

Wisconsin Masters Swimming

June 2014/July 2014

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O N D E C K . . .

Summer is here, but what happened to Spring? Some of us enjoyed spring in Sarasota, Florida, at the YMCA Masters Nationals. Others enjoyed spring in Santa Clara, California at the USMS Nationals. Another swimmer, Melodee Nugent, enjoyed spring with a 4-day, 4-venue progressive open water swim in Arizona. James Biles enjoyed spring with an open water swim on the Tennessee River at Chattanooga, Tennessee. All the stories from these events are in this newsletter. Enjoy reading these events and please think about putting one of these events on your calendar for next spring.



Jeanne Seidler

Saturday, June 21st, is the date for the Wisconsin Masters Long Course Championship at the Schroeder pool. There is still time to register for the event, although registration will close on Saturday, June 14th. Please register now for the event. See www.swim-wimasters.org for the link to on-line registration. As in the past, this event will offer something for everyone, be it long distance, sprints, middle distance or relays. This is the only Long Course meet held in Wisconsin this summer. We were able to change the event to Saturday this year and for the future. We hope that more swimmers will be able to come on a Saturday rather than a Sunday.

At the Wisconsin Long Course Champs last year, almost all relays were USMS Top Ten achievements. But two relay teams swam times that were #1 in the FINA World Rankings. Yes, #1 in the world! The Men's 240-279 400 Meter Medley Relay team of Kevin Welton, James Dannenberg, Brad Horner and Dean Fochios achieved the #1 ranking. And, the Men's 320-359 400 Meter Medley Relay team of John Bauman, Alex Mac Gillis, Don Jackson and Tom Michelson achieved the #1 ranking. Hopefully, these guys will swim again at the June 21st meet and repeat their successes.

The Madison Area Masters will hold the Madison Open Water Swim (MOWS) on Lake Monona on Saturday, August 16th. Although that is over two months from now, the meet is capped at 500 entrants and it will fill up in advance of the date that the entries close. Please register for the meet now if you want to swim the event. If you wait, you might not get into this popular event. The registration link is on the www.swim-wimasters.org webpage.

Finally, the Lake Amy Belle swim is again being held at YMCA Camp Minikani, Hubertus, WI, on Saturday, July 19th. This swim is not a USMS Sanctioned or Recognized Event. The course is ½ mile, more or less, depending on the level of the water. It is sponsored by the YMCA of Metropolitan Milwaukee. Masters Swimmer, Eric Jernberg, has run this event for 20 summers. The swim has two races, one being the half-mile loop around the lake and the other being a mile, which is two loops around the lake. This is an excellent practice event for those who want to try out an open water swim on a very short distance, on a calm and warm, spring-fed inland lake. There is an in-water start, the need to sight three buoys and an in-water finish. The weather has almost always been good, no rain, warm and sunny during this time of the year, knock on wood. Hope to see you there.

Two other events to note this summer are the USMS Long Course Nationals in College Park, Maryland (August 13-17) and the FINA World Masters Championships in Montreal, Canada (July 27th-August 10th). (continued on page 2)

Wisconsin State LCM Meet

Saturday, June 21, is the date for the Wisconsin LCM meet. Entries are due by Saturday, June 14. Relays are also offered for those who would like to try for a Wisconsin state record, or for those who just want to swim a relay for the fun of it. Remember, anyone who is registered for Wisconsin Masters can swim on a relay. The link to the meet registration is in the Chairman's On Deck article.

2014 Postal Swimming

By James Biles

With the success of the online entry platform and keeping in step with the evolving electronic age, the USMS Postal National Championships will now be known as the USMS ePostal National Championships and will no longer be offering or accepting paper entries effective with the 2014 Speedo USMS 5K/10K ePostal National Championships.

We encourage any participant who does not have easy access to a computer to reach out to his/her event counters/timers, coaches, team mates, family, or friends to assist with processing your online e-postal entry.

Happy ePostal Swimming!

Minocqua Island Open Water Swim

By Nancy Kranpitz

The open water swim season is upon us, and for those of you who love the open water, want to get in an early season open water swim, and live a fair distance from Milwaukee, the Minocqua Island Open Water Swim is awaiting you! This one mile, unsanctioned (think Lake Amy Belle), swim will be held in Lake Minocqua, Minocqua, WI., on June 21 (same day as the WI LCM meet at Schroeder). This swim combines an early season open water swim with a fund raiser for the Oneida County Dive Team - a group which aids in water safety on our beautiful Oneida County Lakes. It is low key but given the group which is sponsoring this (a water safety team) you can be assured the on water safety is superlative. So if Minocqua is closer than Milwaukee and your competitive juices are flowing, consider coming up north for the weekend. Complete information can be found at www.minocquaislandswimchallenge.com. Oh, and don't forget your wet suit! The ice on Lake Minocqua didn't go out until May 8, we have had 3 nights recently with overnight lows in the 20's, and consistent overnight lows in the 40's and 50's. It will be a "refreshing" swim to say the least!

State Record—Baraboo, WI, April 5, 2014

Men 55-59 Peter Allen 200 Breaststroke 2:33.41

On Deck (continued from page 1)

Registration for the USMS Long Course Nationals is open until July 9th, but don't wait until then to register. For the FINA World Masters Champs, individual registration ends on June 1st, so if you're reading this Newsletter on June 1st, you have until the end of the day to register for Worlds.

While In Sarasota for the YMCA Masters, I had the privilege of touring the USMS office along with my daughter, Mindy, and James Biles. The office had a collection of swim caps that included one of our WMAC caps, which John Bauman presented to the USMS office some time back. It is a very small office, occupying what was once the Sarasota Visitor Center. The landscaping includes a small pond in which there are always shore birds like egrets or herons stopping to visit. I brought back a stack of the "Get Wet" decals to distribute at the June 21st meet. USMS employees and the many, many volunteers really do a great job with very little, to accomplish so many programs for adult swimmers. I hope you'll be able to take advantage of some of the national programs such as the 5K-10K postal events this summer.

See you at the pool (or the open water).

2014 YMCA Masters Nationals

By Jeanne Seidler

Thirty-six WMAC swimmers representing five YMCAs attended the 2014 YMCA Masters Nationals in Sarasota, FL, April 10-13, 2014. In all, there were 586 masters' swimmers from 47 YMCAs across the United States at the meet. Since our Wisconsin winter was so long and so cold, it was wonderful to be in the Florida sun for the outdoor meet. We all needed a lot of sunscreen because of the intensity of the sun, but the sun, beach, and water were both a delight and a real treat.

The meet was held at the Selby Aquatic Center of the Sarasota Y, which is the same pool that hosted the 2013 Pan American Masters Championships. The pool was a great venue. It was 25 yards wide, but was more than 50 meters long. The pool was large enough for three cross-wise 25-yard pools. We swam even and odd heats in 2 pools in the cross-wise configuration, just as is done at a USMS Nationals. The meet ran quickly each day and there was time to head to the beach each afternoon.

A new USMS National Individual record was set by Adam Mania in the Men's 30-34 50 backstroke with a time of 22.20 in a relay leadoff split while the relay team was on its way to setting a new USMS National Relay record in the men's 25+ 200 Medley Relay. The relay team of Adam Mania, Eric Johnson, Doug Dickinson and Kevin Ewald erased the old USMS National record of 1:31.43 with a new time of 1:30.97 at the meet. Many relay records were set back in 2010 when swimmers could still wear the non-textile suits, so this record is special because swimming is now restricted to FINA-approved apparel. The same team of guys swam 3:07.21 in the men's 25+ 400 freestyle relay, missing the USMS record of 3:06.20 by 1.01 but erasing the YMCA record of 3:11.23 set in 2005.

Fred Salzman and Phyllis Jane Smith represented the YMCA of Dane County. Fred swam an unbelievable 12 swims over the 4 days of the meet. Fred and Phyllis, a team of just 2 swimmers, without any relays for team points, still finished in 20th place for the meet.

Melinda Mann, Greg Hollub, Jeff Schmiedel and Karen Gremminger represented Oshkosh along with two other Oshkosh-Y swimmers. George May, vacationing this past winter on Marco Island, represented the Greater Marco Island YMCA. Patrick Quinn represented the Eau Claire YMCA. Thirty-five swimmers represented Schroeder, of which 28 were members of WMAC. The meet is a USMS-recognized meet and does not require USMS membership so it affords some community swimmers and triathletes a competition opportunity. About 90% of the swimmers at the meet are USMS Members.

Because of the location, this meet is attended by many, many senior citizens. Don Jackson, Schroeder, swimming in the men's 70-75 age group noticed that his place was 5th in the 200 freestyle and that there were 12 guys swimming the event. He said that he's never been at a meet where there were so many guys in his age group. The number of senior swimmers at the meet was astounding.

The YMCA meet also keeps YMCA Records. Numerous YMCA records were set by WMAC swimmers and some records that have been set in previous age groups are still held! A few shout-outs to the women's 25+ relay team who swam all three women's relays, making it a trifecta by taking first place in each. The team was composed of Jess Connors, Kimberly White, Trina Schaetz and Mindy Seidler. By the end of the meet, all the officials knew them as the "girls from Wisconsin" and enjoyed watching them swim fast. A shout-out to the Oshkosh swimmers, who had enough representation for mixed relays. Melinda Mann led the group. Melinda holds numerous YMCA Masters records in both the 50-54 and 55-59 age groups. At this meet, she bettered her own YMCA Masters records in the 50 and 100 yard breaststroke and set several new Wisconsin records. A shout-out to James Biles, who challenged himself by swimming the longest and most difficult events, competing in 12 individual events and 5 relays. James was 1st in the 1650 freestyle and the 400 IM and the 200 fly. In addition, James' program included all the 200 events (back, breast, free and IM), the 500 free and the 1000 free while his only short events were the 100 IM and 100 Fly plus the 50 free.

In summary, it was a great meet. The weather was unbelievable. All sun, no rain and warm, warm, warm. Many of the same swimmers who attend USMS Nationals were at this meet so many friendships were renewed. Many of us look forward to next year's meet in Sarasota, tentative date of May 7th-10th, 2015, following the USMS Nationals. If you belong to a YMCA, this meet is one for your bucket list.

State Records from YMCA Nationals

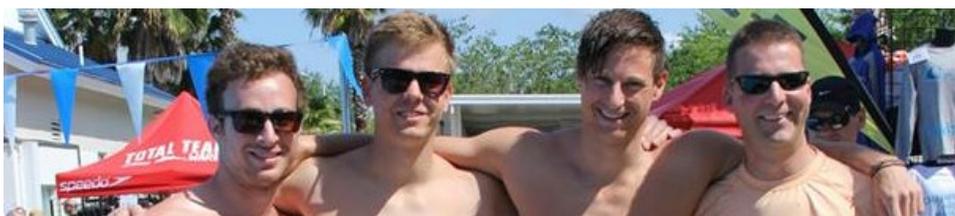
Age	Event	Time	Name
Men 30-34	50 yd Back	22.20 (USMS National Record)	Adam Mania
Men 25 +	200 yd Medley Relay	1:30.97 (USMS National Record)	Adam Mania 30, Eric Johnson 27, Doug Dickinson 42, Kevin Ewald 26
Men 25 +	400yd Free Relay	3:07.21	Eric Johnson 27, Adam Mania 30, Kevin Ewald 26, Doug Dickinson 42
Women 25 +	400 yd Free Relay	3:53.27	Jessica Connors 28, Kimberly White, 35, Trina Schaetz 41, Mindy Seidler 34



Left: Doug Dickinson is diving in for the fly leg of the record setting 200 medley relay. Note the official watching the exchange. Eric Johnson is in the water coming in from the BR stroke. Adam Mania has swum the bk and is standing between the block and the official, and Kevin Ewald is getting ready to swim the 50-free leg of the relay. He will have 23 seconds to get ready for his start.



Above: Kimberly White, James Biles and Rachel Krejci



Above: Eric Johnson, Kevin Ewald, Adam Mania and Doug Dickinson

State Relay Records Set at USMS Nationals

Age	Event	Time	Name
Women 35 +	200 Medley	1:57.49	Chris Stich 36, Trina Schaetz 41, Erin Schneider 35, Sarah Perez 38
Women 65 +	200 Free	3:08.23	Candy Christenson 67, Jeanne Seidler 67, Jane Dillon Stewart 71, Nancy Kranpitz 69
Women 65 +	200 Medley	3:23.55	Jeanne Seidler 67, Candy Christenson 67, Nancy Kranpitz 69, Jane Dillon Stewart 71
Men 55 +	200 Medley	1:53.47	Dean Fochios 60, David Holland 55, Geoff Mykleby 61, Barry Mandel 61
Mixed 65 +	200 Medley	2:40.01	Clark Knuth 65, Candy Christenson 67, Fred Russell 66, Nancy Kranpitz 69

Long Distance Corner

By James Biles, Wisconsin LMSC Open Water/Long Distance Chair, USMS Long Distance Committee

The Long Distance Season has arrived along with warmer temperatures. Let's have a moment of silence for the end of winter.....what am I saying??? Go outside, swim, run, be active, and celebrate the end of this long and miserable winter season! It's time to start your training out of the pool to get ready for your summer racing schedule. Nearby swims include the Madison Open Water swim in August and Big Shoulders (Chicago) in September. See "swim-wimasters.org" for additional information. Both of these fill up early, so be sure to register now if you want to swim them.

The first of the USMS National Championships was conducted on May 17th. It consisted of a 2.4 mile course in the Tennessee River in downtown Chattanooga. The hosts did an amazing job running the race; unfortunately, Mother Nature did not agree. The air temp was more than 20 degrees cooler than the water temp of 70 degrees. This was one of the first races I have seen where the support and safety personnel had a greater chance of hypothermia than the swimmers! Wisconsin had one representative to make the 12 hour drive south. That person was none other than me. I finished 14th overall and was the top finisher over 50. Unfortunately, my age group starts at 50 so I was beat out by a swimmer who just aged up, thus finishing 2nd in my age group.

We are now in the time frame for the 5k and 10k e-Postals. You have until Sep 15th to find a 50m pool and swim your event. Registration is done strictly on-line from now on for all e-postals. Mail-in entries are no longer accepted. See USMS.org for more information and the entry link. Please feel free to email me at swimmingfit@gmail.com with any questions.

Melodee Nugent participated in an amazing long distance swim series out in Arizona in May. Be sure to read how she did in a separate article in this newsletter.

The remaining USMS National and FINA World Championships are listed below. See "usms.org" for additional information.

1-Mile Open Water National Championship Lake Berryessa, Lake Berryessa, Calif., June 7	2-Mile Cable Mirror Lake, Lake Placid, N.Y., August 16
9+ Mile Open Water National Championship (10 miles) Lake Minnetonka, Wayzata, Minn., July 26	6-9 Mile Open Water National Championship (10K) Lake George, Hague, N.Y., August 23
3-6 Mile Open Water National Championship (5K) Elk Lake, Bend, Ore., August 3	Speedo-USMS 5K/10K Postal National Championships (50 meter pools only)
FINA 3K World Championship Olympic Rowing Basin, Montreal, Canada, August 10	Speedo-USMS 3000/6000 Postal National Championships (25 yard or 25 meter pools only) September 15–November 15

2014 USMS Nationals



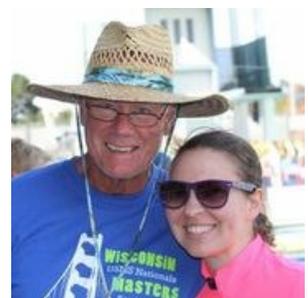
3 of the Womens 65 + contingency—Nancy Kranpitz, Jane Dillon Stewart, Candy Christenson



Mark Pfaltzgraff is intent swimming the fly



Mens 45 + Relay—Jim Fischer and Tom Grisa look to see how they are doing



Clark Knuth and Laura Thompson—seasoned national swimmer and newby

The S.C.A.R. Challenge

By Melodee Nugent

On May 7th-May 10th, I attended the S.C.A.R. Challenge in Arizona (stands for the following 4 lakes: Saguaro, Canyon, Apache and Roosevelt). This is a 4-day stage swim, 4 different lakes in 4 days for a total of 41 miles of swimming. I know you are thinking, "Are there lakes in Arizona?" and the answer would be yes! These lakes are in the Tonto National Forest. I went to Arizona and roomed with a woman named Janet who was from Maryland. We were great roomies right from the start.

The first day was **Saguaro Lake**, a 9.5-mile swim. The air temperature was cool for Arizona, low to mid 70s. I met my escort, only to find out he is "the best in the business". His name is Neil van der Byl and apparently his wife Grace is a rock star in the marathon swimming world. He was the best. At every feeding (he would do a 5-minute and 2-minute count down) he would give me my stats: strokes per minute, what place I was in and water temp. Oh yes, let me tell you about the water temperature.....it was COLD!! I knew it would be in the 60s and I avoided talking to people about the water temperatures prior to the swim so as to not psych myself out. But I really thought the warm Arizona sun would be making my back nice and toasty warm. However, when I jumped in, it actually took my breath away, causing me to think "What the "?!*?" am I doing here"? It took a while to get used to the water temp which was 66 at the start, but warmed up to 69 by the end. The channel swimmers and those from California are used to this temp, but not a girl from Wisconsin, who is always cold. Neil worked me hard and at the last feeding about 10 minutes from the finish, he whipped me my drink and said, "2 sips and you go"....he wanted me to beat this one guy. So my stroke rate went up to 70 at the end. I still had some gas in the tank and he got me to a 6th place finish out of 29 swimmers. I earned the "S".

The next day was **Canyon Lake**, the most beautiful of all the lakes. I had an escort, Susie, from Arizona who lived in Rockford, Illinois for a few years. This was her first time being an escort. This water was colder, 60 at the start...yes 60!!! It did warm up close to 70 by the end. This was a 9-mile swim in which I was a little slower than the day before. During the swim, I noticed early on that we were on one side of the lake and everyone else was on the other side. I was thinking to myself, "Why are we not with everybody", thankfully, another kayaker came up to her and told her she was taking me on the scenic route. The memorable part of this swim was when (as I do on all these long swims), I pulled down my racing suit at the beginning, and it usually is tight enough to stay up. This way I avoid chaffing on the neck. However, I was wearing a different suit that I thought was tight, but it came down immediately to my waist. This problem was the farthest thing from my mind because I was dealing with the very cold water. I told my escort I was sorry she had to see that and she said she has a pair too! It would have been different if my escort would have been a guy. If Lynne Cox does it (with her swimsuit), so can I! I earned the "C" with a 9th place out of 28 swimmers.

The **Apache** swim, a 17-mile swim was difficult. I did not earn the "A". It started out with water temps at 65 and I just could not warm up. My feet and hands were tingling, even though I was trying to pick up the stroke count. I wasn't near hypothermia, but I knew after about 2.5 hours, that I could not swim another 5+ hours. My escort Dave tried to push me to swim more, but mentally, I was already done. Not only did I not finish, but 8 of the 25 did not finish. I spent the rest of the day on the race director's boat pulling out the cold swimmers, which were mostly the ones who did not have much body fat to keep themselves warm in the cold (freezing!) water. I was the official warmer-upper. I would get them wrapped up in blankets and hats, socks and get the heater going next them. Sal Minty-Gravett, an International Marathon Swimming Hall of Fame Swimmer, who has crossed the English Channel five times, said this swim was harder than any of her channel crossings. It made us feel okay about not finishing and those that finished very accomplished. There was even another swimmer who came back this year to try and earn the "A" again and did not finish. My first DNF ever, but I think a smart one at that.

Finally, the **Roosevelt** swim which would end up to be my favorite. This was a 6.2-mile swim which started around 5:30 in the evening, which meant we would be swimming in the dark. The water temp started close to 70 and dropped a few degrees during the swim. It was easier to get colder after starting out warm versus starting out cold and never warming up. We had to go through a very shallow area where the escorts lined up to make sure we were not too shallow. Then it took close to 30 minutes for them to find us. I was relieved when I saw my escort Summer. The escorts are your eyes and ears and you become totally dependent on them. A strong head wind came soon after I found my escort and that made the swim more challenging with lots of accidental gulps of water. The cool part of this swim was the finish which was beyond the Roosevelt Bridge (the largest arched bridge in the US). The bridge had a red light on the top and the dam behind it had a string of white lights. I like to swim to a destination that is easy to see, though it is always appears closer than it really is. I also like swimming in the dark. All the swimmers had a glow stick on their back and the escorts had one of their front/back and that is all you could see. Another 9th place finish out of 29 swimmers. I earned the "R".

The final results: there were 14 that completed all 4 lakes (2 wore a wetsuit for all 4), 5 completed 3 lakes, 9 completed 2 lakes and 6 completed 1 lake. There was one relay that did 2 lakes and 2 relays that completed 1 lake. Swimmers came from 15 different US States and 4 other countries (Australia, United Kingdom, Ireland and Italy).

(SCAR—continued from page 6)

A couple things I learned was if a meet director puts swim parka on the supply list, bring your swim parka! At the time I was thinking, “Why would I need a parka...we are in Arizona?” now I know why. I could have really have used it after the swims to warm up. Also, in the marathon swimming world, you don’t wear a wetsuit. A few people used them and honestly, you do not get the respect if you use a wetsuit. I didn’t wear one for any of the swims, though I could have maybe finished the Apache swim if I had one.

This was an awesome experience to be with most of the same swimmers for five days, not to mention some very accomplished swimmers in marathon swimming. Unlike other events that are in one day and then it is over. They were long days though. The first 3 days we would meet at 6:30am, but would not start swimming until close to 10:00am because of the time it took to get all the kayaks, escorts and swimmers to the start (which was not by the loading area). After the swim, they had to get everything and everybody back. The director of the event, Kent, was great. It was a big undertaking for him to prepare for a 4-day event. We made new friendships, encouraged each other and gave each other advice. It felt like I was at camp for a week. It was a blast!



Start of swim for SCAR



Finding your escort



Melodee (in yellow Green Bay Packer hat) getting ready to swim

State Records Set at USMS Nationals

Age	Event	Time	Name
Women 18-24	1000 Free	11:06.64	Elisa Perez
Women 18-24	500 Free	5:18.37	Elisa Perez
Women 35-39	200 IM	2:21.14	Sarah Perez
Women 35-39	200 Breast	2:31.57	Sarah Perez
Women 35-39	200 Fly	2:24.77	Erin Schneider
Women 40-44	100 IM	1:03.46	Trina Schaetz
Women 40-44	100 Breast	1:09.25	Trina Schaetz
Women 60-64	100 Breast	1:32.26	Nancy Ehrke
Women 60-64	200 Fly	3:18.53	Nancy Ehrke
Women 60-64	200 IM	3:08.18	Nancy Ehrke
Women 60-64	400 IM	6:36.21	Nancy Ehrke
Women 65-69	1000 Free	16:25.07	Candy Christenson

Age	Event	Time	Name
Men 55-59	50 Breast	29.99	David Holland
Men 55-59	200 Breast	2:26.72	David Holland
Men 55-59	200 IM	2:17.33	David Holland
Men 60-64	50 Free	24.98	Dean Fochios
Men 60-64	100 Free	55.40	Dean Fochios
Men 60-64	200Free	2:04.91	Dean Fochios



Trina Schaetz swimming the 50 Breast in a National Championship time of 31.35. Congratulations on your 1st place finish!

Coach's Perspective, Santa Clara Nationals 2014

By Fred Russell

The Short Course 2014 Spring National Championship was held in Santa Clara at the George Haines International Swim Center. (The same beautiful pool from the sixties with some recent "cosmetic work." Swimmers and spectators can still see the mountains from the stands!)

The Regional Team from Wisconsin was represented by (39) swimmers ranging from 18 years of age to 71! Thus allowing WMAC to be competitive in many of the age groups. The majority of athletes (12), fell into the 40 to 55 age groups.

I was very impressed that this team took 5th place! We were about ten swimmers "lighter" than Atlanta Nationals in 2013 and did not have some of our big "point getters" from previous teams. We were also swimming in the "Bay Area" which brought out great competitors that we had not seen in years. This included at least two dozen former Olympians!

Swimmers that individually did the majority of WMAC scoring included: Robert Corris, Candy Christenson, Jane Dillon Stewart, Nancy Ehrke, Dean Fochios, Julie Hall, David Holland, Carl Kaiser, Nancy Kranpitz, Geoff Mykeby, Elisa Perez, Sarah Perez, Trina Schaetz, Erin Schneider, Mindy Seidler, Daryl Stich and Julie Van Cleave. Congratulations! Relays were important for our scoring success. We did cover the majority of relays. This included some of our swimmers that "swam down" as many as three age groups! Over all team relay efforts were great with many best times! We definitely needed more women for the mixed relays and more 24 and unders and 65 and overs too (men and women). We also needed more backstrokers for many of the age groups for both men and women!

First time National Team members for WMAC included: Julie Anderson, Susan Bonis, Nathan Conrad, James Fisher, Thomas Grisa, Barry Mandel, Elisa Perez, and Laura Thompson. All competed really well with several returning to Wisconsin with medals.

Final Observations:

- 1.) Diverse team from all over state and all sorts of training, pulled together in California.
- 2.) WMAC sat together as a team in the stands and supported swimmers on the deck.
- 3.) Nancy Ehrke had a Masters level "breakout meet" creating four new individual State Records.
- 4.) The Madison Men, Dean Fochios and Dave Holland, combined for six new individual State Records.
- 5.) Elisa Perez and Ms Sarah Perez combined for four new individual State Records.
- 6.) Eighteen new individual State Records and five State Relay Records were set.
- 7.) Nightly Team meetings at the Embassy Suites were well attended, fun and hydrating.
- 8.) From the deck I saw few disqualifications, period.
- 9.) I did not have a single reason "to get into it" with the officials.
- 10.) Most of the team stayed to the finish on Sunday. (Wise move as other teams departed).
- 11.) Thanks to Chris Stich for setting up nightly supper spots.
- 12.) Thanks to John Bauman for managing team administrative affairs and being there.
- 13.) Thanks to Warrior Desert Flower Geoff Mykelby, swimming wounded and well.
- 14.) Thanks to Trina Schaetz for pre event lodging and team communication work.
- 15.) Thanks to Mike Sturm our photo-journalist.
- 16.) Jim Fisher competed well despite broken arm, wrist from December 2013 fall (23+ fr).
- 17.) I am 66 years old, subject to forgetting things. Please forgive. (Total team roster as well as additional results, records etc. are included elsewhere).

I have not forgotten that it was a "blast" working with the team and serving as a Deck Coach for the meet. Hope to see this team and more Wisconsin swimmers next April in San Antonio, Texas!



Santa Clara diving tower with mountains in the background



Tom Grisa and Dave Severance are ready to swim



Womens 35 + Relay—Trina Schaetz, Sarah Perez, Chris Stich, and Erin Schneider placed 2nd in both the 200 Medley and 200 Free Relays



2014 USMS Nationals



Iron ladies— Nancy Ehrke, Sarah Perez, Erin Schneider. All 3 ladies did the 200 Breast and 200 Fly in the same day.



Lisa Perez—National Champion in the Womens 18-24 1000 Free



2014 Wisconsin National Team



WMAC claimed its spot in the bleachers



The day's recap with Fred



Mixed 18 + Relay of Mindy Seidler, Lisa Perez, Carl Kaiser, Mike Sturm

20th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 19th 2014, 12:00 Noon

WHEN: Saturday July 19, 2014, Race at 12:00 Noon, Check in at 11:30
 WHERE: Lake Amy Belle at Camp Minikani, Hubertus
 WHO: All swimmers who can finish a 500-yard swim in 11 minutes or less
 FEE: \$15 (\$10 for Y Members),
 T-SHIRTS: \$15 (guaranteed only if ordered by July 3rd,)
 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. (Entry form is on the next page.)

Advance registration is due by July 12th, after that, registration cost is \$25
 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 & exit at Lannon/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 on your left (look for new Leadership Lodge building)

Lake Amy Belle Race—Return this form with check

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) shirt size (if ordered) ___ small ___ med ___ large ___ x-large ___ xx-large
(xx-large \$16 each)

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

Total Enclosed: **\$** _____ **Make Check out to: North Milw. Swim Club**

Mail to: Lake Swim, 5204 W Wells, Milwaukee, WI 53208

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 in this race.

Participants Signature _____ Parents Signature (if minor) _____

Date _____ YMCA or Team affiliation _____

N e x t N e w s l e t t e r D e a d l i n e w i l l b e J u l y 2 5

Wisconsin Masters Swimming
11917 W. Rainbow Ave
West Allis, WI 53214