

Wisconsin Masters Swimming

OFF THE BLOCKS!

Newsletter Date
April/May 2011

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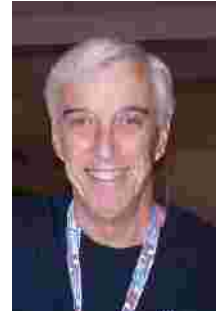
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Last year at this time I talked about setting personal goals. At our February meet in Madison a new swimmer appeared among us. Debbi Peterson from Madison. She signed up in November maybe not thinking seriously about competing, just getting back into shape. But she came to our Madison meet hoping to do well. She was surprised when she came very, very close to a National Qualifying time. She and her husband, Jeff Weber, were kind of excited and asked me what the NQT's really meant.



Dick Pitman

I explained that for every NQT you have you can swim another event without qualifying. You see, anyone can go to Nationals without a qualifying time but they are limited to only three events. So even if you make only one or two NQT's you can still swim in three other events in which you haven't met a NQT. The reasoning behind having NQT's is to hold down the attendance for a well manageable event. I personally remember going to the Stanford Nationals in 1987 where there were 2,500 swimmers with a "limit" of five events a day for a four day meet! Events ran well into the evening hours after starting at 8 or 9 in the morning. Since then the Championship Committee and the House of Delegates approved limits on entries for national meets. At the Baraboo meet in mid-March Debbi recorded two times that made the National Qualifying time—both in breaststroke, I believe. She and Jeff were quite excited and started making plans to go to Mesa. I checked the roster and found that Debbi had signed up for the 50 and 100 breaststroke, as well as the 50 free. Jeff Weber also signed up, entering the 50 free and 50 fly. And it is likely they will be swimming more events. All WMACers who go to Nationals are worked into as many of the different relays (mixed gender and all female/all male freestyle and medley relays) as possible. I wish them the best of luck and hope they thoroughly enjoy their first trip to Nationals!

The purpose of this foregoing discussion is to emphasize the need to set some goals for yourself. It keeps you motivated. It doesn't have to be about winning. It could be just about going to Nationals, or the State Meet. It could be about keeping off those unwanted pounds. It could be about just feeling more confident about yourself. Whatever you decide is your goal, go after it with gusto! And consider one or any of the following inspirational quotes as you set out to achieve your own personal goals.

They can because they think they can—Vergil

To get anywhere, strike out for somewhere, or you'll get nowhere—Martha Lupton

Believing in your dreams can be far more rewarding than living by your limitations—Karla Peterson

2010 USMS Top Ten SCM for WMAC

Laurie Alioto 52
7th 800 free 11:13.38
6th 1500 free 21:17.23
3rd 200 back 2:51.62
4th 200 fly 2:54.01
5th 200 IM 2:54.97

Geoff Mykleby 57
5th 50 back :31.71
6th 100 back 1:12.94

Peter Allen 51
8th 200 breast 2:50.43

Alex MacGillis 82
4th 50 breast :55.93
5th 100 breast 2:07.30
5th 50 fly :58.32
6th 100 IM 2:12.50

Valerie Adams 25
6th 200 back 2:38.49

Janet Moldenhauer 80
10th 100 free 2:21.47

George May 73
8th 100 breast 1:48.76

Nancy Kranpitz 65
7th 50 fly :47.15
4th 200 fly 4:14.41
9th 200 IM 3:54.49
4th 400 IM 8:13.28

Janice Wolowicz 78
10th 100 back 2:46.29

James Biles 49
8th 200 fly 2:32.09

John Bauman 80
9th 50 breast 1:03.99

Brad Horner 56
9th 100 free 1:01.01
4th 50 fly :28.59
1st 100 fly 1:03.75*

Trina Schaetz 38
5th 100 free 1:03.22
6th 50 breast :36.47

James Dannenberg 66
5th 100 breast 1:30.44
5th 200 breast 3:20.22

200 MR 200-239—5th 2:04.47

Geoff Mykleby 57
Peter Allen 51
Brad Horner 56
Jeff Alexander 47

By virtue of his 1st place ranking in the 100 SCM fly, Brad Horner has been named an All American for the 2010 USMS SCM Top Ten. Congratulations Brad—and to all of WMAC's Top Ten swimmers!



Peter Allen, left, and John Bauman and James Dannenberg (right) all achieved Top Ten recognition for the 2011 Short Course Meter rankings.



Ally Keller, Lauren Schudde, Hannah Seivers, Nick Janous, Fritz Schenker (crouching), Ansel Hillmer (w/cap), Steven Anderson, and Peter Whalen represented the Badger Masters group at Madison East Y meet. They work out at UW Madison.

Madison East Y Meet

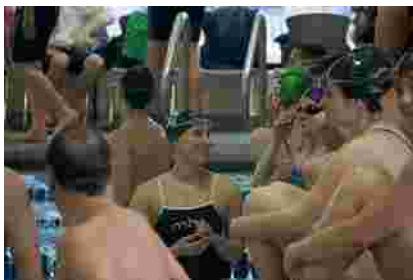
There were about 55 hardy swimmers who braved typical Wisconsin weather to attend the masters meet at the Madison East Y on February 13. As in the Oshkosh Y meet 2 weeks earlier, Bela Sandor continued his assault on the record books for M 75-79 by breaking 3 more state SCY records: 50 back in :39.09; 50 breast in :38.37; and 200 breast in 3:26.34. There was a nice mixture of veterans and "newbies" - three of which (Ally Keller, Lauren Schudde, and Hannah Seivers) are pictured at left! Social activities were enhanced with use of the hot tub at the Y and nourishment after the meet at the Harmony Bar and Grill.

Laurie Alioto "renourishes" with a cookie compliments of Fred Salzmann after her events at the Madison East Y Meet.



A while back Karlyn Pipes-Nielsen wrote an article entitled "Water Sustains the Body But Swimming Refreshes The Spirit...12 STEPS TO SWIMMING SUCCESS" which was published in Swimming World Magazine. Copied below, from Swimming World Magazine and Karlyn Pipes-Nielsen are excerpts from that article. Not all twelve tips will be in this newsletter issue but you can look for more in issues to come.

1. **Just Show Up!** Sometimes the hardest part of workout is getting there. Job, commitments, kids, no energy, etc. will conspire to keep you away from YOUR time to workout. Even when you don't feel like it, go anyway. I promise...you will be glad you did.
 2. **Swim With A Group (Three F's).** The three F's stand for farther, faster, and more fun! When I swim with a group (or at least a training buddy), I always enjoy myself more, I also swim farther and I ALWAYS swim much faster.
 3. **Swim At Least Three Times A Week.** To maintain fitness and a good feel for the water, swim a minimum of three times a week. Since you want to improve, do not sell yourself short. Join a team or group, find a friend and make it to the pool.
 4. **Swim Longer, Not More Frequently.** If given the option of swimming more often OR going longer, choose to swim longer. Instead of 4 times a week for 45 minutes (3 hours), swim 3 times a week for one hour (also 3 hours). This adds up to: one less drive to the pool, one less chance of missing your workout, one less...you get the idea. A great way to increase distance in your workout is to add a longer warm up, cool down or use of fins or other equipment in a "bonus" set. Swimming longer will also help you build up your endurance.
 5. **Don't Skip Warm Up or Cool Down.** Warm up: many swimmers (and triathletes) make the HUGE mistake of rushing through the warm up, or get no warm up at all. **BAD IDEA!** Warm up is a great time to let the body gradually wake up, work on good technique and relaxed breathing, and get mentally ready to swim fast. Open up your body like a finely wrapped present and appreciate the wonderful gift that you are. You will be surprised by the rewards. If you rush it, it will be over before you know it. Suggested warm up: 10-15 minutes of easy swimming at a perceived effort level (on a scale of 1-10) of 5 or LESS! I am not kidding!! Cool down: AT LEAST 200 or more. Use the time to work on good technique and to reflect on a job well done. To make it more fun, find a buddy or two and form a pace line. Each person takes the lead for a 25, then shifts back. Or play Simon Says, with each person choosing a 25 choice, stroke, or drill.
- These are all GREAT tips—and there are 7 more! Look for some more of them in the next WMAC newsletter.



Ally Keller takes a break during warm-ups at a recent meet.

You know you're a swimmer if you find yourself doing random shoulder stretches around the house and when you get nervous about something you shake out your legs.



Steve Justinger and Suzi Green

Eat This - Not That!

Did you know that you can fuel your workout just as well by consuming Go-Gurt, honey sticks, or single-serve applesauce (at 20 to 50 cents per serving) as by spending \$1.25 to \$2.50 for a gel (GU Energy Gel, Clif Shot, PowerBar Gel) and still get that shot of concentrated sugar that supplies instant fuel?

And Chewies like Sport Beans, Luna Sport Moons, at \$1.25 to \$2 per serving can be substituted with jelly beans, dried fruit, or raisins for just 35 to 75 cents per serving and still provide small doses of a chewable sweet that's easy to digest on the run.

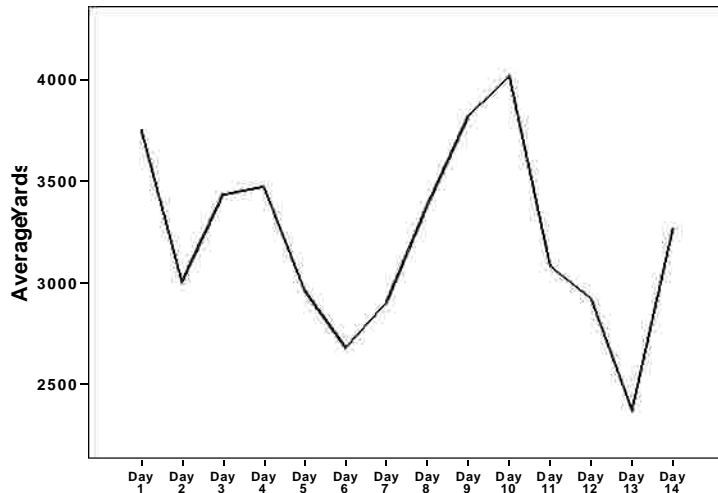


Fred Salzman aka the Cookie man!

Wisconsin Water Warrior Results

Melodee Nugent

The results are in! We had 27 swimmers this year. That is a significant decrease from last year (total of 141 swimmers). But this year we decided that the event was free for USMS swimmers and there was minimal fee of \$5 for non-USMS swimmers. So there were only 4 swimmers this year that were non-USMS swimmers (as compared to 108 from last year). Another difference this year was that the swimmers had a choice for the 2-week time period - choose any consecutive 2-weeks in the months of November/December. I think the participants liked having their own choice of the two weeks, this showed by the wide variety of days they chose to start the swim.



My professional background is in medical research and I thought I would present the results in a bit of a scientific/statistical way. There were 12 males (45%) and 15 females (55%) this year. The average age of the males was 57 years and for the females it was 49 years. The males had an average of 40,950 yards and the females had 48,449. Though the women swam more on average than the males, there was no statistical difference between the genders. The total average yardage in the 2 week period was 45,116 and the total yards for the 27 swimmers for the 2 week period was 1,214,733 yards...an impressive 690 miles! At left is a figure showing the average yards by days and here you can see the high (peaks at 10 days—maybe realizing there are just a few days left) and lows (swimmers must have been getting tired) for the 27 swimmers.

Continuing the title for the most yards was myself, Melodee Nugent, with 140,875 yards a 2-mile increase from last year. I look at this as my personal challenge of the year by beating the previous year. For the men, James Biles from Schroeder had 67,554 yards, an increase of 23,854 yards from last year. Our youngest swimmer was Katie Kalfas (31 years) who came in second place overall with 81,259 yards. Our oldest swimmer for the men was Fred Salzman (76 years) with 22,250 yards and for the women it was Ingrid Stine with an amazing 55,773 yards (7,572 more yards than last year). I find it fascinating that 16 of the 27 swimmers (59%) were 50+ years of age. I think that says a lot for the sport of swimming.

All swimmers will receive a USMS Master Swimming Towel, with the generous discount we received from Adolph Kiefer and Associates. The top overall male and female will also receive a new workout bag/backpack. Awards will be given at the Wisconsin State Meet that will be held at Schroder on April 2-3, 2011. If you are unable to attend the meet, please contact me at mlnugent@mcw.edu and I will send you your award. The individual results:

M35-39	1st Darryl Stich	29,600
M40-44	1st Paul Sharkey	55,000
M45-49	1st James Biles	67,554
M50-54	1st Craig LaCount	42,700
	2nd Gus Robledo	30,000
M55-59	1st Steve Justinger	41,500
	2nd Robert Gebert	14,800
M60-64	1st Richard Barry	62,900
	2nd Greg Hollub	49,100
	3rd Gergory Miller	47,500
M75-79	1st Ernest Meyer	28,500
	2nd Fred Salzman	22,250

W30-34	1st Katie Kalfas	81,259
	2nd Stacey Kiefer	34,755
W35-39	1st Shelly D. Reyo	17,300
W40-44	1st Melodee Nugent	140,875
	2nd Melissa Vandenhouten	29,100
W45-49	1st Angie Robert	72,724
	2st Lorraine Ortner	39,370
	3rd Margaret Keller	29,800
W50-54	1st Ann Berres-Olivotti	56,050
	2nd Melinda Mann	39,950
	3rd Dyan Ramos	25,342
W55-59	1st Rayo Boursier	46,041
	2nd Helmy Tennis	38,000
W60-65	1st Nancy Kranpitz	20,400
W70-74	1st Ingrid Stine	55,773

Wisconsin Masters SCY State Meet

David Watts

The road to the State Meet was a little tough this year. I attended every meet leading up to State, and each had its challenges. In fact, nothing ever seemed to go right. In the 200 free at Oshkosh my goggles fogged up, and I lost count of the laps (is it just me, or should we have someone count laps in the 200?) so I stopped swimming after everyone else had already touched home. At the Baraboo meet I was recovering from some sort of flu bug, and still improved my times from earlier meets. So I was glad to have qualified for the State Meet.

How does one qualify for the State Meet? Here's an amazing thing I've discovered about Masters swimming. There is no qualifying time necessary to compete in the state meet! You could learn to swim one day, and register for the State Championship the next day. Or register first, and then learn to swim. (Pretty soon I'll explain how I became a nationally-ranked swimmer practically overnight).

But most of us don't register for the State meet on a lark. There's preparation: swimming fast, swimming slow, drills, technique work, speed work, endurance training. I rented a Jason Lezak DVD from the USMS. (It's a lot easier to watch someone else swim than to actually work). Somehow this year, with all the ups and downs of the season, I was not ready for the State Meet.



Ansel Hillmer



Lauren Schudde

But there it was, the super-sized arena, the amazing space, with the competition pool at one end, and the warm-up pool at the other. And I was registered for the first event, the 100 free, and the last event, the 1650 free, and all the freestyle events in between. The roster of swimmers was impressive: 145 swimmers, including 9 from Illinois and one from New England. Two days, 28 events, 635 total splashes! And that amazing number doesn't even include the relays. Twelve different clubs were represented from within Wisconsin: Baraboo, Elmbrook, Shorewood, Walter Schroeder, YMCA Badgerland, Madison Area, Winnebago, Carthage, Pabst Blue Ribbon, Badger Masters, Wave Masters, Fox Cities. Do you sense the energy and strength of Wisconsin Swimming?

I wasn't the only one at the meet who prepared by watching videos. Greg Rosner watched reruns of Mark Spitz in the 1972 Summer Olympics. Since I was next to Greg in the 50 free and touched him out, I guess the Lezak video was more effective. But Greg overcame obstacles to achieve what he did. On the day of the meet, he woke up late, then became exhausted in a very fast warm-up lane. All his training, which consisted of walking up 2 flights of stairs one day, was put to a very severe test!

Swimmers weren't the only ones at the meet. Spectators included friends, spouses, children, and parents—Parents like Yvonne and Richard Ogren, who were there supporting their daughter Cheryl Sinitz. Yvonne and Richard have been going to swim meets for 35 years, since Cheryl was...seven! I don't know if this is a record for parental support of athletes, but it must be close. Cheryl won the 200 IM (F40-44) among other events, reflecting the benefit of that support.

Dick Pitman started a weight program in February, and increased his pool yardage to prepare for State. But Dick was sidelined when chest pains developed during warm-up forcing him to scratch all six events. Although Dick did not swim, he stayed at the meet, supporting teammates, and really everyone. I am sure I am joined by the entire Wisconsin swimming community in wishing Dick a safe and speedy return to the pool.



Like a fine wine John Bauman just improves with age—turning in his fastest 50 yd breast-stroke time in four years at the state meet.

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Wisconsin Masters SCY State Meet-Continued

Sunday started with the 400 IM. People who can do this are my heroes, since not only do they have to swim all 4 strokes, they have to know the order, and follow all kinds of rules about transitions between strokes, which they try to explain at the start of the meet. Tara Warren led off the 400 IM, and finished to applause not only of family, but of all who watched her swim. This is the spirit of Wisconsin Masters Swimming.

There is a club whose performance at the meet was great to see. Badger Masters Swim Team is a group of young people who train at UW Madison, and their youthful energy and skill led to amazing results. The men took the top 3 places in the 100 free age 18-24 (Ritchie, Janous, and Whalen), and the women took the top 2 (Kuffel, Keller). Peter Whalen and Krista Kuffel went on to win the 50 free. At the other end of the distance spectrum BMST member Fritz Schenker chased down Charles Lorenz to win the 1650 free in a time of 17:34.17.



Jeff Alexander



Fritz Schenker still has enough energy to clown around after his 1650.

Yes, once again, at the end, there was the 1650. It is well known that the faster you swim, the higher the water resistance. What I've discovered is a corollary principle: the slower you swim the lower the water resistance. Let's say your training has been a little weak, and the longest continuous distance you swim in practice is 100 yards. Naturally, the 1650 can seem daunting. But if you swim slowly enough, there is actually very little water resistance. And if you finish, you become a nationally ranked swimmer. Because guess what? Any swim that you do in a meet gives you a national ranking. And it's more likely to be a higher ranking with a longer swim, because fewer people do it. The USMS web site under competition: event rankings, confirmed that I was in the top 100 USMS swimmers in the nation in the 1650 in my age group. Just by finishing!

Eight individuals and two relay teams combined to set 12 new WMAC records over the course of the 2 day meet. They were: Mark Ritchie (M18-24) 50 back :25.33; Janet Schultz (W60-64) 400 IM 6:57.64, 200 breast 3:29.20; James Biles (M50-54) 400 IM 4:52.14, 1650 free 18:49.78; Alex MacGillis (M80-84) 100 IM 1:49.61; Cindy Maltry (W55-59) 200 free 2:24.56; Charles Lorenz (M35-39) 200 free 1:47.22; Bela Sandor (M75-79) 200 breast 3:13.55; Fritz Schenker (M25-29) 1650 free 17:34.17; W18+ 800 Free Relay 8:39.40 (Ally Keller, Amanda Fay, Lauren Schudde, Krista Kuffel); M35+ 800 Free Relay 7:59.10 James Biles, Dirk Stallman, Jason Gottlieb, Charles Lorenz. The new mark set by Fritz Schenker in the 1650 broke the previous record set way back in 1985 by Tom Grandine. And while not a new record, John Bauman reported that his "old guys 800 FR" was only 2 seconds slower than 2 years ago!

Congratulations to all who swam at the state meet and extra congrats to our new record holders!

You must be a swimmer if

You have damp towels hanging all about your house.
You could beat a 300 lb lineman in an eating contest.
You have a permanent suit, goggle, and cap tan.

Looking to eat healthier? Check out the ingredient list on the foods you buy. The shorter the ingredient list the better. Most of the healthiest foods have only one ingredient—like broccoli, spinach, blueberries, etc. Longer lists generally mean more sugar, more salt, more artificial flavors, i.e. more unhealthy stuff.

Think it is too difficult to eat healthy? It really isn't. You only need to devote a few extra minutes to planning more nutritious eating and by doing so you invest in your own health and that of your family. Wholesome home cooked dinners take only about 10 minutes longer to prepare, on average, than serving processed or ready-made food. Make enough for leftovers and you'll save time in the long run. And don't forget, bad eating habits can lead to diabetes, heart disease, and obesity which lead to doctor and hospital visits—all of which take a LOT of time.

2011 One Hour Swim

James Biles

Eight WMAC swimmers participated in the USMS 2011 One Hour Postal National Championships which is held annually every January. Four women and four men swam individually. WMAC also entered three relays – one women's, one men's and one mixed. Overall WMAC results are posted below.

Congratulations to Gwen Jorgensen (4th, women 18-24) and James Biles (8th, men 45-49) for their individual top ten finishes. Additionally, accolades go to Karen Kimple, Nicole Jackson and Gwen Jorgensen (4th, women 18+ relay); James Biles, David Drury and Scott Richards (8th, men 45+ relay); and Gwen Jorgensen, Karen Kimple, Scott Richards and James Biles (4th, mixed 18+ relay) for their top ten relays.

The next Postal National Championships is the 5/10k which is swum in a 50 m pool between May 15th and September 15th. This event historically has much lower national participation than the other two postals (1 hour and 3/6kys). This is a great opportunity for WMAC to shine in both individual and relay events. There is no reason WMAC cannot have several national champions if we increase our participation. If you plan to swim this or have any questions on participating (i.e. need to find a 50 m pool), please contact James Biles (swimmingfit@yahoo.com).

Individuals

W18-24	5th Gwen Jorgensen	24	4,960 yds
W40-44	29th Nicole Jackson	41	4,250 yds
W40-44	121st Mo O'Connor	40	3,430 yds
W45-49	37th Karen Kimple	49	4,250 yds
M40-44	145th Douglas Buck	43	3,450 yds
M45-49	8th James Biles	49	5,080 yds
M50-54	14th Scott Richards	50	4,790 yds
M50-54	54th David Drury	51	4,325 yds

Relays

M45+	8th 14,195 yds	W18+	4th 13,460
	James Biles,		Karen Kimple
	David Drury		Gwen Jorgensen
	Scott Richards		Nicole Jackson
Mixed	18+ 4th 19,080		
	Scott Richards,		
	James Biles		
	Gwen Jorgensen,		
	Karen Kimple		

Congratulations to all for a fine showing for WMAC!

OK—So Karlyn Pipes-Nielson advocates for swimming with a team. Perhaps Kevin Welton is taking this thought to a bit of an extreme—but it leaves no doubt in anyone's mind as to which "team" is on his mind!



Yes, the snow has barely disappeared, no leaves on the trees yet, no real signs of spring let alone SUMMER—but the Badger State Games will be coming up quickly! The masters swimming part of the BSG will again be held in Appleton at the Erb Pool. Competition will be on Sunday afternoon, June 26. The entry deadline is always quite early in the month—so don't let it slip by you. This is the only Long Course Meter meet held in Wisconsin—so if you want times for Top Ten for LCM this is your chance! Hope to see a LOT of you there.

Baraboo Meet!

Dick Pitman

This year's Baraboo meet was the biggest ever since we started this venue in the early years of this century. [2001? 2002?] We had 53 swimmers. There were at least two new swimmers from Baraboo: Kim Mering and Shelly Dayo. Welcome Kim & Shelly! Also from Baraboo were long-time swimmers Ann Berres-Olivetti and Clay Sabourin. Derek Sheer, from Madison, signed up the day before the meet and had a very good first Masters meet. Welcome Derek! [There may have been a few other first-timers from the Milwaukee area but I had trouble identifying them.] The meet ran very well with no timing system delays. There were also some excellent swims due in part because the Baraboo pool is a very fast pool! The water was very cool which makes for very fast swimming. . . as we all know. Of course, as Masters meets go it was a lot of fun.

The assault on the Wisconsin record book continued with Laren Tiltmann setting a new 40-44 100 backstroke mark with a :56.41; Bela Sandor 75-59 broke both the 50 and 200 breaststroke marks (:37.70 and 3:17.29); and Alex MacGillis (80-84) set a new 100 IM mark with a 1:49.74.

Thanks and congratulations to all who helped make this relatively new venue such a success this year!

2011 USMS NATIONALS; MESA, AZ



Hi there all you Nationals-bound cheeseheads! We are excited that you have decided to join us in Mesa this year at the USMS Championships. From the looks of it, this should be the biggest WMAC team ever! At the time of this writing, we know of 51 swimmers competing for WMAC. Plan to have a blast, meet new lifelong friends, and just plain swim because we can!

First things first: **HOTEL!** The team is planning to stay at the Hyatt Place in Mesa. The group block has been sold out since Feb, but the hotel still has rooms remaining for the regular rack rates. Give them a call if you still need a room.

ATTIRE: Besides your suit and goggles, don't forget to pack up all your WMAC gear. A second t-shirt order will be placed this month. Order forms are included in this newsletter. Orders are due April 13. In addition, John Bauman will have WMAC caps available for purchase at the USMS meet.

RELAYS: We've heard from most of you regarding relay availability. In the coming weeks, WMAC leaders, John Bauman and Fred Russell will combine forces to outline the greatest relay strategy known to mankind. Be assured, relays are FUN! We'll keep 'em posted in the WMAC tent area so you can see who's needed when and where.

TRANSPORTATION: Those of you who have attended USMS Nats before know that many people rent vehicles and are willing to share rides, but it might be good to make plans with others ahead of time. The hotel does NOT provide a shuttle from the PHX airport, but DOES have shuttle service from the hotel to the Kino Aquatic Complex.

TENTS: Our lightening fast reflexes have gotten us the best tent location in the house from the meet director, Paul Smith. WMAC has rented 3 10x10 tents stationed right on the north-east end of the competition pool by the covered bleachers and massage area. While everyone else is relegated outside the pool area for their grassy spot, we have ours poolside and accessible! Look for the WMAC banner and cop a squat! See picture for location.



SOCIAL: Truly the best part about traveling with friends is hanging out and enjoying food and fun with other WMAC pals. With such a big group of swimmers this year, it'll be hard to go out to restaurants together and eat all at once. We have a few things planned to keep us in good company.

THURSDAY: HYATT PLACE MESA, 5-10pm Come and Go BBQ by the patio. We've reserved the hotel meeting room which is right off the pool patio. Famous Dave's will cater BBQ around 6pm and you can BYO Beverages. Coolers will await them. Come and have some apps and a light dinner and catch up with WMAC pals before the big meet gets too far underway. Plan on \$15 per person.

FRIDAY: HYATT PLACE MESA/ RANCHO de TIA ROSA:
HYATT PLACE 4-6pm: Come and Go Happy Hour at the Hyatt Place. BYOB again to the hotel meeting room/patio and bring some snacks to share.

RANCHO de TIA ROSA, 6:30: 3129 East McKellips for a grand Mexican Fiesta at the best Mexican restaurant in the Mesa area. Famous for its margaritas and Taqueria. Sit outside on the patio courtyard in a lovely Mexican Hacienda. Dinner is ordered. Plan on \$15 per person. Cash Bar.

SATURDAY: in the works...keep ya posted

SUNDAY: TBA

QUESTIONS? We'd be happy to help answer any other questions you might have about the meet weekend. Just shoot an email to Trina at tdschaetz@yahoo.com. Remember to pack your best smile, a happy heart, and all the u rah rah you can fit in your suitcase. Time to show the country that swimming for WISCONSIN is way too fun!



You, too, can be among those cheering from the stands for our NATIONAL TEAM MEMBERS in Mesa



**WMAC 2011 NATIONALS TEAM WEAR
ORDER FORM: ORDER by April 15!**

Name: _____

Address: _____

City State Zip: _____

Telephone: _____ Email: _____

Write shirt quantity on the line beside the size you want:

White SHORT SLEEVED Ringer T-SHIRT

_____S _____M _____L _____XL _____2XL (add \$1.00 for 2XL) @ \$17.00 = _____

Red LONG-SLEEVED SHIRT

_____S _____M _____L _____XL _____2XL (add \$1.50 for 2XL) @ \$20.00 = _____

Navy SHORT SLEEVED TSHIRT

_____S _____M _____L _____XL _____2XL (add \$1.50 for 2XL) @ \$17.00 = _____

Navy LONG SLEEVED TSHIRT (not pictured)

_____S _____M _____L _____XL _____2XL (add \$1.50 for 2XL) @ \$20.00 = _____

Navy SWEATHIRT

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