

# Wisconsin Masters Swimming

Newsletter Date  
Jan/Feb-2008

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## WISCONSIN MASTERS WEBSITE

[www.swim-wimasters.org](http://www.swim-wimasters.org)  
Check it out for the latest  
meet results, state records,  
and MORE!

*Look for meet entry forms for  
Tosa West on Feb 2 and  
March 8 AND Madison  
East YMCA on February  
10 on pages 5 and 3 respec-  
tively.*

## CHAIRMAN'S LANE

Dick Pitman

Looking back on this past year—I really hate this kind of self-indulgence—it was very memorable for me. I had a lot of fun and some extraordinary experiences.

The year started out simple enough: the meet in Oconomowoc at the Pabst Farms YMCA. It was a good turnout. A lot of new people were there which was very satisfying. I had some good times—I had to look them up on our website (listed below left) because I can't remember them! They don't leave the same impression on me as they once did. Most times I'm glad that I was able to finish them! I went a 1:18 in the 100 fly, which since I've had trouble with my shoulder on and off for the last couple years was a major triumph! I came close to breaking :30 for my 50 Free and had a decent time (6:38) in my 500 free.

The next meet was at the Oshkosh YMCA. This was our first meet there ever! I was so excited about finally scheduling a meet there and I truly want to thank **Melinda Mann** for helping to set it up. It's too bad we had bad weather because it really was a fun meet and a fun get-together after the meet. My old college friend, **Art Overman**, came from San Clemente to swim the meet. We ended up swimming next to each other in the 100 free. Aren't computer seedings amazing? I had him beat for 75 yards and he actually thought I had beat him for the full 100. If there hadn't been electronic timing and digital display I could have deceived him into thinking that I was still faster than him! Oshkosh is on the schedule again and I hope to see lots of you back there again.

In March I was reunited here in Madison with an old high school teammate from Long Beach, CA. One of my swimmers made the ironic connection. **Jim DePass** was a year behind me in school and has actually been in Madison for several years without our ever know about the other! He's retired from his previous job and decided to take up real estate and now has an office next to mine. Now I have to get him back in the pool!

Then, skipping ahead somewhat, we had to move our State Meet to Middleton and we ended up having our best attended state meet ever! Who would have thought! The largest contingent there was not from Madison or Elm-brook—but from Stevens Point! **Steve Morris** brought a team down all the way from up north to compete and set records. Unfortunately Steve isn't there anymore, but hopefully they will keep the fire that Steve ignited in them and attend more meets this coming year.

In May I flew out to California for a reunion of our Long Beach City College water polo team. I was the manager of the team that won the 1963 State Junior College title. The team we had to beat was Foothill Junior College which had some great swimmers and great water polo players. Their coach was **Nort Thornton** who went on to gain fame as the coach at Cal and the coach of **Matt Biondi**. Our coach, **Monte Nitzkowski**, was probably much better known in water polo circles, but he was also our swim coach. What I remember most about my swimming career there was how he inspired us to take responsibility for our swimming career. At the beginning of the season, after giving everyone a preliminary time trial of their best stroke/event, he put a number on a little 1 inch square of paper. "That's the time you're going to do at the end of the season." No fanfare, just a "that's the truth" kind of look in his eyes, and I came within two-tenths of a second of what he predicted by the end of the season.

While in California another old teammate, **John Montrella**, gave me a tour of all the 50 meter pools within a five mile radius of Mission Viejo. At the City of Irvine Aquatic Complex there were five water polo games going on simultaneously in two side by side 50 meter by 25 yard pools separated by grandstand seating. A most impressive pool complex!!

(Continued on page 2)





This ordinary “looks like any other pool” West Bend High School pool, was the site of 33 new individual SCM state records, 2 SCM state relay marks, 1 National and 1 **WORLD** SCM mark on December 1, 2007.

### Chairman’s Column—Continued:

John and I left to join a bunch of other high school teammates for dinner prior to going to an Angles game that night! Now, bear in mind that I left Madison that same day at 6 AM—so I was staying awake on pure adrenalin. At dinner I was reacquainted with **Fred Russell** and **Dick Chapman** and Dick’s daughter—who wanted to meet me because she was going to be attending UW-Madison as a graduate student this fall. (Another potential WMAC member?) Over dinner Art and I tried to recruit Dick for the Maui Channel Swim which we were doing in August. We were trying to get Dick, a recent widower, excited about life again. Dick turned us down saying “No, I’ve done it. Twice!” While Dick’s name may not be familiar his sister is **Sally Dillon**, the 2006 winner of the Ransom Arthur Award for service to our sport of Masters Swimming. Sally has already committed to coming to Madison for our National race in August.

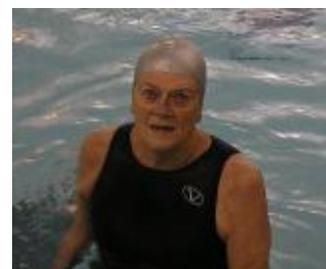
In July, Dick and his daughter visited Madison on an apartment hunting trip. Both fell in love with Madison—she with the cheese curds—he with the beer! Now I’m looking forward to next August when hopefully both Sally *and* Dick will swim in the National Championships in Lake Monona!

### A Record Setting Day!

Nancy Kranpitz

While everyone leaving our first SCM Meet at West Bend High School had to deal with vicious driving conditions several swimmers were as fast in the pool as the roads were slick as numerous state SCM records bit the dust along with 1 national and 1 **world** mark! **Betty Lorenzi** made the most of her first SCM meet in a new age group (80-84) setting a world and national mark in the 100 back (1:50.61), a national mark in the 200 back (4:07.13) - both were obviously also state records—as well as state marks in the 50 back (:51.55) and 100 free (1:45.25). Five other WMACers set three individual marks. **Trina Schaetz** (35-39): 50 free (:29.28), 50 breast (:36.35), 100 IM (1:16.96); **Edie Jacobsen** (60-64): 200 back (3:44.14), 200 IM (3:39.20), 400 IM (7:36.83); **Dan Schaetz** (35-39): 50 breast (:33.68), 50 fly (:27.94), 100 fly (1:03.97); **Mikey Eaton** (50-54): 50 breast (:36.89), 100 breast (1:20.64), 200 breast (3:00.35); and **Art Luetke** (60-64): 50 free (:30.39), 100 free (1:08.75), 200 free (2:40.95). Setting 2 new marks were: **Candy Christenson** (60-64): 50 breast (:48.60), 100 breast (1:50.76); **Peter Allen** (45-49): 100 breast (1:14.98), 200 breast (2:46.82); **Mark Kaczmarek** (50-54): 800 free (11:29.50), 1500 free (21:32.79); **Steve Justinger** (55-59): 800 free (12:03.23), 1500 free (22:40.19). Collecting one new record each were: **Fred Salzman** (75-79): 200 back (4:06.25); **John Bauman** (75-79): 100 breast (2:05.21); **Bela Sandor** (70-74): 50 back (:42.21); **Brian Buark** (30-34) 200 fly (2:45.35); **Julie Hall** (35-39): 100 fly (1:23.28); and **Janet Schultz** (55-59): 100 back (1:44.56). The 2 relay marks were set in the Men’s 200-239 200 Free Relay (2:09.64) with **David Watts**, **Steve Justinger**, **Michael Kvitrud**, and **Art Luedtke** while **Mark Kaczmarek**, **Mike Murray**, **Julie Hall**, and **Trina Schaetz** combined for a new record in the Mixed 200 Free Relay in the 160-199 age group (2:09.39). It should be noted that **Mark Kaczmarek** and **Steve Justinger** each set 2 records within one swim getting their new 800 free records on their way to new marks in the 1500! Congratulations to one and all for all these remarkable performances.

And while congrats are going out we can’t forget to extend our “thanks” for the pre-meet work done by **Jeanne** and **Neil Seidler** and **John Bauman** who made sure the pool measured correctly (I’m sure **Betty Lorenzi** in particular appreciated that effort) as well as **Jeanne** and **John Bauman** who spent more time working the computer and timing system than they did competing in their events during the meet. All in all it was a **MOST** successful 1st meet in this pool!



**Betty Lorenzi, 80**, swam her way to 4 state, 1 national, and 1 world record at the West Bend meet December 1, 2007.



**Dan Schaetz** stretches and streamlines prior to setting a new state mark in the 50 breaststroke at West Bend.



Left: **Art Luedtke** checks his time after one of his 3 individual record setting swims at West Bend.

Right: **Fred Salzman**, aka “Cookie Man”, is distracted by something while checking the order of events at the West Bend Swim Meet.



**WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET**  
*Sunday, February 10, 2008, Madison East YMCA*

- Sponsored by:** Madison Area Masters— sub club of Wisconsin Masters Aquatic Club.
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc. Sanction No. 208-001
- Location:** Madison East YMCA, 711 Cottage Grove Road, Madison, WI 53716
- Date/Time:** Sunday, Feb 10, 2008; Warm-ups at 7:45 AM. Meet starts at 8:30 AM Should finish by noon.
- Facilities:** 8 lane 25 yd pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- Eligibility:** Open to all Masters Swimmers 18 years old or older. Each entrant must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry **MUST** be accompanied by a legible copy of the swimmer's current USMS registration card.
- Rules:** Official USMS Rules will govern the meet. All events will be timed finals.
- Seeding:** Heats will be computer seeded on the deck slowest to fastest. Please submit a reasonably accurate seed time. A **NO TIME** will be seeded in the slowest heat. Age groups and genders will be combined to expedite the meet.
- Timing:** Automatic timing system backed up by watches. We will request swimmers' assistance in timing.
- Warm-up/Cool Down** Lane 8 will be the start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7 or risk disqualification from the meet. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period. Lane 1 will be designated for the purpose of continuous warm-up or cool-down during the meet.
- Entry Fee:** \$2.50 per individual event plus a \$5.00 pool surcharge. There is no charge for relays. Deck entries for individual events will be accepted until 8:00 AM and the fee for deck entries will be \$4.00/event plus the surcharge. Fees must accompany entries. Please bring exact change or make checks payable to SWIM Club.
- Entry Limit:** Five individual events plus relays. The 500 free will be limited to the first 32 entries received. Each swimmer will be responsible for providing a person to count his/her laps.
- Entry Deadline:** Entries must be in the meet director's hands no later than 6:00 PM Saturday, February 2, 2008.
- Meet Director:** Suzi Green Phone: 608-241-7745  
57 Knutson Drive e-mail: [greensuzi@ameritech.net](mailto:greensuzi@ameritech.net) (Please use e-mail if at all possible. You'll have a much easier time reaching me)  
Madison, WI 53704
- Entry Form:** The official entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations.
- Awards:** Ribbons for 1st to 3rd place

**SCHEDULE OF EVENTS**

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

**\*Relays:** Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)

**Post Meet:** Plan on burgers and refreshments @ Harmony Bar & Grill, 2201 Atwood Ave, Madison.

**Directions:** **From the East:** Take I-94 or I-90 to Hwy 30. From Hwy 30 take Hwy 51 (aka Stoughton Rd) south to the Cottage Grove exit, turn west (left) on Cottage Grove Rd. The Y is on your left.  
**From the West:** Take Hwy 12-18 to Hwy 51. Turn left & proceed north to the Cottage Grove Rd exit and turn west (right) on Cottage Grove Rd. The Y is directly on your left.

# USMS LCM Top Ten For WMAC

## Individuals

**Rachel Budde 37**  
7th 100 fly 1:15.26

**Candy Christenson 60**  
10th 100 breast 1:53.58  
9th 200 breast 4:16.00  
8th 50 fly :47.07  
10th 100 fly 2:02.01

**Bela Sandor 72**  
1st 100 breast 1:32.76\*  
2nd 200 IM 3:26.54

**Melinda Mann 51**  
1st 50 breast :38.41\*  
1st 100 breast 1:24.99\*  
1st 100 fly 1:14.21\*  
1st 200 IM 2:48.37\*  
2nd 50 fly :33.13

**Betty Lorenzi 80**  
3rd 200 free 4:00.98  
1st 100 back 1:57.01\*

**W. Morgan Byers 80**  
4th 100 free 1:33.94  
3rd 200 free 3:40.10  
2nd 800 free 16:21.10

**Geri Havel 59**  
10th 200 free 2:52.65  
9th 100 back 1:39.35

**Carol Reinke 71**  
6th 200 IM 4:27.97

**Christopher Brunson 27**  
3rd 100 breast 1:13.13

**John Bauman 77**  
10th 100 back 2:04.91

**Nancy Kranpitz 62**  
6th 50 free :37.25  
5th 50 fly :43.49  
8th 100 fly 1:50.61  
6th 200 fly 4:00.43  
10th 200 IM 3:48.36

**Brad Horner 53**  
10th 100 fly 1:08.58

**Fred Salzman 75**  
10th 100 back 2:04.91

\* By virtue of their 1st place rankings **Melinda Mann, Betty Lorenzi, and Bela Sandor** have been designated as **All-Americans** for the 2007 Long Course Meters Top Ten. Congratulations **Melinda, Betty, and Bela!**

## Relays

**Men 280-319**  
1st 400 FR\* 7:06.62  
James Sevenich 78  
W. Morgan Byers 80  
Fred Salzman 75  
Art Luetke 61

**Women 240-279**  
1st 400 MR\* 7:09.17  
Betty Lorenzi 80  
Candy Christenson 60  
Nancy Kranpitz 62  
Geri Havel 59

**Women 240-279**  
2nd 400 FR 6:34.85  
Betty Lorenzi 80  
Candy Christenson 60  
Nancy Kranpitz 62  
Geri Havel 59

**Women 240-279**  
4th 400 FR 8:52.25  
Joanne Moder 69  
Jeanne Seidler 61  
Dorothy Rose 62  
Carol Reinke 71

**Women 240-279**  
5th 200 MR 3:03.69  
Jane Dillon Stewart  
Candy Christenson 60  
Nancy Kranpitz 62  
Geri Havel 59

\* By virtue of their 1st place ranking members of the Men's 280-319 400 FR and the women's 240-279 400 MR have been recognized as **All Americans** for the 2007 Long Course Meters Top Ten. Congratulations **Jim, Morgan, Fred, Art, Betty, Candy, Nancy, and Geri!**

Would **YOU** like to see your name listed among the Top Ten like those listed above? You can't do it **unless** you enter a meet—or two, or three, or more! Listed below is our meet schedule for the Short Course Yards Season. Here's your chance to establish some great times and be included among the best our nation has to offer!

January 13—YMCA at Pabst Farms, Oconomowoc  
January 27—Oshkosh YMCA  
February 2—Wauwatosa West High School  
February 10—Madison East YMCA  
March 8—Wauwatosa West High School  
April 19/20 State Meet **TENTATIVE!**  
April 15-25—FINA World Masters, Perth, Australia  
May 1-4—USMS SCY Nationals, Austin, TX  
May 15-18—YMCA Masters, Fort Lauderdale, FL



One Long Course Meters meet already on the schedule is the USMS LCM Nationals in Gresham, OR, Aug 14-17. Times from distances greater than 50 meters swum at Badger State Games (usually the last Sunday in June) are also submitted to USMS for Top Ten consideration. The two **first place** (i.e. **All-American**) relays listed above were swum at BSG.

### Can YOU Help?

Your newsletter editor is looking for some help in getting the March and **possibly** the May issues of our newsletter out to those receiving it via snail mail. Since we lost our "local connection" for printing our newsletter in June I have been e-mailing the completed newsletter to Fedex/Kinkos in Appleton. They, in turn, either mail the completed newsletter back to me OR since I am in that area often I will pick it up from them. "All" that is left to do is fold, tape, label, stamp, and mail the newsletters. As "snowbirds" I will be away from Wisconsin February 1-May 15 this year and being in an RV I won't have a mailing address. While I could use any Fedex/Kinkos in the country I prefer to continue to use the Appleton office as they are now familiar with what I am sending them and have been more than helpful whenever "issues" come up with fonts, pictures, or anything else that could affect the quality of our newsletter. Your time commitment would be approximately 6-8 hours, John Bauman will get the labels to you, and WMAC picks up the tab for the stamps. Please contact me (Nancy Kranpitz) at 715-358-5065 or at [jnkranpitz@yahoo.com](mailto:jnkranpitz@yahoo.com) if you can help.

*Thanks in advance—I HOPE!*

**WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEETS**  
*February 2 and March 8, 2008—Wauwatosa West High School*

- Sponsored by:** The Wisconsin Masters Aquatic Club.
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc.
- Location:** Wauwatosa West High School. N 114th and W Center Streets, Wauwatosa, WI
- Dates:** **February 2, 2008 AND March 8, 2008.**
- Time:** Warm-ups: 12:00-12:45 PM. Meet starts at 1:00 PM.
- Facilities:** 25 yard, 6 lane pool with non-turbulent lane guides, starting blocks and backstroke flags. A separate diving well is available for warm-up and warm-down.
- Eligibility:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters swimmer and each entry must be accompanied by a copy of the swimmer's current USMS registration card. Please see the instructions on the universal entry form.
- Rules:** Official USMS Rules will govern these meets. All events will be timed finals.
- Seeding:** Heats will be computer seeded on the deck slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Entries for the 1000 and 1650 freestyle will not be accepted without a seed time which, at the discretion of the meet director, may be subject to change based on prior performances. Age groups and sexes will be combined to expedite the meet.
- Timing:** Automatic timing system backed up by watches.
- Warm-up Procedure** Lane 6 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1 thru 5 will be for circle swimming only. NO DIVING starts from the blocks or the deck in lanes 1 thru 5. Swimmers must enter the pool feet first in a cautious manner in lanes 1 thru 5. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.
- Entry Fees:** \$2.50 per individual event plus a \$5.00 pool surcharge. Deck entries for individual events will only be accepted from 11:30 AM to 12:00 noon the day of the meet. The fee for deck entries shall be \$4.00/event plus the \$5.00 pool surcharge. Fees must accompany entries, checks payable to Wisconsin Masters Aquatic Club (WMAC).
- Entry Limit:** 5 individual events plus relays. The 1650 free will be limited to the first 24 entries received and each swimmer entered in the 1650 is responsible for providing a person to count his/her laps.
- Entry Deadline:** One week prior to the date of the meet.
- Mail Entry to:** John Bauman Phone: (414) 453-7336  
11917 W. Rainbow Ave e-mail: [wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net)  
West Allis, WI 53214
- Entry Form:** The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
- Awards:** Masters ribbons for 1st, 2nd, 3rd.

**SCHEDULE OF EVENTS**

February 2, 2008, Sanction #208-004	March 8, 2008, Sanction #208-005
Event No.	Event No.
101 50 yd Free	201 50 yd Breast
102 200 yd IM	202 400 yd IM
103 50 yd Back	203 50 yd Free
104 100 yd Fly	204 100 yd Back
105 100 yd Free	205 200 yd Fly
106 100 yd Breast	206 200 yd Free
107 200 yd Back	207 200 yd Breast
108 50 yd Fly	208 100 yd IM
109 400 yd Medley Relay*	209 400 yd Free Relay *
110 1650 yd Free**	210 1000 yd Free**

\* Relays may be all men, all women, or mixed (two women and two men)

\*\*Entries for the 1000 and 1650 Free will not be accepted without a seed time which, at the discretion of the director, may be subject to change based on prior performances.

# WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date \_\_\_\_\_

Meet Location \_\_\_\_\_

If a copy of your registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-Mail address.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet. information

NAME \_\_\_\_\_

MALE \_\_\_\_\_  
FEMALE \_\_\_\_\_ USMS NO \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

TEAM \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME	EVT#	EVENT	SEED TIME
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**FEES PER MEET INFORMATION PAGE:**  
 \_\_\_\_\_ Events @ \$\_\_\_\_\_ each + pool surcharge \$\_\_\_\_\_ = \_\_\_\_\_

### LIABILITY RELEASE

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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING 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 THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATESMASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, 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.

Signed \_\_\_\_\_ Date \_\_\_\_\_

## Coach's Corner—January 2008

Dick Pitman

I opened my latest issue of *Swimming World Magazine* recently and saw an article written by Karlyn Pipes-Neilsen in her monthly column titled "Pool's Edge". The subject of her October column was similar to my column in a recent edition of our newsletter...***Breathing More Effectively***.

I don't want to steal her thunder...just underscore some of her points. The purpose of breathing is to (1) replenish your oxygen; (2) expel your used air, commonly known as CO<sub>2</sub>; and, (3) attain a level of relaxation and comfort while swimming.

Breathing, as any novice swimmer will tell you, is the hardest thing to learn about swimming. It is the biggest impediment to truly relaxing in the water. Even for pretty good swimmers achieving optimal breathing technique can be hard to learn.

In a recent newsletter I told you about ***using your arm as a platform upon which to breathe***. Karlyn's article really made me think that there are more basic steps before you even get to that ***platform*** concept. Actually, Karlyn stated she thought that at least 50% of swimmers have breathing issues. From my perspective of coaching I believe that! I'm sure other coaches out there would concur.

Ask yourself these questions that she posed in her article:

1. Do you breathe too often?
2. Do you not breathe often enough?
3. Do you hold your breath?
4. Do you breathe too deeply?
5. Do you exhale too forcefully?
6. Do you exhale so completely that you empty the tank?
7. Do you exhale too late—like when your mouth is out of the water?
8. Do you rotate your head too far and count the tiles on the ceiling?
9. Do you exhale/inhale with your face out of the water?

These questions/issues deal with timing, velocity, volume, variety and relaxation. Her answers and explanations make a lot of sense.

### Wisconsin Water Warriors

Because the WWW competition and this issue's newsletter deadline were nearly identical you will have to wait for the March issue to see how your yardage, and that of your sub-club, fared with the rest of the state. Look for **Stacey Kiefer's** complete report and analysis in our March newsletter!

### Our sympathies go out to....

**Jane Dillon Stewart**, whose husband, Ron, died suddenly and unexpectedly on November 3, 2007. During their years in California Jane was an active member of the Walnut Creek Masters team and in the past few years Jane had begun competing with WMAC. **Candy Christenson, Geri Havel, and Nancy Kranpitz** all swam with Jane in the 1960's in Appleton (Lawrence Swim Club) and along with the WMAC membership we look forward to her returning to and continuing with WMAC for many years to come. WMAC expresses our sincere sympathies to you, Jane.



While it is definitely ***easier*** to breathe while swimming backstroke vs. breaststroke, good breathing technique will benefit you while swimming ***any*** stroke!



Swimmers often ask me, "I like to breathe on only one side. Should I be trying to breathe every other stroke—like every third stroke?" What I tell them is this: "I like breathing on my right side, but it is important to know how to breathe on both sides. Last year I swam the width of Devils Lake (Baraboo) and on the way back from the other side there was a strong surface current coming off the hills bordering the south side of the lake. It was blowing water into my mouth when I tried to breathe. This condition lasted until I got past the half-way point and then I was able to breathe again on my right side." So, you have to be prepared for a variety of conditions.

There's another rule that coaches may not talk about too much. Breathe as often as you need to even if that means violating the ***every other stroke*** rule. You can breathe every third stroke and still get enough air if you're in good enough shape to do so. I have a lot of trouble in a long race—like a 1650 or even a 500—breathing every third stroke. So, I tend to breathe consistently on my right. It fits my rhythm and gives me adequate air. If I'm swimming next to a rival I'll switch and breathe on my left so I can watch that person next to me. Breathing and rhythm are so important in swimming—it keeps you relaxed and in a certain comfort zone.

**Does your snail mail copy of this newsletter have a red "slash" across your address label? If so that means you have not renewed your registration for 2008 and this will be the last issue of the newsletter you will receive. If you want to continue to be a part of WMAC you MUST re-register NOW! John Bauman is our registrar—contact him.**

## Middleton SCY Swim Meet Review

Dick Pitman, Suzi Green, Candy Christenson

The first SCY Meet of the season was held at Middleton and attracted 48 swimmers. **Jerry Lourigan** was the meet manager for a meet that pretty much started on time, went really fast (several events had only one or two heats so swimmers were either swimming, recovering, or timing!), and had no problems. Swimmers especially enjoyed the meet surroundings—a bright pool area with a lot of deck space and a perfect water temperature!

There were several swimmers swimming again for the first time in many years or as new swimmers to the area. Two of them were **Richard Lynch** and **Sally MacLaren-Meuer**. **Lynch**, a former UW swimmer, competed for the first time in 32 years and turned in times of :25.98 and :59.42 for the 50 and 100 frees. And he has only been training on his own for a couple of months. His times were shy of **Tom Meehan's** records—but pretty good for being away for so long. **MacLaren-Meuer**, recently returned to Wisconsin, now resides in Stoughton, and is trying to get a Masters program together there. She provided some extra competition in the 45-49 age group.

Among the “regulars” - **Morgan Byers** looked good in all of his events and **Bela Sandor** announced he has moved “south” for the winter—from Sturgeon Bay all the way to Madison!

WMAC swimmers don't have much time to rest on their laurels as the Pabst Farms meet is just around the corner (Jan 13) followed by Oshkosh on Jan 27th and Wauwatosa West on Feb 2.



“Gee—I did so well at West Bend—I really ought to go to Austin.”  
**Peter Allen**



“Let's make a deal. I'll go to Austin if you guys promise to come along and help me get into my suit!” **Bela Sandor**



←  
**Jim Sevenich** is deep in thought. To go or not to go to Austin?? Think “GO” Jim!

## WMAC NEEDS YOU!!

For those who may not have noticed, WMAC did exceptionally well at the 2007 SCY Nationals finishing in 7th place overall (5th among the women!) with only 31 swimmers (18 women). In 2008, Coach **Fred Russell** of Elm-brook is looking forward to a higher finish at the SCY Nationals at the U of Texas in Austin May 1-4. We could *easily* double—even triple—our number of participants from last year and finish substantially higher in both the team and men's/women's competitions. Let's take the nation by storm and surprise! Speaking as one who was there last year—our team camaraderie was fantastic! I felt like a kid again—getting pre and post race tips and encouragement as well as relay splits from **Fred**—who graciously coached each and every swimmer in attendance. **Fred** and **John Bauman** also spent hours putting together exceptionally competitive relays—a *huge* task! Let's not let their efforts go unnoticed—*seriously* consider attending this meet. You will **NOT** regret it. *Hope to see you there!*

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