

Wisconsin Masters Swimming

August / September 2018

WI LMSC Officers

Chair: Mary Schneider
WChair@usms.org

Vice Chair: Jeanne Seidler
WViceChair@usms.org

Coaches: Fred Russell
WCoaches@usms.org

Editor: Carl Millholland
WiEditor@usms.org

Fitness: Melodee Nugent
WIFitness@usms.org

Officials: Susan Wagner
WIOfficials@usms.org

Long Distance and Open Water: Mary Jo Driscoll
WILongDistance@usms.org

Registrar: Trina Schaetz
WRegistrar@usms.org
236 N. 110 Pl
Wauwatosa, WI 53226
262-751-9144

Safety: Jerry Lourigan
WISafety@usms.org

Sanctions: Jeanne Seidler
WISanctions@usms.org

Secretary: Jen May
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Mike Murray
WITreasurer@usms.org

Auditor: Elyce Dilworth
InternalAudit@USMS.org

Webmaster: Jeanne Seidler
WIWebmaster@usms.org

From the Chair

Greetings, Team Wisconsin!

I hope each of you are having a wonderful summer, and are trying different events. It's always fun to challenge yourself with something new, and it adds variety to your athletic regimen.



In June, there was a very successful LCM State Meet. A number of state records were set, and are listed on [Page 4](#). Although the summer pool events have passed, there are several open water events still accepting registrations. On August 11, the first **Cream City Classic Milwaukee River** swim will be held. On August 18, the **Madison Open Water Swim (MOWS)** will be held. Please consider supporting these Wisconsin sanctioned events.

Wisconsin Senior Olympics for swimming will be held on Saturday, September 15. Registration has been extended to August 17. The link for online registration is www.wiseniorolympics.com.

The USMS Convention will be held in Jacksonville, FL, Sept 26-30. Your Wisconsin delegates are Mary Schneider, Mary Jo Driscoll, Jerry Lourigan, and Melodee Nugent. Jeanne Seidler and Elyce Dilworth are USMS delegates since they are Chairs of USMS committees. If you would like to follow the happenings at Convention, you may read the minutes of the various meetings by using this link, <https://www.usms.org/admin/minutes/>.

The Wisconsin Masters Swim Committee (WMSC) will hold its annual meeting on Saturday, October 13, 2018, from 9:00 am until 12:00 pm. Elections will be held, and changes to the by-laws will be proposed. There is an announcement on the next page in this newsletter, and there will be another email with more information. Please save the date and consider attending the meeting.

There is a proposed meet schedule for the 2018-2019 season. This year, the first meet scheduled will be held in Baraboo, WI, at the Jack Young Middle School on either November 17th or 18th. That will be followed by the

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Announcement — Annual WMSC Meeting

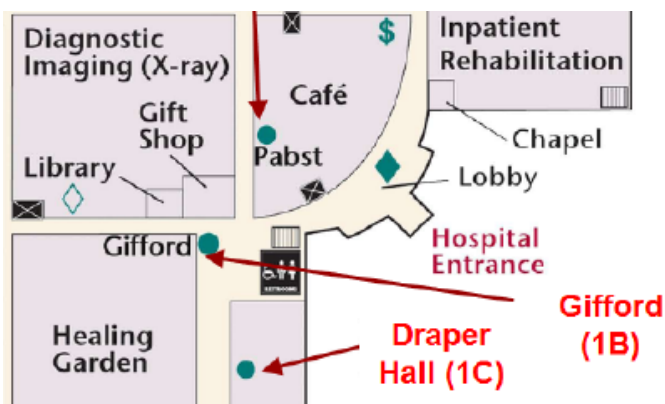
The Annual Meeting of the Wisconsin Masters Swim Committee (WMSC) will be held on Saturday, October 13, from 9:00 am until 12:00 pm, at the Aurora Medical Center in Summit, 36500 Aurora Dr, Summit, WI. The meeting will be held in the Gifford Conference Room. Elections of Officers will take place at the meeting.

A slate of candidates will be presented in another email. If you are interested in serving Wisconsin Masters Swimming in some capacity, please email Mary Schneider at WChair@usms.org.

Over the summer, the Executive Board has been working to revise the By-Laws. These will be voted on at the meeting, and if approved, will take effect the day following the annual meeting. There will be a separate announcement when the proposed By-Laws are posted to the website. I encourage all members to read the proposed By-Laws before the meeting.

The meeting agenda will be:

- * Roll Call
- * Announcements from the Chair
- * Reading, correction, and adoption of minutes
- * Review Officers' written reports
- * Review Committee Chairs' written reports
- * Review of tabled motions
- * Elections
- * New motions
- * Summary of actions taken at this annual meeting
- * Feedback and questions
- * Adjournment



(Continued from page 1)

SCM meet at West Bend High School on Saturday, December 1st. These meets will be good openers to gauge where you are starting for the season.

For those interested in coaching certification, coaching clinics and ALTS (Adult Learn-To-Swim), there will be sessions held in Chicago, August 25 and 26. Links to the information are:

USMS Clinic Course for Coaches <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=78060>, <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=78070>,

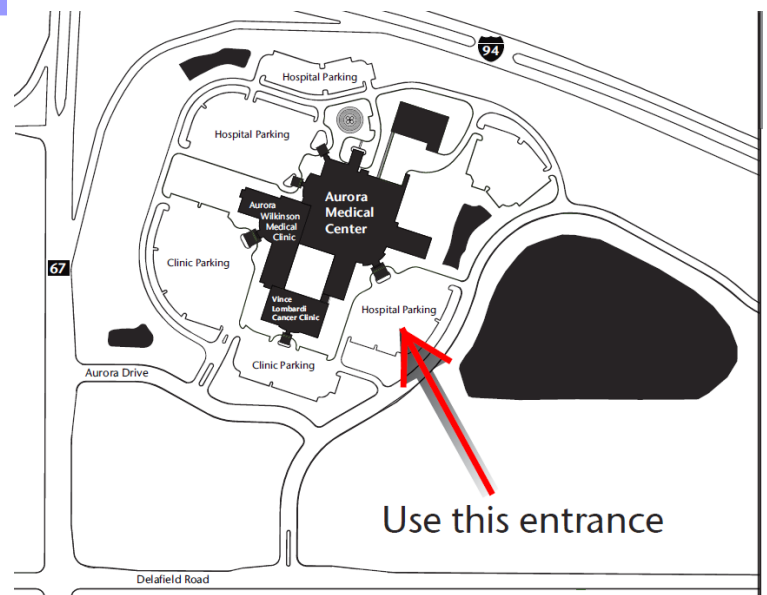
ALTS Instructor Certification <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=78071>, <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=78140>.

Please enjoy the rest of the summer, and be ready to start competing in the Fall!

— Mary Schneider
WMSC Chair

Annual Meeting Location

Aurora Medical Center
36500 Aurora Dr, Summit, WI
Gifford Conference Room



Wisconsin LCM State Meet Recap

Alex MacGillis Ages Up, Records Fall!

Correspondent – Mary Schneider

The Wisconsin LCM State Meet was held June 16, with 66 registered swimmers. Although the crowd was smaller than in past years, the swimming was fast.

There was even a new national record set in the Mens 65-69 200 Back by Larry Day, of Michigan, proving once again that the Walter Schroeder Aquatic Center is a fast pool. There were 18 individual records, and two relay records set at the meet. The most records were set by **Alex MacGillis**, swimming in the Men's 90-94 age group, with five new records. There were no previous records in that age group.

Congratulations, Alex, and keep swimming! **Melinda Mann** had the next most records with three.

In addition, the two relays in the Men's 200-239 age group broke the 400 Free Relay record by almost 17 seconds, and smashed the 800 Free Relay record by almost 2 1/2 minutes!

The meet ran smoothly thanks to the officials. Many thanks to **Jeanne Seidler**, meet director, and her family for organizing and running the meet. Thanks, also, to all the volunteer timers. It's great as masters swimmers to be able to just focus on swimming at a great venue.



State LCM Meet Attendees



Alex MacGillis — Five-time record breaker



Starting the Medley Relay

Send us your story

Do you have a good swimming story to share? Maybe you conquered a goal, have a good training tip, or an interest anecdote. We'd love to hear from you.

Contact the editor:

WiEditor@usms.org

New Individual State Records (LCM)

Age Group	Event	Time	Name	Location
Women 18-24	50 FLY	:31.75	Esmeralda Perez	WI
Women 40-44	200 FREE	2:28.08	Sarah Perez	WI
Women 40-44	400 FREE	5:14.66	Sarah Perez	WI
Women 60-64	100 FREE	1:13.32	Melinda Mann	WI
Women 60-64	200 FREE	2:43.62	Melinda Mann	WI
Women 60-64	200 IM	2:58.58	Melinda Mann	WI
Women 65-69	400 FREE	7:13.90	Susan Bonis	WI
Women 65-69	800 FREE	15:21.64	Susan Bonis	WI
Men 45-49	100 FREE	:58.03	Mark Larkin	WI
Men 65-69	50 BACK	:34.14	Geoff Mykleby	WI
Men 65-69	200 FREE	2:49.57	David Watts	WI
Men 70-74	50 BACK	:38.21	Tom Meehan	WI
Men 90-94	50 FREE	1:13.60	Alex MacGillis	WI
Men 90-94	50 BREAST	1:24.49	Alex MacGillis	WI
Men 90-94	100 BREAST	3:19.77	Alex MacGillis	WI
Men 90-94	50 BACK	1:17.22	Alex MacGillis	WI
Men 90-94	100 BACK	2:49.96	Alex MacGillis	WI

New Relay State Records (LCM)

MEN 200-239 400M Freestyle

Record 4:12.17

Mark Larkin (47), Tom Grisa (56),
Charles Lorenz (43), Mark Pfaltzgraff (57)

MEN 200-239 800M Freestyle

Record 10:33.58

Tom Grisa (56), Mark Pfaltzgraff (57),
Scott Conley (48), Scott Richards (58)

Finding Inspiration from a Masters Veteran

I trained hard this year for this year's Spring Nationals and had high hopes. The first day was a good one, *and then I got cocky*. I had signed up for the 200Y fly for the next day (no surprise there for those who know me). But, yeah, I'm an idiot. I took out the first 100 yards like it was a 100 yard swim. At the turn, I hung onto the wall wondering how I was going to finish this darn swim while Dave Clark stood behind the blocks waiting for the next heat. "That's alright, Carl," Dave said. "Just take your time." I finished, barely, and crawled over to the warm down lanes.

I was mad at myself and a bit depressed. I dragged my butt through dinner and couldn't wait to get into bed. The next day

was a 500Y free, and I was not looking forward to it. I loafed through warmups in a daze, just wishing to this thing over with. However, things changed.

In a heat ahead of mine was 93-year-old [Thomas Maine](#). And this guy swam all the same tough events I had signed up for — including the 400 IM and the 200 Fly. Here he was crushing the 500 free. Inspiration.

My funk was gone and I was now ready to for my heat. I felt good in the water, my time was good. My splits were generally negative and I nailed my turns. Vindication.

There's something to be said for attitude and mental toughness in sports. Thank you, Thomas Maine.

— Carl Millholland (editor)

2018-2019 WMAC Meet Schedule

Tentative Date	Day(s)	Location	Format
September 15, 2018	Saturday	2018 Senior Olympics SCY at Schroeder	SCY
Nov 1-Dec 31, 2018		2018 Wisconsin LMSC Water Warriors Fitness Event	Fitness
Nov 17 or 18, 2018	Sat or Sun	Baraboo Jack Young Middle School SCY	SCY
December 1, 2018	Saturday	2018 Wis. State SCM Champs at West Bend West HS	SCM
January 5, 2019	Sunday	YMCA At Pabst Farms SCY (Oconomowoc)	SCY
January 27, 2019	Sunday	Oshkosh YMCA SCY (20th Street Branch)	SCY
February 10, 2019	Sunday	Sun Prairie High School	SCY
March 3, 2019	Sunday	Whitefish Bay HS SCY	SCY
March 9, 2019	Saturday	McFarland High School SCM	SCM
Mar 23-24, 2019	Sat-Sun	2019 Wis. Masters State SCY Championship at Schroeder	SCY
April 11-14, 2019	Thur-Sun	2019 YMCA Masters Nationals at YMCA Of Central Florida in Orlando	SCY
April 24-28, 2019	Thur-Sun	2019 USMS Spring SCY Nationals Mesa AZ	SCY
June 8, 2019	Saturday	Wausau SCY combined with Age Group Meet for Badger State Games.	SCY
June 15, 2019	Saturday	2019 Wis. Masters State LCM Champs at Schroeder	LCM
August 5-18, 2019		FINA World Masters Championships at Gwangju, KOR	LCM
August 7-11, 2019	Thur-Sun	USMS Summer Nationals at Mission Viejo CA	LCM
TBD		Cream City Classic Open Water River Swim (on the Milwaukee River)	Open
August 17, 2019	Saturday	Madison Open Water Swim (1.2 & 2.4 Mile, no wetsuit and wetsuit)	Open
TBD		2019 Senior Olympics SCY	SCY

Open Water / Long Distance Swimming

Mary Jo Driscoll

Last Chance for Open Water Swims!

I know I know – but I have to say it – just a few more weeks left before the weather turns colder. Don't miss the opportunity to get some outside swims in. There are a few remaining open water events in Wisconsin this summer.

USMS sanctioned events:

August 11 - **NEW!** Cream City Classic Milwaukee. Milwaukee's first open RIVER event - (yes you read that right - "open river" - 1.5 miles down and back the Milwaukee River.) Registration and more info - including a course map - can be found at the following link: https://www.clubassistant.com/club/meet_information.cfm?c=2454&smid=10718

August 18 - Madison Open Water Swim - 1.2/2.4 mile wetsuit/non wetsuit divisions. Registration and more info at the following link: https://www.clubassistant.com/club/meet_information.cfm?c=1259&smid=10447

Non USMS sanctioned events

August 19 - Big Swell

Swim Milwaukee - 2.5/5k- wetsuit and non-wetsuit division. Registration and more info can be found at the following link: <http://bigswellswim.com>

FYI: Big Shoulders (2.5k/5k) in Chicago is SOLD OUT registration was March 1st and as usual the race sold out the same day. If you are interested in the future be sure to check the dates in advance and be ready to register the day they it opens up!

Another resource for Open Water Swims is the Marathon Swimmers Federation website – for races in the Midwest check out the following link: <http://marathonswimmers.org/swim-calendars/midwest/>

E-Postals - ongoing now!

Looking for an indoor long distance event? The USMS E-Postal 5k/10K event runs from May 15-September 15th. Registration is at the following link: https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=10596

Molly Woodford Top Female Finisher at Devil's Lake Big Swell Swim

Congratulations to **Molly Woodford** for finishing first among all age groups in the 2.4 mile (female/non-wetsuit) at the Big Swell swim at Devil's Lake in a time of 55:22.

Several Wisconsin Masters swimmers placed in the top 15 overall including: **James Biles** (3), **Brandon O'Donnell** (9), **Michael Wade** (10), **Brian Heiser** (11), **Molly Woodford** (1), **Melodee Nugent** (8) and **Ann Berres-Olivotti** (3-wetsuit).

Devil's Lake is a great venue and the swim very well run with the course safe and well marked. Both the water and air temperature were comfortably in the seventies. The water was pool smooth.

On a personal note, the editor drafted off other swimmers for about half the race and, wow, great time! Here's a tip for open water swims: If you are part-way through the swim and there's someone next to you with the same color cap, he or she is swimming at the same pace as you are. Rather than hit the gas to try to lose them (which is arduous and painful), just swing around and chase those toes for a while. It's like swimming a long recovery lap.

For the record: Millholland (1:11:47), Conley (1:13:45).
— Editor



BUCKET LIST – CAYMAN ISLANDS SWIM



Flowers Sea Swim and Celebrities

Melodee Nugent

Looking to take a tropical vacation and get in a great swim? I highly recommend the [Flowers Sea Swim](#) at the Cayman Islands. I attended this event in 2015 and was invited back this year. Frank Flowers and his family host the event which has been going on for 26 years. A 1-mile swim attracted 764 swimmers this year. Two days later was a 5K (93 swimmers) and a 10K (45 swimmers). Each year organizers choose a charity to donate the proceeds. This year the event supported the Cayman Islands Crisis Centre.

The water is crystal clear. During the swim, you will likely see beautiful fish along the course that is on Seven Mile Beach. There are also numerous prizes for a raffle after the event. Prizes include electronic devices, hotel stays, tourist attractions and airline tickets. There is a 1-in-7 chance of winning (though I have yet to win anything yet).

One unique aspect of the swim is that there are usually about 15-20 Swimming Olympians that attend the event. We had the unique opportunity to meet and socialize with gold medalist Roland Schoeman (South African swimmer, 2000-2012 Olympics) and Beth Botsford (gold medalist as a 15-year old backstroker in the 1996 Olympics). Both were very wonderful and fun to talk with.

We also were able to attend the Annual Charity Gala Charity at the Marriott. All proceeds from this event went to the Crisis Centre. The Guest Speaker was Kelsey Grammer (from Frasier and Cheers). He was at the table right behind

us. Of course, I had to get a picture with him, which my husband was a little hesitant to do, but how could I not ask for a picture? Then 2 days later, Mike saw him on the beach and chatted with him some more.



Melodee and Mike hobnobbing with Kelsey Grammer (top), and Olympic champs Roland Schoeman and Beth Botsford (bottom)

Just a little 9+ Hour Swim

Border Buster 25 km

Melodee Nugent

On July 28th, I participated in the 10th Annual Kingdom Swim called Border Buster. It is called **Border Buster** for a reason; the swim starts in Vermont and we swim past the Canadian border and then loop back to Vermont. We were told not to touch the Canadian soil, only swim in Canada. Conditions were ideal; the day started out sunny with water temps ranging from 72-74 degrees. The scenery for the swim was beautiful. There were other swim distances offered that day: 1-mile, 5 km, 10 km, 10-mile and 25 km Border Buster.



From what I heard, the conditions on the lake were tougher than in previous years. There was a 10.5-hour cut-off time. For the 26 participants, 12 unfortunately did not make the cut-off time. Of the remaining 14 swimmers, I was 6th place with a time of 9:19. I was happy with my time, though I did think I would finish sooner.

We stayed midway in Connecticut at another swimmer's home, Liz Fry, a legend in the open water swimming world. She has completed the Triple Crown of Swimming two times (English Channel, Catalina and Manhattan), plus many other channel swims. That is what I love best about this sport, meeting swimmers and sharing our experiences. We have to be a little crazy to swim these distances!

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Wauwatosa, WI 53226

236 N 110 Pl

Wisconsin Masters Swimming