

# WISCONSIN



MASTERS SWIMMING

NEWSLETTER

DECEMBER 2020 | JANUARY 2021

## FROM THE CHAIR ...

### Greetings Fellow Masters Swimmers!

USMS member registration is now taking place for 2021. Please remember to renew your registration, and help both USMS and the Wisconsin LMSC. If you are currently practicing with a workout group, your current registration will only cover you until December 31. If you do not have pool time, or if it is limited, remember that as a member benefit you can access training articles, stroke videos, and the workout library. Mix up your workouts and try something new.

You can also create your own dryland workout to increase your strength. Now might be a good time to view tips on various strokes, to keep yourself motivated. From the USMS Home page, select Fitness & Training. Also on the USMS website under Events, are Fitness Events that you can participate in. Proceeds go to help Covid-19 relief for USMS clubs. The 2020 Fitness events are wrapping up, but there should be a 2021 Fitness series coming soon.

Even though Wisconsin does not have any sanctioned competitions on the calendar, we do have an unsanctioned meet. The Annual Animal Award meet will take place in the month of January at your own pool. This will be a virtual competition sponsored by the Oshkosh Y Masters team. You can still earn a coveted Animal Award towel by participating in this event.

You will find information about this event on [page 5](#) and the entry form on [page 6](#). You can also get the entry

form from the Home page of Wisconsin Masters Swimming.

Another challenge coming up is the [USMS 1-Hour ePostal National Championship](#) which is held Jan. 1-Feb.28. You choose the pool and the time.

If you have discovered new places to swim, you can post that information on the Wisconsin Master's Facebook page. There is a link to the page from the Home page. Maybe you can even find a new workout buddy!

As of this date, the USMS 2021 Short Course Nationals in Greensboro, NC, is still being planned. Obviously, that could change down the road. There is information on the Order of Events, and Hotels, <https://www.usms.org/events/national-championships/pool-national-championships/2021-pool-national-championships/2021-spring-national-championship>. Keep checking the website for updates.

In these changing times, I wish everyone safe holidays.

**Mary Schneider**

**Wisconsin Chair**



**Join us on Facebook**

<https://www.facebook.com/groups/154332632463104/>



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## Goodbye, 2020!

### Carl Millholland, Newsletter Editor

Among the lessons I've learned this year, is that without periodic exercise, especially swimming, losing strength comes way too easy. I'm sure getting older doesn't help much—which is all the more reason to keep going. I know several people who work out for the simple sake of staying in shape. I'm not one of those people. I need challenges.

Up until this spring, I would map out key events to focus on—a nationals meet, Big Shoulders 5k or a new record to chase. Having goals got me out of bed at 5 a.m. for Jerry Lourigan's Masters practices. It made me push the last few repetitions a little harder. When a butterfly set was on workout sheet, it put a smile on my face.

I've managed to scrap some pool time here and there throughout the summer. Although I love lake swimming and competing in open water swims, I need the regimen of laps and counting that only a pool provides. I'd like to thank the McFarland School District for opening up their pool, and especially thank Stu Shaeffer for his persistence and diligence in keeping a COVID safe environment.

So it was with considerable delight that I see that the Oshkosh Animal Awards will be run as a virtual event. Finally! A challenge to get me motivated. A ton of thanks to Melinda Mann for putting it together. Hello fly sets, here comes Carl!

Our [Facebook page](#) has been picking up some activity lately, including a recent video of Middleton swimmers attacking Lake Mendota—most in just wearing a swim suit! We have almost 250 FB members from all over the state. This is a great place to share experiences and keep in touch with like-minded people.

I've been appointed Chair for the Wisconsin Masters Aquatic Club, switching roles with Mike Murray. This means I will lead the charge to take Wisconsin Masters swimmers to Nationals. Greensboro, North Carolina, where [Spring Short Course Nationals](#) are scheduled is a great venue. Who knows what the format will be, considering an uncertain future, but a swim meet is a swim meet. Fingers crossed!

I'm also looking forward to and a little more encouraged about summer Long Course Nationals in Ohio. Google maps tells me it's a little over eight hours driving, but here's something to think about: [Cedar Point](#) is about six hours driving. Spend a day on the roller coasters, then head over to Geneva, Ohio for Nationals.

## Big Swell Swim, Devil's Lake

### Guest Open Water Swimmer – Jackie Hering

#### Correspondent, Jen Vallo

As the new Open Water/Long Distance Chairperson, I've decided to feature a different guest in each newsletter through 2021. My first guest is Jackie Hering: she is a pro triathlete, coach, race director, wife and mom! Since we're still in the midst of COVID, we couldn't sit down and share coffee, but she graciously answered my questions via email. I can personally attest that her races are well organized, her challenges kept me on track last summer and her Rooster Events hats and t-shirts are the best!

#### Tell us about your swim background and what led you to become a professional triathlete?

Jackie: I grew up swimming with my mom and was introduced to the swim team around age 8. I swam year round up until high school where I branched out just a little into running and soccer, but very much enjoyed my high school swim season. Never the fastest, but always right up there in the mid distance events. I went on to swim a couple years into college at UW LaCrosse while also beginning to explore more running. I started dabbling in sprint triathlon in 2005 and progressed to a half Ironman and first Ironman distance at 24 years old in 2008. I spent just another year building some skills racing in the age-group ranks before turning pro in 2011.

#### How did the Big Swell Swim series get started? What were some challenges you faced this year when you decided to go virtual with the races and how did you come up with the idea of the Great Big Virtual Swims?

Jackie: I started up the Big Swell Swim in 2014 as I saw a lack of open water swim opportunities in our area. I was personally

looking for some more swim race experience and as a coach wanted my athletes to have a place to build confidence and experience taking part in large swim events.

#### How did you manage this event this year?

Jackie: The challenges this year were at first mainly seeing if we could hold the event at all. After realizing it wasn't possible, it was a fairly easy pivot to be able to set the course and provide a 'hybrid' virtual event for our swimmers. The Great Big Virtual Swim was born from the idea of wanting to provide SOMETHING for swimmers and triathletes to focus on when so many other things were cancelled. Offering a few different concrete goals to choose from and a short enough timeline (6 weeks) seems to be just the push that people needed and a nice distraction from other not so great race news.

#### What advice would you give to a Masters swimmer who is hesitant to enter an open water race?

Jackie: My advice is to just do it. Practice with a small group to get prepared and build your confidence. Having a more experienced person or mentor really does help and you can gain confidence swimming with them. Think through the event and



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what may be your 'sticky' points. If you can think through your solutions and strategies you will be prepared to make it through whatever comes your way during the swim.

### How do you balance motherhood, family and training?

Jackie: This could be a book! And it probably is out there somewhere :). I personally balance this by staying very flexible and fluid with plans. Things change quickly with kids and being rigid causes stress. My daily mantra of "I am exactly where I need to be" keeps me engaged in the moment and free from 'should be's' in my day, whether it be during training or time with family.

Could you share a workout for those preparing to participate in the [USMS 1-hour Epostal National Championships](#) (January 1-February 28).

Jackie: For a 1 hour effort it's all about managing the best pace you can hold and not fade too badly. Right now I'd be working on speed (100's) and depending on fitness would start to build up to hold that speed for longer. One of my go-to sets before an Ironman distance race is 3x1000 with a short warm up.

Workout:

500 easy swim warm up

3x1000 on 1-2 min rest between:

1. Build your effort. Start out medium/strong build to hard.
2. Hard — Aim for best time while maintaining good stroke mechanics
3. Try to match your time from second set

500 easy cool down choice.

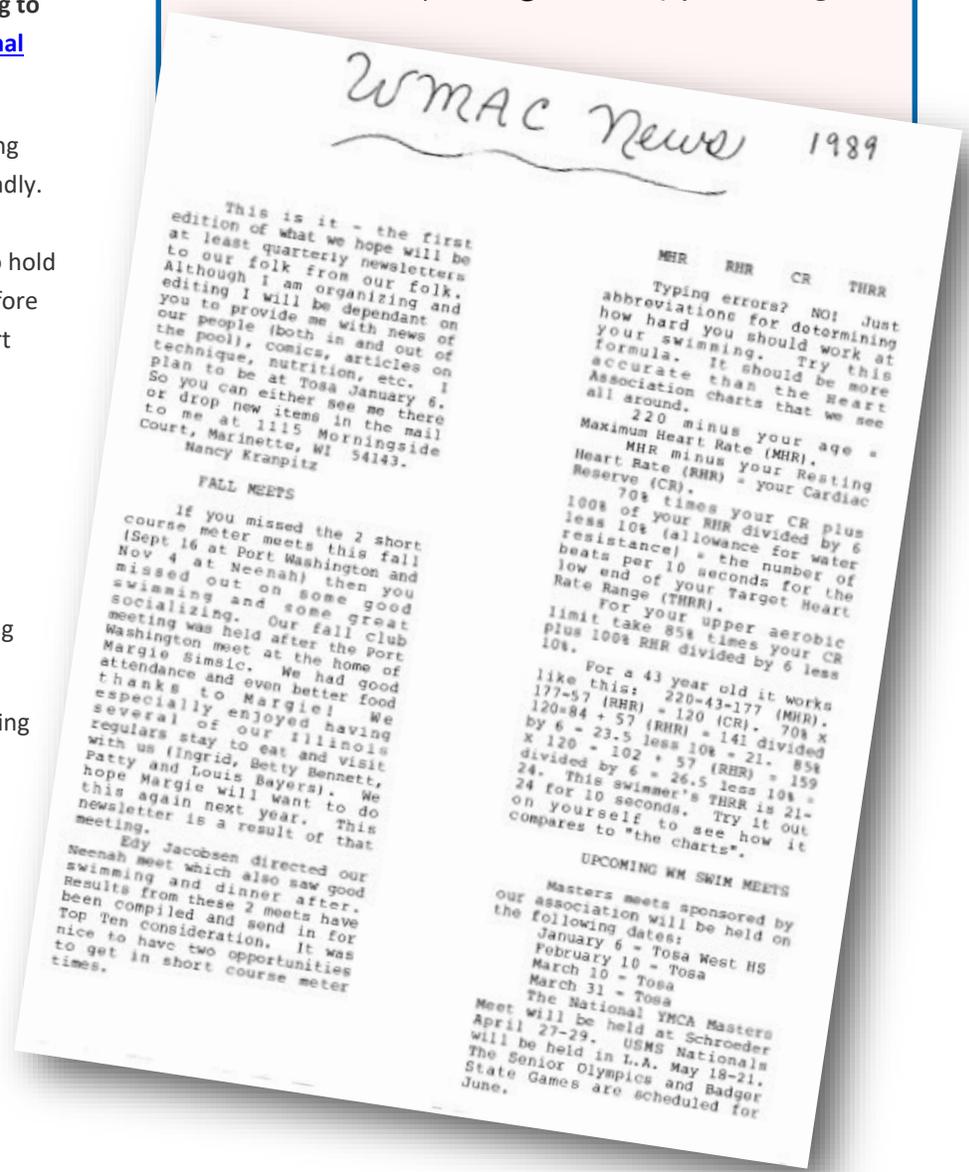
## Catching Up With the Past

Nancy Kranpitz has been editor of this newsletter from 1989 through 2013, when Mary Schneider took over. Recently a box of newsletters that Nancy has kept over the years landed on my doorstep.

I've been scanning these and posting in the Newsletter Archive section of the Wisconsin Masters Swimming website.

You'll find interesting advice and insight regarding training, nutrition and of course news about meets and results. You will find a lot of Wisconsin Masters Swimming history in these issues.

[Access the Newsletter Archive here.](#) Then scroll to the bottom of the page to find the older issues. I will be adding to the list in the up coming weeks. Enjoy the reading!



## BE AN ANIMAL!!!

### 2021 Oshkosh Animal Award Postal Swim Meet

**SPONSORED BY:** The Oshkosh YMCA Workout Group of the WI Masters Aquatic Club

**TIME:** January 1, 2021 through January 31, 2021

**LOCATION:** Any local pool. SCY, SCM or LCM.

**ELIGIBILITY:** Open to all registered U.S. Masters Swimmers 18 years old or older. This event is **NOT** a sanctioned or recognized event. Times are not eligible for USMS Top 10 consideration. Times are not eligible for USMS or State records, All-American or All-Star consideration.

**ENTRY FEE:** \$35.00. Checks should be made payable to **OSHY Masters Swimming**. All proceeds will be given to the Oshkosh YMCA Age Group Dolphin Swim Team.

**ENTRY DEADLINE:** All entries must be received by **February 15, 2021**.

**EVENT DIRECTOR:** Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904.

**Email:** [melindajmann@yahoo.com](mailto:melindajmann@yahoo.com) **Home:** 920-233-0510 **Cell:** 920-420-4425

**AWARDS:** All swimmers who complete the Animal challenge will receive an embroidered towel in honor of their achievement. Awards will be mailed at the end of February 2021.

**RULES:** This event needs to be completed in a **3 hour time period**. (Due to the COVID 19 situation, the 3 hours do not have to be consecutive, and can be on different days if pool availability is an issue.). Times can be recorded manually, electronically or with a smart watch. This event operates on the honor system. To earn the **ANIMAL AWARD**, a swimmer must finish **Option#1** or **Option#2**

**Option#1: The 1000 freestyle, plus the choice of four of the following:**

400 IM, 200IM, 200 Butterfly, 200 Breaststroke, 200 Backstroke or 200 Freestyle

**OR**

**Option#2: The 400 IM, plus the choice of four of the following:**

200 IM, 200 Butterfly, 200 Breaststroke, 200 Backstroke or 200 Freestyle

**NOTE:** Order of events is the swimmer's choice.

ANIMAL AWARD ENTRY FORM

Name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Gender:  Male  Female    DOB: \_\_\_\_\_

USMS Number: \_\_\_\_\_ Club: \_\_\_\_\_

Pool type:  SCY  SCM  LCM

Events:

Time:

1000 Freestyle \_\_\_\_\_

400 IM \_\_\_\_\_

200 IM \_\_\_\_\_

200 Butterfly \_\_\_\_\_

200 Breaststroke \_\_\_\_\_

200 Backstroke \_\_\_\_\_

200 Freestyle \_\_\_\_\_

Events may be completed in any order.

Date event completed: \_\_\_\_\_

Mail completed entry form and \$35.00 check payable to OSHY Masters Swimming to:

Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904

I certify that I completed the Animal Challenge within the 3 hour time period as per the guidelines of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# 2020 Wisconsin Water Warriors

**Date: November 1, 2020 – December 31, 2020**

**Place: Your local pool and other locations.**

It's that time of year again! Time to push the limits! In previous years, this was entirely a swim event. However, due to the pandemic, we are changing things up a bit. Since some have limited access to pools, this year we will also be counting time spent doing other physical activities, such as cycling, running, hiking, or walking. The goal this year is to be as active as you can for a two-week time period. You can choose *any* 2-week time period (14 consecutive days) of swimming/physical activities between November and December of this year. You will be competing against other Wisconsin USMS swimmers. Results will be reported after the New Year. There will be great prizes awarded.

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

To participate in the event, e-mail or mail your results to (by January 15th, 2021):

**Melodee Liegl (email: [WIFitness@usms.org](mailto:WIFitness@usms.org))  
1287 Wilderness Trail  
Delafield, WI 53018**

	Date	Swimming yards*	Other Physical Activity Time, Minutes	Specify Other Physical Activity
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				

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

