

# Wisconsin Masters Swimming

## CHAIRMAN'S LANE

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Check it out for the latest  
meet results, state records,  
and MORE!

*The roundest knight  
at King Arthur's round  
table was Sir Cumfer-  
ence. He acquired his  
size from too much pi.*

This month's Chairman's Lane is a collection of random thoughts and ideas vs. a "continuous" thought! So—here goes!

I'm sure all of you saw the nice article on **Aimee Arnoldussen** of Madison in the recent USMS Swimmer Magazine. **Aimee** and **Glenn Tranowski** have been pretty busy these last several months and haven't been to a meet in quite a while. It certainly was nice to catch up on their lives through the magazine. I had alerted **Bill Volckening** early last year that there was a great story here in Madison and it concerned **Aimee**. I'm glad he found someone like **Susan Dawson-Cook** to write about **Aimee**. The article featured a photo of **Aimee**, **Fred Salzman**, and **Phyllis Smith** with the Shorewood pool in the background. **How exciting to get Wisconsin in a feature article like that.** Congratulations to **Aimee** and **Glenn**!



Dick Pitman

By the time you get this issue we will have had our **second straight Baraboo meet**. And, we'll be looking forward to the State Meet in early April. From the reports I've heard it should be an exciting meet, with new swimmers being recruited at all of our "workout groups" in the state.

I appreciate that many of you are keeping your membership in US Masters Swimming during these tough economic times. It shows that swimming, and a community of purpose, is important to you. The purpose, of course, is to stay fit. If you swim on a team or in a workout group you have relationships that go outside the pool. In these challenging times these relationships are necessary to keep your mental health. So, if you can **manage the financial aspect, keep swimming!**

I wrote the **Coach's Corner** for this issue because I wanted to address a pet peeve of mine, the freestyle **thumb-first entry**. I can always tell when a swimmer learned to swim (or when his/her coach learned to swim) by their use of this technique. One of my new swimmers, **Dave Gronski**, is a Sports Medicine physician. So, after writing my article I sent it to him to make sure I was correct in my description of the effects of wrist rotation. His observations are included (page 6) which should confirm my thesis and also serve to educate all of us. Maybe next time I'll take on the revered "S" stroke. Stay tuned!

Back in 2005 Madison hosted a Coaching Mentor Clinic—actually a triathlon clinic—with **Michael Collins**. It was very successful despite the fact it took place in mid-March right after one of the biggest snowfalls of the year. We made budget and a few bucks more. We donated the \$500 refund of our USMS performance bond to Wisconsin Masters to be used to help fund another clinic somewhere in the state. Since then no team or workout group has come forth to claim that money. I'm wondering—in this space—if there is anyone interested in doing something similar in their area. If not, maybe we will reconsider a use for that fund. So, try to get back to me by the State Meet if you have an idea. By the Fall Board Meeting we would like to have something planned and ready to go for next winter.

I just received a note from **Tracy Grilli** promoting a **luggage tag** which would have the USMS logo on a plastic sheath in which you could place your USMS card and keep it with your swim bag at all times. She said the tags they are buying now cost about \$2, but with larger quantities the price could be lower. Again, let me know how many on your team or group, or individually, you would be interested in. I've made no commitment on this other than saying that I really like the idea.

Many of you may be concerned about **Badger State Games** moving to Appleton. The Masters meet will be at **Erb Pool**, an 8 lane 50 meter outdoor pool that starts at 3 feet deep and goes up to 12 feet. The Appleton YMCA will be handling registration and meet direction for both the Age-Group and Masters meets. Both

Continued on Page 2 →

## 2009 One Hour Postal

As of “press time” the 2009 One Hour Postal results have not been officially finalized. However.... **Unofficially** Andrew Steenrod is in first place in the 18-24 age group and several other WMAC swimmers placed well in this USMS sponsored distance championship. Check it out on the usms website (usms.org then go to Long Distance Championships). Results will be final on March 31. Look for WMAC One Hour Postal results in our next newsletter!

## Chairman's Lane - Continued

Art Luetke and I have had contact with John Eisele, Operations Director for BSG, and are awaiting more information from him. Mr. Eisele assured me that someone from the Appleton Y would be in contact with us so we can help them with the conduct of the meet. Art and I are no longer the co-commissioners as we resigned at the end of last year's Games. But, we have offered to help the successors if they desire our help.

As I end my “Lane” liturgy to this newsletter, I want to wish **“GOOD LUCK”** to all those going to **Nationals** in April and May. I think there is a group heading to **Fort Lauderdale for the Y Masters Nationals** in mid-April and another group going to **Clovis, CA.**, for the USMS Nationals in mid-May. I hope Wisconsin can bring back as many honors as last year!

## Did You Know....

US Masters swimmers in regard to gender are practically an even split (52.9% male, 47.1% female).

More than 95% of US Masters swimmers have a college degree or higher.

82.3% of US Masters swimmers own their own home.

Each year US Masters Swimming members purchase 134,820 swimsuits, 104,580 pairs of goggles, and 100,380 pairs of sneakers.

70% of Masters swimmers report that they consciously buy brands that support activities, organizations and interests that are important to them.

There are currently 17 companies/organizations that are US Masters Swimming sponsors. How many can you name? (Answer on page 7).



Amy Borden...At Elmbrook's 6th Annual 100 x 100's...Are we having fun yet???



Beth Eldridge (left) and Trina Schaez moments after Trina had won the 100 freestyle at the USMS SCY Nationals in Austin, TX., last May.

Hopefully many of you will remember a touching story about WMAC's Trina Schaez and one of her fiercest rivals, Beth Eldridge, which appeared in our May/June 2008 Newsletter. It touched on Beth's need to withdraw from the 100 free, in which she was top seed, due to a very serious illness—and how Beth stood behind the blocks and cheered Trina (the 2nd seed) on to victory. At that time we didn't know Beth's illness was life threatening.

If you want to feel your spirits soar go to the following very long website: [www.fina.org/project/index.php?option=com\\_content&tash=view&id=2128&Itemid=329](http://www.fina.org/project/index.php?option=com_content&tash=view&id=2128&Itemid=329) (there is a space between “com” and “content...” and as Paul Harvey would say, “And now you know the rest of the story”. Believe me, it is a story that will reach to the very core of your heart.

## Oshkosh Masters Meet

Melinda Mann

The **Oshkosh YMCA Masters Meet**, held on February 1, 2009, was well attended. Approximately 55 swimmers showed up—**our largest crowd yet!** Each year it keeps getting better and better! Lots of new people from Oshkosh swam as **we now have an “official” masters team going up here.** There were a few fierce relay matchups among the members. A special thank you goes out to the Oshkosh YMCA Swim Team as they provided all the timers. Thanks OSHY swimmers!! The OSHY parents ran the timing system, computer, and officiated the meet. The facility is beautiful and provided another great opportunity for Wisconsin Masters to swim in a nice pool.

Two new Wisconsin State Records were set in this meet. **Eric Jernberg** took full advantage of “aging up” and set a new mark in the 50-54 500 free (while **Greg Hollub** used his new 60-64 age group to his advantage in setting a new 100 IM record

The post meet social (lunch) attracted almost as many people as the meet! Never let it be said that the “mid-state” Wisconsin people don't know how to have fun!

**With the success of our 2009 meet we're definitely looking to build this meet in 2010. It's never too early to start looking ahead!**

# The Crazy Ties That Bind

## Elmbrook Masters 6th Annual 100 x 100's

### Has Biggest Turnout Ever

Trina Schaetz



Elmbrook Masters are ALL smiles here—BEFORE starting their annual 100 x 100's workout. Check page 6—the “after” picture—to see if they are still smiling!

On March 14, 2009, the Elmbrook Masters hosted their **6th Annual 100 x 100** Challenge at Brookfield Central High School and 30 swimmers turned up bright and early to take it on. It was the largest turnout the group has ever had and a great testimony to the camaraderie of the Elmbrook Master's Team.

**So what makes the 100 x 100 challenge such a hit at Elmbrook?** Why would 30 people (including swimmer **Julie Runnells** due with her 2nd baby that week) give up 3.5 hours on their coveted Saturday morning to log 10,000 yards when they could be tucked in for a couple more z's instead? After all, there are no awards for cranking out the nearly 7 mile practice, right?

**Is it the workout?** Elmbrook swimmers **Laren Tiltmann** and **Tim Young** write up a great workout, creatively breaking down the 100 x 100's into 10 more manageable sets of 10, each with a different focus to keep the team distracted.

**Is it the music?** **Krista VanEnkenvoort** is the team's resident deejay and takes a chunk of time out of her busy school and work schedule to doctor up a great set of tunes to perk up the practice and psych up the swim.

**Is it the refreshments?** Besides all the goodies that Elmbrook swimmers bring along to share during the workout, Elmbrook swimmer **Curt Paulsen** hosted a refueling party after the event at his home in Brookfield. There was a fabulous spread of food to share, a campfire, a hot tub, and 2 massage therapists on hand to ease out aches!



**Brent Boock, Don Rambadt, & Laren Tiltmann**—six down, four to go!



**Dave Severance, Matt Thiele, Trina Schaetz**

**Is it the friends who come into town just for the event?** **Carrie Haberstich** and **T. Young** made appearances from Illinois and Cambridge respectively. Other teamers, **Don Rambadt (Trevor)**, **Matt Thiele**, and **Bob Twinings (Pabst Farms)** also dropped by to join in the fun. Even teammate **Cindy Whitaker** arrived with her daughter **Cameron** (home from college that weekend) in tow.

**The truth is that the thing that makes the Elmbrook 100 x 100's so special is the camaraderie.** None of us would want to do it alone, but when we all get together there's a crazy magic that glues us all together. You can feel it when you walk onto the pool deck: **Everyone is glad you came, everyone hopes you'll enjoy yourself, everyone will stick it out with you till you finish.** It's a magic that'll make you try something crazy.

Sure, the faster folks could swim their 100 x 100's on a speedier interval and those who need a little more time could skip one here or there, but we all meet in the middle so that we all finish together. What more could you ask for a team full of friends?

This year's participants: **Brent Boock, Amy Borden, Audry Go, Carrie Haberstich, Mike Jacobsen, Mark Kaczmarek, Mike Murray, Katelynn O'Niell, Curt Paulsen, Arianne Picl, Don Rambadt, Julie Runnels (baby due within the week), Dan Schaetz, Trina Schaetz, Mary Schneider, Sarah Schneider, Nora Settini, Dave Severance, Jeff Shiroda, Darryl Stich, Maurice Tetzlaff, Matt Thiele, Laren Tiltmann, Heather Tiltmann, Bob Twinning, Julie Van Cleave, Krista VanEnkenvoort, Cameron Whitaker, Cindy Whitaker, Tim Young.**



**Maurice Tetzlaff  
Mark Kaczmarek  
Mike Jacobsen**

# Tip of the Month... Think Positive Thoughts

Paul Hutinger—Florida Maverick Masters

*"We offer swimmers the opportunity to participate in a lifelong fitness and/or competitive swimming program. We provide a positive environment for individual levels of achievement and the freedom to express ideas."*

Does this sound familiar? It should! Our **mission statement** has appeared on the back cover of every **Maverick** newsletter since our 2nd issue, March 1997. I have always believed in the power of positive thinking and owe my high level of success throughout my 35 years of Masters swimming to following this principle. When we moved to Florida in 1992, we belonged to another team. I felt they placed too many restrictions on their swimmers, including myself. I wasn't able to reach any resolutions, and in November, 1996, seven charter members voted to form a new club. Thus, the **Mavericks** were born. This is my philosophy and I feel that **it is important for each of you to think positive thoughts**, whether they be for your next pool meet, postal event, triathlon, virtual swim, to increase your personal level of fitness or day to day survival.

Since Masters swimming is a lifelong fitness for you, what makes for longevity in one area, also applies to other areas. Several famous names come to mind, and you may also recognize them.

**Art Linkletter** used swimming as his prime exercise.

"Longevity is as much an act of will as a dedication to exercise and a healthy diet." He was a dedicated swimmer most of his life. In his younger years, he worked as a life guard in California and was a Pacific Coast backstroke champion. "Swimming," according to Linkletter, "is the best exercise for seniors, as it is not an impact sport and does not harm your joints." While in his 90's he gave 75 lectures a year and traveled 150,000 miles.

## 2008 Long Distance WMAC All Americans

For MANY years we have had a number of WMAC swimmers attain the rank of All-American for accomplishments in the pool. **In 2008 we had EIGHT of our members achieve All-American status in the 1-3 mile open water USMS Championships.** They are: **Megan Ryther (25-29), Heather Curnutt (30-34), Lauren Jensen (40-44), Laurie Alioto (50-54), Fritz Schenker (18-24), Shaun Morrow (40-44), Dan Slick (55-59), and Ed Koscik (65-69).** All of these swimmers captured first place in their respective age groups while competing in the 2.4 mile USMS Open Water Championships in Madison this past summer. In addition, **Erica Bergstrom (18-24), Bryan Erdmann (35-39), and Tom McFarland** captured 1st place in their respective age groups but their one event registration made them ineligible to being named All-American.

**Double congratulations** here—to meet director **Dick Pitman** and his "crew" for running an excellent open water swim—and to our WMAC Champions! Way to go!

## New State SCY Records

Set at the Oshkosh, Madison East Y and Baraboo SCY Swim Meets.

**Rebecca Johansson 18-24**

500 Free :5:32.14

**Mark Ritchie 18-24**

50 Back :26.74

100 Back :57.32

**Fritz Schenker 18-24**

200 Back 2:09.09

**Alex MacGillis 80-84**

50 Back :48.26

50 Breast :49.63

100 Breast 1:49.56

50 Fly :47.90

**Dan Slick 60-64**

50 Back :33.89

**Eric Jernberg 50-54**

500 Free 5:22.17

**Greg Hollub 60-64**

100 IM 1:11.53

**Laren Tiltmann 35-39**

100 IM :56.66

**Peter Allen 50-54**

100 Breast 1:07.99

200 Breast 2:30.86

**200 Medley Relay 18+ 1:47.35**

**Mark Ritchie 19**

**Fritz Schenker 23**

**Brian Gettelfinger 27**

**Eric Wiesner 25**

**400 Medley Relay 75+ 7:15.22**

**John Bauman 78**

**Alex MacGillis 80**

**Bill Payne 79**

**Fred Salzman 76**

→ **Phil Dodson**, 53, from Chicago, is another well-known personality as well as a Masters swimmer and survivor. In the past, he has had four bouts with cancer, starting as a 39 year old with testicular cancer. He has always used a positive approach in his life, which helps him in his training. This year, in the 50-54 age group, he had exceptional times in the 200 m free (2:08) and the 400 M Free (4:37). He has also been featured in *Swimming World* Magazine in their "Survive and Thrive" feature.

**Positive thinking, as an act of will, can be improved by everyone.** This is the key to longevity and better performance in your Masters swimming. Take time to program your brain with psycho-cybernetics. **Your self-image is the key to positive thinking** by not allowing negative thoughts. Program yourself for success and use mental pictures of success. **Take some time every day to mentally prepare yourself for success.** Set goals for yourself and take the steps towards achieving those goals. Clear out the cobwebs which lead to negative thoughts. **Be Positive!**

(Editor's Note: This Tip of the Month appeared in a 2007 edition of the Florida Mavericks Newsletter.)

# Coach's Corner

Dick Pitman



...hand flat, elbows high...next we'll work on head position!



Elmbrook Masters Swimmers high five each other after completing their annual 100 x 100's workout!

One of the vestiges of the 1970's is the use of the **"thumb-first" entry on freestyle**. In the last 10+ years this practice has been disparaged on a couple of points. First point is that "thumb-first" means you are rotating your palm outward. This is called by physical therapists and others who specialize in joint disorders as "internal rotation" - rotating the back of the hand in. I've also heard it called "external rotation" - rotating the palm out. Whichever! **When you rotate your hand you are stretching vital tendons in your arm—from your wrist to your shoulder. The tendons around the elbow and the shoulder are subjected to abuse—excess rubbing against the cartilage and bone in those joints. When this happens you have the dreaded tendonitis: inflammation of the tendon.** When this happens to a tennis player it is famously known as "tennis elbow" as it tends to inflame the tendon around the elbow.

The theory behind the "thumb-first" entry is that it helps the hand *slice* through the water. The problem with this theory leads us to the second point regarding the "thumb-first" entry on freestyle. You are not going to be pulling the water with that narrow edge of your hand, so you need to rotate your hand back to a "normal" or "catch" position in order to put the water in your hand. Now, what often happens when you rotate your hand back to the normal position is that your elbow drops and puts your arm and hand in a disadvantageous position to catch and pull the water: you have poor leverage to actually *push* the water back in order to make you go forward.

Okay. **The elbow drops—so what? Since you have poor leverage to work the water, you are now putting more stress on your shoulder.** You are using your shoulder to move you through the water. Intuitively it seems to make sense. You certainly have more muscle and power in your shoulder than in your hand or forearm. So, most people continue on with this practice until they develop pain in the front of their shoulder: **tendonitis**. I have intimate knowledge of shoulder tendonitis because I've experienced it several times since about 1989. But, my experience with tendonitis is the result of butterfly. More on that later.

**What it means when you drop your elbow is that your elbow falls below your hand.** Fortunately I had a coach when I was young who always insisted that you must keep your elbow above your hand at all times: during recovery, during the reach, and during the pull. **One of the other effects of dropping the elbow is that swimmers tend to push down on the water causing them to bob up and down when they swim.** Of course, bobbing up and down is counter-productive for good effective swimming. The other effects are, of course, taking more strokes than are necessary and becoming tired sooner.

I used to teach that the hand should follow all the way through and touch thumb to thigh before exiting and *recovering* to the front of the stroke. I did this, I think, because beginning swimmers need reference points to understand the mechanics of swimming. **The way I now teach freestyle is a flat hand entry, slightly under the surface (about 3-5 inches).** This attitude or angle of penetration keeps your elbow higher relative to your hand so you can attain good leverage when you "catch" the water. I tell my swimmers that the hand should enter the water at about a 30 degree angle. You want to get a good reach in front of your shoulder and rotate on that side to maximize your reach. Once you attain that maximum reach you should point your hand-wrist-forearm down making sure that your elbow stays high and forward: think of your forearm and its extended hand as a canoe paddle. Your hand-forearm paddle is going to pull smoothly towards the center-line (use your sternum or belly-button as a reference point and imagine a sailboat centerboard coming off your chest), sweep back and out. **I don't teach "touch your thumb to your thigh" anymore.** Incidentally, Glenn Mills refers to this as the *High Elbow Catch* and promotes two videos on GoSwim demonstrating this skill: Steve Haufler's "Position 11" and Kara Lynn Joyce's "Angles".

This was something I had taught to beginning swimmers a long time ago—and that's probably where it should stay because beginning swimmers need lots of reference points to understand the mechanics of swimming. However, I learned from another coach that **sweeping out earlier does the following: it improves your rhythm and it gets your hand back in front where the power of the stroke is.** It used to be thought that there was power back there by the upper thigh and some coaches actually asked you to kind of "flip" the water to make sure you touched your thigh with your hand, denoting that you had finished the stroke. After all, you want to make full use of the time your hand is in the water—right? (Cont. on Pg 6)

Spices are a calorie-free way to jazz up any meal. The same can not be said for oily m a r i n a d e s . Try using rubs on chicken, beef and fish!

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Boost your spirits with trout or salmon. Their omega-3 fatty acids may alleviate mild to moderate depression.

## Coach's Corner—Continued:

Actually **the stroke is finished before your hand reaches your thigh.** Once you understand the proper mechanics of swimming a lot of the new ideas in swimming make a lot of sense and the old paradigms just don't hold much water anymore..

**Ask yourself:** 1). How many Olympic swimmers have you seen who swam with a thumb-first entry? **Answer:** none in the last couple of Olympics. 2). With the extensive use of underwater cameras following swimmers from wall to wall, how many swimmers did you see using a "dropped elbow" style? **Answer:** none. 3). How many Olympic swimmers have you seen swimming with their heads high in the water? **Answer:** in 2000 several; in 2004 not as many; in 2008 none.



All done—and still smiling!

**Don't forget—The Wisconsin Masters Short Course Yards State Championships are being held at Middleton High School on April 4-5! Be There!**

## Coach's Corner Feedback

Dave Gronski, MD

The rotation issue that you are struggling with (internal vs. external) depends on perspective. At the wrist, I suppose, you could call it external rotation, but it is truly termed pronation. At the shoulder, the rotation that you are describing is certainly internal rotation. Since the issue that you are trying to prevent is at the shoulder, the term internal rotation of the shoulder fits best.

The diagnosis of "Swimmer's Shoulder", impingement syndrome, rotator cuff syndrome are essentially synonymous. They involve the rotator cuff and overlying subacromial bursa being pinched between the humeral head and overlying bony overhang. As you mention, even a subtle fault in stroke mechanics can be very problematic given the repetitive nature of swimming.

Lastly, the mechanics of tennis elbow is usually chronic/recurrent microscopic tearing of the tendon at its origin at the lateral elbow—now termed tendinosis. This would be more similar to rotator cuff tendinitis/tendinosis in a thrower which is usually a result of "strain" or excessive eccentric stress on the muscles rather than the "pinching" of impingement syndrome.

## SC Meters Top Ten - 2008 - for WMAC Individuals

**Jessica Connors 23**  
2nd 200 Breast 2:49.03  
3rd 200 Back 2:34.76  
5th 50 Breast :35.68  
6th 100 IM 1:09.53

**John Bauman 78**  
10th 200 Breast 4:57.66

**Leah Schneider 24**  
7th 100 Fly 1:12.77  
9th 200 IM 2:40.19  
10th 100 Breast 1:23.41

**Bill Koller 60**  
5th 50 Breast :37.55

**Nancy Kranpitz 63**  
6th 400 IM 8:05.65  
7th 200 Fly 4:00.40  
10th 50 Fly :44.38

**George May 71**  
10th 100 Breast 1:44.90

**Geoff Mykleby 55**  
7th 50 Back :31.62  
7th 100 Back 1:11.07  
9th 200 Back 2:40.79

**Alex MacGillis 80**  
4th 50 Fly :54.42  
5th 100 Breast 2:04.87  
7th 50 Breast :55.61

## Relay

Mixed 200 Medley Relay  
240-279 Age Group  
4th 2:43.30

**Geoff Mykleby 55**  
**Candy Christenson 61**  
**Dick Pitman 64**  
**Nancy Kranpitz 63**

As in previous years Wisconsin Masters swimmers had only one in-state opportunity to swim a short course meters meet. In 2008 this meet was, for the 2nd year in a row, held in the West Bend High School 25 meter pool. All of these times and placings came out of this one meet! Congratulations to our swimmers on a fine showing despite limited opportunities!

# Madison Masters Meet - 2/15/09

Dick Pitman

Moderate winter weather contributed to a **very successful Madison meet**. We ended up with 60 entries after all deck-entries were accounted for. As a consequence we had some pretty exciting races!

Only three swimmers did the initial event, the dreaded 400 IM: **Meredith Krejny, Peter Maternowski, and me, Dick Pitman**. We all survived!

The next event provided much more excitement featuring the premiere of a couple of really good East Y swimmers. Unfortunately, I can't take any credit for coaching them, but I like to claim some credit for encouraging them to do a Masters meet. **Rebecca Johansson, 24**, came in with a seed time of 2:11 in the 200 free and finished way ahead of the pack of women with a 2:04! Then her friend, **Eric Wiesner, 25**, held close to **Brian Gettelfinger** for the first 150 and then kicked to a very strong finish of 1:48! It is always fun to watch a fast, close race early in a meet to get everyone excited about swimming! In a way it was a consummate battle between Minnesota and Wisconsin: **Brian** is an alum from the U of Minnesota swim team, and **Eric** is an alum from UW-Madison. After the race I told Brian how great a race they had. He said, "I knew Eric was a great 500 swimmer, and if he was still with me at the 150 I was toast." Eric and Brian went out in about :25 for the first 50, and they were at about :54 at the 100.

**Brian** went on and had a very strong 100 fly, swimming against **Dan Babcock**, a new East Y swimmer. They were pretty close at the 50, but then **Brian** broke away from **Dan** finishing in a :54 to **Dan's** :58.

**Eric** had a stunning :21.96 in his 50 free. His 500 free was amazing in that in doing a 5:06 he maintained a 12 stroke count for each length. People were actually counting his strokes! Perhaps my article on swimming golf has made some impact.

About 25 years ago **Steve Justinger** and I started having an informal, uncoached workout on Saturday mornings at the East Y. The group has gradually grown over the years and after workout we go across the street for breakfast before going about the rest of the day. Most Saturday mornings **Eric** and **Rebecca** show up and swim aside from us "older" folks. They do their own thing—a mix of freestyle sets of 300 or 400 yards. I was always trying to encourage them to join Masters and come to a meet. They finally did! **After the meet I asked them if they had had a good time and Eric replied, "Yeah! Much better than I expected."**

- USMS Sponsors**
- Adolph Keifer & Associates
  - Agon Sport LLC
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  - Liberty Mutual (new in 2008)
  - Nike
  - Speedo
  - Swimoutlet.com
  - Total Immersion
  - TYR Sports Incl
  - Ultra Swim



**Julie Van Cleave & Carrie Haberstich....**  
Taking a break between sets in the 6th Annual Elmbrook Masters 100 x 100's event.



**Cameron Whitaker, Cindy Whitaker, & Mary Schneider** are all smiles after completing 100 x 100's.

**A trio of newcomers to Madison Area Masters and Wisconsin Masters, Abbi Dunning, Dan Babcock and Dave Gronski** made auspicious debuts in their "home" pool. **Abbi** won all three of her races—the 100 & 200 free and the 200 IM. **Dan** won the 200 IM, and **Dave** won the 50 free and came in 2nd in the 100 free—the only two events he entered. The **return of Mike Kvitrud** showed he still knew how to win: he captured the 100 back, 100 fly, and 100 IM...even though he was without a contender in his age group in the back and fly events. **Dave Guzik** came in second behind **Mike** in the 100 IM but won his other three races: 100 free, 500 free, and 50 breast.. Swimming in her first Masters meet, **Allison Johnson, MAM**, won the 500 free, 50 breast, and 100 IM; **Elizabeth Folberg, MAM**, won the 200 free, 50 breast, 50 fly, and 100 IM; **Jayne Wanless, MAM**, captured the 50 back and 50 fly while **Lynn Riley** out touched **Jayne** to win the 100 IM.

**Returning after a long absence was Fran Jennings**—who won the 100 free, 500 free, 100 back, 50 fly, and 100 IM. Also **returning to competition was Fred Salzmann** who had a successful hip replacement in early December.

I want to welcome a lot of other **newcomers to Wisconsin Masters Swimming competition: Valerie Adams, Lisa Colville, Rebecca Johansson, Sarah Kliensky, Amanda Maltry** (daughter of **Cindy Maltry!**), **Martha O'Brien, Kim Peiffer, Julie Volland-Pipke, Kevin LeRoy, Scott Meister, Mark Ritchie** (four 1st places), **Kevin Yeager** (one 1st place) and **Brad Welnick** (one 1st place). Congratulations and welcome to Masters Swimming!

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Speaking of sponsors—select companies will be featuring a variety of swim wear and clothing sporting the new USMS logo at the USMS National SCY Championships in Fresno, CA., in May. Be sure to check it out!

# Madison Masters Meet - 2/15/09

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For those of you unfamiliar with the USMS database of meet results, you can go to [usms.org](http://usms.org), click on "competition", and then "event rankings". You can look up all of your swims under "Individual Results" or how you currently rank among other swimmers in your age group. For instance, I found **Eric Wiesner** is ranked 2nd in the 200 free and 3rd in the 500 free. This site is updated after **every** meet—so keep swimming!

With the Elmbrook contingent largely absent from Madison, with the exception of **Audry Go**, I think the **State Meet, set for the first weekend in April in Middleton**, will be quite exciting! Hope to see you there!

## YOU KNOW YOU'RE A SWIMMER IF...

You sweat chlorine even after showering.  
You have piles of meet shirts for pajamas.  
You have mastered the art of deck changing.  
You can smell a pool a mile away.  
You've asked a perfect stranger to "zip me up".  
Your conversations take place in 10 to 15 second intervals.  
You know how to squirt water 15 different ways.  
Whenever you hear an electronic beep...you instinctively jump.

# Baraboo Meet Recap

A beautiful warm, sunny day saw about **45 Wisconsin Masters swimmers heading to Baraboo for the 2nd Annual Baraboo SCY Masters Swim Meet**. They weren't disappointed as they encountered a **very nice pool** and a **very nice meet** despite the fact that meet director **John Bauman** was minus his usual trusty companion at the computers (**Jeanne Seidler**) who got taken down by a nasty cold and had to stay home!

Five individual state records were broken by **Laren Tiltmann**, (35-39 100 IM :56.66) **Peter Allen**, (50-54 100 Breast 1:07.99 & 200 Breast 2:30.86) and **Alex MacGillis** (80-84 50 Breast :49.63 & 50 Fly :47.90) along with one new relay record being established (**400 MR 75+ Men 7:15.22**—**John Bauman, Alex MacGilles, Bill Payne, Fred Salzmann**). A hearty congratulations to these folks!

In short, it was a nice meet in a nice pool. So, if you missed it this year look forward to it being on the calendar for next year!

WMAC sends out a big **thank you** to Elmbrook's **Trina Schaez** who once again has voluntarily undertaken the task of helping our national competitors be outfitted in the 2009 edition of our Wisconsin Team T-shirts and/or sweatshirts. The unique design and "lingo" are always "head turners" at the big meets. So—**thanks, Trina!**

## In Memorial: Mickey R. Eaton 1955-2009

Fellow WMAC team mate, Mickey Eaton died unexpectedly on Sunday, March 22, 2009. He was 54 years old.

Mickey was an industrial Arts teacher in Waupun, WI and had started swimming with WMAC as early as 1985. He recently returned to masters swimming over the past 3 years and had become a familiar face and friend to all of us.

Most recently, we enjoyed Mickey's presence and genuine spirit at the WMAC meet in Baraboo on the beautiful spring day before his death. His enthusiasm for swimming could not be missed as he encouraged so many to participate in the sport. Not only did Mickey swim himself, but he taught countless young people how to swim and coached swimming at the high school level for many years.

All who knew him can give testimony to his personable disposition, his intoxicating laugh and his exuberant love of life. Surely he will be missed among us.

A memorial will be made in his honor on behalf of Wisconsin Masters Swimming.