Wisconsin Masters Swimming

October/November 2019

Wisconsin LMSC Officers

Chair: Mary Schneider
WIChair@usms.org

Vice Chair: Jeanne Seidler
WIViceChair@usms.org

Coaches: Fred Russell
WICoaches@usms.org

Editor: Carl Millholland
WIEditor@usms.org

Fitness: Melodee Nugent
WIFitness@usms.org

Officials: Susan Wagner
WIOfficials@usms.org

Long Distance/Open Water: Mary Jo Driscoll
WILongDistance
@usms.org

Registrar: Peter Allen
WIRegistrar@usms.org
409 Park Dr.
Neenah WI 94956-2858
920-216-3229

Safety: Jerry Lourigan
WISafety@usms.org

Sanctions: Jeanne Seidler
WISanctions@usms.org

Secretary: Jen May
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Mike Murray
WITreasurer@usms.org

Auditor: Elyce Dilworth
InternalAudit@USMS.org

Webmaster:
Mindy Seidler
WIWebmaster@usms.org

From the Chair…

Greetings fellow Masters Swimmers!

First, a reminder to register with USMS after November 1st. Be sure to select WMAC as your club to compete with Wisconsin Masters Swimming.

Last Saturday, WMSC held its annual meeting. There were several important issues discussed and voted on. At the USMS convention, the concept of a Unified Fee was proposed. This means USMS will have the same fee across the United States. There will no longer be a separate fee for each LMSC. In exchange, USMS will pay for rooms at the USMS convention, since that is the largest cost of any LMSC. Wisconsin voted to be part of the early adopter group, which means your registration fees will increase slightly. With one Unified Fee, USMS will be able to create agreements with other organizations, such as USA Triathlon, since the fees will be standardized.

One of the other missions of USMS is teaching adults to swim through the ALTS (Adult Learn To Swim) program. At the convention there was a powerful presentation describing the

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ANNOUNCEMENTS

USMS Registration Renewal – November 1

Baraboo SCY Meet, Sunday November 3 REGISTER

Wisconsin Master Aquatic Club (WMAC) Annual Meeting
Sunday October 27, 2019 at 2:00 PM
Aurora Medical Center Summit INFO

Congratulations, Melodee Nugent, 2019 USMS Dorothy Donnelly Service Award Winner

The award is presented annually to individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming. Individuals are selected based on their accomplishments that meet the USMS goals and objectives.

Melodee was nominated by Mary Schneider

Wisconsin Masters Swim Committee Delegates to 2019 USMS Annual Convention

Jerry Lourigan, Mary Schneider, Carl Millholland, Melodee Nugent, Elyce Dilworth, Peter Allen; Missing, Jeanne Seidler

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low percentage of minority adults who can swim, which translates into their children not learning to swim. This is an issue of water safety, and we've all heard about unfortunate drownings of both children and adults. Wisconsin, in its own small way is going to look at starting a program to teach adults to swim. We plan to start small in the Milwaukee area, and if all goes well, we'd like to expand classes to other parts of the state.

As we begin the new swim season, please note the meet schedule in this newsletter. It will also be posted on the website at swim-wimasters.org. I want to encourage all members to consider attending at least one meet this season.

If certain meets do not have better attendance than in the last few years, we risk losing the venue for future years. Most meets last about 3 hours, with many members going out to eat at a local establishment after the meet. The comradery both during and after the meets is what is fun about masters swimming. We are looking to offer some fun events, so stay tuned and watch the meet information! The first meet will be in Baraboo, WI on November 3. The pool is fast, the meet runs smoothly, and eating afterwards is great!

Another issue we discussed at the annual meeting is the loss of membership both in Wisconsin and throughout USMS. The average age is also increasing. We discussed the need to attract younger members, and retain those who are under 40. If you would like to give us input into reasons as to what keeps swimmers under 40 interested in membership, please contact Carl Millholland at WIEditor@usms.org, or Peter Allen at Registrar@usms.org.

Keep on swimming!
Mary Schneider
WI Chair

Recap 2019 Summer Long Course Nationals

With only seven swimmers, the Wisconsin Masters Aquatic Club managed a decent sixth place Regional Team finish at USMS Summer Nationals, besting state rivals Michigan, Minnesota and Illinois. Those swimmers were Mindy Seidler, Dean Fochios, Mary Schneider, Carl Millholland, Jeanne Seidler, Larry Mueller and Jane Dillion Stewart.

As you might expect the SoCal weather was ideal for a summer meet. Early morning brought some costal fog that burned off around 8 am with temperatures climbing to the high 80s. The stands were covered and comfortable. Mission Viejo is a great venue, with posters of past Olympic stars such as Shirley Babashoff, and Brian Goodell.

A few highlights from the meet:

- 97-year old Willard Lamb winning 6 events
- Olympic star Anthony Ervin setting a USMS record in the 35-39 50 Free
- Jamie Fowler (60-65), Richard Burns (75-79) and Laura Val (65-69) setting a number of FINA world records
- USMS has a beer sponsor, and had a beer tent
- I found a quiet little hot tub tucked behind the diving well where I could float and meditate.

Wisconsin LCM records that fell at this event: Jane Dillon Steward 200 IM, Mary Schneider 800 Free, Carl Millholland, 200 IM, and continuing his assault on the record book—Dean Fochios 50 Free, 100 Free and 200 Free.

Watch our swims!

From the USMS site, click down through Events to Summer Nationals, Event Results. From the SwimPhone page, click Swimmers and find your favorite swimmer. Scroll down the page and you'll find videos of each of our events.

This is our medal-winning relay! (At the 2:40 mark you might hear a guy say, "You guys are going down!" Yeah, that was me.)

The mighty, might Wisconsin Masters Women's Relay Team

2019 Summer Nationals Team

Clockwise from the left: Mary Schneider, Larry Mueller, Jeanne Seidler, Dean Fochios, Carl Millholland, Mindy Seidler, Jane Dillon Stewart

Maui Channel Swim is more of a spiritual adventure

— Art Luetke

The Aug 31, 2019 Maui Channel Swim was one of a kind. For the first time in its 48 year history, the race was "called" about 3 1/2 hours in, due to severely worsening water conditions. Within about a mile from the Maui shoreline we got into 3 foot waves going south and a 6 knot current going north. The Grumpy Old Badgers' relay team was one of only 8 of the 35 to actually finish the race!

Most teams were being swept toward Molokai and simply had to finally elect to boat back to the finish area at Kaanapali's Black Rock with no hope of completing the swim. Our "Silver Bullets" team kept going and finally made shore on Maui, at Papakea, about 5 miles from the actual finish area! Our recorded time was 4 hours and 51 minutes and the cold beers were extra refreshing !

Grumpy Old Badgers
"Silver Bullets" Team

(L-R) Doug Bosley 57 (Boston, MA), Matt Dixson 56 (Seattle, WA), Team Capt. Art Luetke 72 (Madison, WI), David Reddington 52 (Waunakee, WI), Steve Katz 65 (Cherry Hill, NJ), and Dan Seymour 59 (Fitchberg, WI)

This picture shows the true camaraderie by swim-families who had never met, spent several fun days together, and found the "Brotherhood of the Channel" known by all those other Grumpies who had also ever accomplished the 10 mile crossing.

Capt. Art Luetke

Circus City Masters Swim Meet

Short Course Yards

November 3, 2019 (Sunday) – Warm-Up 10:00 AM

Jack Young Middle School, 1531 Draper Street, Baraboo WI

Sponsored by: Madison Swim Club, Madison Area Masters

Sanctioned by: Wisconsin LMSC for USMS, Inc. Sanction No. #209-S008

Facilities: 8-Lane, 25 Yard Pool

Eligibility: Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2019 USMS registration card.

Time: Warm-up 10:00 am — Competition starts 11:00 am

Entry Fee: $4.00 per individual event, plus a $15.00 pool surcharge. No charge for relays.

Online entry – https://www.ClubAssistant.com/club/meet_information.cfm?c=2381&smid=12649

Or use universal entry form (one per person). Liability release must be signed without alteration. Include a copy of your USMS registration card. Mail or email address below.

Online meet entry is Saturday, November 2, 2019.

Deck Entry: On Deck Entries allowed. Fees much accompany entry form.
Deck entries accepted until 10:15 am
Make check payable to **Baraboo Indoor Pool**

Entry Limit: 6 individual events per day plus relays. The 1000 Freestyle is limited to the first 14 entries received.

Events

1. 50yd Butterfly
2. 100yd Breaststroke
3. 100yd Backstroke
4. 200yd Medley Relay*
5. 50yd Freestyle
6. 100yd Butterfly
7. 200yd Breaststroke
8. 400yd IM
9. 200yd Backstroke
10. 200yd Freestyle
11. 400yd Free Relay*
12. 50yd Backstroke
13. 100yd IM
14. 1000yd Freestyle
15. 50yd Breaststroke
16. 100yd Freestyle
17. 400yd Medley Relay*
18. 200yd Butterfly
19. 200yd Free Relay*
20. 200yd IM

*Submit relay entries at the meet. Mixed relay must be 2 women and 2 men.

Special Note on USMS Registration

USMS 2020 Individual Registration Renewal begins Nov 1st. *If you have not registered with USMS for 2019, or if you wish to register for a different club, please register with USMS beginning Nov. 1st and then enter this meet. If you are planning to swim relays, all swimmers on the relay must be registered with the same USMS club. Once you have registered for 2020 after Nov 1st, the registration is effective immediately and if you registered for a new club, this is now your club.*

Send Entry Form to:

Tim Capps – MEET DIRECTOR
221 8th St.
Baraboo WI, 53913
tcapps5167@icloud.com
Subject Line “Baraboo Swim Meet 2019”

Wisconsin Long Course Meters Records set at Summer Nationals

Event	Swimmer	Age Group	Time
200M IM	Jane Dillon Steward	75-70	4:48.83
800M Free	Mary Schneider	65-69	15:00.91
200M IM	Carl Millholland	65-60	3:02.57
50M Free	Dean Fochios	65-60	:29.34
100M Free	Dean Fochios	65-60	1:05.47
200M Free	Dean Fochios	65-60	2:28.62

Bridges to Bluffs — USMS Marathon Distance Open Water Swim Championship

On September 22nd, I had the privilege of swimming in Knoxville, Tennessee for **the USMS Marathon Distance Open Water Swim Championship**. I have done a swim in Chattanooga before and I love Tennessee! This swim was a 10K that went with the current. We started the swim by jumping off the Start of Knoxville River-boat and swam under 5 bridges, finishing at the river bluffs. Jumping off the plank was fun. Three swimmers from Wisconsin, all women, swam in this event: Lynn Ascione (22nd female), Elizabeth Landretti (67th female) and myself (23rd female). 134 solo swimmers from across the country competed in this swim (71 women and 63 men) and 7 relays.

The weather was perfect at 76 °F in the water and an air temp in the mid-80s. The event was hosted by the Knoxville Open water Swimmers (KOWS) and race directors Jack McAfee and Blaik Ogle. They had a great group of volunteers and did an excellent job with the event.

— Melodee Nugent

2019 Big Shoulders was Big Success

Wisconsin Masters Swimmer Craig Fredricksen grabbed 2nd place (5K wetsuit) at this year's Big Shoulders Swim in Chicago on September 9, missing 1st place by 0:0.03 seconds. (That's right! Three 100s of a second in a one-hour, fifteen minute swim.) Over 750 swimmers completed either the 5K (460) or 2.5K (296).

This year the weather was cooperative with a little breeze bringing a slight but manageable chop. Water temperature was around 62 °F on a sunny day. Interestingly, the course extended by an extra 250 meters, making the swims 5.5K and 2.75K.

Best of all, free barbeque ribs in the warm sunshine. Can't wait until next year!

—Carl Millholland (1st place 65-69 5K non-wetsuit)

2019 – 2020 Calendar of Events

(Tentative — Dates Subject to change)

Date	Event
Nov 3, 2019 (Sunday)	Baraboo SCY Meet Jack Young Middle School
Dec 07, 2019 (Saturday) 2019	Wis. State SCM Champs at West Bend West High School
Nov-Dec 2019	2019 Wisconsin Water Warriors Fitness Event
Jan 5, 2020 (Sunday)	2020 Pabst Farms SCY Meet
Jan 26, 2020 (Sunday)	2020 Oshkosh YMCA SCY Meet
Feb 9, 2020 (Sunday)	2020 Sun Prairie SCY Meet
Mar 1, 2020 (Sunday)	2020 Whitefish Bay SCY Meet
Mar 7, 2020 (Saturday)	2020 McFarland SCM Meet McFarland HS (New Pool!)
Mar 28&29, 2020 (Sat, Sun)	2020 Wis. Masters State SCY Champs, Schroeder Pool
Apr 23-26 2020 (Thurs-Sun)	2020 USMS Spring Nationals (SCY) San Antonio, TX
May 7-10, 2020 (Thurs-Sun)	2020 YMCA Masters Nationals Champs (SCY) Orlando FL
June 8, 2020 (Sat. Afternoon)	2020 Wausau SCY USA-Approved Meet, Age Group and Masters for Badger State Games
June 20, 2020 (Saturday)	2020 Wis. Masters State LCM Champs, Schroeder Pool
June 17-27, 2020	UANA Pan Am Masters Championship Medellin Columbia
Aug 12-16, 2020 (Thurs-Sun)	2020 USMS Summer Nationals (LCM) Richmond, VA
TBD	2020 Cream City Classic Open Water River Swim
Aug 15 2020 (Saturday)	2020 Madison Open Water Swim
TBD	2020 Senior Olympics (SCY) TBD

> "That's the whole point of this … to have fun and love it and do it for that reason.
>
> "It's not for a medal, it's not for a record or a plaque. It's about doing it because you love it. And I love swimming."
> — UW-Wisconsin NCAA Swimmer Beata Nelson

Wisconsin Water Warriors 2019

Date: November 1, 2019 – December 31, 2019

Place: Your local pool

It's that time of year again! Time to push the limits! The goal of this swim is to swim as many yards as you can. Challenge yourself for this annual event. Time to be motivated to swim during the upcoming holiday season, so you don't feel guilty about indulging. You can choose any 2-week time period (14 consecutive days) of swimming between November and December of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the New Year. There will be great prizes awarded. Overall teams logging the most yards will also be recognized.

This event is only open **to Wisconsin USMS registered swimmers**. If you would like to join USMS, go to www.usms.org and click on the "Join/Renew" button.

To participate in the event, simply e-mail or mail your results to (**by January 15th**):

Melodee Nugent
S77 W30745 Mosher Dr
Mukwonago, WI 53149
E-mail: WIFitness@usms.org *

Information needed for results include:

Swimmers Name _____

E-mail address _____

Home address _____

_____

_____

Your age on the last day of your 2-week swim _____yrs

Gender O Male O Female

Specify dates of 2-week swim _____

****Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.**

Day 1_____
Day 2_____
Day 3_____
Day 4_____
Day 5 _____
Day 6_____
Day 7_____
Day 8_____
Day 9_____
Day 10_____
Day 11_____
Day 12_____
Day 13_____
Day 14_____

Total yards
_____

****All swimmers will receive a confirmation that your entry was received. If you mail your results, please include a phone number to let you know your entry was received.**

ANNOUNCEMENT

Wisconsin Master Aquatic Club (WMAC) Annual Meeting

Sunday October 27, 2019 at 2:00 PM
Aurora Medical Center Summit
36500 Aurora Dr, Oconomowoc, WI 53066
Enter at the main entrance on the East side of the building
Meeting will be in the Gifford Room

Next Newsletter Deadline will be November 15th

Wisconsin Masters Swimming
409 Park Dr.
Neenah WI 94956-2858