

# WISCONSIN MASTERS SWIMMING

## JANUARY, 2002

A Note From Nancy  
WMAC Newsletter Editor



January, 2002, already! Seems like I am just recovering from getting the fall newsletter out and suddenly winter is upon us and another issue is needing to be published. We've long since abandoned our outdoor pools and are well into the "turn every 25 yards" season. Meets are scheduled - some have already been completed - and the lure of USMS Short Course Nationals in HAWAII has many of us wondering if we will ever have a better excuse to visit those islands in the sun. For those who need to work on their tan prior to Hawaii the National YMCA Masters Championships are once again being held in Florida in late April. And closer to home - the USMS LC Nationals will be held in Cleveland, Ohio, in August. Even for those of us who live "up north" this meet is one to which we could easily drive. I hope you will keep these dates in mind, as well as our many other short course meet opportunities as you train and travel during these winter months. In addition to the WMAC schedule of meets there is also the One Hour Swim. Better hurry, though, as it must be completed during the month of January. Monthly meets in Wauwatosa, Madison, and a new meet in Baraboo should provide ample opportunities to fine tune our events prior to the State Short Course Meet in April. So what am I saying? No whining about winter! We have lots of opportunities to compete and go for PRs as well as state, national, and even world records. Get in the swim and come to the meets! WMAC needs you to support these events. So - Be There! And good luck as you pursue your 2002 short course goals.

### FROM THE NEW CHAIRMAN

Dick Pitman

It is with very humble appreciation that I follow in the steps of John Bauman as the Chairman of the Wisconsin Masters Swimming. John is hardly retiring into the sunset, though, since he is assuming probably the two toughest positions in our LMSC (Local Masters Swim Committee): Registrar and Top Ten Recorder. You could say I'm just a figurehead especially while I learn the ropes about this business. As many of you know I've been involved in Masters Swimming for quite a number of years. My first meet was in January 1982. I was 37 at the time. I've competed every year since except one and a half years when I had shoulder tendonitis. So, I've seen a lot of swimmers pass through Wisconsin over those years.

The way John and I are dividing responsibilities is that my objective is to help get Masters programs started in Wisconsin and get more people swimming at Masters meets. I've been pretty successful in getting a program going at the Madison Y so I think I've learned a few tricks. I helped some swimmers in Baraboo get a program rolling this fall. We'll be swimming in their pool on March 2. You'll be in for a treat there. Also, Mike Ziniel has a group going in Sturgeon Bay in "his" new pool at the Sturgeon Bay YMCA. And, there's another group forming at the West Suburban Y as we speak.

So, these are my goals: to assure a smooth transition with me as Chairman; help Masters programs grow throughout the state; and help the numbers of registered Masters swimmers grow in the state. I hope to see you at the next meet which is at Wauwatosa West HS on February 2nd. Note: There are starting blocks now, but they've been switched to the deep end on the narrow island separating the racing pool from the diving well. Yeah - we were kind of surprised, too, at the last meet!

### Correction!

In the September, 2001, edition of this newsletter individuals recognized for achieving Top Ten Short Course Yards swam their times during the 2001 season. The headline incorrectly listed their achievements as coming in the 2000 season.  
Sorry about the error!

### REMEMBER HIM?

Dick Pitman

One name: Eric Moussambani. Do you remember who that is? He's the guy who represented Equatorial Guinea (pop. 465,746) at the Olympics last year. He learned how to swim about 6 months prior, swam in the preliminaries ALL BY HIMSELF (because everyone else in his heat scratched) on world-wide TV coverage!! He swam a 100 meter freestyle in 1:52.72. A forgettable time? Probably. A beatable time by anyone on your team? Probably or undoubtedly. A forgettable event? Never. I think the courage he showed in just getting on the block was tremendous. The whole world was in agony watching him trying to finish that race. A lot of us would willingly have jumped in and volunteered to finish it for him. But, he kept on and he made it.

The next time you talk to someone about Masters swimming and they say, "I don't think I'm good enough..." just tell this story. Masters is for every "Eric Moussambani."

UPDATE: This past July, Eric swam a :31.88 LC 50 free at the 9th FINA WORLD SWIMMING CHAMPIONSHIPS in Fukuoka, Japan! Quite an improvement!!!!

TAKE NOTE!!

MOVING??????????

TAKE NOTE!!

Please be sure to send your address changes as soon as possible to **John Bauman** by either snail mail or e-mail ([wmac@execpc.com](mailto:wmac@execpc.com)). John includes all address changes in his monthly registration report to USMS. Your issue of SWIM magazine may not get forwarded so it is important to allow enough time for all entities to be notified.

**Badger State Games Athletes of The Year Nominated for National Honors!**

The 2001 Badger State Games Athletes of the Year - **Roger Bagneski**, of Madison, and **Germaine Havel**, of Appleton - have been nominated for male and female National State Games Athlete of the year.

**Bagneski**, 56, a retired firefighter, has competed in every Badger State Summer Games since its inception in 1985. **Bagneski** competes annually in track & field and has won more than 60 medals in the 100 meter dash, 200 meter dash, 400 meter relay, long jump, high jump, and triple jump, including gold medals in long and triple jump this year. "I'm very honored even to be considered for the national award," **Bagneski** said. "This is one of the best things that has happened to me in my athletic career and it's nice to be a contender with all the other great amateur athletes from around the country."

**Havel**, 53, a medical patient accounts coordinator, competed in her very first Badger State Summer Games this year and came away with four medals in swimming. **Havel** won gold in the 100 meter freestyle - setting a Badger State Games record in her age division - 200 meter freestyle, 200 meter freestyle relay, and captured silver in the 100 meter backstroke. "It was just a lot of fun to see all the different people and compete in my first Badger State Games," **Havel** said. "I'm surprised and honored to have been selected as the female Athlete of the Year and nominated for the national award."

The National Congress of State Games (NCSG), in an effort to recognize amateur athletes and further the purposes and results of the State Games movement, has established an annual Athlete of the Year award. The award is presented to a male and female athlete who have competed in one of the recognized State Games programs around the country and who personify the ideals of the State Games movement: participation, sportsmanship, effort, and positive attitude.

Congratulations **Germaine** and **Roger** (even though you're not a swimmer, Roger!

**George S. Trawicki**, age 85, passed away November 29, 2001. **George** was a long time member of the Wisconsin Masters Aquatic Club, a USMS National Champion, and an All-American. **George** set Wisconsin records in 1976 in the breaststroke events that remain the state records today.

**George** was a retired Lt. Col. of the Wisconsin National Guard. What an officer and gentleman he was. We mourn his passing.

**Wisconsin Masters Web Site**  
[www.Swim-wimasters.org](http://www.Swim-wimasters.org)  
Check it out!

**Fact or Fiction???**  
**You have to train for weeks before you get any benefits.**

**FICTION!** It may take a month or two before your aerobic workouts get noticeably easier, but you should shave pounds within a week. AND, your strength will sharpen as well. Ohio University conducted studies which demonstrated that muscle responds to weight lifting after only four sessions. Can it get any better? You bet! Further research has revealed that after just one workout you can experience reduced stress, a rosier outlook on life, more confidence, better sex, and sounder sleep! So go for it. You certainly have nothing to lose.

**USMS LC TOP TEN**

<b>Melinda Mann 45</b>	<b>Betty Lorenzi 74</b>
1st 50 breast :3735	4th 200 free 3:29.84
1st 100 breast 1:22.30	4th 400 free 7:26.09
2nd 200 breast 3:01.41	2nd 1500 free 29:11.02
4th 50 fly :32.83	3rd 50 back :50.79
1st 100 fly 1:12.26	1st 100 back 1:41.97
2nd 200 IM 2:41.31	2nd 200 back 3:44.00

**Melinda** and **Betty** traveled to the LC USMS National Meet to achieve these times. **Congratulations** to both of you on a job well done. Both **Melinda** and **Betty** claim All-American status for their respective first place finishes!!!!

**Does your mailing label have a red stripe on it? If so you have NOT re-registered for 2002. This will be the last newsletter you will receive and you have probably already received your LAST issue of SWIM Magazine. Solution? Re-register today!**

## SWIMMING AT DAWN

Niela Eliason

*I don't know why I do this to myself. I don't know why I come, at dawn, still warm from my bed, and slide into a pool of deep water. My hair is sticking out, I have on no makeup, my nylon suit hides none of my secrets, and whatever critics I have are on hand to see me at my worst. And I them.*

*Have we no pride? While we swim long and hard, others stay in their beds. They shower and dress in the comfort and privacy of their own homes, brush and preen themselves, and prepare for a dignified assault on the day. Swimmers are bedraggled before the day even begins, dress in an echoing communal dressing room with only one outlet for the hair dryer, and have no privacy at all.*

*But I come again the next day, and as I sit on the edge of the pool and struggle my goggles into place, I become aware of sensual pleasures even before I am fully awake. Soon the flow of the water moves down my body and I experience the exhilaration of stimulated circulation, a brightening of mood, a feeling of physical well-being.*

*There is something mystical about swimming on a cold morning when mist rises from the water and mingles with the fog. I see the sun rise not just occasionally, but several days a week. After more than twenty years in Florida, I still never take the luxury of swimming in an outdoor pool in February for granted.*

*Some good friends take time to develop. Swimmers are a solitary lot, doing their thing mostly deaf, dumb, and blind, underwater. It takes a while for swimmers to get acquainted. But when we finally do we find that we have known each other for a long time, many sunrises already.*

*Swimming early has something to do with postponement of responsibility, an avoidance of adulthood for an hour or so. It is a daily renaissance. By the time I start my work I have already completed one of my goals for the day. Every time I get into the pool, I win, because I come out feeling well, stronger, brighter, and ready.*

*Why do I do this to myself? Because I love it.*

*Note: This is reprinted with permission from the Maverick Lane Lines. This first appeared in the St. Petersburg Times. It is an excerpt from Eliason's book, "Kitchen Tables & Other Midlife Musings."*

### **CORRECTION!**

**THE CORRECT DATE FOR THE MADISON EAST YMCA MEET IS FEBRUARY 17 AS ON THE ENTRY FORM AND NOT FEBRUARY 11 AS ON THE MEET INFORMATION PAGE.**

#### **ALSO**

**ON THE TOSA MEET INFORMATION THE CORRECT ADDRESS FOR SENDING IN YOUR MEET ENTRY IS 11917 W. RAINBOW AVE, WAUSATOSA, WI. IT IS PRINTED INCORRECTLY ON THE MEET ENTRY INFORMATION.**

### **STARTING BLOCKS**

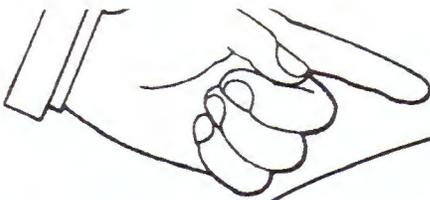
The National High School Association recently mandated that all schools with pools less than 4 feet water depth at the starting end remove the starting blocks. Wauwatosa West took out the blocks and for the December 15 meet swimmers were forced to start from the deck. Tosa West has now moved the blocks to the other end of the pool which has a greater depth. It was an easy correction for this school to make. However, some schools, like Whitefish Bay, have the same shallow depth on both ends of the pool and don't know what to do. Morgan Byers said that Whitefish Bay is looking into either digging the pool deeper or reconfiguring the pool to start in the diving well. This option, though, would require a bulkhead and reduce the course to 6 lanes from the current 8. Stay tuned for further decisions and developments.

### **Wisconsin Masters Sanctioned Meets**

January 26-One Hour Swim-Milwaukee Juneau HS (Tentative)  
February 2, Wauwatosa West HS  
February 17, Madison East YMCA  
March 2, Baraboo Middle School  
March 16, Wauwatosa West HS  
April 13-14, State Meet, Schroeder Aquatic Center

### **SWIM CLINICS**

Jan 20-SWIM FASTER 1 (Freestyle)-Glen Ellyn, IL.  
Jan 21-SWIM FASTER 2 (Advanced Freestyle)  
Glen Ellyn, IL  
Jan 21 SWIM FASTER 3 (Multistroke - fly, back, breast, free) - Glen Ellyn, IL  
Contact Tailwind Triathlon Training at:  
<http://trifaster.com> or by calling 414-427-1092



## USMS CONVENTION UPDATE!

Dick Pitman

The following are some of the changes implemented by the USMS Convention which are of importance to all of us.

We are now allowed to register 18 year olds into USMS. However, they will not be allowed to compete in any meet until they turn 19, and as usual, that day will be determined on the last day of a multi-day meet. For Short Course Nationals, which will be held in Hawaii in April, they are adding an extra "free" event. As you know, for the last few years one has been allowed to swim three events without a qualifying time (I won't go into the formula for figuring the NQT now - it's available somewhere in the USMS website) and any other events one might swim would be subject to meeting a NQT. Because of September 11 and the fact that the meet will be 1,000 miles west of California it was decided to allow a 4th "free" event.

It was also decided to penalize a swimmer who, at the SC Nationals at Santa Clara in May, having missed his normal heat, jumped into an empty lane and swam his 1650 free. He was greeted by a coterie of officials who told him he was dq'd. Besides being dq'd he is not allowed to swim in any national meet for the next year. So be advised that unsportsmanlike conduct will be dealt with severely, especially at the national level.

The FINA Bureau has voted to allow the breaststroke kick in fly events granting the FINA Masters Committee recommendation to exclude that portion of the rule.

The One Hour Postal Meet is ongoing during the month of January. Entry form was in the November-December 2001 issue of SWIM Magazine.

### **WISCONSIN SENIOR OLYMPICS HALL OF FAME - 2001**

The Wisconsin Senior Olympics has created a Hall of Fame to honor athletes and volunteers for outstanding contributions to Wisconsin Senior Olympics. Individuals who have excelled as participants and/or have made significant contributions as volunteers are considered for this honor as well as those who have been an outstanding credit to the growth and promotion of the Wisconsin Senior Olympics. The 2001 Inaugural Hall of Fame Inductees included several active Wisconsin Masters Swimmers. Their inaugural biographies are as follows:

**W. Morgan Byers** taught math, was head of the math department, and coached swimming for 36 years at Whitefish Bay High School. His swimming career began in 1941 in Memphis when he won his first medal. He has won a vast number of swim medals at Purdue University, Masters meets, Wisconsin Senior Olympics, and in the National Senior Games. His specialties are freestyle, backstroke, and individual medley. He has been on the Board of the National Interscholastic Swimming Coaches Association for thirty-five years. Editor's note: Morgan has also been active in the WIAA - particularly as a deck steward at the Wisconsin State High School Championship meets for boys and girls in Madison.

**Doris G. Klitzke** has never been beaten by any swimmer in her age group since she began competing in the Wisconsin Senior Olympics in the 1980s. At the 1999 National Games in Orlando she won two 1st places, a 3rd, a 4th, and a 10th. She has been listed in the Top Ten in the world several times. She has been listed in the Top Ten in the U.S. since 1985 and accomplished this while suffering from fibromyalgia and assorted back problems.

**Alexander J. Macgillis** is well known for his enthusiasm and discipline in the swimming world. His love of swimming goes back to his early life guarding days, his time as an aquatic instructor, and his high school and college competitions. At the Nationals in Orlando he placed in five events, butterfly and breaststroke. Alex is a surgeon in the field of urology who has set an example by his dedication to a sport which helps promote physical well being.

**Thomas L. Leidel** was also a 2001 inductee and while he is not an active Masters swimmer he is deserving of mention due to his work with the swimming portion of the Wisconsin Senior Olympics. In addition to service as coordinator of the swim meet from 1980 until 1999 he has been a Board member since 1979, chair of the Awards Committee since 1987, President from 1992 to the present, member of the Public Relations Committee since 1994, member of the Budget and Finance Committee since 1993, and member of the Ad Hoc Statewide Committee in 1992 and 1993.

Congratulations to **Morgan, Doris, and Alex** for this honor!

**MANY THANKS TO MORGAN BYERS, RAY DIEDERICH, AND BOB SWAIN FOR THEIR RECENT DONATIONS TO WMAC.**

# WISCONSIN MASTER - SHORT COURSE YARDS SWIM MEET

Saturday, March 2, 2002

Sponsor - The Baraboo Boosters Club

- Sanctioned by: Wisconsin LMSC for USMS, Inc. Sanction No. 202-004
- Location: Baraboo Middle School Indoor Pool, 1531 Draper Street, Baraboo, WI 53913
- Facilities: 8 lane, 25 yd pool w/anti-turbulent lane guides, starting blocks and backstroke flags.
- Time: Saturday, March 2, 2002. Warm-up 12:30 PM; Meet starts at 1:00 PM.
- Eligibility: Open to all Masters Swimmers 19 years old or older. All entrants must be registered Masters Swimmers and the USMS number must be listed on the entry form. Swimmers not registered with the Wisconsin LMSC must submit a copy of their current USMS registration card.
- Rules: Official USMS Rules will govern the meet. All events will be timed finals.
- Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "no time" will be seeded in the slowest heat. Deck entries will be put in available lanes.
- Timing: Colorado automatic timing system backed up by one watch/lane.
- Warm-ups: Lanes 1 and 8 will be start/sprint lanes with swimming in one direction only and exiting to the side or end. Lanes 2 thru 7 will be for circle swimming only - NO DIVING STARTS from the blocks or the deck in lanes 2 thru 7. Swimmers must enter the pool feet first in a cautious manner in lanes 2 thru 7. Hand paddles, kickboards, fins, etc. may not be used at any time during the warm-ups.
- Facility User Fee: \$4.00 per person.
- Entry Fee: \$2.50/individual event. No charge for relay. Deck entries for individual events will be accepted up to 12:30 PM on the day of the meet. The fee for deck entries postmarked after February 26 shall be \$6.00/event. Fees must accompany entry form. Please make checks payable to "Baraboo Indoor Pool."
- Entry Deadline: Entries must be in meet director's hands no later than 6:00 PM, Wednesday, February 27, 2002.
- Entry Form: The official entry form must be used, one person per form. The liability release must be signed without any alterations.
- Awards: Ribbons for 1st thru 3rd places.
- Meet Director: Dave Schwartz c/o Baraboo Indoor Pool, 1531 Draper St., Baraboo, WI, 53913  
Phone: (608) 355-4665

## SCHEDULE OF EVENTS

- |                         |                          |
|-------------------------|--------------------------|
| 1. 50 yd butterfly      | 11. 400 yd Free Relay*   |
| 2. 100 yd breaststroke  | 12. 50 yd backstroke     |
| 3. 100 yd backstroke    | 13. 100 yd IM            |
| 4. 50 yd freestyle      | 14. 500 yd freestyle     |
| 5. 200 breaststroke     | 15. 50 yd breaststroke   |
| 6. 200 yd Medley Relay* | 16. 100 yd freestyle     |
| 7. 200 yd freestyle     | 17. 400 yd Medley Relay* |
| 8. 100 yd butterfly     | 18. 200 yd butterfly     |
| 9. 200 yd backstroke    | 19. 200 yd Free Relay*   |
| 10. 400 yd IM           | 20. 200 yd IM            |

5-Minute break

\*Relay Entries: Submit entries at the meet. Relays may be all men, all women, or mixed (no more than two from each gender).

## TAKE NOTE!!

### ENTRY LIMIT:

Five individual events -  
plus relays

500 free limited to first 32



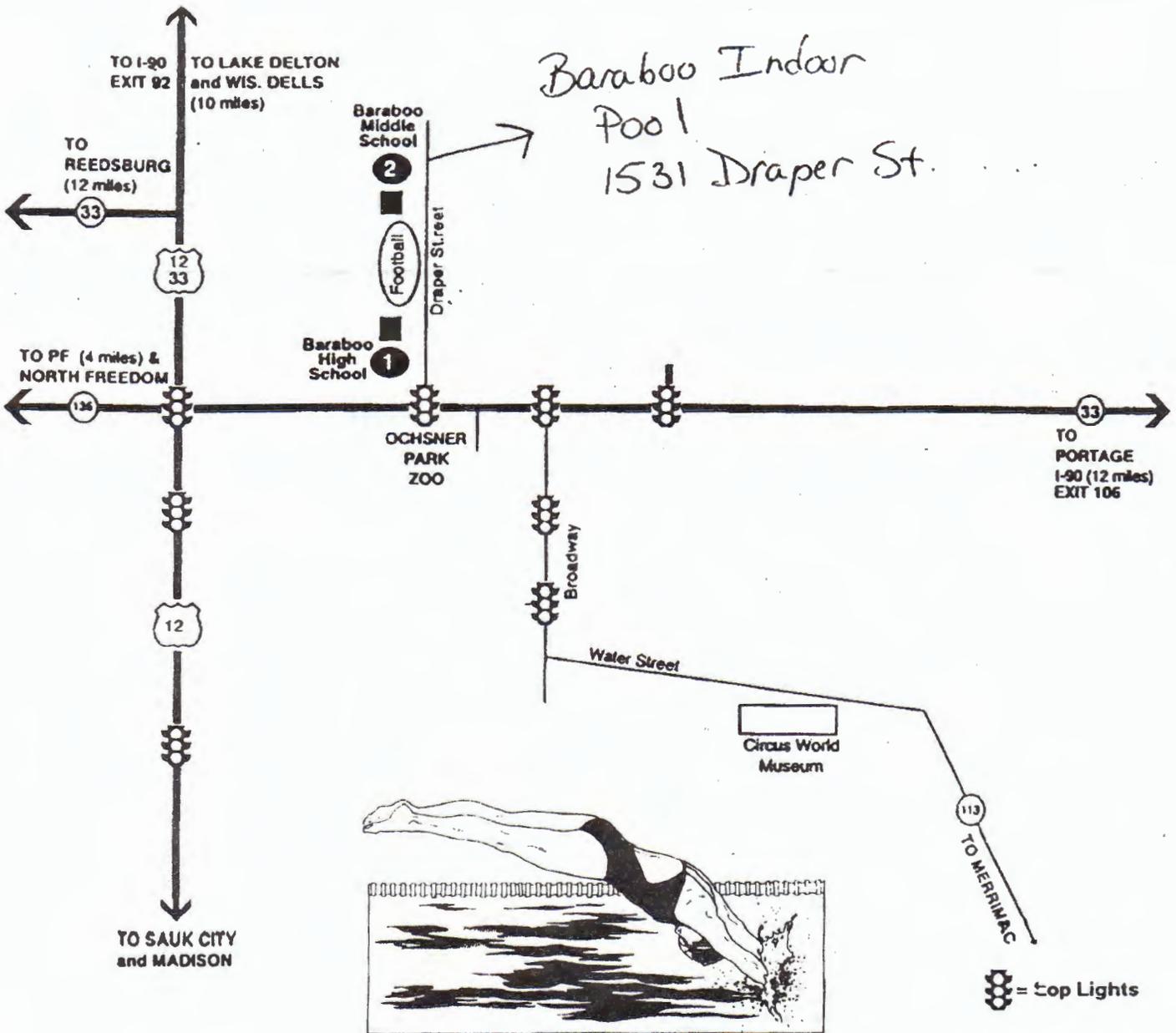
## DIRECTIONS TO THE BARABOO INDOOR POOL

The pool is located behind the Baraboo Middle School at 1531 Draper Street in Baraboo.

**FROM MILWAUKEE:** Get on I-94 West. Take the I-90 WI-39 N ramp towards Wisconsin Dells/Eau Claire and onto I-90. Continue on I-90 until the US-12 exit, exit number 92 towards Baraboo/Lake Delton. Turn left (south) onto US-12 East. Keep going as US-12E becomes US-12/WI-33. Turn left (east) onto WI-33, which is 8th Street within the city of Baraboo. Continue east on 8th Street until the first stoplight. Turn left at the light onto Draper Street.

**FROM ROCKFORD/JANESVILLE:** Get on I-90W/US-51N and continue onto I-90 West. Stay on I-90 until you reach the US-12 exit, exit number 92 towards Baraboo/Lake Delton. Turn left (south) onto US-12 East. Keep going as US-12E becomes US-12/WI-33. Turn left (east) onto WI-33, which is 8th Street within the city of Baraboo. Continue east on 8th Street until the first stoplight. Turn left at the light onto Draper Street.

**FROM LACROSSE:** Get on I-90 East towards Madison (US-53N) and proceed straight onto I-90E. Stay on I-90/94 eastbound until you reach the US-12 exit, exit number 92 for Baraboo/Devil's Lake. Keep right on the ramp and merge onto US-12E. Keep going as US-12E becomes US-12/WI-33. Turn left (east) onto WI-33, which is 8th Street within the city of Baraboo. Continue east on 8th Street until the first stoplight. Turn left at the light onto Draper Street.



Dive into Masters Swimming!

ENTRY FORM  
 WISCONSIN MASTERS SWIM MEET  
 BARABOO INDOOR POOL  
 SATURDAY, MARCH 2, 2002

NAME \_\_\_\_\_ TEAM \_\_\_\_\_ MALE  
 (Please Type or Print) \_\_\_\_\_ FEMALE  
 \_\_\_\_\_  
 (circle one)  
 USMS NO. \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE ( ) \_\_\_\_\_ E-Mail Address \_\_\_\_\_

**SCHEDULE OF EVENTS**

- |                                       | <u>Seed Time</u>                  |
|---------------------------------------|-----------------------------------|
| 1. 50 yd Butterfly _____              | 11. 400 Free Relay* _____         |
| 2. 100 yd Breaststroke _____          | 12. 50 yd Backstroke _____        |
| 3. 100 yd Backstroke _____            | 13. 100 yd IM _____               |
| 4. 50 yd Freestyle _____              | 14. 500 yd Freestyle _____        |
| 5. 200 yd Breaststroke _____          | 15. 50 yd Breaststroke _____      |
| 6. 200 yd Medley Relay* __Deck Seed__ | 16. 100 yd Freestyle _____        |
| 7. 200 yd Freestyle _____             | 17. 400 yd Medley Relay* __Deck__ |
| 8. 100 yd Butterfly _____             | 18. 200 yd Butterfly _____        |
| 9. 200 yd Backstroke _____            | 19. 200 yd Free Relay* __Deck__   |
| 10. 400 yd IM _____                   | 20. 200 yd IM _____               |
- 5-Minute Break after event #10

NUMBER OF INDIVIDUAL EVENTS: \_\_\_\_\_ @ \$2.50/event \$ \_\_\_\_\_  
 Facility User Fee (one time charge) \$ 4.00  
 Total Enclosed \$ \_\_\_\_\_

**LIABILITY RELEASE**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE

NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED \_\_\_\_\_

DATE \_\_\_\_\_

## TIP OF THE MONTH - CHALLENGE YOURSELF!

Paul Hutinger - Florida Mavericks

Elite swimmers often do amazing things in practice. Although you may not be an elite swimmer, you can all think of a challenge, at your level of performance, to use as a motivator.

John McCall, 50, set a world record in the 100 M fly going 1:01.95 at Orlando. On his 50th birthday, his workout was 50 x 100's. If that's too ambitious, how about 50's or 25's to match your age?

David Berkoff, Olympic backstroker, perfected the underwater kick on his starts and turns. He did it so well that the 15 yard or meter underwater limit is now in effect. During a pre-Olympic training session at Clearwater, FL, in 1992, he did 10 x 50 M underwater dolphin kicks, with fins @ :45 and averaged :35. How about a set of 10 x 25's, with fins, on front or back, @ 1:00?

After a serious car accident, Margie Hutinger wasn't able to swim continuously for one hour. She worked on a set of 20 x 100's @ 3:00. She exceeded her goal and was able to swim over 2000 yards in one hour. The third year after her accident she worked on a continuous swim and succeeded in swimming 2345 yards.

A new swimmer to the Marverick team has limited time to train but wants to get back in shape for local meets. Although not a "distance swimmer" he is challenged by the One Hour Swim and is working on sets of 20 x 100's to build his aerobic base. Another option by another swimmer, in addition to her 20 x 100's, is to build her fly by doing 10 x 25's on 1:00 with the last two being no breathers. Still other swimmers have set their sights on the "I Swam To Key West" T-shirts by completing 200 miles in the comfort of their own pool.

In summary, challenge yourself with performances in practice that seem difficult but realistic. The end result is being satisfied with your unbelievable accomplishment, not only with your enhanced swim performance, but with an improved mental outlook. Many serendipities are possible with your challenge.

### WHO'S HOOKED ON FITNESS?

Did you know that 54% of females regularly participate in fitness activities and that 52% are health club members? Because of these percentages health club facilities tend to be designed to meet their demands. Females continue to have a strong influence on the fitness movement.

### HIGH BLOOD PRESSURE

Of the 50 million Americans aged 6 and over who have high blood pressure 32% are **unaware** they have it, 54% are on medication, and 15% are aware they have the condition but are not on medication.

### Wisconsin's "Mark Spitz"!

**Elizabeth Kosobucki** was Wisconsin's answer to former Olympian Mark Spitz when she won four gold medals and one silver while competing in the swimming events for ages 50-54 in the 2001 National Senior Olympic Games in Baton Rouge this past July. This is an outstanding achievement since the competition was from all over the USA. **Elizabeth**, 53, is from West Allis and had only recently begun competing in Masters Swim Meets. In one of her first ever meets she won several events in the YMCA Nationals when they were held in Milwaukee a couple of years ago. After her success there she set her sights on the National Senior Olympics where she found more success. Congratulations, **Elizabeth!**

### CLEAN HANDS - HEALTHY LUNGS

Are you trying to avoid an upper respiratory infection this winter? Try washing your hands. A recent study involving U.S. Navy recruits found they were able to reduce the frequency of upper respiratory infections by as much as 45% through the simple use of diligent hand washing.

*You know  
you are  
f r o m  
Wisconsin  
if you can  
identify an  
I l l i n o i s  
accent*

### SKIPPING MEALS TO LOSE WEIGHT?

If you think that skipping meals will help you lose weight you are **WRONG**. People who skip meals burn calories at a rate of 7 to 10% slower than people who don't skip meals. So - make sure you eat on a regular schedule. Just make sure you are eating wisely.

## POSTAL 1650

Tamalpais Aquatic Masters (TAM) is this year's "host" for the seventh annual POSTAL 1650. It is to be swum in January and February, 2002, and provides a splendid opportunity to use our hard won Hour Swim base ("DON'T WASTE YOUR BASE") and a wonderful chance for all swimmers and teams to swim the "mile", get times, put together relay entries, and enjoy the feeling of accomplishment that comes from swimming the 1650. The entry form is also posted in PDF format on the Pacific Masters Swimming website: [www.pacificmasters.org](http://www.pacificmasters.org) under "Competition", schedule. Since January swims are permitted, swimmers who contributed to their team's Hour Swim yardage (and those who went out too fast in the Hour Swim!) may enter their 1650 yard splits in TAM's POSTAL 1650. TAM coach Marie McSweeney (Pacific Masters Swimming's 2000 Coach of the Year) has put together her Top Ten reasons to participate in TAM's POSTAL 1650:

10. Gives all team members the chance to share a common goal.
9. Allows all swimmers - young, older, sprinters, open water, triathletes, middle distance distance, and aged - to train for the same event at the same time of year, continuing the harmony and cohesion developed during Hour Swim workouts.
8. Provides the chance to use that hard-won Hour Swim aerobic base ("Don't Waste Your Base!")
7. Provides pre-season distance and over-distance training emphasis and an excellent transition to training for shorter, faster events.
6. Serves as an excellent yardstick to gauge year-to-year progress.
5. Creates a goal to encourage swimmers to continue to practice after the Hour Swim and before training for shorter, faster events begins in earnest.
4. Provides the opportunity to swim a "meet" event, a distance event swum in "meet" competition.
3. Extends the boundaries of swimmers who ordinarily consider themselves sprinters, not distance swimmers, and gives those swimmers who don't usually swim distances and/or who don't usually swim the 1650 the opportunity to do so, get a time and enjoy the feeling of accomplishment distance swimmers know well.
2. The 1650 is shorter than the Hour Swim for most swimmers and can usually be swum at a faster pace than the Hour Swim - very satisfying.
1. Your participation will enable this event to continue and to grow.

### **From the Coach's Rep**

Dick Pitman

This is my second or third year in this position and I have to admit I haven't achieved much. One of my tasks was to find out where there are coached programs in the state. I still don't know much in that regard. It seems when Masters do have a coached program often it is being done by someone not affiliated with USMS like a USA (age group) coach, or a high school coach or a lifeguard. If you're swimming in a coached program you don't know how lucky you are. If you are being coached by an experienced coach you are extremely fortunate!

The goal of USMS is that most- if not all - registered Masters swimmers have access to an on-deck coach where they swim. As I mentioned in my Chairman's remarks, I have volunteered to be on the sub-committee for the Coach's Manual for the USMS Coaches Committee. What we hope to get from this new Manual and from the Coaches Committee is a renewed emphasis on coaching Masters and eventually more Masters coaches. The Chair of this Committee for the next couple years will be Michael Collins, formerly the coach of Davis Aquatic Masters and now the Masters coach for NovAquatics in Irvine, California.

I was able to meet and talk with Mike Collins at the Convention in Louisville, KY. This was my first trip to the Convention in a dozen years. I convinced John to get up early (5:00 AM) one morning so we could go to a

workout at the Mary T. Meagher Pool. I couldn't swim because of the cyst on my back, but John participated in a workout coached by Michael Collins. I can't tell you how impressed I was with Mike. He was basically teaching drill concepts, but it was terrific. I think I learned more than John did (Yep; he was complaining: water's too cold, etc.) Mike is only 35 years old and just loves coaching Masters. In one of his remarks at the Convention he said he loved coaching people who want to swim better; it's much more satisfying than coaching kids.

Another of my goals is to get a Coach's Mentor Swim Clinic to Wisconsin this or next year. This would be an opportunity to "learn how to coach" if you think you would like to try coaching Masters. If you want more info on this you can go to the home page of USMS ([www.usms.org](http://www.usms.org)) and then click "Coaches" and then "Mentor Coach Clinic". There's a planning worksheet with some of the suggested topics that might be covered.

I was able to pick up some workouts from Mike and also from Ed Nessel (NJ) and Marty Hamburger (Atlanta). Some great ideas. Let me know if you want to inject some new ideas to your swimmers! Also, let me know if you're interested in getting certified as a Masters Coach!

### ANNUAL MEETING NOTES

The annual meeting of the Wisconsin Masters Swim Committee, Inc., (LMSC), was held **Saturday, September 29, 2001**. Action taken at the meeting included the election of the following officers: Chairman, **Dick Pitman**; Treasurer, **Ingrid Stine**; Registrar, **John Bauman**; Secretary, **Janet Schultz**; Newsletter, **Nancy Kranpitz**; Webmaster, **Ray Diederich**; Sanctions, **Eric Jernberg**; Officials, **Debra Mueller**; Fitness & Safety, **Judy Davis**; Coaches, **Dick Pitman**; Top Ten/Records, **John Bauman**; Long distance, **Eric Jernberg**. Registration fees for 2002 will be \$25.00/individual, \$35.00 for National Clubs, and \$25.00 for "umbrella" Clubs.

**NOTE:** In Wisconsin we have one National Club, Wisconsin Masters Aquatic Club (WMAC). Two local clubs, Manitowoc-Two Rivers Y and the Fox Cities Y, are registered as sub-clubs under the WMAC umbrella. Swimmers may only register as a member of an officially registered club or as unattached. Unattached swimmers may not participate in relays at swim meets. It has been our policy to register a swimmer that is not a member of a local club as a member of WMAC. If you do not want to be a member of WMAC you may register as Unattached. A \$4.00 transfer fee is required to change from Unattached to a club membership once the yearly registration has been processed.

**Mary Goggins** has offered to hold a LC Meet at Erb Pool in Appleton on July 13, 2002, on the tail-end of an age group meet.

### WMSC OFFICERS

**Chairman** - Dick Pitman  
rpitman@restainobunbury.com  
**Treasurer** - Ingrid Stine  
**Registrar** - John Bauman  
**Secretary** - Janet Schultz  
**Newsletter** - Nancy Kranpitz  
**Webmaster** - Ray Diederich  
**Long Distance** - Eric Jernberg

**Records** - John Bauman  
**Coaches** - Dick Pitman  
**Sanctions** - Eric Jernberg  
**Officials** - Debra Farrell  
**Fitness** - Judy Davis  
**Safety** - Judy Davis  
**Top Ten/Records** - John Bauman

You know you are from Wisconsin when your whole family wears green and gold to church on Sunday.

A closing urgent **PLEA** from your Editor! **PLEASE** send newsworthy items to me for inclusion in future newsletters. This is **YOUR** newsletter. Don't be bashful about sharing some workout ideas, special meets you have gone to, "first meet" experiences, **PICTURES, PICTURES**, maybe even **MORE PICTURES!** Together let's make this a really "newsy" and interesting newsletter! I thank you in advance for your help! Nancy

AT WHAT'S INSIDE  
New Chairman's Column  
Baraboo Meet Information  
Badger State Games Honors  
WI Senior Olympics Hall of Famers  
USMS Convention Update  
Pool Courtesy  
Postal 1650 Info

**LOOK**

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