

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
May/June-2008

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WISCONSIN MASTERS WEBSITE

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

*Lake Amy Belle Entry info
and form on page 8.*

*MOWS Open Water and
USMS National 2.4 mile
Open Water Swim info and
entry on pages 10-11.*

Congratulations to all of you for making this another great Short Course season! It was capped just a couple of weeks ago in Middleton in our annual two-day state meet. It was a weekend that featured wonderful early Spring weather—sunshine and moderate temperatures. The meet flowed almost too smoothly: no equipment breakdowns; everyone was in their place behind the blocks when they were supposed to be; enough people scratched the 1650 so there was only one heat. We were out of there by 2:30 PM each day! There were some great swims—I hope you had one or two.

In the last newsletter I touted the little known site at USMS.org called *Current Top Times*. Soon after that issue the site disappeared. At the State Meet I had a chance to ask **Jeanne**

Seidler about it because she's the coordinator of it. She told me that it was still there but the name has changed. It is located under **COMPETITION: scroll down to Meet Results Database**. It changed because USMS had contracted with an outside service for that feature, and then that company pulled the plug on it. I really don't know why; it doesn't matter. So **Jim Matysek**, the USMS Webmaster, cobbled together this new program. This new product is fabulous! You can look up "Individual Results", "Event Ranking" (where you place among your peers), and look at "Full Meet Results" (there are 731 meets listed back to 2000). Now, hear this: you can down-load all of your swims. Under "Individual Results" you can only go back to 2003 I think. But, they keep mining the archives to put more years up. I looked up all my swims in my current age group: 60-64. I printed out three pages!! Instantly I got a report saying I had 109 swims! I'm only 63! Unfortunately, it also reported the events I scratched, didn't show up for, or got DQ'd in! But all things considered it was kind of fun to look back and try to remember all those swims.

What's up next for Wisconsin Swimmers? As I write this there is a crew heading to Austin for the USMS Short Course Nationals. I wish them the best of luck and I hope everyone comes back with lots of bright, shiny medals...and, another pennant proclaiming Wisconsin swimmers among the best in the country! Another group from Madison is heading to Fort Lauderdale for the YMCA Masters Nationals later in May. There may be some other YMCA groups from Wisconsin going to Florida, too—I just don't know which ones.

Eric Jernberg's Lake Amy Belle Swim is set for July 20. This is a very pleasant, fun, open water swim in a very clean lake. You have your choice of a half-mile or a 1 mile swim. Everyone gets a medal. And, you can buy a great T-shirt!

T-shirts! That reminds me. **Trina Schaeetz** has sort of taken on the responsibility of coordinating T-shirt orders for the Wisconsin Masters brand. There is a link on our website: www.swim-wimasters.org that says simply "T-Shirt Orders". If you've been to any meets this year you would have noticed the distinctive dark blue shirts with red and white printing. I have all three styles: short-sleeve T, long-sleeve T, and a heavy, hooded sweatshirt. The latter has my name on it although I don't know if you can still get that feature. You'll have to ask Trina. Thanks, Trina, for putting this together!

After the USMS and YMCA Nationals, next on the on the schedule is Badger State Games. This is always the last Sunday in June so this year the date is June 29. A mailing will be going out soon to all participants from last year. The deadline for mailed or faxed entries is June 6; for on-line entries it is June 9. The order of events is the same as in previous years. No changes there. Here's a link to BSG website for Masters Swimming: [—————>](#) (Con't on page 2)



Dick Pitman



Sara Wanezek (left) and **Sean Foley** (right), former age group swimmers from Wisconsin now residing in Austin, not only swam with their old “home team” but also had the privilege of being coached by their former age group coach, **Fred Russell** (center) at the recent USMS National SCY Championships in Austin, TX.

Sarah, Sean, & Leah

Trina Schaetz

Believe it or not, WMAC swimmers don't all *live* in Wisconsin. In more recent years, a good number of swimmers who currently live and train in *other* states have chosen to join forces with the WMAC team at the national meet. This year **Sean Foley**, **Sarah Wanezek**, and **Leah Schneider** all grafted into our WMAC group so they could swim for the team “from home.”

All three of these young swimmers are products of Elmbrook's age group program and trained under **Fred Russell** (and **Dan** and **Trina Schaetz**) while they were growing up in the Brookfield area.

Schneider, who now lives in Arizona, decided to swim with team WMAC this year to be with her mom, **Mary Schneider** (making her Masters Nationals debut in Austin) and her two sisters **Erin** and **Sarah** who all currently train with Elmbrook Masters.

Wanezek, a University of Texas alum, currently lives in the Austin area and planned to be working for TYR at the USMS meet anyway. A few eager e-mails from **Russell** and the **Schaetz's** were enough to win her over to WMAC. And, of course, they had good reason to recruit her. Over the course of her time at UT, **Sarah** earned numerous All-American honors, with such highlights as an NCAA second place finish in the 50 free (:22.27), a third place finish at the 2005 World Championships, as well as a finals performance at the 2004 Olympic Trials.

Like Sarah, **Foley** was also an All-American swimmer at UT. Currently finishing his MBA in Austin, he was another obvious recruit for the WMAC team. His 6'8" frame towered over the competition at the meet and he ended up swimming within tenths of his college bests (50 free :20.2, 50 fly :22.2).

“We had been hoping they would swim with us ever since USMS announced the meet would be in Austin,” says **Schaetz**. “We knew neither of them had been training, per se, but we were looking forward to seeing them again and knew that they would help give WI the edge.”

But the truth is, swimming with these three again was just one more way for **Russell** and the **Schaetz's** to reminisce about the good old days. “**Sarah** was as sweet and fast as ever, **Leah** kept us in stitches with her super sense of humor, and I still had to look miles up at speedy **Sean** just like when he was 12,” says Trina. “What could be more fun?”

Perhaps **Sean's** web-casted interview shed some light on why this masters stuff is so much fun for everyone involved: “There's no pressure. It's all about having fun; it's about reunion of old swimmers (and coaches). And I think that that is really conducive sometimes to going really fast when you're not thinking about it for a couple of weeks.

SIDEBAR: Swimmers from this year's WMAC national team who swam for **Fred Russell** as age groupers: **Sean Foley**, **Mike Jacobsen**, **Steve Kreinz**, **Peter Nowak**, **Julie Runnells**, **Nora Settimi**, **Erin Schneider**, **Leah Schneider**, **Sarah Schneider**, **Darryl Stich**, **Maurice Tetzlaff**, **Sarah Wanezek**.



Mom **Mary Schneider** and daughters **Leah**, **Sarah**, and **Erin** enjoyed family time together at the USMS SCY Nationals in Austin, TX. All three “girls” are products of **Fred Russell's** age group team from Elmbrook and all three, as well as their mom, are currently on Fred's Masters team.



Dan Schaetz



Nora Settimi



Darryl Stich



Meagan Kula

Chairman's Lane—Continued

<http://www.sportsinwisconsin.com/bsgsum/swimmingmasters>

This is a really fun event! I like to call it the biggest pool party in the state! And, after the meet we celebrate at the University Union Terrace by the lake. Everyone wears their medals, of course!

The Annual Madison Open Water Swim (MOWS) is on schedule. This year, as many of you know, we are hosting the National 1>3 mile Championship. This is just one category of open water championships scheduled by USMS. You can go to USMS.org and check the Long Distance calendar to see all of them. We will soon have a link on our website (see link above) to allow you to volunteer to help. We are expecting 300 to 500 swimmers for this event. The distance of the Championship swim is 2.4 miles, the distance of the swim leg of the Ironman Triathlon. And, it is on the Ironman Wisconsin course in Lake Monona. We will have needs in the following areas: Marking, food distribution, clean-up, kayaks, lifeguards, etc. Let me know if you would like to be involved.

See you this summer!

USMS Short Course Meters Top Ten - 2007

Trina Schaetz 35 3rd 50 breast :36.35 10th 50 free :29.28	Edith Jacobsen 60 7th 400 IM 7:36.83 7th 200 breast 4:06.49 8th 200 back 3:44.14 8th 200 IM 3:39.20	Candy Christenson 60 3rd 50 breast :48.60 8th 100 breast 1:50.76	Nancy Kranpitz 62 5th 200 fly 3:58.81 7th 50 fly :44.85 10th 200 IM 3:50.01
Betty Lorenzi 80 1st 50 back :51.55* 1st 100 back 1:50.61* 1st 200 back 4:07.13* 2nd 100 free 1:45.25	Peter Allen 48 10th 200 breast 2:46.82	Brian Ruark 32 6th 200 fly 2:45.35	Dan Schaetz 37 6th 100 breast 1:13.53 10th 50 breast :33.68
Fred Salzman 75 4th 200 back 4:06.25 8th 100 back 1:58.06 8th 1500 free 34:03.63 10th 800 free 18:02.03	Bela Sandor 72 2nd 200 breast 3:25.81 10th 50 back :42.21	Stephen Morris 56 7th 200 back 2:44.68 9th 400 IM 6:09.96	George May 70 9th 100 breast 1:46.80 9th 200 breast 3:57.04
		John Bauman 77 9th 50 breast :53.66 9th 100 breast 2:05.21	

Women 240-279 200 Medley Relay

4th 3:13.72
Edith Jacobsen 60
Candy Christenson 60
Nancy Kranpitz 62
Betty Lorenzi 80

By virtue of her first place rankings in the 50, 100, and 200 backstroke, **Betty Lorenzi** has been designated as an *All American* or SCM for 2007. Congratulations to **Betty** and to all WMAC swimmers who attained Top Ten rankings for both individual and relay events.

Elmbrook Masters swimmers are all smiles even *after* completing 100 x 100's on a Saturday morning in February.

Fran Zeumer 1919—2008

Nancy Kranpitz



Top Row: Sarah Schneider, Carrie Haberstich, Mary Schneider, Peter Nowak, Krista Van Enkenvoort, Iron Mike McClusky, Darryl Stich.

Middle Row: Bill Morales, John-Eric Andersson, Curt Paulson, Julie Van Cleave, Jerry Huhn, Mike Jacobsen

Bottom Row: Jocelyn Rau, Arianne Picl, Maurice Tetzlaff, Trina Schaetz

If you are relatively new to WMAC then Fran's name would not be familiar to you. However, for those in our organization who have been around since the early 1980's I'm sure you'll remember Fran as a dedicated WMAC participant. Actually, WMAC got 2 for 1 when Fran joined as whenever she attended a meet her husband, Dick, was on deck serving as chief timer—or in whatever capacity was needed at that particular meet.

Fran's first love was diving, followed by tennis, both of which she participated in well into her 40's. But she also enjoyed swimming—so much so that in 1964 she had a 40' long pool installed in our back yard. However, it wasn't until she "hit" 60 that she was encouraged to enter (she would tell you "dragged" to) her first masters meet by me—her daughter. After first vowing she would "never do that again" she relented, tried a second meet, and was hooked. From then on she rarely missed a meet until about 6 years ago when health issues, which affected her balance, caused her to think twice about competing. She did continue to swim, however, claiming that whenever she was in the water absolutely nothing hurt.

Fran touched many in WMAC—more so than I ever knew as when word of her passing reached our membership I was amazed by many of the remembrances of her that were shared with me. Steve Justinger wrote: "I remember back in 1998 Ingrid (Stine)

called me for some help. She wanted to put together a mixed relay with some of our most experienced swimmers. My part was to make sure that Herb Howe was at Wilson Park to swim with your mom, Betty Kendall, and Lynn Surles. It was, as I recall, a great event to watch knowing that history was being made." (This same foursome still holds the national record in the 75+ mixed 400 yd FR set in 1996). From Dick Pitman: "I'll never forget a time several years ago while visiting in Neenah I swam at the Y with your mother and she would do repeats of 25 fly—and she must have been 81 at that time. That, then, became my goal: to be able to swim repeats of 25 fly at age 81!"

WMAC was a huge part of both my mom and dad's last 25+ years. My thanks to all of you who made those years so special for them—and for me.



USMS SCY Nationals

There is so much to tell about the recent USMS SCY Nationals that were held in Austin, TX, that it is difficult to know where to begin! First—a big **congratulations** to all who were there on a really great meet. For those of you who were back home cheering us on....thanks so much—it meant a lot to all of us. We hope (really really hope) that many of you can join us next year in Clovis, CA for the 2009 SCY National Championships. The fun just seems to be getting better and better!

First order of business—a **SUPER SIZED** congratulations to **Geoff Mykleby** for his 1st place finish in the 50 yd backstroke (men 55-59). His winning time of a very speedy :26.51 broke the **NATIONAL RECORD** for this event. Let this sink in...he swam the fastest time **ever** by a US 55-59 year old in the 50 back—**EVER!** No one has gone faster than Geoff in his age group! Awesome!

Also, a gi-normous thanks to **Sarah Wanezek** and **Sean Foley** for sharing their youthful and Texas talents with team WI. Both of them were National champs (Sarah in the 25-29 50 back and 50 fly and Sean in the 25-29 50 free) and hauled a heck of a lot of points into the WI coffers. Not to mention we were thrilled to have them on our relays. **NICE!** Can you imagine going a :20.2 in the 50 free like Sean did? Yikes! Sean even hosted a get together at his place on Sunday night after the meet.

Not to be outdone by “age” or “youth”, **Trina Schaetz** brought home victories in the 35-39 age group in the 100 free and 50 breast. However, she will probably be best remembered for her exit from the pool after her 50 free—in which she placed 2nd in a speedy :24.24 (almost an all time ever best)—but ran the risk of being penalized for “excessive celebration” (had some football refs been reffing this meet) while literally jumping out of the pool after this event! Rumor has it that it is all recorded on tape.



WMAC National Champs
Geoff Mykleby, Sarah Wanezek, Trina Schaetz (front) and **Sean Foley** (back)



Steve Kreinz
Dave Severance
Curt Paulsen



John Bauman,
Dan Schaetz,
Fred Russell



Front-Krista VanEnkenvoort
Back-Nora Settimi, Jocelyn Rau,
Trina Schaetz, Leah Schneider,
Erin Schneider

This meet was **HUGE!** Over 1,870 swimmers entered and while swimming was concluded by 4 PM on Thursday and Friday the last relay exited the pool at 7:30 PM on Saturday and 6:30 PM on Sunday. The competition was fierce, too. Nevertheless, WMAC swimmers left their mark in the UT Swim Center. The WI women placed 12th, the men 15th, and combined for 15th as well. And nearly everyone ran the risk of setting off alarms at the airport when going through the metal (medal?) detector! Our individuals collected 82 medals with another 52 being earned by 13 relay teams. Not bad for a team with only 35 swimmers.

Of Team Wisconsin's 35 swimmers, twenty-four were from Elmbrook and 16 of the 35 had **NEVER** been to Nationals before. All of the “newbies” had a great time and all swam out of their minds at one point or another. Just in case you are thinking you wouldn't fit in with the National crowd...**Mary Schneider** and **Cheryl Woodworth** may have never expected to be on a 6th place medaling relay—but they were! Mary swam lifetime bests all weekend long. **Matt Thiele** was on his first relay **EVER** and did his first 4 relay starts—all legally! Awesome! He's only been swimming for 3 years but turned in some seriously fast times. And there were tons of fabulous silver and bronze medalists as well: **Arianne Picl, Sarah Wanezek, Leah Schneider, Jocelyn Rau, Trina Schaetz, Nancy Kranpitz, Pete Nowak, Sean Foley, Dan Schaetz, Geoff Mykleby, and John Bauman.**

Finally, the grand puba of thanks must go to Elmbrook coach **Fred Russell** who so graciously coached not only his Elmbrook swimmers but also the 11 other WMACers in attendance. For those who “swim alone” this was huge! Words of encouragement before the race—compliments after along with suggestions for ways to swim even better. Thank you, Fred! And not to be forgotten—**John Bauman**— who, with Fred, put together a total of 25 different relays in four different relay combinations. A monumental task. And thanks to all the swimmers for their willingness to swim where assigned. That meant 77 yr old **John Bauman** was on a 25+relay with **Pete Nowak (26), Mike Jacobsen (34), and Matt Thiele (40)**. And **Arianne Picl (23)** swam with three ladies two and almost 3 times her age (**Jeanne Seidler (61), Mary Schneider (55) and Nancy Kranpitz (63)**).

The 2009 SCY Nationals will be held in Clovis, CA, May 6-10. **Please please** begin to think ahead to this meet. While some of the swimming can get serious the majority of the time is just plain **FUN!** It is not out of range for WMAC to have 50 swimmers in Clovis next year. Will you be one of them?????

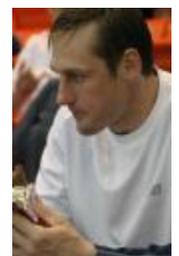


Jocelyn Rau

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Arianne Picl



Matt Thiele



Jeanne Seidler -
Nancy Kranpitz



Leah Schneider



University of Texas Swim Center



Every one of us has that one person in our age group that always seems to "challenge" us. For Trina Schaetz it is Beth El-drige. In Austin this year Beth edged Trina for 1st in the 50 free :24.31 to 24:45 for Trina's 2nd place time. Trina reversed things

in the 50 breaststroke taking first in :31.36 to Beth's 3rd place time of :32.65. Both were looking forward to a close race in the 100 free where Beth was seeded 1st and Trina 2nd. Unfortunately it was not to be. You see, Beth is battling a very serious medical condition and had to withdraw from the event. She had gallantly swum five events prior to the 100 free all the while dealing with fairly major crises between events. The much anticipated "dual in the pool" was not to be. So, Trina swam next to an empty lane—the lane in which Beth should have been swimming *and*, according to Trina, would most likely have captured the national championship. If you look closely at the above photo you will see a young woman with hands on Trina's shoulders—just prior to a big bear hug. That young woman is Beth. She could have been on her way home, or in the bleachers, or anywhere away from watching Trina capture a 2nd national title—a title she had hoped to win. But she *chose* to be there to congratulate a rival for winning a race in which she had been the top seed. If this doesn't smack of super sportsmanship—or what Masters Swimming is all about—then I can't think of anything better that does. Unless, of course, you consider Trina's reply to Beth's congratulations that Beth just *must* do whatever it takes to get well so they can continue their rivalry next spring in Clovis, CA. You gals make us *vay* proud.



Julie and Craig Runnells



Sets New National Record!

G **M**
e **y**
o **k**
f **e**
f **b**
y



Sean Foley, Mike Murray, & Darryl Stich



Maurice Tetzlaff

Mike Jacobsen

Pete Nowak



Dave Severance

Julie Runnells

Mike Jacobsen



Curt Paulsen

Steve Kreinz



Mary Schneider (foreground)

5



Jocelyn and Leah



Dan Schaetz

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8

Row 1: Trina Schaetz, Fred Russell, Jeanne Seidler, Nancy Kranpitz, Candy Christenson, Mike Murray
Row 2: Matt Thiel, Jocelyn Rau, Leah Schneider, Sarah Schneider, Julie Runnells, Jessica Diel
Row 3: Darryl Stich, Maurice Tetzlaff, Arianne Picl, Erin Schneider, Mary Schneider, Nick Bentz, Curt Paulsen
Row 4: Pete Nowak, John Bauman, Dave Severance, Nora Settini, Krista VanEnkenvoort, Meagan Kula
Row 5: Jeff Alexander, Dan Schaetz, Steve Kreinz, Sean Foley, Casey Griffiths, Mike Jacobsen, Geoff Mykleby
Not Pictured: Julie Van Cleave, Scott Richards, Sarah Wanezek, Cheryl

USMS SCY National Individual Results for WMAC

Leah Schneider 23
 5th 50 fly :27.65
 7th 50 free :26.16
 4th 200 fly 2:20.40*
 3rd 50 breast :34.49
 5th 100 fly 1:02.18
 3rd 200 IM 2:19.30*

Jessica Diel 27
 6th 400 IM 5:05.47
 5th 100 breast 1:11.29
 9th 500 free 5:33.59
 10th 200 fly 2:35.45
 4th 200 breast 2:35.44
 4th 200 IM 2:20.42

Sarah Schneider 32
 18th 50 fly :29.33
 7th 10 breast 1:12.23
 11th 100 IM 1:06.41
 4th 50 breast :32.89
 4th 200 breast 2:33.57
 10th 200 IM 2:22.47

Trina Schaetz 35
 12th 50 fly :28.74*
 4th 100 breast 1:09.85*
 2nd 50 free :24.45*
1st 50 breast :31.36*
 3rd 200 breast 2:36.63*
1st 100 free :54.49*

Krista VanEnkenvoort 34
 8th 1650 free 22:59.70
 14th 200 back 2:36.56
 30th 50 free :27.89
 17th 100 IM 1:11.42
 12th 100 back 1:10.19
 15th 100 fly 1:12.22

Nora Settimi 37
 29th 50 fly :31.70
 14th 100 breast 1:18.12
 29th 100 IM 1:13.92
 15th 50 breast :35.89
 12th 200 breast 2:57.41
 13th 200 IM 2:45.53

John Bauman 77
 3rd 200 back 3:42.75
 3rd 100 breast 1:48.17
 3rd 100 back 1:42.16
 4th 50 breast :46.87
 4th 200 breast 4:01.52
 4th 50 back :46.82

Nancy Kranpitz 63
 4th 50 fly :36.32*
 6th 200 back 3:19.27
 7th 50 free :31.85
 3rd 200 fly 3:29.06
 3rd 100 fly 1:31.05
 7th 100 free 1:11.81*

Peter Nowak 26
 3rd 1650 free 18:12.57
 6th 400 IM 4:33.90
 20th 100 back 1:03.45
 16th 200 free 1:51.53
 7th 500 free 5:11.33
 17th 100 fly :59.10

Darryl Stich 32
 7th 400 IM 4:30.21*
 5th 50 fly :24.23
 13th 100 breast 1:03.56
 6th 200 fly 2:06.41
 7th 100 fly :54.49
 8th 200 IM 2:03.82

Maurice Tetzlaff 31
 7th 1650 free 20:56.77
 11th 200 back 2:19.06
 26th 100 IM 1:01.75
 11th 100 back 1:01.61
 12th 200 breast 2:40.41
 8th 50 back :28.30

Dan Schaetz 37
 18th 50 fly :24.50*
 5th 100 breast 1:02.17*
 2nd 200 fly 1:59.30*
 6th 50 breast :28.21
 11th 100 fly :52.98*

Jeff Alexander 44
 20th 100 breast 1:05.76
 45th 50 free :23.96
 37th 100 IM 1:01.34
 15th 50 breast :29.37*
 19th 200 breast 2:33.76

Steven Kreinz 45
 11th 1000 free 11:14.91
 24th 50 fly :25.26*
 11th 200 back 2:12.57*
 27th 100 IM :59.07
 10th 100 back :59.63*
 14th 50 back :27.30*

Geoff Mykleby 55
 6th 50 fly :25.92*
 2nd 200 back 2:13.84*
 4th 100 IM :59.65*
 2nd 100 back :58.97*
1st 50 back :26.51**
 10th 200 IM 2:17.68*

Candy Christenson 61
 7th 50 fly :40.55
 10th 100 breast 1:38.80
 8th 100 IM 1:32.16
 8th 50 breast :42.39

Arianne Picl 23
 2nd 1000 free 13:13.63
 5th 500 free 6:20.93
 9th 200 free 2:21.41
 11th 100 free 1:04.15

Jocelyn Rau 28
 12th 50 fly :28.80
 4th 50 free :24.10
 7th 200 free 2:00.12
 6th 50 back :29.23
 3rd 100 free :53.89

Erin Schneider 29
 15th 50 fly :29.07
 25th 50 free :27.85
 7th 200 fly 2:26.36
 16th 100 back 1:12.08
 11th 100 fly 1:05.28

Meagan Kula 32
 9th 50 fly :27.73
 12th 50 free :25.47
 10th 100 IM 1:05.71

Julie Runnels 35
 23rd 50 fly :30.27
 6th 200 back 2:27.45
 6th 100 back 1:08.29

Matt Thiele 40
 26th 100 breast 1:06.98
 38th 50 free :23.63
 24th 50 breast :30.12
 38th 100 free :53.36

Curtis Paulsen 48
 57th 50 fly :28.27
 58th 50 free :24.88
 35th 100 fly 1:05.70
 48th 100 free :57.48

Jeanne Seidler 61
 9th 1000 free 27:43.62
 10th 200 back 5:15.63
 9th 100 back 2:34.70

Sarah Wanezek 25
1st 50 fly :25.10*
 3rd 50 free :24.00*
1st 50 back :26.46*

Mike Murray 57
 21st 100 breast 1:24.53
 24th 50 breast :37.14
 17th 200 breast 3:08.58

Mary Schneider 55
 16th 50 free :39.49
 14th 50 breast :56.13
 11th 100 free 1:28.73

Julie Van Cleave 49
 12th 1000 free 14:11.55
 27th 100 breast 1:26.22
 21st 200 breast 3:11.45

Nick Bentz 27
 5th 1000 free 11:39.69
 25th 50 free :24.24
 16th 500 free 5:33.63

Sean Foley 27
 2nd 50 fly :22.28*
1st 50 free :20.34*
 2nd 100 back :51.67*

Casey Griffiths 25
 11th 50 fly :24.34
 6th 200 fly 2:08.53
 8th 100 fly :54.97

Michael Jacobsen 34
 21st 50 fly :29.59
 15th 100 back 1:09.44
 16th 100 free :58.23

Scott Richards 47
 16th 1000 free 11:44.72
 41st 50 fly :26.76
 68th 50 free :25.51

David Severance 45
 20th 1000 free 12:33.07
 27th 100 breast 1:17.03
 37th 50 breast :35.06

Cheryl Woodworth 64
 17th 50 free :44.37

Congratulations to our **National Champs—Sarah Wanezek, Trina Schaetz, Sean Foley, and Geoff Mykleby!** Extra congratulations to **Geoff** for his new **National Record** in the 55+ 50 backstroke! New Wisconsin state records are indicated with an *. All together—1 national record, 5 individual national championships, and 32 new Wisconsin State Individual Records! **Fantastic!**

USMS SCY National Relay Results for WMAC

Mixed 25+ A 200 FR
2nd 1:30.54*
Sean Foley
Sarah Wanezek
Jocelyn Rau
Darryl Stich

Mixed 35+ 200 FR
11th 1:38.69*
Dan Schaetz
Trina Schaetz
Julie Runnells
Matt Thiele

Mixed 45+ 200 FR
30th 2:00.99
Curt Paulsen
Julie Van Cleave
Mary Schneider
Dave Severance

Mixed 55+ 200 FR
11th 2:01.24
Geoff Mykleby**
Nancy Kranpitz
Candy Christenson
Mike Murray

Mixed 18+ 200 FR
9th 1:40.52*
Leah Schneider
Steve Kreinz
Arianne Picl
Pete Nowak

Mixed 25+ B 200 FR
18th 1:39.52
Nick Bentz
Sarah Schneider
Casey Griffiths
Meagan Kula

Mixed 25+ C 200 FR
27th 1:44.66
Maurice Tetzlaff
Erin Schneider
Mike Jacobsen
Jessica Diel

Mixed 55+ 200 MR
10th 2:18.23
Geoff Mykleby
Candy Christenson
Nancy Kranpitz
Mike Murray

Mixed 18+ 200 MR
8th 1:51.95*
Leah Schneider
Jeff Alexander
Jessica Diel
Darryl Stich

Mixed 25+ A 200 MR
3rd 1:40.45*
Sarah Wanezek
Dan Schaetz
Sean Foley
Jocelyn Rau

Mixed 35+ 200 MR
14th 1:51.78
Steve Kreinz
Trina Schaetz
Julie Runnells
Matt Thiele

Mixed 25+ B 200 MR
17th 1:51.25
Maurice Tetzlaff
Sarah Schneider
Casey Griffiths
Meagan Kula

Mixed 25+ C 200 MR
27th 2:03.11
Mike Jacobsen
Nora Settimi
Erin Schneider
Dave Severance

Women 25+ A 200 FR
2nd 1:37.45*
Sarah Wanezek**
Trina Schaetz
Meagan Kula
Jacelyn Rau

Women 55+ 200 FR
6th 2:33.89
Candy Christenson
Mary Schneider
Cheryl Woodworth
Nancy Kranpitz

Women 25+ B 200 FR
7th 1:46.93
Jessica Diel
Krista VanEnkenvoort
Erin Schneider
Sarah Schneider

Men 25+ A 200 FR
3rd 1:28.38
Sean Foley**
Dan Schaetz
Peter Nowak
Darryl Stich

Men 45+ 200 FR
17th 1:38.73
Steve Kreinz
Curt Paulsen
Dave Severance
Geoff Mykleby

Men 25+ B 200 FR
12th 1:34.01
Matt Thiele
Nick Bentz
Maurice Tetzlaff
Casey Griffiths

Women 25+ 200 MR
2nd 1:50.64*
Sarah Wanezek**
Trina Schaetz
Sarah Schneider
Jocelyn Rau

Women 18+ A 200 MR
3rd 2:03.55
Krista VanEnkenvoort
Nora Settimi
Erin Schneider
Leah Schneider

Women 18+ B 200 MR
6th 3:12.19
Jeanne Seidler
Mary Schneider
Nancy Kranpitz
Arianne Picl

Men 45+ 200 MR
12th 1:54.79
Geoff Mykleby
Mike Murray
Curt Paulsen
Steve Kreinz

Men 25+ A 200 MR
3rd 1:38.41
Sean Foley**
Dan Schaetz
Casey Griffiths
Darryl Stich

Men 25+ B 200 MR
12th 2:10.91
John Bauman
Matt Thiele
Mike Jacobsen
Peter Nowak

WMAC team gurus **John Bauman** and **Fred Russell** put together 25—yes, 25 relays which resulted in **8 new Wisconsin State Records**. In addition, **Sarah Wanezek**** bettered her individual state record times with official relay lead off splits of 23.76 in the 50 free and 26.33 in the 50 back. **Sean Foley**** set a new state mark with a 23:94 lead off split for men 25-29 in the 50 back and improved his individual 50 free record to a blistering :20.21! **Geoff Mykleby**** recorded a :24.27 lead off 50 free split for a new 55-59 age group record. **John Bauman**, 77, aged WAY down to fill in a 25+ 200 MR, the last event of the 4 day meet, and ended up with a faster 50 back time than in his individual swim!



River Jeremy Kiefer
7 lbs 15 oz 20.5"
May 7, 2008

Congratulations to our Fitness Chair **Stacey Kiefer** and hubby **Robin** on the birth of **River** on May 7.

Not to be outdone—**Tim** and **Heidi Young** welcomed **Jude Perry** on May 12. River has an older sister, Ginger, and Jude an older brother, Luke.

We missed Stacey and Tim at SCY's this year as they both had been a big part of WMAC last year at Federal Way. *However*, it appears they had a good reason for their absence! We're looking forward to having them rejoin our group next year in Clovis, CA.

Congratulations, once again!



I'm a little worried—do you suppose they expect me to hang around another 20

years and coach these kids when they are old enough for Masters?

...Coach Fred

14th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 19th 2008

WHEN: Saturday July 19th, 2008, Race at 11:10 am, Check in at 10:30

WHERE: Lake Amy Belle at Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500-yard swim in 13 minutes or less

FEE: \$16 (\$10 for Y Members), late fee of \$24 (call for family discounts)

T-SHIRTS: \$12 (guaranteed only if ordered by July 1st, 2007)

AWARDS: Medals to all finishers, trophy to 1st place swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half-mile oval. Swimmers can choose either the half or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard boats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, including their 500yd time.

Advance registration is due by Friday July 11th, after that, registration cost is \$25

Weather check or other questions: Eric Jernberg 414-443-6460 or jernberge@yahoo.com
No refunds if event is cancelled due to bad weather

Directions to Camp Minikani from Milwaukee County

Take US-45 freeway north from Milw & exit at Lannon Rd 93rd exit past Main St. Menomonee Falls)

Go left on Lannon Rd. to the first 4 way stop (state route 175, Appleton Ave.)

Turn right for 1 block to Willow Creek Rd.

Turn left and drive west for 1 mile to Amy Belle Rd.

Turn right on Amy Belle Road, drive ¾ mile to the camp entrance on your left at Amy Belle Lake Rd. (note camp signs)

Cut & Return

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check One: _____ ½ Mile Race _____ 1 Mile Race _____ 500 yard Time _____

Fee Enclosed (\$10, \$16, or \$24) \$ _____

T-Shirt (optional \$12 each) shirt size (if ordered) _____ small _____ med _____ large _____ x-large _____ xx-large

(xx-large \$13 each) \$ _____

Total Enclosed \$ _____ Make Check out to: North Milwaukee Swim Club

Mail to: Lake Swim, 5204 W Wells, Milwaukee, WI 53208

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yd time listed above and I am in good physical condition to swim in this race.

Participants signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team affiliation _____

Coach's Corner

Laren Tiltman—Head Coach, Menomonee Falls Swim Club

(In the last issue of the newsletter Laren began a discussion of the importance of streamlining. Following are his suggestions on how to master this skill particularly as it pertains to the breaststroke on both the start and turn.)

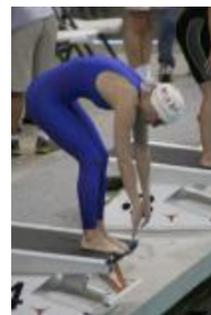
Mastering the dive and underwater pullout:

(1.) Getting off the blocks very fast and creating speed for the entry into the water is critical to the overall net result of this skill. Poor mechanics off the block where our momentum is not directed into our fingertips will not gain the same result as a well performed momentum maintaining entry.

(2.) The body must be tightly streamlined before we enter the pool. Any amount of non-streamline will have a dramatic impact on our ability to transfer out in-air speed into underwater speed. Too often I see swimmers get streamlined within the first yard or two after entry. By then it is too late!

(3.) The angle of entry is the next important component. One of my first swim coaches taught me that in order to create speed we have to enter the water into one hole and that hole has to be as small as possible. Pencil dives or jumps are a good way of illustrating this effect. The tighter and straighter we enter the water, the faster we travel to the bottom of the pool. The same is true when we dive and enter the pool hands first.

(4.) The next component to think about is how deep we go. There is an optimal depth where we have transferred our in-air speed into underwater speed and not lost it in our attempt to take the corner as we straighten out our bodies underwater (to get parallel with the bottom on the pool). The deeper the pool the better, I believe. Seven to eight feet of water is *optimal* pool depth for great breaststroke starts in my opinion. A *good* underwater travel depth after entry is between 2.5 and 4 feet.



Krista Van-Enkenvoort

Take your mark!



Trina Schaetz—off to a good start.



Erin Schneider used great turn technique enroute to a Masters best 2:26.36 in the 200 fly.



Curt Paulsen gives a thumbs up after a great 100 free swim.

(5.) Next, we have to get our bodies parallel to the bottom of the pool and not allow our feet to drift towards the surface while holding the underwater streamline. This is a speed killer. We must balance our bodies or hold our line to ensure optimal speed retention.

(6.) As we feel ourselves slowing down it is time to initiate the double arm pull-down. Initiating the pull too early or too late has devastating consequences on the overall speed. Let your speed off the blocks and underwater be maximized before you use the next major propulsion technique. Make the double arm pull-down to look like an "old fashioned key hole". The elbows are kept high as we initiate the catch and then rip both arms down to our thighs (not sides) as fast as possible.

(7.) Use of the dolphin kick has had a major impact on the net result of this skill. However, it must be performed at exactly the correct time (as the hands travel past the belly button). Also, it is essential that the body is parallel to the bottom of the pool and still in a very tight streamline before we initiate the underwater pull-down and dolphin kick. Finally, the dolphin kick is NOT a body undulation. It is simply a single vigorous dolphin kick performed with the legs and feet.

(8.) As the pull-down and dolphin kick are performed begin the movement back to the surface. Our bodies are still tight with our hands on our thighs (not next to our sides). To maximize this position (I call it the "bullet position") our hands must be on our thighs, arms tightly against our bodies, shoulders shrugged as high as we can get them against our neck as short as possible and in line with your straight body position.

(9.) As you slow down and move towards the surface you need to get up and start swimming. Bring hands up as close to the body as possible under the trunk back to a streamline position. A single powerful breaststroke kick pushes us to a strong breakout to begin the first arm pull. Three common mistakes here are: (1) no kick; (2) being too deep after completing the kick and streamline; (3) getting onto the surface too early before the kick and streamline are complete. The effect of any of these errors is a diminished ability to transfer your speed and momentum to the first stroke of breaststroke. Knowing exactly when to come out of the "bullet position" to begin the breakout takes a lot of practice. Sensing the pressure in one's ears (relative to pool depth) is a queue to initiating the correct timing of this final phase.

The push-off and pullout after the turn:

The above elements apply to this skill but with no dive to create initial momentum the double leg push (drive) off the wall along with a tight streamline is critical in order to execute an effective off-turn underwater breaststroke pullout. Foot placement on the way is key. Feet that are out of line or too close together will not give us the desired pushing platform. I teach a parallel (relative to the bottom) body position approximately 1.5-3 feet underwater for this phase of the pullout. Unlike the dive where we are entering from a high position above the surface, the straight (parallel to bottom of pool) push-off is most effective. Some experienced swimmers might push towards the bottom just slightly at this point. Try not to push too deep because it is very difficult to produce speed with a simple double leg push as compared to a dive off the blocks.

In summary, the breaststroke underwater pullout is simply about creating and maintaining your speed when diving off the blocks or pushing off the wall after the turn. Generally, unless the streamline is particularly poor, taking your time underwater is more beneficial than rushing the entire process. However, the success or non-success of this skill is largely predetermined by your ability to create and maintain a tight streamlined and in-line body position.

As a final point, there are many good swimming magazines which address many of the technical aspects of swimming as well as online websites which are well worth reading and checking out.



Lots of cheers for lots of great swims by WMAC masters in Austin, TX.

6th Annual Madison Area Masters Open Water & USMS National 2.4 Mile Swim

Saturday, August 23, 2008

Sanction #208-006

Open Water swims of 1.2 and 2.4 miles around a 1.2-mile rectangular course marked by buoys.

When: Saturday, August 23. Warm-ups and registration 7:00 AM; 2.4-mile National Championship Race starts at 8:00 AM; Non-Championship 2.4 mile race starts at 8:15 AM; 1.2-mile race starts at 8:30 AM.

Where: Lake Monona at Law Park (100 E. John Nolen Dr) in Madison, WI. Ironman Course. The course will be the same distance and approximate location of the Wisconsin Ironmanswim 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 keepswimmers on course and to offer aid if needed.

Who is Eligible? Only FULLY Registered USMS swimmers are eligible for the National Championship Swim, 18 yrs and older. Annual or One-Event registration is required for the Non-Championship 2.4-mile or the 1.2-mile. Annual membership is \$40; the annual registration form is available <http://www.swim-wimasters.org/regform.pdf>. A One-Event registration is also available; the One-Event fee is \$18.00 – see form for details. Swimmers must submit proof of Registration prior to confirmation of Entry. There will be NO ENTRIES allowed the Day of the Race. It is highly recommended that one of these Registrations be applied for and attained well before the deadline (1~2 weeks).

Fee: \$30.00 (USMS); \$30.00 for entries received prior to August 9. \$50.00 for entries received after August 9 and before August 14. Checks payable to SWIM Club, c/o Dick Pitman, 2729 Commercial Ave, Madison, WI 53704.

Awards: Trophies for overall men and overall women winners; Medals for the National Championship Swim, 1st through 6th place in all age groups. Medals also awarded to teams placing in the top 3. 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 (w) or 608-770-2307 ©

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

Weather Check: Contact meet director. There is No Rain Date. In event of cancellation 50% Refunds will be made. <http://www.weather.com/weather/local/53703>

Directions: I-90 TO Hwy 12/18 West, exit John Nolen Dr (north). The race staging area is in Law Park located on the shore of Lake Monona and immediately to the right after John Nolen Drive passes under the Monona Terrace Convention Center. Contact Meet Director for details. Parking is Available, near the Race Staging Area: There is ample parking within the Monona Terrace Convention Center, a 5-minute walk to race staging area.

Time Limit: One(1)Hour, 10 minutes for the 1.2 mile swim; Two(2) Hours, 20 minutes for the 2.4 mile swim. Those swimmers not finishing may be removed from the water.

DEADLINE for Meet Entry: Entries must be received August 14, 2006. No registration on day of race.

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°F.

Accommodations: Contact Meet Director about hotels in area, or www.visitmadison.com

Mail Completed Entry Form & Fees BY AUG 14, 2007 to:

Dick Pitman, 2729 Commercial Ave, Madison, WI 53704

Official Entry Form on Page 11

April 4 SCY Meet at Baraboo

Jeanne Seidler

One Hour + 19 Swimmers = 72,610 Yards

Steve Justinger

The 2008 One Hour Swim Postal Championships is in the books and the results posted. This year 19 WMAC swimmers met the challenge of swimming for an hour. Two relays were formed from the individual participants. The **Carthage Masters** relay placed 5th in the 18+ mixed event with a total distance of 18,110 yards. A slightly older group from the **Madison Area Masters** finished 8th in the 45+ mixed event with 17,015 yards. Relay and individual participants and their total yardage are:

<u>Carthage 18+ Relay</u>		<u>Madison Area 45+ Relay</u>	
Kelli Steenrod	4,585	Suzi Green	3,800
Danielle Korman	4,360	Steve Justinger	4,250
Andrew Steenrod	4,860	Dan Slick	4,375
Casey Griffiths	4,305	Laurie Alioto	4,590

WMAC Participants

Christine Block	3,250	Gigi Boswell	3,900
Cheryl Drury	2,575	David Drury	4,000
Kimberly Gebauer	2,750	David George	4,460
Patrice Isensee	3,650	William Jeppson	3,900
Christine Schinker	2,650	David Stone	3,250
Vicki Stone	3,100		

The 72,610 total yardage placed the WMAC participants in 18th place in the medium team category. Congratulations to all who participated on a fine showing for WMAC. Complete results are posted on the USMS website, usms.org.

On Saturday, April 4, Wisconsin Masters held a SCY meet in Baraboo at the John Young Middle School. It is an outstanding facility! The pool had high blocks and deep water. The weatherman even cooperated and gave us a nice 67 degree day with plenty of sunshine for the long drives that many of us made to go to Baraboo. There were 52 swimmers registered including seven from Baraboo, three from Badger Masters, two from YMCA Badgerland, five from Carthage, one from Elmbrook, six from Geneva Lakes YMCA, ten from Madison, one from Manitowoc, and 17 from WMAC. There were 198 individual swims and 8 relays including one in each distance and type from the Geneva Lakes swimmers. Many thanks are in order for the Baraboo team for hosting this meet. We hope we can look forward to a return meet in that great facility next season.

Wisconsin Water Warriors Awards

Did you place first in your age group in the recent **Wisconsin Water Warriors** competition? Did you pick up your award at the Wisconsin State SCY Meet in April? Some of you did NOT! If you are among those who have not received your award simply e-mail WWW coordinator **Stacey Kiefer** at stacey@kiefer.com and she will mail your award to you—**free!** Don't pass up this generous offer by Stacey! You **earned** it—now **claim** it

WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531