

# Wisconsin Masters Swimming

**Newsletter Date**  
**Dec '10/Jan '11**

## LMSC OFFICERS

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WIChair@usms.org

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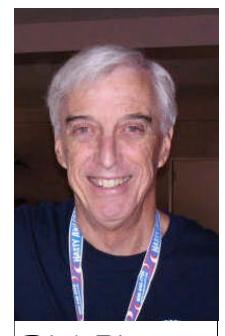
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mlnugent@mcw.edu

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**Webmaster:** Ray Diederich  
rayd@diederich.com

## OFF THE BLOCKS!

In 2005 I sent out a survey to our membership and we had excellent responses. I happened to look at these recently to see what has transpired since that survey. Our membership, for one thing, has increased by about 25%. That's probably not a result of the survey but a result of all of you inviting your friends, relatives and pool-mates to join Masters. Back then our membership was close to 400; now it is over 550! In 2005 we were mailing all of our newsletters, now we are e-mailing 75-80% of our newsletters. So, the reason I'm telling you this is because I want to thank you for helping to keep down the costs of running this organization. Since I sent out the survey I thought you might like to have some feedback..



**Dick Pitman**

As you might know at the recent Convention in Dallas, the House of Delegates voted to increase your dues annually by \$4 for the next two years. This is left up to each LMSC to pass along those increases or not. At our annual Board Meeting on October 2 we decided not to pass along the dues increase for this year. So, the dues will remain at \$42.00 for 2011. This is the result of good fiscal management by your Board of Directors. **Ingrid Stine**, our treasurer, is very conscientious regarding the management of our funds. And, I should add, we have an internal auditor, **Elyce Dilworth**, who looks at the books annually. So, thank them next time you see them!

I received a note from **Jeff Moxie**, the current USMS President, that eight of the official USMS sponsors have agreed to help boost USMS membership by giving all new and renewing members a gift code when you sign up. They are on the website now so be sure to check it out. This special deal is only in effect until Dec 31. Jeff said that the total value of the coupons is larger than the cost of the renewal! Pretty good deal.

2011 should be an exciting year for Wisconsin Masters! We will have our annual SCM (25M) meet in West Bend on Dec 4, followed by two SCY (25 yds) meets in January; the 16th at Pabst Farms Y in Oconomowoc and January 30 in Oshkosh. These have become quite popular for our members who enjoy competition. February 14 will be our annual meet in Madison at the East Y; and, March 19, our meet in Baraboo at their Middle School pool. The Short Course Yards season will once again culminate in our State Meet at the Walter A. Schroeder Aquatic Center in Brown Deer April 2-3. This was probably the most popular meet of the year in 2010.

**Trina Schaetz** is taking names and reservations for the SCY Nationals in Mesa, AZ, which takes place April 28-May 1, 2011. Badger State Games will again be in Appleton in June, probably the last Sunday in June. **Eric Jernberg** will once again have his mid-July exhilarating Lake Amy Belle Swim. The Long Course (Summer) Nationals will be at Auburn University in Alabama. And, August, 20, 2011, is the date of the National Championship Open (>1<3 mile) 2.4 mile swim in Lake Monona, Madison. In 2008 when Madison last hosted this event there were almost 280 swimmers; in 2009, a non-championship year, the number had grown to about 350; and in 2010 that number was 382. The meet organizers are anticipating 500 swimmers for this event.

So, with all these exciting, thrilling popular events happening in 2011 you will want to be sure to renew your membership in Wisconsin Masters! Especially when you can get some good deals from the USMS Sponsors, too!

We talked at the Board Meeting about our succession plan for Wisconsin Masters. We don't have any *term limits*, but some LMSC's do. Something I said at the meeting that I wanted to share with the whole membership is this: I said, "If I were to resign tomorrow, who would step forward to lead this organization?" There were a lot of blank stares. But, the truth is that I'm 66 and as much as I love being the Chair of Wisconsin Masters, I don't really want to die in office. We have a lot of terrific people in our organization who would do as well or better than I have over the last 10 years—YES! That's how long I've been in this office. I really love doing this! I like going to meets and people come up and pay me a nice compliment and I ask their name and hope I don't have to ask it again next time I see them. I love going to conventions where I've met wonderful people who truly enhance my pleasure of US Masters Swimming. In 2000, **John Bauman** was the Chair, and then he had to take over the duties of Registrar when our previous Registrar, **Judy Davis**, died suddenly. The Registrar's job is actually more important than the Chair's, to tell the truth. **John** needed help and asked me to take the Chairman's job. I accepted immediately! Now, who is ready to step up to be the next Chair? We'll probably have a mid-year Board meeting in the Spring, so start thinking about this.

Thank you very much for your attention and for your support this year. And, please, keep giving us your opinions on everything!

# Our New Fitness Chair - Melodee Nugent



I always remember being exposed to water activities. As a child we belonged to a private tennis/swim club called the Village Club in Greendale. I didn't have close friends that belonged, but I would ride my bike there for the afternoon and come back at dinner time. I started swimming with a club around 7th grade and that was followed by swimming in high school. I swam the same three events throughout high school: 100 back, 100 fly, and 50 back in the medley relay. I thought my friend who swam the 500 free was absolutely crazy to swim that far as an event. I never thought of swimming in college because at that time it was not really discussed as much as it is nowadays so I swam on my own for a couple of years.

In college I swam on my own for a couple of years. I got married in 1993 and a year after that I decided to get back in shape. I started out at the Y in New Berlin, swam about 1000 meters the first day, and thought it was going to take me forever. Within a couple of months I was back in the groove and swimming close to 4000 meters. A lifeguard told me about Masters Swimming and gave me **Harlan Drake's** contact information. The rest is history. I have been with USMS since 1995. In my first few meets I automatically signed up for fly and back because that is what I used to swim and that is what a coach always told me to do! But then I realized...I could choose my own events! I tried the 200 free and liked it much better than the fly.

I have 3 children (MacKenzie, 14, Kyler, 11, and Regan, 8) and swam through all three pregnancies which included swim meets and open water swims. Actually, my son was almost born in the pool. He was 4 days late and I went swimming that morning. I started to feel contractions after swimming 2 miles (with flip turns). He was born less than 3 hours later. I have always had a great recovery due to swimming.

My distance swimming started with the February Fitness Challenge in 1996, basically swimming as much as you can in one month. I had a total of 51 miles for that month. My first open water swim (Racine Quarry, 1.2 miles and pregnant) followed. The next year the Amy Belle swim was added and in 2000 I did the Racine Quarry 3 mile swim. Then it became a challenge to see if I could find longer swims. In 2006 it was the Lake Minnetonka, MN., 5 mile swim. From then on it was the longer the distance the better. This past summer I participated in my first 10K National Championships in Noblesville, IN., and the Lake Geneva 8+ mile Swim for Freedom fundraiser. The Wisconsin Water Warriors has challenged me for the past few years, pushing me to swim more than the previous year. I would say I am a competitive person, but competitive within myself. Summertime has become the time of year for family trips based on the location of the open water swims.

I am a very disciplined swimmer. I wake up early and swim before work. On weekends no one notices I am gone in the mornings. Currently I swim at the Wisconsin Athletic Club in Wauwatosa. I can see my work office windows from the pool. They open at 4 AM but I usually get there around 5:00. Far from being boring, swimming is my alone time that I would not trade for anything in the world. My Finis SwiMP3 player is my best friend in the pool. I have been keeping track of the distance I have swum since 1995. As of this year my total mileage would take me all the way to China!

My schedule does not allow me to swim with a team. To keep track of my yardage I sometimes use my waterproof workout book. For the 2 week WWW I prefer long sets with kicking in between. For example; 4 x 600, 500, 400, 300, 200, 100 (descending times on each set); or, 2 x 900, 800, 700, 600, 500, 400, 300, 200, 100. My favorite sets are descending sets and descending times. I am not a big reader, but Lynn Cox's "Swimming To Antarctica" is very inspirational to me.

I was born with hip dysplasia, which resulted in a couple of surgeries as a child. It also resulted in a one inch leg length difference which has prevented me from doing most physical activities—except for swimming. The left hip is not perfect and I still walk with a limp. But I truly feel that swimming has been the best thing I could have done for myself. When I was 18 my pediatric surgeon said I would probably need hip replacement by the time I was 40. The results of a recent x-ray (requested by him) showed the hip looks great and I probably will never need hip replacement. I credit swimming for that. What sports can you be as active in at 40+ years of age as you were when you were a child? I do not see many 40+ year old men playing football or basketball—but I do see them in the pool.



Julie Van Cleave  
Jeff Alexander  
Brad Horner

Swimming is just a way of life for me and it something I love to do. It is my alone time and helps to keep me in shape. My least favorite part of swimming...is actually getting in the water! And one more great thing that has come out of swimming all of these years is that I have developed some wonderful friendships and it is always nice to meet new people!



Nora Settimi, Krista Van Enkenvoort



Nancy Ehrke

**WISCONSIN MASTERS  
WEBSITE**  
[www.swim-wimasters.org](http://www.swim-wimasters.org)  
Check it out for the latest  
meet results, state records,  
and MORE!

# Across and Around Lake Winnebago!

Peter Allen



*Note: I think the lessons learned about open water swimming are particularly appropriate in light of the recent tragic death of the open water swimmer in the UAE during a World Cup open water event.*

Last year (2009) **Julie Van Cleave** and I swam Lake Winnebago from Neenah to High Cliff State Park... a distance of about eight miles. Her first crossing and my eighth. Conditions were great, and it turned out to be my fastest crossing ever... four hours and six minutes. I chalked it up to good conditions, and the opportunity to swim with someone who naturally went at about the same pace. It also helped that we had kayakers accompanying us. They had compasses, which helped to keep us on a nice, straight course. It was a blast. In fact, we had so much fun that we decided to conquer the lake a second time that year by riding our bikes around it. This we did in late October, accompanied by Julie's ex-rowing friend Heidi. A fun and satisfying year of inventing and conquering challenges!

This year (2010) we decided to "up the ante" and do both events on the same day. (I know this is still nothing for the real Ironmen out there, but give us a break... it is an eight mile swim!) Of course, Julie was up for the challenge as soon as she heard the idea... no surprise there!



Swimmers and accompanying "crew"...**Jean Powley** (**Scott's wife**), **Julie Van Cleave**, **Scott** (**seasick**) **Powley**, **Michael Powley** (**Scott's son** and boat pilot with GPS bearing), **Scott's seasick neighbor**, and **Peter Allen**

Last year was the fastest time yet, but this year was the slowest... about five and one half hours! But hey... we made it! Lesson learned. Don't try to swim Lake Winnebago in those kind of wind conditions. Would we do it again in those conditions? No way. Would we have attempted to continue if the fourth vessel had chosen to abort? Absolutely not. Wind, cold and stray power boats are all your enemies. Strong swimming skills are not enough to offset these risks. Respect the lake.

After five and one half hours in 68 degree water (no wetsuits) we were feeling the cold. We retreated to my place for a lovely recovery lunch prepared by my wife, Margaret. Any chance that the bike portion wouldn't happen after the morning ordeal? Not a chance... have you ever known JVC to be a quitter? We hopped on our bikes at about 2pm and headed south into those same crazy 20mph winds from the south... all the way to Fond du Lac. After a Cousin's sub in FDL, we turned the corner and headed home with a wind assist... for the first time all day!

About 95 miles and seven hours later we arrived back home. Mission accomplished. Hey Julie... any ideas for next year?

Very deceiving is the only way to describe this picture in which Lake Winnebago appears pretty calm with just some nice "rollers". In reality, conditions were about as nasty as they can get on this lake—which is known for becoming treacherous in short order.

We picked July 3<sup>rd</sup> for the event. It seemed like a good idea... until the day arrived! Normally, winds are from the west, assisting the swim. On that day, we had a howling 20+ mph wind out of the S/SE... not good for swimmers... or kayaks! Within the first hour we were helping one of our kayakers to right her vessel and get back aboard. In the second hour, our third swimmer, **Scott Powley**, got seasick from the choppy waters and had to abort the swim. Had he been able to continue he would have beaten both of us. About that time, our kayakers declared that it was not safe for them and headed for the north shore of the lake, leaving us with one of the two power boats that had started with us. Shortly thereafter, Terry, our power boat captain declared conditions too rough to proceed. Meanwhile, Julie and I were feeling strong and eager to continue. Luckily for us, our fourth vessel, the power boat carrying seasick Scott was more suited for the conditions and able to continue with us for the remainder of the swim. The choppy waters made it impossible to get into any kind of normal stroke rhythm, but fortunately, Julie had told me beforehand that in rough conditions "catch-up" freestyle can help to maintain control. And so we essentially did a catch-up drill all the way across the lake!

## Succession Progression!

Dick Pitman

Since writing my Chairman's Column I am pleased to report that **Jeanne Seidler** has volunteered to take over the position of **Wisconsin LMSC Chair** pending a vote of approval. We will have a short meeting immediately after the Pabst Farms meet to vote on this proposal as well as entertain any other nominees for this position. If approved Jeanne will work with Dick for several months as "Assistant Chair" in order to assure an orderly transition. Look for more details in the next newsletter!

# WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, January 11, 2011

**Sponsored by:** The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

**Sanctioned by:** The Wisconsin LMSC for USMS, Inc. Sanction No. 201-001

**Location:** YMCA AT PABST FARMS  
1750 Valley Road, Oconomowoc, WI 53066

**Facilities:** 8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.

**Time:** Sunday, Jan. 16, 2011. Warm-up 8:00 A.M. – 8:45 A.M.; meet starts at 9:00 A.M.

**Eligibility:** Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card MUST be attached where indicated on the entry form.

**Rules:** Official USMS Rules will govern the meet. All events will be time finals.

**Seeding:** Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

**Timing:** Automatic timing system backed up by one watch/lane.

**Warm-ups:** Lane 8 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only – NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period. Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

**Facility User Fee:** \$7.00 per person

**Entry Fee:** \$3.00 per individual event, plus the \$7.00 facility user fee for entries received up to one week prior to event. No charge for relays. Deck entries for individual events will be accepted up to 8:00 A.M. the day of the meet. The fee for deck entries shall be \$5.00 per event, plus the \$7.00 user fee. Fees must accompany the entry form. Please make checks payable to WMAC.

**Entry Limit:** Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

**Entry Form:** The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

**Awards:** Ribbons for 1st through 3rd places.

**Entry Deadline:** Entries must be in the meet directors hands by Saturday, Jan. 8, 2011

**Mail Entry to Meet Director:** John Bauman  
11917 W Rainbow Ave  
West Allis, WI 53214-2166 414-453-7336  
email: [wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net)

## SCHEDULE OF EVENTS

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

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

## Pabst Farms Meet Entry Information, Con't:

**Directions to the YMCA at Pabst Farms:** Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road. When entering the Y early on the morning of the meet, please use the entrance on the West Side of the building, as the main entrance does not open until 10:00 A.M. on Sunday.

**Post Meet:** Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). To get there, turn left when leaving the Y, then go east about 1/2 mile to HY P (Sawyer Rd.), turn south (right) to I-94, and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive; meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!

## WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET Oshkosh YMCA, Sunday, January 30, 2011

**Sponsored by:** The Wisconsin Masters Aquatics Club.

**Sanctioned by:** The Wisconsin LMSC for USMS, Inc., Sanction No. 201-003

**Location:** Oshkosh YMCA, 3303 West 20th Ave, Oshkosh, WI 54904  
20th Ave is Hwy K and is West of Hwy 41.

**Time:** Sunday, January 30, 2011. Warm-up at 7:45 AM, meet starts at 8:30 AM.

**Facilities:** 8 lane 25 yard pool with anti-turbulent lane guides, starting blocks, backstroke flags, and electronic timing.

**Eligibility:** Open to all registered Masters Swimmers 18 years old and older. All entrants must be a Registered Masters Swimmer and the USMS number must be on the entry form. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.

**Rules:** Official Masters Rules will govern this meet. All events will be timed finals.

**Seeding:** Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.

**Timing:** Automatic timing system backed up by watches.

**Warm-up Procedure:** Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only! **NO DIVING STARTS from the blocks or from the deck in lanes 1-7.** Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period.

Lane 8 will be designated for the purpose of continuous warm-up or cool down during the meet. No jumping, diving, or socializing in lane 8 while the meet is in progress.

**Entry Fee:** \$3.00/individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted only until 8:00 AM, and the fee for deck entries shall be \$5.00/individual event plus the pool surcharge. Fees must accompany entries. Checks should be made payable to WMAC.

**Entry Limit:** Five individual events plus relays. THE 500 FREE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer in the 500 will be responsible for providing a person to count his/her laps.

Con't: →

## Oshkosh YMCA Meet Entry Information, Con't:

**Entry Deadline:** Entries must be in the meet director's hands no later than 6:00 PM, Saturday, January 22, 2011. Entries received after that time may be subject to the deck entry fee.

**Meet Director:** Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904  
920-233-0510 OR 920-420-4425  
E-mail: melindajmann@yahoo.com

**Entry Form:** The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

**Awards:** Ribbons 1st through 3rd place.

### SCHEDULE OF EVENTS

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

\*Submit relay entries at meet. Relays may be all men, all women, or mixed (2 men, 2 women)

**Post Meet:** Plan on burgers, pizza, Tex-Mex, refreshments at the Red Robin in Oshkosh!

**Directions to pool from the North:** Take 9th St. exit off Hwy 41. Turn right on 9th St., but proceed immediately to the left lane in order to turn left onto **Washburn**—the first stop light. Take Washburn to **20th Ave**, turn right on 20th Ave and travel 1.5 miles. The YMCA will be on your left.

**From the South:** Take Hwy 44 exit off Hwy 41. Turn left and proceed over Hwy 41 to the second set of stop lights. Turn right onto **Washburn**. Take Washburn to the first set of lights, go left on **20th Ave** 1.5 miles to the YMCA on your left.

**Oshkosh meet results will be posted on our website: [www.swim-wimasters.org](http://www.swim-wimasters.org)**

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## WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, February 13, 2011 - Madison East YMCA

**Sponsored by:** Madison Area Masters

**Sanctioned by:** The Wisconsin LMSC for USMS, Inc., Sanction No. 201-002

**Location:** Madison East YMCA, 711 Cottage Grove Road, Madison, WI 53716

**Time:** Sunday, February 13, 2011. Warm-up at 7:00 AM, meet starts at 8:00 AM.

**Facilities:** 8-lane, 25-yard pool with anti-turbulent lane guides, starting blocks, backstroke flags, and electronic timing. The lanes are numbered, for competition, from 1-7.

**Eligibility:** Open to all registered Masters Swimmers 18 years old and older. All entrants must be registered Masters Swimmer and the USMS number must be on the entry form. Each entry must be accompanied by a copy of the swimmer's current USMS registration card. You must bring your current registration card to the meet.

**Rules:** Official Masters Rules will govern this meet. All events will be timed finals.

**Seeding:** Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.

Con't \_\_\_\_\_ →

## **Madison East YMCA Meet, Sunday, February 13, 2011, Con't:**

**Timing:** Automatic timing system backed up by watches.

**Warm-Up:** What used to be Lane 1 is a permanent "ramp" lane. With new blocks, Lane 7 will be a start and sprint lane with swimming in one direction only and exiting to the side or the end. Lanes 1-6 will be for circle swimming only. **NO DIVING STARTS from the blocks or from the deck in lanes 1-6.** Swimmers must enter the pool feet first in a cautious manner in lanes 1-6. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period. The "ramp" lane will be designated for the purpose of continuous warm-up or cool down during the meet. No jumping, diving, or socializing in this lane while the meet is in progress.

**Entry Fee:** \$3.00/individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted **only until 7:30 AM**, and the fee for deck entries shall be \$5.00/individual event, plus the pool surcharge of \$5.00. Checks should be made payable to "Swim Club".

**Entry Limit:** Five individual events, plus relays. The 500 Free will be limited to the first 32 entries received. Each swimmer in the 500 will be responsible for providing a person to count his/her laps.

**Entry Deadline:** Entries must be in the meet director's hands by 6:00 PM, Monday, February 10, 2011. Entries received after this date and time will be considered "Deck Entries" incurring the higher entry fee.

**Meet Director:** Dick Pitman, 2729 Commercial Ave., Madison, WI 53704; 608-770-2307 or 608-242-8564.  
E-mail: [dickpitman@hotmail.com](mailto:dickpitman@hotmail.com)

**Entry Form:** The official Universal Meet Entry Form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations.

**Awards:** Ribbons 1<sup>st</sup> through 3<sup>rd</sup> place.

### **SCHEDULE OF EVENTS**

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

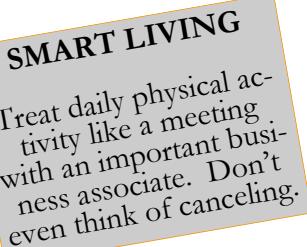
**Relays:** \*Submit relay entries at meet. Relays may be all men, all women or mixed (2 men, 2 women).

**Post Meet:** Plan on burgers or sandwiches and refreshments at The Harmony Bar & Grill, 2201 Atwood Avenue, Madison

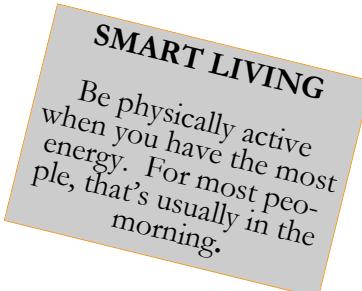
**Directions to Pool from the North:** Take US 51 (aka "Stoughton Rd") south to Cottage Grove Rd (aka County Hwy BB), turn left. You'll see the YMCA on your left.

**From the South:** Take US 51 (aka "Stoughton Road") north to Cottage Grove Rd (aka "County Hwy BB"), turn right, go under bridge. You'll see the YMCA on the SW corner on your left.

The Madison meet results will be posted on our website: [www.swim-wimasters.org](http://www.swim-wimasters.org) and at the national site: [www.usms.org](http://www.usms.org)



The American Podiatric Medical Association in conjunction with Prevention Magazine ranked **Madison, WI**, the **best fitness-walking city in the US** in 2007!



# The Wisconsin Water Warriors 2010

Date: November 1, 2010 – December 31, 2010

Place: Your local pool

We have made a few changes this year to the WWW Challenge. Instead of swimming during a specified 2 week period, you can now choose any 2 week time period (14 consecutive days) of swimming between November 1 and December 31 of this year. The goal of this swim is to swim as many yards as you can to challenge yourself like you have never challenged yourself before and to be motivated to swim during the upcoming holiday season. You will be competing against other swimmers in Wisconsin. You won't know what the others have swum until after the New Year. The winner of each age category (5 year age groups) and the overall male and female winners will be awarded prizes. Overall teams logging the most yards will also be recognized.

In the past we have offered this event to any swimmer, however, since Kiefer is no longer sponsoring the event, we need to charge a minimal fee of \$5 for those who are not members of U.S. Masters Swimming. If you would like to join USMS, go to [www.usms.org](http://www.usms.org) and click on the "Join/Renew" button.

To participate in the event, simply e-mail or mail your results by January 10th to:

Melodee Nugent  
S77W30745 Mosher Dr  
Mukwonago, WI 53149  
E-mail: [mlnugent@mcw.edu](mailto:mlnugent@mcw.edu)

Non-USMS swimmers make checks payable to: WMAC

**Information needed for results include:**

Swimmers Name \_\_\_\_\_  
Are you a registered USMS swimmer  No  Yes  
e-mail address \_\_\_\_\_  
Home address \_\_\_\_\_

Age as of your 2-week swim \_\_\_\_\_ years

Gender  Male  Female

Specify dates of 2-week swim \_\_\_\_\_

Day 1 \_\_\_\_\_  
Day 2 \_\_\_\_\_  
Day 3 \_\_\_\_\_  
Day 4 \_\_\_\_\_  
Day 5 \_\_\_\_\_  
Day 6 \_\_\_\_\_  
Day 7 \_\_\_\_\_  
Day 8 \_\_\_\_\_  
Day 9 \_\_\_\_\_  
Day 10 \_\_\_\_\_  
Day 11 \_\_\_\_\_  
Day 12 \_\_\_\_\_  
Day 13 \_\_\_\_\_  
Day 14 \_\_\_\_\_  
Total \_\_\_\_\_  
Yards \_\_\_\_\_

**\*\*Remember to submit your results in yards. If you swim in a meter pool,  
Multiply your results by 1.0936.**

## Glancing Backwards

The following is taken from the spring 1995 issue of our Wisconsin Masters Swimming Newsletter:

"This has to be a RECORD! **Laurie Alioto**, 9 months and 2 days pregnant, swam several events in the Madison meet, even diving from the very high starting blocks. Her times were very respectable considering the circumstances! She managed a 2:29 200 free—compared to last year's non-pregnant time of 2:19. Laurie is 36 years old. Way to go, Laurie!"

This "poem" below also appeared in the Spring 1995 issue of the Wisconsin Masters Swimming Newsletter. It was reprinted in that edition with permission from "Shark Snooze" - the newsletter of the Shabonna (Illinois) Sharks Masters Team. It seems to be very timely given that **Dick Pitman's** Chairman's Column in this issue deals with the issue of succession within the Wisconsin LMSC.

Are you an active member  
The kind that would be missed  
Or are you just content  
That **your name is on the list?**  
Do you attend the meeting  
And mingle with the flock?  
Or do you stay at home  
And criticize and knock?  
Do you take an active part  
To help the work along,  
Or are you satisfied to be  
The kind that just belongs?

Do you ever voluntarily  
Help at the guiding stick,  
Or leave the work to just a few  
And talk about the clique?  
Come out to meetings often  
And **help with hand and heart**.  
Don't be just a member  
But **take an active part**.  
Think this over member  
You know right from wrong.  
**Are you an active member  
Or do you just belong?????**

# WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date \_\_\_\_\_

Meet Location \_\_\_\_\_

If a copy of your registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-Mail address.

NAME \_\_\_\_\_

MALE \_\_\_\_\_  
FEMALE \_\_\_\_\_ USMS NO \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

TEAM \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

USMS rules limit a swimmer to no more than five individual events per day.

| EVT # | EVENT | SEED TIME | EVT#  | EVENT | SEED TIME |
|-------|-------|-----------|-------|-------|-----------|
| _____ | _____ | _____     | _____ | _____ | _____     |
| _____ | _____ | _____     | _____ | _____ | _____     |
| _____ | _____ | _____     | _____ | _____ | _____     |
| _____ | _____ | _____     | _____ | _____ | _____     |
| _____ | _____ | _____     | _____ | _____ | _____     |

## FEES PER MEET INFORMATION PAGE:

Events @ \$\_\_\_\_\_ each + pool surcharge \$\_\_\_\_\_ = \_\_\_\_\_

## LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATESMASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed \_\_\_\_\_ Date \_\_\_\_\_

UMEF R2 10/03/03

# Tip of the Month

## Warm up, Cool Down

Paul Hutinger  
Florida Mavericks

An important part of my swimming routine, be it in training or at a meet, has been to warm up for my events/training and cool down afterwards. Although I have geared these tips for the competitive swimmer, adopt these suggestions to your style of workouts. No matter what your proficiency, goals, or time in the pool, it is important to stretch out your muscles beforehand and unwind before you leave the pool.

**Warm Up:** If you have a warm up that has been successful for you in the past, use it! If you normally swim about 2,000 yards in your training, you should swim about 500 yards for your warm up. Concentrate on technique, be relaxed, and loosen up. Pace 50's will help on your distance events.

Include 50's and 25's of each stroke, gradually building up to race pace. Get acquainted with the starting blocks by doing several starts for each of the strokes you are swimming. Sprint as you plan to do in your race because your body needs to get used to swimming fast. Do turns for your events, and if the meet is outdoors, note how the wind is blowing the backstroke flags. Observe how that changes the number

It is a good idea to **practice the warm up you will be doing at the meet in your training sessions**, especially the week before the meet. Preparation for the meet also includes eating whatever foods work well for you as well as knowing what doesn't work! Do this before workouts so your body doesn't have to adjust to new foods. Get to the meet on time and you won't be rushed. Check the heat sheet to know your events and lane assignments. Do a short warm up and stretch your muscles for each event. Mentally prepare for each event. Think about the event and visually go through your race—step up on the block, go through each stroke, turn and the touch out at the finish. Program your meet so you will be on automatic and you will make fewer mistakes, be more relaxed, and enjoy the thrill of the competition whether it is your first meet or umpteenth.

**Cool Down:** At a meet, do at least 100 yards of easy swimming after each event to reduce the buildup of lactic acid in your muscles. In your training, figure out how much cool down you need depending on how hard you swam. It is important to stay hydrated during a meet with water or a favorite energy drink. After training or a meet have a favorite energy bar or meal within 30 to 45 minutes.



Coach **Fred Russell** helps **Leah Schneider** cool down after a great swim at nationals.