

Wisconsin Masters Swimming

Newsletter Date
August/Sept 2010

LMSC OFFICERS

Chairman: Dick Pitman
WIChair@usms.org

Secretary: Suzi Green
greensuzi@ameritech.net

Newsletter: Nancy Kranpitz
jnkranpitz@yahoo.com

Records: John Bauman
wmacswim@sbcglobal.net

Top Ten: Jeanne Seidler
jseidler2@wi.rr.com

Officials: Susan Zblewski
szblewski@wi.rr.com

Treasurer: Ingrid Stine
wmacswim@sbcglobal.net

Registrar: John Bauman
wmacswim@sbcglobal.net

Coaches: Dick Pitman
dpitman@usms.org

Sanctions: Eric Jernberg
jernberge@yahoo.com

Safety: Jerry Lourigan
jerry53716@att.net

Fitness: Stacey Kiefer
Stacey@kiefer.com

Long Distance: Eric Jernberg
jernberge@yahoo.com

Webmaster: Ray Diederich
rayd@diederich.com

OFF THE BLOCKS!

Finally!! We're out of the confines of indoor swimming! Ah! Fresh air! Cool water! But, let's face it: Some folks just like pool swimming and plain don't like the messy aspects of open water.

But there are those who much prefer open water swimming to pool swimming. There are virtually no boundaries! If you're swimming in a big lake it seems like you can just swim forever. No walls to interrupt your enjoyment of the aesthetic movement of your body through the water. Yes, it's true that open water presents

some hazards like *things* floating on the surface: I've never bumped into a floating dead fish. Or, *things unseen* lurking below the surface: I've had my feet tangled in weeds, but if you just relax you'll get clear of them. I think once I felt some small fish kissing my leg! But, if you accept that those things will happen and relax you'll be just fine.

Now, let's talk about the skills involved in open water swimming. One needs to remember that the lake is being shared by a number of different activities: sailboats, fishing boats, water skiers, jet-skis, fish, and of course, the weather. The most important skill you need to hone is occasionally lifting your head when you breathe to see what's going on around you. A few years ago—(if you've read this before you can stop reading) - I was doing a solo training swim in Lake Mendota between Tenney Park in Madison and the UW Terrace on a blustery, lake choppy day. The first leg of the swim went pretty well. On my return leg I was doing just as I suggested—taking a few strokes and lifting my head and sighting. I came up...and there was a Dane County Sheriff's boat about three yards from me. The deputy said, "Are you alone?" "Yes." I explained my strategy of "lifting and sighting". He said, "Well, we didn't see you until we were almost on top of you. Next time you should pull a balloon or something to let boaters see you better." "Thank you," I said. So, that's good advice. Even though I was wearing one of our bright yellow MOWS caps and thought I was visible enough apparently I was not. So now I'll swim with a noodle attached to my ankle if I swim alone.

Every Sunday morning there's a group that usually meets at Devils Lake to swim the length and back, a distance that **Brad Horner** informs us is a clean 1.25 miles one-way, 2.5 miles round trip. It's a beautiful place to swim surrounded by high bluffs, crystal clear water. If you want a positive experience swimming in open water head up to Devils Lake sometime this summer. The only boats allowed are small fishing boats with small trolling motors. You don't run the risk of being run over by a ski boat or jet ski.



Dick Pitman

Don't forget our **Annual Meeting** in the fall. Along with other things we'll probably also discuss our **strategy for succession**. As we all do, swimming makes us feel young, but I get older each day I wake up. It's hard to believe but I've been sitting as Chair of Wisconsin Masters for almost 10 years now! If you want to help move this organization in a new or more progressive direction let us know! Too many organizations die a slow death because everybody would prefer to let someone else do it. We do have some really great people on the Wisconsin Masters board. **We also have a wealth of talent in our membership** as well. All you have to do is attend the Fall Board meeting and learn how the organization works. Watch for the date in this newsletter and try to attend! (See page 6!)

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org

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

Those of you who get the "snail mail" copy of the newsletter couldn't help but notice that several of the pictures in the June/July issue came through blurred. Please accept my apologies! The blurring occurred in

converting the Publisher copy to a pdf copy—the only way I am able to send the newsletter via e-mail for copying on our sloooow dial-up internet service. Ah, the joys of living in the "boonies"! Again—my apologies to those whom we could not recognize! (Nancy Kranpitz)

In Memoriam: Herb Howe

On June 29, 2010, Wisconsin Masters Swimming lost another original: the inimitable **Herb Howe**. His dear, wonderful wife, **Eve**, followed him two days later. He was a dear friend to many of us. He was a distance freestyler...by choice, but I recently found out he started as a breastroker. Although he claimed he only had one speed, he did, on a few occasions, contribute to relays by sprinting. Several years ago when we held our state meet at the Kenosha Youth Foundation, I was put in charge of relays. Putting together a medley relay I had **Elizabeth John** swimming back, **Fran Zeumer** swimming fly, and **Lynn Surles** swimming anchor (free). I sought out **Herb** and asked him to be on a relay and he agreed. Then I told him it was a medley and he needed to swim breaststroke. He glared at me as if I had asked him to vote Republican! But, he did swim it and they set a record. I think it's still standing. Ironically, I have an old photo of Herb and his S.G. Swimming team. Inscribed on the back: "I swam breaststroke in 3 meets. DQ'd in 2, 4th place out of 4



Lynn Surles, Fran Zeumer, Libs John, and Herb Howe (left to right) began their relay "connection" 25 years ago! The above photo was taken in 1985 when the USMS SCY Nationals were held at the Walter Schroeder Aquatic Center. The foursome were photographed shortly after competing in the 65+ age group 200 yd Free Relay. They went on to swim numerous relays together for several years. With **Betty Kendall** in place of **Libs** the foursome set a National Record in the 75+ 400 yd Freestyle Relay with a time of 6:37.85 on 3/10/1996. This record graced the national record book until 8/13/08 and is still on the Wisconsin Masters Record book.

Not long before Herb retired from competition (2002) **he was recognized in the UW Alumni news for having circumnavigated the world by his lap swimming.** You see, Herb kept a meticulous log and made it well known to his friends that this was his goal. One time on one of our trips I asked Herb where he started and in what direction he went: Bristol, Rhode Island, east towards England. Then, another time he said he went north to go over both the poles. And, on another trip I asked him when he started his unique quest. He said he started about x years ago (I can't remember when this conversation took place!) and I did some quick calculations and said, "Herb, that was before you were even born!" He quickly retorted, "I started swimming in my mother's womb." I couldn't stop laughing. That was Herb. There won't be another like him. He and his wife, **Eve**, were still very much in love to their last breaths.

If you work out by yourself you'll LOVE the workouts created by Wisconsin's own **Kelli Steenrod**. There are 2 new workouts posted every week on Kiefer.com—one of about 2500 yds and the other about 4200 yds. There is also an archive of past workouts. Thanks, **Kelli**, for doing this!

in the other and didn't get any better." But, oh, he did! And that's why he snarled at me.

Herb still holds some individual Wisconsin Masters records, albeit none in breaststroke, for the 1650/1500 and the 500/400. In 2004 I considered it an honor to break one of his oldest records, the 60-64 age group 400 M free. Not out of malice, mind you, but because I wanted to push myself to see what I could do. It was at Savannah National Long Course meet, in 2004, the Sunday morning after Hurricane Charlie breezed around the city and chose Charleston, SC, instead upon which to wreak havoc and destruction. That morning I took my place in Lane 1 for the men's 400 M free. Herb's record, set in early 1974, was 6:05. I entered that as my seed time, which placed me at eighth seed, or last in my age group. I had trained hard for this particular event and felt fairly confident with that seed time. I must have had the spirit of Herb in me because I ended up 5th with a time of 5:40.20 and broke Herb's record by 25 seconds. I was elated! It was a special honor to pick up a medal for that event. That record was about 30 years old. Now, here's the rest of the story. Herb set a record in that same event the next time he aged up, in 1978, when he was 66. That time was even faster—5:59.67!

Sometime after I returned from those Nationals I went over to see Herb and Eve. I told him what I did to his 30 year old record. He was thrilled that I broke it. Actually, he said he was thrilled that someone finally broke it! At that meet the medals were specially designed bluish cloisonné medals with an image of a dolphin dancing on its tail. I gave him my medal as a tribute for allowing me to break his record. He was thrilled like a kid. He promptly put it around his neck and wore it for the duration of our visit, just as proud as if he had won it himself.

One time after a meet, **Steve Justinger, Herb**, and I stopped for a bite to eat (Herb needed a glass of wine) and we got into a discussion of language and he gave me the "i before e except after c" this way: "I before E except after C, or when sounded as A as in 'neighbor' or 'weigh'." But neither leisured foreigner whose counterfeit heifer fed in a leisurely way on protein seized the weird height." He wrote this on cocktail napkin and gave it to me. What a treasure!

BYOB: (Bring your own bag) An estimated 12 million barrels of oil are consumed in manufacturing the plastic bags we use and discard each year (for paper bags, the annual toll is 14 million trees). San Francisco has already banned plastic bags from large grocery stores and pharmacies. Ban them from your house, too. Switch to mesh or durable canvas.

Butterfly for Seniors (Over 50)

Dr. Paul Hutinger, Level IV Masters Coach, Florida Maverick Masters

The earliest mention of swimming dates back to Stone Age paintings from around 7,000 years ago. Jack Sieg, University of Iowa, is given credit as the co-originator of the dolphin breast stroke (fly arms, dolphin kick), which dates back to 1935, a mere 75 years ago. This was written up in a published Journal article in April, 1935. Most breaststrokers, from 1938-1952, were using the breaststroke kick with this over arm movement in breaststroke events. A few around the country were using the dolphin kick. The interpretation of the rules led to confusion for the swimmers and officials. In 1952, Sieg's "ungodly stroke", became a new stroke—the butterfly as we know it today. The orthodox breaststroke remained as a separate stroke.

Currently, in Masters competitions, butterfly is legal with either the dolphin or breaststroke kick. At Masters meets, the over 50 crowd (I will refer to this group as seniors) are more likely to use the breaststroke kick while swimming fly as many seniors are faced with less flexible joints and aching bodies from a variety of diseases associated with the aging process. I will address both techniques in this article.

In my 65 years of coaching I have discovered that **swimmers learn a new stroke much more quickly when they wear swim fins**. When coaching seniors who are comfortable using the dolphin kick, have then kick with fins and a kickboard. As they become more proficient, work towards two kicks with the face underwater and a breath and continue with this pattern across the pool. This will help get them into a comfortable fly rhythm.



Much better chin and chest position!

When adding the arms, a good drill is to swim breaststroke using the dolphin kick with fins. The progression is two dolphins, stroke, breathe, glide. I use this technique to teach swimmers how to develop a diving butterfly. In this stroke, you dive slightly more under the water than a regular fly as the arms come forward; take two dolphin kicks; surface; stroke, breathe and dive again. This technique puts less stress on the aging body and develops the stroke rhythm. If you are lucky enough to have a talented younger flyer on your team, he/she can demonstrate.

Another drill to incorporate is the one-arm fly with fins. The easiest technique is to swim fly with one arm and the other arm held in front to stabilize the body. With more advanced swimmers, a harder drill is to have them swim fly with one arm at the side. I attended a recent clinic held by Rowdy Gaines in Orlando, FL., and he incorporated this drill in his presentation. Richard Quick was also an advocate of this technique. Although it is more difficult to perform, even by younger swimmers, it can be a challenge to try occasionally. I also use the smaller PDF (positive drive fin) as a more advanced drill. These are an excellent transition from swim fins to no fins. Swimmers can use the same drills as with the swim fins.

Breaststrokers can develop a fairly easy conversion to fly. These swimmers can work on the stroke without fins. One of the problems is dropping the head as the arms recover. Have them work on a shorter breast kick to develop the new timing and rhythm. The best timing is to use a delayed kick.

In the younger age groups it probably wouldn't be an advantage to compete with this technique. However, with many seniors it is a matter of survival. They can still compete and have a sense of accomplishment and purpose. Look around the pool at meets and you will see some amazing performances for these swimmers in their fly and IM events.

There are still seniors around that never learned how to swim fly with a dolphin kick, in high school or college. They were breaststrokers, and still continue to use the legal breaststroke kick for their fly events in Masters. It requires less flexibility. Newcomers to competition have also learned this technique and are able to compete in the fly and IM events. We are all aware that the dolphin kick is the faster kick. Some seniors won't be able to use this kick so they will have no advantage. As a coach, you shouldn't try to change all of their kicks to dolphin. You need to discover what is the best technique as far as flexibility and capability for each of the swimmers you work with.

If they are interested in competing, have them be aware of what is a legal stroke. An ideal stroke probably won't be within their range, but a legal stroke is. As long as any part of the arm is out of the water for their arm stroke, they're legal. Work on drills for the dive in, push offs and turns, so they become automatic. Many new, less experienced swimmers are disqualified for one hand touches and a flutter kick off the wall and start.

Keep it simple so your seniors will experience feelings of satisfaction and accomplishment as well as having fun with the butterfly.



Not the best form!
Chin and chest are way too high off the water.



Still many years shy of 50 and not nearly ready to incorporate senior tips into her stroke, **Erin Schneider** "flies" through the water with grace and precision—here while participating in the 200 fly at USMS SCY Nationals.

Some Interesting 200 Fly Stats

Jim Dannenberg

Interested as I am in swimming stats and blessed with a bit of free time, I decided to see just how good **Brad Horner's** Atlanta US record really was. Brad's not a guy to toot his own horn, but we ought to recognize that as good as all his races were, **his 200 fly was really special**, as was his long course 200 meter fly time from Indianapolis last August. This guy is some swimmer. Not only did Brad top his 55-59 age group in the 200, but **he would also have been very competitive in virtually any age group**. Brad's 200 meter world record last August (2:18.97, which, incidentally, converts to a 2:00.35 200 yard fly time) was obviously first in his age group, but it would have ranked as follows in the following age groups for WORLD best times in 2009:

- 50-54 2nd in world
- 45-49 4th
- 40-44 6th
- 35-39 missed 10th by .3 second.

His Atlanta time in the 200 yard fly-- 2:03.18 -- would have ranked as follows in 2010 (US):

- 50-54 2nd in US
- 45-49 9th
- 40-44 9th
- 35-39 8th
- 30-34 11th
- 25-29 18th
- 18-24 7th

Brad →



How many 56 year olds could have ranked seventh in the country among 18-24 year olds? I suppose all of us swim partly in hopes of denying the aging process, but Brad's managed to actually do it. Times don't lie. **Keep swimming!**

Jim Arnold, a relative newcomer to WMAC (2005) was hit by a car while biking last month. He is currently recovering from broken ribs, collapsed lung, broken clavicle, broken hip, severe elbow and knee abrasions, and a bump on the head that would have been a lot worse had he NOT been wearing his helmet! So, all you biking enthusiasts, BE CAREFUL and be sure to wear your bike helmet. That **head protection probably saved his life!** Jim's first meet was the State Meet at Schroeder in April. He swam one event, the 50 free, and at age 66 was the only swimmer in the event in his age group and had first place by default! WMAC extends "get well" greetings to you, Jim! We hope to see you back in the pool soon.

Remembering... Lee Kass, Larry Eschenberg

Not all WMAC members are active meet competitors. So if these names are not familiar, that is why. **Lee** joined WMAC in 2005 but never competed in a meet. However, she left her "mark" as she was the anonymous donor of the snack in the goodie bags we had at Middleton in 2009 at the state meet. She donated five huge boxes of granola bars to be given out to those she really didn't know other than that they were fellow swimmers. She did compete in the one-hour swim and the Wisconsin Water Warriors, came close to entering Senior Olympics, was always very interested in how her workout mates did at meets, and proudly wore the WMAC hooded sweatshirt from 2007.

Larry was last registered with WMAC in 2006. However, he originally swam in Wisconsin back in the late 70's or early 80's, swam for a time in Indiana, registered again in Wisconsin in 1995, and last swam at Pabst Farms in 2005. He was one of the original Schroeder Masters and at 6' 7" towered over all! He was a quiet, unassuming man who could pound out the yards and go on forever. He is best remembered as a very good freestyler who accumulated several Top Ten rankings over the years.

WMAC extends sincere sympathies to the families of both **Lee Kass** and **Larry Eschenburg**.



Our previously unidentified new swimmers at the Baraboo meet have been identified (by Dick Pitman) as: **Fritz Schenker, Mark Ritchie, Jeff Jensen, Andy Schoff, and Priscilla Erickson!**

Senior Olympics

Senior Olympics Swimming competition will be held on Saturday, September 11, 2010, at the Wauwatosa West High School Pool. If you register by **July 30** the fee is **\$35.00**; between **July 31 and August 9** the fee is **\$40.00**. And from **August 10-20** the fee jumps to **\$55.00**. Plan ahead and save big bucks! These registration deadlines are quite early—so if you want to participate enter NOW!

Lake Amy Belle Swim



The 8th annual MOWS (Madison Open Water Swim) is coming up quickly! Entries are being handled through Club Assistant on online. Go to : [ClubAssistant.com/MOWS2010](http://www.ClubAssistant.com/MOWS2010) (with the http://www. preceding it) to get all the information, entry deadline, etc. Last year saw a record 350 people enter and more are anticipated for this year. This venue was one of the National Open Water Swims in 2008 and will be again in 2011. Hope to see many of you there!



Paul Kramer, Maurice Tetzlaff, Darryl Stich, Peter Nowak

A warm, sunny day greeted those who chose to participate in the Lake Amy Belle 1/2 mile and 1 mile swims at beautiful Amy Belle Lake near Hubertus on July 17. This is a non-sanctioned open water swim and drew entrants from the 10-under kids' age group up through the 80-89 masters age group! It is a totally fun event with the actual distances most likely varying from year to year depending upon placement of the buoys and whether or not the wind knocks them out of position! Regardless, all who enter enjoy the swim in the cool clear waters of Amy Belle Lake under the direction of **Eric Jernberg**. Masters results were as follows:

Women 1/2 mile: 60-69: 1st, **Dorothy Rose** (22:54); 2nd,

Jeanne Seidler (26:15)

Women 1 mile: 20-29: 1st, **Erica Bergstrom** (22:49); 40-49:

2nd, **Suzi Green** (28:15); 3rd, **Sandy Lisowski** (28:16); 5th, **Kim Gebauer** (34:04); 50-59: 1st, **Melinda Mann** (22:36); 3rd, **Phyllis Smith** (40:22); 70-79: 1st, **Ingrid Stine** (38:17); 80-89: 1st, **Betty Lorenzi** (33:01);

Men 1/2 Mile: 70-79: 1st, **John Bauman** (21:56);

Men 1 Mile: 30-39: 3rd, **Michael Jacobson** (24:40); 40-49: 1st,

Don Minke (21:32), 2nd, **Jerry Lourigan** (23:12); 3rd, **Jeff Schmiedel** (23:14); 4th, **James Drought** (23:54); 6th, **Tom Sepic** (25:37); 50-59: 1st, **Steve Justinger** (24:02); 2nd, **Mark Kaczmarek** (24:46); 4th, **Tim Potter** (37:40); 60-69: 1st, **Dick Pitman** (29:09); 2nd, **Mark Sheldon** (31:46); 70-79: 1st, **Fred Salzmann** (42:03).

After the conclusion of the swim WMAC members gathered at the home of **Jeanne Siedler** for brats and chicken (prepared over the grill by Jeanne's husband **Neal**) and lots of other goodies as well as for an informal mid-year "meeting". Although our official SCY calendar doesn't come out until after our fall WMAC meeting it was decided to schedule the state SCY Championships at the Walter Schroeder Aquatic Center on April 2-3, 2011.

Swimming and Citizenship!

Bill Payne



← Octavio Perez

Ready to compete!



→ Fred Russell

Over the years WMAC has had several **National Record holders**—but we currently have two who are in the same age group. **Brad Horner** and **Geoff Mykleby** are both in the 55-59 age group. **Brad** is a record holder in the fly and **Geoff** in the backstroke. Congratulations to both **Brad** and **Geoff**!

Last fall I was invited to talk to sixth graders at Lake Geneva Middle School. Their focus was a teaching unit on "Citizenship". It is interesting that the planners would consider athletics (or being active in fitness) as part of being a good citizen!

My presentation consisted of a history of my swimming "career" and how fitness helped with my profession and thus my life. Of course, at that time we had just enjoyed the International Olympic Games. That really peaked their interest in how our Senior Games works. I was able to use information from NSGA (National Senior Games of America) about the "PURPOSES" of our organization, how it started, how it has grown both in the number of games included and number of participants. I also mentioned the various locations it has been held.

I put magazines and medals on display and explained what happens at the state level. I also explained that there are former International Olympic members now in NSGA. Answering questions about the games (and myself) was my opportunity to emphasize that THEY should begin NOW in order to reap the benefits of being "in shape" physically, mentally, and socially. That way, they could be good citizens by being at their best when helping those around them through good sportsmanship.

It was interesting that in the June/July newsletter (Dick Pitman's column, 3rd paragraph), the "habit" we have of helping each other with hints for making improvements was mentioned. It is one of our best hidden benefits. So many of us are "self coached".

I notice, also, that my friend **Art Luetke** has been talking to some people too! More of us should try to get out. Make ourselves more visible and talk to young people. THEY ARE OUR FUTURE, TOO!

World Top Ten Ranking for WMACers in 2009

Long Course Meters

Melinda Mann 50-54
 6th 50 Breast :38.26
 3rd 100 Breast 1:23.21
 3rd 50 Fly :32.23
 1st 100 Fly 1:12.15*
 7th 200 IM 2:49.91

Cynthia Maltry 55-59
 4th 50 Back :36.40
 4th 100 Back 1:20.58
 7th 200 Back 2:57.70
 7th 50 Fly :34.16
 10th 200 IM 3:00.05

Brad Horner 55-59
 2nd 100 Fly 1:01.83
 1st 200 Fly 2:18.97*
 3rd 100 Free :57.60
 3rd 200 Free 2:08.67

Laurie Alioto 50-54
 7th 200 Back 2:51.78
 4th 200 Fly 2:50.13
 6th 400 IM 6:04.48

Trina Schaetz 35-39
 4th 50 Breast :36.25

Dave Holland 50-54
 4th 200 Breast 2:41.69
 10th 200 IM 2:30.32

Short Course Meters

Melinda Mann 50-54
 7th 50 Breast :38.11

3rd 100 Breast 1:22.20
 7th 100 Fly 1:13.02

Alex MacGillis 80-84
 8th 50 Breast :48.52
 3rd 100 Fly 2:13.56

Geoff Mykleby 55-59
 5th 50 Back :30.40

Congratulations to all 8 WMACers for this accomplishment with EXTRA congrats to **Melinda** and **Brad** on their **first place WORLD RANKINGS!**



USMS Convention Wisconsin Annual Meeting

John Bauman, Dick Pitman, Suzi Green, Steve Justinger, and a few other WMAC members will be representing Wisconsin at the USMS National Convention in Dallas, TX, Sept 15-19, where the nuts and bolts business of USMS will be thoroughly conducted in morning to evening sessions. Then, our state business will be conducted at our annual meeting on **September 25** at the **Pabst Farms YMCA** in Oconomowoc beginning at noon. Check the WMAC website for more details at the date gets closer. **ALL registered Wisconsin members are invited and encouraged to attend!** New "blood" is always welcome and needed! See you there!

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