

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

JUNE 2020 | JULY 2020

FROM THE CHAIR ...

Hello Waterless Masters Swimmers!

For those of us who want to jump in the water again, this continues to be a very hard time. Most pools are still closed, although a few facilities may be opening in June. One positive is that the lakes should be starting to warm up, and that may be a viable alternative. Unfortunately, swim competition this summer will not occur. The Wisconsin long course meter meet has been cancelled, both Wisconsin open water meets have been cancelled, and an email from USMS stated that summer nationals have also been cancelled. A number of the USMS national open water meets have also been cancelled.

With all the negatives, we have to think positively about all the good things our sport delivers. This summer think about getting back into condition after our long lay-off. Concentrate on stroke drills to become more efficient. You can find help with those, along with workouts, on the USMS website under Fitness & Training. Think about starting your training for next year's nationals. In 2021, short course nationals will be held in Greensboro, NC, and long course

nationals will be in Geneva, OH. It's never too early to plan ahead!

Included in this newsletter is the announcement for the Annual Meeting of Wisconsin Masters on Saturday, October 10. Elections will be held on that day, as well as planning for the coming year. Depending on the guidance from USMS, we may need to modify how meets are held, based on the Covid-19 virus situation. We will keep the membership updated as we are notified of information. In addition to planning, the meeting will include a vote on a few changes to the By-Laws. They are also included in this newsletter. If you have never attended an annual meeting, please come and participate. Every member of Wisconsin Masters Swimming is able to cast an in-person vote. If you have any questions, please contact me at WChair@usms.org.



Mary Schneider
Wisconsin Chair

Announcing Wisconsin Masters Swimming Facebook Group

Helping Wisconsin Masters Swimmer to share news, ideas and accomplishments, we have created a new Facebook Page. This is great place to put up notices about swims you are doing as we wait for official events to start up again. If you are going to a lake and looking for fellow swimmers, or have some other news to share, let us know about it! This is a Private Facebook Group.

To join the group, go to: <https://www.facebook.com/groups/154332632463104/>



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Annual Meeting Wisconsin Masters Swim Committee

The Annual Meeting of WMSC will be held October 10, 2020, at the Aurora Summit Medical Center in Oconomowoc, WI, in the Gifford Conference Room, from 9:00 am to noon. The meeting will conduct business and planning for WMSC for the next year. Elections of Officers will be held, as well as the appointment of Committee Chairs.

One of the business items to be voted on by members at the annual meeting is the proposed change to the By-Laws. Instead of having separate positions for Webmaster and Newsletter Editor, those positions will be under a Communications Chair. The Communications Chair will be responsible for overseeing both internal and external communications. This aligns more closely with the recommendations from USMS. (Reference https://www.usms.org/admin/lmschb/gto_role_communications.pdf.) A second addition to the By-Laws is the formal role of Safety Chair. We have had a Safety Chair for a number of years, but the position was never formally written into either the current or previous By-Laws. This addition will rectify the omission.

The current By-Laws may be found on the WMSC website at <https://www.clubassistant.com/c/4DE7542/file/Documents/WMSCAdmAndByLaws20180803.pdf>. The proposed changes are as follows, in Section 103.4 (C) (5) Standing Committees:

Add Communications Chair and Safety Chair to the first sentence in 5.

The standing committees of WMSC include the Registrar, Sanctions, Long Distance and Open Water, Fitness, Records and Top 10 Tabulator, Communications, Safety, Officials, Coaches, and Recognition and Awards committees.

Move f. Webmaster and g. Newsletter Editor under Communications Committee. Make the new f. Communications Committee, and the new g. Safety Committee.

f. Communications Committee: The Communications Chair manages internal membership communication, external publicity for WMSC news and events, the WMSC website and social media sites. The Communications Chair may delegate responsibilities to other Communications Committee volunteers for website management or newsletter publication.

1. Webmaster: The Webmaster shall develop, enhance and maintain a website with information for members.

2. Newsletter Editor: The Newsletter Editor shall publish a WMSC newsletter on a schedule established by the Board of Directors and delivered to members by mail, electronic mail, or both.

g. Safety Committee: The Safety Committee Chair shall promote and oversee safety for all swimmers attending sanctioned pool and open water events.

If you have any questions about the proposed changes, please contact Mary Schneider at WChair@usms.org.

WMSC Committee Position Elections

The elections for Officers of WMSC will take place at the Annual Meeting on Oct 10, 2020. The appointment of Committee Chairs will also take place on that day. If you are interested in any of the positions, or would like more information, please contact Mary Schneider, at WChair@usms.org.

The positions are described in the By-Laws, and are specified below.

1. Officers: The Officers of WMSC consist of the Chair, Vice-Chair, Secretary, and Treasurer. Each officer serves a term of one year or until a successor is selected. Officers are elected at the annual meeting of the WMSC held no later than November 1 of every year. There shall be no limit to the number of terms an Officer may serve.

a. Duties of the Chair: The Chair calls meetings when and where deemed necessary, presides at all meetings, and appoints committee chairs for Standing and Ad Hoc committees as necessary to fulfill the duties and responsibilities of WMSC, with the advice and consent of the Board of Directors.

b. Duties of the Vice-Chair: The Vice-Chair will assist the Chair as needed and will take over the Chair position until the next election if the current Chair leaves office before the conclusion of his or her one year term.

c. Duties of the Secretary: The Secretary is responsible for keeping a record of all meetings, conducting official correspondence, issuing meeting notices and copies of the minutes to the Board of Directors, and making such reports to the national office as are required by USMS rules.

d. Duties of the Treasurer: The Treasurer receives all the monies and bills approved by the Finance Committee or Board of Directors. The Treasurer is responsible for maintaining all financial records, including bank and checking records, for making timely reports to the Board of Directors, for preparing an annual budget and for making such reports to the national office as are required by USMS rules.

5. Standing Committees: The standing committees of WMSC include the Registrar, Sanctions, Long Distance and Open Water, Fitness, Records and Top 10 Tabulator, Communications, Safety, Officials, Coaches, and Recognition and Awards committees. All committee chairs shall be appointed by the WMSC Chair, with the consent of the Officers. Members of each committee shall be appointed by the chair of that committee.

a. Registrar: The Registrar shall process individual and club applications for membership in WMSC/USMS, keep accurate records of said individual and club registrations, and make such reports to the USMS Registration Chair and/or Registrar as are required by USMS rules.

b. Sanctions Committee: The Sanctions Committee shall oversee the competitive program to ensure that WMSC program offerings are consistent with USMS and WMSC objectives, rules, and policies; process applications for meet and event sanctions; provide meet directors with USMS rulebooks;

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process financial reports from sanctioned events; keep accurate records of said sanctions and reports; promote competent officiating; make suggestions for projects and priorities to the Board of Directors; and develop long-range plans for the WMSC programs.

c. Long Distance and Open Water Committee: The Long Distance Committee shall work with the Sanctions Committee in matters concerning long distance swimming as per the long distance swimming rules in the USMS rule book. This Committee shall also promote long distance and open water events within WMSC.

d. Fitness Committee: The Fitness Committee shall develop fitness swimming activities for the general membership, work with the USMS Fitness Committee, and educate adults on the fitness benefits of swimming.

e. Records and Top 10 Tabulator: The records and Top 10 Tabulator shall maintain WMSC swimming records, review WMSC meet results, and prepare lists of swimmers for national Top Ten consideration.

f. Communications Committee: The Communications Chair manages internal membership communication, external publicity for WMSC news and events, the WMSC website and social media sites. The Communications Chair may delegate responsibilities to other Communications Committee volunteers for website management or newsletter publication.

g. Safety Committee: The Safety Committee Chair shall promote and oversee safety for all swimmers attending sanctioned pool and open water events.

h. Officials Committee: The Officials Committee shall develop policies and procedures to assure that all WMSC sanctioned events are officiated uniformly and conducted in conformance with USMS swimming rules. This committee shall also provide updates on rule changes and differences in USA Swimming rules and USMS rules to the meet directors.

i. Coaches Committee: The Coaches Committee shall develop programs and tools to enhance the quality of Masters swimming programs and coaching. The Committee shall maintain a list of coach members within WMSC. The Committee will work with the USMS Coaches Committee.

j. Recognition and Awards Committee: The Recognition and Awards Committee shall promote recognition of service to WMSC. The committee shall review and approve proposals for all official WMSC service awards and ensure that a history of all service awards is maintained. The committee shall determine the method of recognition and recipient selection.

Open Water Swimming

Mary Jo Driscoll, Chair

Need an event? Try these Virtual Events!

Cancelled, delayed, deferred, postponed – we’ve all seen these words too many times over the past few months. With events cancelled you may be looking for another way to get motivated and to get your competitive juices flowing. There are several virtual events for swimmers taking place over the summer. Here are a few that may be of interest (note – these are the events that I am aware of – if you know of others please share them in our new [Facebook group!](#))

USMS E-Postal Events

USMS is still holding their annual 5K/10K e-postal event. This event has been extended through September 30th. This does require access to a long course pool which may be hard to find this summer - but if you can - go for it! Here is a link to more information: [USMS Summer E-Postal](#). These events are sanctioned by USMS and covered by USMS insurance.

The Great Big Virtual Swim

This event is brought to you by the Big Swell Swim Folks. Devils Lake race was cancelled, and Madison is postponed until August – and even then - who knows - so here is an alternative. The Great Big Virtual Swim....26.2 miles (46,112 yards) of swimming in 6 weeks. Each entry will raise money for Second Harvest Foodbank of Southern Wisconsin. Register online and track your yardage. Individual and team registrations are available. Finisher medal, t-shirts and weekly prizes. This event is not sanctioned by US Masters Swimming (USMS). Click here for more information : [Great Big Virtual Swim](#)

Race Across Wisconsin

This is another virtual event has you take a “virtual tour around Wisconsin” Swim bike run canoe – whatever – and accumulate miles over the summer. There are three events with varying distances to complete as well as the “Cheesehead Challenge” which is all three events combined. Registrants receive t-shirts and finishers earn a medal. Supports the Community Action Coalition for South Central Wisconsin. This event is not sanctioned by US Masters Swimming (USMS). Click the link for more information and registration: [Race Across Wisconsin](#)

A Long Swim Inaugural Virtual Race

A Long Swim designs and manages open water swimming events raising funds for ALS collaborative world class research. Like many organizations, they are introducing a virtual event this year. Swim bike or run in support of ALS. Raise funds - earn swag. This event is not sanctioned by US Masters Swimming (USMS). For more information click on the link: [A Long Swim Virtual Race](#).

Considering venturing out into the open water? Here are some tips:

With pool time in short supply many people are turning to lakes to swim. Wisconsin has an abundance of beautiful lakes for you to take a dip in. Before you do there are a few things to keep in mind. (Note: this is not an exhaustive list - please do some research – there are so many articles videos etc. available if you just do a quick google search on “open water swimming tips” - or talk to experienced swimmers in your group)

- Swim with a partner or a group – this goes without saying
- Consider investing in a wetsuit - Pools are 78-82 degrees. Lakes are not that warm yet. A wetsuit will keep you warm and make your swim more comfortable. Full or sleeveless – depends on water temperature and personal preference.
- Use a swim buoy that you attach to your waist with a belt – this allows you and your fellow swimmers to be seen (not only by other swimmers but by boaters and people along shore) Also – although it isn't a lifesaving device you can rest on it if you get tired
- Know your limits – there is no wall or rest between intervals in open water swimming. Also, the water is colder, so your body works harder to stay warm. Although you may do 3500 yards at a Masters Practice it's a little different to go out and swim 3500 yards straight in the open water. Always make sure you have something left in the tank so you can get back to shore – you can always go back out again.
- Goggles – clear goggles are great for the pool but not so much for open water swimming. Purchased polarized or smoky goggles to help with the glare off the water. I also prefer larger goggles for better field of vision.
- Sighting – there is no black line at the bottom of the lake. In order to swim straight you will need to pick something on the shore or in the distance to sight off of. A tree, a house, a boat dock etc. Here is an article from USMS about sighting : [Maximizing Open Water Sighting Efficiency](#).
- Be aware of weather and conditions. Conditions can change quickly outside – before you venture off take a look at the weather forecast and be aware of current and predicted lake conditions including waves, chop and current.

Open water swimming can be very pleasurable if you are smart about it and take the time to prepare before heading out. For some it's another avenue for hard training and competition. For others it a way to do something we love while enjoying the great outdoors. Swimming outside while the sun rises is a great way to start the day.

Coach's Column

Summer Swimming with "19"

With recent announcements of community pools and high schools not opening this summer, we will all need to be creative if we want to "stay wet." (It has come to my attention that some YMCA's and private clubs are/will open with some restricted "lap swimming." A good example is Pabst Farms Y with a 6:15-11:15, reserve your own lane for 45 minutes policy. Also, EBM Masters might have pool time in July in the Brookfield High School Pools).

Whatever the pool situation, Wisconsin is blessed with many lakes, rivers and quarries available to swim and train in! The folks who have used these resources for years have been our triathletes. They will be our guides to the "open water" thing. Two of the best Milwaukee/Waukesha Tri Coaches are Lauren Jensen-Mc Ginnis and Dwight Sandivold. Both will be glad to answer questions.

Just a couple safety thoughts. For starters, swimmers should not swim alone. The best scenario would be to have someone with a kayak or boat accompany you. If you do take off on your own, swim the outside contour of the lake in water under five feet in depth using an "open water swim buoy." Weather conditions and lake useage hours need to be considered—you do not want a storm to "come up" while out there or get run over by a water skier!

Swimming alone or with others, Swim buoys make you visable in the water. They can be used for some personal flotation or to assist another swimmer too. (Buoys can be found "on line" priced from \$5 to \$50. Walmart has one as well as aquatic supply vendors like Kiefer. The "Safe Swimmer" model by Kiefer has a pocket for keys etc. and a short handle like belt on the end for extending to another swimmer and to transport). Emery's Cycle Shop in the Milwaukee area carry a couple models too.

Plan to start with manageable swims allowing for adjustments to lake water temps., wind and waves and the fact some swimmers are out of shape from not having been in the water since March! Check with the Triathletes to find the best lakes, entry points and other details.

Coach Dwight and Coach Lauren might be able to include some Newbies in one of their group swims. Check your local Tri programs too.

I truly hope you can stay with your sport this summer despite "19."

Open water swims can help do this!

Stay wet,

Coach Fred

Coach's Corner

Starting Over is a Great Time for Drills

Getting back into the pool after several weeks off is a great time to focus on technique. No matter what, swimming is going to feel awkward at first. This is the perfect time to mitigate bad habits and get that right feeling from the start. Here is a set of drills that helps your freestyle with good body position and a strong catch. Work on these after a warm-up. Use training fins and a snorkel if you have them. Be patient with each drill. Don't kick hard and race down the lane. Focus on deliberate movements.

6-1-6 DRILL

This drill is great for alignment and good body position. Start with both hands extended in a Superman position.

Take a stroke with your right hand as you rotate 45 degrees to the side. Keep your left hand at your side. Kick six times on that side with good front arm extension anchoring your body position.

Take a stroke with your left hand as you rotate 45 degrees to the opposite side. Keep your right hand at your side. Kick six times on that side. Focus on feeling long from fingertips to toes.

Take a breath before you rotate, look down and then switch to the other side. This helps cure late breathing.

DOGGIE SCOOP

This drill is a modified dog paddle drill. It helps set up a good vertical forearm catch and pull.

Start with both hands extended in a Superman position. Take a stroke with your right hand. Point your elbow out to the side, pointing to the side of the pool and past your shoulder as you drive your fingertips to the bottom of the pool.

Take a half stroke. Once your forearm is pointing straight down, recover underwater by sliding your hand forward.

Now stroke with your left hand, and alternate right and left. Your elbow should not go past your shoulder. Strokes should be small and tear-shaped. Don't kick hard. Let your hands propel you down the lane.

LONG DOG

This drill puts the 6-1-6 and Doggie Scoop drills together. It really helps you visualize and feel a streamlined stroke.

Start with arms extended. Take a stroke with your right hand while focusing on keeping your left hand extended. Feel that streamline position from fingertips to toes as you pull through the stroke. Keep that good vertical forearm catch from the Doggie Scoop drill. Recover your right arm underwater, sneaking your hand underneath your chest with as little drag as possible. Alternate right hand, left hand, feeling that long streamline position. You should have a nice rhythm as you switch sides.

6-3-6 DRILL

This is the 6-1-6 Drill with a full stroke as you switch hands. When you alternate hands, take a full stroke and return to the opposite side. Kick six times, then take a full stroke to get back to the other side. Focus on maintaining a good streamline body position throughout.

