

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

SUMMER 1995

Welcome to summer! For most of us it arrived with a torrent of hot and humid weather for most of the month of June. Our outdoor pool temperatures hit all time highs. Now, at least in northern Wisconsin, we are back to reality and more normal summer weather. As we look forward to our one and only LC meter meet in just a few weeks let's hope it will be our swimming that will create the hot streak. We need to make a sincere and concerted effort to support the Wilson Park meet Aug 4, 5 and 6. Hope to see you all there.

Did you notice on page 25 of the latest Swim Magazine that Wisconsin Masters very own Nancy-Leigh Fisher was spotlighted for her outstanding performances in the USMS Short Course Nationals in Fort Lauderdale in May. Nancy captured first places in the 50 free (:26.01), 100 free (:55.67), 50 back (:29.34) and 100 back (1:04.20). While Swim gives her credit for another win in the 1650 that is in error. However, her four first place finishes were backed up with a 2nd place finish in the 200 back (2:25.93) and a 3rd place finish in the 200 free (2:06.31). Nancy swims in the very competitive 40-44 age group. Congratulations, Nancy, from all the Wisconsin Masters for your outstanding performances! We are very proud and happy for you!

According to John Bauman and Ingrid Stine the swimming portion of the Badger State Games held June 25th in Madison was a tremendous success. A gorgeous day - hot with lots of sunshine - greeted the participants. There were slightly fewer participants than last year with no women 60 and over entered. However, on the men's side Herb Howe, at 83, claimed "eldest" honors while 77 year old Lynn Surles was close behind. Meet directors Dick Pitman and Phil Helmuth, with the help of Steve Justinger, did an outstanding job organizing and running the meet. Everybody enjoyed this beautiful day - great pool and facilities, good company and a well run meet.

Editor's note: How did YOU do at the Badger Games? Send me your results for publication in our next newsletter! -Nancy Kranpitz

The 1995 Short Course Yards Wisconsin Top Ten is available for those who wish a copy. Simply send a SASE to John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214 and he will be happy to send you a copy. Due to the length of this "document" (5 pages) it was decided that this information would be made available for anyone who wants it rather than consume 5 pages of the newsletter.

As newsletter editor I participate in a newsletter exchange with several other local masters swim committees and often find information and/or articles of interest I feel may interest others. Such is the case with the following article entitled "Vertical Swimming". It was written by Marianne Brogan and Kathy Plescia, appeared in the Lake Eric LMSC Newsletter and is being reprinted with their permission.

VERTICAL 'SWIMMING'

We are sure everyone reading this article will agree that swimming is an excellent form of exercise! Swimmers are intrinsically aware of the many benefits of exercising the body in water. The horizontal position is natural to the swimmer as the body buoyantly glides just near the surface of the water. In this article we would like to suggest exercise in water from a vertical position. The vertical position will help you maximize pool use, incorporate cross-training and create a more balanced workout.

Water pressure is greatest at the bottom of the pool. This pressure can be used to create resistance to movement from a vertical position. Moving vertically through water works just the opposite of swimming. Vertically, you seek the path of MOST resistance, in order to tone and strengthen your body; horizontally, you seek the path of least resistance, to promote speed and conserve energy. Just by standing up and walking through the water you can maximize your workout potential at the pool.

Your body adapts to the demands you regularly place on it. If you only perform one form of exercise your fitness level will stabilize and fitness gains will diminish. Fitness professionals agree that a program of cross-training helps to improve this situation. Cross-training is also psychologically more satisfying as you challenge your many body systems in different ways. Vertical exercise in the water adds the element of cross-training to your swimming workouts.

Vertical position exercise in water can also help to balance your workout. For example, if a swimmer performs the crawl, butterfly or backstroke, the hips are only moving through flexion and extension, forward and backward. There is no lateral or sideways motion. Joints need to be strong and flexible throughout their full range of motion. If only one side of a joint is continually exercised to the exclusion of the other side, an imbalance occurs which increases the possibility of injury.

Vertical exercise can be performed in the shallow or deep end of the pool. We suggest wearing a pair of rubber-soled shoes for better balance and support for both programs. It is very important to be aware of your posture as you move through the water, keeping your shoulders over your hips. It is also important to think about maximizing resistance to achieve fitness gains.

For the shallow end of the pool, we recommend choosing a lane and walking slowly forward and then backward, moving from shallow into a little deeper water and back again. Concentrate on pulling your body through the thickness of the water and do not bounce up and down. Once you feel comfortable and "warmed up," you can choose from the following list of ways to move through the water:

- * Normal steps, leading with the heel and rolling over the ball of the foot.

- * Short or long steps.
- * Walk a tightrope - forward and back.
- * Walk in wavy lines
- * Slide your feet along the bottom in long steps.
- * March.
- * Lift knee, extend lower leg, step forward.
- * Lift leg straight up and pull down, forward and back.
- * Walk on toes - walk on heels.
- * Sidestep (lift leg to the side and pull other leg in to meet it) both directions.

While walking you can scull with your hands and/or pull with straight arms to incorporate upper body toning in your workout.

For the deep end of the pool, you will need a flotation belt to keep your posture in vertical alignment. You can jog, bicycle, cross-country ski or do jumping jacks. You can travel around or remain in one place. The deep water program is especially good for abdominal muscle strength because you need to contract these muscles to stay aligned as your arms and legs move forcefully through the water. These programs may seem a little unnatural at first to the swimmer, but with a little practice you will quickly realize the wisdom of these moves.

Fifteen minutes of vertically moving your body through water is equivalent to forty five minutes of walking out of water in terms of fitness benefits. So swimmers, stand up in that water and move around - experience even more benefits from the world's most perfect exercise environment.

(Marianne and Kathy are President and Vice President, respectively, of All Around Fitness, Inc. Marianne is also a member of Ohio Masters Swim Team and serves as the Fitness Committee Chairperson. For more information on aquatic exercise programs, contact them at 3309 Silverdate Ave, Cleveland, Ohio, 44109)

CUTTING FAT MAKES SENSE

Losing weight may help fatten your wallet, according to a recent study. When 291 people were given a low-cholesterol diet for nine months, researchers found that those who followed the diet best saw their food bills go down by \$.75 to \$1.10 a day.

While it doesn't sound like much, think of it this way: For a family of four, you're talking about \$3 a day in savings. By the end of the year, that's over \$1000 that a family can use toward a vacation or buying that something special.

The State Long Course Meter records are listed in this newsletter for your information.

A recent study of the American Medical Association found that at least \$1 out of every \$4 spent on health care each year pays for treatment of health problems resulting from smoking, alcohol and drug abuse, domestic violence, and other changeable behaviors (like wearing safety helmets while biking and buckling seat belts.)

11/12/94

WISCONSIN MASTERS LONG COURSE METERS RECORDS

	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK
WOMEN 19-24	:33.2	1:14.92	2:48.50	6:07.40			:37.63		3:11.92
WOMEN 25-29	:29.69	1:07.64	2:35.10	5:15.32	11:37.59	21:55.70	:39.71	1:26.59	3:09.85
WOMEN 30-34	:32.10	1:16.98	2:37.05	6:43.12	11:41.11	21:04.07	:36.64	1:20.84	2:56.30
WOMEN 35-39	:32.34	1:21.49	3:05.81	6:24.71	15:23.77	29:11.62	:43.27	1:18.85	2:49.56
WOMEN 40-44	:30.14	1:10.04	2:40.84	5:40.80	11:54.79	26:03.25	:37.89	1:24.77	3:08.54
WOMEN 45-49	:37.04	1:26.82	3:13.90	6:44.11			:46.18	1:53.29	3:45.42
WOMEN 50-54	:38.06	1:29.42	3:27.07	8:59.19		33:59.66	:43.95	1:52.73	3:41.38
WOMEN 55-59	:37.23	1:28.97	3:37.42	8:01.57		29:47.31	:45.24	2:03.29	
WOMEN 60-64	:42.55	1:43.37	4:04.55	8:00.16	18:46.91	33:06.26	:55.29	2:08.34	5:08.35
WOMEN 65-69	:43.31	1:43.91	3:57.29	8:27.26	17:21.19	36:07.91	:54.78	2:02.77	5:20.23
WOMEN 70-74	:47.54	1:52.20	4:16.11	8:40.58	18:45.24	42:14.37	:51.45	1:56.77	
WOMEN 75-79	:54.42	2:33.70	5:13.16	10:56.16	22:08.18		1:23.76	3:34.32	7:20.63
WOMEN 80-84	1:57.41	3:06.37	6:28.32	11:51.96				3:44.80	
WOMEN 85-89									
MEN 19-24	:29.00	1:02.02	2:23.27	5:13.51			:30.86	1:14.13	
MEN 25-29	:25.90	:58.76	2:08.09	4:32.64	10:07.38	17:54.03	:32.69	1:11.04	2:33.73
MEN 30-34	:26.76	:57.92	2:12.54	4:52.67	11:03.53	19:41.13	:30.57	1:07.77	2:37.28
MEN 35-39	:26.10	:57.90	2:18.69	4:54.52	10:53070	21:12.76	:32.38	1:10.97	2:35.65
MEN 40-44	:26.33	:58.90	2:21.08	5:23.87	11:05.90	21:44.28	:32.78	1:17.34	2:39.34
MEN 45-49	:28.14	1:03.44	2:32.69	5:01.29	13:57.14	19:50.83	:36.73	1:21.42	2:56.01
MEN 50-54	:29.34	1:05.66	2:32.91	5:39.51	13:14.67	21:59.27	:42.51	1:25.69	3:02.02
MEN 55-59	:30.89	1:09.36	2:40.24	6:03.97	12:02.75	23:42.71	:35.85	1:29.09	3:09.35
MEN 60-64	:31.61	1:11.39	2:48.58	6:05.16	13:27.14	25:33.12	:39.83	1:31.62	3:14.36
MEN 65-69	:31.79	1:13.68	2:49.54	5:59.67	12:09.27	25:07.50	:43.23	1:44.01	3:54.21
MEN 70-74	:34.61	1:20.95	2:58.97	6:16.52	13:49.47	24:33.74	:46.59	1:50.07	4:07.78
MEN 75-79	:35.00	1:21.64	3:03.43	6:28.28	13:35.96	25:41.55	:56.99		
MEN 80-84	:44.22	1:57.75				31:13.13	1:02.05		
MEN 85-89									
	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM	
WOMEN 19-24									
WOMEN 25-29	:40.32	1:24.77	3:08.15	:31.39	1:12.52	3:02.28	2:47.10	6:05.40	
WOMEN 30-34	:41.68	1:32.94	3:21.41	:34.45			3:03.28	6:23.97	
WOMEN 35-39	:40.34	1:31.39	3:17.74	:38.43	1:14.41	2:45.30	3:08.66	5:54.39	
WOMEN 40-44	:43.28	1:36.45	3:31.64	:33.22	1:21.52	3:30.08	3:00.64	7:04.88	
WOMEN 45-49	:43.65	1:42.17	3:47.73	:41.45	1:43.67	3:37.78	3:31.11	7:12.05	
WOMEN 50-54	:53.30	1:55.88	4:15.27	:41.68	1:47.99		3:35.81	11:25.22	
WOMEN 55-59	:47.17	1:46.30	3:47.56	:42.39	1:44.21	4:00.78	3:37.51	7:56.45	
WOMEN 60-64	:53.86	1:57.95	4:07.37		3:17.35	6:24.33	4:18.19	10:55.62	
WOMEN 65-69	:53.36	1:56.69	5:20.00	:59.69					
WOMEN 70-74	1:02.70	2:29.31	5:20.28	1:11.79					
WOMEN 75-79	1:11.11	2:42.73	5:51.73						
WOMEN 80-84	1:26.20	3:22.91	7:24.77						
WOMEN 85-89									
MEN 19-24	:38.42	1:25.64		:27.91	1:16.07		2:42.95		
MEN 25-29	:33.98	1:14.53	2:46.18	:28.60	1:04.44	2:39.77	2:32.57	5:17.22	
MEN 30-34	:33.62	1:15.78	2:50.20	:28.41	1:07.06	2:46.19	2:31.79	5:40.17	
MEN 35-39	:35.98	1:17.79	2:49.35	:28.61	1:06.55	2:54.51	2:34.94	5:32.46	
MEN 40-44	:36.86	1:19.92	2:51.94	:28.66	1:05.90	2:37.18	2:33.30	5:35.22	
MEN 45-49	:37.30	1:22.32	3:02.15	:29.65	1:06.40	2:47.21	2:51.05	6:04.19	
MEN 50-54	:37.63	1:23.94	3:04.04	:31.50	1:18.54	2:57.53	2:50.26	6:07.78	
MEN 55-59	:41.14	1:29.58	3:21.93	:33.56	1:25.40	3:21.17	3:03.49	6:31.56	
MEN 60-64	:40.20	1:33.19	3:26.80	:34.48	1:27.90	3:28.82	3:11.13	7:04.95	
MEN 65-69	:43.55	1:38.90	3:54.14	:34.78	1:33.61	3:50.31	3:38.00	8:03.49	
MEN 70-74	:54.77	2:20.04				4:50.56		9:25.81	
MEN 75-79						5:08.90		9:53.41	
MEN 80-84	1:01.82	2:26.78							
MEN 85-89									

10/03/94

200 FREE

WISCONSIN MASTERS LONG COURSE METERS RELAY RECORDS
400 FREE 800 FREE 200 MEDLEY

400 MEDLEY

WOMEN 76+
WOMEN 100+
WOMEN 120+
WOMEN 160+
WOMEN 200+
WOMEN 240+
WOMEN 280+
WOMEN 320+
MEN 76+
MEN 100+
MEN 120+
MEN 160+
MEN 200+
MEN 240+
MEN 280+
MEN 320+
MIXED 76+
MIXED 100+
MIXED 120+
MIXED 160+
MIXED 200+
MIXED 240+
MIXED 280+
MIXED 320+

2:33.11			2:47.32	
2:58.34			2:58.50	
3:17.73			3:47.44	
			3:29.71	
1:50.32			2:05.61	
2:06.53	5:28.68		2:05.51	
2:44.55			2:48.99	
2:23.20			2:35.42	6:58.09
2:23.20				
			2:17.94	
2:13.36			2:41.97	
2:11.64			2:32.64	6:28.47
2:34.25			3:09.94	
2:29.94			2:50.36	
2:43.48			3:42.97	

I NEED YOUR HELP! PLEASE SEND ANY NEWSWORTHY ARTICLES TO ME FOR INCLUSION IN THE NEWSLETTER. IT WOULD HELP ME A LOT IF FOR THOSE ARTICLES WHICH REQUIRE PERMISSION TO BE REPRINTED YOU COULD SEND THAT PERMISSION "FORM" ALONG WITH THE ARTICLE. BUT I'LL ACCEPT ANYTHING. SOME ARTICLES I HAVE NOT BE ABLE TO REPRODUCE BECAUSE I HAVE BEEN UNABLE TO GET PERMISSION TO DO SO. ALSO - SEND ALONG MEET RESULTS, TRIATHLON RESULTS, BIRTH ANNOUNCEMENTS, ETC. YOUR HELP WILL BE GREATLY APPRECIATED.

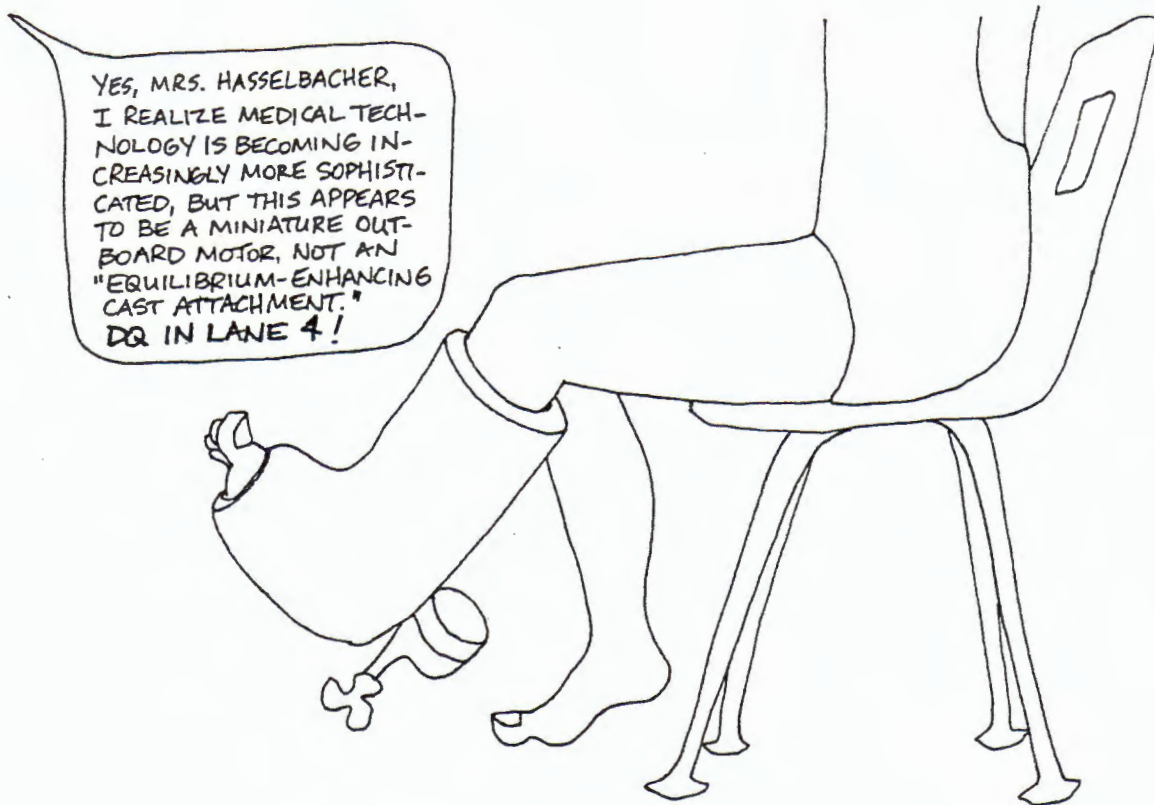
Nancy Kranpitz

USMS is sponsoring several distance swims and challenges this summer. The entry form for one of these events - the 1995 USMS 2000 Fitness Challenge - is included in this newsletter. Please note that it is not necessary to be a USMS member to participate in this particular challenge. The 2000 yards or meters must be swum between July 1 and August 31, 1995 with entries being RECEIVED by September 15, 1995.

The Pacific Northwest Masters is sponsoring a 5K and 10K Postal National Championships. You must swim in a 50 M pool between May 15 and September 30, 1995, with entries being received by the meet director by October 20, 1995. You may get an official entry form and complete information by writing to Jane Moore, 1867 58th St. NE, Tacoma, WA., 98422-1517

Finally, the 1995 USMS Long Distance 3000 yd Postal Championship is being sponsored by Gulf LMSC with swimming taking place between September 1 and November 30, 1995. This event replaces the 6000 yard postal championship. There is also a 3 person team championship event. More information may be obtained from Emmett Hines, 4361 Graduate Circle, Houston, TX 77004, (713) 748-7946 - voice. 73021.2360@compuserve.com or from Kris Wingenroth, Rice Athletics - MS 548, 6100 Main Street, Houston, TX, 77005-1892, (713) 527-4710 (office) or (713) 661-4790 (home).

Our "artist in residence", Trish Alaric from Neenah, has been at it again. And once again the subject of her cartoon is Shirley Hasselbacher, also of Neenah. Shirley zipped when she should have zagged while working in her garden this spring and broke her ankle - prompting the following get well card from Trish. We're glad to report the cast is off and Shirley is back in the pool without the need for her "equilibrium-enhancing cast attachment"!



The YMCA held its National Masters Championships in April in Buffalo, New York, and at least 2 WMAC swimmers represented their local YMCAs in the competition. Gordon Schalla, swimming in the 65-69 age group, placed 4th in the 50 and 100 back, 5th in the 50 and 100 breast, and 7th in the 50 free. Fran Zeumer of Neenah, swimming in the 75-79 age group, placed first in the 50, 100 and 200 freestyles, 50 fly and 100 IM and 2nd in the 50 back and 50 breast. Her time in the 200 free set a new National YMCA record for the 75-79 age group! Congratulations Gordy and Fran!

The Green Bay YMCA was also represented but results of Wisconsin Masters swimmers representing that YMCA were unavailable at "press time". If you were there - let me know!

DIET DIRECTIVES
Shark Snooze

Chew your food thoroughly and slowly. Try putting your knife and fork down on the table between bites. Enjoy and savor every bite.

Turn on some pleasant, slow music when you dine. Fast music will cause you to eat faster. Be sure that you dine with good lighting so you can see what you are eating. This also means not watching TV while you dine.

Learn the essentials of good nutrition. Do not eat rich foods that have little nutritional value.

Families should revive the custom of dining with good food and interesting conversation. Avoid all unpleasant subjects during meals.

Eliminate gulping fast foods at counters.

Most important, avoid fad diets. No magic combination of foods will melt away those unwanted pounds.

THE FIRST OLYMPIC SWIMMING
Shark Snooze

1896 announced the beginning of swimming events in the Olympic Games. The first modern Olympics was held in Athens, Greece. Nearby, at the Bay of Zea, the swimming events were to be seen. The Bay of Zea was chosen because it was shallow and calm. It was beautifully decorated in honor of the festivities. The eight judges were positioned on a suitable decorated barge anchored close to the shore. After a bugle announced the start of contests, a steam launch took the contestants from their dressing room on the shore out to the starting line which was marked by a line of floating dried gourds. Here, the contestants jumped into the sea and waited.

The first event was 100 meters. With the shooting of a pistol, the 13 participants started swimming rapidly towards shore, the finish line being marked by a red flag. The first to finish was Hungarian Alfred Hajos, who covered the distance in 1:22.2.

The second event was the 100 meter for sailors. Only sailors of the Navy participated, but of the 11 who entered, only 3 Greeks competed. Sailor I. Malokinis of Spetsai won with a time of 2:20.4.

The third event, the 500 meter freestyle had 3 participants, two Greeks and one Austrian. The starting point was outside the bay, where participants were taken by the steam launch. The Austrian, Neumann finished first, covering the distance in 8:12.75.

The fourth event was the 1200 meter freestyle. Nine took part in this most important of all swimming events, it being a test of speed and endurance. A cannon was heard and after a relatively long wait, the first swimmer appeared leading by 100 meters. When he reached the finish line, he was recognized as being the Hungarian Hajos, the winner of the first race, covering the distance in 18:22.2.

It being past noon, the swimming events were completed.

Submitted by Maurice Annes

 VIGOROUS EXERCISE BEST FOR THE LONG RUN
 From Shark Snooze

Run! No, walk. No, run! The latest of seemingly conflicting studies says that, to live longer, you must exercise vigorously, not just moderately. So says a report of researchers of the Journal of the American Medical Association. The study did not spell out exactly how much of any specific activity would constitute vigorous exercise. But it said that moderate exercise has many other benefits: improving quality of life, promoting physical well being, enhancing the ability of older people to accomplish daily tasks, regulating blood pressure and averting diabetes. Brisk walking - a vigorous activity in the Harvard study - is a "moderate" activity in the CDC recommendations. Moderate to one person is not moderate to another.

Excerpts from Sun Times article and
 submitted by Sonja Harris



1995 USMS 2000 Fitness Challenge



THE CHALLENGE: United States Masters Swimming, its Fitness Committee, New York State's Niagara LMSC, SPEEDO and Kast-A-Way Swimwear, Inc. invite athletes to complete a 2000 yard or 2000 meter swim.

AWARDS: All participants will receive a custom T-shirt, swim cap and copy of results.

COST: Entry fee is \$12.00. Swimmers entering more than once may submit additional entries for \$6.00 each but receive only one T-shirt, or \$12 each and receive a T-shirt for each entry. A separate entry form is required for each entry and swimmers may not swim separate entries concurrently. International entries must include a \$3.00 processing fee.

DATES: The distance must be completed between JULY 1 and AUGUST 31, 1995. Entries must be received by September 15, 1995.

ELIGIBILITY: Membership in any organization including USMS is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed. RESULTS will be compiled and listed by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.).

RULES: Times should be recorded with a stopwatch. We recommend that you have a person record your final time, counting laps as you swim (80 lengths or 40 laps of a 25 yard/meter pool - 40 lengths or 20 laps of a 50 meter pool).

TO ENTER: Complete the entry form below and mail with a check payable to "1995 USMS 2000" to Betty Barry, 1403 Victor Holcomb Road, Victor, New York 14564 (716-924-5344).

OFFICIAL ENTRY FORM -- Print Clearly

I, the undersigned, completed the distance in accordance with designated rules in the time indicated below.

Entry Fee	\$12.00 _____	Date of Swim	_____	USMS Registered	__Yes__ __No__
2nd Swim	\$ 6.00 _____	Entry Time	_____	Phone #	_____
3rd Swim	\$ 6.00 _____	Pool	__50 Meter__ __25 Meter__ __25 Yd	Age At Date of Swim	_____
International Fee	\$ 3.00 _____	(Indicate length of pool)			

TOTAL FEES \$ _____ (US Funds)

NAME _____ SEX _____
 ADDRESS _____
 CITY/STATE/ZIP _____
 SIGNATURE _____

T-SHIRT Size (circle)
M L XL

WISCONSIN MASTERS
N 1950 SHORE DRIVE
MARINETTE, WI 54143

SNACKING YOUR WAY TO HEALTHY TEETH

Did you know that some foods can actually boost your dental health by helping to prevent tooth decay, gum disease, and other troubles? Here are some examples:

A cheese 'chaser': Within 5 minutes of eating a sugary snack, have an ounce of nonfat cheese. Eating a bit of cheese stimulates the flow of saliva, which contains buffers to neutralize cavity-causing acids.

Crunchy fruits and vegetables: Because they contain fiber and they're crunchy, they scrape away bacteria and plaque giving your teeth a cleansing benefit just from eating them.

Plain, nonfat yogurt: Not only is this a great source of calcium, it also helps fortify the bone that supports your adult pearly whites.

Carrots: They're full of beta-carotene. Studies suggest that people whose diets are high in beta-carotene have a lower risk of oral cancer than people who have a lower intake of this nutrient.

Spicy edibles: Try some salsa or toss some peppers on your next slice of pizza. Chili peppers contain a good amount of vitamin C, a nutrient necessary for strong gums.

Remember, however, eating these foods doesn't substitute for daily brushing and flossing and twice-a-year visits to your dentist.