

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

FALL - 1994

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September - Fall - Where did summer go? As we reluctantly move indoors for our workouts we are consoled by the fact that our "winter" schedule of monthly meets is fast approaching. Our lone summer meet at Wilson Park produced some good LC swims - but was poorly attended. We NEED to get to the upcoming winter meets if our State swim association is going to survive. Let's get the upcoming short course season off to a great start with a big turnout for the Lawrence U SC Meter meet Oct 29, 1994. Entry form and meet information are included in this newsletter. Also - another plea from your editor for book reviews, newsie items, anything that you think others would enjoy reading!

Nancy Kranpitz

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TAKE THE CHALLENGE  
by Edie Jacobsen

Recently three Wisconsin swimmers took the challenge in the 2000 yd/m Challenge. They were Peter Lee, Carol Dibiasio-Snyder and myself. I had never swam that far freestyle without stopping. I took about 6 weeks after the Illinois State Meet to train for the event using the training suggestions provided by Terry Laughlin in the event application. I had fun changing my focus from medley swimming to freestyle, my weakest stroke. The day Carol and I swam our husbands did the lap counting and timing and then we celebrated at a great Italian restaurant in Appleton. I urge you all to take a swimming challenge of some sort this next year. It helps to break the monotony.

1. The 2000 yd/m Challenge will be offered again next year although the time may be later than May as it was this year.
2. The February Fitness Challenge will again be offered recording total monthly mileage for the month of February.
3. Wisconsin Masters is going to offer a check-off challenge for the 18 different yard events. See who can be the first to attempt all of the events. It has been a long time for myself since I swam a 50 free since I do 100's and longer events. But I am going to take the challenge. How about you?

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GET INVOLVED - BECOME AN ACTIVE MEMBER OF WISCONSIN MASTERS

On October 18 at 1 PM we will be holding our annual meeting at John Bauman's house. Any interested person is encouraged to attend. We need people to take an active role in the leadership of their club. We also need people to help timing and setting up and taking down at the meets. WE NEED YOU!

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You asked for it - and you got it! A suggestion was presented to me at the Wilson Park meet to print our state records. In this issue you will find the short course yard records - and if there is room - the short course meter records. It is my understanding that these records were made by Wisconsin registered swimmers IN Wisconsin meets. Times registered by Wisconsin swimmers in out of state swims are not reflected in these records. Please continue to offer suggestions and to send articles, etc., to me so that we can fill our newsletter with articles of concern to you!

-Nancy Kranpitz - Editor

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Don't forget: In two days tomorrow will be yesterday.

-Marian Adams, Belleville Recorder

WISCONSIN MASTER'S AQUATIC CLUB  
SHORT COURSE METER MEET  
OCTOBER 29, 1994

- SPONSORED BY: WISCONSIN MASTERS AQUATIC CLUB  
SANCTIONED BY: USMS, INC. AND LMSC for Wisconsin-sanction No. 201-07.  
LOCATION: Lawrence University Buchanan Kewit Aquatic Center, corner of College Ave and Lawe St., Appleton, WI.  
FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks and backstroke flags.  
TIME: Warm-up 12:00 PM to 12:25 PM. The meet starts at 12:30-end by 6 PM.  
RULES: Official master's rules will govern this meet. All events will be timed finals. Heats will be pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heat.  
AGE GROUPS: 5 year age groups - cumulative age for relays. Age groups and sexes will be combined to expedite the meet.  
TIMING: Automatic timing system backed up by watches.  
ELIGIBILITY: Entrants must be a currently registered USMS swimmer. USMS forms can be obtained from the meet director. Registrations will be accepted on deck.  
ENTRY FEE: \$2.50/individual event - \$3.00 for relays. Bargain rate: \$10.00 for Minnesota Postal Pentathlon. The fee for deck entries will be \$4.00 per event. CHECKS PAYABLE TO: WISCONSIN MASTER'S AQUATIC CLUB.  
ENTRY LIMIT: 5 individual events plus relays.  
ENTRY DEADLINE: Entries must be in the meet director's hands no later than October 22, 1994.  
ENTRY FORM: The official entry form must be used, one person per form and the waiver must be signed.  
AWARDS: Ribbons for 1st to 3rd places.  
MEET DIRECTOR: Edith Jacobsen, 1786 Maricopa Dr., Oshkosh, WI 54904, (414) 233-7583.  
ORDER OF EVENTS:  
1. 50 butterfly  
2. 400 IM  
3. 100 free  
4. 200 backstroke  
5. 100 breaststroke  
6. 200 free  
7. 50 backstroke  
8. 200 fly  
9. 200 mixed medley relay  
10. 50 breaststroke  
11. 200 IM  
12. 50 freestyle  
13. 100 backstroke  
14. 200 breaststroke  
15. 100 fly  
16. 100 IM  
17. 200 mixed free relay  
18. 400 free  
19. 800 free (splits for 400 submitted for Top Ten)

Each year the Minnesota Masters sponsor a postal pentathlon swim meet. Once again this year we will incorporate all 3 pentathlon races in the October 29 short course meter meet format. Official entry forms for this postal meet will be available at our meet and our meet director will serve as the official verification person. Last year several Wisconsin Masters not only placed well in this meet but also won and set new records. Let's try to do it again this year.

To support the Minnesota 1994 Postal Pentathlon Meet the following option to the October 29, 1994 meet is hereby presented:

Each participant swims a Pentathlon (5 events) Butterfly, Backstroke, Breaststroke, Freestyle and Individual Medley. You may enter one of the three Pentathlons (sprint, middle distance or ironman) for the bargain fee of \$10.00. The races will not be in order (fly, back, breast, free, IM) but in the order as detailed in the entry information.

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Great opportunities to help others come seldom, but small ones surround us daily.

-Sally Koch, Poynette Press

ENTRY FORM  
SHORT COURSE METER MEET  
OCTOBER 29, 1994

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ MALE  
FEMALE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE NO. \_\_\_\_\_ USMS NO. \_\_\_\_\_ USMS TEAM \_\_\_\_\_  
EVENT # SEED TIME \_\_\_\_\_ EVENT # SEED TIME \_\_\_\_\_  
EVENT # SEED TIME \_\_\_\_\_ EVENT # SEED TIME \_\_\_\_\_  
EVENT # SEED TIME \_\_\_\_\_  
NO. OF ENTRIES \_\_\_\_\_ @\$2.50 = \$ \_\_\_\_\_

PENTATHLON ENTRY FORM  
OCTOBER 29, 1994

NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_ MALE  
FEMALE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE NO. \_\_\_\_\_ USMS NO. \_\_\_\_\_ USMS TEAM \_\_\_\_\_

SPRINT PENTATHLON: 50 METERS EACH STROKE AND THE 100 IM

Event #1-50 fly \_\_\_\_\_ Event #7-50 back \_\_\_\_\_ Event #10-50 breast \_\_\_\_\_  
Event #13-100 back \_\_\_\_\_ Event #15-100 IM \_\_\_\_\_

MIDDLE DISTANCE PENTATHLON: 100 METERS EACH STROKE AND THE 200 IM

Event #3-100 free \_\_\_\_\_ Event #5-100 breast \_\_\_\_\_ Event #11-200IM \_\_\_\_\_  
Event #13-100 back \_\_\_\_\_ Event #15-100 fly \_\_\_\_\_

IRONMAN PENTATHLON: 200 METERS EACH STROKE AND THE 400 IM

Event #2-400 IM \_\_\_\_\_ Event #4-200 back \_\_\_\_\_ Event #6-200 free \_\_\_\_\_  
Event #8-200 fly \_\_\_\_\_ Event #14-200 breast \_\_\_\_\_

!!!!!!!ENTRY FEE FOR THE PENTATHLON OF YOUR CHOICE - \$10.00!!!!!!!!!!!!!!

WAIVER

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIALING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

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Three men died and went to heaven; they were met at the pearly gates by St. Peter. St. Peter granted each man a last wish on earth. The first man wished to fly like an eagle. The 2nd man wanted to be a doctor; the 3rd man wanted to be a "stud". St. Peter granted each man's wish. The first man was an eagle soaring over the Grand Canyon. The 2nd man is a famous brain surgeon at Johns Hopkins Hospital, and the last man is on a snow tire in Michigan. (Shark Snooze)

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DABBLING IN FUTURES

Staying in good health  
Calls for a rigid rule,  
With diet and exercise  
Each playing a vital tool.  
The strict code must be  
Followed like a test,  
And this most people start  
The day after next. (Shark Snooze)

FOR LONGER SELF LIFE

We older types aren't keen  
on health foods -  
Our appetites they don't whet,  
And we concede that we also need  
All the preservatives we can get.  
SharkSnooze

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The following article appeared in Top Health - a health promotion and wellness letter which "appeared" in my teacher's mailbox at school recently.

OVERWEIGHT? FORGET DIETING.  
Eat AND Stay Trim. Here's how.....

If you're overweight, you're probably a veteran of the diet roller coaster. You started a diet with the best intentions, depriving yourself of your favorite foods and exercising up a storm. You may even have succeeded in getting down to your "ideal" weight range. But if you're like most people, once you went off the diet, you soon went back to old habits, overeating and "forgetting" to work out.

What went wrong? Chances are, it's not really your fault. More and more weight control experts are putting the blame on the whole concept of DIETING itself. Diets are artificial, they say, teaching you to ignore natural cues like hunger and fullness, so you don't know when to stop eating after the diet ends. And going through a few cycles of gaining and losing lots of weight can be even worse for your health than maintaining a steady weight that's too high.

So what to do? For most people who are 10 to 30 pounds overweight, a better idea than a short-term calorie-counting diet is to change your lifestyle for good, and just eat less fat and exercise more regularly for the rest of your life. (The exception: For certain people who are very overweight, a special medically supervised diet may be a good first step.)

Do you eat these foods at least once a week?

	Yes	No
Luncheon meats (bologna, salami)	___	___
Hot dogs, hamburgers	___	___
Sausages, bacon, ribs	___	___
Fried chicken, fried fish	___	___
French fries, hash browns	___	___
Potato chips, corn chips	___	___
Doughnuts, sweet rolls	___	___
Ice cream, whipped cream	___	___
Sour cream, cream cheese	___	___

If you put four or more check marks in the "yes" column, you may have to work hard to cut back on the fat you eat. But it's well worth it. Eating less fat is one of the easiest - and surest - way to lose weight. In one recent study, people lost weight permanently, simply by consistently eating low-fat foods - even though the amount of food they ate wasn't restricted.

The trick is not to see these high-fat foods as forbidden, but to eat less of them and start trying low-fat alternatives. Fill up on more fruits, vegetables, bread, cereal, pasta, rice and beans - AND EXERCISE!

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WATER TEMPERATURE AND SWIMMING

The following information was sent to me from Dr. John Haselow, sports medicine physician and nationally recognized triathlete from Neenah, after I enlisted his help in attempting to convince our local YMCA that a pool temperature of 88 degrees was incompatible with any form of "real" swimming. - N. Kranpitz

"Triathletes have been discussing water temperatures and wet suits and hypothermia for years. Thin people can't tolerate cold water and many poor swimmers want the buoyancy provided by a wet suit for a competitive advantage... A committee was formed to investigate the real thermic requirements for swimmers with safety as the primary objective...The prime concern of the experts was too hot, not too cold, as swimming requires conductive heat loss to prevent hyperthermia. The committee raised wet suit permitted use from 72 degrees to 78 degrees F. and also warned against using wet suits in water warmer than 78 degrees F. for sustained swimming. This can translate to hot water swimming without a wet suit. The body's cooling mechanism requires considerable heart work. Swimmers will increase cardiac work load significantly in water temperatures of 84 degrees F. Hypothermia is not a problem unless water temperatures are extremely cold, such as below 60 degrees F. or for very long emersion periods. Many people just don't want to adapt to slightly cool water. You can't adapt to water which is too warm. I'll bet the YMCA has temperature concerns with their heated whirlpool, and here people are not exercising."

"The knowledge today mandates that you provide cooler water for swimmers to prevent hyperthermia and cardiac over load. A heart attack occurring while swimming in excessively warm water would incur increased liability to the provider."

Please feel free to share this information with your pool supervisors if you are having problems with the water temperature being maintained at too high a temperature. This information was instrumental in persuading our local YMCA that 88 is just too warm a temperature for a multi-use community pool.

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THE NEW FIT OR FAT and THE FIT OR FAT TARGET RECEIPES  
by Covert Bailey and submitted by Edie Jacobsen

Bailey clarifies the fitness/fatness relationship. He explains why diets do not work. What is needed is low fat judicious eating and AEROBIC EXERCISE. Diet alone makes you lose lean muscle mass and while you end up weighing less, you have a higher percentage of body fat. Aerobic exercise (65-80% maximum heart rate) turns up the metabolic rate, builds sugar burning enzymes, and burns stored fat. Anaerobic exercise builds glucose burning enzymes and burns stored glucose. Fat people's bodies are overly proficient at storing fat and less than normally proficient at burning it. Sounds strange. Read the book and eat judiciously and exercise longer aerobically.

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WHY WORRY

There are only two things to worry about  
Either you are well or you are sick.  
If you are well, there's nothing to worry about.  
But if you're sick, there are two things to worry about.  
Either you get well, or you die.  
If you get well, there is nothing to worry about.  
But if you die, there are two things to worry about.  
Either you will go to heaven or hell.  
If you go to heaven, there is nothing to worry about.  
But if you go to hell, you'll be so busy shaking hands with  
friends - you won't have time to worry!

WISCONSIN MASTERS SHORT COURSE YARDS RECORDS

WOMEN	50 FR	100 FR	200 FR	500 FR	1000 FR	1650 FR	50 BA	100 BA	200 BA
19-24	:27.50	:57.38	2:20.54	5:43.44	11:55.66	20:46.00	:30.94	1:11.52	2:26.72
25-29	:25.58	:56.56	2:06.37	5:44.55	12:02.20	19:37.36	:31.79	1:06.22	2:23.94
30-34	:25.84	:58.19	2:14.97	6:15.12	12:02.37	20:38.07	:32.08	1:08.82	2:26.02
35-39	:27.27	1:02.01	2:19.80	6:07.40	15:25.66	25:52.17	:33.01	1:09.15	3:14.77
40-44	:27.40	1:00.52	2:16.83	6:12.36	12:56.82	21:16.11	:32.47	1:11.95	2:41.78
45-49	:31.82	1:13.13	2:52.23	7:13.37	19:54.83	25:33.07	:38.34	1:24.45	3:07.90
50-54	:31.59	1:24.91	3:16.31	9:38.13	16:51.99	30:38.07	:38.92	1:25.99	3:29.44
55-59	:31.44	1:24.73	3:08.25	8:04.59	17:28.87	30:33.82	:38.78	1:25.08	4:33.40
60-64	:38.31	1:26.21	3:18.55	8:53.90	18:59.79	30:59.92	:47.84	1:54.91	4:20.48
65-69	:36.89	1:25.22	3:17.65	9:16.22	19:00.79	34:14.48	:48.29	1:44.98	3:50.04
70-74	:42.12	1:33.99	3:34.66	9:35.67	19:42.73	40:26.43	:46.73	1:45.74	
75-79	1:05.13	2:18.83	4:46.05	11:59.42	25:20.82	42:09.35	1:07.78	2:53.05	6:22.33
80-84	1:19.85	2:35.31	5:28.56	13:43.76	27:39.19		1:22.81	3:00.75	6:53.13

MEN	50 FR	100 FR	200 FR	500 FR	1000 FR	1650 FR	50 BA	100 BA	200 BA
19-24	:22.90	:50.13	1:54.48	5:07.16	11:06.81		:27.89	1:00.15	2:16.06
25-29	:22.10	:48.11	1:46.97	4:54.52	10:35.82	17:34.35	:27.72	1:00.68	2:13.90
30-34	:23.07	:50.55	1:49.79	4:59.02	10:31.59	17:23.13	:26.29	1:01.40	2:09.67
35-39	:23.17	:50.34	2:00.54	5:24.93	11:29.71	18:48.22	:28.37	1:00.16	2:15.01
40-44	:23.18	:50.33	1:55.10	5:26.35	11:16.06	18:45.21	:29.01	1:02.97	2:28.34
45-49	:23.59	:51.58	2:05.83	6:00.97	11:52.84	19:51.03	:28.38	1:02.76	2:38.00
50-54	:25.94	:59.04	2:12.26	6:16.91	12:16.08	22:02.28	:32.53	1:13.45	2:37.76
55-59	:26.97	1:01.25	2:21.10	6:23.81	13:30.99	22:23.21	:31.80	1:08.41	2:39.45
60-64	:27.58	1:03.59	2:25.15	6:33.55	14:05.07	23:33.75	:35.11	1:19.64	2:46.80
65-69	:28.72	1:05.64	2:29.69	6:46.59	14:40.60	23:26.43	:39.20	1:25.98	3:11.75
70-74	:29.58	1:07.80	2:36.48	6:57.73	14:32.82	24:01.58	:45.00	1:45.64	3:58.51
75-79	:31.72	1:12.97	2:38.38	7:18.55	15:00.35	25:06.67	:50.01	1:52.59	
80-84	:38.36	1:24.93	3:08.57	8:28.74	17:16.48	29:37.12	:54.82		

WOMEN	50 BR	100 BR	200 BR	50 FLY	100 FLY	200 FLY	100 IM	200 IM	400 IM
19-24	:37.01	1:16.81	3:56.77	:28.76	1:05.31	2:36.82	1:07.47	2:26.78	5:40.04
25-29	:34.21	1:14.87	2:44.86	:27.47	1:01.18	2:32.96	1:07.15	2:26.01	5:10.93
30-34	:33.07	1:12.23	2:37.34	:28.68	1:03.55	2:30.98	1:06.10	2:24.86	5:18.64
35-39	:34.84	1:21.81	2:55.80	:29.16	1:06.62	3:04.30	1:07.86	2:45.37	5:18.67
40-44	:37.23	1:22.77	3:03.92	:29.46	1:09.25	2:57.06	1:12.21	2:38.23	6:00.58
45-49	:41.63	1:35.66	3:14.91	:37.03	1:26.61	3:05.66	1:25.41	2:58.09	6:08.63
50-54	:42.46	1:31.50	3:20.18	:35.24	1:24.71	3:20.81	1:22.43	3:08.13	7:32.45
55-59	:42.00	1:31.29	3:18.54	:34.45	1:29.54	3:26.53	1:22.76	3:04.54	6:55.52
60-64	:46.27	1:43.75	3:37.51	1:03.53	2:28.31	5:34.56	1:40.26	3:43.77	9:10.99
65-69	:45.75	1:51.78	3:55.71	:50.20			1:39.05		
70-74	:57.67	2:11.89	4:44.27	:54.89			2:06.62		
75-79	1:02.66	2:25.24	5:22.17				3:06.27		
80-84	1:21.86	3:10.44	6:27.47						

MEN	50 BR	100 BR	200 BR	50 FLY	100 FLY	200 FLY	100 IM	200 IM	400 IM
19-24	:30.17	1:02.20	2:41.68	:24.81	:57.55	2:30.70	:56.98	2:12.71	4:35.82
25-29	:28.10	:59.53	2:15.15	:24.90	:52.37	1:57.41	:55.88	2:00.23	4:19.64
30-34	:28.94	1:04.26	2:21.89	:24.90	:57.07	2:08.35	:58.51	2:08.15	4:35.08
35-39	:29.40	1:05.99	2:30.14	:25.23	:56.47	2:18.25	1:01.54	2:13.78	4:53.75
40-44	:30.40	1:08.13	2:28.11	:25.71	:56.99	2:13.16	1:03.12	2:14.26	4:47.27
45-49	:31.67	1:10.24	2:33.25	:25.77	:58.21	2:23.60	1:05.99	2:28.06	5:24.58
50-54	:32.56	1:10.75	2:37.34	:27.76	1:04.75	2:33.50	1:08.20	2:27.24	5:18.02
55-59	:34.06	1:14.60	2:42.47	:29.82	1:09.95	2:40.37	1:10.93	2:34.26	5:25.32
60-64	:35.01	1:18.62	2:52.24	:30.16	1:15.23	2:51.30	1:11.56	2:42.69	5:48.32
65-69	:36.06	1:22.07	3:10.23	:31.12	1:20.87	3:19.48	1:17.36	2:58.65	6:57.14
70-74	:45.89	1:53.16		1:12.72	2:51.06	3:52.21			11:03.58
75-79						4:21.29			
80-84	:57.01								

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What a lot of people are saving for a rainy day is someone else's umbrella.  
 -Aunt Kitty, Peshtigo Times

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A TOTAL IMMERSION EXPERIENCE  
(Nancy Kranpitz)

"You're going to a what?"

"Oh, you mean a coaching camp."

"Total Immersion? That's what we call baptism in our church. Is this a Bible camp?"

Those were just a few of the responses I received when I mentioned to friends that I had signed up for a Total Immersion Adult Swim Camp. I had heard about these camps for several years and since I swim totally on my own and have received no coaching since graduating from college in 1967 I decided a swim camp just might provide the help and inspiration I needed. Enlisting moral support, my mother (Fran Zeumer) and I sat down together one spring day and sent in our deposit for camp. There was no turning back now.

We arrived at camp laden down with suitcases, swim bags, pillows, foam egg crate mattress pads and fans feeling a bit foolish by this amount of baggage for a 3 1/2 day camp. But were we to go again the only thing we would cut back on would be clothes. We never regretted carting along the extra bedding. The dormitory accommodations were very nice, but dorm beds leave a bit to be desired.

Our first shock was realizing that of 18 campers only 4 were female. Certainly we would be the ones to hold things up and we would have to struggle to keep up. But not so! Most of the men (ranging in age from late 20's to 75) were there to improve the swim leg of their triathlon. And, probably 95% of the "swimming" we did during the camp was in the form of drills - breaking down each stroke to the very beginnings and progressing through drills until finally putting it all together in complete stroke form. I found it fascinating - and often complicating - and I also found lots of muscles I didn't know I had. After 5 hours in the pool the first day (in 3 different sessions) my head as well as my body was swimming with all the information I was trying to assimilate.

A mere 10 hours after our final 1st day swim we were back in the pool to begin the 2nd day. Although tired, stiff and sore when awakening we found it melted away as we began our drills once again. "Press the T", "slide 'n glide", "enjoy the ride", "snap the hips", "head slightly positive", "swim with your body - not your arms", "turn your body, not your head, to breathe", "long axis stroke", "short axis stroke", phrases that were very foreign a mere 24 hours earlier now made sense and things began to click. I think I like this!

Not all our work was done in the pool. We had 7 classroom sessions and even had the opportunity to see ourselves on underwater video 3 times. There's no hiding any flaws with this! It was a great teaching tool and a real eye opener.

As we progressed through the swimming drills we progressed in getting to know one another. We came from all walks of life and 7 different states. By camp's end we felt like we were saying good-bye to life long friends.

Since returning I find I have changed not only my strokes but also my approach to working out and formulating workouts. Just today I finally really felt the short axis rotation work for me while swimming fly - and at the end of a 2400 yd workout I was able to repeat 6 split 50's (fly/free) and 8 25's fly in a time I usually do free at that point in the workout. I actually didn't want to stop - but had to as the time allocated to lap swimming had expired.

Will this translate into faster race times? I hope so, but actually I really don't care! If I feel better at the end of a race - especially a fly race - that will be accomplishment enough for me. Will I return to swim camp? I hope so. Even my mom, who was sure she would hold things up too much and wondered, especially after that first day if she would be able to make it through the rest of camp, talks of this as being a really wonderful "vacation". Would I recommend this camp to others? Positively! Terry Laughlin (Director) and his assistants had a great way of getting through to us "older" campers. In a nut shell, both my mom and I agree it was a very informative, unique and worth repeating experience.

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The following article appeared in Top Health - a health promotion and wellness letter which "appeared" in my teacher's mailbox at school recently.

10 WAYS YOU CAN SLASH HEALTH CARE COSTS

As a nation, we now spend over 800 billion dollars a year on health care - and that sum is rising faster than any other part of our economy. Even if you've got the most generous medical insurance coverage, some of that money is coming out of YOUR pocket: not only directly, in premiums and "co-payments," but also indirectly, in lost raises and benefits as costs eat into the profits of employers - and of the nation. Here are 10 actions you can take today to trim YOUR portion of the health-care price tag.

1. PRACTICE PREVENTIVE MEDICINE. A penny of prevention may save a dollar of care, so do all you can to keep yourself healthy. Exercise regularly, and eat a diet low in fat. If you smoke, quit. And get the periodic low-cost screening tests your doctor recommends.

2. LEARN ABOUT YOUR INSURANCE. Review what your health insurance plan covers - and how much, including deductibles and co-payments. Check whether your plan gives discounts for choosing doctors who practice "cost-wise" medicine, and ask for a list of such doctors in your area.

3. SIDESTEP UNNECESSARY TESTS. When your doctor proposes a high-cost diagnostic test, ask: Will the results affect my treatment? Is this test the most cost-effective way to answer this question about my health? Ask about less costly alternatives for expensive tests - for instance, an X-ray in place of a magnetic resonance imaging (MRI).

4. DON'T STAND FOR UNNEEDED TREATMENTS. Make sure the treatment your doctor recommends is necessary. Double-check any of these procedures, which experts say are done much too often: cesarean section, hysterectomy and surgery on the back or prostate. Question your doctor closely - or get a second opinion if possible.

5. DON'T PAY TOO MUCH FOR DRUGS. Talk to your pharmacist. Find out if your prescription medication costs more than similar drugs - or a generic version. And ask your doctor if you could do just as well with a less expensive substitute.

6. AVOID EXTRA CHARGES. Don't shy away from talking fees with your doctor. If a test or treatment is planned, ask - in advance - how much it will cost. If you wait till afterward, it may be too late. Figure how much YOU will have to pay. If your doctor's charges exceed "reasonable" limits, many plans bill you for the difference.

7. VISIT EMERGENCY ROOMS FOR EMERGENCIES ONLY. Hospital emergency rooms provide great care for REAL emergencies. But for non emergencies (like sore throats or lower back pain), they're inappropriate and much too expensive - charging six times more per visit than a family doctor.

8. KNOW WHEN TO CALL YOUR DOCTOR. Learn to listen to your body and identify serious symptoms - ones that you cannot treat yourself. Usually, the sooner you see your doctor about a health problem the quicker, easier and cheaper it will be to treat.

9. TRIM YOUR HOSPITAL EXPENSES. Most health-care dollars are spent in hospitals. If your doctor advises a hospital stay, ask if the procedure can be done in a day-surgery center instead. Ask your doctor which screening tests are scheduled for you during your upcoming hospital stay, and whether you can skip any of the ones that you've recently had anyway. And remember that a shared hospital room will cost far less than a private one.

10. CHECK YOUR MEDICAL BILLS CAREFULLY. Part of being an educated consumer is taking the time to read your bills. Medical invoices - especially big-ticket ones from a hospital - are no exception. Call the hospital, if necessary, to make sure you really got all the services you're being billed for. Mistakes can be costly - even if they don't come straight out of your pocket.

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Wet Beauty (Shark Snooze)

No organ of the body is more exposed to the pleasures of a swim - and, sometimes, to its side effects - than your skin. The water that revives, buoys and invites you also can alter your skin's health and comfort levels. So can what's in the water - sea salt, chlorine, occasional unseen irritants. And what's above it - sun.

ANYWAY

People are unreasonable, illogical and self-centered.

LOVE THEM ANYWAY.

If you do good, people will accuse you of selfish, ulterior motives.

DO GOOD ANYWAY.

If you are successful, you win false friends and true enemies.

SUCCEED ANYWAY.

The good you do today will be forgotten tomorrow.

DO GOOD ANYWAY.

Honesty and frankness make you vulnerable.

BE HONEST AND FRANK ANYWAY.

People favor underdogs but follow only top dogs.

FIGHT FOR SOME UNDERDOGS ANYWAY.

What you spend years building may be destroyed overnight.

BUILD ANYWAY.

People really need help but may attack you if you help them.

HELP PEOPLE ANYWAY.

Give the world the best you have and you'll get kicked in the teeth.

GIVE THE WORLD THE BEST YOU'VE GOT - ANYWAY. (Shark Snooze)

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Things to Make you Feel Better (Shark Snooze)

If you sometimes get discouraged, consider this fellow:

He dropped out of grade school. Ran a country store.

Went broke. Took 15 years to pay off his bills.

Took a wife. Unhappy marriage.

Ran for house. Lost twice.

Delivered speech that became a classic. Audience indifferent.

Attacked daily by the press and despised by half the country.

Despite all this, imagine how many people all over the world

have been inspired by this awkward, ruffled brooding man -

who signed his name simply

A. Lincoln

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Three WMAC swimmers need us! John Bauman (11917 W. Rainbow Ave, West Allis, WI., 53214), Harlan Drake (10251 York Ct., Wauwatosa, WI., 53222) and Elizabeth John (1600 East River Park Ct. #616B, Shorewood, WI., 53211) have given MORE than their fair share to the successful running of our meets and program. All 3 have been actively involved for over 15 years. John and Harlan basically run our meets and they need our help. We all need to volunteer to learn the jobs they do as they can't carry this load by themselves forever. Libs - our "Grande Dame" at age 84 - is feeling she is too old and too slow and that she holds up the progress of our meets. Right now - stop everything - and send a card of thanks to John and Harlan and a note of encouragement to Libs! Let's flood them with our support AND volunteer to begin to learn the meet process at our next meet. There are 281 registered swimmers in Wisconsin. We CAN make a statement with our support, care and concern. STOP NOW - WRITE YOUR NOTES!!!!

Nancy Kranpitz - Editor

P.S. This paragraph will NOT appear in the newsletter John, Harlan and Libs receive.

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Congratulations to HERB HOWE on being named the male Badger State Games CITGO Athlete of the Year. Herb was a member of the Harvard U swim team from 1931-34 and in 1977 became the first person older than 65 to break the 6:00 mark in the 400 meter free. Herb is a member of the UW Swimming Hall of Fame, a 1992 Lifesports winner, served 37 years as a professor of classical literature at UW-Madison and has logged as many as 1000 training miles in a year. Herb is now eligible for the CITGO National State Games Athlete of the Year award. One male and one female winner will be announced at the National Congress of State Games Symposium in Rochester, N.Y., in mid-September. CONGRATULATIONS HERB!!!!!!

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WISCONSIN MASTERS SWIM COMMITTEE  
1950 SHORE DRIVE  
MARINETTE, WI 54143

### Medical Dictionary

Artery - The study of paintings  
Bacteria - The back door of a cafeteria  
Barium - What the doctors do when patients die  
Bowel - A letter like A, E, I, O, or U  
Caesarean Section - A neighborhood in Rome  
Catscan - Searching for kitty  
Cauterize - Made eye contact with her  
Colic - A sheep dog  
D & C - Where Washington is  
Dilate - To live long  
Enema - Not a friend  
Fester - Quicker  
Genital - Not a Jew  
G.I. Series - A soldiers ball game  
Hangnail - A coat hook  
Impotent - Distinguished, well known  
Morbid - A higher offer  
Labor pain - Getting hurt at work  
Medical Staff - A doctors cane  
Nitrates - Cheaper than day rates  
Node - Was aware of  
Outpatient - A person who fainted  
Papsmeal - A fatherhood test

Papsmeat - A fatherhood test .  
Pelvis - A cousin to Elvis  
Post operative - A letter carrier  
Recovery Room - A place to do upholstery  
Rectum - Dang near killed 'em  
Seizure - A Roman emperor  
Tablet - A small table  
Terminal illness - Getting sick at the airport  
Tumor - More than one  
Urine - Opposite of you'r out  
Varicose - Nearby  
Vein - Conceited

### WOMAN

Woman was made from the rib of man.  
She was not created from his head to sto him.  
Nor from his feet to be stepped upon.  
She was made from his side to be equal to him.  
From beneath his arm to be protected by him.  
Near his heart - to be loved by him.