

Wisconsin Masters Swimming

On Deck.....

Newsletter Date
June/July 2012

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This newsletter is filled with information about this summer's events of Masters Swimming and also summarizes the end of the winter/spring season. How quickly we transition through the championship short course yards meets of spring to the long course meters and Open Water season of summer.

James Biles has contributed a write-up for us to show the summer schedule, his goals, and the events he is participating in. At this point, it is too late to register for the USMS Summer Nationals in Omaha, but there is still time to register for all the other events. Please refer to James' letter on page 10 for a description and calendar for summer events.

In the last newsletter I mentioned there was the perception that masters swimming meant "super swimmers". To change that perception requires individual efforts from us all so that we encourage swimmers to join WMAC and USMS for the fitness, camaraderie, competition, and personal goal fulfillment they offer. That takes a personal touch by all of us. It is through the sum of a lot of individual efforts that we collectively build masters swimming. Talk to all your pool friends to interest them in WMAC and USMS.

There are multiple levels on which we can provide encouragement to swimmers. On one level, some of the pools that we swim in have the resources to encourage masters swimming groups if someone steps up as the coach. One program being run this summer by **Jessica Connors** (both a masters coach and WMAC swimmer) is an Adult Novice 8 week Monday night session at the Schroeder pool in Brown Deer. The session runs from June 4th to July 23rd. The focus is on swimmers who want to develop skills in a small group environment and eventually transition to the multi-session masters practices. This is an excellent stepping stone for swimmers and triathletes to become masters swimmers after their confidence is built through improved skills.

On another level, **Nancy Kranpitz** is working with the coach of her old college team to hold an informal, impromptu "swim meet" as part of the College's Homecoming celebration. Current swimmers and alums would combine forces, split into two "teams", and compete in a limited number of events. A perfect way for the younger set to see first hand what their college predecessors are now up to! There are many former college swimmers who are WMAC members that could consider taking steps to work with their current college team and coach to have a similar event.

Finally, **Eric Jernberg** is again hosting the **Amy Belle Lake Swim** at YMCA Camp Minikani on the far northwest side of the Milwaukee metro area. This is a fun swim as the course is unmeasured. But it is also the perfect situation for a developing open water swimmer, triathlete or pool swimmer to try out an open water swim on a calm, warm, inland lake. One goes through all the mechanics of an open water swim. There is an in-water start amidst a group of swimmers. There is the need to sight buoys and adjust one's



Jeanne Seidler

On Deck.... Con't

stroke and direction. Occasionally the swimmer swims across a spring fed area of the lake and feels the momentary change from warm to cold water. AND, with this being not specifically a masters meet, there are entrants as young as 9 or 10 yrs old. A wonderful opportunity for youngsters and octogenarians to compete together and for the younger set to envision themselves swimming 60 and 70 years hence!

These are some of the ways in which we can open the door for new swimmers. WMAC and USMS have so much to offer swimmers, and the swimmers are out there. It is up to us to work on tying the connection between the swimmers and the available resources.

This summer I am planning to attend the WMAC LCM Championships on June 24, the USMS Summer Nationals in Omaha from July 5-8, and the Amy Belle Swim. I know that quite a few of you will be attending the MOWS swim in August and some of the other non-USMS sanctioned open water swims. **Fred Salzmann** holds a mini-open water swim around an island at his lake cottage. Swimmers who like open water also have several USMS championships they can attend.

There is still time to register for most of the summer events. Please register and attend the WMAC LCM Champs on June 24. Do it before the 1500 & 400 frees and the 400 IM fill up to the limits. It's too late to register for the USMS Nationals, but there are a lot of other swimming opportunities available for the summer.

Hope to see you at some of these events!

RCWOM

Each month the United States Masters Swimming recognizes one website as the "Really Cool Website Of the Month" (RCWOM). Recently, Wisconsin Masters was awarded this distinction. To quote USMS: "Wisconsin Masters Swimming keeps all their members informed with events, records, and newsletters all in one place with an easy to navigate design. That's why they are the Really Cool Website of the Month." Whom do we thank for this? **Jeanne Seidler!** Great honor for Jeanne and WMAC.



In what is becoming an annual affair the **Elmbrook Masters Swimmers** (below) once again held a **100 x 100's** workout on March 24th. Note the obvious looks of relief, satisfaction, and accomplishment after the completion of the event!



So what was your excuse for not attending the USMS Nationals in Greensboro in late April? Bet it couldn't hold a candle to that of **Sarah and Octavio (OC) Perez!** They welcomed **Elena Erin** on May 15—a mere 2 weeks after Nationals! Elena checked in at 7 lbs and 14 oz and 20 1/2". Elena joins sister **Erica Leah** (1 and 1/2 yrs. old) who swam "with" mom in the 2010 USMS Nationals in Atlanta. Very proud grandma is **Mary Schneider**—proud aunts are **Leah Schneider** and **Erin Schneider**.

Wisconsin Water Warrior Awards

Those of us who placed first in our respective age groups in the Annual **Wisconsin Water Warrior Swim Challenge** were rewarded with very nice official USMS Swim Ware—a zippered hoodie fleece. While these fleece came from Kiefer Swim Supply, a USMS sponsor, they were paid for by our **Local Masters Swim Committee**. With no entry fee required for this event, and with awards such as these, we should have LOTS of people contending in next year's event. Remember, you have 2 months (November 1—December 31) in which to select your 2 weeks to accumulate your yardage. Let's set a record for participation for the WWW 2012 event.

Wisconsin Masters Website

www.swim-wimasters.org

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

National Masters YMCA Championships

Ft. Lauderdale, FL

About 30 WMACers represented their local YMCA's and participated in the YMCA Masters Nationals Championships in Ft. Lauderdale, FL, in mid-April. YMCAs in Oshkosh, Stevens Point, and Brown Deer (Schroeder) were represented with **Melinda Mann** reporting that all 4 Oshkosh swimmers (**Karen Gremminger, Jeff Schmiedel, Greg Hollub, and Melinda**) competed in the 1650 free on the first day of the meet! They decided maybe next year the 50 free would be an easier "team" choice! The weather was beautiful except the morning of the women's 500 free when there was a downpour of rain right up until the 8:00 AM start. The rain then stopped and the meet started on time. The meet finished in the early afternoon each day, which left lots of time to relax and enjoy the beautiful Ft. Lauderdale weather.



Trina Schaetz,
4 national
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records,
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Y M C A
records!

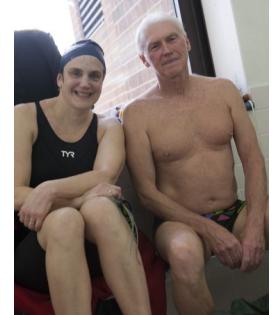


Laren Tiltmann, five National YMCA titles and one new WMAC record!



Trina Schaetz, Jessica Connors, Bailey Nennig, Mindy Seidler-18+ 200 Free and 200 Medley Relay Champs.

Melinda Mann,
7 National
YMCA titles, 5
WMAC records,
and 5 National
YMCA records:
Greg Hollub, 1
National YMCA
title, and 7
WMAC records!



WMAC swimmers capturing **individual YMCA National Championship** titles in the recent YMCA Masters Nationals were: **Bailey Nennig**, (18-24) 50 free, :25.25, 100 free, :55.63, 50 breaststroke, :32.27, 100 breaststroke, 1:08.09, 200 breaststroke, 2:27.43, 100 IM, 1:03.13; **Jessica Connors**, (25-29) 50 back, :29.85, 50 breaststroke, :30.78, 100 breaststroke, 1:06.85, 200 breaststroke, 2:27.88, 100 IM, 1:02.37; **Mindy Seidler**, (30-34) 500 free, 6:26.52; **Trina Schaetz**, (35-39), 50 free, :24.36*, 100 free, :53.94, 50 breaststroke, :29.96*, 100 breaststroke, 1:06.99*; **Melinda Mann**, (55-59) 500 free, 6:04.13, 1650 free, 20:45.01*, 50 breaststroke, :33.84*, 100 breaststroke, 1:15.12*, 200 breaststroke, 2:54.64, 100 fly, 1:05.51*, 100 IM, 1:08.84*; **Laren Tiltmann**, (40-44) 50 free, :21.92, 50 back, :25.67, 100 back, :54.98, 50 breaststroke, :28.28, 100 IM, :54.99; **James Biles**, (50-54) 200 fly, 2:16.43; **Greg Hollub**, (65-69) 1650 free, 21:38.38; **Tom Michelson**, (80-84) 200 back, 4:07.63, 50 breaststroke, :56.19, 100 IM, 1:55.30.

Three **Relays** captured national titles, also. **Trina Schaetz, Bailey Nennig, Mindy Seidler, and Jessica Connors** took first in the 18+ 200 free relay (1:42.65) and the 18+ 200 medley relay (1:54.74) and **Laren Tiltmann, Dan Schaetz, Nick Kugler, and Peter Alexander** took first in the 25+ 200 free relay (1:35.32). The relays swam for Schroeder Y.

Congratulations to all who participated!

* New National YMCA Records.

New WMAC Records set at the 2012 YMCA Masters Nationals: **Laren Tiltmann**, 40-44 100 back, :54.98; **James Biles**, 50-54 1000 free, 10:57.94; 1650 free, 18:31.22; **Geoff Mykleby** 55-59 50 breast, :33.31; **Greg Hollub** 65-69 100 free, 1:01.29; 100 IM, 1:13.67; 1650 free, 21:38.38; 200 free, 2:17.23; 400 IM, 6:06.95; 500 free, 6:17.71; **Jessica Connors** 25-29 100 breast, 1:06.85; 200 breast, 2:27.88; 50 breast, :30.78; 100 IM, 1:02.37; **Trina Schaetz** 100 breast, 1:06.99; 100 free, :53.94; 50 breast, :29.96; 50 free, :24.36; **Melinda Mann** 55-59 100 breast, 1:15.12; 100 fly, 1:05.51; 100 IM, 1:08.84; 1000 free, 12:37.44; 1650 free, 20:45.01; 50 breast, :33.84.



James Biles

Lake Minocqua Island Swim Challenge

New This Year



The Oneida County Dive Team and the Minocqua Area Chamber of Commerce present the First Annual Minocqua Island Swim Challenge on **Saturday, June 23, 2012, at 9:00 AM.** The Challenge is an open water, one mile swim race from historical Torpy Park in downtown Minocqua to Devine Island and back. Lake Minocqua water temperature will be between 60-70 degrees and wetsuits will be allowed.

The racers will start in waist deep water. The course is out and back from Torpy Park to a buoy near the island, turning around the buoy, and returning to the park. The course will be marked by buoys. The Lake Minocqua/Kawaguesaga Lake Protection Association and Lady Yakkers of the Northwoods have generously offered to provide boat escorts for the race.

Cost to enter is \$35.00 which includes a commemorative t-shirt, swim cap, goody bag, and finish line food. Proceeds will go to the Oneida County Dive Team—a team of 5 law enforcement officers and 8 civilian divers who provide immediate response to water related emergencies throughout Oneida County and 443 lakes. Register at www.minocqua.org/minocqua-island-swim-challenge.html or call the Chamber Office at 715-356-5266.

2012 Open Water Swims in Wisconsin

Madison Open Water Swim "MOWS"

The Madison Open Water Swim—otherwise known as MOWS—will once again take place in **Lake Monona in Madison on Saturday, August 18, 2012.** This event no longer accepts paper entries. In order to enter you must go to: <http://www.clubassistant.com/MOWS2012>.

There is a limit of 500 entries this year and as of May 15, 2012, 44 swimmers were registered. So, lots of room yet—but race organizers are anticipating those spots to fill up as we progress into the summer months. If this is an event you don't want to miss sign up today!

Lake Amy Belle

The Lake Amy Belle Open Water Swim will take place on July 21, 2012. Entry form and info is on Page 5!

Rock Lake Figure Eight Swim

Masters swimmers and their families are cordially invited to the **Annual Rock Lake Figure Eight Swim on Sunday, August 5, at 9:00 AM.** The swim is sponsored by **Fred Salzmann** at his Rock Lake Home in Winchester, WI (45 minutes north of Minocqua). Come join the fun swimming the one mile figure eight course around two islands while avoiding the local hazards: lily pads, turtles, and Muskie! A delicious after swim brunch will be served.

There is NO entry fee!!!!

For more information call Fred Salzmann at 608-845-8190 ext. 4.

You say you don't like open water swimming? Well, then bring your "boat"—row, motor, kayak, etc.—and follow the swimmers around the course. Even if you don't swim you still get to eat!

4th Annual Swim For Freedom

Steele Whowell

The 4th Annual Swim for Freedom will be held on **Sunday, August 5, 2012.** We will be updating our website soon with 2012 information, but the event will be very similar to the last few years—hopefully with better weather. If you are interested in joining us again this year go to the website www.swim4freedom.org and fill out and email back your entry form. There is no cost to enter but we strongly encourage each participant to raise at least \$300 for their swim. All of this money goes to the SOWF www.specialops.org

Please remember that **every swimmer needs a support boat (of some type) with them at all times for the entire swim.** As in years past I will do the best I can to help find support boats/drivers for those that need it, but I can not guarantee this for everyone. The earlier you can let me know the better chance I will have of finding you support. Feel free to contact me if you have any questions at steele@GordysBoats.com.

Remember, if you don't have time to get enough training in to swim the lake solo you can always put a relay together!

18th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 21st 2012, 12:00 Noon

WHEN: Saturday July 21, 2012, Race at 12:00 Noon, Check in at 11:30

WHERE: Lake Amy Belle at YMCA Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500-yard swim in 12 minutes or less

FEE: \$15 (\$10 for Y Members),

T-SHIRTS: \$15 (guaranteed only if ordered by July 6th, 2012)

AWARDS: Medals to all finishers, trophy to 1st place swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half-mile oval. Swimmers can choose either the half or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard boats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, including their 500yd time.

Advance registration is due by Friday July 6th, after that, registration cost is \$25

Mail to: Lake Swim, c/o Eric Jernberg, 5204 W Wells St, Milwaukee WI 53208-3038

Race results will be available on line at: swim-wimasters.org 14 days after the race

Weather check or other ?: Eric Jernberg 414-443-6460 or jernberge@yahoo.com

No refunds if event is cancelled due to bad weather

Directions: To Camp Minikani from Milwaukee County:

Take US-45 freeway north from Milw to Exit # 54 (Lannon Rd/Mequon Rd (Germantown Exit))

Go left on Lannon Rd. to Second Stop light (state route 175, Appleton Ave.)

Turn right for 1 block to Willow Creek Rd. Turn left and drive west for 1 mile to Amy Belle Rd.

Turn right on Amy Belle Road, drive 1 mile to the camp entrance (see Leadership Lodge building)

===== Cut & Return =====

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check One: ½ Mile Race 1 Mile Race 500 yard Time: _____ (required)

Race Fee Enclosed (\$10, \$15, or \$25): \$ _____

T-Shirt (optional \$15 each, xxl is \$16 each)

shirt size (if ordered) small med large x-large xx-large

T-Shirt Fee Enclosed: \$ _____ Total Enclosed: \$ _____

Make Check out to: North Milw. Swim Club

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yd time listed above and I am in good physical condition to swim this race.

Participants Signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team affiliation _____



USMS Spring Nationals

Greensboro, NC

Julie Van Cleave
The Meet of Champions

Many of us had to look at a map to see exactly where Greensboro was located in North Carolina as we made plans to go to Nationals this year. However, once we arrived, it felt like home as we enjoyed great swimming in the brand new Greensboro Aquatic Center. The venue is a state-of-the-art facility with cool things like starting strobe lights and speakers at each starting block as well as plenty of warm up and cool down capacity. This year 1,862 swimmers from 209 clubs across the country came together for four days of swimming, leaving jobs and other responsibilities behind to have a great time swimming.

Twenty eight Wisconsin swimmers, including one swimmer from the far western part of the state (**Kip Fulbeck** from Santa Barbara (CA) WI and one from the far eastern part of the state (**Joanne Field** from Durham, (NC) WI all joined together to make one fine team. Debuting National swimmers included **Robert Corris, Carolyn Pettersson, Mark Pfaltzgraff, John Sinitz, and Matt Sostock**.

In the end Wisconsin was once again the “little team that could” placing **6th** in the **Regional Club** division ahead of some much larger clubs.

It could be a record number of National Championships at Nationals won by any Wisconsin team, as eight individual and three relay National Championships were won! It goes beyond my record keeping skills, but it was truly amazing to see. Winning individual championships were **Candy Christenson** in the 65-69 100 IM, **Trina Schaetz** (35-39) in the 50 and 100 breaststroke as well as the 50 and 100 free-style, and **Laren Tiltmann** (40-44) in the 50 and 100 backstroke and the 100 free. Relay victories included the Men’s 35+ 200 Medley Relay (**L. Tiltmann, Darryl Stich, Kip Fulbeck, and Dan Schaetz**), the Men’s 35+ 200 Free Relay (same four guys), and the Mixed 35+ 200 Free Relay (**L. Tiltmann, T. Schaetz, H. Tiltmann and D. Stich**).



We also scored eleven 2nd place finishes: **Candy Christenson (1)**, **John Bauman (1)**, **Kip Fulbeck (1)**, **Nancy Kranpitz (4)**, **Matt Sostock (1)**, **Darryl Stich (1)**, and **Laren Tiltmann (2)**. Seven individuals each scored in 3rd place: **John Bauman**, **Candy Christenson**, **Kip Fulbeck**, **Nancy Kranpitz**, **Trina Schaetz**, **Darryl Stich**, and **Laren Tiltmann**. Swimmers who also finished in the top 10 in individual events included **David Clark, Robert Corris, Dean Fochios, Geri Havel, Carolyn Pettersson, Mark Pfaltzgraff, Gordon Schalla (pictured at left), Erin Schneider, Nora Settimi, Cheryl Sinitz, Chris Stich, Heather Tiltmann, and Julie Van Cleave**. Other swimmers with strong swims and also on our relays included **Don Minkey, Curt Paulsen, John Sinitz, and Mary Schneider**.

Speaking of relays, special thanks go to **Coach Fred Russell** and to **John Bauman** who master-minded the relay entries—as we took 20 relays to the water, scoring in 12 of them! **Coach Fred** was also poolside coaching and encouraging us across all of our swims—Thanks Fred!



Matt Sostock

USMS Nationals
“Newbie”



National 35+ 200

MR & FR

Champs:

Kip Fulbeck
Darryl Stich
Dan Schaetz
Laren Tiltmann



National Champs

Laren Tiltmann
Candy Christenson
Trina Schaetz.



Erin and Chris



Curt Paulsen

USMS Spring Nationals, Cont.

We also have **Chris Stich** (pictured at left with Erin Schneider) to thank for her leadership in our post-swimming events each night. She organized team dinners each evening so that we could keep our nutrition and hydration at levels needed to prepare us for the next day of swimming. We also gave our abs a good workout as we laughed along with each other reflecting on various aspects of it all. Thanks, Chris!



Cheryl and John Sinitz

Thanks also to **Trina Schaetz** who organized our hotel registration, and tirelessly e-mailed people about meet and travel information. She also put together our great meet T-shirts. Other clubs end up in various hotels with mismatched shirts, but we moved about in a handy and uniform group of 28 thanks to **Trina's** work.

If you haven't considered swimming in a Nationals meet, just talk to anyone on the trip about what makes Nationals so great. We enjoy the camaraderie of our own state team, as well as the privilege of competing in a great meet. From the first day where we were treated to 95 year old **Anne Dunivin** from Georgia setting a meet record in the 1000 free to near the end of the meet when we saw **Olympian Cullen Jones** win the 50 free, we enjoyed a great meet!

New WMAC records set at the USMS Spring Nationals in Greensboro, NC: Darryl Stich, 35-39 400 IM, 4:26.26; Laren Tiltmann, 40-44 100 back, :53.34; 100 IM, :53.30; 50 back, :24.77; Trina Schaetz, 35-39 100 free, :53.23; 50 fly, :27.70; 50 free, :24.20; Germaine Havel, 60-64 200 free, 2:41.42; Candy Christenson, 65-69 100 breast, 1:39.10; 50 breast, :43.91; Nancy Kranpitz, 65-69 100 free, 1:15.29; 50 fly, :38.71; 50 free, :31.71.

Coach Fred Russell doing "his thing" on the deck. Coach was truly a TEAM coach—there for all of us regardless of our umbrella team affiliation. ▾



Women's 55+ 200 yd medley and free relay team

Mary Schneider
Nancy Kranpitz
Geri Havel
Candy Christenson



Carolyn Pettersson, a National "newbie", had some great swims and obviously enjoyed herself and the whole national experience.



Laren and Heather Tiltmann

Individual and relay USMS National Champs!

Yea Yea - Rah Rah!

For the second year in a row WMAC's own **John Bauman** was nominated for the prestigious **Ransom Arthur Award** given annually at the Spring Nationals to a USMS member who has gone **above and beyond the call of duty as a volunteer**. John has a long history of service not only our to our state but also to the national organization—particularly in the History and Archives area. Although he didn't win the award this year it is quite an honor in itself just to be nominated for the award. USMS and especially Wisconsin Masters are much better organizations due to John's efforts over the past 40 years! **Congratulations, John!**



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During the relays at nationals it felt like all 1,862 swimmers were on deck at the same!!!

Our Sympathies...

W M A C would like to extend our heartfelt sympathies to **Kristin Koeffler** whose father died recently.

Tip of the Month—Training with Fins

Swim training with fins has many benefits including rehabilitation, water aerobics, fitness, and yes, even competitive training. I base my ideas upon my swimming background, which extends from my high school days in St. Louis, Navy in Hawaii, the University of Iowa and Indiana University under Doc Counsilman, Masters, Western Illinois University, fitness swim classes, and rehabilitation.

My first impressive results came in a fitness swim class at WIU in the mid-1960s. I used swim fins with a class with only a beginning level of free-style. We met twice a week for one semester. I couldn't believe how fast they progressed compared to those from the previous ten years. Some of these swimmers advanced to butterfly and several were recruited for the swim team, NAIA level.

Swim fins will **increase leg strength**, especially weak muscles. You will be able to continue to **train at a higher level** and/or **maintain your fitness** while recovering from shoulder, arm and other injuries. They will give you the feeling of how it **feels to swim fast** in a meet and **maintain race pace without race effort**. They will provide you with a **more powerful and efficient kick**, which will possibly lead to **greater ankle flexibility**. However, DON'T use them for your entire workout, unless you are rehabbing an injury. If you experience pain or rubbing in your foot while wearing them, wear socks or use a product such as Glide or Slide. Comfort is important.

In conclusion, swim fins can enhance any swim program. They will help prevent injuries, assist with a rehab program, improve stroke techniques, and increase performance from the fitness level all the way to competition at the National and World level.



Deadline
for next
newsletter
is
July 25!

A Look WAY Back!

Nancy Kranitz

Seventy, (yes 70) years ago this summer The Women's National AAU Outdoor Swimming & Diving Championships were held in Neenah. I grew up in Neenah and was a "pool rat" in this pool—first learning how to swim there and then beginning my competitive swimming career there. While doing some spring cleaning recently I came across the program for this event and would like to share some interesting statistics with you! As quoted in the program:

"Neenah's municipal swimming pool, ranked by a national authority as one of the 10 best pools in the US, is the scene for the 1942 national AAU Women's Swimming and Diving Championships.

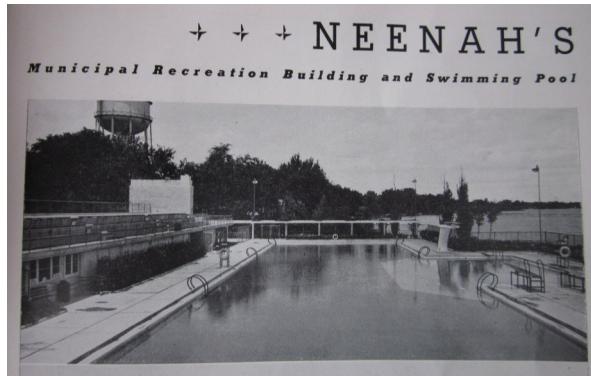
The beautiful pool and recreation building, which cost approximately \$200,000, was opened to the public in 1940. Two of Neenah's leading citizens who still decline to have their names disclosed, offered the pool and recreation building as a gift to the city. They contributed the land, a valuable piece of property and one of the last plots abutting Lake Winnebago that was available, and more than \$50,000 toward the pool and building, the city and the federal government furnishing the rest.

The pool was built according to Olympic style, so that national AAU meets could be conducted here. The pool proper, 50 meters long and 50 feet wide, has a separate diving section 50 by 25 feet.... The pool depth ranges from 3 1/2 feet at one end to 5 1/2 feet in the center and to 3 1/2 feet at the opposite end.

The pool has a capacity of from 800 to 1000 swimmers and divers at one time. The 27 underwater lights and the 12 flood lights around the pool make visibility at night even better than in daytime."



The notice says "Do not dive from this end" - but this narrow cement "block" served as the starting block, diving into 3 1/2 feet of water, not only for this National Meet but also for all swimming competition held in this pool over the course of many years. As usually happens these days, when this original facility was beyond repair it was demolished and replaced with a zero depth water park type facility. At least several 25 yard lanes for lap swimming were included in the design of the new pool.



The "state of the art" Neenah Municipal Pool—where I learned to swim and got my start in competitive swimming at age 8.

There were 8 individual swimming events, 1 diving event, and 2 relay events offered in this meet and there were very few entrants: Events, number of entrants, and American Record (AM) were as follows: **100 M free** (11), AM 1:06.8; **300 M IM** (7), AM 4:32.3; **1500 M free** (8), AM 22:12.2; **100 M Back** (11), AM 1:17.5; **200 M breaststroke** (8), AM 3:12.6; **400 M Free** (11), AM 5:22.0; **100 M Breaststroke** (12), AM 1:26.6; **800 M Free** (9), AM 11:15.9; **3 Meter Springboard Diving** (10), **800 M Free Relay** (3 teams), AM 10:30.7; **300 M Medley Relay** (7 teams), 3:52.8. In looking thru the program it appears there were some non-sanctioned events of 50 and 150 meters in distance listed as "Fox Valley Open". Remember, this was before the advent of the butterfly—thus the 300 IM and the 300 MR distances.

The meet ran over the course of 3 days. Those of us who have ever attended a national meet (USMS or YMCA) will get a chuckle out of the "schedule": I have listed only Saturday's schedule—but Friday's and Sunday's are similar:

3:00 PM, 100 M Backstroke (trials);
3:10 PM, 200 M Breaststroke (trials);
3:25 PM, Synchronized Swimming Exhibition;
3:40 PM, 400 M Freestyle (trials);
4:00 PM, 150 M IM (Fox Valley Open);
4:15 PM, Exhibition Diving;
4:30 PM, Exhibition Log Rolling.

Evening:
7:30 PM, Band Concert by Kimberly-Clark Band;
8:00 PM, 800 M Team Relay (finals);
8:15 PM, 100 M Backstroke (finals);
8:20 PM, 200 M Breaststroke (finals);
8:30 PM, Synchronized Swim Competition;
8:45 PM, 50 M Breaststroke (Fox Valley Open);
8:50 PM, 400 M FR (finals);
9:00 PM, Exhibition Diving;
9:15 PM, Log Rolling Exhibition.
My oh my—how times have changed!!!!

To My Team Mates!

James Biles

I am finalizing my summer swim events and setting goals. I just want to let everyone know what events are out there and what I am doing in case anyone wants to join me!

I have already signed up for:

WI State LCM Championships being held 6/24 at the WSAC. There's no excuse not to do this one. Treat it as a Saturday practice (on Sunday) if you're not into competition.

USMS LCM Nationals being held in the world's fastest pool at the Century Link Center in Omaha, NE, 7/5-8. This pool is only being used for 2 events—Olympic Trials and USMS LCM Nationals—and then it is being disassembled and sold. This is a once in a lifetime opportunity! You need to go to this one!

USMS Open Water 5K National Championships: A 10 mile swim being held at Lake Minnetonka (just west of Minneapolis). It is only two length from beach to beach—that's like a 50! Com on sprinters!

Aquathon Series: A series of 5 biathlons (1K swim/5K run) held Thursday evenings at Menomonee Park on 5/31, 6/21, 7/12, 8/2, and 8/23. Only your top 4 times are used, so if you can't make a day, no big deal. I've heard this is a lot of fun with plenty of food. That was enough for me to dust off my running shoes.

USMS Open Water 1-3 Mile National Championship: A 2 mile swim being held at Lake Hopatcong in northern New Jersey on 9/9 (Sunday).

Events I will be signing up for:

Lake Amy Belle Swim: Held at YMCA Camp Minikani on 7/21 (Saturday). Eric Jernberg puts this on and it's not sanctioned by USMS but is supposed to be laid back and fun. It is perfect for the novice swimmer or the pool swimmer who has never done an open water event and wants to get their feet wet. I finally don't have a conflict and will be able to do it!

Madison Open Water Swim: A 1.2 or 2.4 mile swim held in Madison at the Ironman Wisconsin course on 8/18 (Saturday).

Big Shoulders: A 2.5 or 5K swim held in Chicago on 9/8 (Saturday). I am not sure if I will be doing this one since I need to be in New Jersey Saturday evening (see above). But if flights work out...?

Finally, sometime in June I will swim the 5K Postal and in July the **10K Postal**. Both of these are **USMS Long Distance National Championships**. If enough people participate we can also enter relays (3 guys, 3 gals, 4 mixed (2/2).

I hope to see you at some of these events!