

# WISCONSIN MASTERS SWIMMING



SEPTEMBER, 2002

## CHAIRMAN'S LANE

That title seemed appropriate somehow. I didn't say Lane 4 or 5 because for some reason I don't get seeded in those lanes much anymore. Another sign of aging I guess. The companion of aging up is *slowing down*. But, we swimmers keep on churning the water, kicking up the dust bunnies on the bottom of the pool. And the word *slow* is relative. Our goal in swimming and training is to try to stay in one place. If we can produce a personal best, *hurrah!*

It has been an exciting first year as Chairman. I'm impressed by the energy that people bring to their positions of responsibility in this organization. Swimmers really are a great group of people. I feel really lucky to be a part of Masters and very honored to be your Chairman.

We were saddened in April by the death of Judy Davis. Judy was a quiet force in our organization. She served as Chair of Safety and Health Sub-Committee. I asked Nancy-Leigh Fisher to assume this responsibility and she has accepted the position and is already thinking about what we can do to improve our safety management of meets and workouts.

The last week of July I received a letter of resignation from Janet Schultz as Secretary. Janet feels she has a pretty full plate with her job as Aquatic Director at the Manitowoc-Two Rivers YMCA. So for that reason she declined to serve another year. But she will continue to offer input as she is able. I have asked Suzi Green to take over this position. She asked what was involved and then said, "Sure." I think Suzi will do an excellent job. We are really fortunate to have so many able and willing members of this organization.

If you made it to the State Meet or Badger State Games this year you had a fun, enjoyable time. It's my favorite time of year! Speaking of BSG, we had a record turnout with 210 registered swimmers with 11 no-shows, for a net of 199 on the deck! The weather was, as usual, just great. I hope all of you who came were not disappointed with the new order of events. We had to shuffle things a little when we added the new events - 50 breast, 50 back and 100 fly. There was tremendous support for all those events. I think it might have helped increase our participant turnout. We had an over-supply of swimmers again for the 800 free and we're working on a solution to this dilemma. I've received some suggestions - good ideas - from some of you, and would encourage any of you to chime in with your 2cents worth. BSG was capped off by the traditional trip to the UW Union Terrace where we lolled away the rest of the afternoon sipping beer, water and telling stories. Such great company! Jennifer Hartzell, who is leaving us for Massachusetts, even brought her parents to see what a dissolute group of people she hangs out with twice a week. I think they had fun. Jennifer is going to Boston to study optometry and is going to try to sustain her swimming career.

The BSG meet ran smoothly. I have a feeling it did so because our electronic timing system crashed BEFORE we could even get it set up! I don't think many people even noticed. So, the Club (WMAC) is having to buy a new one. John Bauman has been working on this since that day. It's expected that the new timing system will be able to post results (including splits) directly to the computer, printed and posted on the wall - just like national meets! I should be able to tell you more news on this in the next newsletter. (Con't on Page 3)

### **WORD OF THE DAY - FARTLEK**

FART-lek (noun) from Swedish fart (speed) + lek (play)

A method of training, originally developed for runners, that involves intense activity interspersed with low effort. For example, sprinting and walking. It could involve jogging with running intervals around the track and on the command of a coach go directly into sprinting for short intervals, or occasionally dropping and doing push-ups. Within a single fartlek session you can also vary the duration of the fast bursts. While initially developed for runners fartlek training provides another means of invoking change, variety, and fun into a swimming workout.

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Dick Pitman-LMSC Chair

### **INFORMATION REQUESTED!**

We are going to include a "Places to Swim" section on the Wisconsin Masters web-site ([swim-wimasters.org](http://swim-wimasters.org)) and need the following info for all locations in the state:

Facility name	Complete address
Phone number	Hours of Operation
Lap swim hours	Workout group hours
Fees-daily and/or membership	Coached workout group?
Contacts (name, phone, e-mail)	
Brief description of facility - lanes, length, etc	

Send Info to: John Bauman, [wmacexecpc.com](mailto:wmacexecpc.com) or mail to  
11917 W. Rainbow Ave, West Allis, WI 53214-2166, phone  
1-414-453-7336

## LAKE AMY BELLE OPEN WATER SWIM

Once again race director Eric Jernberg picked a perfect day for the 1/2 and 1 mile lake swims. It was a sunny day with both air and water temps around 80 degrees. Four Masters swam the 1/2 miler: **Nina Seidler**, 2nd (20-29, 25:40), **Jeanne Seidler**, 1st (50-59, 25:50), **Elisabeth Petrusha**, 1st (30-39, 20:01, and **Lynn Surles**, 1st (27:40) who was 3 days shy of his 85th birthday. Thirty-six swimmers participated in the 1 mile event. **Mark Kaczmarek** (40-49) had the fastest Masters 1 mile time, 22:57. At the conclusion of the race Eric had an awards ceremony and all finishers received a participation medal and a candy bar. Lynn Surles offered his lakeside home for a delightful potluck picnic after the race. Brats, hamburgers, salads, fruit, cookies, pistachio bread, salsa with chips, beer and soda were served. It was a wonderful afternoon! Other mile finishers and their times: Men 40-49: **Steve Justinger**, 2nd, 25:43; **Tom Grogan**, 5th, 31:44; Men 50-59: **Dick Pitman**, 1st, 26:30; **Mike Daley**, 2nd, 26:44; **John White**, 4th, 35:02; Men 70-79: **John Bauman**, 1st, 38:48; Women 20-29: **Krista Nelson**, 1st, 29:38; Women 30-39: **Melodee Nugent**, (swimming for 2!) 1st, 26:36; **Patti Jernberg**, 4th, 35:21; Women 40-49: **Suzi Green**, 2nd, 26:43; Women 50-59: **Monica Diamond**, 1st, 31:25; **Dorothy Rose**, 2nd, 48:49; Women 60-69: **Ingrid Stine**, 1st, 35:08; Women 70-79: **Betty Lorenzi**, 1st, 32:45. Congratulations to one and all on some fine swims! John White brought along a number of his non-registered swimming friends who did some great swimming! Hopefully they "caught the bug" and will be joining the ranks of Wisconsin Masters Swimming in the near



Enjoying the awards picnic after the Lake Amy Belle Swim are: Back row - **Betty Lorenzi**, **Suzi Green**, **Steve Justinger**, **Lynn Surles**, **John Bauman**, **Dick Pitman** and **Eric Jernberg**. Front Row: **Mark Kaczmarek** and **Ingrid Stine**.

### New WMSC Secretary

Dick Pitman

In late July I received a letter of resignation from **Janet Schultz**, our secretary this past year. I appointed **Suzi Green** of Madison, a Masters swimmer for the last four years, to replace Janet. We thank Janet for the time and effort she put in as our Secretary this past year. Suzi will be a complement to our efforts to move Wisconsin Masters Swimming forward into this 21st Century. Thank you, Suzi, for taking on this responsibility. You can reach Suzi at 57 Knutson Drive, Madison, WI.

Some people never do anything to help, but are gifted at finding fault with the way others do the work. They are called "Comment Taters".

### ANOTHER NUGENT!

The Racine Quarry Swim at 7 months pregnant, Lake Amy Belle at 7 1/2 months, and an August 30th "sighting" at Cool Waters in West Allis. **Melodee Nugent** was in the swim right to the end of her pregnancy. We're happy to announce that Regan Marie joined our swimming family on Sept 2 weighing in at 7 lbs 5 oz. Congratulations to the Nugents!

### LMSC OFFICERS

**Chairman** - Dick Pitman  
rpitman@restainobunbury.com  
**Treasurer** - Ingrid Stine  
wmac@execpc.com  
**Registrar** - John Bauman  
wmac@execpc.com  
**Secretary** - Suzi Green  
**Newsletter** - Nancy Kranpitz  
jnk@newnorth.net  
**Webmaster** - Ray Diederich  
**Long Distance** - Eric Jernberg  
**Coaches** - Dick Pitman  
**Sanctions** - Eric Jernberg  
**Officials** - Debra Mueller  
**Top Ten/Records** - John Bauman  
**Health/Safety** - Nancy-Leigh Fisher

## WMSC ANNUAL MEETING

The annual meeting of the Wisconsin Masters Swim Committee will be on **Saturday, October 5, 2002**, from 1-3:00 PM at the **Madison East YMCA**. The meeting will last a couple of hours with a major topic of obtaining a new timing system for the "Club", which would come under WMAC business. All registered Wisconsin Masters Swimmers are eligible to attend this meeting and have input into the issues to be discussed.

## Chairman's Lane (Continued from Pg 1)

John and I will be attending the USMS Convention when this newsletter comes out. So if you want to hear what's new from the convention come to the annual meeting - *in Madison this year* at the East Madison YMCA, Saturday, October 5, from 1-3:00 PM. Because of my attendance at the Convention I will have to miss the inaugural Ironman competition in Madison. Good luck to all of our Wisconsin Masters who will be participating.

The week after BSG was the Racine Quarry Open Water Challenge. **Steve Justinger** has been after me for years to do this. This year I finally made it. I'm not much of an open-water swimmer - I like lines on the bottom! But, I had a blast! The weather was as nice as the previous Sunday for BSG. The water was perfect. It was kind of a party atmosphere like BSG. Two weeks later was the Lake Amy Belle Swim where everyone gets a medal if they finish! And a T-shirt if they sign up in time! I couldn't believe how clear the water was at Amy Belle. Another wonderful experience. Then we had a cookout at **Lynn Surles'** house on the other side of the lake. Great fun! Great people!

I got so excited by doing these open water swims that I've started talking about resurrecting one that had been done a couple times in Lake Mendota. I ran into **Reggie Bruskewitz** in early August at the local Madison All-City Meet held by local private swim clubs. I told him about this dream of mine and he said he knew of a place on Mendota that would ensure a safe environment for such a swim. I've asked **Jerry Lourigan** to be Meet Director for this venture. No details at this time, but I think you'll be pleased. Jerry is trying to find a date that doesn't conflict with the Racine Quarry Swim, Amy Belle and various triathlons in the area. So, if you'd like to be involved in this project just let Jerry know (jlourigan@powernet.net). I've already contacted the Dane County Supervisor responsible for that area and she is making phone calls for me. She's sympathetic to the idea because she had young swimmers herself.

In August we sent a small contingent of 14 swimmers to Cleveland to participate in the *Long Course Nationals*. Led by **Melinda Mann's** National record in the 100 M breast as well as **Betty Lorenzi** and **Lynn Surles** who combined for eight first place finishes, we made a great statement to the rest of the country that this state is indeed competitive. The rule of *sign up, show up and swim the event (without dq'ing)* holds true because some of our less renown swimmers also came home with medals! (see related article elsewhere in this newsletter!). Congratulations and thanks to **Trish Alarie, John Bauman, Morgan Byers, Candy Christenson, Ray Diederich, Rich Hubbard, Mark Larkin, Betty Lorenzi, Melinda Mann, Wes Mayer, Tom Meehan, Jeanne Seidler, Mindy Seidler, and Lynn Surles** for your representation of our great state. I wish I could have been there. I think I could have medaled if I had *signed up, shown up and swam the event!* Would've, could've, should've just doesn't deserve a medal!

## RACINE QUARRY SWIM

JULY 6, 2002

Another perfect day greeted 64 Masters swimmers this year for the 1.2 mile Quarry swim. Twenty-six women and 38 men competed, the largest number since Linda Eberle included the Masters several years ago. The facilities are outstanding - sandy beach, warm water (81 degrees), great weather (80 degrees), with lots of sunshine. Goody bags were the best yet, nice T-shirts and after the race tables with fresh fruit and delicious cookies awaited the swimmers. The Masters 1.2 mile swim started at 11 AM after the completion of the USA Swimming 3 mile race. **Melodee Nugent** swam the 1.2 rather than the 3 miler this year as she was 7 months PG!

Wisconsin Masters registered swimmers results: W19-24 1st **Carrie Bunger** 24:05.77, 2nd **Stacy Klepel**, 24:12.74; W30-34 3rd **Ann Peterson**, 28:36.79; W35-39 2nd **Melodee Nugent**, 28:33.09; 4th **Patti Jernberg**, 36:30.35; 5th **Jackie Borja**, 37:27.60; W40-44 1st **Laurie Alioto**, 24:22.80; 2nd **Suzi Green**, 28:58.28; W50-54 1st **Monica Diamond**, 33:14.20; W55-59 1st **Dorothy Rose**, 48:23.54; W60-64 1st **Ingrid Stine**, 36:10.37; W75-79 1st **Betty Lorenzi**, 35:07.76; M30-34 2nd **Derek Scheer**, 24:20.77; 4th **Mark Ellerbrock**, 32:16.06; Men 35-39 1st **Pat Rothe**, 30:09.32; 2nd **Mark Kochanski**, 32:11.36; M40-44 3rd **Matt Laughlin**, 27:04.46; 6th **David Keck**, 34:40.14; 8th **Mike Mickola**, 36:03.83; M45-49 1st **Mark Kazmarek**, 24:25.18; 2nd **Stephen Justinger**, 26:40.41; 3rd **Keith Krueger**, 30:04.13; 4th **Stan Winarski**, 32:00.59; M50-54 1st **Dan Slick**, 24:34.12; 2nd **Mike Daley**, 29:00.65; M55-59 1st **Dick Pitman**, 29:46.06; M70-74 1st **John Bauman**, 39:50.67; M80-84 1st **Lynn Surles**, 51:06.89. Congratulations on some great swims!

A number of "One-Event" registrants participated in this swim. They are not eligible for state records, Top Ten, or other honors - but hopefully their good experience in this swim will encourage them to become full fledged members! Those participants were: **Robert Churchill, Ken Carlson, Robert Wosewick, Robert Burman, Fernando Rodriguez, Ron Hansen, Louis Arce, Gary Peggemiller, Mark Anderson, Andy Remak, Shallon Zucco, Carissa Watzka, Melissa Churchill, and Diane Chu**. We hope you'll join us full time in 2003!

## HOW THE RACINE QUARRY BECAME A GORGEOUS LAKE

Ingrid Stine

For many years there was a working quarry in Racine providing stone and gravel for buildings and roads. Sometime in the 1960's a piece of digging equipment struck a well. The water poured in so fast that the workers could only drive out their trucks. The rest of the equipment is still on the bottom of the quarry. In some areas the quarry is over 200 feet deep. The "shallow" parts (40 feet or less) are the roads which were used to haul out the stone to the area that is now the sand beach. There was no vegetation at this time except for one tree. Racine County eventually acquired the property and constructed the bathhouse and the sand beach. WI Masters are just a few of the many people who now enjoy this exceptional facility which was created by accident!

## GETTING OUT OF THE COMFORT ZONE

"THE"

When I was in high school we used to have a team motto - "Get Out of The Comfort Zone". We plastered it on T-shirts, walls, lockers, everywhere. They even created a large poster for the wall of the pool and left it up all season long. The red letters were three feet tall - large enough to see every time we took a break or were resting on the wall.

For the team, those three-foot letters were a constant reminder that the warm up was dedicated to the comfort zone and the remainder of the workout was dedicated to hard work and persistence, all for the completion of our goals. For us, the goal was to beat the school next door, our rivals and nemesis. For those of you now, the goal may remain similar but perhaps the nemesis has changed. Instead of it being a team or even a person, it is simply a time. Your time, Your chance to prove to yourself that all the time spent training is worth it. Yet we sometimes neglect to keep the goal in sight at all times, and it is these small instances that accumulate to create an outcome that is not as bright as we had wished.

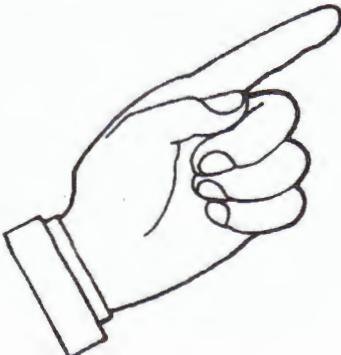
So often during a practice we sometimes slip into a zone that allows us to slack off ever so slightly. We think "Oh, I'll just slow down for one 50 or 100" which then turns into two, or three, or the entire set. We think, "I'll work the next one harder" and then don't. I know. I've been there, and it is so easy to do this! Mostly this occurs because we forget to look at the part instead of the whole. Meaning we think about the activities we've completed during the day and feel tired or exhausted. Or, if you swim in the morning, the tasks that await you. What we forget is that when we think like this, we are presenting an obstacle for our goal *The time*. We are setting up internal, mental barriers that easily shield us from the gold that waits at the end of the rainbow. Instead of dreaming about the rainbow's end we are thinking about how silly it is wasting time on a dream - we should be doing other things.

Most know what they need to do. To swim well you need to prepare your mind. Come a few minutes early to practice. Relax and think only about swimming. Do not think about the day's activities or what you have done. Or, if you swim in the morning, do not think about how tired you may be and what you have to do for the day! Instead, think only about how good of a practice you are going to have. Think about the peace that you feel when you are moving through the water. Think about what you will focus on and how good you will feel when you are finished. Dedicate your mind to thinking about swimming!

Then throughout the practice, continually remind yourself that the practice is just that - practice! What you reap is what you sow...a means to an end...you get out of it what you put in...they all mean the same thing and they are no more true than at practice. Be fair and give yourself a chance. Don't allow yourself to fall into the comfort zone.

**"Our greatest battles are that with our own minds."** (Jameson Frank)

The Hoppe "girls", former West Suburban YMCA, 'Tosa West HS, and college swimmers, are back in the swim as Masters swimmers! Now married and with 14 children among them, **Jerri Stenavich** (left), **Jill Fritz**, **Jennifer Vipond**, and **Julie Verish** proudly display the ribbons they won at the March 16, 2002, Wauwatosa West Masters Meet. See page 5 for their story!



## **HOPPE SISTERS BACK IN THE POOL!**

For 12 years (1972-1984) the West Suburban YMCA and Wauwatosa West Swim Teams always had a Hoppe girl on their team. Jerri, Jill, Jennifer, and Julie, now ages 35-43, married, and with 14 children between them, recently returned to the pool in force swimming together last spring at both the March Wauwatosa HS meet and the WI State SC Yards Championships at Schroeder.

The girls got their start in swimming in the late 1960's at the Surf Club, a private outdoor club attached to the Bowlero Bowling lanes on 118th and Burleigh in Wauwatosa, when they were between 5 and 10 years old. However, with the opening of the new West Suburban Y on 124th Street the family became Charter members and their mom, Patricia Hoppe, became a Board Member. Over the years the girls not only swam in State and National meets representing the West Suburban Y Team and held numerous team records, they also served as lifeguards and swim coaches. During their high school years they continued their swimming at Wausatosa West under the tutelage of Bob White. They all did well enough at the high school level to continue to swim at the college level. Jerri and Julie swam for UWM and Jill for UW-Madison. Jennifer entered medical school and turned in the towel.

During their years being coach by White the girls recalled him as being quite a task master. They remember being in the pool before and after school. In the summer they swam at the Western Racquet Club at 6 AM. With the air temperature at 60 degrees and with steam coming off the water, in the girls would go. Rain was no excuse. Only lightning would stop a practice. When the girls called Bob's son, Bob Jr., who coaches in Hartland, to tell him of their return to the pool Bob Jr. said he couldn't wait to call his dad, now retired and living in Arkansas. This sent a major ripple of panic through the girls as they figured their old task master would be wanting to put them through his famous 3 1/2 hour practices.

Today they, like many current masters swimmers, have dusty boxes of ribbons and trophies. Jerri Stenavich lives in Brookfield and is an RN with Covenant Home Health and Hospice Care. Jill Fritz lives in Oregon, WI., and is a civil engineer with Varco Pruden Buildings in Evansville, WI. Jennifer Vipond is a pediatrician at Medical Associates in Waukesha. Julie Verish is a civil engineer and owner of Heartland Engineering in Brookfield. All four agree that swimming taught them life long lessons in time management, persistence, and goal setting. They remember their mom saying she liked her kids in swimming because "swimmers were a clean crowd". They admit they had little time to get into any trouble.

So how did this very successful and obviously very busy foursome get back in the pool? It all happened a few years ago when they were attending a family wedding at a hotel with a large pool. Old racing habits and rivalries took over and Jill, who had been the strongest swimmer, got beat by both Jerri and Julie. She went home and started practicing 3 days a week at the local high school - again at 6 AM. When she felt ready she challenged her sisters to join her at the Tosa West Masters meet in March. According to Jill her sisters weren't too excited at first and wanted to give it some thought. But Jennifer, the doctor with six children and an obviously already busy life, was pretty gung-ho. And it wasn't long before Jerri and Julie joined in.

Not only did the sisters make a splash for their own sakes, swimming in several individual events and together in a 400 yd freestyle relay, they also collected pledges to raise money for the Covenant Home Hospice/Clara Pfander Fund. Both of their parents died of cancer, their mom in 1988 and their dad in 2001, and both had hospice help in their own home in their final days. They can't think of a better way to honor their parents who took an active role in their swimming lives for many years as meet timers and hosts for team dinners.

So - next time you attend a WI Masters Swim Meet - especially one at Wauwatosa West HS - don't be surprised to see a 20 foot banner that reads "Go Mommy", or hear a few verses of the Tosa West Trojans High School fight song, or be momentarily blinded by an occasional camera flash, or see 4 women - who look remarkably alike - posing with arms flung around one another. It's just Jerri, Jill, Jennifer, and Julie and their entourage - non-swimming sisters Jeanne, Judy, Jaclyn, Janet, and Joanne, brother John, and some (or all) of their combined 36 children and 4 grandchildren. With a support system like that the Hoppe sisters are certainly destined to re-write the record books as Masters swimmers - just as they did in their younger years.

**WISCONSIN MASTERS**  
**WEBSITE**  
[www.swim-wimasters.org](http://www.swim-wimasters.org)  
Check it out for the latest  
meet results, state records,  
and MORE!

### **NEW HEALTH/FITNESS CHAIR**

Dick Pitman

The untimely death of **Judy Davis** left us without a Health and Safety Chair on our LMSC. **Nancy-Leigh Fisher** has accepted this position and is already working on ideas to improve our safety management both at meets and in workouts. I thank **Nancy-Leigh** for stepping in mid-term to fill this vital position on our LMSC and feel confident that she will do more than just fill the very large, empty shoes of her predecessor.

## COACH'S CORNER

Dick Pitman

In early June our Madison YMCA (East & West) got together for our 4th Annual Awards Picnic. It's really just a great excuse to drink a little beer and socialize. It's been held every year at Art Luetke's home on Lake Waubesa. Art and Linda are great hosts! We always talk about doing *beer relays* down to the end of the pier and back. But the weather has never cooperated. If you're interested in having your own little awards party let me know. I'll give you some ideas about how we do it. The effect on team morale, motivation, and comaraderie has been tremendous! I don't start teasing people with the award nominations until after the State Meet although there may be "locker-room" talk long before that. It helps people get excited about the State Meet, the Annual Party, and Badger State Games.

I had about 30 of my swimmers participate in BSG this year. I attribute a large part of this to the excitement of the State Meet, the Awards Party, and the adrenalin that exists in our group. I don't force first year swimmers to do BSG, but I encourage them and there is some peer pressure. I've never had anyone disappointed that they participated. They always have a great time. Of course, we always end up down at the UW Union Terrace after the meet for socializing. GREAT FUN!

Word gets out that you don't always need to be the best to win a medal. The secret, as in all Masters meets is simple: 1) You need to enter; 2) You need to show up and swim; 3) you need to finish! If the numbers work out in your favor you get a medal! I like to point out how, at the 1999 Y Nationals held at Schroeder, that one of our newer women decided she would swim the meet "for the heck of it." Not a great swimmer - but full of determination - she entered the 200 IM and ended up getting a medal! Shocked is not the word to describe her reaction. That's why we stress the three simple rules above: sign up, swim, and finish. Let the demographics fall where they may.

I would really like to know where you're swimming. In the May newsletter I mentioned the program in Oregon coached by Robert Pinter. **Kara Weissman** and **Larry Granec** have started a Masters group in Fort Atkinson. It's a great pool-8 lanes, 25 yds, flush deck. It is part of the new

Fort Atkinson HS located on the west side of Fort Atkinson near Hwys 26 and 12. Their workout times are Monday and Wednesday. Call me for a current number for their pool. **Kara's e-mail:** [karamw@yahoo.com](mailto:karamw@yahoo.com)

I've been in communication with **Jason Martin** in Sheboygan and he has a small Masters group up there. Jason's e-mail is [JASON\\_MARTIN@earthtech.com](mailto:JASON_MARTIN@earthtech.com)

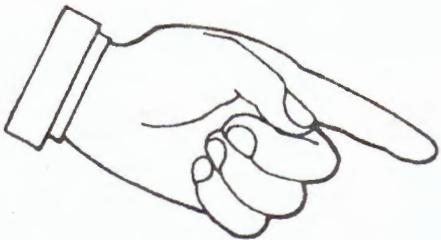
Other groups and their contacts: Schroeder Mike Daly, [mkd2@alpham.csd.uwm.edu](mailto:mkd2@alpham.csd.uwm.edu); Stevens Point Y-Eric Hansen; Neenah-Menasha YMCA - John Davis, [Jdavis1@new.rr.com](mailto:Jdavis1@new.rr.com); Waukesha Express, Dave Wanner, [djwanner@hotmail.com](mailto:djwanner@hotmail.com). Let me know if I missed you.

**SAFETY FIRST!** I want all of you coaches to train your swimmers to **always enter the pool feet first**. I'll have to admit that I've been a little lax on this myself at times. But at BSG it became apparent that we all need to do a better job. During warm-ups John Bauman saw someone climb up on the Lane 4 block and was about to dive in when John caught him. We admonished him about the danger of diving in a lane with swimmers. I have a feeling this goes back to a laxity in age-group and high school training. We need to reign in this behavior before someone gets seriously hurt. Nancy-Leigh Fisher and I have had an opportunity to discuss this issue and we will be riding herd on it this year. *I intend to enforce an automatic DQ for the meet for any swimmer who dives in during warm-ups at a meet this year. I may include it in the waiver statement on the entry form.* I'm going to enforce this at my own workouts, so you swimmers better get used to it. That's the only way we're going to be able to cure this bad habit. We might upset a few people when they get disqualified, but they're being forewarned...right here!

How do we get our program re-started after a summer of (maybe) laying off - doing the bike thing or the triathlon thing? I like to start my group with some medium distance work - 200's, 300's. I like to do some timed swims early in the season, too, so people have an idea what they can do under some stress. Fall is also when I try to indoctrinate new swimmers with my expectations and discover what their expectations might be.

### KEY MESSAGES AND USMS

Ever been asked, "What's Masters swimming?" and then struggled to answer in less than the time it takes you to swim a 500? Help is here: Using **key messages** is the fastest, easiest, and best path to recognition and understanding - and, ultimately, greater membership. But they only work if we all use them. Here's a quick synopsis, followed by the USMS messages. **What they are:** 1) Simple, clean, adjective-free ways to explain and discuss USMS. 2) Define first, then differentiate 3) Most important points to communicate to all audiences in all situations 4) Progressive levels of detail for different individuals, groups 5) Way to leave people with a few main points they can remember. **Definition:** USMS is a national organization that provides organized workouts, competitions, clinics, and workshops for adults aged 18 and over. It is open to all adult swimmers (fitness, triathlete, competitive, and non-competitive) who are dedicated to improving fitness through swimming. **It provides:** 1) Structured workouts and structured training, often with a coach, at more than 500 designated local facilities throughout the US. 2) Opportunities to compete (pool and open-water) and measure individual progress at the local, state, national and international levels. 3) Stroke and technique clinics, workshops, and instruction. 4) Social functions. **Benefits:** 1) Opportunity to improve fitness and/or train for specific goals. 2) Active support for a healthy lifestyle. 3) Opportunity to compete. 4) Friendship & comaraderie. **Organizational structure:** 1) 500 clubs in 53 regions throughout the US. 2) Membership of more than 42,000 with members ranging in age from 18 to over 100. 3) Non-profit corporation founded in 1970. So - now - spread the word!



WISCONSIN MASTERS AQUATIC CLUB  
SHORT COURSE METRIC SWIM MEET  
LAWRENCE UNIVERSITY  
October 26, 2002



- SPONSOR: WISCONSIN MASTERS AQUATIC CLUB
- SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 202-008.
- LOCATION: Lawrence University, Buchanan-Kiewit Aquatic Center, near corner of East College Ave. and Lawe St., Appleton, WI
- FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks and backstroke flags.
- DATE/TIME: October 26, 2002. Warm-up: 12:00 noon to 12:25 p.m. Meet starts at 12:30 p.m. and will end by 6:00 p.m.
- RULES: Official U.S. Masters rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heats.
- AGE GROUPS: 5-year age groups. Cumulative age for relay teams. Age groups and sexes are combined to expedite meet. Age group determined by swimmer's age as of December 31, 2001.
- TIMING: Automatic timing system backed up with watches.
- WARM-UP PROCEDURE: Lane 8 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 1-7 will be for circle swimming only. NO DIVING in lanes 1-7. It is prohibited for any swimmer to dive or jump into a warm-up pool in any location other than the designated sprint lanes. At the discretion of the meet director, an offender may be disallowed from competition for the remainder of the day and be disqualified from events he or she may have already swum that day.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. Each entrant must be a registered Masters Swimmer. Registrations will be accepted at the pool lobby beginning at 11:00 a.m. and closing at 12:00 noon.
- ENTRY FEES: \$2.50/individual event. OR -- A Bargain rate: Pay only \$10. to swim a pentathlon. Fee for deck entries is \$4/event. A pool surcharge of \$2.00 will be added to entry fee. Make checks payable to WISCONSIN MASTERS AQUATIC CLUB. No charge for relays.
- ENTRY LIMIT: Five individual events plus relays.
- ENTRY FORM: The official entry form must be used. One person per form. Waiver must be signed.

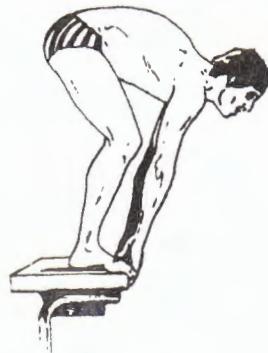
**MAIL ENTRIES TO: John Bauman; 11917 W. Rainbow Ave., West Allis, WI, 53214**

ENTRY DEADLINE: Entries must be received by **JOHN BAUMAN** no later than October 18, 2002. Deck entries and Masters registrations accepted ONLY until 12:00 noon.

**Hurry! Hurry!**

#### ORDER OF EVENTS

1. 50m butterfly
2. 400m IM
3. 100 m freestyle
4. 200m backstroke
5. 100m breaststroke
6. 200m freestyle
7. 400 medley relay\*\*\*
8. 50m backstroke
9. 200m butterfly
10. 200m medley relay\*\*\*
11. 50m breaststroke
12. 200m IM
13. 400 freestyle relay\*\*\*
14. 50m freestyle
15. 100m backstroke
16. 200m breaststroke
17. 100m butterfly
18. 100m IM
19. 200m freestyle relay\*\*\*
20. 400m freestyle
21. 1500m freestyle. (Limited to first 16 entries. Splits for 400m and 800m can be submitted for Top 10 and first 200 split can be used for Ironman Pentathlon entry.)



\*\*\*Relays may be all men, all women, or mixed, i.e. two women and two men.

**AWARDS:** Ribbons for 1st, 2nd and 3rd places.

Minnesota Masters sponsors an annual postal pentathlon meet. We will incorporate the individual events for all three pentathlon events into our meet. Official entry forms for this postal meet will be available at our meet. The meet director will certify pentathlon entries. In past years Wisconsin Masters have placed in this meet and have won events and set new records. Let's try and do it again this year.

Participants in our meet will be able to swim the five events of one of the three divisions of the Minnesota Masters Postal Pentathlon Meet: Sprint, Middle Distance or Ironman. The entry fee for our meet and the five pentathlon events is only \$10, a \$2.50 saving. Events will be in the order described above. Note: There is a \$2 pool surcharge in addition to the entry fee.

**NOTICE:** Minnesota Masters will charge a separate fee for entry in its postal pentathlon. Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fee.

**POST-MEET:** When the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Avenue at the railroad crossing. (Northeast corner) It's on the way out of town and the food is good.

**DIRECTIONS TO POOL:** The pool at Lawrence University is on the main campus on East College Avenue which is Hwy 125 into the city. If coming from the north or south on Hwy 41, take the Hwy 125 off-ramp (West College Avenue) and go east all the way through the downtown business district to the campus on East College Avenue. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is in the recreation center just east of and behind Main Hall on the south side of College Ave. Parking on campus is limited.

**MEET DIRECTOR:** Bob Swain. 2100 N. Eugene St., Appleton, WI, 54914. Tel: (920) 731-1913.

**PLEASE  
NOTE:**

Change in previously  
announced meet date!!!



ENTRY FORM  
SHORT COURSE METRIC MEET  
LAWRENCE UNIVERSITY  
October 26, 2002



Print Clearly, PLEASE

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ USMS NO. \_\_\_\_\_ USMS TEAM \_\_\_\_\_

\*\*\*\*\*

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Number of Entries \_\_\_\_\_ @ \$2.50 + \$2.00 Pool Surcharge: \$ \_\_\_\_\_  
\*\*\*\*\*

Pentathlon entrants: You pay only \$10.00 for five events plus \$2.00 pool surcharge.

\*\*\*\*\*

MINNESOTA MASTERS PENTATHLON INFORMATION

The Minnesota Masters Postal Pentathlon has three divisions: Sprint, Middle Distance, and Ironman. If you plan to enter the pentathlon, place a check in the space provided below and enter the event numbers and seed times in the spaces above. Pentathlon entrants can enter five Lawrence Meet events for the price of four.

**NOTICE: Minnesota Masters will charge a separate fee for entry in its postal pentathlon.**

Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fee.

SPRINT PENTATHLON: 50 meters each stroke and 100 IM: Event #1: 50 fly; Event #7: 50 back;  
Event #10: 50 Breast; Event #12: 50 free; Event #16: 100 IM

MIDDLE DISTANCE PENTATHLON: 100 meters each stroke and 200 IM: Event #3: 100 Free;  
Event #5: 100 breast; Event #11: 200 IM; Event #13: 100 back; Event #15: 100 fly

IRONMAN PENTATHLON: 200 meters each stroke and 400 IM: Event #2: 400 IM; Event #4: 200  
back; Event #6: 200 free; Event #8: 200 fly; Event #14: 200 breast

WAIVER

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 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 DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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 \_\_\_\_\_

## UMSM LC NATIONALS RESULTS

The State of Wisconsin was well represented by 14 WI Masters Aquatic Club members at the USMS LC National Championships in Cleveland, OH, Aug 15-18. The 6 women participants, led by **Betty Lorenzi's** four 1st places and **Melinda Mann's** three 1st places, including a National record in the 100 M breaststroke, placed 4th in the small team division. Eight male members, led by 85 yr old **Lynn Surles'** three 1st place finishes, placed 12th in the medium size team division. Combined the team placed 14th in the medium division. All the WMAC participants scored points for the club. Another justification of **Dick Pitman's** slogan - "enter it, swim it, finish it"! Individual results are as follows:

**Mindy Seidler - 23**

8th 200 IM  
3rd 50 breast  
5th 100 breast  
**Wesley Mayer - 70**  
4th 200 breast  
8th 50 free  
3rd 50 breast  
2nd 100 breast  
10th 100 free  
**Betty Lorenzi - 75**  
1st 800 free  
1st 100 back  
1st 200 back  
1st 50 back  
3rd 100 free

**Lynn Surles - 85**  
1st 800 free  
1st 200 free  
2nd 50 free  
1st 400 free

**Rich Hubbard - 49**

13th 800 free  
9th 200 breast  
**Melinda Mann - 46**  
2nd 50 fly  
1st 200 breast  
2nd 200 IM  
1st 50 breast  
\*1st 100 breast (NAT REC!)  
**Candy Christensen - 55**  
3rd 50 fly  
2nd 200 breast  
3rd 50 breast  
3rd 100 breast

**Patricia Alarie - 41**

5th 1500 free  
8th 200 free  
4th 400 IM  
9th 200 IM  
6th 400 free  
**John Bauman - 72**  
5th 50 fly  
8th 200 breast  
3rd 200 IM  
5th 50 breast  
7th 100 breast  
**Mark Larkin - 31**  
7th 100 free

**Tom Meehan - 55**

7th 50 fly  
6th 50 free  
3rd 50 back  
5th 100 free  
**Jeanne Seidler - 56**  
7th 100 back  
5th 200 back  
6th 50 back  
**Morgan Byers - 75**  
2nd 1500 free  
3rd 100 back  
2nd 200 free  
3rd 200 back  
2nd 400 free

### Relay Results

Women 200M Free 200+ 7th  
Women 200M Medley 200 + 4th  
Mixed 200M Medley 160+ 15th  
Mixed 200M Medley 240+ 4th

Mann, Christensen, Lorenzi, Alarie  
Lorenzi, Christensen, Mann, Alarie  
J Seidler, Bauman, M Seidler, Larkin  
Lorenzi, Mayer, Mann, Meehan

CONGRATULATIONS TO ALL ON YOUR EXCELLENT SWIMS AND FOR REPRESENTING OUR STATE SO WELL!

And more.....

UMSM LCM Nationals Results

Racine Quarry Results

Lake Amy Bell Results

Hoppe Sisters are Back

"The"

Coachs' Corner

Chariman's Lane

LAWRENCE SC Meter Entry Form

AT What's Inside:

LOOK

HAZELHURST, WI. 54531  
10346 CEDAR FALLS ROAD  
WISCONSIN MASTERS SWIMMING