

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
March/April - 2008

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WISCONSIN MASTERS WEBSITE

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

Look for
Wisconsin State SCY
Meet Information on
pages 3 and 4.

We're off to a great start this year! And, an exciting year it promises to be! I'm writing this column just days after the **Pabst Farms** meet in Oconomowoc where we had over **80** swimmers doing their best to break some records—either personal, state or national. There were a lot of very good swims!

These people have the best times in the country so far according to **Current Top Times** compiled by USMS and managed by our own **Jeanne Seidler**: **Jocelyn Rau**, 28, 50 free (:25.29) and 50 backstroke (:30.18); **Sarah Cramer**, 32, 200 free (2:08.13), 500 free (5:40.24), and 400 IM (5:08.13); **Sarah Schneider**, 31, 200 breast (2:38.29); **Julie Hall**, 39, 400 IM (5:42.76); **Brian Ruark**, 32, 200 fly (2:26.51); **Laren Tiltman**, 37, 200 back (2:04.66); **Darryl Stich**, 32, 200 IM (2:12.66); and **Morgan Byers**, 80, 100 free (1:22.33), 500 free (8:31.42), and 100 back (1:38.38).



Dick Pitman

That's a total of **13 firsts!** See, this is kind of a virtual swim meet, and I would say (if anyone is keeping score) that we're in the lead because we also had lots of swimmers in the top 10. So, a hearty congratulations to all! You make us proud to be Badgers!

Let me explain a little more about **Current Top Times**. What is it? A few years ago someone thought it would be kind of interesting to post the results of current meets in a running order of best times. It reboots with every new season. If you want to know more about it, you can drop a note to **Jeanne Seidler** who might be able to tell you how it works. She won't, though, be able to cut and paste you into a higher position than you deserve! I like this medium. It gives you a chance to see what your fellow competitors are doing a thousand miles away so when you see them at Nationals you know who and what your competition is!

There's another interesting little feature on this site. To the far right of your name you'll see the code for the meet you swam in. If you click on that spot you'll find this for the **Pabst Farms** meet:

2 teams represented (WMAC and MAM)

84 swimmers entered

260 individual event splashes with 2 DQ's, and 31 scratches or no-shows

10 relay splashes with 0 DQ's and 0 scratches or no-shows

As you can see we are going to have a heck of a swimming season!

At **Pabst Farms** I was being pressured *nicely* to commit to going to Nationals in Austin, TX, the first weekend in May. It's flattering to know that my fellow swimmers feel I'm still fast enough to contribute. Maybe they just want my funny, cheerful voice hollering at them to go faster! But, National meets are a **lot of fun!** I know the group that went to Federal Way last year had a blast judging from the photos **Trina** and **Dan Schaetz** shared with me. The truth is you don't have to be a super-star to go to a national meet. You just need to sign up and *pay yo' money down.*

For the USMS Nationals you get to swim three events without submitting a "QT" or qualifying time. And, you can participate in up to six individual events and four relays. The qualifying times for each event are established by the USMS Championship Committee based on a formula voted on at the previous year's convention. Loosely stated the "QT" is a certain percentage of the 10th place time, or something like that. The Championship Committee creates the "QT" based on the previous year's National Meet results.

Why a "QT"? In 1988 the USMS House of Delegates decided that because of the huge turnout at the 1987 USMS Short Course Yards Nationals at Stanford University some changes were needed to keep the participation down to a manageable level. That meet, which attracted about 2,500 swimmers, is still the largest national Masters ever held. I was there! I can tell you that it was close
(Continued on Page 2)

Chairman's Lane—Continued:

to un-manageable. There were heats—mostly relays—being swam at 10:30 PM! And, two pools were being used! I've got lots of stories from that meet! **Now**, this is not intended to scare anyone off! The "QT's" have done wonders for keeping the national meets completely manageable. Participants in the past several SCY Nationals have completed their swimming **each day of the meet** in time to enjoy dinners with their teammates, and in some cases, their competitors!

If you can't commit to going to Austin (and **please** give it careful consideration!) there are alternatives for more competition closer to home. There is a meet at Wauwatosa West in March and then there is the Wisconsin State Meet which is again being held at Middleton High School on April 19-20. A larger meet might be held in Illinois about the same time, but it is not on the schedule at this writing. Then, there's the National YMCA meet in Fort Lauderdale, FL, this year. There are no qualifying times for this meet which is being held May 15-18. I know there is a group from Madison going. The National Y Masters meet is strongly predicated on the idea that YMCA's around the country compete on the basis of a team made up of **their** members. These members have to be registered ("**member in good standing**") for at least 90 days prior to the first day of competition. These meets are no less fun than the USMS National meets.

Bottom line—it is always fun to go to a big meet! And, it's not too early to start thinking and planning for the Big Meet you're going to this year.



Dan Schaetz, Heather Tiltman, Laren Tiltman, and Tim Young had lots to smile about after turning in some good early season times at the Pabst Farms meet.



Sarah Cramer is back in the pool after an 11 year absence. The Pabst Farms meet was her first since she competed for Stanford University in the mid '90's.

ANOTHER SCY MEET **FOR 2008!**

Please note the addition of another meet to our 2008 SCY season. On April 5, 2008, a meet will be held at the Jack Young Middle School in Baraboo, WI. This meet was added to the schedule very recently in order to provide another competitive opportunity between the March 8 Tosa meet and our state meet April 19-20. Complete meet entry information can be found on pages 9 & 10 of this newsletter.

Oshkosh Y Meet

Nancy Kranpitz

Over **40** Masters swimmers showed up for the 2nd Annual (hopefully) Masters meet held at the Oshkosh YMCA facility on January 27th. **Melinda Mann** did the "behind the scenes leg work" to put this meet on the schedule and **Dick Pitman** served as meet director. So a big thank you to **Melinda** and **Dick!** **Melinda** had also arranged for some of the Oshkosh Y kids' team members (and some of their parents) to handle the timing duties—which made it especially nice for the competitors who were able to concentrate on just their swimming. We had the recommended (required?) two officials who were **more** than efficient! With the exception of the 500 free the meet was run in 1 1/2 hours! For me that meant that once I swam my first event I was in the pool either competing or cooling down for the **duration** of the meet! At one time **Jeanne Seidler** was 5 yards out from completing an event and the official had already blown the three short whistle blasts (i.e.—get behind the blocks and get ready) for the next event—the medley relay—in which she was the lead-off swimmer! As the only entrant in the 200 fly I was tempted to scratch—but then decided my fellow competitors might appreciate the extended break they would get by my swimming the event. I hadn't been in a pool since Jan 8 (something called a 2 week ski trip to Colorado got in my way!), so believe me—they got an **extended** break!

I'm sure there were many great swims. However, given that I was always either competing or cooling down I didn't get to see many of them! The highlight of the meet for me was connecting with **Missy (Langlois) Vandenhouten**. I was Missy's coach at the Manitowoc-Two Rivers YMCA from 1981-84 and hadn't seen her since then. I guess this is part of what masters is all about.

We had a couple more first timers—which is always great to see. And I heard close to 30 people gathered for lunch after the meet (another thing that masters is all about!) Hopefully this meet will be on the schedule again next year with a larger turnout. And one more thing—the water slide was fantastic! Just as good as the one at Pabst Farms!

Wisconsin Masters Swimming Championships

Short Course Yards

April 19-20, 2008

- SPONSORED BY:** The Wisconsin Masters Aquatic Club.
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 208-007.
- LOCATION:** Middleton/Cross Plains Area High School
2100 Bristol Street
Middleton, WI 53562
- TIME:** Saturday April 19 and Sunday April 20, 2008.
Warm-up 10:00 AM, meet starts at 11:00AM.
- FACILITIES:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- ELIGIBILITY:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2008 USMS registration card.
- RULES:** Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING:** Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time, a NO TIME will be seeded in the slowest heat. Entries for the 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.
Heat sheets will be provided.
- TIMING:** Automatic timing system backed up by watches.
- WARM-UP PROCEDURE:** Lane 1 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 2-8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in lanes 2-8. Swimmers must enter the pool feet first in a cautious manner in lanes 2-8. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up
- ENTRY FEE:** \$2.50/individual event plus a \$5.00 pool user surcharge. DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED. Fees must accompany entries. CHECKS PAYABLE TO WMAC.
- ENTRY LIMIT:** Five individual events per day plus relays. THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED. Each swimmer entered in the 1650 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 6:00PM, Friday, April 11.

SEND TO: John Bauman – MEET DIRECTOR
11917 W Rainbow Ave
West Allis, WI 53214-2166
(414)453-7336 E-mail: wmacswim@sbcglobal.net

ENTRY FORM: The official entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations. Remember to include a copy of your USMS registration card.

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

Saturday, April 19

1. 50yd Freestyle
2. 200yd IM
3. 100yd Backstroke
4. 200yd Mixed Medley Relay
5. 200yd Breaststroke
6. 200yd Freestyle
7. 100yd Butterfly
8. 50yd Breaststroke
9. 200yd Free Relay
10. 400yd Medley Relay*
11. 800yd Free Relay*
12. 500yd Freestyle

Sunday, April 20

13. 50yd Butterfly
14. 400yd IM
15. 100yd Freestyle
16. 200yd Mixed Free Relay
17. 200yd Backstroke
18. 100yd Breaststroke
19. 100yd IM
20. 200yd Butterfly
21. 50yd Backstroke
22. 200yd Medley Relay
23. 400yd Free Relay*
24. 1650yd Freestyle

SUBMIT RELAY ENTRIES AT MEET: *The 400 Free, 400 Medley and 800 Free Relays will be limited to one heat each. Relay teams may be all men, all women or mixed. Mixed Relays must consist of 2 men and 2 women.

Meet results will be posted to the Wisconsin Masters Web site, www.swim-wimasters.org, within 48 hours of the conclusion of the meet.



WMAC USMS SCY National Team Ware

If nothing else can convince you to go to Austin, TX, for the USMS Short Course Yards Nationals just *maybe* the thought of you being “privy” to one of these shirts/sweatshirts might do the trick! The printing on the front, in addition to the modified Wisconsin State map, says USMS Short Course Nationals, Austin, Tx. The quote on the back is “Hauling some dairy aire to Texas”. Credit goes to Trina Schaetz and her teammates at Elmbrook Masters. The order form for these items can be found on page 12 of this newsletter as well as on the Wisconsin Masters web site. **Orders must be received by April 1st!**

Please take note of the Coach's Column on page 6 in this issue—and its continuance in our next issue. **Laren Tiltman** has authored an excellent piece on stream lining. The first half of the article, which includes reasons for the need to streamline, appears in this issue. The second half will take us through very specific steps for maximizing our speed off the start and turns as it specifically relates to the breaststroke. Thanks, **Laren**, for your work in putting this article together.

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

Laren Tiltman—Head Coach, Menomonee Falls Swim Club

Being that I have now been part of USMS since 2004, I'm finally getting a good understanding of who the "master's swimmer" is and what they believe is needed to swim faster. I have come to realize that many master's swimmers (including myself) were, as young athletes, sold on the idea that "hard work" alone was the secret to success and that to swim faster one had to swim more and more yardage. More and more mileage, however, is not necessarily the only key to successful swimming.

Now, don't get me wrong. Mileage does play a role in becoming a faster swimmer. However, I feel that too often one of the greatest avenues for success in the pool is overlooked. I'm talking about "drag" reduction. Many of you might have heard about it by its more common term of "body position". "Drag" is basically the sucking force (currents) that are created when we move through water. It can get a little technical at this point in terms of how that

actually happens. But what is important is to identify the fact that changing how we align our bodies in the water has a major impact on our overall speed due to minimizing "drag" forces.

Also important is realizing that there are very simple, easy fixes that can reduce drag and greatly impact our swimming performances and I'm always amazed how often they are overlooked. It seems swimmers of all ages are prepared to do an extra practice or ten rather than work on their streamline off a wall. Some of you might be thinking, "That technique stuff is only for sprinters. I swim the 500, 1000 or mile, so how can that help me?" Well, when one considers that there are 19 turns and 1 dive (20 streamlines) in a 500 free you might appreciate where I'm coming from. The situation is further compounded by the fact that we are fastest in the water (after the dive) when we push off the wall. We cannot swim as fast as we can push off the wall!

A simple tight streamline will reduce drag and hence allow us to: travel through the water faster; go further off every push for the same unit of time; reduce the number of strokes we have to take to get to the next wall. Hence our overall time on the clock will be reduced—and this was all before we even took a single stroke! A great way to practice and tell if we are improving our streamlines is to try to reach the flags off every turn as we travel under water in our streamline position. We should at least be past the "T" on the bottom of the pool before starting our first stroke.

A "streamline" by definition includes all of the following: a rigid body (tight line); a straight "flagpole" body position with head in line with the body (not head up looking for the wall or too far down); hands and arms reaching over the head—squeezing the ears with one hand on top of the other, legs tightly together with pointed toes; and finally, big toes next to each other creating a tapered look where the water can flow off our bodies in similar fashion to a kayak. Do NOT overlook this final criterion! Imagine you sawed off the end of a kayak. What do you think the effect would be?

This leads me to an area I would like to focus in on, namely underwater breaststroke pullouts. Mastering this skill in breaststroke will have a major impact on your overall performance. This skill can be broken down into 2 major areas: 1) the dive and underwater pullout; 2) the turn and underwater pullout; and both of these areas will be discussed in detail in the continuance of this column in the next issue of our newsletter.



Lynn Riley appears to be putting Coach Laren Tiltman's streamlining tips to good use as she swims the 500 free in a recent meet.

Our Sympathies to.....

Our Sympathies to.....

Wisconsin Masters would like to extend their sympathy to **John Bauman** whose daughter died recently. While any family death is difficult the loss of a "child" seems to take a special toll on our hearts regardless of the age of that "child". John has been a driving force in the success of WMAC for close to 30 years and has touched literally thousands of swimmers in that time. Wisconsin masters past and present want you to know, John, how very sorry we are for your loss. Please accept our sympathy.

Tosa & Madison East Y Meets

Despite bad winter weather both of these meets saw good turnouts and some great swims. Over 60 braved a winter storm to get to Tosa and more than 40 did the same to get to Madison. Both meets ran well—on time—and produced some good swims. Both meets also saw several "newbies"! Complete results for both of these meets can be found on the Wisconsin masters web site. If you didn't swim there you can at least check the results to see how you *might* have placed thanks to the efforts of meet directors **John Bauman** and **Suzi Green** and webmaster **Ray Diedrich**.



Meet directors extraordinaire—**Suzi Green** and **John Bauman**

GO!



Swim to Eat

Trina Schaez

Dan and I often tease about how our workout motto is "SWIM TO EAT;" and it's true, we *do* swim so we can gobble the guiltless burger or spoon in the sundae at Culver's after practice. This year, however, we are trying to pay a bit more attention to the latest buzz foods for healthy eating instead of just swimming to make room for junk food. Here are a couple of the ones we love right now:

Try pomegranates: These crazy looking fruits are loaded with antioxidants, potassium, iron and folic acid. Try drinking them in a guise or cut them in quarters and submerge them in water to separate the juicy fruit from the weird white flesh.

Try sweet potatoes: Not just for Thanksgiving. These guys are packed with vitamin A in the form of beta-carotene: a powerful antioxidant that helps your eyes more than goggles, builds muscle and bone strength and fights infections. Eat 'm mashed, sliced or baked just like you do the white ones.

Try frozen mixed berries: Any dark blue, red or purple berries are named "anthocyanins" and are researched to fight off Alzheimer's and some forms of cancer. They also help your muscles repair after a hard practice/meet. Fresh or frozen ones are great on cereal, in smoothies, in a cup of yogurt or by the handful.

Try almonds: These nuts can be thrown into any dish or straight into your mouth. Have a handful of them three to five times a week as a source of vitamin E and protein that staves off cancer, heart disease, and artery clogging cholesterol.

Try DARK chocolate! (Now that'll be hard!) We recently read about a study that confirmed that athletes who ate an ounce of dark chocolate daily lowered their blood pressure and LDL cholesterol in just two weeks. The study showed that the darker the chocolate the better to increase levels of "flavenols" which boast huge antioxidant powers. Live near Wauwatosa? Niemans Chocolates has the BEST block dark chocolate ever (we think). And you can purchase it by the pound. YUM!

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Thank You Julie Hall!

A **BIG** thank you to **Julie Hall** pictured above left with **Peter Allen** at the Oshkosh meet. Julie volunteered to do the folding, taping, labeling, and stamping of those newsletters being sent via snail mail this month while I'm relaxing in sunny Florida! Julie even volunteered thinking she would have to drive to Appleton from Milwaukee to pick up the completed newsletters! (Not the case!). Now that's a dedicated volunteer! **Thank you, Julie!**



Nancy Kranpitz and Missy Vandenhouten take time to reconnect at the Oshkosh Y meet. Nancy was Missy's coach at the Manitowoc-Two Rivers Y from 1981-1984.

Great Start



Steve Justinger

Dorothy Rose



Go The Distance & Wisconsin Water Warriors

Dick Pitman and Steve Justinger

Three years ago, shortly after **Stacey Kiefer** initiated our **Wisconsin Water Warriors Challenge**, I touted her program to the USMS Fitness Committee. They didn't get too excited. In fact a couple of people said that it would promote over-training. Then, scarcely a year later, we were given a new USMS Fitness Challenge: ***Go the Distance!*** At first glance it appeared they (USMS) had taken **Stacey's** idea and just altered (extended) it. At any rate, ***Go the Distance*** is officially a USMS Fitness Challenge and it is probably only fitting that a WMAC swimmer, **Carrie Kostopolos**, not only **won** the national challenge for 2007 but she **dominated** it registering a total of **1803.56 miles!** Carrie reached her goal of 1800 miles on December 31, 2007. She told **Suzi Green** that she didn't sleep much and that she swam about 7 or 8 hours a day. **Carrie** swims with the Whitefish Bay Masters group and also coaches the youngest kids on their age group team.

Seven other WMAC swimmers participated in this USMS sponsored event. They were: **Melodee Nugent** (567.83 miles); **Steve Justinger** (505.05 miles); **Dan Slick** (410.03 miles); **Suzi Green** (282.65 miles); **William Curtis** (209.67 miles); **Meredith Krejny** (187.86 miles); and **Sheryl Leonard-Schneck** (125.42 miles). The grand total for all participants in this challenge was 105,153.67 miles with the average per participant being 288.09 miles.

Congratulations, **Carrie**. That's quite an accomplishment! Oh, by the way, the second place finisher, **Thomas Hetzel**, totaled a "mere" 1120.75 miles.

The Women Take Charge!

A Review of the '07 WI Water Warriors Contest

Stacey Kiefer

The 2007 Wisconsin Water Warriors contest displayed the dedication and time spent wet for 65 motivated swimmers. This year the contest was trumped by not only one but **TWO** women—both in the Female 36-45 division—who spent more than a lot of time in the pool! Between the two of them, these women swam a combined total of more than 185 miles—in just 2 weeks! **Carrie Kostopulos** of Shorewood logged 174,650 yards (herself!) taking home the overall highest total for 2007. Not far behind, three year reigning Mukwonago champ, **Melodee Nugent**, turned in 130,600 yards. And by the way, this year **Melodee** increased her yardage by 11,400 yards from her first year of participation in 2004. Both women, **Carrie** and **Melodee**, swam more than double the next closest swimmer, who happened to be the Overall Male winner, Elmbrook Master, **Mark Kaczmarek**, who totaled 57,350 yards.

While swimming through work, stress, sore shoulders, triathlon woes, pregnancy and post pregnancy (congrats to **Christine Block** who gave birth to a baby girl just three weeks before the contest started!), and just plain old exhaustion, this year's participants deserve a hefty pat on the back. A special kudos goes out to our five married couples, ranging from the youngest age group (18-25) where newlyweds, Carthage Masters (formerly Elmbrook Masters), **Andy and Kelli (Klepel) Steenrod** competed to the wisest age group (76 and up) where **Richard and Joyce Bates** took charge. What could be better than the sport of swimming being used as the glue between couples? After all, a little healthy competition is always a fun topic of conversation...and a great way to stay in shape!



Hey **Laren**—How's this for some streamlining?

While the **Carthage Masters** tallied the highest team total with 365,475 yards (aside from the solo swimmers under the general WMAC who swam 432,585 yards), the swimmers at the **Baraboo Indoor Pool** (consisting of WMAC and non-registered swimmers) were rewarded with a special gift. Their pool set the challenge and then treated their participants to a free swim bag for competing as a Water Warrior. **Elmbrook Masters** and **Madison Area Masters** also competed as teams swimming 235,000 and 189,885 yards respectively.

If you were the top person in your age group or the overall male or female, be sure to join us at the WI State Masters Meet, April 19-20 at Middleton High School to collect your award—compliments of Adolph Kiefer & Assoc. Congrats to everyone who participated...and keep on swimming!
(Individual participant yardages can be found on Page 9).

Elmbrook Masters 5th Annual 100 x 100's Practice

On Saturday morning, February 23rd, twenty-two members of the Elmbrook Masters swim team gathered together for their team's 5th annual 100 x 100's practice. Yes, you read that right: 100x100's.

Perhaps you can't imagine yourself doing a workout of that for any reason, but the group at Elmbrook says they continue the annual challenge JUST BECAUSE THEY CAN! And each year the group accepting the challenge seems to get bigger and bigger.

Of course, the team builds in some little things to help to make the nearly 6 mile practice easier to swallow. **Tim Young** and **Laren Tiltmann**, for instance, write up a workout with a lot of variety for the group. They break things up into 10 sets of 10 x 100's and try to vary the sets to include swim, pull, kick, stroke, IM, and freestyle. Another teammate, **Krista VanEnkenvoort** took it upon herself to spin nearly 4 hours of fabulous music to keep the group inspired. Other Elmbrook-ers arrived with bananas, oranges, fluid replacement drinks and Advil in tow, and **Julie Van Cleave** graciously hosted a "refueling" party (complete with massage therapists) after the swim as a reward for everyone's efforts.

In any case, the team says it's a workout that gives each finisher a satisfying feeling of accomplishment and a solidarity that brings even alumni Elmbrook-ers back to town for the annual fun. I guess it's just one more way to keep the young stuff in us!

...As I was swimming yesterday I thought about **Morgan Byers**. At the Oshkosh meet he swam the 100 free 1 second faster than I did at the Pabst Farms meet...and he's 80! I know it doesn't matter what our times are but it was very impressive to see an 80 year old swim that well. He looked so smooth and strong.
Candy Christenson—via e-mail



Morgan Byers currently holds the top time in the country for the 100, 500, 1000 and 1650 free, and the 100 back in the 80-84 age group.

WISCONSIN MASTERS SWIM MEET
SHORT COURSE YARDS
APRIL 5, 2008

- SPONSORED BY:** The Wisconsin Masters Aquatic Club.
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 208-008.
- LOCATION:** Jack Young Middle School
1531 Draper St
Baraboo, WI 53913
- TIME:** Saturday April 5. Warm-up 10:00 AM, meet starts at 11:00AM.
- FACILITIES:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- ELIGIBILITY:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2008 USMS registration card.
- RULES:** Official Masters Rules will govern this meet. All events will be timed finals.
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- Age groups and sexes will be combined to expedite the meet.
- TIMING:** Automatic timing system backed up by watches.
- WARM-UP PROCEDURE:** Lane 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in lanes 1-3 or 5-8. Swimmers must enter the pool feet first in a cautious manner during warm up. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up.
- Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress
- ENTRY FEE:** \$2.50/individual event plus a \$5.00 pool user surcharge. Deck entries for individual events will be accepted until 10:30AM. The fee for deck entries will be \$4.00 individual event plus the surcharge
- CHECKS PAYABLE TO WMAC.**
- ENTRY LIMIT:** Five individual events per day plus relays.
- ENTRY DEADLINE:** Entries must be in the meet directors hands no later than 6:00PM, Saturday, March 29.
- SEND TO:**

John Bauman – MEET DIRECTOR
11917 W Rainbow Ave
West Allis, WI 53214-2166 E-mail: wmacswim@sbcglobal.net

ENTRY FORM: The universal entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations. Remember to include a copy of your USMS registration card.

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

- | | |
|------------------------|-------------------------|
| 1. 50yd Butterfly | 11. 400yd Free Relay* |
| 2. 100yd Breaststroke | 12. 50yd Backstroke |
| 3. 100yd Backstroke | 13. 100yd IM |
| 4. 200yd Medley Relay* | 14. 500yd Freestyle |
| 5. 50yd Freestyle | 15. 50yd Breaststroke |
| 6. 100yd Butterfly | 16. 100yd Freestyle |
| 7. 200yd Breaststroke | 17. 400yd Medley Relay* |
| 8. 400yd IM | 18. 200yd Butterfly |
| 9. 200yd Backstroke | 19. 200yd Free Relay* |
| 10. 200yd Freestyle | 20. 200yd IM |

***Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women.**

Meet results will be posted to the Wisconsin Masters Web site, www.swim-wimasters.org, within 48 hours of the conclusion of the meet.

Directions From Madison:

**190/94 towards the Dells
Use the Baraboo/Portage exit for Hwy 33
West on Hwy 33 towards Baraboo, approx. 14mi
Stay on Hwy 33 in Baraboo to Draper St, the third stop light
Right on Draper St to the High School on the left.
Continue up the hill, the Middle School is behind the High School
The pool entrance parking lot is on the back side of the Middle School
(on top of the hill)**



L to R: Bill Morales, Collin Swenson, Jerry Huhn, Audry Go, Mike McCluskey, and Mary Schneider stick together both IN and OUT of the pool!

WMAC To Host USMS Long Distance Event

Dick Pitman

On August 23, 2008, WMAC will play host to the USMS Long Distance event. The general category for this event is "greater than 1 mile and less than 3 miles". The host can pick the distance. Ours will be 2.4 miles which is the ironman distance. We will also offer a separate 2.4 and 1.2 mile races. National Championships require that everyone hold a current USMS membership (full 1 year) and wet suits are not allowed. This is why we will offer a 2nd 2.4 mile race (for wetsuiters and people obtaining a One Event Registration) as well as a 1.2 mile for less ambitious swimmers who just want to be a part of this great event. The cost will be \$30 plus \$15 for a commemorative T-shirt. The "management team" so far includes: **Suzi Green**—Registrations; **Peter Maternowski** —Awards; **Bonnie Griswald**—lifeguards and safety; **Bill Koenen** —facilities. It is important that we support this event statewide. If you can help—please contact **Dick Pitman**. His e-mail address is listed on page 1 of this newsletter! More details will follow in future newsletters

WI Water Warriors Individual & Team Results

Do you read The Reader's Digest? If so, check out the letters to the editor in the February edition—and look for one signed “N.K. via the internet”. That happens to be ME—your newsletter editor! The article referred to appeared in the December 2007 issue. It is hard to believe that the benefits of any kind of water exercise so often go unnoticed or unrecognized by other athletes. I do hope Carrie has given it a try.

Happy Birthday, Fred!



Julie Runnels and Kari Kaminski help Fred Russell, Elmbrook Masters Coach, celebrate his 60th birthday.

Badger State Games

Yes, we're up to our eyeballs in snow and still freezing our buns off—but—June and outdoor swimming are a mere 90 days away! Mark your calendars for June 29, at the Shorewood Pool in **Madison**—not Milwaukee! Look for more detailed information next month or early May. Swims of distances greater than 50 meters will count for USMS Top Ten. Last year a 240+ women's MR swam to a national 1st place ranking for LCM at this meet! Plan to be a part of the action! Additional information can be found on Active.com or via e-mail to Dick Pitman.

Female 18-25			Male 18-25		
Caroline Kochmit	CM	71,300	Andy Steenrod	CM	13,300
Kelli Steenrod	CM	17,500	Casey Griffiths	CM	7,100
Dani Korman	CM	13,500	Male 26-36		
Carly McAdams	CM	11,600	Maurice Tetzlaff	EM	19,600
Female 26-35			Darryl Stich	EM	16,600
Stacey Kiefer	CM	21,650	Collin Swenson	NR	11,300
Sarah Schneider	EM	19,800	Male 36-45		
Trina Schaez	EM	17,300	Brent Boock	NR	53,500
Heather Curnutt	MAM	17,300	Glenn Butler	NR	39,000
Shannon Hinz	CM	14,175	Don Rombadt	CM	37,500
Diane Wood	CM	11,325	Steve Kreinz	EM	17,900
Kristin Witt	CM	9,875	Stephen Gaffield	MAM	12,200
Debi Nutting	CM	9,225	Robin Kiefer	CM	12,000
Claudette Stears	CM	7,925	Matt Gohr	CM	5,950
Christine Block	WMAC	1,800	Mike Cavanaugh	NR	2,700
Female 36-45			Male 46-55		
Carrie Kostopulos	WMAC	174,650	Mark Kaczmarek	EM	57,350
Melodee Nugent	WMAC	130,600	Steve Justinger	MAM	35,200
Mary Bildten	NR	26,600	Mike Bean	CM	33,500
Jennifer May	EM	14,100	Timothy Potter	MAM	26,010
Jen Christensen	CM	6,700	Scott Richards	CM	25,400
Sue Poniatowski	NR	4,950	Dave Stone	WMAC	17,850
Hilary Scully	WMAC	2,000	Ken Carlson	CM	15,600
Christine Schinker	WMAC	750	Jeff Nelson	CM	10,700
Female 46-55			Dave Considine	NR	7,500
Julie VanCleave	EM	30,500	Male 56-65		
Vicki Stone	WMAC	26,300	Jerry Huhn	EM	30,050
Anne Berres-Olivotti	NR	24,100	Dennis Lindsay	NR	13,250
Phyllis Smith	MAM	24,000	Gilbert Bird	NR	8,918
Mary Anne Stewart	NR	24,000	Male 66-75		
Suzi Green	MAM	21,300	Fred Salzmann	MAM	40,100
Connie Welch	MAM	13,775	Jack Hughes	WMAC	7,800
Gail Bird	NR	12,740	Male 76 & Up		
Mary Schneider	EM	11,800	Richard Bates	NR	7,950
Kim Blum	NR	10,560	Team Key		
Eddie Pokora	CM	5,650	CM = Carthage Masters		
Suzi Niemi	CM	4,000	EM = Elmbrook Masters		
Female 56-65			MAM = Madison Area Masters		
Candy Christenson	WMAC	23,000	WMAC = WI Masters Aquatic Club		
Nancy Kranpitz	WMAC	7,700	NR = Not Registered		
Female 66-75					
Ingrid Stine	WMAC	40,135			
Female 76 & Up					
Joyce Bates	NR	15,700			
Team Totals					
WMAC		432,585			
Carthage Masters		365,475			
Not Registered		262,768			
Elmbrook Masters		235,000			
Madison Area Masters		189,885			

Congratulations

To All!

WISCONSIN MASTERS USMS TEXAS NATIONALS TEAM WEAR ORDER FORM

Name: _____

Address: _____

City State Zip: _____

Telephone: _____

Email: _____

Write shirt quantity on the line beside the size you want:

SHORT SLEEVED T-SHIRT ___ S ___ M ___ L ___ XL ___ XXL (add \$1.50 for XXL @ \$15.50 = _____

LONG-SLEEVED SHIRT ___ S ___ M ___ L ___ XL ___ XXL (add \$2.50 for XXL) @ \$16.50 = _____

HOODED SWEATSHIRT ___ S ___ M ___ L ___ XL ___ XXL (add \$1.50 for XXL) @ \$25.50 = _____

NAME ON BACK OF HOODIE? _____ Add \$5.00 per hoodie = _____

Please make checks payable to Trina Schaetz and mail order form to:

TOTAL = _____

Trina Schaetz
3965 Glen Echo Dr.
Brookfield, WI 53005
262-790-1212

Orders must be received by April 1, 2008 and items will be delivered to you at the WMAC State Meet in Madison or the USMS National meet in Austin. Please check where you would like to pick up your shirt.

___ WMAC State Meet (Madison)

___ USMS Nationals (Austin)

WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531