

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Newsletter Date
June/July-2009

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WISCONSIN MASTERS WEBSITE

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

With 3 BIG meets (State, Y Nationals, and USMS Nationals) it was a daunting task to try to keep all the new WI records straight! Please let me know if I missed anyone!
NK -Editor

Congratulations to our Wisconsin Masters Aquatic Club contingent at the Clovis National Short Course Yards Meet! We took **5th place among Regional teams**. If you've looked at the usms.org website you may already know that Colorado was 1st with 51 registered swimmers; Pacific NW was 2nd with 56 swimmers; Oregon was 3rd with 53 swimmers; Arizona was 4th with 34 swimmers. Wisconsin's 30 participants (33 registered but 3 were not able to actually attend) really just did an outstanding job considering the large teams! Numbers matter because the teams Wisconsin were NC members, Illinois with Masters with 18. **Congratulations!**



competition from those **bers really matter** be-finishing behind Wisconsin Masters with 19 swimmers, 23, and New England So, **way to go WMAC!**



Dick Pitman

Next: I would like to congratulate two of our swimmers who captured **individual national championships** with their swims. **Sarah Schneider, 33**, won the 200 yd breaststroke with a slick, quick time of 2:27.86. **Dan Schaeetz, 38**, was equally slick and quick winning the 200 yd butterfly with a time of 2:00.41. Way to go!! It seems like every year we bring home at least a couple of 1st place individual titles from nationals. Also, our relays teams (of which there were **many** thanks to our expert relay gurus **Fred Russell** and **John Bauman**) also did us proud and brought us yet **another national championship**. Our 35+ Mixed 200 Free Relay (affectionately known as "the couples relay") of **Dan and Trina Schaeetz & Laren and Heather Tiltmann** clipped 2.9 seconds off their very legitimate seed time to finish first in a 1:33.51. Congratulations to you, also! Be sure to check out pages 6-9 for a COMPLETE accounting of WMAC's National results!

Now, I looked at the places (and points) we took at Clovis. Points (and medals) were awarded for 1st through 10th place. **The women captured 46 medals, the men captured 37 medals**. There were also **14 relays (mixed and "straight") that captured medals** and in the scoring relay places are worth twice as many points as in the individual scoring. So, once again—**numbers matter!**

USMS Convention: The USMS Convention this year is in Chicago. This is a great opportunity to see how the business end of US Masters works. It is fun being able to interact with people from across the country who have the same intense interest you have: **swimming for life!** If you are interested in attending the convention please e-mail me as soon as possible (dickpitman@hotmail.com) or **John Bauman** (wmacswim@sbcglobal.net). We have a limited amount of voting delegates because of the size of our LMSC (Local Masters Swim Committee). Over the years we have been able to parlay the expertise and dedication of some of our swimmers by placing them on standing committees which gives them a delegate vote, and by seeking at-large delegate voting status for a couple of people we've taken in the last year or so. If you think you would like to be involved in the behind scenes work of US Masters in the future this is a great opportunity to look into it. Yes, there's arguing and long boring hours of tedium it seems. But, there's the early morning workout with a bunch of swimmers you never knew before riding a bus to the workout, coming back, scarfing down breakfast and running to the House of Delegates meeting. Then, when you're so tired all you want to do is fall in bed, the Hospitality Room "calls"! There, you'll be able to talk with people of all ages who are serious swimmers of just serious about Masters Swimming. There may even be some super stars showing up, like in Detroit when **Brendan Hansen** and **Rowdy Gaines** showed up to rub elbows with the Masters. Rowdy has become a regular now at the Saturday night Hospitality reception.

(Continued on Page 2) —————>

Chairman's Lane, Con't:

Open Water Swims: In closing, don't forget to sign up for the **Pleasant Prairie Open Water Swim** in June, **Lake Amy Belle** in July (entry form on page 5), and **Madison Open Water Swim** in August. We will be using Club Assistant for online entries *only* for MOWS this year.



The Loneliness of The Long Distance Swimmer

Far far too often we think mainly in terms of pool swimming when we remember the accomplishments of our fellow Wisconsin registered swimmers. **Samantha Simon** may not swim for WMAC, but she is registered as unattached from Wisconsin—and therefore, “one of us”. In the 2008 25K National Championships **Samantha** won her age group and placed 13th overall (3rd female “in”). Also, on April 21, 2008, **Samantha** completed a qualifying swim for the English Channel in Santa Barbara, CA. What this means is she needed to have an observed swim in 60 degree F or less water for 6 hours. She completed it—swimming over 13 miles in 57-58 degree F water temp and about 61 degree F air temperature. So add **Samantha** to that growing list of **Long Distance All Americans** from Wisconsin! Congratulations, **Samantha**, and we'll look forward to a report on a hopefully successful English Channel swim in the near future!

← **Katelyn O'Neil, Audry Go, Mary Schneider, Trina Schaetz, and Mike Jacobsen** take a break between events at the Baraboo SCY Swim Meet March 21, 2009.

Remembering Mickey Eaton

Trina Schaetz

Fellow WMAC teammate **Mickey Eaton, 54**, (Brandon, WI) died unexpectedly from a heart attack on Sunday, March 22, 2009. 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 where he competed in a number of events on the beautiful spring day before his death. He seemed just a bit run down as the meet ended, but came out with us for lunch afterwards and we enjoyed the beautiful day over a burger and a beer in Baraboo. He seemed to be in good spirits and his typical fun loving self.

Mickey's 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. He was a wonderful human being—genuine and sincere in his enthusiasm for life. His love for swimming made him want the best swimming experience for everyone he knew in the sport. He may even have wished you luck before your races. Surely he will be missed among us.

Mickey was the person who told my parents I needed to join a swim team when I was 6 years old and he was my assistant HS coach, also. We always raced one another at WMAC meets and just happened to tie in the 100 breaststroke race at the Baraboo Meet on Saturday. I will never forget his laugh and his exuberant coaching shouts on deck!

YMCA Masters Nationals

Jeanne Seidler

Wisconsin sent 15 WMAC registered swimmers to the 2009 YMCA Masters Nationals in Ft. Lauderdale, FL., in mid April. They were among 651 entrants representing 48 different YMCA's from throughout the US. These 15 swimmers brought home 55 individual medals and 4 relay medals.

WMAC's “backstroke king” **Geoff Mykelby** brought home 4 gold medals, set a USMS, Y and State record in the 100 back (:57.34), a Y and State record in the 200 back, and a state record in the 50 fly. **Peter Allen** took advantage of his new age group (50-54) and set a new Y record in the 200 breaststroke.

Also setting state records were **James Biles, 45-49**, (200 & 400 IM, 500 free); **Peter Allen, 50-54**, (50, 100 & 200 breast); **Barry Mandel, 55-59**, (100 free); **John Kinsella, 55-59**, (500 free); **Ann Buchel, 60-64**, (500 & 1000 free); and the Men's 55+ 200 FR team of **Geoff Mykelby, Steve Forrer, Barry Mandel, and John Kinsella**.

Claiming YMCA National titles were **Jessica Connors, 18-24**, (50 back, 50 & 200 breaststroke); **Peter Allen, (50 fly)**; and **Geoff Mykelby (50, 100, 200 backstroke, 100 IM)**.

The weather was beautiful—sunny and warm (80's) and with the meet concluding by 2PM each day there was ample time to enjoy the beach and ocean which were just across the street from the Hall of Fame Pool. Next year's competition will be here in Ft. Lauderdale, again—April 15-18, 2010. Make a date to be there! (Complete individual and relay results can be found on page 3) →

WMAC Results in 2009 YMCA Nationals

Individuals

Jeanne Seidler 60-64
 11th 50 free 1:06.71
 11th 100 free 2:30.57
 4th 200 free 5:17.43
 11th 500 free 13:58.00
 9th 1000 free 28:03.18
 6th 50 back 1:13.88
 7th 100 back 2:34.87
 7th 200 back 5:30.04

Valerie Adams 18-24
 5th 100 free :59.30
 5th 500 free 5:40.07
 2nd 50 back :31.09
 3rd 100 back 1:05.62
 3rd 200 back 2:19.66
 6th 100 IM 1:08.51
 3rd 200 IM 2:25.19
 5th 400 IM 5:06.95

James Biles 45-49
 11th 200 free 1:57.95
 11th 500 free 5:18.96#
 3rd 1650 free 18:27.02
 2nd 200 breast 2:27.08
 5th 100 fly 2:16.52
 14th 100 IM 1:02.67
 5th 200 IM 2:12.96#
 4th 400 IM 4:41.02#

Peter Allen 50-54
 1st 50 fly :29.88
 3rd 50 breast :29.56#
 2nd 100 breast 1:03.52#
 1st 200 breast 2:20.73*#

Ann Buchel 60-64
 3rd 50 free :33.20
 2nd 100 free 1:16.93
 3rd 500 free 7:36.80#
 2nd 1000 free 15:37.04#
 4th 100 IM 1:33.80

William Lynch 65-69
 8th 500 free 8:30.63
 6th 1000 free 17:24.78
 4th 200 breast 3:31.40
 6th 100 IM 1:28.55
 5th 200 IM 3:25.70

Geoff Mykelby 55-59
 1st 50 back :27.00
 1st 100 back :57.34**#
 1st 200 back 2:12.31*#
 2nd 50 fly :25.80#
 1st 100 IM :58.98

Steve Forrer 55-59
 5th 50 free :24.90
 12th 100 free :57.75
 10th 50 fly :30.08
 13th 100 IM 1:09.26

Jessica Connors 18-24
 1st 50 back :29.32
 1st 50 breast :31.21
 2nd 100 breast 1:08.35
 1st 200 breast 2:25.62
 3rd 50 fly :27.17
 2nd 100 IM 1:01.41

Francisco Lopez 60-64
 14th 50 free :44.77
 13th 100 free 1:39.26
 11th 200 free 3:38.52
 11th 500 free 9:56.29
 7th 1000 free 20:20.12
 3rd 1650 free 34:48.93

Josh Gordon 35-39
 12th 100 free :56.90
 2nd 1650 20:52.91
 8th 100 fly :59.77
 2nd 200 fly 2:18.17

John Kinsella 55-59
 5th 100 free :55.27
 4th 500 free 5:26.07#
 6th 100 IM 1:04.71

George May 70-74
 6th 50 free :32.51
 7th 50 fly :43.96

Daniel Micha 50-54
 12th 50 breast :35.27
 12th 100 breast 1:17.68
 13th 200 breast 3:10.11

Relays

Mixed 18+ 200 FR
 5th 1:43.31
 Jessica Connors
 Valerie Adams
 Josh Gordon
 James Biles

Mixed 18+ 200 MR
 5th 1:53.28
 Valerie Adams
 Jessica Connors
 Josh Gordon
 James Biles

Mixed 55+ 200 FR
 11th 3:02.06
 Francisco Lopez
 Ann Buchel
 William Lynch
 Jeanne Seidler

Mixed 55+ 200 MR
 8th 3:29.44
 Jeanne Seidler
 William Lynch
 Ann Buchel
 Francisco Lopez

Men 55+ 200 FR#
 2nd 1:39.52
 Geoff Mykelby
 John Kinsella
 Steve Forrer
 Barry Mandel

** Extra congratulations to **Geoff Mykelby** on breaking both the USMS and YMCA National Records in the 100 backstroke—and to **Geoff and Peter Allen (*)** for breaking the YMCA records in the 200 back (**Geoff**) and 200 breaststroke (**Peter**)! Congrats, too, to **James Biles, Peter Allen, Barry Mandel, Ann Buchel, Geoff Mykelby, John Kinsella,** and the **Men 55+ 200 Free Relay** for setting new Wisconsin State Records (#).



Ryan Terrence Runnels, 9 lbs 4 Oz and 21 1/2" long arrived on Sunday, March 29, a mere 15 days after mom **Julie** completed Elmbrook's 100 x 100's event!

Peter Allen, 50, (right), represented the Neenah-Menasha YMCA at the YMCA Masters Nationals in April in Fort Lauderdale, Florida. Former Olympic swimmer **Rowdy Gaines (left)** and Peter both set National Y records in the meet. **Peter** also set Wisconsin State records in the 50, 100, and 200 breaststroke races. Looks like Peter took great advantage of aging up to the 50-54 group. Congratulations, Peter!



And I Do This Because.....?

Nancy Kranpitz

"It" is a gorgeous facility. "It" is located in a beautiful park on Tampa Bay—just adjacent to "Old Northeast". "It" is one of the reasons we have chosen St. Petersburg, FL., as our snowbird destination. "It" is the North Shore Pool—a 50 meter x 25 yard outdoor facility open year round, heated to a temperature of 80-81 during the winter months, usually set up with about 17 lanes in the 25 yd course. On those rare occasions when it is set up for LCM the adjacent 25 yd x 25 meter pool (also outdoors) is open for short course swimming. So WHY, as we drove to the pool that day, was I so NOT looking forward to my swim?

Backtrack to the previous weekend and the running of the 39th Annual St. Pete Masters SCY Championship Meet. Run over 2 days the meet had attracted a couple hundred masters swimmers—mostly from Florida—but a few from elsewhere. I had swum the maximum 5 events per day—which included (but not in this order) the 100, 200, and 400 IM's, 50, 100, and 200 fly, 50 and 100 free, and the 100 and 200 back.. Many times my events were back to back with about 20 minutes rest in between. This would be my only SCY meet of the season prior to nationals—so I just wanted to see what I could do. After completing my 10th event (the 50 fly in what I thought to be an acceptable time of :38.17) on the 2nd day of the meet which had included 3 lightening delays, some rain, and chilly temps, (well, chilly by Florida standards!) I returned to the bleacher area to gather my belongings and suddenly heard, "Nancy—You need to work harder—You are SLOW!" This from an "acquaintance" from my years in masters swimming. So, instead of looking forward to a good swim in a fantastic outdoor facility this particular day, I was dreading the thought of having to work HARD on every lap, every turn, literally every stroke, just to bring myself up to some standards set up for me by this other person. ↩



Yet another future swimmer with Elmbrook connections! **Samara Elizabeth Kula**, daughter of **Mike and Meagan**, checked in at 8 lbs, 9 oz, and 21 3/4" on tax day—April 15!

A useless fact to make your day complete:

Our eyes are always the same size from birth, but our nose and ears never stop growing

USMS 1 Mile

Open Water Championships

Two WMAC swimmers, **Maurice Tetzlaff** and **Julie Van Cleave** extended their stay in Clovis by competing in the USMS 1 Mile Open Water Championships in Millerton Lake, just northeast of Fresno. **Maurice**, who had already participated in both the 1000 and 1650 yd pool races the previous Thursday (plus 4 other events) finished in 3rd place in his age group (30-34) and 39th overall. **Julie**, (she had done the 1000 the previous Thursday plus 5 more) took 11th place in the women's 50-54 age group and 48th overall. Water temp was only in the low 70's, but it was another HOT day in California which made for some nice swimming weather in a beautiful setting.

Congratulations to both **Maurice and Julie** on their great finishes in this event!

Badger Games masters swimming website:
www.org/bsgsum/swimmingmasters

Pleasant Prairie open water swim website:
www.wisconsinswimming.org/BST090627MeetInfo.pdf

Fortunately, I came to my senses and remembered WHY I do "this". First, I love to swim—have been a swimmer for 55 years and a masters swimmer for about 30 years. Swimming is my favorite form of exercise. It clears my head, it "works" my whole body, it is relatively injury free, it helps to keep my weight at bay, it puts my blood pressure in the "remarkable" range, it just makes me feel good. I don't have a coach and usually swim by myself with workouts I've either created myself or "borrowed" from on line sources. I always start EVERY workout with a 500 drill/swim by 25's. Somewhere in each workout (total 2500-3000 yds) there is a set of 10 x 50 kick with fins or 10 x 75 kick/pull/kick with fins and paddles—the main emphasis being an attempt to keep the dreaded inherited "Hubbard Hips" somewhat at bay. On some sets I emphasize my turns, on others stroke technique or my streamline. Sometimes I finish the workout with some water walking—:45 on/:15 rest—just for something different. I always get my heart rate in the range needed to count as a solid cardiovascular workout even on those days in which I just *swim* because that is what I feel like doing that day. I want to swim respectably in the meets I enter, but I have no delusions of grandeur—no pressing need to be a state or national champion. I just want the whole experience to be a source of fitness and to be FUN!

Granted, this is NOT the approach of many of the masters swimmers I thoroughly enjoy encountering at the meets. But that is OK! Once I got myself back on MY track I couldn't wait to jump into that sparkling pool with the morning sun streaming across Tampa Bay, into my own lane, do the swim that I WANTED to do that day, and think of all my Wisconsin friends back home confined to their indoor pools while I was able to do this OUTDOORS in FEBRUARY! If I am "slow" in my next meet based on someone else's standards then so be it. I can accept that. Because this is something I do just for me—and I simply want to enjoy it.

15th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 18th 2009

WHEN: Saturday July 18th, 2009, Race at 11:00 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: \$15 (\$10 for Y Members), late fee of \$25 (call for family discounts)

T-SHIRTS: \$14 (guaranteed only if ordered by July 1st, 2009)

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 10th, after that, registration cost is \$25

Race results will be available on line at: swim-wimasters.org 14 days after the race

Weather check or other ?: 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 and return.....

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

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

Race Fee Enclosed (\$10, \$15, or \$25): \$ _____

T-Shirt (optional \$14 each) shirt size (if ordered) ___ small ___ med ___ large ___ x-large ___ xx-large
(xx-large \$15 each)

T-Shirt Fee Enclosed: \$ _____

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

Mail to: Lake Swim
5204 W Wells
Milw 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 _____

Incredible Clovis!

Sarah Schneider & Dan Schaezt
 Individual National Champs!
 Laren & Heather Tiltmann and Dan & Trina Schaezt
 Mixed 35+ 200 Free Relay National Champs!
 Trina Schaezt



Jessica Diel—3 3rds, 2 4ths, and 1 5th place finish individually along with 2 3rds, 1 4th and 1 5th in relay competition!

What can be said after such a fantastic weekend? The USMS Short Course Yards Nationals in Clovis, CA., proved to be one of the most amazing swimming events we have been to together as a WMAC team! The weather was unbeatable, the pool complex out of this world, and the performances were phenomenal. Everyone on the team had swims that made them pump their fists. And we were all able to enjoy each others company at a great hotel over super meals and fabulous fun times with friends old and new.

The highlights, of Champs: **Sarah Schneider**, 200 breaststroke (2:27.86*) standing 200 fly (2:00.41*)



course, are our TWO Individual National with her LONG DESERVED win in the on Friday and **Dan Schaezt** with his out-on Sunday.



The **Tiltmanns (Laren & Heather)** and **Schaeztz (Dan & Trina)** also put together a 1st place Mixed 35+ 200 Free Relay on Sunday, earning another National title for Wisconsin and another new state record (picture on page 9!).

Speaking of State Records...did you know we broke 35 of them? Yep, with 30 swimmers on board, **WMAC took down 35 state records—27 individual and 8 relay!** Not only that, but WMAC turned in a combined **5th place TEAM finish!** Amazing con-



Julie Van Cleave



John Bauman and Fred Russell with our 5th place team banner.



Team Wisconsin! sidering all the West Coast



Julie Hall dropped nine (yes, 9) seconds off her 200 breaststroke time as well as 5.5 off her 200 IM seed time! In 6 events she shaved about 22 seconds total off her seed times!

Still, the National titles and the great team finish were just the icing on a very big cake to which each and every swimmer contributed a piece.

Right from the beginning, we knew we were in for a stellar weekend. Those of us who arrived at the greeted by our distance brigade who had already chipped away literal their personal bests to step up and WMAC on day one. **Maurice** → both the 1000 and 1650 in the same some WMAC valuable numbers.



pool on Thursday were (already in full swing) chunks of time from grab a ton of points for **Tetzlaff** even swam session to rack up

And each day following was just as incredible. It was hard to believe how many of our swimmers would come back from the blocks to our tent area and report that the time they recorded had broken a previous masters (or even lifetime) best by HUGE amounts of time—some even 20 seconds or more. I wish I could have everyone give you a show of hands on best times. The visual you would get would be incredible! Not only that, but 83 of our individual swims and 14 relay teams took home a medal!

And you know what else? WMAC teammates rock! It was not hard to miss that our team was the **most supportive** group out there. Teammates were at the end of the lane for EVERY ONE of our WMAC races. Hard to describe the greatness of that kind of support except to say very few other teams had it!



WMACers cheer on a fellow teammate!

(Continued on Page 7)

Incredible Clovis, Continued!



Laren Tiltmann had a superb nationals as he broke a Wisconsin State Record in every event he swam including 2 in one race! His lead-off 50 backstroke swim in the 35+ 200 medley relay was a record as well as the final medley relay time.

And third, to **Octavio Perez** here with **Mary Schneider** for yet another great shirt for team for choosing to make his debut swimming by attending the SCY What else to say except meet simply should not be missed. Plan to join us next year at Georgia Tech if you can. We promise—you won't regret it!



Brothers Peter and Jeff Alexander

Frankly, that is what makes Masters Swimming in Wisconsin so rich! We simply should not ever take for granted the type of camaraderie that we enjoy here on our WMAC team.

And yes...there are more things to NOT take for granted: First, great thanks to **Coach Fred Russell** of Elmbrook for all his tireless coaching at the meet. Where would we be without his steadying directions and on game time revisions? And, gratitude to **John Bauman** who organized and cooled us in our team tent. Second, for the shade of



Where would we be without his steadying directions and on game time revisions? And, gratitude to **John Bauman** who organized and cooled us in our team tent.



Mark Kaczmarek

And let's not forget the amazing relay teams **Fred and John** put together. Sometime just try assembling a mixed medley relay team! It is a challenge!



Trina Schaetz tore up the pool in all her races.



(shown designing WMAC and into masters Nationals! that this



Mike Jacobsen came in at or under his seed times in all his races!



Katelyn O'Neill swam in her first USMS Nationals at Clovis.



Chris Stich and Tyler cheer for Darryl.

Say What????

An Actual Phone Conversation With my Daughter
Nancy Kranpitz

Nancy: "Sara—you can go to floswimming.org and actually see me swimming my events at Clovis!"

Sara: "Really? Ah... Aren't the old people a bit offended by that name?"

Nancy: "Oh, I don't think anyone is offended by something like f-l-o-swimming".

Sara: "Oh—it's F-L-O swimming? I thought you said SLOWswimming.org!!!!

Little did she know what went on out in Clovis!



Peter Allen not only had an outstanding nationals (including a new WI state record in the 200 breaststroke for men 50-54) but he also claimed the award for "best swim suit changer on deck"!

Nora Settimi had one of her best ever national meets and brought home 3 individual medals (9th in each of the 3 breaststroke races) as well as two 4th place relay medals while competing in the always tough 35-39 age group.



WMAC Results From 2009 SCY Nationals

Individuals

Leah Schneider 24
 7th 50 Breast :33.79
 4th 100 breast 1:12.22
 3rd 50 fly :28.04
 3rd 100 fly 1:01.59*
 2nd 200 fly 2:18.57*
 6th 200 IM 2:22.47

Trina Schaetz 36
 2nd 50 free :25.01
 2nd 100 free :54.99
 3rd 50 breast :31.56
 3rd 100 breast 1:09.39*
 5th 200 breast 2:35.51*

Julie Van Cleave 50
 18th 100 free 1:06.98
 15th 500 free 6:42.80
 10th 1000 free 13:43.94
 10th 50 breast :38.04
 17th 100 breast 1:27.51
 11th 200 breast 3:06.25

Octavio Perez 31
 36th 50 free :27.95
 12th 50 breast :39.85

Maurice Tetzlaff 32
 2nd 1000 free 11:39.95
 3rd 1650 free 19:49.95
 9th 50 back :27.86
 10th 100 back :59.75
 11th 200 back 2:15.15
 13th 200 breast 2:32.91

Mike Jacobsen 35
 52nd 100 free :57.37
 24th 100 back 1:10.64
 33rd 50 fly :29.90

Peter Alexander 50
 20th 50 free :24.69
 30th 100 free :56.37
 15th 50 breast :32.12
 23rd 100 breast 1:12.06
 19th 50 fly :27.35
 27th 100 IM 1:06.69

Geoff Mykelby 56
 3rd 50 back :27.82
 2nd 100 back :58.67
 3rd 200 back 2:11.67*

Katelyn O'Neill 23
 12th 200 free 2:16.17
 14th 50 back :34.78
 12th 100 back 1:15.24

Sarah Schneider 33
 6th 50 free :25.98
 8th 100 free :56.75
 2nd 50 breast :32.23
 2nd 100 breast 1:09.10*
 1st 200 breast 2:27.86*
 6th 200 IM 2:17.82*

Nora Settimi 38
 19th 50 free :28.76
 9th 50 breast :35.64
 9th 100 breast 1:16.56
 9th 200 breast 2:50.46
 22nd 100 IM 1:11.84
 13th 200 IM 2:35.02

Nancy Kranpitz 64
 9th 100 free 1:14.45
 7th 200 back 3:20.63
 5th 50 fly :36.85
 6th 100 fly 1:32.63
 4th 200 fly 3:30.56
 6th 400 IM 7:03.72*

Tim Young 38
 25th 50 free :23.22
 32nd 100 free :52.08
 20th 200 free 1:57.29
 26th 100 IM 1:01.68
 9th 400 IM 5:02.64

Jeff Alexander 45
 7th 50 breast :29.09*
 5th 100 breast 1:03.43
 6th 200 breast 2:22.31
 11th 100 IM 1:00.16

Peter Allen 50
 11th 50 breast :29.94
 5th 100 breast 1:03.58
 5th 200 breast 2:19.56*
 26th 50 fly :28.78
 19th 100 IM 1:03.14

Krista Drager 20
 6th 50 back :30.53
 15th 50 breast :37.70
 13th 100 IM 1:08.25

Chris Stich 32
 21st 50 free :29.23
 23rd 100 free 1:04.94
 12th 200 free 2:16.33
 11th 50 back :33.49
 10th 100 back 1:11.18
 9th 200 back 2:30.36

Kerri Roberts 43
 34th 50 free :32.22
 23rd 100 free 1:10.29
 20th 500 free 7:07.34

Mary Schneider 56
 16th 100 free 1:27.41
 18th 200 free 3:17.20
 15th 100 breast 1:57.30

Darryl Stich 33
 7th 200 free 1:49.95
 5th 50 breast :28.30
 10th 50 fly :24.29
 9th 100 fly :53.48
 6th 200 fly 2:04.88
 5th 200 IM 2:01.83

Don Rambadt 39
 25th 100 free :50.75
 14th 200 free 1:52.16
 5th 500 free 5:08.61
 5th 1000 free 10:57.54*

Mark Kaczmarek 52
 15th 50 free :24.18
 23rd 100 free :54.14
 24th 200 free 2:00.14
 17th 500 free 5:27.51
 10th 1000 free 11:24.54
 20th 100 fly 1:02.33

James Dannenberg 64
 13th 100 breast 1:21.47

Jessica Diel 28
 4th 100 breast 1:09.56*
 3rd 200 breast 2:31.85*
 3rd 100 fly 1:00.51
 4th 200 fly 2:20.21*
 5th 200 IM 2:14.80*
 3rd 400 IM 4:54.05*

Heather Tiltman 37
 5th 50 free :25.66
 5th 100 free :56.98
 4th 50 back :30.53
 4th 100 back 1:05.69*

Julie Hall 40
 7th 50 breast :34.95
 8th 100 breast 1:15.81
 7th 200 breast 2:47.14
 11th 50 fly :30.74
 15th 100 IM 1:08.90
 10th 200 IM 2:30.88

Renata Ringsven 63
 20th 50 free :55.51
 13th 500 free 11:01.65
 9th 100 breast 2:26.28

Laren Tiltmann 39
 5th 50 free :21.27*
 5th 100 free :46.87*
 3rd 100 back :53.31*
 3rd 50 breast :26.70*
 4th 100 IM :53.65*
 3rd 200 IM 1:59.66*

Dan Schaetz 38
 6th 50 breast :27.86
 3rd 100 breast 1:01.53*
 12th 50 fly :24.61
 5th 100 fly :53.11
 1st 200 fly 2:00.41

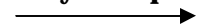
John Bauman
 5th 100 back 1:45.16
 6th 200 back 3:49.55
 8th 50 breast :45.57
 9th 100 breast 1:49.29
 9th 200 breast 4:08.49

* Indicates **new Wisconsin State Record!** Count them up—25 in all! Also, **Heather and Laren Tiltmann** each set new state 50 yd backstroke records (both in 35-39 age group) with their lead-off splits on a medley relay. That makes 27! **Congratulations to one and all!**

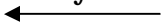


Come Fly With Me!

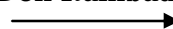
Nancy Kranpitz



Darryl Stich



Tim Young
and
Don Rambadt



WMAC Results from 2009 SCY Nationals

Relays

Women 18+ 200 FR
3rd 1:45.00*
Leah Schneider
Katelyn O'Neill
Jessica Diel
Sarah Schneider

Women 18+ 200 MR
"A" team 3rd 1:58.10*
Chris Stich
Sarah Schneider
Leah Schneider
Jessica Diel

Women 18+ 200 MR
"B" team 10th 2:31.21
Katelyn O'Neill
Julie Van Cleave
Nancy Kranpitz
Mary Schneider

Women 25+ 200 FR
17th 2:11.67
Nancy Kranpitz
Julie Van Cleave
Mary Schneider
Chris Stich

Women 35+ 200 FR
4th 1:45.12*
Trina Schaetz
Julie Hall
Nora Settimi
Heather Tiltmann

Women 35+ 200 MR
4th 2:00.49*
Heather Tiltmann
Nora Settimi
Julie Hall
Trina Schaetz

Men 25+ 200 FR
5th 1:29.24
Laren Tiltmann
Maurice Tetzlaff
Dan Schaetz
Darryl Stich

Men 25+ 200 MR
16th 1:51.41
Maurice Tetzlaff
Darryl Stich
Mike Jacobsen
Octavio Perez

Men 35+ 200 FR
14th 1:37.41
Don Rambadt
Mike Jacobsen
Peter Allen
Tim Young

Men 35+ 200 MR
5th 1:42.52*
Laren Tiltmann
Dan Schaetz
Mark Kaczmarek
Tim Young

Men 45+ 200 FR
10th 1:38.29
Jeff Alexander
Peter Alexander
Mark Kaczmarek
Geoff Mykelby

Mixed 18+ 200 FR
10th 1:40.98
Leah Schneider
Katelyn O'Neill
Jeff Alexander
Peter Alexander

Mixed 18+ 200 MR
12th 1:56.23
Leah Schneider
Don Rambadt
Katelyn O'Neill
Tim Young

Men 45+ 200 MR
7th 1:46.98*
Geoff Mykelby
Peter Allen
Peter Alexander
Jeff Alexander

Mixed 25+ 200 FR
4th 1:37.05
Darryl Stich
Sarah Schneider
Jessica Diel
Maurice Tetzlaff

Mixed 25+ 200 MR
"A" team 5th 1:48.97
Maurice Tetzlaff
Sarah Schneider
Jessica Diel
Darryl Stich

Mixed 25+ 200 MR
"B" team 24th 2:09.18
Chris Stich
Peter Allen
Peter Alexander
Mary Schneider

Mixed 35+ 200 FR
"A" team 1st 1:33.51*
Laren Tiltmann
Trina Schaetz
Heather Tiltmann
Dan Schaetz

Mixed 35+ 200 FR
"B" Team 11th 1:41.66
Don Rambadt
Julie Hall
Nora Settimi
Tim Young

Mixed 35+ 200 MR
"A" team 3rd 1:44.78*
Laren Tiltmann
Trina Schaetz
Dan Schaetz
Heather Tiltmann

Mixed 35+ 200 MR
"B" team 26th 2:05.53
Mike Jacobsen
Nora Settimi
Mark Kaczmarek
Julie Hall

Mixed 45+ 200 FR
13th 1:50.81
Mark Kaczmarek
Julie Van Cleave
Peter Allen
Nancy Kranpitz

Mixed 45+ 200 MR
15th 2:02.97
Geoff Mykelby
Jeff Alexander
Nancy Kranpitz
Julie Van Cleave

* Count 'em up folks! Eight more records bit the dust in the relay competition! Congratulations to all relay members.



**Julie Hall
Heather Tiltmann
Nora Settimi
Trina Schaetz**
4th place in the 35+ 200 Medley Relay



**Y
E
A**

**Geoff Mykelby
Jeff Alexander
Peter Alexander
Peter Allen**
7th place in the 45+ 200 Medley Relay



WMAC's NATIONAL CHAMPIONSHIP Mixed 35+ 200 Free Relay team of Trina and Dan Schaetz, Heather and Laren Tiltmann! CONGRATULATIONS!

2009 SCY Wisconsin State Meet

Jeanne Seidler

A whopping 127 people registered for the 2009 Wisconsin Masters SCY State Meet which was held at Middleton April 4-5. Several WMAC swimmers were using this meet as a final tune up for the USMS SCY Nationals in Clovis, CA., and as a result we saw a lot of good swimming! Twenty-five individual state records were broken! Congrats to **Allison Johnson, 18-24** (200 IM 2:18.85; 400 IM 4:53.57), **Melinda Mann, 50-54** (50 free :27.69; 100 IM 1:05.79; 400 IM 5:09.13), **Nancy Ehrke, 50-54**, (100 breast 1:29.65; 200 breast 3:11.40), **Candy Christenson, 60-64**, (500 free 8:09.64), **Fritz Schenker, 18-24**, (200 back 2:06.61; 200 fly 2:11.90), **Dan Schaetz, 38**, (200 IM 2:04.75), **James Biles, 45-49**, (500 free 5:21.43; 1650 free 18:41.81; 400 IM 4:48.01), **Eric Jernberg, 50-54**, 200 free 1:56.46; 500 free 5:21.92), **Peter Allen, 50-54**, (50 breast :30.43; 100 breast 1:04.40, 200 breast 2:25.05), **Brad Homer, 50-54**, 100 fly :57.60; 200 fly 2:11.97), **Dan Slick 60-64**, relay split 50 back :33.21; 400 IM 5:38.84), **Alex MacGillis, 80-84**, 100 fly 1:53.90.

As fast as these records were set they began to fall again! At YMCA nationals **Ann Buchel** took over the 60-64 500 record, **James Biles** lowered his own 400 IM time as did **Peter Allen** in his 50 and 100 breast races (he got the 200 at usms nats!), and at Clovis **Laren Tiltmann** broke **Dan's** 200 IM record!

Not to be left out, 4 relay records took a hit at state. The women 45+ 400 FR (**Cindy Maltry, Suzi Green, Julie Van Cleave, Melinda Mann**) went 4:29.52; Men 25+ 400 FR (**John Baty, Kyle Rausch, John-Eric Andersson, Jason Brown**) went 3:26.09; Men 75+ 800 FR (**Fred Salzman, John Bauman, Alex MacGillis, Tom Michelson**) recorded a 16:28.90; and a mixed 18+ 400 MR **Jill Rinzel, Allison Johnson, Jesse Hanawalt, Gregg Gazvoda**) went 4:05.26. Congratulations individuals *and* relays!

A new "touch" at this meet was "goodie bags" for all entrants. Included in each bag were granola bars (a gift from a very generous fellow masters swimmer), cap, catalog, coupon and plastic bag (donated by Kiefer, a USMS sponsor and Water Warriors sponsor), Ultraswim Shampoo & Bullfrog Sunblock samples (donation from Chatten, Inc, a USMS sponsor), a "WisCOWsin" refrigerator magnet, "Got Milk" key chain and paper comparing the value of low fat chocolate milk vs. sports drinks for athlete rehydration—donated by the Wisconsin Milk Marketers Board, USMS decal and an "I SWIM FOR LIFE" bracelet (donated by USMS). My daughter **Nina** and I assembled the bags which were very well received by the competitors. Best of all—**Phyllis Jane Smith** has indicated she would like to be in charge of the goodie bags for next year! Thank you **Phyllis!**

Finally, our Water Warrior champions received their awards at the meet. High man **James Biles** and high woman **Melodee Nugent** each received a backpack made by Kiefer. The individual winners each received a TYR bag and inside they had the "I Love (heart symbol) swimming" license plate frame, a goggles case with a new pair of goggles, and a water bottle.

All in all it was a good meet with some new twists which we hope will continue in future years.

WISCONSIN MASTERS SWIMMING
11917 W. RAINBOW AVE
WEST ALLIS, WI 53214