

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

DECEMBER 2019 | JANUARY 2020

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

I hope everyone had a wonderful Thanksgiving, and is looking forward to the Christmas season. Since we all tend to fill ourselves with lots of goodies during this season, what better way to balance that out than by completing the Water Warriors Challenge. It's going on from now until December 31st. Don't worry if you can't swim all 14 days of the challenge. The fun is simply in the doing. Just swim as much as you can, and record your yards. Melodee Nugent will be glad to receive your entry. The form is listed on page 8 of the [last newsletter](#).

With all of the holidays coming up, it's easy to forget about renewing your USMS membership. Please do so as soon as possible. Your current registration expires on December 31, so if you want to swim any meets in January, you'll have to renew your membership for 2020. The membership fee for 2020 is \$60, which is the new Unified Fee USMS is proposing for all states. Wisconsin decided to be one of the early adopters of the program. Here's the registration link, <https://www.usms.org/reg/register.php>.

The next meets coming up are the West Bend SCM meet on December 7, followed by the Pabst Farms meet in Oconomowoc, on January 5, followed by Oshkosh on January 26. Please consider attending these meets, as attendance has been down the last few years. We can only continue to hold meets if swimmers support them.

New this year USMS offers a one-event registration for those who may not want to join yet, but would like to participate in a meet. For 2020, the one-event registration is \$15, in addition to all pool and event fees. If you know someone who might like to participate, encourage them to give this a try. Participating meet directors will have details in their meet information, and registration and meet sign-up can be done through the link on the website for the meet.



It's not too early to consider attending the 2020 [USMS Short Course national meet](#), April 23-26, in San Antonio, TX. It's fun to swim to your teammates cheering, and relays are always a blast! Even if you don't meet any qualifying times, you can still swim three individual events, plus relays. There is additional information elsewhere in this newsletter.

As swim meets progress through the season, if you think you may break a state record swimming a split time on a longer swim, please remember to fill out a split request form and give it to the meet director before the swim.

Here is the link:

https://www.usms.org/admin/lmschb/gto_rectab_split_request.pdf

Have a safe holiday season, and keep on swimming!

Mary Schneider
Wisconsin Chair

**Wisconsin Masters Swim
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Mindy Seidler**
WIWebmaster@usms.org**Save the Date – April 23-26****2020 Spring Nationals – San Antonio, Texas**

Celebrate U.S. Masters Swimming's 50th anniversary with the 2020 USMS Spring National Championship in San Antonio.

More than 2,000 swimmers are expected to compete in this historic meet. More information about the meet will be posted here as it becomes available.

The San Antonio venue promises to be great. The 50 meter outdoor championship pool will be divided into two 25-yard courses. Each course will have ten lanes, and a water depth of 6 feet. 22

warm-up lanes will be available in the indoor pool as well as additional lanes in the diving well and instructional pool that will be open for continuous warm-up and warm-down during the competition. The facility offers an abundance of locker room facilities and onsite space to relax for athletes and spectators.

Our National Swim Team (WMAAC) plans to assemble in the same hotel, and have chosen the Hampton Inn and Suites. We encourage you to book early to assure a reservation. Note: You can cancel at a later date.

Hampton Inn & Suites San Antonio Northwest/Medical Center
11426 IH-10 West,
San Antonio, Texas, 7823
210-697-8900

We are negotiating a rate for a block of rooms at this time. Stay tuned for more information.

Mike Murray
Chair
Wisconsin Masters Aquatic Club (WMAAC)

**This Year's First Swim Meet at Baraboo**

The Circus City Masters meet in Baraboo was held on Sunday, November 3, with 40+ swimmers in attendance, including several brand new masters swimmers! Welcome to the fold of the wet and friendly!

The meet ran smoothly with a quick turnaround between events. Thankfully, we had 5 minute breaks between the relay and individual events. That still means you better have had a quick recovery, and taken a few deep, deep breaths if you swam an individual event after a relay. Still, being the first meet of the season, everyone was brushing off cobwebs from starts, to pacing, to sprint speed. We even had 6 "event challenged" swimmers who completed the 1000 yd Free. What were they thinking!

After the meet, a number of swimmers met up at the Baraboo Bar and Grill for some post-meet conversation about their swims, trash talking competitors, and even who was thinking of short course nationals. It was a good day in a fast pool, and we hope to see more of you at the meet next year!

Mary Schneider, Correspondent

COACH'S CORNER

Two Great Drills for Vertical Forearm Catch

Carl Millholland

Implementing an “[early vertical forearm](#)” catch is one of the most efficient methods of swimming faster. The movement is useful in freestyle and butterfly. This technique engages the power phase of the stroke by emphasizing your hand and forearm at the start of the pull. Simply sweeping your hand through the water misses this important part of the stroke.

Here are two progressive drills that will help you attain a feel for early vertical forearm. Do these often, in warm-ups or as part of a workout session. I also recommend a sculling drill first, then on to these drills. You can use fins and a snorkel for these drills.

Doggie-Scoop

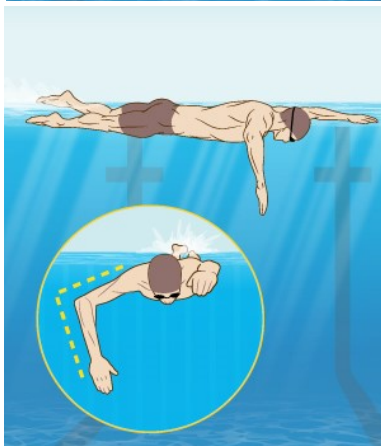
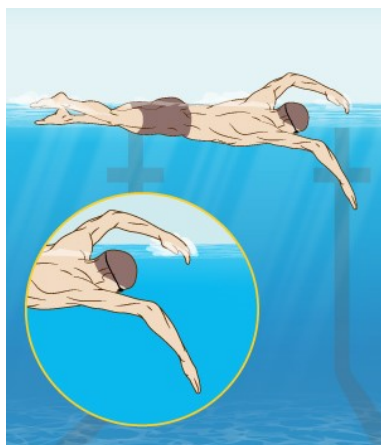
This is a specialized dog paddle.

Start with both hands in front (11-1 o'clock). Alternate scooping the water right-and-left.

Drop your fingers straight down as you pull you elbow outwards. (Think of you elbow pointing to the side of the pool.) Feel the catch with your palm and forearm.

When your hand reaches you under your shoulder, recover underwater, slipping your hand forward as you bring your elbow inwards. Important! Your hand and elbow should not go past your shoulder. Think small circular movements.

Alternate right-and-left hands as you scoop down the lane, kicking gently.



Catch-Catch-Pull

Start with both hands in front (11-1 o'clock).

Using the same forearm motion as the Doggie-Scoop, catch the water twice on one side, then complete a full stroke and recovery. Return to both hands in front.

Repeat with the opposite hand.



Congratulations to Kally Bishop who swam her first mile at this year's Smarty Pants Fall Fitness Challenge in Baraboo.

2019 Wisconsin SCM at West Bend West High School

SATURDAY DECEMBER 7

Here's your chance to clock some times in a short course meter pool!

TIME: Warm-up at 9:40am to 10:25am. Meet starts at 10:30am.

SPONSORED BY: Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction number 209-S009

LOCATION: West Bend West High School, 1305 E Decorah Rd., West Bend, WI

POOL: 8-lane 25-meters (Lane 1 for warm-up/cool-down)

ELIGIBILITY: Open to all swimmers 18 years and over as of Wednesday, December 4, 2019.

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

Online entry is preferred. One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$40.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. 1500 freestyle limited to the first 12 entries received. Email meet director to be wait listed. Swimmers must provide a lap counter.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The On-Line meet entry deadline is Wednesday, December 4, 2019 midnight CST time

Paper entries must be in the meet directors hands no later than 6:00pm, Saturday, November 30, 2020. Fees must accompany entries. Checks should be made payable to **WMAC**.

MEET DIRECTOR

Larry Mueller
4272 S. Taylor Ave
Milwaukee, WI 53207
414-769-0941

Email:

WMAC.Swim.MeetDir@Gmail.com

SCHEDULE OF EVENTS

1	Mixed	400 M	Free	12	Mixed	50 M	Breast
2	Mixed	200 M	IM	13	Mixed	400 M	IM
3	Mixed	50 M	Fly	14	Mixed	50 M	Free
4	Mixed	100 M	Free	15	Mixed	100 M	Back
5	Mixed	200 M	Back	16	Mixed	200 M	Breast
6	Mixed	100 M	Breast	17	Mixed	100 M	Fly
7	Mixed	200 M	Free	18	Mixed	100 M	IM
8	Mixed	50 M	Back	19	Mixed	200 M	Free Relay
9	Mixed	200 M	Fly	20	Mixed	400 M	Medley Relay
10	Mixed	200 M	Medley Relay	21	Mixed	800 M	Free Relay
11	Mixed	400 M	Free Relay	22	Mixed	1500 M	Free

Wisconsin Masters YMCA at Pabst Farms

SUNDAY JANUARY 5

Special Bring-A-Friend swim — One Event Membership Available

TIME: Warm-up at 8:15 am to 8:50 am. Events start at 9:00 /am.

SPONSORED BY: Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-S003

LOCATION: YMCA at PABST FARMS 1750 Valley Road, Oconomowoc, WI 53066

POOL: 8-lane 25-yards

ELIGIBILITY: Open to all swimmers 18 years and over as of Wednesday, December 4, 2019.

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

Online entry is preferred. One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$30.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. 500 freestyle limited to the first 28 entries received. Email meet director to be wait listed.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The On-Line meet entry deadline is Thursday, January 2, 2020 midnight CST time

Paper entries must be in the meet directors hands no later than 6:00pm, Saturday, December 28, 2019. Fees must accompany entries. Checks should be made payable to **WMAC**.

POST MEET SOCIAL: Delafield Brewhaus

MEET DIRECTOR

Larry Mueller
4272 S. Taylor Ave
Milwaukee, WI 53207
414-769-0941

Email:

WMAC.Swim.MeetDir@Gmail.com

SCHEDULE OF EVENTS (6 Maximum)

1	Mixed	400 Y	IM	11	Mixed	200 Y	Breast
2	Mixed	50 Y	Back	12	Mixed	500 Y	Free
3	Mixed	100 Y	Free	13	Mixed	200 Y	Fly
4	Mixed	50 Y	Breast	14	Mixed	200 Y	Medley Relay
5	Mixed	200 Y	Back	15	Mixed	100 Y	Back
6	Mixed	100 Y	Fly	16	Mixed	100 Y	Breast
7	Mixed	200 Y	Free	17	Mixed	50 Y	Free
8	Mixed	100 Y	IM	18	Mixed	200 Y	IM
9	Mixed	200 Y	Free Relay	19	Mixed	400 Y	Free Relay
10	Mixed	50 Y	Fly				

OSHKOSH MASTERS “Animal Award” SCY SWIM MEET

SUNDAY JANUARY 26

Swim the Big Events for the Animal Award

TIME: Warm-up at 8:15 am to 8:50 am. Events start at 9:00 am.

SPONSORED BY: Oshkosh YMCA Workout Group/Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-S002

LOCATION: Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI 54904

POOL: 8-lane 25-yards

ELIGIBILITY: Open to all swimmers 18 years .

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$30.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. Swimmers must provide a lap counter for the 1000.

ENTRY DEADLINE: The On-Line meet entry deadline is Thursday, January 23, 2020 midnight CST time

Deck entries allowed until 8:15 AM the morning of the meet. (And only in empty lanes.) The fee for deck entries is \$8 plus the surcharge.

Paper entries must be in the meet directors hands no later than 6:00pm, Saturday, January 18, 2020. Fees must accompany entries. **Checks should be made payable to OSHY Masters Swimming .**

SPECIAL ANIMAL AWARD: for the swimmers who enter & finish option #1 or #2 (5 of the longest events)

#1. 1000 freestyle, plus the choice of four of: 400 IM, 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle

#2. 400 IM, plus the choice of four of the following: 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle

POST MEET SOCIAL: Red Robin Restaurant in Oshkosh (burgers, Tex-Mex, salads, etc.)

MEET DIRECTOR

Melinda Mann
2970 Waldwic Lane
Oshkosh, WI 54904-8432
920-233-0510 (H), 920-420-4425 (C)

Email: melindajmann@yahoo.com

SCHEDULE OF EVENTS

1	Mixed	400 Y	IM	10	Mixed	50 Y	Fly
2	Mixed	100 Y	Breast	11	Mixed	100 Y	Back
3	Mixed	200 Y	Free	12	Mixed	200 Y	Free Relay
4	Mixed	100 Y	IM	13	Mixed	200 Y	Breast
5	Mixed	200 Y	Back	14	Mixed	50 Y	Free
6	Mixed	200 Y	Medley Relay	15	Mixed	100 Y	Fly
7	Mixed	50 Y	Breast	16	Mixed	200 Y	IM
8	Mixed	200 Y	Fly	17	Mixed	50 Y	Back
9	Mixed	100 Y	Free	18	Mixed	1000 Y	Free

MADISON AREA “CHICKEN LICKS” SCY SWIM MEET

SUNDAY FEBRUARY 5

Great pool! Great time!

TIME: Warm-up at 10:45 am to 11:50 am. Events start at 12:00 am.

SPONSORED BY: Madison Area Masters

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. TBD

LOCATION: Sun Prairie High School Pool 888 Grove St, Sun Prairie, WI 53590

POOL: 8-lane 25-yards

ELIGIBILITY: Open to all swimmers 18 years and older

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$30.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. 500 freestyle limited to the first 28 entries received. Email meet director to be wait listed.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The On-Line meet entry deadline is Saturday, February 8, 2020 midnight CST time

Paper entries must be in the meet directors hands no later than 6:00pm, Saturday, February 1, 2020. Fees must accompany entries. Checks should be made payable to **Madison Area Masters**.

POST MEET SOCIAL: Chicken Licks 5508 County Road N, Sun Prairie Ph: 608.837.6721

MEET DIRECTOR

Steve Justinger
6047 Hagen Hill Circle
Madison, WI 53718-6219
608.695.2645

Email: sjustinger@hotmail.com

SCHEDULE OF EVENTS

1	Mixed	400 Y	IM	10	Mixed	200 Y	Fly
2	Mixed	200 Y	Free	11	Mixed	100 Y	Back
3	Mixed	50 Y	Breast	12	Mixed	200 Y	Free Relay
4	Mixed	200 Y	Back	13	Mixed	100 Y	Breast
5	Mixed	100 Y	Fly	14	Mixed	50 Y	Fly
6	Mixed	200 Y	Medley Relay	15	Mixed	100 Y	Free
7	Mixed	50 Y	Free	16	Mixed	50 Y	Back
8	Mixed	200 Y	Breast	17	Mixed	200 Y	IM
9	Mixed	100 Y	IM	18	Mixed	500 Y	Free