

Wisconsin Masters Swimming

OFF THE BLOCKS!

Newsletter Date
Feb/March 2011

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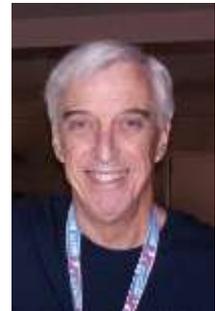
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I'm writing this column the day after our exciting meet in Oconomowoc at the Pabst Farms YMCA. We had 81 swimmers! Those are good numbers for an early season local meet. There were a lot of newcomers, too! Some were competing in their first swimming meet ever!! Before the meet started we had some announcements. I read the nice note that Nancy Kranpitz sent thanking everyone for the nice gift certificate for Kiefer. I introduced Melodee Nugent as our new Wisconsin Water Warrior coordinator. She said the results were still trickling in from the WWW event and awards would be presented at the State meet in April.



Dick Pitman

John Bauman announced that hereafter he will not accept deck entries at meets that he runs. So, be forewarned on that! This means that at the *Baraboo* meet to be held *March 20 no deck entries will be allowed, nor at the State Meet in April*. The scheduled meet for *Madison* on *February 13 WILL* accept deck entries until 7:30 AM. I believe Melinda Mann, meet director for the *Oshkosh* meet, *will* also accept deck entries until thirty minutes before the meet start time. Regarding the Baraboo meet, John told the assembled throng that he will accept entries until 6 PM the day before the meet, e-mailed entries. But PLEASE get your entry in early. It makes the meet start on time.

There had been some thought about having an election at the meet to elect Jeanne Seidler as vice-chair so as to succeed me later in the year. We decided not to go that route. I have the ability, in the by-laws, to appoint Jeanne as vice-chair so she may acclimate to the position as she continues to wrap up some personal affairs. She will assume the Chair of Wisconsin Masters in September in time to go to the USMS convention as the leader of Wisconsin Masters. Jeanne, John, and I have had wonderful communication on this subject and believe this to be the best for our organization at this time. Talking with members at the post-meet meal I didn't hear any complaints about this process.

There was also a lot of talk about the upcoming Short Course Yards Nationals (aka USMS Spring Nationals) in Mesa, AZ, April 28-May 1. Sounds like a lot of folks are planning on attending. It could be one of the best nationals ever! Janet Evans is expected to be swimming as well as a couple other former Olympians. Nationals are always great fun! If you haven't been to one *ever*, or haven't been to one in a while, you may want to dust off your passport to Arizona and book a flight! Contact Trina Schaetz—our chief organizer—at tdschaetz@yahoo.com.

Mark your calendar for the first weekend in April! That's the date of the annual SCY State Meet. This was probably the most popular meet of the year in 2010 with 170 swimmers over the two day meet. We're expecting more this year. Jeanne and I are getting more inquiries from Illinois swimmers who want to make the trip north this year. See you in the pool!

Does your snail mail copy of this newsletter have a red slash thru your address label? If so, that means you have NOT re-registered for 2011! This will be your last issue of the newsletter if you fail to re-register.

WISCONSIN MASTERS SWIM MEET - SHORT COURSE YARDS

March 19, 2011

- SPONSORED BY:** The Wisconsin Masters Aquatic Club.
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 201-004
- LOCATION:** Jack Young Middle School, 1531 Draper Street, Baraboo, WI
- TIME:** Saturday, March 19. Warm-up 10:00 AM, meet starts 11:00 AM.
- FACILITIES:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- ELIGIBILITY:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's 2011 USMS registration card.
- RULES:** Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING:** Heats will be seeded slowest to fastest by computer. 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 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 1-3 or 5-8. Swimmers must enter the pool feet first in a cautious manner during warm up. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up. 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.
- ENTRY FEE:** \$3.00/ individual event plus a \$7.00 pool user surcharge for entries received by the Deadline, 6:00 PM, Saturday March 12.
Deck entries for individual events will not be accepted.
The meet director will accept late entries, via e-mail, until 6:00 PM Friday, March 18. The fee for these e-mail entries will be \$4.00/individual event plus the surcharge. Bring paperwork and fees to the meet.
CHECKS PAYABLE TO WMAC
- ENTRY LIMIT:** Five individual events per day plus relays. The 1000 freestyle will be limited to the first 14 entries received.
- SEND TO:** John Bauman—MEET DIRECTOR, 11917 W. Rainbow Ave, West Allis, WI 53214-2166
(414) 453-7336 E-mail: wmacswim@sbcglobal.net
- ENTRY FORM:** The universal entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations. Remember to include a copy of your USMS registration card.
- AWARDS:** Ribbons for 1st to 3rd place.

Continued on Page 3 →

Baraboo Meet Entry Information, Continued:

SCHEDULE OF EVENTS

1. 50 yd Butterfly
2. 100 yd Breaststroke
3. 100 yd Backstroke
4. 200 yd Medley Relay*
5. 50 yd Freestyle
6. 100 yd Butterfly
7. 200 yd Breaststroke
8. 400 yd IM
9. 200 yd Backstroke
10. 200 yd Freestyle
11. 400 yd Free Relay*
12. 50 yd Backstroke
13. 100 yd IM
14. 1000 yd Freestyle
15. 50 yd Breaststroke
16. 100 yd Freestyle
17. 400 yd Medley Relay*
18. 200 yd Butterfly
19. 200 yd Free Relay*
20. 200 yd IM

***Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women.**

Results will be posted on the WMAC website: www.swim-wimasters.org, within 48 hours.

DIRECTIONS FROM MADISON:

Take I90/94 towards the Dells, Use the Baraboo/Portage exit, Hwy 33. Go west on Hwy 33 towards Baraboo, approximately 14 miles. Stay on Hwy 33 in Baraboo to Draper St., the third stop light. Right on Draper Street to the High School on the left. Continue up the hill, the Middle School is behind the High School. The pool entrance parking lot is on the back side of the Middle School (on top of the hill).

Mark your calendar for Sunday, August 7th. That's the day of the Lake Geneva 8 mile swim—from one end of the lake to the other. All monies raised in this effort go to wounded warriors and their families. To find out more about this swim and the great cause it supports go to:

<http://www.specialops.org/>

You can also contact **Steele Whowell** at gordysboats.com. Several WMACers completed this swim last summer under very difficult conditions. But all said it was worth it for the cause.

Swim for Freedom

Did you notice? The newsletter has a slightly different look to it with this issue—the result of the use of the new, updated Publisher 2010 Program. It has many more bells and whistles than the older version—many of which I haven't either found yet or haven't quite figured out how to use! So please bear with me as I make the transition. Nancy K.

Southwest YMCA Master's Team Completes Annual 10,000 Meter Swim

James Drought

The Master's Swim Team at the Southwest YMCA completed the second annual 10,000 Meter swim on November 26, 2010. The swim set consisted of 100 by 100 meter freestyle and stroke sets on a consistent interval and was completed in about three hours. The Master's swim team at the Southwest YMCA is coached by Bill Curtis.

A photograph of the swimmers that completed the 10,000 Meter swim, together with the special recognition award given to Coach Curtis in honor of the event, is shown at right. The swimmers, pictured from left to right, include: Todd Bouton, Jim Culp, Steve Woloschek, Valerie Lund, Pat Bergin, Nikki Mitchell, Bill Curtis, Jim Drought, Jenny Moeller, and Melodee Nugent. Not Pictured – Katie Kalfas.



2011 WISCONSIN MASTERS SCY STATE CHAMPIONSHIP
SHORT COURSE YARDS
APRIL 2-3, 2011

- SPONSORED BY:** The Wisconsin Masters Aquatic Club
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 201-005
- LOCATION:** Walter Schroeder Aquatic Center (Website: <http://wsacltd.org/>)
9240 N Green Bay Road, Brown Deer, WI 53209-1104
- GPS:** Wisconsin: Brown Deer: Intersection W Schroder Dr and N Green Bay Rd
- PARKING AT THE POOL:** Park & enter the building on the east side of the Aquatic Center.
- TIME:** Warm-up 10:00AM, Meet starts at 11:00AM on both Saturday and Sunday.
- ENTRY OPTIONS:** Enter On-Line via Club Assistant (<http://www.clubassistant.com/>) OR enter via U.S. Mail using the Wis. Masters Swimming Universal Entry Form, one swimmer per form. On-Line entry preferred.
- FACILITIES:** Measured 50-meter pool with bulkheads, configured as two 8-lane, 25-yard pools with anti-turbulent lane guides, starting blocks and backstroke flags, plus one 2-lane, 20-meter pool between the 25-yard pools. Competition will be held in 8-lanes of one 25-yard pool. Water depth: 2 meters at both start & turn ends.
- ELIGIBILITY:** Open to all USMS-Registered Masters Swimmers 18 years old or older. All mail entries must include a copy of the swimmer's 2011 USMS registration card. On-Line entries are verified using the USMS Registration Database. Register with USMS before registering for this meet.
- RULES:** Official U.S. Masters Swimming 2011 Rules will govern this meet. All events will be timed finals. **TECHNICAL SUITS** that are on the current FINA approved list may be worn at this meet.
- OFFICIALS:** Susan Zblewski and Karen Perry
- SEEDING:** Heats will be seeded slowest to fastest. Please submit a reasonably accurate seed time. An "NT" will be seeded in the slowest heat. Entries for the 1650 Freestyle must have a seed time. Age groups and sexes will be combined to expedite the meet. Heat sheets will be provided.
- TIMING:** Electronic timing backed up by two buttons and two watches.
- WARM-UP PROCEDURE:** Lanes 2 and 7 will be start and sprint lanes with swimming in one direction only and exiting to the side or end. Lanes 1, 3-6 & 8 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in circle swimming lanes. Entry into the pool must be feet first in a cautious manner. Swimming aids, e.g., paddles, pull buoys, etc., may not be used at any time. During the meet, lanes in the center pool and a designated part of the south pool will be used for warm up and cool downs, circle swimming only, no diving.
- ENTRY FEE:** \$4.00/individual event plus a \$16.00 pool user surcharge. **DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED.** Fees must accompany entries. **CHECKS PAYABLE TO WMAC.**
- ENTRY LIMIT:** Ten (10) individual events total, max of five (5) individual events per day, plus relays. **THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED.** Each swimmer entered in the 1650 will be responsible for providing a person to count his/her laps. The 1000 split will be recorded. Continued on page 5 →

- RELAYS:** Submit relays at the meet. Relay teams may be all men, all women or mixed (2 men & 2 women). Relay events may be combined at the discretion of the officials. Relay-only swimmers must register for the meet, pay the facility fee and sign the waiver.
- TIME TRIALS:** If time permits, Time Trials will be offered at the conclusion of each day. Swimmers must be registered for the meet. A swimmer may swim no more than 2 time trials and the time trials count toward the five (5) event per day limit. Individual events only, 200 yards or less only. No relays. Cost: \$8 each.
- ENTRY DEADLINE:** Mailed entries must be received by Monday, March 28th, 2011. On-line entries will be cut-off on Monday, March 28th, 2011 at 11:00PM central time.
- SEND ENTRIES TO:** **Jeanne Seidler – Meet Director**
N128W16779 Holy Hill Rd, Germantown, WI 53022-1533
(262) 894-0613 ... email: jseidler2@wi.rr.com
- MEET CO-DIRECTOR:** **Eric Jernberg** email: jernberge@yahoo.com
- LIABILITY RELEASE:** The LIABILITY RELEASE must be signed as-is without any alterations. Remember to include a copy of your USMS registration card with mailed entries. AWARDS: INDIVIDUAL EVENTS: Medals 1st-8th place. RELAYS: Ribbons 1st-3rd place.
- CONCESSIONS:** **No Kiefer Swim Shop** as it has closed three stores, including Brown Deer. Soft drink vending machines with Coca-Cola products will be available, but no food service will be available at the meet.
- HOTELS:** See WSAC website for hotels. The Holiday Inn Express/Candlewood Suites is closest to the WSAC.
- SATURDAY SOCIAL:** Taylor & Dunn’s Public House, 2 miles north on Hwy 57 (N Green Bay Rd).
- SUNDAY SOCIAL:** Libby Montana’s, 1 mile north on Hwy 57 (N Green Bay Rd), left on Donges Bay Rd.
- MEET RESULTS:** Check the Wisconsin Masters Web site, www.swim-wimasters.org, and the USMS Event Rankings and Individual Results website about 24-48 hours after conclusion of the meet.

SCHEDULE OF EVENTS

- | | |
|--------------------------------------|---------------------------------------|
| Saturday, April 2 | Sunday, April 3 |
| 1. 100 yd Freestyle | 15. 100 yd IM |
| 2. 50 yd Butterfly | 16. 50 yd Freestyle |
| 3. 200 yd Backstroke | 17. 100 yd Butterfly |
| 4. 100 yd Breaststroke | 18. 50 yd Breaststroke |
| 5. 50 yd Freestyle | 19. 200 yd Freestyle |
| 6. 200 yd IM | 20. 200 yd Free Relay (Male/Female) |
| 7. 200 yd Medley Relay (Male/Female) | 21. 200 yd Free Relay (Mixed) |
| 8. 200 yd Medley Relay (Mixed) | 22. 100 yd Backstroke |
| 9. 500 yd Freestyle | 23. 200 yd Breaststroke |
| 10. 50 yd Backstroke | 24. 400 yd Medley Relay (Male/Female) |
| 11. 200 yd Butterfly | 25. 400 yd Medley Relay (Mixed) |
| 12. 400 yd Free Relay (Male/Female) | 26. 800 yd Free Relay (Male/Female) |
| 13. 400 yd Free Relay (Mixed) | 27. 800 yd Free Relay (Mixed) |
| 14. 400 yd IM | 28. 1650 yd Freestyle |

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.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees. Please be guided by the specifics on the meet information page.

NAME _____

MALE

FEMALE USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL ADDRESS _____

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

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

FEES PER MEET INFORMATION PAGE:
 _____ Events @ \$_____ each + pool surcharge \$_____ = _____

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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

2010 USMS Top Ten LCM for WMAC

Rachel Budde 40
8th 50 fly :32.89
8th 100 fly 1:15.37

Carol Reinke 74
8th 100 breast 2:16.52

Zach Newcomer 35
10th 800 free 10:20.87

Brian Cunningham 38
9th 50 fly :28.61

Women 160-199 400 FR
7th 5:30.57
Melodee Nugent 43
Nell Cunningham 45
Susan Simmons 48
Kimberly Fitzgerald 50

Melinda Mann 54
1st 50 breast :39.20*
2nd 100 breast 1:26.71
5th 50 fly :33.79
2nd 100 fly 1:15.59

John Bauman 80
7th 50 back :52.58
8th 100 back 2:04.58
5th 200 back 4:23.59
7th 50 breast :56.65
5th 100 breast 2:10.95
7th 200 breast 5:00.26

Women 240-279 400 FR
4th 8:18.16
Carol Reinke 74
Joanne Moder 72
Nancy Kranpitz 65
Jeanne Seidler 64

Cynthia Maltry 56
8th 100 back 1:27.70
10th 50 fly :36.04
8th 200 IM 3:06.02

Adam Mania 27
1st 50 free :23.89*
1st 100 back :55.26*
1st 50 fly :25.95*
1st 100 fly :55.50*

James Dannenberg 66
8th 50 breast :40.03
5th 100 breast 1:30.71
5th 200 breast 3:17.19

Nancy Kranpitz 65
6th 50 fly :46.26
5th 100 fly 1:55.53
8th 200 IM 3:56.07

Bob White 56
9th 200 free 2:22.63
6th 800 free 10:25.87

Daniel Slick 62
10th 800 free 11:59.29

Bela Sandor 75
1st 50 breast :42.96*
1st 100 breast 1:41.72*

Extra congratulations to Melinda Mann and Adam Mania! By virtue of their 1st place rankings they have been named All-Americans for 2010 LCM.

Use of Tape at USMS Sanctioned Meets

Rule 102.14.2 says that "Any kind of tape on the body is not permitted unless approved by the referee." Note that this sentence is included with the rule that deals with devices or substances that help speed, space, or buoyancy.

The prohibition against tape on the body generally stems from the compressive effects that tape could provide if wrapping an arm or leg, for example. This is much the same as the compressive effect provided by the coverage that some of the "high tech" suits provided. So, in general, something applied that would appear to provide this effect and help the swimmer's speed would be prohibited.

The referee could approve the use of tape in limited circumstances, such as taping a bandage to cover a wound, taping a splint in place on a finger or toe, or prevention of further injury. If the referee determines that taping as such would be to prevent further injury to the swimmer and not to "help his speed," the referee has the authority to allow the request.

A question received about a "Cho Pat" sports device was addressed by the USMS Rules Chair as follows: "Arm bands are not regarded as parts of the swim suit and are not allowed. This is the same situation as: "Any kind of tape on the body is not permitted unless approved by the referee." As is the case with tape on the body, the referee at each meet will also make the determination about the Cho Pat.

The determination of whether a device is acceptable for the "prevention of further injury" is not the same as determining a possible accommodation due to a disability, which is defined as a permanent, life-altering condition. The referee can modify the rules for a swimmer with a disability based on the guidelines in Article 108. This provision does not apply to injuries or other temporary conditions.

While swimmers could present a doctor's note to explain the injury, it is not required. Referees are not required to follow such instructions, nor are they required to make evaluations based on detailed medical data that the swimmer might present. Referees are expected to make the best common-sense decisions that they can make based on the information available and must do so in a timely manner without disrupting the meet. This may include talking to the swimmer, asking questions regarding the injury or purpose, and taking into account any date the swimmer might provide. **Best advice:** Swimmers should approach referees before the meet and make the determination as early as possible.



Erica Leah Perez—daughter of Sarah (Schneider) & Octavio Perez—weighed in at 7 lbs 8 ozs, 20" on December 27, 2010. Erica probably lays claim to being the youngest ever Masters champion when she swam with (in) mom when Sarah won the 200 breaststroke in Atlanta in May 2010. Congratulations Sarah & Octavio! Look for Erica in Mesa.

Some Registration Statistics

On Page one there is a notice relating to those snail mail newsletter recipients who have not yet re-registered (red slash across your address label). What that notice DOESN'T say is that Wisconsin swimmers are doing a very good job at re-registering! As of the end of 2010 Wisconsin ranked **2nd** out of 52 LMSC's in percentage of swimmers who had registered for 2010 who have re-registered for 2011! **We had, as of that date, 342 or 61.8% of our 2010 total of 553 who have re-registered.** Only the Border LMSC had a better percentage than Wisconsin at 71.1%. However they are working with far fewer numbers than we are (2010 registration number of only 45). USMS total numbers also indicate how well we are doing. In 2010, 54,949 total registrants—as of December 31, 23,027 or 41.9%. Now—e-mail recipients—we have no way to put a red slash through YOUR name or address. So, you are NOT off the hook if you have not re-registered. As with the snail mail recipients, this will be your last issue of the newsletter unless you register for 2011. Do it TODAY—RIGHT NOW!



Volunteer **Ron Vandenhouten** (**Melissa's** husband) and **Pat Rothe** man the computers at Oshkosh. **Pat** pulled double duty by running the computer in between his swimming events.



Volunteer **Diane Hollub** (**Gregg's** wife) helps with timing at the Oshkosh meet and still has time for a visit with **Candy Christensen** between events.

VOLUNTEERS NEEDED!

Did you know that at the Pabst Farms meet both **Jeanne Seidler** and **John Bauman** had entered the meet but neither one was able to swim as there was no one to relieve them at the computer table? There must be some non-swimming spouses/friends who have a wealth of talent of which we just may not be aware. Let's try to tap into some of these people to assure that everyone gets a chance to swim. (Thanks Diane and Ron!)

Oshkosh YMCA Meet

Melinda Mann

Bela Sandor, 75, swam 3 events at the 5th Annual Oshkosh Masters Meet and **broke FIVE (5) State Records!!** Yes, that's right, **3 events = 5 records!** Bela started out the day with the 100 breaststroke. At the 50 yard split he recorded a :41.56 to take down the existing 50 breaststroke record of :43.63. He finished the race with a time of 1:27.46 erasing the current record of 1:40.24. In Bela's second race, the 100 IM, he recorded a time of 1:27.42 to claim his third State Record of the day. (Old record 1:30.82). To finish off his outstanding day Bela swam the 100 backstroke and knocked down the 50 backstroke record in :42.47 (old record :45.49) and the 100 backstroke in 1:26.66. (Old record 1:37.03). Congratulations to Bela for an incredible day!

The most anticipated race of the day was the final heat of the 50 free. The top 3 seeds were all seeded at :23.00. To the wall first was **Laren Tiltmann** (40) in a :23.15. Following closely behind were **David Dallmann** (32) in a :23.39 and **Christopher Brunson** (30) in :24.01.

The "animal" award for the meet goes to **Jerry Lourigan** (45) for swimming the toughest lineup in doing the 400 IM, 200 fly, 200 breaststroke and 500 free! He also participated in a 200 yd medley relay.

Congratulation to all 43 swimmers and a special THANK YOU to the Oshkosh YMCA swim team swimmers and parents for volunteering to be timers!



"Animal" **Jerry Lourigan**, **Carl Milholland**, **Tim Potter**, and **Dick Pitman** combined for a 200 medley relay swim at Oshkosh.

Mesa is Calling - Are you Listening?



Sarah Perez, (and Erica) Cullen Jones, and Octavio Perez celebrate Sarah's National Championship 200 yd breaststroke swim in Atlanta last May.



Mike Murray

To reserve a room, please e-mail Trina Schaetz at tdschaetz@yahoo.com with your name, phone, e-mail and dates of reservation. Rooms are already at a premium, so be sure to act fast. She will contact you regarding availability on a first come first serve basis. The USMS website also lists other lodging options in the area.

4. Meet information will be released in the Jan/Feb issue of SWIMMER magazine.

5. Relays are where the points are. Come March/April, watch your e-mail for information on how to let us know that you are available to swim relays for WMAC. They couldn't be more fun!

6. And lastly, YOU CAN'T BE SERIOUS! Yes, that's right. Do not bring your "it's-all-about-the-times-I-swam-as-a-college-kid" way of thinking. Leave that back here in WI and plan to have an absolute blast with some of the best folks in our state swimming fast and laughing loud!

Trina Schaetz

My, doesn't time fly? It's hard to believe that USMS Nationals are only 3 months away! That's right. **USMS Masters Nationals will be held in Mesa, AZ, this year at the brand new Kino Aquatic Center over April 28 - May 1, 2011.** And with as great a turn out as we had at Pabst Farms on January 16 we are sure to rally a great WMAC team to head down to the Phoenix area. Currently we have over 35 people who are planning to travel to Mesa and more people mentioned their intent at the meet in Oconomowoc. This number is already larger than last year's 5th place team. Could WMAC be headed to a top 3 performance? Will you be a part of that this year?

First things first.....

1. You don't have to qualify with a special time. You can swim 3 events at this meet without meeting any time standards, so ALL are welcome to come (and wanted to come!) In addition, relays will be put together which may enable you to swim in up to four different relays—none of which need to meet qualifying times. So, a possibility of seven swims—for the price of three.

2. The meet lasts from Thursday thru Sunday and many folks stay one extra night until Monday to enjoy the surrounding sites. But you can come and go as you are able! If you need to arrive late or leave early, still know that we'd love to have you with us.

3. You need a place to stay! The Wisconsin Masters Aquatic Club has reserved a block of rooms at the **Hyatt Place Phoenix North**, only a couple of miles from the pool. <http://phoenixmesa.place.hyatt.com/hyatt/hotels/place/index.jsp>. The hotel shuttle WILL drive you to the pool should you need a lift and they will serve up a great deluxe continental breakfast each morning. They also have extended cooked to order items for sale in the dining area. We have reserved 2 kinds of suites at \$99 (before 13.02% tax) per night. 2 queen beds + full size sleeper sofa OR 1 king bed + full size sleeper sofa. Lots of people split costs by sharing



Dave Clark is in his "coaching mode" in this picture—but don't let that fool you! He had some great swims in Atlanta and we're looking for his contributions in the pool again this year in Mesa.

Record Swims at Pabst Farms!

Cindy Maltry and **Laren Tiltmann** were among 81 swimmers who enjoyed a great day at the Pabst Farms meet on Jan 16. **Cindy** set three new WMAC records in the 55-59 age group in the 100 IM (1:12.40), 50 back (:34.70), and 100 back (1:15.16) while **Laren** set a new record in the 100 back (:56.92) in the 40-44 age group. Congratulations **Cindy** and **Laren**!

The following is from **Dick Pitman** via e-mail and it followed a paragraph in which Dick analyzed his swims at Pabst Farms:

“The whole point about my swims is this. It doesn’t matter what kind of shape you’re in to decide to enter a swim meet. The point is just do it! It’s fun to hang around other swimmers for a few hours; to challenge yourself on some level; to finish with either satisfaction or to know what needs to be done to get to the next level. Each person chooses their own goals. I don’t choose them for the swimmers I coach. That’s for high school or age-group swimming. When I swam in college I set my own goals. As a Masters Swimmer I set my own goals; sometimes ambitiously, sometimes modestly, sometimes not at all. Aging-up is a good time for ambitious goals. Coming off an injury is a time for modest or no specific goals. But, at some point you have to account for why you are involved in Masters Swimming.”

This was followed by an e-mail from **Candy Christensen**: “I had a bad cold after New Years...it lasted over 2 weeks. I tried to swim but it wasn’t worth the effort. I entered Oshkosh anyway... I plan on working out Friday, rest Saturday...The fun part of the meet is eating at the Red Robin after! I am always in shape for that!”

When it comes to Masters swimming—whatever suites your fancy goes! Especially true for Nationals! Don’t miss out on this really great experience!



Candy Christensen (far left) made good on her claim to always be “in shape” for eating at the Red Robin after the Oshkosh meet. **John Bauman, Steve Justinger, Dick Pitman, Tim Potter, Carl Milholland, Jerry Lourigan, Suzi Green, Jeff Schmiedel and Melinda Mann** seemed to be in agreement with Candy!

FYI—The pool depth at Nationals is 2 meters at both the start and turn ends of the pool!

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