

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

Spring - 1997

The calendar says spring is here - and in places I do see GRASS beginning to show through the mounds of snow in a few obscure places in our yard. Yet most of the yard remains covered under 18-24" of the white stuff. It is hard to believe that in 10 short weeks the neighbor kids who are currently cruising the frozen waters of Green Bay on snowmobiles will be flying by on their jet skis - on water! And not too many weeks after that we will be swimming outdoors in the Badger State Games. As we look ahead to another "season" of swimming let's all try to make our few LCM meets a priority. Hope to see MANY of you at the Badger Games and our State Championships!

The lady I consider the "grande dame" of Wisconsin Masters Swimming, Elizabeth John, has recently moved from her Shorewood apartment to Colonial Manor, Bender Road, Glendale, WI 53209. I am sure many of us have favorite stories and/or memories relating to Libs. For me it would have to be her "swim suit justification" story. Libs showed up at a Wauwatosa Meet about 10 years ago sporting a very pretty new Speedo suit. She received many compliments on it and, perhaps, feeling she needed to justify her "splurge" declared that it probably was OK to spend that amount of money on the suit as she was sure it would be the last suit she would ever buy. It was with much delight that I watched that pretty suit fade and fall apart while Libs continued to swim her way to Top Ten rankings each season necessitating the purchase of several more suits before she found it impossible to continue to compete. Why not remember Libs with a card or a note? I'm sure she would love to hear from her fellow masters swimmers.

The following article appeared in the Winter 1997 issue of The Old Sternwheeler

BURNING FAT
By Peggy Katz

Americans are obsessed with FAT. Eating FAT. Losing FAT. Trying not get get FAT. Most people want to find activities that will burn the most FAT. Much confusion has been created about "fat burning" exercise. Many books and articles have been written by so called "fitness experts" promoting the myth that low-intensity workouts burn more fat than high-intensity workouts. You might be thinking..."Wow, I could burn more fat, lose weight and become leaner if I swim slow instead of if I swim fast?" Sound too good to be true? Well it is!

Somewhere along the way from the lab to the street, information got lost. What researchers found was that the body uses different proportions of its two main fuel sources - carbohydrates and fat - depending on how hard the body is working. When exercising at a high intensity, the body relies on a higher percentage of carbohydrates for energy. While during low intensity exercise the body uses a higher percentage of fat for energy. The information that got lost was the word PERCENTAGE. The translation became: slow down - burn fat; work hard - burn carbo. It's true that low-intensity activity - including sleeping - burns a higher percentage of fat than does high-intensity activity. It just doesn't burn MORE fat.

Our bodies burn the greatest percentage of fat (60% - 70%) per hour while we sleep. Sleeping burns about one calorie per minute. So for every hour you sleep, you burn approximately 60 calories, 40 of which are fat. So what happens during exercise? We have already learned that the more intense the activity, the percentage of carbohydrate burned increases and the percentage of fat burned decreases. Let's look at the numbers. A 140-pound female walking 3 mph burns approximately 240 calories in one hour. At this rate, 50% of the calories burned are from fat and 50 % from carbohydrates. At 4 mph, she burns 380 calories in one hour (40% from fat and 60% carbo), and at 5 mph total calories burned increases to 575 calories in one hour (35% fat and 65% carbo). Although the PERCENTAGE of fat burned decreases with increasing intensity, the TOTAL CALORIES of fat burned is greater with 120, 152, and 201 fat calories respectively. If it were true that low-intensity exercise burns fat and it's the only way to burn fat, then wouldn't sprinters be fat?

Unfortunately, there is no easy way to lose weight. The best weight loss prescription is to expend more calories than you take in. So don't worry about burning fat; instead, burn as many calories as you can today, and make sure to hit the pool again tomorrow.

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Our new USMS executive secretary, Tracy Grilli, recently sent an introductory newsletter to LMSC officers. The following article appeared in this newsletter and is being reprinted with permission from Tracy.

FROM OXYGEN DEBT TO TRAINING BANKRUPTCY

by Leib Dodell

It all began innocently enough. It was a Wednesday, and my training schedule called for a long afternoon run. But I was busy at work, the weather was lousy, one of my socks had a hole in it - all the usual lame-excuse suspects - and so, in a moment of weakness, I gave in to temptation: I took out a workout loan.

I decided it was OK to blow off the run if I promised myself that I would repay the loan in full the next day by running during my lunch hour and still doing my regular Thursday night swim workout.

Little did I know I was mortgaging my training future.

In the first place, this required some highly questionable accounting practices in my training log. I'm not proud of it, but I must confess that I pre-entered the next day's run. I recognize this as a clear violation of generally accepted Training Log Practices, which require that workouts actually be completed prior to log entry.

In my own defense, I figured that if I wrote the run down in my log, I would have no choice about actually doing it the next day. After all, it's already in the log. And once I actually did the workout, there would be no harm done. (This kind of reasoning has launched many a career in white-collar crime. If I'm ever the target of a workout audit, I'll probably be convicted on several counts of mile fraud.)

My cooking of the books boiled over the very next day, Thursday, when I got sent out of town on business, forcing me to miss both the repayment of my run loan and my regular evening swim.

All of a sudden I was two workouts in the red, and starting to panic. As a result of my frantic efforts to pay off the mounting debt by squeezing in extra workouts, I didn't have enough time left over to meet my regular training obligations as they came due. I was in a downward spiral toward total workout insolvency.

This crisis could have been averted if there were an open market in which triathletes could trade workouts like commodities. If you were short a swim one week, but had an extra couple of running miles, you could hire a workout broker to find someone who needed to pick up a quick run and was willing to make you a deal on a decent pool workout.

There are a lot of possibilities here. Triathletes who train like maniacs and are always ahead of their weekly goals could sell their mileage for some much-needed cash. You could even try your luck by speculating on workout futures. If you sense a nasty week of weather approaching, you could stockpile bike workouts, then sit back, wait for prices to rise and make a killing.

But with the market not being an option, I finally had to admit that I was in over my head and that there was only one way out: declare bankruptcy. I had to suffer the humiliation of a total training reorganization, in which some of my unpaid workouts were written off entirely, while others were paid off at discounted rates - a 100 yard sprint for every mile skipped and 25 yards of freestyle for every missed 100 IM.

Now, my overall workout portfolio has been sharply cut back, I have trouble getting new training partners, and I feel a sense of deep personal shame. All because of that one innocent little workout loan I thought I'd have no trouble paying off.

I am hoping my sad example will be a lesson for some of you, and that maybe some good will come from it. Take it from me: don't give in to temptation, or you may find yourself in a workout hole so deep you'll never be able to swim, bike or run your way out of it.

And invest wisely in your workout future. If you find yourself with a couple of free hours on a Sunday afternoon, get in an extra 40 mile bike ride, even if it's not on your schedule. You'll be putting something away for a rainy day.

Leib Dodell is a lawyer, free lance writer and triathlete who is aerobically bankrupt in Boston.

From "The Ligher Side", reprinted with permission by Inside Triathlon, January 1997

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 Congratulations to the following Wisconsin Masters Swimmers who earned National Top Ten rankings for the 1995-96 Short Course Yards season.

Doris Klitzke 60-64
 3rd 50 free :31.84
 3rd 100 fly 1:30.13
 4th 100 IM 1:23.90
 6th 50 back :39.26
 6th 50 fly :38.38
 6th 200 IM 3:08.94
 7th 100 back 1:27.72
 8th 200 back 3:09.47

Nancy Leigh Fisher 44
 4th 50 free :25.71
 6th 100 free :56.97
 3rd 200 free 2:05.53
 3rd 500 free 5:35.32
 3rd 1 000 free 11:40.47
 2nd 50 back :29.52
 2nd 100 back 1:04.32
 2nd 200 back 2:21.12

Betty Kendall 75
 7th 50 free :43.41
 10th 100 free 1:41.16
 7th 200 free 3:41.19
 5th 500 free 9:51.98
 5th 1000 free 19:49.35
 6th 50 fly :58.53

Brad Horner 41
 4th 200 free 1:49.29
 4th 100 fly :53.57
 1st 200 fly 1:58.26
 10th 100 IM :57.31

David Holland 37
 3rd 200 breast 2:15.83

Nancy Kranpitz 51
 9th 100 fly 1:27.59
 8th 200 fly 3:17.75

Fran Zeumer 76
 10th 100 IM 2:11.86

Robert Kueny
 5th 200 breast 3:06.73
 4th 200 fly 3:03.73

Lynn Surles 78
 9th 100 free 1:20.27

.....
 These swimmers and relays would have been listed on the 1996 National Top Ten if the Wisconsin Top Ten had been submitted:

Melinda Mann 39
 9th 100 fly 1:04.70

W. Morgan Byers 65
 10th 1650 free 25:08.00

Nancy Leigh Fisher 44
 5th 1650 free 20:05.17

Doris Klitzke 60
 6th 100 back 1:26.97*
 8th 200 back 3:09.47
 5th 50 fly :37.50*

Lynn Surles 78
 8th 100 free 1:18.07*
 10th 200 free 3:09.92
 7th 1000 free 18:06.84

Robert Kueny 65
 9th 1650 free 24:56.64
 10th 100 breast 1:25.38
 10th 100 fly 1:21.78
 9th 200 IM 2:52.77
 5th 400 IM 6:15.49

George Trawicki 80
 8th 200 back 4:17.98
 2nd 100 fly 2:08.34
 7th 100 IM 2:01.51
 4th 400 IM 10:14.01

Herbert Howe 83
 20 1650 free 32:56.13

Perry Rockwell 71
 10th 1650 free 29:06.05
 7th 50 fly :36.72

*Times faster and ranking better than on the National listing.

RELAYS

Women 45+ 200 Medley 10th
 Women 35+ 400 Medley 6th
 Men 65+ 200 Medley 9th
 Men 55+ 400 Free 3rd
 Men 65+ 400 Free 2nd
 Men 45+ 400 Medley 5th
 Men 65+ 200 Medley 2nd
 Men 25+ 800 Free 3rd
 Men 65+ 800 Free 2nd
 Mixed 75+ 400 Free 1st and National Record
 Mixed 45+ 400 Medley 2nd
 Mixed 55+ 400 Medley 4th

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 YOU CAN NOT FEEL FINE IF YOU ARE:

- angry most of the time
 - need pills to calm down or stay awake
 - are 25 pounds overweight
 - feel manipulated by others
 - are out of breath after bending to tie your shoes
 - are chained to a diet every day of your life
 - feel that you're drifting aimlessly through life
-

Wisconsin swimmers on the 1996 Long Course Meters Top Ten:

George Trawicki 80
3rd 200 fly 5:58.72

Melinda Mann 40
1st 50 breast :38.09
1st 100 breast 1:24.04
3rd 200 breast 3:06.75
1st 50 fly :31.87
6th 100 fly 1:13.80

Robert Kueny 65
9th 1500 free 26:27.38
9th 100 breast 1:39.73
8th 200 breast 3:44.20
5th 200 fly 3:40.65
7th 400 IM 7:21.86

Perry Rockwell 71
9th 50 free :35.36
7th 100 free 1:23.52
3rd 50 fly :38.18
5th 100 fly 1:52.92
6th 200 IM 3:53.03

Nancy Leigh Fisher 45
1st 50 free :29.90
2nd 200 free 2:26.40
2nd 400 free 5:07.25
2nd 800 free 10:50.20
2nd 1500 free 20:13.44
1st 50 back :34.31 NR
1st 200 back 2:44.19
4th 400 IM 6:31.68

Doris Klitzke 61
4th 50 free :36.81
4th 100 free 1:24.54
4th 50 back :44.32
6th 100 back 1:40.29
5th 200 back 3:45.39
6th 50 breast :52.47
2nd 50 fly :42.84
6th 200 IM 3:40.57

Betty Kendall 76
9th 50 free :49.73
8th 100 free 1:57.68
7th 200 free 4:16.45
7th 400 free 9:14.68

Larry Eschenburg 46
10th 1500 free 19:59.50

Betty Kendall 76
9th 50 free :49.73
8th 100 free 1:57.68
7th 200 free 4:16.45
7th 400 free 9:14.68

Mary Siebold 80
10th 100 back 3:33.40
10th 200 back 7:52.17
8th 100 breast 4:51.15
6th 200 breast 10:16.96

Lynn Surles 78
4th 50 free :37.11
6th 100 free 1:30.60
10th 200 free 3:36.37

Cynthia Maltry 41
10th 50 back :37.74
10th 50 fly :34.46

Ingrid Stine 57
7th 200 fly 4:32.18
10th 400 IM 8:48.35

W. Morgan Byers 68
9th 400 free 6:31.13
6th 1500 free 25:22.99

William Kirar 85
5th 50 free :51.09
7th 100 free 2:22.65
4th 200 free 5:33.99

Doris Klitzke 60-64
2nd 50 fly :42.84
4th 50 free :36.81
4th 100 free 1:24.54
6th 100 back 1:40.29
6th 50 breast :52.47
6th 200 IM 3:40.57

Peter Lee 53
10th 1500 free 23:52.63

Herbert Howe 83
5th 800 free 17:35.60

NR: National Record!

Candy Christensen 49
9th 50 breast :43.65

WISCONSIN RELAYS ON THE 1996 USMS LONG COURSE METERS TOP TEN:

MEN 280-319 400 Medley 2nd 7:18.98
W. Morgan Byers, Jon Bauman, Alex MacGillis, Lynn Surles

MEN 280 - 319 400 Medley 3rd 8:17.93
Gordan Scalla, Bill Payne, Perry Rockwell, William Kirar

MIXED 160-199 400 Free 7th 6:09.16
Cynthia Maltry, Bob Swin, Alice Unger, Robert Kueny

MIXED 240-279 400 Free 2nd 5:37.11
Harlan Drake, Donald Kilb, Nancy Fisher, Doris Klitzke

WELL SUITED NAMES

Sandi Lott - real estate agent; Miss Story - librarian; Les Plack - dentist; Paul Looney - psychiatrist; Captain Kopp - policeman; Dr. James Toothhakers - orthodontist; Miss Hunger - dietician; Don Crook - banker; Lawless & Lynch - attorneys; Plummer and Leek - plumbers; Dr. Miracle and Dr. Blessing - obstetricians; Dr. Flatley - podiatrist.

Please look for Badger State Games general information in this newsletter. The Games Handbook will be available at all Wisconsin KWIK Stops around April 15, 1997. All swimmers from the 1996 event will be mailed a handbook which contains the ENTRY FORM SCANNER which is the ONLY way to enter the meet.

In 1996 126 entries were received - down 40 from 1995. BUT, we had 60 never-before registered swimmers in the meet for the first time. The BSG is a low pressure, fun meet. Hope to see many of you there!
Phil Hellmuth - co chair with Dick Pitman

SWIM SEARCH: SWIMMING WEB SITES

United States Masters Swimming: <http://www.usms.org>

United States Swimming: <http://www.usswim.org>

Harvard men's and women's swimming web pages: <http://hcs.harvard.edu/~menswim/>
<http://hcs.harvard.edu/~womswim/>

Swimming discussion newsgroup: <news:rec.sport.swimming>

FINA: <http://www.swimnews.com/>

Swimming World: <http://www.swiminfo.com>

International Swimming Hall of Fame: <http://www.bizflorida.com/bizflorida/sports/swim1.html>

American Swimming Coaches Association: <http://lornet.com/~asca>

Sydney 2000: <http://www.sydney.olympic.org/>

Yellow Pages of Swimming: A comprehensive list of links to swimming clubs, LSCs and swimming organizations across the country: <http://www.tch.net/net/~jj/swimlinx.html>

Three Wisconsin Masters swimmers brought home awards in the 1996 Minnesota Masters Postal Pentathlon. Tom "Grampa" Michelson led the way with a new record performance in the 65-69 age group in the middle distance event. He captured first place in the fly, back, and IM and 2nd in the breast and free. His pentathlon time of 9:29.06 broke for former record of 9:37.78 set in 1995.

Doris Klitzke (60-64) swam to four first place finishes (fly, back, free, and IM) and one 2nd (breast) in compiling the top pentathlon finish in the sprint category. All of Doris' fellow competitors were from outside the US! Three were from Australia and 2 from England.

Bob Swain (55-59) racked up first place finishes in the fly, back, and breast and 2nds in the free and IM to finish 2nd overall in the ironman event.

Congratulations to Tom, Doris, and Bob.

In 1997 the Postal Pentathlon will be a USMS Fitness Event. Once again you may swim any or all of the distances between September 15 and December 15, 1997. An entry form for the 1997 Postal Pentathlon will be mailed in June or July.

I have found Dr. Paul Hutinger's articles MOST helpful and interesting - especially since I have been nursing sore and/or injured shoulders for several years. While he is the authority I feel compelled to pass along some tips that, although contrary to his beliefs, are proving to work well for me. I'm not sure how I got into this "routine", but... Instead of icing my shoulder before exercising and immediately afterwards, I spend about 5 minutes in the shower with the shower nozzle turned on to the "hard" position and let it beat on my shoulder and upper back. I then "swim" 250 yards progressing from kicking, to slide 'n glide, to catch-up, to complete front crawl followed by 5 minutes of stretching. I conclude my workout with the same routine in reverse (easy 250, stretch, shower) and ice up as soon as I get home. Again - I would defer to Paul as the authority. But when all else fails...I would like to see faster progress - but at least I AM seeing steady, but slow, progress. The exercises Paul recommends are not only great for rotator cuff rehabilitation but also for overall general flexibility. And we all know what that means to a swimmer!

Nancy Kranpitz - Editor

Commissioners: Dick Pitman 608/244-7629 (h),
(Asst.) Phil Hellmuth 608/255-8177 (h)

Date: Sunday, June 29

Site: Shorewood Pool, 901 Swarthmore Court, Madison. This is a 50-meter pool.

Times: Warm-up — 7:00 am. Meet begins at 8:00 am

Fee: \$20 per athlete

Form: All athletes use the scanner form found in the center of this handbook.
Seed Times: Please remember to include seed time for each event on the scanner form. To report seed times 10 minutes or more, please use the *Special Information* section of the scanner form. **Example:** 9 minutes, 2 seconds and 10 hundredths = 90210. Use meter times, or convert yards to meters (m = yd x 1.1). If you do not have a seed time for an event, enter 99999.

Entry Deadline: Friday, June 13. Entries must be in the BSG office by 5:00 pm. **Absolutely no deck entries.**

Divisions: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, 70 & older.

Competition Format: Limit of three individual events plus a relay. All events are timed finals. This is a pre-seeded meet.

Relays: On the day of the meet, only athletes registered for individual events may sign up at poolside for participation in one relay. Relays have two age divisions: total team age below 160 years, and total team age 160 years and above. There is a ten minute break before and after the relays.

Rules: United States Masters Swimming (USMS) rules will apply.

Governing Body: United States Masters Swimming. USMS membership is not required.

Male	Female	Event
200	201	200 freestyle, 19-24
202	203	200 freestyle, 25-29
204	205	200 freestyle, 30-34
206	207	200 freestyle, 35-39
208	209	200 freestyle, 40-44
210	211	200 freestyle, 45-49
212	213	200 freestyle, 50-59
214	215	200 freestyle, 60-69
216	217	200 freestyle, 70 & older
218	219	100 breaststroke 19-24
220	221	100 breaststroke 25-29
222	223	100 breaststroke 30-34
224	225	100 breaststroke 35-39
226	227	100 breaststroke 40-44
228	229	100 breaststroke 45-49
230	231	100 breaststroke 50-59
232	233	100 breaststroke 60-69
234	235	100 breaststroke 70 & older
236	237	50 freestyle, 19-24
238	239	50 freestyle, 25-29
240	241	50 freestyle, 30-34
242	243	50 freestyle, 35-39
244	245	50 freestyle, 40-44
246	247	50 freestyle, 45-49
248	249	50 freestyle, 50-59
250	251	50 freestyle, 60-69
252	253	50 freestyle, 70 & older
254	255	100 backstroke, 19-24
256	257	100 backstroke, 25-29
258	259	100 backstroke, 30-34
260	261	100 backstroke, 35-39
262	263	100 backstroke, 40-44
264	265	100 backstroke, 45-49
266	267	100 backstroke, 50-59
268	269	100 backstroke, 60-69
270	271	100 backstroke, 70 & older
272	273	50 butterfly, 19-24
274	275	50 butterfly, 25-29
276	277	50 butterfly, 30-34
278	279	50 butterfly, 35-39
280	281	50 butterfly, 40-44
282	283	50 butterfly, 45-49
284	285	50 butterfly, 50-59
286	287	50 butterfly, 60-69
288	289	50 butterfly, 70 & older
290	291	100 freestyle, 19-24
292	293	100 freestyle, 25-29
294	295	100 freestyle, 30-34
296	297	100 freestyle, 35-39
298	299	100 freestyle, 40-44
300	301	100 freestyle, 45-49
302	303	100 freestyle, 50-59
304	305	100 freestyle, 60-69
306	307	100 freestyle, 70 & older
308	309	200 IM, 19-24
310	311	200 IM, 25-29
312	313	200 IM, 30-34
314	315	200 IM, 35-39
316	317	200 IM, 40-44
318	319	200 IM, 45-49
320	321	200 IM, 50-59
322	323	200 IM, 60-69
324	325	200 IM, 70 & older
326	327	400 free relay, <160 yrs.
328	329	400 free relay, 160 yrs. and above
330	331	800 freestyle, 19-24
332	333	800 freestyle, 25-29
334	335	800 freestyle, 30-34
336	337	800 freestyle, 35-39
338	339	800 freestyle, 40-44
340	341	800 freestyle, 45-49
342	343	800 freestyle, 50-59
344	345	800 freestyle, 60-69
346	347	800 freestyle, 70 & older

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PREVENTING SHOULDER INJURIES SERIES #2 - EXERCISES AND REHABILITATION

by

Dr. Paul Hutinger, Professor Emeritus
Western Illinois University

This series about the shoulder will include exercises that can be used to prevent rotator cuff problems and restore use of the shoulder in rehabilitation. Prevention is best, but the average swimmer doesn't put any time in prevention. Believe it from a swimmer who has gone thru an injury, the prevention aspect should be an important part of your every day training.

STRETCHING

Stretching is an important aspect of prevention and rehabilitation of shoulder injuries. Excellent flexibility and joint range of motion can be achieved through stretching exercises. Greater flexibility will also give the swimmer an ideal streamlining position to increase performance. Low intensity, long duration stretching is best. You should hold your stretch about 30 seconds and repeat 3-4 times. Stretch before and after a workout. A couple of examples for the shoulders are given below:

POSTERIOR CUFF STRETCH

The back portion of the shoulder joint can be stretched best in this position, by gently pulling your arm across your body.



INFERIOR CUFF STRETCH

The other portions of the rotator cuff can be stretched by reaching overhead and gently pulling on your elbow with the opposite hand.



What can you do after an injury to keep training? The following are some recommendations to use at the beginning of shoulder pain:

1. Use ice before and after practice. Invest in a commercial fabric bag called a cold compress that is reusable, to keep in the freezer. Check your local drug store.
 2. Change the strokes you use in training. At LC Nationals in Buffalo this summer, I changed from fly and individual medley to the three breaststroke events.
 3. Use fins or zoomers for all your swim training and do more kicking. Betty Bennett, a 50 year old from Chicago and a national record holder, used this approach over ten years ago. Unable to do any training because of neck and shoulder problems, she devised training with fins for the entire season. She made the switch to regular swimming several weeks before Nationals and swam some of her best times. Use more kicking - do in sets of repeats and time them. Heart rates of 150-160 or at the anaerobic threshold and VO-2 race speed for your age should be part of your kick training.
 4. Use stretching and flexibility exercises to keep your range of motion. Several examples are given in this article.
 5. Strengthen the rotator cuff with special exercises for the muscles involved. The examples given below are with hand weights of 2# to 5#. Since the rotator cuff muscles are small, you only need to use these small weights. The emphasis should be on a high number of repeats, such as 3 sets of 25 repeats.
 6. Use aspirin, ibuprofen, or naproxen as an anti-inflammatory.
 7. If the pain persists, see your physician. He may refer you to a RPT (Registered Physical Therapist). Extreme problems may need surgery as a last resort.
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EXERCISES

The following are some exercises that would be beneficial to a prevention or rehabilitation program for the rotator cuff.

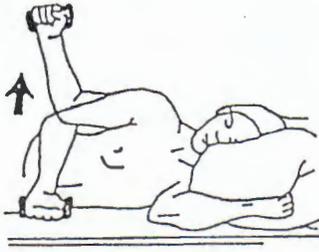


Figure 4

External Rotation: Lie on your side with your elbow held close against your ribs. Slowly raise the weight until it is pointed at the ceiling, and then lower it slowly. External rotation exercises the infraspinatus and the teres minor muscles (11).

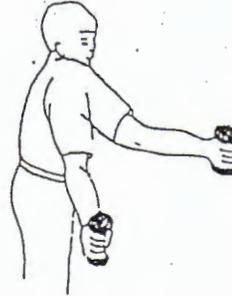


Figure 9

Shoulder Flexion: Standing with arm at side, lift the weight directly in front of you until it is parallel to the ground. Slowly lower the weight. This works the anterior deltoid (11).

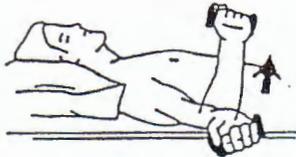


Figure 5

Internal Rotation: Lie on your back with your arm held at the side, raise the weight until it is pointed toward the ceiling. Then lower the weight slowly. Internal rotation exercises the subscapularis muscle (11).

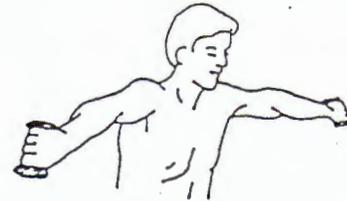


Figure 10

Supraspinatus: This exercise should be done with the elbow straight and thumb turned toward the floor. Rather than putting the arm straight out to the side, slowly raise the arm in a plane about 30° forward of that posture. Do not lift the arm higher than just below shoulder level; slowly lower it to the starting position and repeat (11).

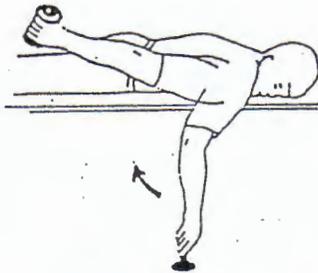


Figure 6

Shoulder Extension: Lie on your stomach, raise arm behind you as high as possible. Remember to keep your elbow straight and the arm close to your body. This exercises the posterior deltoid, some latissimus dorsi, and some lower trapezius (11).

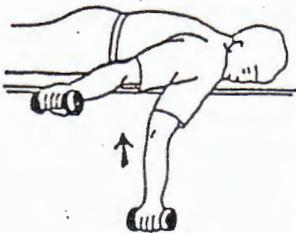


Figure 7

Horizontal Abduction: Lie on your stomach, raise the weight until the arm is straight out to your side. Slowly lower it to the starting position. This exercise works the Rhomboids (major and minor) and the posterior deltoid (11).

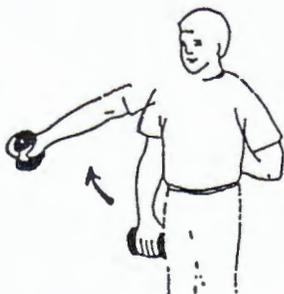


Figure 8

Shoulder Abduction: Standing with arm at side, lift weight laterally until arm is parallel with the ground (90° abduction). Slowly lower weight to the starting position. This exercises the middle deltoid as well as rotator cuff stabilization function (11).

Figure 11



Supraspinatus: This exercise is a submerged vertical jump. Start from a crouched position underwater; legs bent; arms at side. Straighten the legs while bringing the arms out from the body (abduction, 30 degrees). The water creates a force against the arms as the body moves upward. Arms and hands are retracted in as the body submerges. Twenty jumps are recommended, taking about 1 minute. Do three sets. This will help prevent shoulder problems and give the flyer more arm strength.

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CONGRATULATIONS to Art Luetke (Madison, 50-54 age group), on his recent selection to the University of Wisconsin-Platteville Athletic Hall of Fame. Established in 1972 by the UW-Platteville Alumni Association, it currently has 95 members. Candidates for induction into the athletic Hall of Fame are selected based on: outstanding performance in intercollegiate athletics while a student at UWP; outstanding coaching performance of at least 15 years; or outstanding contributions to UWP intercollegiate athletics. No more than five (5) candidates are selected annually.

The 1996 induction ceremony was held on Saturday, October 26, 1996. In Art's honor a plaque has been placed on the wall of the Athletic Hall of Fame in Williams Fieldhouse on the UWP campus. The plaque design features two photographs - one a recent photo and the other a photo representing Art's athletic career at UWP. In addition, the following biography, compiled and written by the UW-Platteville Alumni Office, appeared in the football program for the October 26, 1996, game at which Art was officially inducted into the UWP-Athletic Hall of Fame.

Today's Feature

Art Luetke is one of UW-Platteville's greatest and fastest swimmers. Luetke swam for UWP under Coach Glenn Bestor in 1964-65, 1965-66, and 1966-67.

During his UWP career, the swim team won the conference championship every year. Luetke set several varsity swimming records during his 3 years. He was a member of the 1967 Wisconsin State University Conference champion 200 yard medley relay team. He was the 1967 WSUC champion in the 100 yard freestyle, posting a time of :50.6 seconds. Luetke competed in the 1967 NAIA National Championships in Buffalo, NY, and placed 11th in the 100 yard freestyle.

Luetke has continued his involvement with swimming over the last 29+ years. He trains and still swims competitively in the USS Masters program. Luetke has won numerous state swim titles over the past 25 years and still holds several swimming records in the Badger State Games where he has competed for the past 11 years.

Luetke has been a WIAA/NCAA swimming official for the past 27 years. He officiates all of the University of Wisconsin home swim meets and is the only Wisconsin swim official to be selected to be the meet starter by the Big 10 Coaches for 6 different Big Ten Championships. Also, Luetke is the executive officer for the Madison West High School Swimming Alumni Association and is currently the secretary/treasurer of the Southern Wisconsin Swim Officials Association, an organization he helped to found in 1991.

He earned his undergraduate degree in psychology in 1968, from UW-Madison. Luetke is the owner and president of Luetke Investment Real Estate, a commercial real estate investment company, and of Faircrest Management, a professional property management company. Faircrest Management runs 450 apartment units in 60 different properties in Madison and southern Wisconsin. Since 1979 Luetke has served as legislative analyst for the Wisconsin State Apartment Association, being responsible for the advancement of all of the industry's landlord-tenant legislation. He is a frequent guest speaker on landlord-tenant relations and is known for his seminars on apartment property management.

CONGRATULATIONS, ART!

P.S. Art set a new state record in the 50-54 100 free at the Jan 12 Middleton meet going the distance in :58.02. In December he covered the distance in :57.06 at the Madison West HS alumni meet. However since that was not a sanctioned Masters meet that time cannot be considered for the record.

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FITBUTZZ

from Shark Snooze

Are there days when you feel so pumped that you could, say, climb the Empire State Building? To help you put your dream of grandeur in context, here are some of the wonders of the world scaled down to their respective steps, laps, and scull strokes:

Stepping : Empire State Building = 2,143 steps
Mount Everest = 49,762 steps

Swimming: English Channel = 1,848 laps (of a 60 ft. pool)
Atlantic Ocean = 365,200 laps

Rowing: Lake Superior = 25,600 strokes
Mississippi River = 377,879 strokes

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Peter Lee returned from the National Convention with the following information from the USMS Marketing Committee. Participation in these two plans will cost you nothing but could garner significant benefits for your club. One is the USMS Master Card and the other the USMS PrePay Calling Card.

USMS MASTERCARD R: Every Silver USMS MasterCard R sign-up will yield \$10 which will be split up as follows: USMS \$5, USMS designated Club \$3, LMSC of club \$2. For a Gold USMS MasterCard R we receive \$15 which will be shared as follows: USMS \$7, USMS designated club \$5, LMSC \$3. You must use the code indicated to be a part of this plan. When you call the 800 number, one of the questions you will be asked is the name of your club. Be sure you know the correct name of your club! The bank representative will have a list and it will help a lot if the club name you give matches this list! Your club name will be embossed right on the card, giving your club further exposure.

USMS PREPAY CALLING CARD: If 10,000 swimmers sign up for this calling card and spend only \$5 per month in usage, \$50,000 will be generated. At our 17 per cent rebate, or \$8,500 (which will be split 50/50 between USMS and your club), we could have \$102,000 per year to share! You are urged to compare our rates (30 cents per minute) with any other PrePay Calling Card rates. You can't beat them and you certainly can't earn money from them! These cards can save you money any time you call while away from home - hotel rooms, airports, pay phones, etc. We are continuing to work on the menu aspect of this card. We anticipate being able to offer meet information, Places to Swim, sponsor product information, workouts, etc. from a menu offered when a call is placed.

The USMS Marketing Committee is working for you! Now make these programs work for your club. The more participation the more money USMS and our local clubs will make. These are no-brainers! Consider one or both of these offers today. It couldn't be easier!

Nancy Ridout, Chairman, USMS Marketing Committee

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