WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

JANUARY 1995

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With our first short course yard meet behind us it is now time to get serious about our winter swimming - both working out AND participating in meets. If you are like me it isn't too hard to get into a regular training routine. Getting to the meets, though - especially if you don't live in the Milwaukee area - can take more discipline. And if we want our association to survive many many more of us are going to have to be more disciplined about supporting our LMSC meets.

At the December 3rd meet only 43 swimmers registered to compete. This is 43 out of approximately 275 registered Wisconsin swimmers. We simply can not afford the pool rental, lifeguard and officiating fees with this lack of participation. No one is expecting all 275 registered swimmers to attend every meet. But a show of support of even 2 meets per year per swimmer would not only provide the financial backing we need but would greatly add to the "competitiveness" of the meets.

I KNOW it isn't always easy to get to the meets. I live 200 miles north of Milwaukee and really do not look forward to the hours of travel in uncertain weather to participate in a meet. In fact I often find myself questioning my motives. Why am I going to such extremes to paddle up and down a chlorinated tub of water? I guess I just know deep down that if that carrott (the meets) wasn't out there I would not be as diligent about a regular exercise routine. And the benefits - both physical and mental - to me of a regular exercise routine is what keeps me going. Once I enter a meet I figure I had better continue to practice so as not to make a fool of myself in front of my fellow swimmers. And it never fails - once I get to the meet I am always glad I came. Even if my swimming isn't the greatest the commraderie is and I leave the meet with a renewed interest in working out and competing.

Whatever your reasons are for registering with the WMSC we need your support at these meets more than ever. OUr January 7 meet will have come and gone before you get this newsletter. But there are still many more scheduled meets in January, February, March and April. Make attendance at at least 2 of these meets a new year's resolution. You may be surprised at how much fun you have been missing. Your support of our program is greatly needed. So just DO IT!

Nancy Kranpitz - Editor

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In The Kitchen With Rosie-Oprah's Favorite Recipes
by Rosie Daley

Fifty favorite recipes Oprah loves and that helped her lose weight. The calories and fat grams are listed for each recipe and they are truely gormet delights.

-Edie Jacobsen

February Fitness Challenge '95

Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: United States Masters Swimming, Southern LMSC of USMS, Crawfish Masters Swim Team, Speedo America, and Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1995, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1995

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: $6.00, all fees (check or money order) payable to **Southern Masters Swimming**

T-shirts: $12.00, navy blue with five-color screen, short sleeve, 100% cotton. Theme: "Fitness Frog: *Reachin' for the Stars!*"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for $3.00

Entry Deadline: Entries must be RECEIVED by March 20, 1995. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE
c/o Scott Rabalais
950 South Foster Dr. #29
Baton Rouge, LA 70806 USA
Phone: (504)928-5596

International Entries: Subject to a $3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "A Weekly Workout Plan," send a self-addressed stamped envelope to above address.

February Fitness Challenge '95

(please print)

NAME:_____ AGE (as of 2/28/95):_____ SEX:_____

ADDRESS:_____ CITY:_____ STATE:_____

ZIP:_____ COUNTRY:_____ PHONE:(____)_____ USMS MEMBER? Y N

WED FEB 1_____yds	WED FEB 8_____	WED FEB 15_____	WED FEB 22_____
THU FEB 2_____	THU FEB 9_____	THU FEB 16_____	THU FEB 23_____
FRI FEB 3_____	FRI FEB 10_____	FRI FEB 17_____	FRI FEB 24_____
SAT FEB 4_____	SAT FEB 11_____	SAT FEB 18_____	SAT FEB 25_____
SUN FEB 5_____	SUN FEB 12_____	SUN FEB 19_____	SUN FEB 26_____
MON FEB 6_____	MON FEB 13_____	MON FEB 20_____	MON FEB 27_____
TUE FEB 7_____	TUE FEB 14_____	TUE FEB 21_____	TUE FEB 28_____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES
(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature:_____ Date:_____

FEES			
Entry Fee	$ 6.00	_____	(required)
T-Shirt	12.00	_____	(optional)
Circle T-shirt Size:	S	M L XL XXL	
Swim Cap	3.00	_____	(optional)
Int'l Fee	3.00	_____	(outside U.S.)
TOTAL		_____	(U.S. funds only)

(fees payable to Southern Masters Swimming)

Terry Laughlin has forwarded (and permitted me to reprint) some technique and drill ideas. These will be reprinted for you in this and the next newsletter. I have experienced a world of difference in my swimming using these techniques AND saw trememdous improvement in my high school girls' swim team when incorporating these ideas this fall. This issue contains the "theery" - next issue the drills.

THE TOTAL IMMERSION STROKE AND FITNESS GUIDE
How to turn your "workouts" into "practices."
By Terry Laughlin

You want to become a better, faster swimmer. Many athletes are strongly inclined to work at swimming by doing more laps or working harder at them. But swimming has more in common with such skill sports as tennis and skiing. Here's why:

It's the water that makes swimming different. Water robs the swimmer of energy and efficiency. With every stroke you take, the water is applying the brakes, trying to drag you to a halt, stealing energy from you.

Think about it this way: If you stand on the ground and jump into the air, you burn about 10 calories. Nine of those calories went directly into getting you off the ground. One was lost to the slight inefficiency of the muscular exertion. Because muscles contract by a racheting mechanism and that racheting action causes friction which creates heat--the reason we sweat when exerting ourselves--some of our calories are thrown off as waste heat.

If on the other hand, you jump in the pool and swim a few strokes, burning the same 10 calories, only one of those calories would go directly into moving you forward; the other nine would be lost as waste energy because of the action of water drag.

Water is a frustrating medium for the person trying to move through it, and the nature of that medium makes the swimming puzzle far more difficult to solve than running and biking. Let's compare it with running. A runner, with each stride, gets to push off solid footing while moving forward through thin air. The swimmer, on the other hand, with each stroke has to push against a liquid that seems to do nothing but swirl away when you try to push against it. And to compound your difficulty, in propelling yourself forward, you have to thrust your body through a medium that is a thousand times denser than air. For a runner, this would be like trying to run across a field of Jello into the teeth of a gale-force wind.

Water is so effective at robbing us of efficiency that scientists estimate that even world-class swimmers are probably only about 9 percent mechanically efficient--91 of every 100 calories being robbed by water drag and the difficulty of pushing a hand against liquid. The novice swimmer may be only 1 or 2 percent efficient, as many as 99 of every 100 calories being stolen by the water.

Because stroke efficiency is such a big factor, the great performances of world-class swimmers are approximately 70 percent due to the efficiency, economy and coordination of their body position and stroking movements, and only 30 percent a factor of their power and physical conditioning. For the less experienced and less skilled swimmer, perhaps 90 percent or more of your performance will be determined by how efficiently or inefficiently you move through the water, while less than 10 percent will be determined by how fit you are.

Therefore, if you can swim a quarter-mile in 10 minutes, but would like to improve your time to nine minutes, only about five to 10 seconds might be gained by getting in better shape, while 50 to 55 seconds will come from learning how to move more efficiently

through the water.

When you decide to focus on technique it seems most natural to direct your attention to how your hands are pulling and how your legs are kicking. In reality they have relatively little influence over how you swim. The position and coordination of your head and trunk have far more influence. Yet very few novice swimmers pay much attention to them.

The most reliable indicator of skilled technique in swimming is a long stroke. Four studies have shown that the most obvious difference between faster and slower swimmers is that the faster ones take fewer strokes to cover a given difference. In other words, they make their bodies travel farther--and faster--every time they take a stroke. There are two ways to make your body do this: The first and easiest is eliminating resistance by improving your body position, and alignment in the water.

Since water is a thousand times denser than air, it has the capacity to impose huge drag forces on an inefficient swimmer. Three little-understood body position adjustments--balance, length and rotation--allow the swimmer to slice through the water like a racing shell. Small improvements in these three areas have the potential to make huge reductions in the energy one expends while swimming. Eliminating drag offers 70% of your opportunity to become a more efficient swimmer.

The second method of increasing your distance-per-stroke (DPS) is by creating propulsion better. But you don't do it by pulling harder and kicking harder, nor by spending more time in the weight room trying to build bigger "swimming muscles." You can generate more power with less effort simply by learning to coordinate your movements better. You probably have most of the power you need to swim well in muscles you're just not aware you should be using.

Use this analogy: "If your body was a motorboat, your engine would be in your hips, your hands are just the tips of the propellor blades." You can tap hidden power reserves by using the same muscles that enable smooth-swinging golfers to hit prodigious drives and wiry tennis players to hit booming serves. There are also simple tricks of coordination that get more core muscle working together to maximize thrust from each armstroke with a minimum of effort.

Here are the keys to doing each better:

How to Eliminate Drag.

1. Balance your body. Nothing has more impact on how you swim than improving your balance in the water. That means getting your head, torso, hips and legs all at the same level in the water with hips right at the surface. Most triathletes suffer from poor balance (hips and legs sink) and try to correct it with pull-buoys, wetsuits, or by kicking harder. But artificial aids only mask--not fix--the problem and hard kicking wears out the muscles you need to save for biking and running. A much easier way to balance your body is by keeping your head in line with your spine and hips and by "pressing the T" as you swim. This means leaning into the water, keeping constant pressure on your sternum, as you swim to keep the hips and legs close to the surface. When pressing the T, you should feel as if you're swimming downhill or as if someone was pressing down between your shoulder blades as you swim.

2. Make your body longer. As with sailboats and racing shells, the longer your body is from fingertips to toes during all phases of the stroke, the farther and faster it will travel during each stroke. I'm 6 feet tall, but with one arm fully extended overhead in my freestyle stroke, my body becomes a 9-foot-long racing shell in the water. (Rolling onto my side as I enter and extend the hand lengthens my body by a few more inches.) If I leave my hand there just a bit longer before pulling back, then my body stays 9 feet long for more of each stroke cycle. If I start pulling down and back as soon as my hand enters the water, all I do is make my body shorter and increase wave drag. So I make sure my recovering hand enters the water before my pulling hand has passed my head.

3. Cut the water on your side. Ever notice how fish cut the water compared with humans? In the more fishlike sidelying position in freestyle and backstroke, the water can pass across two surfaces of the body, has to travel only half as far to get out of your way, and reduces drag significantly. Instead of lying on your stomach in free, spend more time on your side, passing as quickly as possible across your stomach on your way to your other side.

How to Create Better

4. Locate your power source. Ever notice how baseball pitchers, tennis players, and golfers all start their motion by turning the hips first, then the shoulders and the arms last? Stroking power in swimming also originates with brisk hip roll on each stroke. The arms and hands are simply the point of application or delivery for huge forces developed by rotation of the hips and trunk. So when you think about increasing the power or tempo of your stroke, make changes at your hips not your hands. (Is it beginning to sink in that you don't want to stay flat on your front side when you swim?)

5. Move more mass at once. The physics formula for generating force is Force = Mass x Accleration. Novice swimmers always seem to try to increase power by pulling and kicking harder and faster, trying to raise the acceleration side of the equation. But that has an extremely high energy cost. They could just as easily increase the force generated by increasing the amount of mass moved with each pull. You do that by making sure that the entire torso rolls as a unit when pulling. To do that you have to make sure the hip, not the head, is the first thing to move when you stroke and breathe.

6. Anchor your hands. When you finally get around to focusing on what the hands do as you swim, particularly when you picture your engine in your hips, you should no longer think of moving your body forward simply by pulling them back. You actually use them to hold onto the water with anchoring and sculling motions produced by the relatively small muscles in the arms and shoulders, while the big muscles in the torso provide most of the propulsive power, developed by rolling the body from side to side.

Your hands will anchor and scull better if you use them to do these 3 things in descending order of importance: Use them to extend your body line as they enter the water. Use them to help balance the body after they enter the water. Finally, you use them to hold onto the water as your trunk rotation drives the arm back.

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SWIM CAMPS

Total Immersion Swim Camp dates for the winter and spring are as follows: Feb 24-26 - San Diego, CA., Mar 3-5 - Los Angeles, CA., Mar 11-12 - Washington DC., Mar 24-26 - Tuscon, AZ., April 7-9 - Dallas, TX. You missed the swimming vacation in San Jose, Costa Rica Jan 7-14 but may still be able to get in on the swim/ski week February 4-11 in Winter Park/Granby, CO. Applications can be received from Terry Laughlin - Total Immersion, 381 Main Street, Goshen, NY, 10924, Phone 914-294-3510, Fax 914-294-7079, E-mail: 75663,34 on Compuserve.

If you are looking for an excuse to head to Florida Judy Bonning, Head Masters Coach at Coral Springs Masters will be directing three day camps at Coral Springs Aquatic Complex Feb 24-26 and March 25-27, and four day camps January 26-29 and March 9-12. Nancy Schlueter will conduct a special camp February 2-5 at Grand Cayman. For more information call 305-345-5370.

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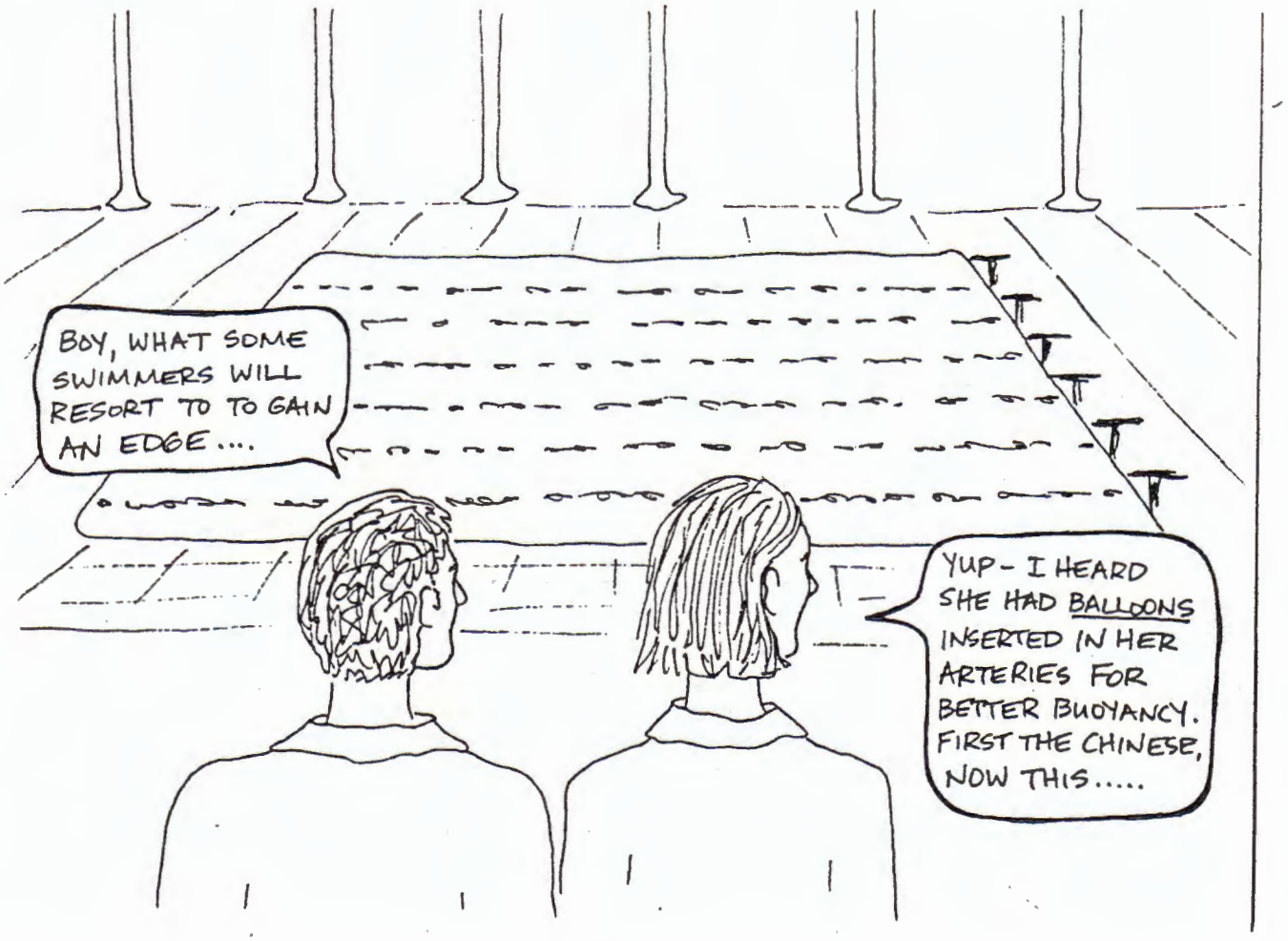
Shirley Hasselbacher of Neenah underwent an angioplasty a few months ago and received this original card from fellow Neenah masters swimmer Trish Alaire. We are happy to say Shirley is back in the pool and Trish continues to create her "originals" for other friends' occasions.



Did you know - It takes 17 muscles for your body to produce a smile.

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The name "Edie Jacobsen" is one all Wisconsin Masters should be familiar with. Edie has been part of our program for about ten years and for the last several years has been our association's representative at the national convention. Locally Edie is our fitness chair, regularly forwards news articles of interest to me for inclusion in the newsletter and she has been meet manager of our only short course meter meet of the year at Lawrence. While we won't say "good-bye" to Edie we do want to recognize that we may not see her as often as we have in the past as her husband recently accepted a transfer to Decorah, Iowa. Edie will stay in Oshkosh until their house sells and with her parents residents of Whitefish Bay we are hopeful that when she relocates to Decorah she will be able to make visits "home" on swim meet weekends. Wisconsin masters greatly appreciates all the work Edie has done for our association and we are hoping she may find Decorah not that far away from Wisconsin so that we may be able to continue to have her as an active Wisconsin Masters member.

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In addition to this "Check Off Challenge 2" remember that Wisconsin Masters is also sponsoring their own Check off Challenge. Thank you, Edie Jacobsen, for being the driving force behind this program.

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Check Off Challenge 2

.....Check Off Challenge 2 — 18 ways to get in the swim!

The one event for the fitness swimmer, the all-around swimmer, and the competitive swimmer. Check Off Challenge 2 runs through May, 1995. So, just do it!

The challenge is about swimming as many of the 18 events as you can and choose to. Some will draw the line: "No way I'll swim events like the 400 IM, 1650 or 200 fly." Then just say no those events. But, maybe you can, maybe you will, and maybe you'll even find it's satisfying while not a piece of cake.

Scoring is simple and personal. Enter the challenge and receive your T-shirt with "Check Off Challenge 2: 1994-1995" on the front and the 18 events and their check off boxes on the back. You check off each event when you swim it. (Use an indelible laundry marker. 100%, heavy weight cotton, white with 3-color design.)

Ten reasons to do it...

10. Want more check-offs than last year.
9. Thought it looked like fun last year.
8. Know nothing about it, but think it's the right thing to do.
7. Need another T-shirt for the collection.
6. Need a reason to swim the 200 fly, 400 IM, and 1650.
5. Developed a strategy to be 1994-1995 Check Off Challenge champion.
4. Check offs look neat at meets.
3. By mistake, filled in the boxes with Xs last year.
2. Good conversation piece with non-swimming friends.
1. We all want to be like Tom.

Check Off Challenge2 - Entry Form

To enter **Check Off Challenge 2**, fill out this form and make your check payable to "NEM." Mail them both to:

The Grillis, 261 High Range Road, Londonderry, NH 03053

Name _____ Phone _____

Address _____

T-shirt Size		T-shirt style	Qty	Price	Total $
Adult Medium	___	Tank top	___	@ $11.00*	___
Adult Large	___	Short sleeve	___	@ $12.00*	___
Adult X-large	___	Long sleeve	___	@ $14.00*	___

Check Off Challenge 2 *is sponsored by the New England Masters Swim Club*

Total amount of check $ ___

*includes shippng & handling

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A BIG THANK YOU to Jeff Moore and John Bauman for forwarding this list of Wisconsin Swimmers who made the USMS Top Ten Long Course Meters National Rankings. If anyone was missed please let me know!

Women 40-44	Nedra Moore	9th 50 back	:34.93
Women 45-49	Edith Jacobsen	7th 200 fly	3:43.31
	Nancy Kranpitz	8th 200 fly	3:45.91
Women 55-59	Doris Klitzke	5th 50 back	:46.08
		10th 50 fly	:46.74
		10th 100 fly	1:52.54
		10th 200 IM	3:40.98
		7th 400 IM	7:56.45
	Ingrid Stine	10th 1500 free	29:47.31
		9th 200 fly	4:25.62
Women 75-79	Freddie Sark	6th 50 free	:54.42
		8th 50 breast	1:16.41
		10th 200 breast	7:08.45
Women 80-84	Elizabeth John	10th 200 free	9:04.15
		6th 400 free	18:55.21
Men 45-49	Thomas Meehan	7th 100 fly	1:09.12
Men 50-54	Peter Lee	7th 1500 free	23:01.90
	Bill Mulliken	8th 1500 free	
Men 60-64	Robert Kueny	9th 1500 free	25:34.86
		10th 100 breast	1:37.41
		7th 200 breast	3:37.26
		10th 200 fly	3:35.62
		7th 400 IM	7:05.56
Men 75-79	Lynn Surles	4th 50 free	:35.99
		5th 100 free	1:24.74
		7th 400 free	7:30.39
Men 65-69	Harlan Drake	7th 1500 free	28:04.03

RELAYS

Women 240-279 8th 200 free 3:17.73
(Betty Kendall, Fran Zeumer, Georgia Cemirys, Doris Klitzke)

Women 240-279 6th 200 Medley 3:32.63
(Doris Klitzke, Shirley Hasselbacher, Nancy Kranpitz, Fran Zeumer)

Men 160-199 9th 400 Free 5:28.68
(Stephen Justinger, John Maniaci, Robert Cyr, Jim Olson)

Men 240-279 3rd 400 Medley 6:58.09
(Thomas Michelson, John Bauman, Robert Kueny, Lynn Surles)

Mixed 160-199 5th 400 Medley 6:28.47
(Edith Jacobsen, Jim Olson, Richard Theide, Nancy kranpitz)

!!!!!!!!!!!CONGRATULATIONS!!!!!!!!!!!!!!

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Not only does our organization need you to swim in our meets but it needs you to volunteer, also. Many thanks to Peter Lee for his help on the computer in our last meet. We now need a body to help Harlan with the timing machine. It is not difficult work - but it does require attention. OJT will be provided! When several people help with the machines it allows ALL to have at least a little break before heading up to the starting blocks.

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DON'T FORGET TO SEND IN YOUR REGISTRATION FOR THE 1995 YEAR. The extra $2 ($22 this year compared to $20 last year) will be going to our LMSC. Harlan made it very easy for us to re-register. Don't let yours lapse. Re-register TODAY!

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NOTES FROM OUR CHAIRMAN - JOHN BAUMAN

HAPPY NEW YEAR!!!! May you all be successful in your endeavors in 1995, especially in Masters swimming.

It appears that there is some confusion as to club/team membership when an individual registers with the Wisconsin LMSC in order to participate in Masters swimming. Every club which competes in Masters swimming must be registered as either a National club or as a club under the WMAC umbrella. A club must be registered before individuals may be registered as members of that club. Participation under the WMAC umbrella will enable all registered swimmers to compete as "Team Wisconsin" in out of state, national and international competition. They will be able to form relays and score points as a unified team.

Individual swimmers may register as:

A. Members of WMAC directly, with no local club affiliation.
B. Members of a local club under the WMAC umbrella.
C. Members of a National registered local club.
D. Unattached - no club affiliation.

I would recommend that those of you without a local club register as a direct member of WMAC rather than Unattached as Unattached swimmers may not swim on relays.

Once again I want to remind you that if you wish to use Jim/Tom/Dave as your first name rather than James/Thomas/David please register that way. The computer doesnot know that Jim is also James. In any case you must use your name as it appears on your current registration card when you enter a meet.

Finally, in reviewing the National Top Tenrelay listings it appears that we Wisconsin Masters swimmers should concentrate on participating in all the relay events, particularly the 400 and 800 distances. I encourage everyone to participate in the relay events at our local meets.

Editor's note: I am a good example here! I was not having a good meet at Wilson Park and agreed to swim a 400 medley relay more or less on a challenge to take on "the old guys" (Michelson, Bauman, Kueny and Surles). You can't begin to imagine my surprise at seeing us obtain a 5th place ranking in that relay in the 160-199 age group! Next time you are asked to swim a relay - SAY YES! (N. Kranpitz)

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In the last newsletter I mistakenly stated that state record swims had to be swum IN Wisconsin. That is an error. You need only be registered in Wisconsin. Sorry!

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One of the "enclosures" in this newsletter is the February Fitness Challenge. This year's FFC is sponsored by USMS, Southern LMSC, Crawfish Masters Swim Team, Speedo America and Maxwell Marketing Associates. This is the third year of the challenge and a goal of attracting over 1000 swimmers (832 participated in 1994) has been established.

In former years the FFC entry form has been placed in SWIM MAGAZINE. However, the 1995 FFC entry form will NOT be printed in SWIM as several new fitness events will be introduced instead. The enclosed entry form is printed for your convenience. For those who would like some help in planning their attack a free brouchure entitled "A Weekly Workout Plan" can be obtained by sending a self-addressed stamped envelope to FFC c/o Scott Rabalais, 950 South Foster Dr. #29, Baton Rouge, LA, 70806. Happy Swimming!

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WISCONSIN MASTERS SWIM COMMITTEE
N1950 SHORE DRIVE
MARINETTE, WI 54143

JOIN THE LOST MASTERS SWIM CLUB FROM
LACROSSE, WISCONSIN

LOST IOWA/MINNESOTA/WISCONSIN MASTERS MEET

SATURDAY, FEBRUARY 11, 1995
MITCHELL HALL
UW-LACROSSE
WARM-UP 12:00 - 12:30
MEET BEGINS AT 12:45
$5.00 ENTRY FEE

FOR MORE INFORMATION CONTACT:
Todd Ondell - The Most Lost
2823 Quarry Place
LaCrosse, WI 54601
608-784-8890

ORDER OF EVENTS

400 MEDLEY RELAY
1000 FREE
200 FREE
100 BACK
100 BREAST
200 FLY/50 FLY
50 FREE
15 MINUTE BREAK
100 FREE
200 BACK/50 BACK
200 BREAST/50 BREAST
500 FREE
100 FLY
200 IM/100 IM
400 FREE RELAY
50 KICK