

# WISCONSIN



MASTERS SWIMMING

NEWSLETTER

February • March 2021

## FROM THE CHAIR ...

### Greetings Fellow Masters Swimmers!

In a normal year, we would all be starting to build our yardage, and push our quality sets. However, this is still not a normal year. Facilities are still hesitant to have outside groups come in to host a swim meet, but that doesn't mean you need to back off on yardage.

I, too, struggle with why am I doing these progressively harder workouts? Then I look at the rest of my life, and I realize I feel more fit, have more energy, and can keep up with the grandkids. Having a good base will also mean it will take less time to get in condition later. It'll also prepare us for summer activities. Perhaps this will be the year you try open water swimming, or an open water event.

By now, all of you should have received an email from USMS stating short course nationals has been postponed to July 21-25, and long course nationals will be October 6-10. The locations will still be the same. Greensboro, NC is the location for short course nationals, and Geneva, OH will be where long course nationals will be held.

Several people wondered about qualifying times for nationals. First, any time meeting the standard within the last 2 years still counts. Second, you can achieve a time standard in practice. It does not have to be at a sanctioned meet. Also, there are no penalties if you do not swim the time standard at the meet, if you have achieved it within the last 2 years. This policy could change, so keep your eyes on

the USMS website under Events > National Championships.

Wisconsin Water Warriors took place in November and December, and the results are listed in this newsletter. Thanks to Melodee for coordinating the event and tabulating the results.

The Oshkosh Masters hosted a virtual [Animal Award](#) meet this year during the month of January. **Your entry must arrive at Melinda Mann's house by February 15, 2021.** See the website for details under Events.

Being virtual has allowed a number of Wisconsin Masters who live too far from Oshkosh to be able to compete this year, including some snowbirds. It was "fun" to strategize the order of events, and then swim them. It's a test of swimmer mettle to swim four 200 yd events along with either the 400 IM or the 1000 Free.

Stay warm, stay healthy, and keep on swimming!

**Mary Schneider**

**Wisconsin Chair**



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## Send me your COVID stories!

**Carl Millholland, Newsletter Editor**

As I noted in the last newsletter, I have scanned years and years of [old newsletters](#) put together by **Nancy Kranpitz**, **Jeanne Seidler** and **Mary Schneider**. One of the things I enjoyed about these earlier newsletters was the number of news tidbits from members. While accomplishments are important to recognize, most of these older newsletters helped the LMSC members share experiences and enjoy camaraderie centered on swimming and friendships.

I've included an item from the 2007 May/June issue encouraging members who have joined USMS but haven't yet swum in a meet. This seems to be a perennial situation. Our membership is down considerably, but there are signs of hope.

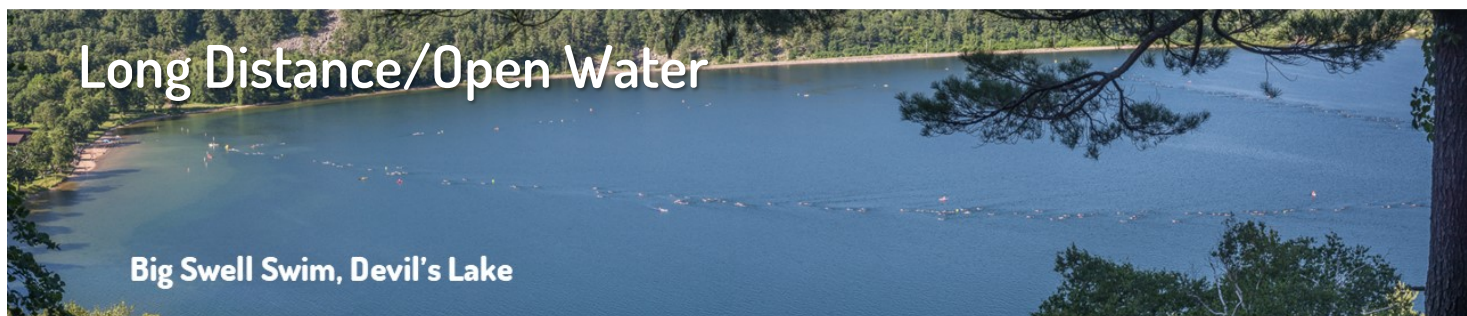
USMS announced that it is postponing pool Nationals until later in the year. Many of us and our coaches use Nationals as the centerpiece of our training to build towards our best performances. This change in times and I hope improvements in limiting virus transmissions with vaccinations, safety measures, and travel opportunities means that we can develop a "normal" training program through the spring and summer months.

The fact that in the Wisconsin Water Warriors event 24 swimmers were able to log yardage in the pool (plus other physical activities) is an indication that some pool programs have been opening up. Special thanks to **Melodee Liegl** for once again putting on this unique event, which is [featured](#) in this edition. Here in the Madison area, we have two high school pools and YMCA pools open now (with restrictions) for lap swim and some Masters sessions. Some health clubs have also opened.

As I mentioned, our Wisconsin Masters Swimming newsletters have included a number of "social" items such as births, anniversaries, welcoming new members, and interesting swim experiences. This has helped us as members of Masters Swimming to bond as a unique group.

*With that in mind, I'd like run a "How I Survived Covid-19" feature. I'm looking for just one or two or three sentences, anything from "Caught the virus but recovered in 3 weeks" to "Went to Florida and never came back" to "My local pool finally opened up, so I'm swimming 3 times a week now." You can include your name, or request to be listed anonymously. The more humorous or outlandish the better! I'm sure some of you have great stories we all would like to hear.*

**Send your stories to me via email at [WIEditor@usms.org](mailto:WIEditor@usms.org).**



## Guest Coach – Tyler Coffing

### Jen Vallo, Long Distance/Open Water Chair

*Tyler Coffing is an Assistant Men's and Women's Swim Coach at Miami University (Ohio). I recently had the pleasure of participating in a Miami Swimming podcast with Tyler as the moderator. Tyler has so much to offer as a coach and mentor and we are fortunate to have him as our guest coach for the February-March 2021 newsletter.*

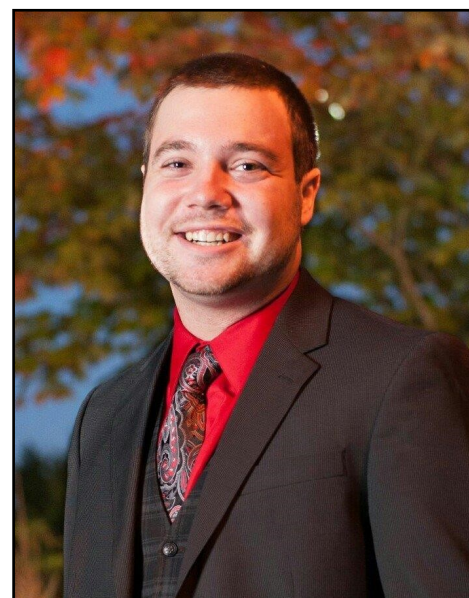
#### **When and why did you start swimming, and how did you decide to pursue coaching?**

I started swimming competitively at the age of four for my local summer swim league in Newark, Delaware. I decided to pursue coaching because I had great coaches at all levels growing up including summer swim league, USA clubs, YMCA clubs and high school swimming. I have always enjoyed working with the young adult demographic, and I strive to be a positive role model in their lives both off and on the pool deck.

#### **How have you managed during the pandemic to adjust training for your college swimmers?**

It has definitely been an adjustment, but at Miami University in Oxford, Ohio our head coach, Hollie Bonewit-Cron, has done an amazing job in selecting the appropriate practice pods for our athletes. Our team practices in two practice pods. The first pod is for those athletes who specialize in distance events such as 500 freestyle and the mile or sprint events such as the 50 and 100 freestyle. The second practice pod consists of those athletes who are considered middle dis-

ance swimmers, who specialize in 200's of stroke and individual medley. It has been bittersweet to train this way. I do miss coaching the full team at practice every day, but with coaching in pods we are able to have more eyes on our athletes to give more corrections and I get to work with athletes that I otherwise would not.



#### **Do you have any recommendations for strength or flexibility exercises swimmers can do at home?**

From a strength standpoint I am pretty old school. I am a huge believer in pushups and crunches. You could challenge yourself by doing the 52 card challenge. How this works is that you take a deck of cards and shuffle them, then pick the top card off of the deck and whatever number the card reads is the number of pushups/crunches you do. For face cards you would also do ten pushups/crunches. Now I am not say-

*(Continued on page 4)*

(Continued from page 3)

ing you should do all 52 cards in one workout, but you could definitely build on that.

For flexibility I tell my athletes all the time that they should sit on their ankles while they are watching tv/studying/hanging out with their friends. The best kickers in the world such as Ryan Lochte and Missy Franklin have incredible ankle flexibility and by sitting on your ankles ten minutes a day, you'll see vast improvement in your kicking in no time.

#### **Can you recommend any freestyle drills for open water swimmers?**

My go to open water drill is called "UNCO". Unco is short for uncoordinated, which is exactly how you will feel during this drill. It's a one-arm drill, performed with one arm by your side while performing a full stroke with the other arm. Breathing should be away from the stroking arm and on every stroke. I would recommend fins unless you have a very fast kick.

#### **Please share a workout for Masters swimmers who are planning to participate in the 2021 USMS Winter Fitness Challenge (30-minute swim), February 1-15.**

300 warm-up (kick every fourth 25)

8x25 with 10 sec rest

(odds: 6-3-6 drill, evens: Fist Drill)

400 swim (build each 100)

4x75 with 15 sec rest (25 sprint, 50 steady)

4x50 pull with 10 sec rest

200 cool-down

## **From the Archives – May/June 2007**

**Nancy Kranpitz, Editor**

### **Competition? Nothing to Fear!**

Are you thinking about trying a meet for the first time? If so, you are not alone. We have 487 people registered with our LMSC—an all time *high*. About 25% of us swam in the state meet April 28-29 (2007). That means 75% did *not* compete—and perhaps they did not do so because they may not know all the ins and outs of what competition is all about. Just about any of the meets held in Wisconsin are ideal venues for both seasoned competitors as well as for first-timers who never thought they'd enter a race. If you are new to the meet scene, the following items are good to bring to your first (and subsequent) meets:

#### **The Necessities: Swimsuit, cap, goggles;**

#### Also nice not to forget:

- ◆ Two towels--one for during the meet, one to keep dry for after in the locker room (you may even want a third one to sit on--sometimes bleachers are uncomfortable!)
- ◆ Extra clothes to "bum around in" during the meet such as a short sleeved T-shirt and a warmer layer such as a sweatshirt, sweatpants, etc.
- ◆ Water, snacks, energy bars, etc.
- ◆ An extra cap in case your first one rips; extra goggle straps for the same reason.
- ◆ A camera

Also, remember that masters swimmers are extremely friendly and helpful people. Veterans are always around and willing to help newcomers have an enjoyable experience in the pool. So—put the fear aside—and give a meet a try!

*One who has never made a mistake is one who has never done anything!*



## Results – 2020 Wisconsin Water Warriors

### Melodee Liegl

Like most activities in the past year, we had to switch things up for Wisconsin Water Warriors due to COVID. In the past, this was a 2-week swim challenge (14 consecutive days) that took place between November 1st and December 31st. The goal was to challenge yourself and “swim” as much as you can for the 2-week period. However, this past year, there were some swimmers that did not have access to a pool, or they were limited to the amount of time they could spend in the pool. Therefore, for this year we allowed “other physical activities” to be reported as well during these two weeks. This allowed everyone the opportunity to participate.

This year, all participants will be receiving awards. It is difficult to separate out the swimmers only from those that were only able to do other physical activities (or a combination of both) and try to weigh the activities equally. I used the Walk Across Tennessee – Mileage Conversion Chart for Other Physical Activities (thank you Tim Capps). This list provided the type of physical activity and the amount of time to equal one mile. We all know swimming is difficult, but it is difficult to compare the overall minutes of other physical activities to swimming.

There were a total of 26 participants. The median age was 62 (range 18-88) years. We had 17 female (65%) and 9 males (35%). We had a total of 530 miles of swimming this year and the equivalent of 694 “miles” of other physical activities.

### 2020 Highlights

Two new participants this year – Grace Schaetz and Scott Conley

Our young pup this year is Grace, only 18 years old and going to college next year!

Kudos to Fred Salzman for his 17.4 miles of swimming at the age of 88!

Congratulations to those who have participated in the event for the past 11 years: Ann Berres-Olivotti, Nancy Kranpitz, Steve Justinger, Fred Salzman and Melodee Liegl!

Nancy Kranpitz may have not had a pool, but she walked 63.3 miles!

Katy Mering did the most variety of activities: swim, yoga, rowing, spinning, cardio exercise, walking, hiking, paddle boarding

Kara McCarty snowshoes and does the hula hoop!

Scott Conley found the event tiring but fun!

Candy Christenson plays tennis!

Not only does Steve Justinger swim everyday, he also walks his dog everyday!

Jennifer May biked 40 miles in one day!

Melodee Liegl tried her best to break the Smart Goggles from Finis. She is a beta tester and they love to see the data from her swims!

## 2020 Wisconsin Water Warriors

Since there is no Wisconsin State Swim Meet, awards will be delivered or mailed (sometime in March).

Participant	Age	Swimming Miles	Other Physical Activity Miles*	Total Miles for All Activities
Grace Schaetz	18	49.1	24.3	73.4
Kara McCarty	46	5.5	25.9	31.4
Gwyn Guenther	47	8.4	1.6	10.0
Scott Conley	50	21.4	9	30.4
Leslie Hanshew	50	13.5	40.5	54.0
Jennifer May	51	28.4	69.2	97.6
Melodee Liegl	53	87.4	18.6	106.0
Tim Capps	53	19.9	0	19.9
MaryJo Driscoll	54	16.1	0	16.1
Nora Capps	55	20.2	20	40.2
Ann Jackson	59	0.0	57.5	57.5
Julie VanCleave	61	32.6	3	35.6
Katy Mering	62	26.6	84.5	111.1
Ann Berres-Olivotti	62	26.3	55.5	81.8
Gus Robledo	62	11.3	0	11.3
Doug Mering	63	23.1	13	36.1
Melinda Mann	64	19.2	60	79.2
Steve Justinger	68	19.5	37.6	57.1
Mary Schneider	68	10.5	44.9	55.4
Jeanne Seidler	73	21.2	0	21.2
Candy Christenson	73	8.1	24	32.1
Nancy Kranpitz	75	0.0	75.8	75.8
Larry Mueller	76	17.8	13.2	31.0
James Arnold	77	12.5	5.6	18.1
Don Jackson	80	14.4	10.1	24.5
Fred Salzmann	88	17.4	0	17.4

**\*Walk Across Tennessee - Mileage Conversion Chart for Exercise Activities:**

<http://walkacrosstn.org/wp-content/uploads/2017/04/WAT-MileageConversionChart-FINAL.pdf>

