

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

Newsletter Date
Jul y/August - 2007

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WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org
Check it out for the latest
meet results, state records,
and MORE!

This has been an interesting year so far. It seems like we started the year with the usual number of members and the usual number of un-renewed members. We started the year without enough meets scheduled. Our host for the last four state meets—Carthage College—was not able to accommodate us and we were forced to scramble to find a substitute venue. We had two different groups from Wisconsin go to two different national championships—YMCA SC Nationals in Indianapolis and USMS SC Nationals in Federal Way, WA.

For some reason our membership increased to record numbers! This put more pressure on us to get enough meets scheduled so members received good perceived value for their membership fee. Somehow we got those meets scheduled! And we had meets at two new venues at which we will try to repeat next year. So, while

we were able to schedule more meets, meet attendance for some of the meets was down a little bit. But, overall meet attendance—number of swims—I think was up dramatically!

Then trying to schedule our state meet in the spring ran into difficulty when our host since 2002—Carthage College—had problems getting a weekend for us. We got bumped out of two weekends! So, we had to look elsewhere. One of our new meets was at Middleton, so we called there to see if they had a weekend available for our state meet. It wasn't our first or second choice, but it ended up being the right choice because it was the perfect weekend! It was placed right between the two national championship meets: two weeks after Y Nationals and two weeks before USMS Nationals. Perfect. And, it turned out to be our best attended State Short Course meet ever! That's probably a reflection of the large increase in membership.

The group which went to Indianapolis for Y Nationals included **Melinda Mann** (1st in 7 events & three new USMS records) from the Oshkosh Y; **Janet Schultz** (a National Championship) and **Candy Christenson** (2 seconds and 3 thirds) from the Manitowoc-Two Rivers YMCA; the team from Dane County (Madison) which had 11 swimmers: **Art Luetke, Steve Justinger, Suzi Green, Phyllis Smith, Fred Salzmann, Erin Detwiler, Bill Payne, Tim Potter, Jerry Lourigan, Jeff Bauer, and Laurie Alioto**. The Dane County team got 12th combined, 11th women, and 13th men. **Erin Detwiler** and **Bill Payne** each won 3 events. **Laurie Alioto** won 2 golds. Not to be outdone **Jennifer DeVitt** (2 firsts), **Don Jackson** (2 firsts), **Tom Michelson** (5 firsts), and **Kim Von Doring** (1 first) put the Schroeder Y name out there as did **Joanne Moder** (1 first) from the Green Bay Y. While the Madison group was the largest from Wisconsin the performances of all the WMAC participants in this meet shows the depth of Wisconsin Masters Swimming. (See pages 9 & 10 for complete results).

This year's Badger State Games began with questionable weather—overcast and cool. It took a while for the sun to burn off the fog and low clouds. But then it turned out to be a beautiful day. Not too hot like some past Games and the water was cool and clear. That made for some fast swimming! We were blessed by a good number of new swimmers. Can you imagine 9 swimmers in the women 18-24 50 fly! How about 4 women 45-49 in the 800, 8 guys (55-59) in the 100 free, and 5 in that age group in the 800? Did anyone notice **Elizabeth Roberts'** journey into uncharted territory? She swam the 50 free and 50 back in the 85-89 age group. She is the first woman to set state records in that age group. There were a lot of great swims, but I think the most exciting was the "duel in the pool" between **Eric Jernberg** and **Bob White** in the 800 free. They swam almost stroke for stroke the whole way—16 lengths! Bob touched out Eric by only .03 of a second.

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USMS SCY Nationals Recap

Trina Schaetz

On May 17-21, thirty-one Wisconsin swimmers ventured out to the Pacific Northwest for the USMS National Championships held at the Weyerhaeuser Aquatic Center in Federal Way, WA. Sporting their new WMAC gear and flashing their talents the 2007 WMAC team made the rest of the country take notice. It was a victorious weekend for WI with 37 state records clinched, 5 National Champion swims, an unprecedented 5th place finish for the women's team, a 12th for the men, and a combined 7th place for WI in team totals.

Right from the start WMAC made a mark on the competition as the distance brigade racked up *major* points in the 1000 and 1650 freestyles. In the 1000 free **Don Rambadt** (11:00.13) and **Bob White** (11:03.13) both secured 3rd place finishes and **Bob** knocked off the first of 37 WI State Records in the meet. (Further WI records noted with an * in the remainder of this article). Later, **Jeanne Seidler**, **Mindy Seidler**, **Julie Van Cleave**, and **Lisa Dyer** led the women in the 1000 free scoring 4th, 5th, 6th, and 6th in their respective age groups. Milers **Pete Nowak** (17:47.73), **Stacey Kiefer** (20:05.89) and **Krista VanEnkenvoort** (22:09.25) added to the growing tally with 2nd, 3rd, and 4th place finishes respectively. By day two, WI was already quite high in the point standings thanks to these distance die-hards!

Friday brought more high placings and state records for WMAC. **Laren Tiltmann** (:27.96*) and **Trina Schaetz** (:31.98) both earned 2nd in the 50 breast and **Tiltmann** also took the silver in the 50 back (:25.39*). 3rd place finishes were recorded by **Darryl Stich** (400 IM, 4:31.84*), **Tiltmann** (100 back, :55.71*), **Candy Christenson** (50 breast, :40.01*) and the 25+ Mixed 200 Medley Relay (**Tiltmann**, **T. Schaetz**, **D. Stich**, **Jocelyn Rau**) who set a new WI record of 1:43.82.

Notable 4th place swims were touted by **Dan Schaetz** (:53.70*), **Leah Schneider** (1:03.34*), and **Van Enkenvoort** in the 100 fly; **Cindy Maltry** and **Geoff Mykleby** in the 100 back, and **Jocelyn Rau** (1:58.85*) in the 200 free.

The day closed with a bang, though, when the WMAC Men's 35+ 200 Free Relay of **Tiltmann**, **D. Schaetz**, **Rambadt**, and **Tim Young** captured the first National Title of the weekend! The team narrowly touched out the fierce competition with a new WMAC record of 1:31.46 and ushered in the barrage of WMAC 1st place finishes to follow on Saturday and Sunday.

On Saturday **Rau's** lightening fast 100 free (:52.59*) was WMAC's first individual National Title, and was later added to by the Women's 25+ 200 MR team's 1st place finish (**Rau**, **Sarah Schneider**, **Jessica Diel**, **T. Schaetz**, 1:53.28*). Other fabulous swim that day were 2nd places scored by **Mykleby** (50 back), **Rau** (50 back, :28.41*), **S. Schneider** (200 breast, 2:32.28*), and **Tiltmann** (50 back, :25.30*). 3rd places from **Maltry** (50 back, 100 IM), **L. Schneider** (200 fly, 2:24.97*), and **T. Schaetz** (100 free, :56.13*). 4th place finishers were **Nancy Kranpitz** (200 fly), **D. Schaetz** (200 fly, 2:01.99*), **Erin Schneider** (200 fly, 2:23.10*), and **S. Schneider** (100 IM).

By Sunday the team could not be stopped! **Rau** and **T. Schaetz** dominated a 10 year age span in the 50 free claiming the sprints in both the 25-29 and 30-34 women's age groups. Both women set new WMAC records of :24.11* and :25.11* respectively. **Tiltmann** added to the ".11 Club" when he clocked :22.11* in his 50 free setting yet another WI record. **T. Schaetz** and **Tiltmann** also both brought home 2nd's in the 100 breast (1:09.39*) and 50 fly (:24.56*) respectively, as did the 25+ mixed Free Relay team of **Tiltmann**, **D. Stich**, **T. Schaetz**, and **Rau** (1:32.92*) whose new WI record in this event was only 1.5 seconds slower than the 35+ men's record set the day before.

Sunday was a day not without a dousing of 3rds from **Maltry** (50 fly, 200 IM), **Dave Holland** (100 breast, 1:03.40*), **Nowak** (500 free), **D. Schaetz** (50 fly), and **Sarah Schneider** 100 breast (1:10.59). Other notable Sunday swims were 4th place finishes by **Kranpitz** (50 fly), **L. Schneider** (50 fly), **D. Schaetz** (100 breast), **D. Stich** (50 fly), and **B. White** (500 free, 5:22.32*).

The 2007 WMAC team certainly had depth. And after 125 swims earned points and 37 WI records were clinched (led by **Tiltmann** with 9), the 1st place finishes from **Rau**, **T. Schaetz**, and the two relays were just icing on the cake.

But besides the rousing performances from this WMAC group, the team also enjoyed a weekend of unparalleled WMAC camaraderie. Many WMAC swimmers stayed at the same hotel or somewhere nearby. We met and made new friends, laughed about old times, recorded some pretty remarkable *new* times, and successfully transported ourselves to a place and time when we were all much younger. That said, after sampling the fun in Seattle, it was hard to come home to reality.

Next year's USMS SC Nationals will be held in Austin, TX, May 1-4. One can only imagine the WMAC rodeo madness to be had! But moreover, if just a few more WI swimmers tag along with this already fun loving bunch WMAC just might break into the top 4 in Austin. See you there!



Don Rambadt and **John Bauman** model the team shirts given to each USMS National team member by **Amy** and **Dan Meinholz** from *All American Aquatics*. Many thanks to the Meinholz's for this generous contribution to our team! The bright red color and "Mt. Ranier or Bust" could not be missed and brought several comments as to whether or not we would get to see the mountain! (We DID!).

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Above, National Champ **Jocelyn Rau**. Below, **Dan Schaetz** gives national champ wife **Trina** a congratulatory hug.

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2007 SCY National Finishes at Federal Way Relays

Mixed 35+ 200 MR
7th 1:59.98
Timothy Young
Nora Settime
Dan Schaetz
Lisa Dyer

Mixed 18+ 200 MR
13th 1:57.98
Dave Holland
Don Rambadt
Erin Schneider
Leah Schneider

Women 55+ 200 FR
5th 2:41.60
Jeanne Seidler
Nancy Kranpitz
Candy Christenson
Germaine Havel

Men 45+ 200 MR
5th 1:47.52*
Geoff Mykleby
Peter Allen
Dave Holland
Bob White

Women 25+ 200 MR
8th 2:07.73
Cindy Maltry
Nora Settini
Mindy Seidler
Krista Van Enkenvoort

Mixed 25+ 200 FR
9th 1:39.02
Dan Schaetz
Jessica Diel
Sarah Schneider
Peter Nowak

Mixed 25+ 200 MR
3rd 1:43.82*
Laren Tiltmann
Trina Schaetz
Darryl Stich
Jocelyn Rau

Mixed 25+ 200 MR
11th 1:53.58
Chris Stich
Peter Allen
Jessica Diel
Peter Nowak

Women 18+ 200 FR
3rd 1:50.16
Leah Schneider
Mindy Seidler
Lisa Dyer
Cindy Maltry

Women 55+ 200 MR
5th 3:00.15
Jeanne Seidler
Candy Christenson
Nancy Kranpitz
Germaine Havel

Mixed 25+ 200 FR
2nd 1:32.92*
Darryl Stich
Laren Tiltmann
Trina Schaetz
Jocelyn Rau

Mixed 45+ 200 MR
11th 2:00.98*
Geoff Mykleby
Julie Van Cleave
Cindy Maltry
Bob White

Men 35+ 200 FR
1st 1:31.46*
Laren Tiltmann
Dan Schaetz
Don Rambadt
Tim Young

Women 25+ 200 FR
5th 1:51.87
Krista Van Enkenvoort
Stacey Kiefer
Chris Stich
Erin Schneider

Women 18+ 200 MR
8th 2:06.08*
Chris Stich
Erin Schneider
Leah Schneider
Lisa Dyer

Mixed 35+ 200 FR
11th 1:47.61
Dave Holland
Julie VanCleave
Nora Settini
Tim Young

Mixed 55+ 200 MR
8th 2:34.90
Mike Murray
John Bauman
Nancy Kranpitz
Germaine Havel

Men 45+ 200 FR
7th 1:37.48*
Bob White
Dave Holland
Peter Allen
Geoff Mykleby

Men 25+ 200 MR
5th 1:42.08
Laren Tiltmann
Dan Schaetz
Darryl Stich
Tim Young

Women 25+ 200 MR
1st 1:53.28*
Jocelyn Rau
Sarah Schneider
Jessica Diel
Trina Schaetz

Mixed 55+ 200 MR
12th 2:19.03
Nancy Kranpitz
John Bauman
Mike Murray
Germaine Havel

* Indicates **new State Record**. Elmbrook Coach **Fred Russell** and WMAC guru **John Bauman** spent a lot of time putting together these 21 relays. The mixed medley relays especially require a **lot** of thought. Working with just 13 men and 18 women they succeeded in finding just the right combination of swimmers to fill out all these relays. All but 5 of the relays scored valuable team points for WMAC and 3 of those 5 were just 1 place out of scoring. Congratulations to the 8 relay teams that set **new Wisconsin State records!**



Erin Schneider, Chris Stich, Leah Schneider, and Lisa Dyer combined to take 8th place in the women's 18+ 200 medley relay at Nationals.

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Jessica Diel, Jocelyn Rau, Sarah Schneider, and Trina Schaetz - National Champions in the 25+ 200 yd Medley Relay. And it wasn't even close! They beat the 2nd place team by well over a body length! Congratulation, gals!

Newsletter History

Nancy Kranpitz

For many of our WMAC members the Wisconsin Masters Newsletter is something you have never gone without! But there are some of us who were around before the days of our newsletter and the purpose of this column is to shed a little light on how the newsletter came into existence and how it has developed into what we have today.

Way back in the fall of 1989 WMAC hosted a SCM meet at the Port Washington High School Pool. **John Bauman** chaired our annual meeting immediately after that meet. Among several items discussed was a need and a format in which to keep WMAC members abreast of what was going on within the organization other than just our meets. John wondered aloud if there was anyone who thought they might be able to put together a newsletter—something that would come out 3 to 4 times a year. Well, the room fell rather silent as you can well imagine! So..... Remembering something my father had told me years ago (“Swimming has given a lot to you—be sure to give something back to it”) I offered that I thought I might be able to do it. This was a physical education teacher talking—not an English teacher or journalism major! But I felt it was something I could do from a distance (we’ve never lived closer to Milwaukee or Madison than Two Rivers) to help to contribute to the success of our LMSC.

The first issue of our newsletter was mailed out late in the fall of 1989. Looking back at that inaugural issue I can see we have come a long way in 18 years. In addition to including our meet schedule and entry forms the newsletter has been used to keep our membership up to date on things like rule changes, upcoming meet entry deadlines, coaching tips, news from our chairman, highlights of our members’ successes in state, national, and international meets, dietary tips, health issues, and many other things.



The 25+ Mixed 200 Free Relay team of **Darryl Stich, Trina Schaetz, Laren Tiltmann, and Jocelyn Rau** swam to a 2nd place finish and new WI state record with a time of 1:32.92. Their time was a mere 1.46 seconds slower than the men’s 35+ 200 free relay team which claimed a national title and new WI state record with a time of 1:31.46. GREAT swimming for both relay teams!

Chairman’s Column—Continued:

Inside the pages of this newsletter you’ll find the information and entry form for this year’s Madison Open Water Swim, or as we in Madison call it, **MOWS**. If you have swam this race before you will notice a few changes. First, I’m the meet director (but I have Peter to help me!); second, we’re going to have chip-timing provided by Sports Management Associates; third, we are using **Active.com** for on-line entry. Last year we had 75 walk-ons (i.e. day-of-race entries). That created a bottleneck for our registration process and a late start for the swim. In addition to alleviating that problem we are required to provide on-line entry and chip-timing for the National Open Water Swim we will be hosting next year. So, this will be a dry run so to speak.

The MOWS will take place about a month after **Eric Jernberg’s** Lake Amy Bell Swim on July 21. By the time you receive this newsletter the June 30 Pleasant Springs “Lake Andrea” Open Water Swim will have taken place. This was a sanctioned event and I hope a lot of you had the opportunity to take it in. If so, please send your comments/photos to Nancy Kranpitz for inclusion in the next newsletter.

So, as we wind down the year be aware that every new member breaks the record for membership in Wisconsin Masters Swimming! I hope to have some recognition for the person who becomes our 500th member!

We have gone from relying on snail mail and land line phones to fax machines, e-mail, cell phones, and digital photographs! And we are currently working on a way to get the newsletter as part of our web site *as well as* continuing to offer a paper edition. Big and many changes over the years.

As with anything involving masters swimming the success of this newsletter is dependent upon input from our general membership. But please remember that it takes several days for the printing process, folding, taping, and stamping of over 500 newsletters. Deadlines are important. So please, if you have something you want/need in the next newsletter use a date of 6 weeks **after** receiving an issue for getting the information to your editor.



Fred Russell, Trina Schaetz, John Bauman, Dan Schaetz, Jeanne Seidler, Tim Young, and Julie Van Cleave proudly display WMAC’s 7th (combined) and 5th (women’s) place banners at USMS Nationals.

**5th Annual
Madison Area Masters Open Water Swim
Saturday, August 18, 2007
Sanction #207-009**

What: Open water swims of 1.2 and 2.4 miles around a 1.2 mile rectangular course marked by buoys.

When: Saturday, August 18. Warm-ups and registration 7:00 AM; 1.2 mile race starts at 8:15 AM; 2.4 mile race starts at 8:30 AM.

Where: Lake Monona at Law Park (John Nolan Dr. and Blair Street), in Madison, WI. *Ironman course*
The course will be the same distance and approximate location of the Wisconsin Ironman swim course. The race will be an "in-water" start which means, from a water-tread position. The finish will be at the beach. There will be lifeguards in boats, canoes or kayaks to keep swimmers on course and to offer aid if needed.

Who is Eligible: Only registered USMS swimmers, **18 yrs plus**. Annual or One-Event registration is required. Annual membership is \$35; the annual registration form is available at:
<http://www.swim-wimasters.org/indiv%20Registration%20form.pdf>.
A one-event registration is also available; contact meet director for details. Swimmers **must** submit a qualifying time of less than 10:00 minutes for 500 yards.

Fee: \$20.00 (USMS); \$35.00 for non-USMS members PRE REGISTERED (postmarked by Aug 14, 2007). Day of race, \$40 (USMS), \$50 for non-USMS member. Make check payable to SWIM Club, c/o Dick Pitman, 2729 Commercial Ave, Madison, WI 53704.

Awards: Trophies for overall men and overall women winners, patches awarded to all swimmers.

Swim Caps: Will be provided and will be required to be worn.

Meet Director: Dick Pitman, dickpitman@hotmail.com 608-242-8125 (work) or 608-770-2307 (cell).

Rules: USMS Rules for Long Distance Swimming shall govern this race. In-water start/beach finish.

Weather Check: Call or e-mail meet director. There is no Rain Date. In event of cancellation 50% refunds will be made.

Directions: I-90 to Hwy 12/18 W, exit John Nolan Dr. (North). The race staging area is in Law Park located on the shore of Lake Mendota and immediately to the right after John Nolan Drive passes under the Monona Terrace Convention Center. Detailed directions available from meet director.

Parking is Available near the Race Staging Area: There is ample parking within a 5 minute walk of race staging area. Parking information is available from the meet director.

Time Limit: One (1) hour for the 1.2 mile swim; One (1) hour 45 minutes for the 2.4 mile swim.

Entry Deadline: Entries must be postmarked by August 14, 2007. Registration is available the day of the competition for \$40 (USMS) and \$50 (non-USMS).

Wetsuit Rule: Swimmers choosing to wear a wet suit will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide. The water temperature should be no lower than 72 degrees F.

Accommodations: Contact Meet Director about hotels in area.

Mail Completed Entry Form and Fees BY AUG 14, 2007 To:

Dick Pitman
2729 Commercial Ave
Madison, WI 53704

(Official entry form and liability release are on page 7 of this newsletter!)

5th Annual Madison Area Masters Open Water Swim Entry Form

Name _____

Birth Date _____ Age on Race Day _____

Gender _____ USMS # _____

Club Name _____

Club Code _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail Address _____

Attach copy of your USMS registration card here.

Enter Only One _____ 1.2 Mile Swim _____ 2.4 Mile Swim _____ 500 yd Freestyle Time: _____

Entry Fee _____ (\$20 USMS member; \$35—non USMS; \$40 or \$50 day of race) enclosed for individual entry. Make Check payable to: **SWIM Club, c/o Dick Pitman, 2729 Commercial Ave, Madison, WI 53704.** Attach copy of current USMS Registration in space provided above. USMS registration form available at: www.swim-wimasters.org You will find the link to the registration at the top of the menu. Contact Meet Director for One-Event registration form.

Motel Info? _____ Please send me information on local hotels

Directions? _____ Please send me detailed directions to the race location and parking.

LIABILITY RELEASE (REQUIRED): I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE WISCONSIN MASTERS SWIMMING COMMITTEE, INC., THE WISCONSIN MASTERS AQUATIC CLUB, MADISON AREA MASTERS, STATE OF WISCONSIN, CITY OF MADISON, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____



Tim Young, Laren Tiltmann, Don Rambadt, and Dan Schaez— Men's 35+ 200 free relay National Champions with a winning time of 1:31.46! Congratulations guys!

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Jackson Stich

Coach's corner

Dick Pitman

In retrospect of the recent Badger State Games held a few weeks ago, I want to describe an incident which might find some resonance with some of you.

One of the swimmers whom I coach in Madison is very new to competitive swimming. As with most people she was kind of freaked out by the enormity of the 50 meter pool. Interestingly, she learned to swim the butterfly only last fall. But, she quickly adopted the butterfly as her favorite stroke. So, she enthusiastically signed up for the 50 fly at Badger State Games. As most of us know, the 50 fly itself at Shorewood's pool can be rather daunting. Despite all the hard work the end never seems to get any closer! However, she struggled through that, finished legally, and even won a medal!

She approached me soon before the 200 IM and said, "I'm really afraid I can't do this". I assured her she could. After all, she *had* finished the 50 fly legally and survived. She said, "Yeah, but now I have three more 50's to do after that! I barely finished the 50 fly and was worn out after that!"

I told her to stay relaxed and focused, stay long and glide more, take fewer strokes, etc. I was trying to talk in a calm, soothing manner. I think that helped. I walked along the deck while she swam the fly leg of the 200 IM. She made it! I knew she would be okay then. As she swam back towards the deep end on her back I raised both my arms and smiled at her. I didn't have to watch the rest—I knew she would finish. I had some other minor crisis that came up and had to leave.

YMCA Nationals

Jeanne Seidler

The last issue of our newsletter only scratched the surface of covering the Y Nationals which were held in mid-April in Indianapolis. So here's a little more coverage on how WMAC members did.

As mentioned in the Chairman's Column WMAC swimmers brought home many championships. **Joanne Moder, Janet Schultz, Melinda Mann, Jennifer DeVitt, Don Jackson, Tom Michelson, Kim Von Doring, Laurie Alioto, Erin Detwiler and Bill Payne** combined to take a phenomenal 27 national titles! WMAC swimmers represented YMCA's in Green Bay, Manitowoc-Two Rivers, New City (Chicago), Oshkosh, Racine Family Y, Schroeder, and YMCA of Dane County (Madison East and West).

Getting there was definitely *not* half the fun as a spring snow storm in south eastern Wisconsin made the trip down to Indianapolis very hazardous. But many of the swimmers braved snow, sleet, freezing rain and plain old rain as well as tornadoes in Indiana before arriving at the meet on April 11. The temperatures in Indianapolis remained a chilly 40 degrees most of the time we were there.

(Continued on Page 9)



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Lisa & Curt Dyer and Lisa's sister Julie Van Cleave (above). Nora Settimi and Krista Van Enkenvoort (below).



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Afterwards, at the Union Terrace, she came up to me and said, "Dick, you know, I won a gold medal today"! I said, "That's great"! She asked me to guess in which event and I said, "The IM". She beamed and said, "Yeah".

The moral of this true story is that you don't know what rewards await you if you don't give yourself the benefit of the doubt. You gain strength, experience, and confidence by every experience where you really stop to look fear in the face. You must do the thing you think you cannot do. To sum it up, to win a medal you need to sign up, show up, and finish. You may win a medal or you may just gain confidence for the next time. Either way you win. But, if you don't sign up and you don't show up you have no chance of "winning".



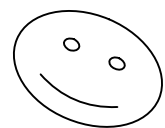
The Schneider sisters, Leah, Erin, and Sarah, made USMS Nationals a very successful family affair.



Tim Young & Laren Tiltmann. Laren set 6 individual WI state records at USMS Nationals.

2007 WMAC Finishes at YMCA Masters Nationals Individual

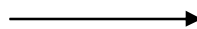
<p>Jen DeVitt 27 1st 1650 free 20:50.03 1st 1000 free 12:30.78 7th 200 free 2:18.38 9th 50 breast :41.94 3rd 500 free 6:06.61 11th 50 fly :34.90</p>	<p>Mary Hanney 36 4th 50 breast :36.77 3rd 500 free 6:30.92 6th 100 IM 1:14.38 4th 200 breast 2:54.31 7th 100 breast 1:20.74 8th 50 free :29.65</p>	<p>Eric Jernberg 48 7th 200 free 1:58.63 4th 200 fly 2:16.34 6th 500 free 5:28.10 7th 100 free :55.62</p>	<p>Don Jackson 66 1st 1000 free 15:01.97 2nd 200 free 2:43.61 1st 500 free 7:14.47</p>	
<p>Geoff Mykleby 54 2nd 100 back :59.43* 3rd 100 IM 1:00.68* 4th 200 back 2:18.74* 6th 50 fly :26.44 3rd 50 back :27.67</p>	<p>Jeanne Seidler 60 7th 1000 free 26:07.31 6th 200 free 5:00.27 6th 100 back 2:22.92 8th 500 free 3:29.90 5th 200 back 5:13.79 7th 100 free 2:21.83 7th 50 free 1:03.32 5th 50 back 1:09.14</p>	<p>Tom Michelson 75 2nd 1000 free 20:02.71 1st 400 IM 8:25.07* 1st 200 fly 4:53.16 1st 200 back 3:54.02 1st 200 breast 4:09.91 1st 100 breast 1:52.09 2nd 100 fly 2:07.40</p>	<p>Franko Lopez 58 9th 1650 free 31:42.46 7th 1000 free 19:09.05 16th 200 free 3:36.46 10th 500 free 9:24.72 11th 100 free 1:34.15 14th 50 free :41.60</p>	
<p>Laurie Alioto 49 2nd 1000 free 11:53.63 1st 400 IM 5:15.32 2nd 200 fly 2:25.59 1st 500 free 5:49.82 3rd 200 back 2:27.97 4th 50 fly :30.40 2nd 200 IM 2:28.80 2nd 100 fly 1:06.38</p>	<p>Erin Detwiler 30 3rd 200 free 2:11.14 1st 50 breast :33.16 2nd 100 free :58.14 1st 200 breast 2:40.92 1st 100 breast 1:13.26 2nd 50 free :27:05</p>	<p>Jeff Bauer 42 4th 400 IM 5:05.99 3rd 50 breast :32.04 5th 100 IM 1:03.03 3rd 200 breast 2:36.50 3rd 200 IM 2:20.14 8th 50 free :25.79</p>	<p>Kim During 28 3rd 200 free 2:05.61 5th 100 back 1:04.60 4th 100 IM 1:04.83 3rd 100 free :57.24 2nd 50 fly :28.34 3rd 200 IM 2:20.54 1st 100 fly 1:01.71</p>	
<p>Jerry Lourigan 41 3rd 1650 free 21:31.50 6th 1000 free 12:43.97 7th 400 IM 5:47.44 6th 200 fly 2:52.39 6th 500 free 6:12.92 5th 200 back 2:47.50 7th 200 breast 2:58.93 7th 200 IM 2:43.23</p>	<p>Art Luetke 60 3rd 200 free 2:20.51 3rd 100 free 1:00.38 2nd 50 free :26.68 7th 50 back :35.36</p>	<p>Stephen Justinger 54 3rd 1650 free 21:34.41 6th 1000 free 13:09.16 10th 200 free 2:24.58 7th 500 free 6:20.73 16th 100 free 1:08.79 16th 50 free :30.46</p>	<p>Suzi Green 45 6th 1000 free 14:29.33 7th 200 free 2:37.84 9th 500 free 7:08.53 15th 100 free 1:10.76 16th 50 free :31.38</p>	
<p>Phyllis Smith 53 6th 1000 free 21:05.72 11th 200 free 3:53.02 13th 100 IM 2:02.93 17th 100 free 1:54.93 15th 50 fly 1:02.64 14th 50 free :49.54</p>	<p>Fred Salzman 74 6th 1000 free 19:20.01 5th 200 free 3:23.97 6th 50 breast :54.94 6th 100 back 1:44.38 3rd 500 free 9:19.54 6th 200 back 3:40.19 5th 50 free :42.62 5th 50 back :49.22</p>	<p>Timothy Potter 51 7th 1650 free 30:47.59 13th 400 IM 7:48.99 9th 100 back 1:34.21 13th 500 free 9:06.82 17th 100 IM 1:31.40 18th 50 fly :39.68 15th 200 IM 3:33.97 17th 50 free :34.82</p>	<p>William Payne 77 2nd 200 free 3:06.13 1st 500 free 8:47.26 1st 50 fly :45.54 3rd 50 free :37.63 1st 100 fly 1:43.53</p>	
<p>Mindy Seidler 27 6th 200 free 2:16.24 3rd 50 breast :36.00 4th 500 free 6:09.23 9th 100 IM 1:10.29 4th 50 fly :30.41 3rd 200 breast 2:56.46 5th 100 breast 1:19.93 4th 100 fly 1:08.64</p>	<p>Melinda Mann 50 1st 50 breast :33.21*** 2nd 100 back 1:10.35* 1st 100 IM 1:06.26* 1st 50 fly :29.47 1st 200 breast 2:42.20*** 1st 100 breast 1:13.28*** 1st 100 fly 1:03.81** 1st 50 back :32.15*</p>	<p>Janet Schultz 56 4th 400 IM 6:43.64 * 4th 100 back 1:30.30 6th 100 IM 1:32.58 4th 200 back 3:10.21 1st 200 breast 3:21.70 4th 200 IM 3:14.20 3rd 100 breast 1:33.77</p>	<p>Candy Christenson 60 2nd 50 breast :42.44 4th 200 fly 3:55.59 3rd 100 IM 1:30.82 2nd 50 fly :40.01 4th 200 breast 3:37.88 4th 100 breast 1:35.16 3rd 50 free :34.85 3rd 100 fly 1:38.08</p>	
<p>Joanne Moder 69 2nd 200 free 3:36.52 6th 100 back 1:53.54 1st 500 free 9:52.02 6th 200 back 4:04.21 3rd 100 free 1:39.12</p>	<p>*** Congratulations to Melinda Mann who set new WI State records (*) in all her events but the 50 and 100 fly, National YMCA records(**) in the 100 fly, 50, 100, and 200 breaststrokes <i>as well as</i> new USMS records (***) in the three breaststroke swims! <i>Way to go, Melinda!</i> Congratulations, too, to Janet Schultz, Tom Michelson, and Geoff Mykleby for their state record swims noted with an *.</p>			<p>Neil Wright 38 4th 100 IM 1:04.94 12th 100 free :58.75 2nd 200 breast 2:35.36 2nd 100 breast 1:09.72 10th 50 free :25.63 9th 100 fly 1:08.81</p>



YMCA Nationals—Continued:

Next year's YMCA Masters Nationals will be in Ft. Lauderdale at the International Swimming Hall of Fame pool, May 15-18, 2008, while the USMS Nationals will be in Austin, TX., May 1-4. Both sites offer something that will be most welcome to WMAC swimmers—sunshine and warmth! Hope to see you at one or both of these National competitions.

WMAC fans at Federal Way



2007 WMAC Finishes at YMCA Masters Nationals Relays—All from the YMCA of Dane County

Men 35+ 400 FR
6th 4:35.33
Jeff Bauer
Tim Potter
Steve Justinger
Jerry Lourigan

Mixed 25+ 200 MR
8th 2:05.70
Jeff Bauer
Erin Detwiler
Jerry Lourigan
Laurie Alioto

Mixed 45+ 200 MR
9th 2:52.01
Phyllis Smith
Steve Justinger
Tim Potter
Suzi Green

25+ Mixed 200 FR
7th 1:51.78
Jeff Bauer
Laurie Alioto
Erin Detwiler
Jerry Lourigan

Mixed 45+ 200 FR
12th 2:42.44
William Payne
Phyllis Smith
Fred Salzmänn
Suzi Green

Women 25+ 200 MR
5th 2:31.30
Phyllis Smith
Erin Detwiler
Laurie Alioto
Suzi Green

Men 45+ 200 MR
11th 2:43.65
Fred Salzmänn
Tim Potter
William Payne
Art Luetke

Women 25+ 200 FR
7th 2:19.87
Laurie Alioto
William Payne
Suzi Green
Erin Detwiler

Men 45+ 200 FR
9th 2:25.69
Tim Potter
William Payne
Fred Salzmänn
Steve Justinger

As you can see—a small number of people (there were only 11 swimmers representing the YMCA of Dane County) combined to form a large number of relays! And relay points score double of what individual events score. Keep that in mind next time you are asked to participate on a relay! Congrats to all the YMCA of Dane County participants!

Lake Amy Belle Swim

Just a reminder—The Lake Amy Belle Swim will take place Saturday, July 21, 2007, in Lake Amy Belle at Camp Minikani, Hubertus, WI. The official entry form was included in the last issue of the Wisconsin Masters Newsletter. If you missed the mail-in entry deadline and still want to participate simply show up on the 21st. But be prepared to pay a little higher entry fee! Beautiful weed-free, clear, clean lake!

Senior Olympics

The competition won't be held until September—but the entries for the Senior Olympics will be due long before the next issue of this newsletter. Keep the relatively early August deadline in mind when considering whether you plan to enter this meet. Many of our swimmers also compete in other Senior Olympic sports. You should have received the entry booklet in the mail by now. Swimming competition is held at the Wauwatosa West HS.