

Wisconsin Masters Swimming

On Deck.....

Newsletter Date
Dec '11/Jan 2012

WI LMSC Officers

Chair: Jeanne Seidler
WIChair@usms.org

Vice Chair: Dick Pitman
WIViceChair@usms.org

Co-Registrar: Trina Schaetz
WICoRegistrar@usms.org

Coaches: Fred Russell
WICoaches@usms.org

Editor: Nancy Kranpitz
WIEditor@usms.org

Fitness: Melodee Nugent
WIFitness@usms.org

Officials: Susan Zblewski
WIOfficials@usms.org

Open Water: Julie VanCleave
WIOpenWater@usms.org

Registrar: John Bauman
WIRegistrar@usms.org
11917 W. Rainbow Ave
West Allis, WI 53214-2166
Ph: 414-453-7336

Safety: Jerry Lourigan
WISafety@usms.org

Sanctions: Eric Jernberg
WISanctions@usms.org

Secretary: Suzi Green
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Ingrid Stine
WITreasurer@usms.org

Webmaster: Jeanne Seidler
WIWebmaster@usms.org

Did you enjoy your Thanksgiving celebration? Whether it was spent at a feast, a food pantry, out in the field waiting for the big buck to run close by, standing in line for Black Friday merchandise, or in front of the TV watching football ... or all of the above ... it's time to start working off that Thanksgiving Feast.

There are two swimming events presented by WMAC in December that will help you to get on-track. First, running from November 1st through December 31st, the Water Warriors 2-week challenge gives us an opportunity to burn some calories that might not otherwise be burned. I'm planning to start my two weeks recording on December 6th and I hope many more WMAC swimmers will do the same. Thanks to **Melodee Nugent** for organizing and directing this event.



Jeanne Seidler

Second, the Short Course Meters Meet at West Bend West High School is on December 3rd. **No deck entries allowed** at the meet, but **late entries may be e-mailed to John Bauman until 6pm on Friday, December 2nd**. Don't miss out on this event. Short Course Meters meets are a very small number (25 or less) of the 500 pool meets run by USMS Clubs in the USA each year. The times are eligible for reporting to FINA for world Top Ten consideration and world records. At our first SCM Meet in West Bend, in 2007, our Florida-registered friend, Betty Lorenzi, set a world record in the women's 80-84 100-meter backstroke and two USMS records in the 100 and 200 meter backstroke. Betty's World Record held for four years and was only recently broken this past October, 2011. In 2009, Geoff Mykleby's time of 30.40 in the Men's 55-59 50-meter backstroke has given him a ranking of #7 in the world masters top ten all-time ranking. I like the thought that a world record can be set anywhere there is an SCM pool, even in the small town of West Bend, population 29,000, and in a high school pool.

Meet information for the two events was in the last newsletter and is also on the Website (www.swim-wimasters.org).

Two weeks ago I spent a Wednesday morning, from 6:00am to 7:20am, timing James Biles in his 6000 yard swim for the USMS 3000/6000 yard Postal National Championship. James has completed all five distances in the USMS Postal Championships in 2011. He is one of about 30 USMS swimmers in the entire USA to complete the series of USMS National Postal Championship swims. I did not mind being at the pool at 6am to do the timing for James so that he could enter his fifth and last event in the postal series. I hope that everyone considers swimming a USMS Postal Event. These events are done on your own schedule, in your own pools, with the only needed requirements being a timer, a stopwatch, and a split sheet for the timer to fill-in the splits. Split sheets are available on the USMS website.

Just in time for those New Years Resolutions to work off pounds from the December Holiday Feasts and Football-itis, there are three pool events on deck in January. The USMS Postal Championships for 2012 kicks off with the 1 hour swim. A swimmer has the entire month of January in which to complete the 1-hour swim in their local pool. Also, contained in this newsletter, are the meet information sheets for the January 8th SCY Meet at the YMCA @ Pabst Farms and the January 29th SCY Meet at the 20th Street Center Branch of the Oshkosh YMCA. Both of these YMCAs were built within the last 10 years and are great new venues. The competition pools have 8 lanes, which then gives us

On Deck... Con't

one warm down lane and 7 competition lanes. Both Ys have family pools with slides and hot tubs. Thanks to **Melinda Mann** for being the meet director for the **Oshkosh Y**. Thanks to **John Bauman** for being the meet director at the **Pabst Farms Y**. Hope to see all of you at these meets. Information for the **Madison Y** meet on February 12 is also included in this newsletter.

Following the January 8th SCY Meet, after lunch at the Delafield Brewhaus, there will be an interim meeting held to discuss items deferred from the Annual Meeting. The members of the WMSC board will attend, but all the Wisconsin USMS-Registered are always invited to attend meetings, too. Anyone may bring up new business. If you are planning to attend and have an item of new business, please e-mail me by December 31st, so I can add your item to the meeting agenda.

Finally, are you a Facebook user? If so, please search for the Wisconsin Masters Swim Committee Facebook page and press the LIKE button next to the next to the title. You'll have the right page if you see the Wisconsin Masters logo and the "Non-Profit Organization . 36 Likes". After more of you press the LIKE button, the "36 Likes" will go up, of course. I established this page last summer to use for posting news about Wisconsin Masters. I also add news to the Wisconsin Masters web page. But, the advantage of using the Facebook page is that anyone who LIKES the Facebook page will automatically receive notices on their own Facebook page. Otherwise, the swimmer has to remember to check the Wisconsin Masters webpage for news or wait for the newsletter. Please try the Facebook page and let me know if you think the Facebook page is what you would like to use for news communication in addition to the webpage and newsletter.

Don't forget to register with USMS for 2012. (See related article below.) Registering before the end of 2011 entitles you to some discounts that USMS has made available to registrants. Catch you in the water! Jeanne Seidler

2011—2012 Meet Schedule

Nov 1-Dec 31 (2011)
WI Water Warriors
January 8
Pabst Farms
January 29
Oshkosh Y
February 12
Madison East Y
March 7
Baraboo
March 31-April 1
WI State SCY
Championships
April 12-15
YMCA Masters
Nationals
April 26-29
USMS Spring
Masters Nationals

2012 Registration Time is Here!

Have you re-registered with USMS for the 2012 swimming year yet??? If not—WHY NOT??? Every swimmer registered in Wisconsin in 2011 has been sent registration information either via e-mail or snail mail. Registering on line is EASY - both for you and for the state and national offices! Save a tree! Go to either the USMS website (www.usms.org) or the Wisconsin Masters Website (www.swim-wimasters.org) and sign up today. Cost for the year is \$44 which covers both state and national fees. We had over 500 swimmers registered in Wisconsin in 2011 which ranked us quite high nationally for LMSC memberships. However, I think we were second to the last in usage of on-line registration!!!! So—again—right now—if you haven't already re-registered—DO IT TODAY!

Wisconsin Masters Website

www.swim-wimasters.org

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

The following article appeared recently on SwimSmooth.com and was forwarded by Dick Pitman. SwimSmooth has a blog called "Feel for the Water" that is issued at least weekly.

Things To Try In Your Stroke When You're Feeling Ragged

You know what it's like: when you are fresh and start swimming you feel great and complete your laps with a nice flowing stroke. However, as the training session or race progresses things start to become a little ragged and your stroke feels much less effective.

Here are some very simple things you can think about to help bring your stroke back to you and keep you swimming well. **Only focus on one of these at a time, try each during separate training swims and see which works best for you:**

- Lightly brush your big toes together as they pass with a regular rhythm: tap tap tap tap. (Note by Dick Pitman: I tell my swimmers that by keeping the feet close and with a short amplitude, they create "traction" in the water. When they scissor-kick, they lose that traction although they may be compensating for loss of balance.)

- Think about keeping the lower goggle in the water when breathing using the split screen visualization.

- Focus on keeping your lead hand constantly in motion: either extending forwards, lightly catching the water or pressing it backwards—never pausing! (This is a great visualization for overgliders in rehab.)

- Relax and blow a constant stream of bubbles into the water a bit like you're sighing—brrrrrr!

- Stretch lightly through your core, thinking about moving your chest away from your hips as you swim.

On the face of it these tips might seem overly simple but each is very effective at controlling a particular stroke flaw as it creeps in when you get tired.

SWIM SMOOTH!

Wisconsin Masters Short Course Yards Swim Meet

Sunday, January 8, 2012

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

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 202-002

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 January 8, 2012; Warm-up 8:00 AM-8:45 AM; Meet starts at 9:00 AM.

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 timed 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 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 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 a \$7.00 facility user fee for entries received up to one week prior to the event. No charge for relays. Fees must accompany the entry form. Please make checks payable to WMAC.

Deck entries for individual events will not be accepted.

The meet director will accept late entries, via email, until 6:00PM, Friday, January 6. The fee for these email entries will be \$5.00/individual event plus the surcharge. Bring paperwork and fee to the meet.

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 Friday, Dec 30, 2011. Mail Entry to Meet Director: John Bauman, 11917 W Rainbow Ave, West Allis, WI 53214-2166
414-453-7336 email: 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 | |

Continued on Page 4 →

Pabst Farms Meet Entry Info - Cont:

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

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 HYP (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 29, 2012

SPONSORED BY: The Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 202-001

LOCATION: Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI 54904
20th Avenue is HWY K and is west of Hwy 41

TIME: Sunday, January 29, 2012. Warm-up at 8:00AM, meet starts at 8:45AM

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

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 swimmers 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-UPS: Lane 8 will be a start and sprint lane 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 the deck in lanes 1-7. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.

ENTRY FEE: \$3.00/individual event, plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted until 8:10 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 freestyle will be LIMITED TO THE FIRST 32 ENTRIES received and each swimmer entered in the 500 will be responsible for providing a person to count his/her laps.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00 PM, Saturday, January 21, 2012. 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 (H) or 920-420-4425 (C) email: melindajmann@yahoo.com

Continued on page 5 →

Oshkosh Meet Entry Info - Cont:

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 to 3rd place.

SCHEDULE OF EVENTS

- | | |
|--------------------------|---------------------------|
| 1. 400 Individual Medley | 10. 50 Butterfly |
| 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 Butterfly |
| 7. 50 Breaststroke | 16. 50 Backstroke |
| 8. 200 Butterfly | 17. 200 Individual Medley |
| 9. 100 Freestyle | 18. 500 Freestyle |

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

POST MEET: Plan on burgers, Tex-Mex, salads, etc. at Red Robin in Oshkosh!

RESULTS: Meet results will be posted on our web site: www.swim-masters.org

DIRECTIONS: From the North: Take the 9th St. exit off of Hwy 41. Turn right. Continue on 9th Ave. until the 4 way stop at Oakwood Rd. Turn left. Continue on Oakwood to the first set of lights which is 20th Ave. Turn right. The YMCA will be about ½ mile on the left.

From the South: Take the Hwy 44 exit off of Hwy 41. Turn left and proceed over Hwy 41 to the second set of stop lights. Turn right on Washburn. Take Washburn to the first set of lights. Go left on 20th Ave. The YMCA is about 1.5 miles on the left. HWY 41 under construction. Check <http://us41wisconsin.gov/> for updates.

Wisconsin Masters Short Course Yards Swim Meet

Sunday, February 12, 2012 - Madison East YMCA

SPONSORED BY: Madison Area Masters

SANCTIONED BY: The Wisconsin LMSC for USMS, Inc., Sanction No. 202-003

LOCATION: Madison East YMCA, 711 Cottage Grove Road, Madison, WI 53716

TIME: Sunday, February 12, 2012. 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.

TIMING: Automatic timing system backed up by watches.

Continued on page 6 →

Madison East Y Meet Entry Info - Cont:

- WARM-UP:** What used to be Lane 1 is a permanent "ramp" lane. Lane 7 is on the far north side of the pool, nearest the windows. 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. **Anyone diving in during the warm up period in Lanes 1-6 will be disqualified from the meet.** The "ramp" lane, closest to office and locker-rooms, 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 \$8.00 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 \$8.00. Checks should be made payable to "Swim Club". The meet director will accept late entries, via e-mail, until 6:00 PM Friday, February 10, 2012. The fee for these late entries will be \$5.00/individual event plus the \$8.00 pool surcharge. Bring paperwork and fees to the meet.
- 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, **Saturday, February 4, 2012.** 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
- 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. 200 Freestyle | 10. 200 Butterfly |
| 2. 400 Individual Medley | 11. 100 Backstroke |
| 3. 50 Breaststroke | 12. 200 Medley Relay * |
| 4. 200 Backstroke | 13. 100 Breaststroke |
| 5. 100 Butterfly | 14. 50 Butterfly |
| 6. 200 Free 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).
- ESTIMATED TIME FOR THIS MEET:** This meet is usually concluded by 12:00 PM.
- POST MEET:** Plan on burgers or sandwiches and refreshments at The Harmony Bar & Grill, 2201 Atwood Avenue, Madison. This is located on the corner of Atwood Ave. and Dunning St.
- 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 and at the national site: www.usms.org

Why is it that garden pests don't seem to have any trouble getting their offspring to eat vegetables?

USMS Spring Nationals - Greensboro, NC!

My doesn't time fly? Can you believe that USMS Nationals are less than 5 months away? That's right. USMS Masters Nats will be held in Greensboro, NC this year at the brand new Greensboro Aquatic Center (referred to as the GAC) over April 26-29, 2012.

First things first...

1. You don't have to qualify with a special time. You can swim 3 events without meeting any time standards, so ALL are welcome to come (and wanted to come!)

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 feel like 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 Hilton Doubletree, only a couple miles from the pool. Check the Hilton website. The Hilton Doubletree is the only Doubletree Hotel in Greensboro. The hotel is on the meet shuttle route should you need a lift and they have a restaurant on site for breakfast, lunch and dinner. It won't be as sweet as last year's Hyatt place in terms of food available, but the GOLD MEDAL sponsorship at the meet may provide a nice breakfast and lunch option for you. We will arrange for some group din dins as the time gets nearer. The hotel is right next to a HOOTERS (thank goodness) as well as a Chili's, Lone Star Steakhouse and Olive Garden.

We have reserved 2 kinds of suites at \$119 (before tax) per night.
2 queen beds OR 1 king bed + full size sleeper sofa

Lots of people split costs by sharing rooms and finding a couple roommates. To reserve a room, please email Trina Schaeetz at tdschaetz@yahoo.com with your name, phone, email and dates of reservation. I will contact you for a credit card number under which to place your reservation with the hotel and then the hotel will allow you to access that reservation at that point forward to make changes or adjustments should you need. Right now, the rooms are all in my name.

Hope you're gonna plan to be there!

Trina

Attn: RVers

Are you planning on traveling with your RV to get to Greensboro, NC, for the Spring Nationals? Did you know that there are approximately 50 spaces right on the coliseum grounds where you can park AND connect to electricity? The cost is \$45 per night. While the "parking lot" may not have all the amenities of a nice RV park this option means NO RUSH HOUR TRAFFIC to battle in trying to get to and from the pool!

While there are no individual water connections there is a place to fill your water tanks on the grounds so you need not travel with heavy, full water tanks. To get more information or to make a reservation call 1-336-373-7492 or contact the meet director(s) whose phone numbers and e-mails are listed in the meet entry information!



MOWS UPDATE

When multiple numbers of Wisconsin registered swimmers participate in any event we run the risk of missing out on reporting the results of ALL of our swimmers. This is particularly true if someone is registered with Wisconsin, but not specifically with WMAC or a practice group. Such was the case with MOWS—and we missed the results of Karen Kimple (left in picture) and Kim Gebauer (right). Swimming in the 50-55 age group Karen placed 2nd in the 2.4 mile wet suit competition and Kim placed first in the 40-44 age group 1.2 mile non wet suit competition. Belated congratulations to both Karen and Kim and our apologies for missing the results of your great swims!

One Hour Swim Postal Event!

Wisconsin has never had a large representation in the USMS sponsored One Hour Swim Postal Event. Perhaps this is because of a lack of training information for this event for those of us who swim uncoached. On page 7 of this issue you will find a detailed training program written by Dr. Paul Hutinger. Hopefully this information will provide many of us with the help we need to train for and participate in this National Event!



Go at it for one hour!

TRAINING HINTS FOR THE ONE HOUR POSTAL SWIM

by Dr. Paul Hutinger

Start your training program by setting your goal. Use your time for the 500 or 1650 as a base. You should be able to be close to your 1650 pace for this swim. The chart below, will give you an idea of what your pace would need to be to achieve a specific time. If, for example, you would like to do 30:15 for a 1650, then practice on a 1:50 pace for a series of 15 x 100 yds. on 2:30. As you improve, decrease the rest time so you can do the 1:50 pace @ 2:00 (10 sec. rest) and increase the series to 20-30 x 100. This is an example of slow interval training.

Use any of the pace per 100 distances (see chart) to make up your own training schedule. Try a set of 200 yd. repeats on a 2:30 pace for each 100 yds. which would be 5:00. Or, do 4 x 500 @ 11:30 and try to average 10:00 (2:00 pace). Increase the number of repeats until you can do 5 or 6 x 500 at an average time of 10:00, every 10:20 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use your training pace as a goal for your one hour pace time. If you maintained the 2:30 pace, you would have 1200 yds. in 30 min. and give you a goal of 2400 yds. for the hour swim. This is an example of marathon training.

Since this event is scheduled for your own pool any time in January, practice in a lane where you can see the pace clock and use that to keep track of your pace. When you swim for an hour, you must hold back on the first part of your swim, so you can maintain your pace for the total time. This pace may seem slow in the first 15 min., but as you get into the last 15 min., you will realize the importance of maintaining your pace. Many swimmers have been coached on doing negative splits, so the last half of your swim will be faster than the first half. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into early oxygen debt. You need to maintain a pace that enables your body to supply energy at a steady rate, so you can gradually increase your pace during the last part of your swim. This oxygen debt will be paid back after your race.

In summary, the Master swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace (from the chart below) that you can maintain in a set of 15-30 x 100 yds. with 10 sec. rest or 4-6 x 500 yds. with 20 sec. rest. Take a 30 min. challenge swim to test yourself on your pace. Start training by Nov., so you have two to three months to get ready for this Postal Swim. Rest is an important aspect to top performance. Your last training swim, of one half your estimated goal, should be a week before your swim. Take the day off before you swim. GOOD LUCK!

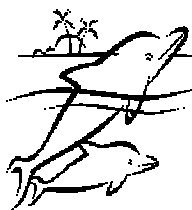
1650 SWIM PACE

PACE PER 100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	16:30	19:15	22:00	24:45	27:30	30:15	33:00	34:22	36:07	41:15	49:30
Hour/Yards	6,000	5,150	4,500	3,950	3,600	3,300	3,000	2,850	2,700	2,400	2,000

Dr. Hutinger is the coach of the Florida Maverick Masters, based in St. Petersburg, FL. He holds numerous national and world records, including the Hour Swim in 1986. Other training hints may be found at www.maverickswim.org under the training link.

Omenclature?

I never get on an airplane
Minus some nervous tension,
And calling an airport a
terminal
Doesn't ease apprehension.



Did you know that several WMACers serve on USMS National committees? They are: John Bauman (History and Archives); Suzi Green (Fitness Education); Dick Pitman (Legislation); Jeanne Seidler (Records & Tabulations, End to End Event Management Task Force); Elyce Dilworth (Vice Chair-Audit, Vice Chair-Investments, and Finance). Thanks and a tip of the hat for your service!

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 _____

The following poem was written by Edgar A. Guest, an English-born American poet who died in 1959 at the age of 78. Make a copy of this poem and keep it where you can refer to it whenever you need an extra boost!

It Couldn't Be Done

Somebody said that it couldn't be done, but he with a chuckle replied
That "maybe it couldn't," but he would be one who wouldn't say so till he'd tried.

So he buckled right in with the trace of a grin on his face. If he worried, he hid it.
He started to sing as he tackled the thing that couldn't be done, and he did it.

Somebody scoffed: "Oh, you'll never do that; at least no one ever has done it."
But he took off his coat and he took off his hat, and the first thing we knew, he'd begun it.

With a lift of his chin and a bit of a grin, without any doubting or quiddity,
He started to sing as he tackled the thing that couldn't be done, and he did it.

There are thousands to tell you it cannot be done, there are thousands to prophesy failure;
There are thousands to point out to you one by one the dangers that wait to assail you.

But just buckle in with a bit of a grin, just take off your coat (towel) and go to it;
Just start in to sing as you tackle the thing that "cannot be done," and you'll do it!



Medical Dictionary

Node—Was aware of
Enema—Not a friend
Vein—Conceited
Tumor—More than one
Colic—A sheep dog
Dilate—To live long
Varicose—Nearby
Rectum—Dang near killed 'em
Morbid—A higher offer
Fester—Quicker

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