead of New England Masters). Our Men's Team was 5th with 236 points finishing ahead of the North Carolina Masters. Combined, we were 5th, sixty points out of fourth place! Not bad for a group of "Cheeseheads" from Wisconsin!

Individual Results and Records

There were many new records set, along with several personal bests. There were twenty two (22) new Individual Wisconsin SCY Records and six new Wisconsin Masters Relay Records established! Congratulations! It needs to be noted that Trina Schaetz was responsible for four of the State Records, along with our two "70 year old kids" Nancy Krampitz, with 5 records, and Bob Corris with 3.

Inspired Swimming

I learned in my forty eight years as a coach that in these big meets, there are inspirational swims that get the team going and keep it going! This was one of those meets! I did miss some swims due to my own races, warmups etc., but I include many of the efforts below that definitely "fired up" the team.

Day 1-The Distance Day

Julie VanCleave and Jennifer Moeller led the scoring, both with 6th places in the mile. Dave Clark swam both the mile and 1,000 free (scoring in both); Jen May placed 8th with a PB in the 500 on "the way out;" Sue Bonis and Candy Christenson (State Record) had best times in the 1,000; Mary Schneider and Clark Knuth in the 1,000 swam through some health issues and Jeanne Seidler and Francisco Lopez raced to chase team points (Note that Francisco was competing following double knee replacement!) These swims motivated me!

Day 2-

Bob Corris with a 2nd place finish led all our 400IM'ers . Carissa Paasch took 5th in the 400IM. Nancy Ehrke swam the 400IM/100 fly/100 back "triple." Nancy Krampitz won the 50 fly. Sarah Perez and Julie Hall both took 2nd in the 50 Breast in their age

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(USMS Nationals—continued from page 5)

groups. John Bauman took 6th place in the 50 Breast, and Mindy Seidler was 8th. Ricky Perez took 2nd in the 100 back with Esmeralda Perez swimming to 5th! Tom Grisa took 10th in the 100 back for his first ever individual medal! 200 Medley Relays were awesome with two relay teams setting Wisconsin Records! The 200 Mixed and 200 Free Relays saw a new Wisconsin Record by the 65+ team of Clark Knuth, Candy Christensen, Bob Corris and Nancy Krampitz.

Day 3-
Bob Corris again ignited the team with a second place in the 500 free, a Wisconsin record by over 30 seconds. Dean Fochios joined him minutes later for another Wisconsin 500 free Record. Nancy Krampitz won the 100 IM! Later in the day, Ricky Perez won the 200 back! Tom Grisa, with a five second "drop," medaled in the 200 back. Trina Schaetz won the 100 breast! Julie Hall took 4th with a life time best time, Sarah Perez was 2nd in the 100 breast, and Mindy Seidler was 7th. Jim Fisher medaled individually for the first time in the 50 free. Nancy Krampitz won the 50 free. After that followed the incredible 200 flys, swum by: Erin Schneider, 3rd, Sarah Perez , 4th, Nancy Ehrke, 2nd, Ricky Perez, 2nd, and Josh Bonis, 5th. High scoring 200 Freestyle Relays finished the session with the Men's 55+ Relay of Dean Fochios, Dave Holland, Curt Paulsen and Greg Blommel setting a new State Record!

Day 4-
Jennifer Moeller took 6th in the 500 free. Sue Bonis cut over a minute off her 500 time. The mixed 35+ Medley Relay of Daryl Stich, Trina Schaetz, Josh Bonis and Georgia Chatzigeorgiou took First! The 65+ mixed Medley Team of Clark Knuth, Candy Christensen, Fred Russell and Nancy Krampitz set a new State Record. Nancy Krampitz won the 50 fly. The 200 breast was raced tough by: Sarah Perez, 2nd, Julie Hall, 5th, Julie Van Cleave, 9th, Nathan Conrad, 6th, Dave Holland, 8th, and Bob Corris, 3rd. John Bauman and Dean Fochios both medaled in the 50 back. Mark Steinhafel set a new Wisconsin Record in the 100 free just before Trina Schaetz set one too! Finally, the 200 IM'ers were led by Bob Corris, 3rd, Darryl Stich,3rd, Nancy Krampitz, 3rd, and a crazy incredible swim by Sarah Perez, 2nd, just 0.26 out of first place. Finally, add an inspirational IM swim by Cheryl Sinitz for a medal despite problems with a "bulging disc."

Finally, not mentioned above were the following "wile" National Veterans that definitely helped the "team psych" with some best times, great relay splits and top team skills: Jane Dillon Stewart, Octavio Perez, Dan Schaetz, Mary Schneider, Jeanne Seidler, Dave Severance, John Sinitz, and Mike Sturm .

Fun Department
The team met each night after the meet at the Drury Hotel for our "Team Meeting" to recognize swims of the day, prepare for the next day and to share in food and "fluid replacement." There were two nights where team members went out to local restaurants, and the last night to a Mexican Restaurant at the famous San Antonio River Walk. On Saturday night, the meet hosts set up a barbecue/dance for swimmers from all the teams, which was attended by about thirty of our team and 300+ from others!
Many pictures of the meet were taken by professional photographer, Mike Lewis, http://www.olavistaphotography.com/USMS-Nationals/1), and our own Bobby Wu, https://plus.google.com/photos/106751996435577306662/albums/6142476420346818081?authkey=CKn-n_flyeqK8AE,, all available online.

Look to a weekend day in July for the 3rd Annual National Team Pizza Bash to be held at the home of Dave Severance in Brookfield! You must see this to believe it! More info to follow.

Final Thoughts
Our WMAC team came from about a dozen different programs, with probably a dozen different ways of training in many different pools. In addition, a good number of our swimmers trained by themselves. (Nancy Krampitz trained by herself and had to find multiple pools to workout.) The common element this team shared, though, was to just really get out and compete as a team! What a great group to get to know, coach and to be part of!

PS. We have lots of room for more Cheeseheads next spring in Charlotte! Time to work towards breaking into the Top 3!

USMS Nationals Action Page

Pictures are credited to Bobby Wu

Left: Inside the Northside Swim Center competition pool

Right: WMAC team in the bleachers

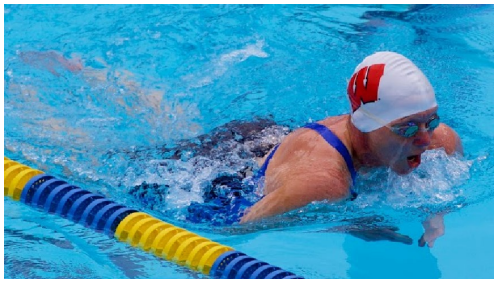
Left: Our fearless leader, Fred Russell, practicing what he preaches on turns

Right: Teammates from Elmbrook swimming next to each other in the backstroke, Dave Severance on top, Jim Fischer on the bottom

Left: Trina Schaetz's award winning breast

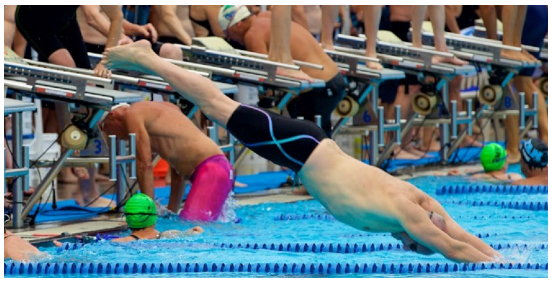
Right: Julie Hall, calm, cool, and collected … until she gets in the water

Upper left: Mindy Seidler swimming fly on the first leg of the 100 IM



Above: Nancy Kranpitz swimming the breast leg of her championship 100 IM

Left: Julie Van Cleave swimming one of her breaststroke events



65+ Mixed Relay
Upper right: Bob Corris shows amazing form off the start
Lower right: Clark Knuth is ready to go

Left: 2nd place **35+ Women's Medley Relay:**
Erin Schneider, Trina Schaetz, Georgia Chatzigeorgiou, Sarah Perez

USMS Nationals—A swimmers perspective

by Mary Schneider

The USMS National meet was held at an outstanding facility, with plenty of warmup and warm down lanes. The competition pool had plenty of seating, and the pool itself was a perfect temperature. Luckily, even though there were some rolling thunderstorms going through the area several of the days, the competition wasn't affected. This year's nationals were extremely competitive, but WMAC still managed to have several national champions, including one championship relay. Fred and John Baumann put together some great scoring relays, and there was tremendous support of each other by relay members. The 18+ men's relay was excited because they even had a real backstroker, so the others could swim their dominant stroke. Fred keeps trying to find one of those elusive backstrokers for the medley relays. Maybe next year one of those butterfliers will convert to a backstroker. The team had several dinners together over the course of the competition, along with the nightly "happy hour" at the hotel which included a wrap up of the day's events by Fred. The team had outstanding swims, good swims, and "I had a lot of fun" swims. If you have never attended a national meet, think about joining the team in North Carolina next year. Results of the meet can be found here: http://www.usms.org/comp/meets/meetsearch.php?club=WMAC&MeetID=20150423SANATSY.

USMS Nationals
Texas Barbeque and Dance

We're Ready for the Dancing to Start
Cheryl Sinitz, Jen May, Trina Schaetz

Fred (Don't Mess With Me) Russell

Saturday night, a Texas Barbeque and Dance was held in a converted barn. A traditional Texas style barbeque with its famous beef brisket was served. After the meal, live music by a country band provided the entertainment. Line dancing instructions were given, and as you can see, some swimmers were a little more adept than others. Some swimmers preferred to hang out with good friends and a cold beer. The party atmosphere after 3 days of hard swimming allowed everyone to celebrate with old friends, and talk with new friends. A good time was had by all. This was a great way to celebrate before one last day of swimming. Food and fun are what master's swimming is all about, outside of the pool, of course.

"The Boys" hanging out together
L to R: Darryl Stich, Jim Fischer, Mike Sturm, Mark Steinhafel, Curt Paulsen, Dave Severance

Dancing L to R: Cheryl Sinitz, Greg Blommel, Jen May, Julie Van Cleave, Trina Schaetz

New SCY Individual State Records Set at USMS Nationals

San Antonio, TX April 23-26

Age Group	Event	Time	Name
Men 18-24	200 Fly	1:52.84	Ricky Perez
Men 50-54	100 Free	51.84	Mark Steinhafel
Men 60-64	200 Free	2:03.70	Dean Fachios
Men 60-64	500 Free	5:44.78	Dean Fachios
Men 70-74	200 Free	2:30.89	Robert Corris
Men 70-74	500 Free	6:48.16	Robert Corris
Men 70-74	400 IM	6:16.31	Robert Corris
Women 35-39	50 Fly	27.48	Georgia Chatzigeoriou
Women 35-39	200 Free	1:59.85	Georgia Chatzigeoriou
Women 35-39	200 Breast	2:30.82	Sarah Perez
Women 35-39	200 IM	2:18.99	Sarah Perez
Women 40-44	50 Fly	28.18	Trina Schaetz
Women 40-44	50 Free	24.71	Trina Schaetz
Women 40-44	100 Free	54.66	Trina Schaetz
Women 40-44	100 Breast	1:08.70	Trina Schaetz
Women 65-69	50 Breast	43.63	Candy Christenson
Women 65-69	1000 Free	16:24.34	Candy Christenson
Women 70-74	50 Fly	40.73	Nancy Kranpitz
Women 70-74	100 Fly	1:37.46	Nancy Kranpitz
Women 70-74	200 Fly	3:54.82	Nancy Kranpitz
Women 70-74	50 Free	33.46	Nancy Kranpitz
Women 70-74	100 IM	1:32.30	Nancy Kranpitz

New Relay Records Set at USMS Nationals
San Antonio, TX April 23-26

Age Group	Event	Time	Name
Women 35 +	200 Free Relay	1:41.76	Georgia Chatzigeoriou, Sarah Perez, Erin Schneider, Trina Schaetz
Women 35 +	200 Medley Relay	1:56.45	Erin Schneider, Trina Schaetz, Georgia Chatzigeoriou, Sarah Perez
Men 55 +	200 Free Relay	1:38.33	Dean Fochios, David Holland, Curtis Paulsen, Gregory Blommel
Men 55 +	200 Medley Relay	1:52.84	Dean Fochios, David Holland, Curtis Paulsen, Gregory Blommel
Mixed 65 +	200 Free Relay	2:13.56	Candy Christenson, Robert Corris, Nancy Kranpitz, Clark Knuth
Mixed 65 +	200 Medley Relay	2:35.86	Clark Knuth, Candy Christenson, Fred Russell, Nancy Kranpitz

Next Newsletter Deadline will be July 24

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