

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

JANUARY 1998

As the snow swirls around with predictions of 2-4" to accumulate today I can't help but remember that gorgeous September afternoon when I sat at a picnic table in Torpy Park (downtown Minocqua) "assembling" the fall newsletter for mailing. It was near 70 degrees - unusually warm for Minocqua in mid-September - and the leaves were approaching their peak colors. I did what I could to seal the memory of that "newsletter work day" all the while telling myself I would be in for a drastic change when it came time to do the next newsletter! And sure enough! That happened! Actually - we Wisconsinites can't complain about our winter weather this year. And just remember - by the time you get the next newsletter the trees and flowers will be budding and today's 2-4" will be but an almost forgotten memory. I hope the winter training season is going well for all of you and that you will be able to make your way to many of our scheduled meets. If you are like me and actually LIKE snow and LIKE being outside in the cold and snow why not try some cross training. Cross country skiing and snow shoes offer great workouts and a change of pace!  
Nancy Kranpitz-Editor

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USMS National Convention Highlights

Peter Lee represented Wisconsin Masters at the USMS National Convention in Burlingame, California, September 24-28. Highlights were as follows:

Santa Clara, CA, will host the 1999 SCY USMS National Championships in May of '99 and the University of Minnesota will host the LCM National meet in August of '99. Both have hosted national championships in the past which were great successes so returning to these sites should provide USMS swimmers a good time.

There was only one significant rule change and that involved the start in the freestyle races. Previously a swimmer was required to use the front start even though he/she intended to swim backstroke in the event. The backstroke start will now be recognized as a legal start for a freestyle event. This change was made mostly to satisfy meet referees and judges and was a technical one more than one that had any major significance for competition.

One of our USMS swimmers is working to get Congressional approval for a USMS commemorative stamp. It would be a \$.32 stamp published by the U.S. Post Office.

USMS is looking to hire a full time executive director to run our organization between national conventions. With 32,000+ members our organization has evolved to the point where it is asking too much of volunteers, who also have "real" full time jobs, to take on this enormous responsibility. In addition to looking to fill this position USMS will probably look to obtain permanent offices as well.

The USMS national officers stressed the importance of USMS swimmers patronizing our sponsors. They, and some of their benefits are:

1. USMS Mastercard.
2. USMS Prepay Calling Card - 17% rebate to USMS split 50/50 between USMS and your local club.
3. Alamo Rent-A-Car. Be sure to use the USMS ID number 430701 and rate code BY.
4. Competitor Swim Products.
5. Kast-A-Way Swimwear.
6. Quest International. This is a "coupon book" for savings on hotels and restaurants. Call 1-800-782-9450 and use access number 1944-32.
7. USMS Book Library.
8. USMS Publications.
9. USMS Video Library
10. USMS Web Site (<http://www.usms.org>)

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An ideal summer resort is one where fish bite and the mosquitoes don't.

The following article appeared in Lifestyle Sports, July 1997, and is reprinted with their and Dick Pitman's permission.

# Swimming for Fun and Fitness

Dick Pitman

There are basically two types of people, who enjoy the benefits of water exercise: Those who are exhilarated by the sense of freedom that is afforded by the weightlessness of being in water and those who find exhilaration from the challenge that water affords them. In other words, there are those who play and those who work out. Coming from a background of competitive swimming, I find it difficult to go to a pool and play. I go to the pool to workout, to improve my physical fitness, to make myself ready for eventual competition.

## Commitment

While it may be fun to swim alone, it is also enjoyable to work out with a group of people in the same lane, called circle swimming. A group of swimmers, usually from 3-5 individuals of similar speed and strength, swim the same workout. The fastest swimmer is usually the lead swimmer, although that can change, if that person gets tired or the stroke style changes. Swimming in a group like this can really be a benefit by pulling the weaker swimmer through the entire workout. Sometimes one is not enthused about going to a workout, but compelled to go because your friends need you. You are, after all, part of the circle.

There have been many Saturday mornings, especially in the dead of winter, when I did not want to get out of bed to swim, but forced myself to get to the pool, because my long-time workout buddy, Steve Justinger, would be there. He would force himself to go, because I would be there. We had a mutual commitment to be there for each other. When I was rehabilitating my shoulder, I went just to do a kicking workout. After workouts we almost always go out for breakfast. I told Steve I just came so we could go out for breakfast, but truth be told I was there because, if he knew I wouldn't be there, he might not come at all.

## Why I Swim

I did not swim competitively until I entered high school. I was a mediocre freestyler, a lousy breastroker, and an adequate backstroke. I thought the butterfly was an insect. I floundered through my sophomore year. In one of our early meets the coach switched me to butterfly. I had not swum varsity nor had I swum more than a 50 in any of our "B" level meets. The day of the meet I was scared. By the time I was on the block I probably had so much adrenaline flowing through me I could have walked on water. I swam the 100 fly a full 5 seconds faster than our regular butterflyer ever swam it. I became the regular varsity butterflyer and, surprisingly, my time dropped about 2 seconds every meet. At our conference meet I raced the conference's premier butterflyer. I beat him and became the first swimmer in the conference to break 1:00 for the 100 butterfly. I went on to the Southern Section of the California HS Championships and took 6th place and went about :57 or :58.

That was probably the most exciting time of my swimming career. I swim now in honor of that epochal moment of my life and to keep the dream alive. After graduating from college I "retired" from swimming for about 16 years, but I started swimming again at my wife's urging. While swimming at the YMCA another swimmer approached me about going to a masters meet. I really didn't want to swim competitively again. I finally was convinced to go to a meet, more to quiet my friend than to have a good time. Still, I swam a 100 fly in just milliseconds over 1:00. I felt the same adrenaline rush as I had in high school. This was great!

Since 1983, when I returned to swimming, I have had many similar highs at various points in my career: Breaking :57 for a 100 fly when I was 44 years old; ranking first in the world in the 200 meter fly when I was 43; and winning the 100 meter fly at Nationals at age 47. I've also had lows in my swimming career as well. For the last several years I've had shoulder problems. I've become an ardent adherent of stretching exercises and long warm-ups. You must keep your shoulders healthy, if you are going to swim and train.

## Conditioning

I have coached the East YMCA masters swimming for several years. I draw on my roughly 16 years of competitive swimming to come up with workouts for my trainees. I have also borrowed from the workouts Jim Bruskewitz gave us, when he was coach.

Fitness swimmers come in all different forms and shapes, styles and techniques. Everyone in the health industry seems to agree that a person should workout vigorously for 20-30 minutes at a time. A person with poor swimming technique may be getting as strenuous a workout as a good swimmer who cranks out 3,500 to 4,500 yards. As one becomes better conditioned, one needs a certain minimum number of yards to maintain and improve that conditioning. Competitive swimmers seek to improve their conditioning, their strength, endurance, and speed. Speed is dependent upon those three factors.

## Training Zones

I incorporate training zones into the workouts. This is a method for varying the intensity of the workout: Zone 1 being slow and Zone 5 being 105% effort. The zone times are based on a time trial of two sprints of 100 yards distance; the average is the Zone 5, 100-yard time. Other zone times are extrapolated from that. The Zone 4 is about 85-90%; Zone 3 is about 80%; Zone 2 is about 75%. Mixing the zones within a set of repetitions can be extremely beneficial. It allows the body to recover slightly before the next assault. The benefit is increased anaerobic capacity, which enables the body to feed energy to the muscles with reduced oxygen intake.

## Warm-up

Long warm-ups, between 800 and 1,200 yards, are recommended. As we age, we need a longer warm-up and more stretching. One of my basic credos for swimmers is that the older one gets the more they need a warm-up and the more warm-up they need. My typical warm-up is 300 easy swim, 200-300 kick and 300 pull. This is followed by 200 yards of drills: sculling, finger-drag, catch-up, 1-arm drills, reach and glide. The finale is a short set of 4 x 50 sprints (descending) with an interval of 10 seconds of rest. These sets become progressively faster.

## Training Log

If you are new to training, keep a log. You may be surprised by the amount of miles amassed in a year. I think one year about ten years ago I piled up about 350 miles: that's about 51,000 yards a month or 12,750 yards a week! It was soon thereafter that I developed shoulder problems forcing me to reconsider the wisdom of going for more and more yardage. As in all things moderation is truly good to practice. In the beginning one should keep a log to keep track of where you've been and where you might want to go. ■

We often pray for purity, unselfishness, for the highest qualities of character, and forget that these things cannot be given, but must be earned.

I am not sure where the "You know you are a Wisconsinite if..." one liners originated. But they *have* been appearing in the daily bulletin at Lakeland HS where I have been substitute teaching. I think you'll agree they are pretty appropriate - although some of them are particularly appropriate to those of us who live "up nort".

You know you are a Wisconsinite if you know what "cow tipping" is.

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Former WI Masters Swimmer Margie Hutinger and husband Paul have been the driving force behind the formation of the Florida Maverick Masters Swim Club. I have been receiving their newsletter (in exchange for me sending a copy of ours to them) and have several items to share with you from them. The first is from a letter from Margie updating me on her rehabilitation progress. As you know Margie and Paul were involved in a very serious car accident last spring. While Paul was not seriously hurt Margie suffered cracked cervical vertebrae requiring her to be encased in a "halo" for 3 months. Here is Margie's description of part of her recovery.

"I got back in the water a week after halo removal and wearing my "collar". I dumped the collar altogether in two weeks. The water was heavenly and what a relief to be free to explore and see what my body was capable of after the horrendous bashing it survived. After the initial bouncing and back floating, I graduated to 25's with fins - lots of rest at each end. I was surprised at how tired I was from doing so little. I gradually worked my way up to 50's, 100's, 200's, and, today, a 400 free (11/19/97). WHEW! My longest workout has been 1300 yards, with long intervals. I've gone back to square one, and Coach Paul has been helping me with stroke technique. It's finally sinking in. After two months of working out, I swam in my first meet - Senior Olympics. I was only 20 seconds slower on my 50 free and back, and forever on the two 100's. But, hey, I felt good about what seemed like a monumental accomplishment! My serendipities have been Personal Records After Accident. I swam in two meets since then, and had PR'sAA in every event.

The muscles in my back, neck and skull still wreck havoc with my body and send up sirens and red flags when I do too much, but NOT IN THE POOL! That's my freedom. So, I do what I can, and forget, as much as possible, what I can't. LIFE IS SHORT. SWIM NOW!"

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Short Course Meter Meet - Lawrence University  
November 1, 1997  
Ingrid Stine

The annual SCM meet at Lawrence University attracted a record number of 82 swimmers - 37 women and 45 men! Credit meet director Bob Swain who each year does an excellent job of organizing and running this meet. (Extended credit to Edie Jacobsen who was instrumental in the early stages and years for getting this meet established!) In addition to being meet director Bob swam the Iron Man Pentathlon. As a bonus he jumped into an empty lane in the 1500 and swam that, too!

Herb Howe, at 85, was the oldest swimmer at the meet. He finished the 1500 in 35 minutes! Perfect traveling weather (temps in the 40's) helped bring in lots of swimmers from Stevens Point, Green Bay, Milwaukee, Madison, and the Fox River Valley. It appears that the Stevens Point area has got a good thing going. Their swimmers were very vocal in their support for one another during the afternoon.

Mark your calendars for next year as the date has already been set for November 7, 1998. Hope to see MANY of you there - another RECORD turnout!

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In the category of "it's a small world": John Davis has a group of Masters Swimmers coming to the Neenah-Menasha YMCA at 6 AM on Tuesdays and Thursdays for organized workouts. My mother, Fran Zeumer, is one of the faithful workout attendees. John's father, Gene Davis, was MY AAU coach in the early 60's when the Lawrence Swim Club (out of Appleton, WI.) was a powerful force in the emerging world of competitive swimming for girls in the state of Wisconsin. I can't help but see "Mr. Davis" (it is STILL hard to convert to calling him by his first name!) in John - and I'm sure I'm my mother all over again in the Davis family eyes in this time of "age reversal"!

Nancy Kranpitz

Elsewhere in this newsletter you will find the list of WI Masters who made the National Top Ten ranking for LC Meters in 1997. Thanks to Ingrid Stine for compiling and forwarding this information to me. And let me add additional thanks to Ingrid for the work she does putting relays together. Once again Wisconsin Masters relay teams have achieved All-American Relay status. CONGRATULATIONS to Lynn Surles, Ingrid Stine, Betty Kendall, and Harlan Drake for their first place finish in the 280+ 800 free relay (15:57.06) and to Steve Woloschek, Mark Askew, Nebil Ben-Aissa, and Joseph Mueller in the 100+ 400 free relay (4:36.81).

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Have you attended a meet out of state and think (or KNOW) you broke a Wisconsin State Record but don't know how to get credit for it? Well - just follow these simple instructions. Simply send an official copy of the meet results to John Bauman for verification. He will then see that Ingrid Stine updates the record book. Please remember it is YOUR responsibility to send these official results to John and Ingrid.

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FACTS ON CREATINE MONOHYDRATE  
Penn State Sports Medicine Newsletter  
from  
Maverick Lane Lines, November 1997

NUTRITION: Creatine monohydrate supplements have been shown to increase the total creatine content of muscle on an average of 20 to 30 percent. Creatine phosphate plays an important role in resynthesizing ATP during short bursts of high-intensity exercise. Several studies suggest that ingestion of 20 to 25 grams of creatine monohydrate per day for five to six days improves muscular performance during activities that require high levels of strength and power (i.e. weight lifting, sprinting). Creatine supplementation has not been shown to improve a person's capability for longer lasting exercise of anywhere from three minutes to three hours.

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Live in the Waukesha area and are looking for a team to practice with? Dan Meinholz announces that Waukesha Express Masters Swimming provides structured workouts, including technique work, for adults of all levels. Their goal is to provide an atmosphere for swimmers to improve their skills and train with other swimmers at their level.

PRACTICE SCHEDULE:

Waukesha South High School: 5:30AM-6:30 AM Mon, Tues, Thur, Fri

Waukesha West High School: 6:00 PM-7:15 PM Monday-Thursday

Whether you are swimming to stay in shape or are interested in competing at the Masters level, Waukesha Express Masters Swimming will be a positive environment for you to achieve your goals. For more information call: Dan Meinholz at 569-9887 or Blane Carlson at 544-9843. All fees include registration to United States Masters Swimming.

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Fond du Lac Meet - December 7, 1997

A new meet at a new location was added to our calendar this year. Fond du Lac hosted a SCY meet in their beautiful facility which attracted 56 swimmers. Besides providing a meet in a location other than Milwaukee or Madison the meet format provided an opportunity for swimmers to swim the Minnesota Postal Pentathlon distances for a second time during their postal time frame - and this time in yards rather than in meters. Competition began a little after 11 AM and concluded at 3 PM after 3 heats of the 500 free. Those who attended the meet reported having a great time! We hope to see Fon du Lac on the calendar again next year.

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You know you are a Wisconsinite if the "Big Three" means Miller, Old Milwaukee, and PBR.

Wisconsin swimmers on the 1997 USMS Long Course Meters Top Ten

Nancy Fisher 46	Betty Kendall 77
4th 800 Free 11:02.41	9th 100 Free 2:02.08
2nd 1500 Free 20:33.72	
	W Morgan Byers 69
Carol Smollen 53	10th 800 Free 14:18.01
7th 800 Free 14:50.44	8th 1500 Free 26:45.34
7th 1500 Free 27:49.76	
	Robert Kueny 66
Nancy Kranpitz 53	10th 1500 Free 27:04.01
10th 200 Fly 4:16.47	4th 200 Fly 3:59.04
10th 400 IM 8:22.64	9th 200 IM 3:34.57
	4th 400 IM 7:40.81
Ingrid Stine 58	Lynn Surles 80
7th 200 Fly 4:34.07	6th 50 Free :40.00
10th 400 IM 8:50.04	6th 100 Free 1:41.97
	10th 400 Free 8:55.00
Doris Klitzke 62	Herbert Howe 85
5th 50 Back :46.84	1st 800 Free 18:54.18
8th 100 Back 1:45.73	1st 1500 Free 35:41.62
10th 200 Back 3:58.27	
9th 50 Fly :47.02	
6th 100 Fly 1:53.23	

RELAYS

Women 240+ 2nd 400 Medley 7:59.69  
 Doris Klitzke, Edith Jacobsen, N Kranpitz, Fran Zeumer

Men 100+ 10th 200 Medley 2:17.75  
 Steve Woloschek, Mark Askew, Nebil Ben\_Aissa, Joseph Mueller

\*Men 100+ 1st 400 Free 4:36.81  
 Steve Woloschek, Mark Askew, Nebil Ben-Aissa, Joseph Mueller

Men 120+ 7th 400 Free 5:27.77  
 Toby Haines, Mike Gazo, Tony Jansen, Darrell Griesbach

Men 160+ 7th 400 Free 4:44.24  
 Keith Krueger, Rick Simonson,, Ken Wehr, Steve Justinger

Men 200+ 8th 400 Free 5:59.51  
 Robert Kueny, W Morgan Byers, Tim Swiecki, Svein Morner

Men 120+ 10th 400 Medley 5:18.51  
 William Curtis, Mark Askew, Nebil Ben-Aissa, Joseph Mueller

Men 160+ 10th 400 Medley 5:23.08  
 Thomas Meehan, Rick Simonson, Eric Jernberg, Ken Wehr

Men 200+ 10th 400 Medley 6:26.40  
 W Morgan Byers, Bill Payne, Dick Pitman, Toby Haines

Men 240+ 8th 400 Medley 7:12.43  
 James Sevenich, John Bauman, Robert Kueny, Mike Gazo

Men 100+ 3rd 800 Free 11:21.54  
 Mark Askew, Nebil Ben-Aissa, Joseph Mueller, Steve Woloschek

Mixed 240+ 8th 400 Free 6:46.67  
 Fran Zeumer, Melodee Nugent, Bill Payne, James Sevenich

Mixed 280+ 2nd 400 Free 6:57.74  
 Lynn Surles, Ingrid Stine, Betty Kendall, Harlan Drake

\* Mixed 280+ 1st 800 Free 15:57.06  
 Lynn Surles, Ingrid Stine, Betty Kendall, Harlan Drake

\* All-American

One again A Big Thank You to Ingrid Stine for putting these Top Ten relays together.

All registered WI swimmers should have received the meet schedule for the winter and spring this past fall. In case you misplaced it don't forget about these upcoming meets!

- Feb 14 UW-LaCrosse, WI-IA-MN Double Dual Meet
- Feb 15 Madison East YMCA
- Feb 28 Wauwatosa West High School
- March 15 Wauwatosa West High School
- March 28 Wauwatosa West High School
- April 11-12 Wisconsin SCY Championships, Schroeder Aquatic Center

Other Meets

- April 17-19 CMSA (Illinois) Championships - Evanston (1)
- April 23-26 YMCA Nationals - Ft. Lauderdale, FL
- May 7-10 USMS SCY Nationals - Indianapolis, IN (2)
- June 28 Badger State Games
- July Racine YMCA Quarry Swim
- July (?) Great Lakes Zone LC Championships, Schroeder Aquatic (3)
- Aug 20-23 USMS LC Nationals, Ft. Lauderdale, FL

- (1) The Evanston meet will also be the Great Lakes Zone SCY Championships meet.
- (2) If you are planning to enter the SCY Nationals at Indianapolis make lodging reservations NOW as the Indy 500 time trials are the same week.
- (3) We are investigating the possibility of hosting this meet.

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CONGRATULATIONS TO PERRY ROCKWELL ON HIS RECENT MARRIAGE TO TRUDY ON DECEMBER 27, 1998!

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Senior Olympics - September 3-13  
Ingrid Stine

The Senior Olympics started out with a nice spaghetti dinner on Wednesday evening, 9/3, at Serb Hall in Milwaukee. A fun walk and speeches preceded the dinner. I was the only one from WI Masters who participated in the 2 day bike races - a 5 Km and a 10 KM on Friday 9/5 and three days later a 20 KM and a 40 KM. Both courses were a very hilly 1 and 2 mile loop around the Botanical Gardens in Whitnal Park. It took me 1 hr 35 min for the 40 KM and I finished 2nd out of 14 women overall and 1st in my age group in all 4 races.

The swimming was held on Saturday, September 13, at the Schroeder YMCA. The water was a bone and muscle chilling 71 degrees! A few swimmers scratched, but the rest of us swam our events. NEW medals were given out! The best part was the dinner afterwards at the Olive Garden which 14 of us attended.

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Anyone who is interested in obtaining a copy of the Wisconsin State Records take note! Records are kept for short course yards, short course meters, and long course meters. Please send a check in the amount of \$1.00 FOR EACH COURSE REQUESTED payable to WMSC to Ingrid Stine, 11917 W. Rainbow Ave, West Allis, WI., 53214. The \$1.00 fee per course requested is needed to cover the cost of printing and postage. Each compilation has ALL ages for both men and women.

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Yesterday is gone, tomorrow has not come. Today is all we have. So let's begin"  
-Mother Teresa

# February Fitness Challenge '98



**Purpose:** To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

**Host:** Crawfish Masters Swim Team (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

**Sponsor:** Maxwell Medals & Awards

**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, 1998, 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, 60-64, 65-69, 70-74, 75-79... (in five-year increments)

**Age:** Determined by your age on February 28, 1998

**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:** \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

**T-shirts:** \$12.00, short sleeve, 100% cotton, five-color screen.

**Theme:** "The Need for Speed"

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

**Entry Deadline:** Entries must be RECEIVED by March 16, 1998. No fax entries. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

3537 Christina Ave.

Baton Rouge, LA 70820 USA

Phone: (504)766-5937

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

**Workout Guide:** For a free brochure entitled "The Need for Speed," send a self-addressed stamped envelope to the above address.

## February Fitness Challenge '98

(please print)

NAME: \_\_\_\_\_ AGE (as of 2/28/98): \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ USMS MEMBER? Y N

SUN FEB 1 _____ yds	SUN FEB 8 _____	SUN FEB 15 _____	SUN FEB 22 _____
MON FEB 2 _____	MON FEB 9 _____	MON FEB 16 _____	MON FEB 23 _____
TUE FEB 3 _____	TUE FEB 10 _____	TUE FEB 17 _____	TUE FEB 24 _____
WED FEB 4 _____	WED FEB 11 _____	WED FEB 18 _____	WED FEB 25 _____
THU FEB 5 _____	THU FEB 12 _____	THU FEB 19 _____	THU FEB 26 _____
FRI FEB 6 _____	FRI FEB 13 _____	FRI FEB 20 _____	FRI FEB 27 _____
SAT FEB 7 _____	SAT FEB 14 _____	SAT FEB 21 _____	SAT 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	\$ 8.00 _____ (required)
T-Shirt _____ x 12.00 _____	(optional)
Circle T-shirt size(s): S M L XL XXL	
Swim Cap _____ x 3.00 _____	(optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to <b>Crawfish Masters Swim Team</b> )	

You might be a Wisconsinite if you define summer as 3 months of bad sledding.

The following article appeared in "News You Can Use" - USMS Executive Director Tracy Grilli's newsletter and is reprinted with her permission.

"There are a number of us who have children who swim and/or don't have Masters programs available to us and I thought it would be nice to share this 'e-mail correspondence' with you. Stanley was one of our officials at the LC Nationals in Orlando and he is also a Masters swimmer from Titusville, Florida." (Tracy Grilli)

Who Needs Masters Lanes"  
Stanley Heinricher

When I first heard of Masters swimming and then saw magazines picturing adults together in the pool, they looked like "old kids" to me. So I asked myself the question..."Who needs Masters lanes?"

And then kept asking questions such as...

Does our family suffer from the terminal dullness of the 1990's as evidenced by:

Not enough quality time with our kids because we're spending hours watching them swim?

Too much time spent correcting the kid's manners, diction, and dress?

No time for adult friends because we're busy with the above?

Until recently, my family, like so many with age-group swimmers, bored ourselves - possibly beyond the norm. But lately we've enlivened our communal life by tossing me into the pool as a Masters swimmer.

I couldn't swim alongside other middle-aged people because our team didn't have a Masters program. Instead, I simply hopped into lane 2 with the 8 year-old beginners. That's how I discovered the great advantages to non-age-segregated swimming.

Here are four good reasons why, if you don't have a Masters' club in town, you should hop in with your kids and their friends.

1. Identical schedules for family members. Every swim afternoon, you and your kids are within 25 yards of one another for 2 hours. Frequently, especially during freestyle, you can see them over in lane 6, passing you by. You can overhear their conversation between sets and discover what they talk about with their lane mates. Soon comes the evening meal and even more family togetherness.

2. Worthy topics for Table Talk. Each member of your family will be delighted to share their impressions of the swim workout at the dinner table. You will once again wonder at your kids' endurance and won't ever lecture them about breathing off the wall. You'll also admire aloud the coach's technical expertise, his wisdom, and why he disappears from the deck when you're doing your toughest set. My kids especially appreciate this talk when they can't answer the question "What did you learn in school today?"

3. Fellowship with other swimmers. There's no excuse for strangers on the pool deck or in the pool. A sure bridge to fellowship is called Misery Bonding, which is based on the principle that pain is a sure revealer of our common humanity. Misery Bonding, as all boot-camp soldiers and medical interns know, leaves an indelible impression. When you're in lane 2 with 8 year-olds, the age difference melts away as you suffer together to make a dozen 50's on the 1:30. You'll discover a sense of togetherness with all hard-working swimmers on your team.

4. Insight into the psyche of other swimmers. People sometimes blurt out the strangest or most revealing things when their brain is starved for oxygen. Over the past several months I have heard:

"Do you really have to leave the pool to micturate?"

"Meet my father" (this is from out-of-breath Masters swimmer X as he introduces his SON to Masters swimmer Y)

"I used to be a solipsist, but I switched because I met no one else like me."

These utterances, from the mouths of adult swimmers spread out around the pool, confirm that you're associating with people more colorful than you know them to be in business dress. What they say provides even more Table Talk for your family.

A word to parents who wear business dress to the dinner table: Put on a swim suit and jump into the lane with kids in it. You'll have so much fun before and after practice that you'll no longer care about making your children model you. You'll be taking after them.

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You might be a Wisconsinite if snow tires come standard on all your cars.

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One never notices what has been done; one can only see what remains to be done"

-Marie Curie, Meadview Monitor (Arizona) Nov/Dec 1997

Streamlining Your Swimming  
by Scott Rabalais

Ed. Note: Scott Rabalais is coach of the Crawfish Masters Swim Team in Baton, Rouge, LA., Chairman of the USMS Coaches Committee, 1995 USMS Coach of the Year, and until recently, an editor of SWIM Magazine. This article was downloaded from CompuServe's Masters Swimming forum and appeared in The Law (official newsletter of the Ohio Local Masters Swimming Committee - November, 1997.

A beginning discussion about swimming most appropriately begins with a discussion on streamlining - or how you should begin each length. No matter the stroke or distance, every length begins with an underwater push-off or dive and subsequent glide.

So what exactly is streamlining?

To understand streamlining, you must be aware of the two major forces at work in swimming. One is propulsion, which is why we flap our legs and arms around in various ways. We are trying to move forward while keeping our bodies atop the water. The second force is resistance, which acts against the propulsive force. Remember your high school physics class: "To every action, there is an equal and opposite reaction." The faster we propel ourselves, the greater the resistance against us.

The trick to streamlining is in narrowing the amount of surface area that we offer as resistance. Push off with hands and legs wide apart, and you won't go very far. Bring those arms and legs together to a fine point, shape the body like a knife, and you'll slide right through the water.

There's another trick to streamlining. It takes effort. You've got to stretch, reach, and squeeze. But the effort expended will reap you greater distance, what I call "free distance". Doing virtually nothing but stretching, you can gain up to several yards on an efficient push-off.

Perhaps there is an even greater benefit to practicing streamlining. When you practice proper body position, you are practicing how your body feels in and responds to the water. Great swimmers seem to be able to "sense" just the right position of the hand, arms, chest, stomach, legs, feet, and so on. They travel a relatively great distance off the wall with seemingly little effort. It's partly due to strength and partly due to knowing themselves in relation to the water. Like fish, they are masters at movement through water. And it usually comes through years of practice.

This "feel" for the right streamlining position translates to faster swimming. While we are swimming, streamlining comes into play; it's just not as noticeable because we're occupied with our appendages. But think about it. In freestyle, when one hand is outstretched forward and the other is preparing to lift from the water, we're in a semi-streamlined position. If we aren't stretched out, our arms are well outside their proper position, we're losing ground. Even the amount of hair we have on our bodies makes a difference

Keep in mind that when you swim your next 50 free, you're probably only swimming 35 to 40 yards. Most swimmers exceed 5 yards on the dive and glide (some go half the pool), and most should travel at least 5 yards on the push-off at the opposite end. That amounts to 20 to 40% of the race directly linked to streamlining.

Maybe those numbers will force you to practice those push-offs a little more often!

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Many Wisconsin Masters Swimmers participate (and quite successfully) in other athletic competitions. Ingrid Stine has been doing more running than swimming lately due to a shoulder/neck injury. She participated in the Turkey Trot run on Nov 9, 1997. This was a "prediction run" for 2 miles, 6 miles and 9 miles. Ingrid picked the 6 mile distance and finished 10 seconds faster than her prediction of 58 min 30 sec. As a result she won a 12 pound turkey - which reports tasted great on Thanksgiving Day! Congratulations, Ingrid!

On October 12, 1997, Ingrid served as a volunteer for the Lake Front Marathon in Milwaukee. Temperatures that day were in the 60's with a strong SE wind. Ingrid was stationed at the 20 mile mark in Whitefish Bay. While there she spotted three Wisconsin Masters Swimmers - all looking very strong at that point in the race. They were Jerry Lourigan (30-34) - who finished in 4 hr 25 min, Chris Meurer (35-39) - 4 hr 17 min, and John Maniaci (45-49) 4 hr and 42 minutes. CONGRATULATIONS TO OUR RUNNING SWIMMERS IN THEIR SUCCESS OUT OF THE POOL!

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The greatest mistake in life is to be in constant fear that you will make one.

Does anyone have an idea for an "original" name for our newsletter? As editor I exchange newsletters with several other editors from throughout the country. Among the unique names are: PMS (Pacific Masters Swimming), The Old Stearnwheeler, GRIN (GReater INdiana), The LOST Times (LaCrosse, Onalaska, Swim Team). "Wisconsin Masters Swim Committee Newsletter" gets the point across, but... If you have suggestions please send them to me: Nancy Kranpitz, 10346 Cedar Falls Rd., Hazelhurst, WI 54531.

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PLEASE NOTE! THIS IS THE LAST (THE VERY LAST) ISSUE OF THE WISCONSIN MASTERS LMSC NEWSLETTER YOU WILL RECEIVE IF YOU DO NOT RENEW YOUR MEMBERSHIP. APPROXIMATELY 80 PEOPLE RECEIVING THIS NEWSLETTER FALL INTO THIS CATEGORY! PLEASE RENEW NOW OR YOUR NAME WILL BE DROPPED FROM ALL WISCONSIN MASTERS NEWS/MEET ENTRY FORMS MAILINGS!

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Please note the new procedure if you wish to get meet results: Simply report to John Bauman AT THE MEET YOU WANT THE RESULTS FOR and he will provide an envelope for you to address to yourself. Pay \$1.00 and he will forward the meet results to you. This will expedite matters as well as save time and money in running off excess meet result copies.

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You might be a Wisconsinite if your definition of a small town is one that only has one bar.

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