

89-
each 90?

***** WISCONSIN MASTERS SWIMMING NEWS *****

Connie Guist was our state representative to the National USMS Convention in Portland, Oregon, in September. Some of the highlights of the convention as concerns us are:

1. We are all signing a new waiver now. If you haven't read it carefully please do so. It is included with each entry form you send in for each meet.

2. Backstroke start: For short course yards - toes may curl over the edge of the gutter as long as the heels are submerged. Neither foot can be completely removed from the water. No standing in the gutter allowed. For short course meters and long course - swimmer's feet, including toes, must be under the surface of the water, toes may not curl over the edge of the gutter, and the swimmer must surface no more than 10 meters from the wall following the start or turn.

3. You MUST be consistent with your registered name! If you register as William C. Davis you must enter meets as William C. Davis - not William Davis, Bill Davis, etc.

4. There was concern expressed by delegates from Illinois in their newsletter that the National Organization hierarchy is dominated by our country's best swimmers and as a result concerns of the majority us USMS participants (i.e., we average swimmers) may be overlooked or bypassed. If this is so, we have only one place to look - WITHIN!

5. USMS officers elected for 2 year terms: President - Dan Gruender; VP - Nancy Ridout; Secretary - Mel Goldstein; Treasurer - Susanne Rague.

6. No new solutions to limiting the length of the National Meets via entry or time standards. However, the National Committee is exercising its right to limit the number of entries to 5 events at the USC Nationals in May 1990.

7. Total USMS expenses for last year - \$282,431. Over \$130,000 was for insurance costs (liability, accident and "other").

News and ideas! I need yours! This is not meant to be a one person newsletter. Please SHARE with me. I did have several requests for a special feature (Dave Hackert Comeback Story) which I hope Dave will consent to in our next issue. I am still waiting for "places to swim", "host(ess)" for out of town swimmers, and special newsworthy items from both in and out of the pool about our swimmers. Please send anything you think newsworthy to: Nancy Kranpitz, 1115 Morningside Court, Marinette, WI, 54143.

Marty and Roy Berry competed in the World Senior Games in Utah in October '89. Marty captured 2nd place finishes in the 100 and 200 IM's and 3rds in the 100 and 500 free and 50 and 100 breast. Roy took 4th place in both the 50 and 100 backstroke. Congratulations to you both!

Several Wisconsin Masters broke into the Top Ten in the WORLD rankings in 1988. The following made it in the Long Course season;

Herb Howe (75-79)	Elizabeth John (75-79)
200 Free 3:11.22 1st	200 Fr 5:31.36 7th
400 Free 6:37.63 1st	400 Fr 11:25.34 8th
800 Free 13:57.54 1st	50 Breast 1:16.81 6th
1500 Free 26:14.83 1st	100 Breast 2:48.82 7th
100 Free 1:26.39 3rd	200 Breast 6:34.50 8th
Thomas Meehan (40-44)	Robert Kueny (55-59)
50 Free 26.33 2nd	200 Fly 3:21.95 5th
100 Free 59:39 5th	400 IM 6:45.13 7th
50 Fly 28.66 5th	Doris Klitzke (50-54)
Thomas Ertle (40-44)	50 Fly 42.76 9th
200 Back 2:39.34 6th	Robert Corris (40-44)
Dick Pitman (40-44)	200 Breast 2:57.67 10th
200 Fly 2:40.98 8th	Perry Rockwell (60-64)
Robert White (60-64)	50 Fly 34.71 8th
200 Back 3:14.36 6th	George Trawicki (70-74)
	200 Fly 4:50.56 8th

HERBERT HOWE BECAME AN ALL-AMERICAN 4 TIMES OVER BY VIRTUE OF HIS 4 FIRST PLACE RANKINGS. HE WAS 76 YEARS OLD AT THE TIME THESE TIMES WERE ESTABLISHED! CONGRATULATIONS, HERB!

Wisconsin Masters swimmers who were members of 1988 Top Ten World ranking Long Course relays are:

Herb Howe (1)	Perry Rockwell (2)	Lynn Surles (2)
Earle Huxhold (1)	Thomas Meehan (1)	Dick Pitman (1)
Betty Kendall (1)	Robert Corris (1)	Gary Bezella (1)
Elizabeth John (1)		

Association members attaining Top Ten World ranking for the 1988 short course meters season in individual events are:

Dick Pitman (40-44)	Lynn Surles (70-74)
100 Fly 1:07.96 4th	50 Free 33.80 3rd
200 Fly 2:38.75 4th	100 Free 1:20.00 2nd
400 IM 5:58.81 7th	400 Free 6:48.05 4th
Thomas Meehan (40-44)	Bob Couch (40-44)
100 Free 59.97 8th	800 Free 10:14.17 4th
50 Fly 29.53 7th	200 Back 2:50.10 9th
John Bauman (55-59)	
200 Fly 3:39.80 9th	

Those attaining Top Ten '88 rankings through relays in short course meters are:

Barb Greenman (2)	Lynn Surles (2)	Edith Jacobsen (2)
Nancy Kranpitz (2)	Dick Pitman (2)	Margie Simsic (2)
Ray Klitzke (1)	John Bauman (2)	Doris Klitzke (2)
George Wussow (2)	Fran Zeumer (1)	Thomas Meehan (1)
Colleen Surber (1)	Cindy Maltry (1)	Harlan Drake (1)
Shirly Hasselbacker(1)	Tom Michelson (1)	Sanfd Countryman(1)

The following association members have placed in the 1989 short course yards National Top Ten in individual events:

Doris Klitzke (50-54)	Jeff Alexander (25-29)
100 Fly 1:31.05 10th	100 Breast 59.53 5th
Dorothy Kanehl (60-64)	Thomas Meehan (40-44)
50 Breast 46.27 8th	50 Free 23.25 8th
100 Breast 1:44.30 10th	100 Free 51.34 6th
200 Breast 3:40.75 10th	200 Free 1:55.10 5th
Harlan Drake (60-64)	Lynn Surles (70-74)
1000 Free 15:02.20 8th	100 Free 1:10.73 9th
1650 Free 25:17.27 8th	1000 Free 15:59.85 9th
Elizabeth John (75-79)	Herb Howe (75-79)
500 Free 13:06.03 8th	100 Free 1:20.49 10th
1000 Free 25:53.07 5th	200 Free 2:55.49 4th
1650 Free 58:41.92 6th	500 Free 7:49.06 2nd
100 Breast 2:34.52 8th	1000 Free 16:01.27 2nd
200 Breast 6:01.11 6th	1660 Free 27:40.25 2nd
Robert Kueny (95-59)	Perry Rockwell (60-64)
1000 Free 13:44.55 7th	50 Fly 30.16 4th
1650 Free 22:45.58 9th	100 Fly 1:16.00 6th
50 Breast 35.65 9th	200 Fly 3:07.99 6th
100 Breast 1:15.59 6th	James Blackwood (60-64)
200 Breast 2:46.17 3rd	200 Fly 3:20.97 8th
100 Fly 1:14.44 9th	
200 Fly 2:45.11 4th	
200 IM 2:36.81 7th	
400 IM 5:37.39 5th	

The following people have placed in the 1989 National Top Ten for the long course season in individual events:

Bob White (60-64)	Lynn Surles (70-74)
50 Back 39.83 6th	50 Free 35.03 7th
100 Back 1:31.62 6th	100 Free 1:21.00 3rd
200 Back 3:14.99 4th	400 Free 7:20.42 10th
Dick Pitman (45-49)	Perry Rockwell (60-64)
50 Fly 29.65 4th	100 Free 1:13.12 7th
100 Fly 1:06.40 1st	50 Fly 34:58 5th
200 Fly 2:47.21 2nd	100 Fly 1:33.40 6th
400 IM 6:04.19 6th	200 Fly 3:42.60 5th
Thomas Meehan (40-44)	Elizabeth John (75-79)
50 Free 26.49 6th	50 Breast 1:31.91 9th
100 Free 58.90 6th	100 Breast 3:26.36 7th
Cindy Maltry (30-34)	Dorothy Kanehl (60-64)
50 Back 36.64 8th	100 Breast 1:58.31 7th
100 Back 1:20.84 10th	200 Breast 4:26.54 10th
200 Back 2:56.30 7th	Edith Jacobsen (40-44)
Doris Klitzke (50-54)	200 Back 3:25.74 9th
50 Back 45.84 7th	
200 Back 3:41.38 8th	100 Fly 1:47.99 9th
50 Fly 41.68 8th	200 IM 3:35.81 8th

Association Top Ten Relay members for the 1989 long course season are:

Robert White (3)	John Bauman (1)	Perry Rockwell (3)
Lynn Surles (1)	Doris Klitzke (2)	Dorothy Kanehl (2)

DICK PITMAN'S FIRST PLACE RANKING IN THE 100 METER FLY EARNS HIM THE TITLE OF ALL-AMERICAN!!!! CONGRATULATIONS, DICK!!!!

Our association participates in two Heartland Zone Postal Championship Meets - short course yards and long course meters. We use the times achieved at our State Championship meets for consideration in these postal meets. The following people captured individual titles in the '89 LC Heartland Zone Championships:

Linda Bruening (1)	Diane Price (2)	Barb Kramer (3)
Doris Klitzke (4)	Dorothy Kanehl (4)	Betty Kendall (2)
Maisie Sciborski (2)	Dave Hackert (1)	Dave Farrell (1)
Keith Krueger (1)	Jeff Mihelich (1)	Thomas Meehan (3)
Steve Justinger (1)	John Wanner (2)	Dick Pitman (2)
Elizabeth John (2)	Robert Swain (2)	John Bauman (3)
Sanford Countryman (1)	Donald Strow (2)	Perry Rockwell (4)
Robert White (1)	Lynn Surles (4)	Alex MacGillis (1)

The following were members of 1st place relay teams in the '89 LC Zone Championships:

Robert White (3)	John Bauman (1)	Perry Rockwell (3)
Lynn Surles (1)	Dorothy Kanehl (2)	Doris Klitzke (2)

CONGRATULATIONS TO YOU ALL!!!!!!!!!!!!

More results from the World Games which were held in July in Denmark. Edie Jacobsen captured 1st in the 100 M Fly (1:29.97), 2nd in the 400 M Free (6:28.59), and 2nd in the 200 Back (3:25.74). Congratulations, Edie!

It seems as though each of our meets draws at least 5 or so newcomers to our group. Have you ever wondered what they think about our program - and us? We encouraged Jerry Calvi to express his thoughts on paper. Here they are:

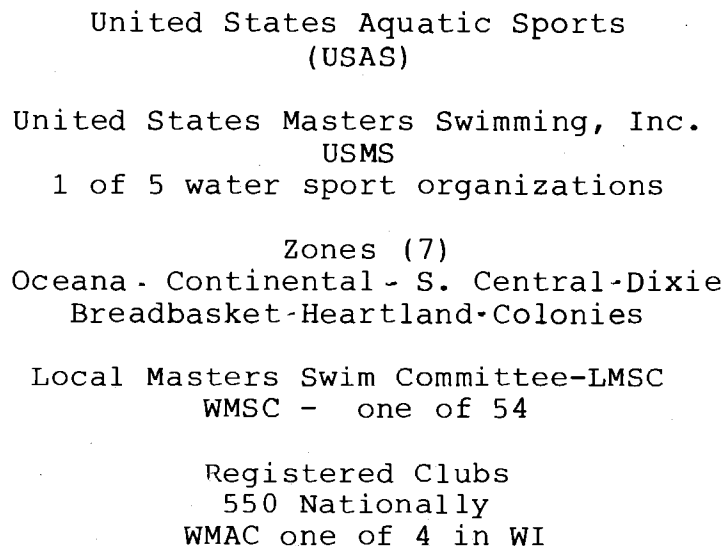
"Last night, or rather about 4:30 AM, I woke up and just about talked myself out of my first Masters swim meet. I said to myself, 'too fat, too old, and too out of shape'! I'm glad I didn't listen. The people were friendly and I had a great time. See you all at the coming meets!" Jerry Calvi (45-49)

P.S. "Thanks for the encouragement!"

Ed. Note: With only 3-4 swims under his belt Jerry placed first in the 50 free in :30.60. Congratulations, Jerry!

CONNIE GUIST HAS BEEN SELECTED AS A MEMBER OF THE INTERNATIONAL COMMITTEE OF USMS! CONGRATULATIONS, CONNIE!

The following is a diagram of the hierarchy for US Swimming



John Bauman has provided the following details concerning the organization of Masters Swimming. Our Local Masters Swim Committee (Wisconsin Masters Swim Committee, Inc. - WMSC) governs the Masters Swimming in the State of Wisconsin. It is guided by the rules of competition and code of regulations of United States Masters Swimming, Inc. The Wisconsin Masters Aquatic Club is the largest of the 4 registered clubs in the Wisconsin Local Masters Swim Committee having approximately 95% of the registered athletes.

The registration fee for individuals, \$16.00 for 1989-90, paid to the WMSC, through Harlan Drake, is for registration with USMS. Part of this fee \$4.00, is retained by WMSC for its operation expenses, such as; postage, newsletter printing and mailing costs; printing and mailing information to prospective members; and registration and travel expenses for the LMSC delegate to the National Convention. The balance of the registration fee is forwarded to the National office for operating and insurance expenses.

Entry fees paid to WMAC for swim meets pay for sanction fees (paid to WMSC), pool rentals, postage and printing expenses, computer supplies and upkeep of the club's timing system.

One of the nicest things about masters swimming is the making of new friends throughout the state and country. One of the saddest things is when a hard working person takes a job 2000 miles away from us. Connie Guist has been our relay person for the past several years. She will be assuming a new position in Oregon March 1st. We will miss her a LOT! But we wish her well and hope to see her at National meets in the future. We can keep in touch with her at: 3433 McNary Parkway #211, Lake Oswego, Oregon, 97035.

***** WORKOUT IDEAS *****

While some of us are fortunate enough to have a team to workout with and a coach to help, most of us do it all on our own. If you are like me you can get desperate for variety in your workouts. Please share some of your favorite workouts. I'll start it off by listing some of mine. I must preface this by indicating I work out 3-4 times a week, 6-7 AM and am LIMITED to 50 minutes of pool time. These workouts are geared to achieve about 2200 yards in that amount of time.

250 warm up	250 warm up
5 x 50 K w/fins on :55	8 x 50 K w/fins on :55
5 x 50 P on :60	8 x 50 P on :60
50-50-100 on :60 :60 2:00	1-2-3-4-4-3-2-1
5 sets	always leave on next 30 or 60
6 split 50's on :60	3 x 100 on 2:00
stroke down/free back	3 x 50 on :60
4 x 25 of :45	4 x 25 on :30
200 cool down	200 cool down

In both workouts I go immediately from one set to the next - no rest interval between sets.

Some days when I just feel like "swimming" I will (after a 250 warm up) do 2 1000's - hard down, easy back - with 2 minutes rest between sets. This is a better workout than it sounds!

Other sets I have used are: 75-50-25 on :60 :30 :30; 50-25 on :60 :60. then :45 :45, :30 :30, etc. 12 x 75's IM order (2nd 75 starts with free, 3rd with breast, etc.); reverse order IM's of any distance.

If you have workout ideas you would be willing to share please drop them in the mail to me or bring them to our next meet.