

# WISCONSIN



MASTERS SWIMMING

NEWSLETTER

December 2021 • January 2021

## FROM THE CHAIR ...

### Greetings Fellow Masters Swimmers!

This is the time of year to renew your USMS membership if you have not already. Remember, your current membership expires on December 31, and you cannot compete in any meets next year until you renew your membership. Renew your membership by going to [usms.org](https://www.usms.org) and clicking the Join button at the top of page, then click Renew Your Membership.

Competition is continuing, with the next meet held on December 4 in West Bend. This is a short course meters meet where many swimmers aim for either individual or relay records. It's always a fun time, and will get us back into the competition spirit again. Results and highlights from the meet will be found elsewhere in this newsletter. The first meet of the new year will be at Pabst Farms in Oconomowoc on January 9.

Please check the Wisconsin Masters Swimming website to keep track of upcoming meets, at <https://www.wisconsinmastersswimming.com/page.cfm?pagetitle=Swim+Meets>.

As a reminder, if you break a state record either at a meet held in Wisconsin, or at an out-of-state meet, please let Andrew Babcock know by sending him an email at [andrewbabcock@hotmail.com](mailto:andrewbabcock@hotmail.com).



Please put the Wisconsin Masters Short Course State Meet on your calendar. It will be held March 26-27, 2022 at the Walter Schroeder Aquatic Center in Brown Deer, Wisconsin. After not being able to host the meet for two years, let's have a big turnout to celebrate swimming a state meet in a FAST pool! This will be a good tune-up opportunity for those going to short course nationals, too.

Speaking of which, USMS will hold the short course national meet in San Antonio, Texas, April 28 – May 1. The Order of Events and Qualifying times have been posted at <https://www.usms.org/events/national-championships/pool-national-championships/2022-pool-national-championships/2022-spring-national>.

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Join us on Facebook

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



## Wisconsin Masters Swim Committee Officers

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[championship](#), with the list of hotels still to come. Remember, even if you do not have any qualifying times, you can still swim 3 individual events plus any potential relays. It's always a fun time for everyone who attends. The pool is an outdoor facility with 2 competition courses, plus plenty of warmup lanes. Even if you cannot attend all days, you can still swim the days you are there. More information will be sent to Wisconsin swimmers as it becomes available. As a bonus, former Olympians may be sighted both around the pool deck and competing!

During this holiday season, please stay safe, stay healthy, and celebrate our many blessings with friends and family.

Yours in Swimming!

**Mary Schneider**  
Wisconsin Chair

## Your Club is Now WISC

### Registering for USMS

The **Wisconsin Masters Aquatic Club** will be changing its abbreviation to **WISC** starting in the 2021–2022 swim season.

Not only does this help distinguish the Club from the Swim Committee, but it shows the world that we compete proudly as Wisconsin swimmers. When you renew your registration, or join us (starting November 1), you will select an LMSC (Local Masters Swim Committee) and a Club. You may choose an optional Workout Group, which is the team (pool) you usually swim at. While a couple of Clubs are available for Wisconsin, the Wisconsin Masters Aquatic Club is how we compete as a Regional Team at Nationals. If you plan to go to Nationals and compete in team relays and contribute points to our Club standings, be sure to select Wisconsin Masters Aquatic Club.

Your LMSC

Your Club

## Getting Started at Baraboo with the Circus City Masters

Compared to most Masters meets, this one was a little more complicated—but yet, the way the meet ran is testament to why swimmers show up in the first place. For the fun, the camaraderie and chance to swim hard. Due to various complications completely out of the hands of those running the meet, we did not initially have heat sheets, and even when they were produced, half of the swimmers weren't listed.

But, oh, well! Everything else about the day was great. We drove in from Highway 33 on a beautiful autumn day, with the hills alive with colors. It was great to see some faces we hadn't seen in a while. Nine swimmers joined using the One Event registration, and we hope to see them become regulars in the 2022 season. *Plug: If you have friend who might be interested in a meet, the One Event registration is a great way for them to get started.*

The Baraboo pool is a super venue, and the Circus City team are great folks, always friendly and welcoming. Coach Tim Capps ran the meet with a smile all day.

Pat Coyne, our starter, had one heat sheet to work from. But, if you knew your event, you showed up at the blocks, while Pat read the names of the swimmers in the heat. The Colorado system was running, with Jerry Lourigan calmly manning the software chaos. (Yes, I said calmly.) We had timers with watches in hand, and –beep– off we went! That's what it's all about. Another great day in the pool.



Officials Pat Coyne and Ken Fanta with Director Tim Capps



## Resuming Short Course Meter Swims at West Bend

65 swimmers signed up to challenge themselves at the West Bend East/West High School short course meters pool. Several came up from Illinois, which currently lacks any Masters meet. We also saw swimmers from Minnesota, Maryland, and even Arizona. At the time of this writing, results have not been posted, but we know unofficially that several SCM records were broken. Check the Wisconsin Masters Swimming website for updates. We know that

Nancy Kranpitz aged up into a new bracket, taking down state records in the 50 M fly, 50 M free and 100 M IM. It was bittersweet, since some of those records had been owned by her mother since 1995.

The meet ran smoothly under the Director Mike Murray. The girls high school team served as timers, for which we are grateful. Thanks also to Dave Bloomier and the West Bend pool staff, Lisa, Debby and Jess.



80-year-old Martin Hahm from Phoenix, Arizona put on a special clinic in aging well. He swam the 200M and 400M IM, 100M and 200M Butterfly, and the 100M and 200M Breaststroke. Yeah!



Mens 400M Free Relay winners: (L-R) Tom Grisa, Mark Steinhafel, Dean Fochios and Greg Blommel



Womens 800M Free Relay setters (L-R) Nancy Kranpitz, Julie van Cleave, Candy Christenson and Mary Schneider



Darryl Stich taking on a competitive Illinois relay team. WISC Wins!

## Founders Meet at Pabst Farms YMCA

**WHEN:** Sunday, January 9, 2022 • Door open at 9 a.m. Warm-up 9:15 a.m. Meet starts 10:00 a.m.

**WHERE:** YMCA at PABST FARMS 1750 Valley Road, Oconomowoc, WI

**ONLINE REGISTRATION:** [https://www.clubassistant.com/club/form/register\\_now.cfm?c=2424&smid=14225](https://www.clubassistant.com/club/form/register_now.cfm?c=2424&smid=14225)

**PAPER ENTRY:** Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

**DECK ENTRIES WILL NOT BE ACCEPTED**

**FACILITIES:** 8-lane 25-Yard pool (Short Course Yards)

**ELIGIBILITY:** Open to all swimmers 18 years and over as of Sunday, January 9, 2022. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

**ENTRY FEE:** USMS Members \$18.00 plus \$6.00 per individual event

One Event members \$33.00 plus \$6.00 per individual event

There are no refunds of entry fees. Checks payable to WMAC.

**ENTRY LIMIT:** 6 individual events plus relays. 500 Freestyle is limited to the first 28 entries received.

**DEADLINES:** Online: Wednesday, January 5 (midnight). Paper: Friday, December 31 (midnight)

**MEET DIRECTOR:** Mike Murray 2525 Scheibe Drive Brookfield, WI 53005 414.315.2847 with texting  
Email [WMAC.Swim.MeetDIR@gmail.com](mailto:WMAC.Swim.MeetDIR@gmail.com)

ORDER OF EVENTS		
	1. 400 Y IM	11. 200 Y Breast
	2. 50 Y Back	12. 500 Y Free
	3. 100 Y Free	13. 200 Y Fly
	4. 50 Y Breast	14. 200 Y Medley Relay
	5. 200 Y Back	15. 100 Y Back
	6. 100 Y Fly	16. 100 Y Breast
	7. 200 Y Free	17. 50 Y Free
	8. 100 Y IM	18. 200 Y IM
	9. 200 Y Free Relay	19. 400 Y Free Relay
	10. 50 Y Fly	

## Cardinal Classic SCY Swim Meet at Sun Prairie High School

**WHEN:** Sunday, February 13, 2022 • Pool Opens at 9:30 a.m. Warm-up 9:45a.m. Meet starts at 11:00a.m.

**WHERE:** Sun Prairie High School Pool 888 Grove Street, Sun Prairie, WI (Use Door #20)

**ONLINE REGISTRATION:** <https://www.clubassistant.com/club/meet.cfm?c=2381&smid=14169>

**PAPER ENTRY:** Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

**DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED**

**FACILITIES:** 8 lane, 25 yard pool (Short Course Yards)

**ELIGIBILITY:** Open to all swimmers 18 years and over as of Sunday, February 13, 2022. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership or FINA governed Masters swim country or club.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

**ENTRY FEE:** USMS Members \$15 plus \$6 per individual event

One Event members \$30 plus \$6 per individual event

There are no refunds of entry fees. Checks payable to Madison Area Masters.

**ENTRY LIMIT:** 6 individual events plus relays. The 500 freestyle will be limited to the first 28 entries received.

**DEADLINES:** Online: Saturday, February 12, 2022 at 6:00p.m. (CST) Paper: Saturday February 9, 2022 6 p.m. (CST)

**MEET DIRECTOR:** Steve Justinger 6047 Hagen Hill Circle Madison, WI 53718-6219 Phone 608.695.2645  
Email [sjustinger@hotmail.com](mailto:sjustinger@hotmail.com)

### ORDER OF EVENTS

- |                       |                      |
|-----------------------|----------------------|
| 1. 400 Y IM           | 10. 200 Y Fly        |
| 2. 200 Y Free         | 11. 100 Y Back       |
| 3. 50 Y Breast        | 12. 200 Y Free Relay |
| 4. 200 Y Back         | 13. 100 Y Breast     |
| 5. 100 Y Fly          | 14. 50 Y Fly         |
| 6. 200 Y Medley Relay | 15. 100 Y Free       |
| 7. 50 Y Free          | 16. 50 Y Back        |
| 8. 200 Y Breast       | 17. 200 Y IM         |
| 9. 100 Y IM           | 18. 500 Y Free       |



## Guest Coach – Doug Garcia

Doug Garcia has been coaching swimming since 1992 and currently is the Head Coach of the Loveland Masters Swim Club in Loveland, Colorado. His team consists of 80 swimmers ages 18-65. Previously, Doug coached Masters at the Vortex Swim Club (ed, great name!) in Fort Collins, Colorado. Doug also writes the team's newsletter and has conducted dozens of swim clinics.

### **Tell us about your swimming background and why did you start coaching Masters swimming?**

I started coaching in 1992 because a couple of friends at Washington State University where I was working said, "Hey let's start a masters group." We each took turns coaching the first couple of years, trying to out-do the other coach for the most challenging workout. After a few years the other two coaches graduated and left me holding the bag. I went to a few conferences and clinics to learn more about swimming and coaching. I've been coaching for ever since, except for a short period after I moved to Northern Colorado where I was not coaching.

### **What is your favorite freestyle drill?**

My favorite Freestyle drill is either right arm only/left arm only with the non-stroking arm at your side not in front, and breathing to the non-stroking side. This drill becomes more about hip rotation which is something most master swimmers have challenges with. This can be a challenging drill for people

to get a hold of, many times they resist and try to breathe on the stroking side which makes it very challenging. The other drill I like is something I just

learned from the Race Club and Gary Hall senior. It's called the delay and slam. This drill really gets the force of your catch into the forward momentum of your stroke, which is the direction I think most of us want to move.

### **Tell us about 3,000/6,000 ePostal swims that your club is organizing**

The 3000/6000 ePostal swim is a yearly U.S. Masters swimming event. The concept is to swim either of the distances, and submit your time to one tabulating group (this year it's Loveland Masters), and then you compete with other swimmers in your age and gender group from all across the country. It always happens Sept 15-Nov 15, and you swim the event in your home pool with someone counting laps and getting your time. I like this event as we have a lot of tri-athletes in our program, as well as open water swimmers. I consider this an annual test of how you're doing.



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### **Can you please share a workout geared toward open water swimmers?**

One of my favorite open water workouts is a distance ladder with some sprinting. The reality is, many people usually go fast at the start of open water swims and fast at the last couple hundred yards when they can see the finish. In addition, kicking for open water swimmers can be a challenge, of course it depends if the swim will be followed by a bike and run.

3 x 100 Smooth

75 Kick

50 broken as 25 right arm only, 25 left arm only

25 scull

600 first and last 100 is fast, middle 400 is smooth Rest 1 min

400 for time

400 +30 sec to your previous time, but this 400 will be 75 swim/25 streamline kick on back. The kick is not recovery, you want to keep things moving.

400 seek and sight the last 25 of each 100

4 x 50 Kick no fins, on 1:10

3 x 200 Descend

Cool Down

100 EZ IM

100 EZ Free

### **From the Archives – [Dec 2013-Jan 2014](#)**

#### **Why Counting your Strokes is Important**

**By Dick Pittman**

Something I have my swimmers do is count their strokes. Not just on freestyle but for all their strokes: butterfly, backstroke & breaststroke. By doing so one becomes very aware of their technique. Personally, I've been doing this for many years now. Having done so, I know my optimum number of strokes for all of the above. If you know your "optimum" number of strokes then you know when you're doing something wrong in your stroke.

If you're trying to reduce the number of strokes you may be trying too hard by gliding. Gliding will reduce your strokes, but it will increase your time. So, that's not good. Shortening your strokes might make you feel like you're going faster, but it may force you into unintended consequences: crossing over; taking short, incomplete strokes. I've got in the habit of counting the odd numbers, starting with my first stroke (usually my right hand): "1", "3", "5", etc. If I get to the opposite wall and touch with my other hand (i.e., my left hand), then I have an even number. I usually restart the count after I turn at the wall. When I finish I add the strokes and get my time off the pace clock or my watch and I have my "Golf Score".

Once you start counting your strokes and playing "Swimming Golf" you'll find your technique improving. You may want to keep a log just to keep yourself honest.

# 2021 Wisconsin Water Warriors

**Date:** November 1, 2021 – December 31, 2021

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

Due to the pandemic last year and limited pool access, we opened this event to all physical activities. **This year we are running the event like in the past, tracking swimming results.** However, we would like to see what other physical activities everyone is doing too (such as cycling, running, hiking, or walking). The goal this year is to swim as much as you can for a two-week time period. 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. 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, 2022):

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

\*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.

**Please provide the following:**

**Your name:** \_\_\_\_\_

**Age at time of event** \_\_\_\_\_

**Complete mailing address** \_\_\_\_\_

	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.

# BE AN ANIMAL!!!

## 2022 Oshkosh Animal Award Postal Swim Meet

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

**TIME:** January 1, 2022 through January 31, 2022

**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 10, 2022**.

**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 2022.

**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:** \_\_\_\_\_

**New State Records Set at Short Course Nationals**

Age Group	Swimmer	Event	Time
Men 45-49	Zach Newcomer	500 FREE	5:17.50
Men 50-54	Doug Dickinson	50 FLY	:24.16
Men 50-54	Doug Dickinson	50 BACK	:25.63
Men 50-54	Doug Dickinson	50 FREE	:22.05
Men 60-64	Mark Steinhafel	100 FLY	:59.60
Men 60-64	Mark Steinhafel	200 FREE	2:00.80
Men 60-64	Mark Steinhafel	100 FREE	:52.71
Men 60-64	Mark Steinhafel	50 FREE	:24.25



West Bend Medley Relay Champs—(L-R) Tom Grisa, Andy Babcock, Bobby Wu and Darryl Stich