

# WMAAC News

1989

This is it - the first edition of what we hope will be at least quarterly newsletters to our folk from our folk. Although I am organizing and editing I will be dependant on you to provide me with news of our people (both in and out of the pool), comics, articles on technique, nutrition, etc. I plan to be at Tosa January 6. So you can either see me there or drop new items in the mail to me at 1115 Morningside Court, Marinette, WI 54143.

Nancy Kranpitz

## FALL MEETS

If you missed the 2 short course meter meets this fall (Sept 16 at Port Washington and Nov 4 at Neenah) then you missed out on some good swimming and some great socializing. Our fall club meeting was held after the Port Washington meet at the home of Margie Simsic. We had good attendance and even better food thanks to Margie! We especially enjoyed having several of our Illinois regulars stay to eat and visit with us (Ingrid, Betty Bennett, Patty and Louis Bayers). We hope Margie will want to do this again next year. This newsletter is a result of that meeting.

Edy Jacobsen directed our Neenah meet which also saw good swimming and dinner after. Results from these 2 meets have been compiled and send in for Top Ten consideration. It was nice to have two opportunities to get in short course meter times.

MHR      RHR      CR      THRR

Typing errors? NO! Just abbreviations for determining how hard you should work at your swimming. Try this formula. It should be more accurate than the Heart Association charts that we see all around.

220 minus your age = Maximum Heart Rate (MHR).

MHR minus your Resting Heart Rate (RHR) = your Cardiac Reserve (CR).

70% times your CR plus 100% of your RHR divided by 6 less 10% (allowance for water resistance) = the number of beats per 10 seconds for the low end of your Target Heart Rate Range (THRR).

For your upper aerobic limit take 85% times your CR plus 100% RHR divided by 6 less 10%.

For a 43 year old it works like this:  $220-43=177$  (MHR).  $177-57$  (RHR) = 120 (CR).  $70\% \times 120=84 + 57$  (RHR) = 141 divided by 6 = 23.5 less 10% = 21.  $85\% \times 120 = 102 + 57$  (RHR) = 159 divided by 6 = 26.5 less 10% = 24. This swimmer's THRR is 21-24 for 10 seconds. Try it out on yourself to see how it compares to "the charts".

## UPCOMING WM SWIM MEETS

Masters meets sponsored by our association will be held on the following dates:

January 6 - Tosa West HS

February 10 - Tosa

March 10 - Tosa

March 31 - Tosa

The National YMCA Masters Meet will be held at Schroeder April 27-29. USMS Nationals will be held in L.A. May 18-21. The Senior Olympics and Badger State Games are scheduled for June.

## SWIMMERS IN THE NEWS

Many from our association travel far and wide to compete in National and International meets. And not only do they compete - they place and win!

Ray Klitzke captured 1st and 3rd in the 1 and 3 meter diving events at the USMS National Championships in Boca Raton, Florida, last spring. Way to go, Ray!

Connie Guist captured 3rd place in the 200 backstroke at the World Games in Arhus, Denmark, in July. It is rumored that the fear of having to swim in the buff can do wonders for getting the adrenalin flowing - with a resultant 20 second drop in time!

Pan Pacific Results are:

Bob White - 62; 1st in 100 free (1;11.52), 2nd in 100 back (1;24.91).

Doris Klitzke - 54; 2nd in 50 back (:41.68), 2nd in 200 IM (3:22.80)

Perry Rockwell - 64; 1st in 50 fly (;32.99); 2nd in 100 fly (1:27.04).

Lynn Surles - 72; 1st in 100 free (1:17.96); 2nd in 50 free (:33.43).

200 M Mixed Medley Relay- 200+, 7th (2:44.99) - Doris Klitzke, John Bauman, Perry Rockwell, Margie Simsic.

200 M Mens Free Relay- 240+, 2nd (2:11.54) - Bob White, John Bauman, Lynn Surles, Perry Rockwell.

200 M Mens Medley Relay- 240+, 3rd (2:24.23) - Bob White, John Bauman, Perry Rockwell, Lynn Surles.

Fran Zeumer attended the World Senior Games in St. George, Utah, in October. Her age group (65-69) had an entry list that looked more like the National Top Ten times.

Despite this she managed one 3rd, 2 4ths, 2 5ths, and a 6th.

Congratulations! I know there are others who competed - plus we had people place high at the LC Nationals in North Dakota in August. But these are all of the results I had as of "press time". Be sure to send me your results so they can be included in our next newsletter.

LSC - WMSC - WHAT'S THE DIF?

Many of us wonder why we send money to 2 different people. The fee we send to Harlan Drake is for our registration with the National association. The \$2 club fee we send to John Bauman. This fee, plus entry fees from our meets, goes into a different account. From this account we pay for pool rentals, postage, upkeep on the timing system, printing of this newsletter, computer programs, etc. If you haven't paid your club fees as of yet, please get them to John Bauman ASAP.

PLACES TO SWIM

One specific request for this newsletter was for a list of places to swim. If you know of a facility that will accommodate out-of-towners send me the name, address, and times the pool is available. We'll try to get our list started for the next newsletter.

## HOUSING

Would you like to extend the socialability of our meets? Some of our swimmers travel from afar to attend meets and at times may be forced to forego a meet because of the added expense of needed overnight housing. If you would be willing to house a swimmer or two overnight please send me your name. Our people have been overly gracious in the past when bad weather or bad luck has necessitated an unexpected overnight stay after a meet. It would be nice to continue with this on a planned basis.

## RIBBONS-MEDALS-EVERYWHERE!

Do you have shoe boxes and/or a scrap box full of medals or ribbons you have won but now don't know what to do with? Would you care to recycle any of them? If so, simply bring any unengraved medals or unwritten on ribbons to any of the Tosa meets. Also, does anyone have any ideas for a different kind of award? Or is everybody happy with the current system?

## BITS AND PIECES

Margie Simsic was featured in her local newspaper twice in the last year. The first time was about her introduction into Masters Swimming and this fall she was featured for her accomplishments at the Pan Pacific in October.

Did you know that Barbara Kramer just LEARNED HOW TO SWIM a mere 3 years ago? She already sports some of the best times in our state in her age group (40-44) in the freestyle events. Her 100 IM time is not too shabby, either. Way to go, Barb! You are a true example of what Masters swimming is all about.

## AREA SWIM MEETS

Enclosed on a separate sheet is a listing of swim meets for not only WI, but Illinois, Michigan, Ohio, Kentucky, and some National and International meets.

We have been personally invited to attend the Illinois meets - especially their state meet since, as you know, we will not be having our own state meet at Kenosha this year. Scheduling conflicts with other meets plus with pool availability forced us to forego this meet this year. Northwestern University isn't that much farther down the highway than Kenosha. Give attendance at this meet serious thought.

## RAP - UP

In closing - please remember this is YOUR newsletter. Be vocal. Send me your out-of-state meet results. Send me any swimming articles you find informative. I know we had short course meter relays place in the top ten in the WORLD last year. I hope to have those relays and names for you for our next newsletter - before they are knocked out of the books by the outstanding results of the Pan Pacifics.

**CENTRAL MASTERS SWIMMING ASSOCIATION — 1989/90 SCHEDULE** (revised 11/89)

<b>LOCAL</b>			
Dec 3	Evanston Masters Evanston Township H.S.	Andrew Freeman 708-475-5638*	1414 Elmwood, 3D Evanston IL 60201
Dec 10	Lattof Masters Lattof YMCA, Des Plaines	Peter Jackson 708-392-8067*	1503 East Miner Arlington Hts 60004
Jan 7	Rockford YMCA Masters Rockford YMCA	Mike Boyer 815-226-9691	200 Y Boulevard Rockford IL 61107
Feb 3-4	Naperville YMCA Masters Naperville North H.S.	Sue Swedler 708-357-6007*	409 Buckeye Naperville IL 60450
Feb 18	Ryall YMCA Masters College of DuPage	Mike Abernathy 708-668-3150*	1530 Foothill Ct Wheaton IL 60439
Mar 4	Shabbona Sharks Shabbona Park, Chicago	John Masters 312-282-7386	6608 Schorsch Chicago IL 60634
Mar 25	Indian Boundary Masters location to be announced	Dale Schoeller 708-739-7806*	11 S 460 Carpenter Lemont IL 60439
Apr 7	Barrington Area Masters Barrington H.S.	Irene David 708-382-4982*	60 Ridge Road Barrington IL 60010
Apr 20-22	CMSA S C Championships Northwestern University	Russ Lyman 708-869-5864*	1236 Asbury Avenue Evanston IL 60202
*Area code 312 until 11/11/89; 708 effective 11/11/89			
<b>NATIONAL &amp; INTERNATIONAL MEETS</b>			
Apr 27-29	YMCA National Championships Brown Deer, WI	Schroeder YMCA 414-354-9622	9250 N Green Bay Rd Brown Deer WI 53209
May 18-21	USMS S C Championships U.S.C., Los Angeles CA	Ed Bartsch 213-743-7770	203 Kennedy Ath Center Los Angeles CA 90089
Jul 28-29	Heartland LC Championships Canton, OH	Dar Ferguson 216-455-4176	PO Box 8005 Canton OH 44711
Aug 7-13	FINA/MSI World Championships Rio de Janeiro, Brazil	Dot Donnelly 508-886-6631	2 Peter Avenue Rutland MA 01543
Aug 24-27	USMS L C Championships The Woodlands, TX	Del Hanson 713-676-4822	10 N Timbertop Drive The Woodlands TX 77380
<b>WISCONSIN</b>			
Dec 2	Wauwatosa West High School Milwaukee, WI	John Bauman	
Jan 6	Wauwatosa West High School	John Bauman	
Feb 10	Wauwatosa West High School	John Bauman	
Mar 10	Wauwatosa West High School	John Bauman	
Mar 31	Wauwatosa West High School	John Bauman	
<b>MICHIGAN</b>			
Dec 10	McDonalld Mid School, Lansing	Gail Dummer	517-337-1066
Jan 14/21	Oakland Coll, Farmington Hills	Frank Thompson	313-683-2191
Jan 28	Kalamazoo College	John Howson	616-345-9622
Feb 11	Brighton H.S., Brighton	Bob Isbister	313-425-7321
Feb 24	Kentwood H.S., Kentwood	Richard TenHoor	616-866-6328
Mar 4/11	Dow H.S., Midland	Charles Moss	517-631-1480
Mar 11/18	Harbor Springs H.S.	Marilyn Early	616-526-5136
Mr30-Apr1 or Apr 6-8	Michigan State Championship Michigan State University, Lansing	Corrin Convis	517-355-4761
<b>OHIO</b>			
Dec 9	Gamble Nippert YMCA Cincinnati	Vicky Huseman 513-451-4401	477 Morrvue Cincinnati OH 45238
Jan 14	Kettering Recreation Center Kettering	Ed Melanson 513-296-2587	2900 Glengarry Dr Kettering OH 45420
Jan 27	Beavercreek YMCA Beavercreek	Paul Atkinson 513-426-9622	560 Grange Hall Rd Beavercreek OH 45430
Feb 3	Van Wert YMCA Van Wert	Randy King 419-238-4928	1140 Rosalie Drive Van Wert OH 45891
Feb 10	Powell Crosley YMCA Cincinnati	Bob Jamieson 513-522-2126	8519 Pringle Drive Cincinnati OH 45231
Feb 18	Northview High School Toledo	Scott Pecze 419-536-8552	3414 Dorr Street Toledo OH 43607
Mar 2-3	Ohio State Championships Ohio State University	Laura Chase 614-457-0437	1317 Ducrest Columbus OH 43220
Mar 17	Sycamore High School Cincinnati	Jan Huneke 513-231-8168	8068 Asbury Hills Dr Cincinnati OH 45255
Mr31-Apr1	Keating Natatorium Cincinnati	Bob Koenig 513-771-6565	24 E Sharon Road Cincinnati OH 45246
Apr 8	Ohio Wesleyan Delaware OH	Sue Pressler 614-369-4431	Ohio Wesleyan U Delaware OH 43015
<b>KENTUCKY</b>			
Jan 13	New Albany H.S. New Albany, IN	Joanne Tingley	2107 Eastview Louisville KY 40205
Apr 21-22	Kentucky State Championships Lexington, KY	Joanne Tingley	