

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
Nov/Dec-2008

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WISCONSIN MASTERS WEBSITE

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

This is going to be an exciting year! New President of the United States! New Executive Director of USMS! Everyone who went to the convention this year in Atlanta came away very impressed by our new Executive Director, **Rob Butcher**. His action plan and budget that he proposed to the Board of Directors and House of Delegates can be found at:

<http://www.usms.org/admin/conv08/actionplan.pdf>.

He addressed the Convention. It was a very moving speech. I've asked **Ray Diederich**, our webmaster, to put it on our website so you, too, can experience it. What's really important for you to know is that in addition to his experience marketing with NAS-CAR in North Carolina, he is a swimmer. He swam age-group

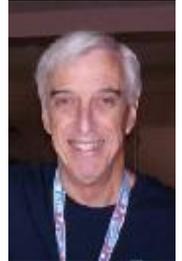
and college and went to The Olympic Trials. You can look him up in Top Times and see his most recent swims at the LCM Nationals in The Woodlands in '07 and the SCY North Carolina State Meet. He's already jump-started our organization. I wouldn't be surprised if he shows up at a meet sometime this year!

We had our **Annual Meeting** a couple of weeks ago at the Pabst Farms YMCA, the minutes of which will be posted on our website. We re-elected all of our officers. Our organization is structured such that if you want to be involved seriously with it you have to pick up your feet and ask, "What can I do?". People may wonder why there are so many people from Madison on the Board. There are three: me, as President/Chair, **Suzi Green** as Secretary, and **Jerry Lourigan** as Safety Officer. It's simple: I asked them because I know them and value their input. And, I see them a couple of times a week. That doesn't mean YOU couldn't be on the Board just because you don't live in Madison. We have some excellent people in Wisconsin Masters that we would love to see at our Board meetings.

One of the things we did at the Annual Meeting was recognize **Jeanne Seidler** for winning a **Dorothy Donnelly award** for her volunteer efforts in running the Meet Results Database for USMS. She was surprised and recognized at the convention and rightly so! After every meet I check the Database to see where I place compared to others around the country. It's like a virtual National meet, changing each time you swim.

I guess the reason I'm harping on the convention subject is that we need to have a succession plan. A couple of us are aging up a little faster than the rest of you....or so it seems. We need new blood in this organization to keep it vibrant and alive! What you get out of a program is based on how much you are willing to put in.

Next year the USMS Convention will be held in Chicago. We would like some of you to join us next year so you can meet the many **volunteers** who are responsible for you swimming in safe events and for providing well-run events all the way from the local meets to our national championships and from fitness events to clinics. This really is an exciting time for US Masters Swimming. Now is the time to get involved!



Dick Pitman

USMS Website

Have you checked out our **USMS website** recently? In an interview USMS Coach of the Year **Susan Ingraham** shares unique characteristics about her team, answers the question "Why Coach Masters?", and along with **Kerry O'Brien** and **Kris Houchens** offers advice to USMS coaches. Also, the feature "Why Join a Masters Program & Why Join USMS?" is followed up with "What's the Value of Swimming?" along with a feature about **Aaron Piersol** and his quest to save the oceans by fighting water pollution and other issues facing our oceans. Features are updated weekly—so check it out!

As of September 25,
2008, there were 518
swimmers registered as
masters swimmers in Wis-
consin! Our goal for
2009—600!

The Wisconsin Water Warriors

Date: November 30 - December 13, 2008

Place: Your local pool

Object of the game: Log as many yards as you can swim in the designated two week period. You'll be competing against other swimmers in Wisconsin to record and turn in the most yards swam. The winner of each age category and the overall female and male winners will be awarded prizes, compliments of Adolph Kiefer & Associates. Overall teams logging the most yards will also be recognized. Winners will be honored at the WI State Meet, where prizes will be distributed. If you cannot attend the WI State Meet, prizes will be mailed so be sure to include your proper mailing address!

To participate in the contest, simply e-mail or mail Stacey Kiefer your completed yardage form, found below. Forms may be e-mailed to: Stacey@kiefer.com or mailed to Adolph Kiefer & Assoc. 1700 Kiefer Drive Zion, IL 60099 Attn: Stacey Kiefer. **In order to be eligible, all forms must be received by December 23, 2008.**

You do **NOT** have to be on a registered swim team, a registered USMS swimmer, or living in the state of WI to compete in this contest. All are welcome!

Swimmer's Name: _____

Team (if applicable): _____

Are you a registered USMS swimmer? YES _____ NO _____

E-mail Address: _____

Physical Address: _____

Age Group (Circle): 18-25 26-35 36-45 46-55 56-65 66-75 76 and older

Gender: Female _____
Male _____

November 30: _____
December 1: _____
December 2: _____
December 3: _____
December 4: _____
December 5: _____
December 6: _____

December 7: _____
December 8: _____
December 9: _____
December 10: _____
December 11: _____
December 12: _____
December 13: _____

Total Yards: _____

This free contest is made possible with help from Official USMS Sponsor,



The Elmbrook Masters group held their annual "Up Nort Swim Camp" in August—spending time at the summer cottages of Jerry Huhn and Fred Russell. Above, part of the group relaxes between "sessions" of swimming, boating, conversing, eating—and did I mention eating? Lots of fun was had by all who attended!

2008-09 SCY-SCM Meet Schedule

Our meet schedule is firming up: Confirmed so far:
November 15, '08, SCY at Middleton
December 6, '08, SCM at West Bend
January 15, '09, SCY at Pabst Farms
February 1, '09, SCY at Oshkosh YMCA
February 15, '09, SCY at Madison East YMCA
April 4-5, '09, State SCY Championships at Middleton
April 16-19, '09, YMCA Nationals
May 7-10, '09, USMS SCY Nationals in Fresno, CA

Still in the works—meet(s) in Baraboo and at Wauwatosa West High School in March. Check the WI Masters website for updates.

Wisconsin Masters
Short Course Yards Swim Meet
Saturday, November 15, 2008

SPONSORED BY: Madison Area Masters-Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction Number: 208-11

LOCATION: MIDDLETON-CROSS PLAINS AREA, HIGH SCHOOL POOL
2100 Bristol Street
Middleton, Wisconsin 53562 608-829-9863

TIME: Saturday, November 15, 2008; Warm-up at 7:00 AM; meet starts at 8:00 AM.

FACILITIES: 8 lane, 25 yard pool with lane lines, starting blocks, and backstroke flags.

ERIC BREIDEL, AQUATIC DIR

<http://www.mcpasd.k12.wi.us/facilities.pool.about.cfm>

ELIGIBILITY: Open to all registered United States Masters Swimmers (USMS). Must be 18 to be a Registered Masters Swimmer. Each entry must be accompanied by a copy of the swimmers current USMS registration card.

RULES: Official Masters Rules will govern this 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 (NT) will be seeded in the slowest heat. Age groups and sexes will be combined.

TIMING: Automatic timing system backed up by watches. Swimmers will help with timing.

WARM-UP PROCEDURE: Lanes 1 & 8 will be start and sprint lanes, swimming in one direction starting from starting blocks end of the lane. Lanes 2 through 6 will be for circle swimming (stay to the right side of the lane) only. NO DIVING STARTS from blocks or the deck in lanes 2 through 6. FEET FIRST ENTRY REQUIRED in a cautious manner in lanes 2-6. The use of hand paddles, kickboards, fins, or other equipment may not be used during warm up or in the warm-up/warm down lanes during the meet. Diving area will be used during the meet.

ENTRY FEES: \$3.00/individual event, plus a \$5.00 pool surcharge. Deck entries for individual events will only be accepted only until 8:00 am. (Seeding by time may not be guaranteed after a certain time during deck entries). The fee for deck entry is \$4.00/event plus pool surcharge. The official Universal Meet Entry Form must be used, one person per form. The Liability Release must be signed without any alterations. Fees must accompany entries; make checks payable to "SWIM CLUB".

ENTRY LIMIT: Five individual events plus relays. THE 500 FREE STYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED. Swimmers entered in the 500 are responsible for providing a person to count his/her laps.

ENTRIE DEADLINE: The entries must be in the meet directors hands no later than 6:00 PM, Saturday, November 8, 2008.

MEET DIRECTOR: DICK PITMAN Email: dpswimmer@gmail.com Phone: 608-770-2307
MIDDLETON SWIM MEET
2729 COMMERCIAL AVE.
MADISON, WI 53704

DIRECTIONS: From the east: Coming in on I-94 take I-39 (I-90) south to 12 & 18 West (Beltline). Take the Beltline (US 12) to US 14 (Spring Green/LaCrosse)/Univeristy Ave. exit 251. Keep right on the ramp. Turn left onto University Ave. Turn North onto Bristol St.
From downtown Madison: Take University Ave. West, Turn north onto Bristol St.

SCHEDULE OF EVENTS: Turn to page 4!

Middleton Meet - Order of Events

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

*Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men, two women). Meet results will be posted on our web site, www.swim-wimasters.org

Notes From the 2008 USMS Convention

Online Registration continues to be the forward trend in Masters Swimming. In Wisconsin we will gradually convert to this method not only for new registrations but for renewals. **John Bauman** will address this more fully in a separate communication.

There will be **continued emphasis on Fitness Swimming** and particularly **trying to entice fitness swimmers to join USMS for the fitness benefits we have to offer**. What are those benefits? Coaching, camaraderie and social benefits, building self-esteem, triathlon coaching, maintaining healthy lifestyle, managing stress, networking, setting and achieving goals, and many others. We all know the benefits of swimming in a group: how you make life-long friends by swimming side-by-side (or end-to-end if "circle swimming").

Our new Executive Director has done some amazing things so far: **partnered USMS with the College Swim Coaches Association of America** "to strengthen both organizations and add some muscle in the fight to preserve, protect and expand college swimming.": He has **secured the sponsorship of Liberty Mutual**, a well respected insurance company. He has **initiated discussions with NCAA Swimming and Diving, USA Swimming, the YMCA and USA Triathlon** to begin a closer working relationship.

I am particularly proud of the fact that **Wisconsin was highly praised in the House of Delegates for our recent Open Water Championships in Madison**. Congratulations to **Jeanne Seidler**, too, for her receiving a **Dorothy Donnelly award** for her maintenance of Current Top Times which is proving very popular among swimmers! In our zone, the Great Lakes, which includes Illinois, Indiana, Michigan, Lake Erie, Ohio, Allegheny, and Kentucky, Wisconsin holds its own. We seem to be very successful in comparison with our peers in the Zone.



Front: **Howard Goldman, Jerry Lourigan, Fred Salzman, Phyllis Smith, Shay Rose**. Back: **Derrick Scheer, Tim Potter, Dave George** are a happy lot having completed the Point to LaPointe Open Water Swim in Bayfield, WI, in August. While not a USMS meet it still garnered many entries and was a lot of fun! Next year's swim will be on August 8.



Official timer Phyllis Smith (lower right) keeps an eye on **Jerry Lourigan, Fred Salzman, and Tim Potter** to ensure a completely legal Rock Lake Open Water swim!

I was especially pleased with the representation that Wisconsin had at this year's convention. **Elyce Dilworth** is a member on a standing committee (Finance). **Suzi Green** is a member of the Sports Medicine Committee. **John Bauman** is a member of the History and Archives Committee. **Jeanne Seidler** is a member of the Communications Committee (which handles the USMS Swimmer and website) and the Records and Tabulation Committee. This was **Jerry Lourigan's** first convention so he was investigating many of the committees. With this amount of participation we are able to cover a lot of the business that goes on at convention and bring many of those ideas back to our own Wisconsin Masters.

Next year the Convention moves to Chicago. We would welcome anyone else who would like to attend! I cannot emphasize this enough. We sincerely want you to come if you have an interest in what happens to this organization now and in the future.

Glancing Backwards

As space permits look for a new feature in our newsletter—a glance back at WMAC over the past 18 years. Check out page 8—and a re-write of an editorial by your then and current editor. Seventeen years later those feelings are just as strong if not stronger! USMS and WMAC are almost too good for words.

Wisconsin Masters Short Course Meters Swim Meet

West Bend High School—December 6, 2008

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-010.

LOCATION: West Bend West High School, 1305 E Decorah Rd., West Bend, WI The pool is on the west end of the building with adjacent parking.

TIME: Saturday Dec. 6, 2008, Warm-up 12:00, meet starts at 1:00pm.

FACILITIES: 8 lane, 25 meter pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 2-8 will be used for the competition. The pool measurement meets the USMS requirements. This is not a bulkhead pool.

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 current USMS registration card.

RULES: Official Masters Rules will govern this 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 sexes will be combined.

TIMING: Automatic timing system backed up by watches.

WARM-UP PROCEDURE: **Note: The lanes are numbered in reverse order of the standard.** 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 these lanes. Swimmers must enter the pool feet first in a cautious manner. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.

Lane 1 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 1 while the meet is in progress.

ENTRY FEE: \$3.00/individual event, plus a \$7.00 pool surcharge. Deck entries for individual events will be accepted only until 12:30pm and the fee for deck entries shall be \$5.00/event plus the surcharge. Fees must accompany entries, checks payable to WMAC.

ENTRY LIMIT: Five individual events plus relays. **THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 14 ENTRIES RECEIVED** and each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than **6:00PM, Saturday, Nov. 29, 2008.**

MEET DIRECTOR: John Bauman
11917 W. Rainbow Ave
West Allis, WI 53214
(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.

AWARDS: Ribbons for 1st to 3rd place.

(Continued on Page 6)

West Bend Meet Schedule of Events

- | | |
|-----------------------|---------------------------|
| 1. 50m Butterfly | 11. 50m Breaststroke |
| 2. 400m IM | 12. 200m IM |
| 3. 100M Freestyle | 13. 50m Freestyle |
| 4. 200m Backstroke | 14. 100m Backstroke |
| 5. 100m Breaststroke | 15. 200m Breaststroke |
| 6. 200m Freestyle | 16. 100m Butterfly |
| 7. 50m Backstroke | 17. 100m IM |
| 8. 200m Butterfly | 18. 200m Free Relay* |
| 9. 200m Medley Relay* | 19. 400m Medley Relay* |
| 10. 400m Free Relay* | 20. 800m Freestyle Relay* |
| | 21. 1500m Freestyle |

* Submit relay entries at the meet: Relays may be all men, all women, or mixed (two men, two women)

DIRECTIONS TO POOL: From the Milwaukee area: Hwy 45 north to the exit at Paradise Rd. East on Paradise to the “round-about” at Hwy. G. North on G to the school, on the left, at Decorah Rd. From other areas: Hwy 33 to Hwy G, south on G to the school.

Meet results will be posted on our web site, www.swim-wimasters.org

Impressions of Convention - Jeanne Seidler

I appreciate being a Wisconsin delegate for the convention! This was my 3rd convention having attended conventions in Dearborn ('07) and Los Angeles ('08) prior to this one. I currently serve on two USMS committees—Communications and Top Ten—and I handle the Meet Results, Event Rankings, and Individual Results sections of the USMS website. The convention is the one yearly face-to-face meeting of all the USMS committees. We otherwise communicate during the year using monthly conference calls and then work in small groups on projects using e-mails to communicate. Even with the new Executive Director and his assistant there are still only about seven full time USMS employees. **It is the USMS volunteers who are the backbone of the organization and who accomplish the work of USMS through committees and projects.** It is the volunteers who comprise the House of Delegates who then self-govern USMS. As a WI delegate, we can bring issues up in committees. We can make bids on swims like the MOWS USMS National Championship. We can also **network with other LMSCs** during the four days of convention. We found that many individual LMSCs have succession concerns and have a variety of ways to resolve succession concerns. I attended the meeting of the Fitness Committee and was very impressed by the presentation of the “Go the Distance” program. I would urge everyone to enroll in the program and see how many miles of workout you can accumulate in one year.



Jeanne Seidler—recognized for her work with USMS—received a **Dorothy Donnelly Service Award** at the USMS Convention in Atlanta.



Elyce Dilworth, Jerry Louigan, Suzi Green, Jeanne Seidler, John Bauman, and Dick Pitman—Wisconsin LMSC representatives to the USMS National Convention in Atlanta in September

Convention is also the time when awards are given to volunteers. **I'm extremely honored that I was nominated for the Dorothy Donnelly service award.** The WI delegation was sitting together in the back of the House of Delegates at the time awards were being made. I heard my name announced and it was truly a total surprise. I had to rush to the front of the assembly to accept the award. In my haste to get from the back of the room to the front I never heard the paragraph about me that was being read at the podium. A swimmer from Indiana had actually started the ball rolling for my nomination. With input from **Nancy Kranpitz, Trina Schaetz** wrote a great nomination letter to the Awards Committee. No one knew who the winners were until the announcement at convention. Everyone was surprised.

With the **convention being held in Rosemont, IL, in '09** I hope that other WMSC swimmers will be able to take the time to attend as a delegate. If you plan to attend, be sure to brush up on Robert's Rules of Order ahead of time! The whole convention is run using Robert's Rules of Order with some additional standing rules. It is very interesting to see the rules applied with great rigor! **Again, I thank the WI Masters for allowing me to represent WI as a delegate at the convention.**

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current 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 page.

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 @ \$_____ ea. + 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 STATES MASTERS 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 _____

UMEF R2 10/03/03

Convention Thoughts - Suzi Green

Glancing Backwards

An editorial from WMAC News, Fall 1991

This was my second convention! I learned much more because I didn't have to spend all of my time trying to figure out what was going on! I was able to go to committee meetings that interested me, including long distance/open water, registration, sports medicine, and fitness. I am currently on the sports medicine committee but have interests elsewhere so have requested that I be assigned to another committee. This was a "rules" year, which meant that the rules committee worked very hard.

Meetings are not the only things that happen during convention. First—there was getting there through the Atlanta airport which is huge. Our hotel was big—and while nice, had no recycle bins! The Georgia Aquarium was very close to the hotel, as was The Olympic Centennial Park. The aquarium, though expensive, is worth seeing. There were 3 very early swim practices (I made it to 2 of them!). The Olympic Pool at Georgia Tech was within long walking distance of the hotel—and that is where SCY Nationals will be held in 2010. Long course Nationals that year will be in Puerto Rico. Michael Phelps won the USA Athlete of the Year, and his mother was present to receive his award.

With the convention being held in Chicago in '09 I hope many more Wisconsinites will be able to attend and see how much work can be accomplished by such a large number of dedicated volunteers.

I feel the need to take a paragraph and write a personal testimony to Masters swimming. Without going into detail, let me just say that this past summer was not a good one for me. Physical problems forced me to abandon my bungy cord and do only long, slow distance in our 38' backyard pool. But the stress caused by knowing my daughter was experiencing a terribly difficult time made me appreciate at least being able to do that. It was complicated by a special "homecoming" coinciding with the Wilson Park meet dates. At the urging of those most affected by my absence from this "homecoming", I entered and attended the meet, expecting full well to feel awful both mentally and physically all weekend. SURPRISE! I didn't! My family managed very well without me—and the "homecoming" was still there on Sunday night. Since attending this meet entailed driving a total of 600 miles over the course of the weekend I entered the maximum number of events allowed—swimming several events I normally wouldn't think of swimming—and not only swam respectable times (for me) under the circumstances, but surprised myself at how good I felt. But most importantly, this weekend was about PEOPLE. Where else but in Masters swimming can we have such close friendships spanning hundreds of miles and decades in years? I often wonder what the other people in the restaurant think about our crew—what could that weird combination of people have in common and why are they having so much fun together? So, thanks, Masters swimmers. Top Tens, National Championships, state records, personal bests—none of these could replace what "Wilson Park" did for me this summer. (Editor's Note 10/21/08) Some things never change, do they? Nancy Kranpitz—editor then and now.)

WISCONSIN MASTERS SWIMMING
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Hazelhurst, WI 54531