

# Wisconsin Masters Swimming

**Newsletter Date**  
**August, 2005**

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**meet results, state records,**  
**and MORE!**

## **CHAIRMAN'S LANE**

**Dick Pitman**

What a bust of a year this has been for my swimming! Shoulder problems loomed big this year for me. I'm glad I had an exciting year last year. I'll just have to use this year as a recovery year so I can go to the World Masters next year at Stanford.

But, for Wisconsin Masters this has been an exciting year on another front. Our LMSC (Local Masters Swim Committee) has increased enrollment to 442 at last count! This is the most we've ever had in our history! So I want to thank all of you for the promotion and marketing you've done locally to make swimming more meaningful to those with whom you swim. We keep adding more sub-clubs under the WMAC umbrella. At the short Course Nationals in Ft. Lauderdale Wisconsin had 28 swimmers—15 women, 13 men. We were one of the smaller clubs represented there.

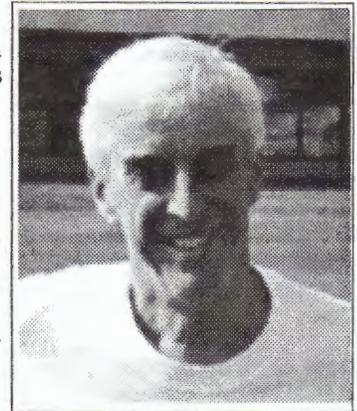
For the number of people we had we did extremely well. Our congratulations to all who made the trip, trained for their events, swam, finished, and medaled!

We also had a number of swimmers go to Y Nationals in Indianapolis this year. All I can remember are those from Madison who went: **Suzi Green, Steve Justinger, Jerry Lourigan, Tim Potter, Fred Salzmänn, Phyllis Smith.** I'm sorry for those I may have left out, and all those from other Y's in Wisconsin.

Another reason to be excited about our swimming community in Wisconsin this year is we're going to the convention with three people this year—**John Bauman, Elyce Dilworth, and myself!** We don't get to add another true delegate until we reach a membership of 800. That may seem a long ways off but consider that we've grown 17% from last year! We just need to keep doing what we're doing - make Masters Swimming a meaningful place to be - and staying true to the Core Objectives of Masters Swimming. **These Core Objectives of USMS are to (1) Educate the membership, (2) Service the membership, and (3) Build the membership.** This year we sponsored the first Mentor Coach Clinic by bringing **Michael Collins** to Madison for a weekend in March...during a blizzard! This was extremely successful. The Madison club is going to turn over the \$500 it received from USMS to WMSC so we can sponsor another clinic next year. If we keep doing this—having clinics, making enough to sponsor another clinic, and keep building on that—we will reach 800 swimmers in a few short years.

At the Convention next month we will be electing a new President. A couple years ago when Jim Miller was elected there were two candidates for every post. This year we only have one office—under the new format of the Executive Committee—being contested: V.P. of National Operations. For this office the candidates are Colleen Driscoll of Metro LMSC (NY), Michael Heather of Southern Pacific, and Leo Letendre of Ozark. The nominee for President is Rob Copeland of Georgia, an excellent choice; for V.P. of Member Services, Mark Gill of Kentucky; for V.P. of Local Operations, Julie Heather of Southern Pacific; for Secretary, Meg Smath of Kentucky; and for Treasurer, Tom Boak of Gulf. Old-timers might remember Tom as President of USMS about 10-15 years ago. The V.P. of Community Services is open and will be filled from the floor of the convention. That should be exciting!

If you have ideas you would like to share with the WMSC board you are most cordially invited to our Annual Meeting, which will be September 24 in Madison at the East YMCA; time: 10:00 AM—12:30 PM. If you can't make it, feel free to send me or any of the board members an e-mail specifying what ideas you think would serve the members or help to educate them.



*Did you know that the first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.*

## "UNDER THE UMBRELLA"

Our LMSC consists not only of the Wisconsin Masters Aquatic Club but also several "sub-clubs". Members of these "sub-clubs" swim for their "home team" during much of our competitive season and then participate as members of WMAC for national meets. Technically these "sub-clubs" are considered to be "under the umbrella" of WMAC. Some—but not all—of these sub-clubs are Elmbrook Masters, Pabst Blue Ribbon Masters, Waukesha Express, Carthage Masters, and Madison Area Masters.

On page 3 of this newsletter you will find a new column entitled "Under The Umbrella". This, and future issues of this newsletter, will be featuring each of our sub-clubs. That is, of course, provided information about these clubs is forwarded to me (newsletter editor!) for inclusion in the newsletter! As you can see from the feature on the **Pabst Blue Ribbons** team, these articles will feature some history of the team, practice times, team composition, workout likes and dislikes, significant accomplishments of team members, and photos of team members in action.

Clubs will be recognized in order of receipt of their official club information. No one will be left out! So send your information and pictures to me at either the e-mail address listed on page 1 or the return snail mail address listed on your newsletter.

# XI FINA World Masters Championships

Michael Moore, Chairman

As many of you know, the XI FINA World Masters Championships will be coming to Stanford University next year. The dates have been established and the swimming competition will be between August 4-11, 2006. We are excited about bringing the Championships to the United States and are encouraging swimmers to come to California to participate in this major competition.

<http://www.2006finamasters.org> is the official web site for obtaining information about the games. Please check this web site for the latest information about the championships. Information on the web site includes: \*Dates and schedule of the XI FINA World Masters Championships; \*The meet qualification times; \*Hotel availability and on-line booking.

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible. There is only a limited amount of hotel space near the aquatic venue. You can make your reservations on line at: [www.2006finaworldmasters.org/index.php?topic=hotels](http://www.2006finaworldmasters.org/index.php?topic=hotels) or call toll free (US) 1-800-826-4630. Fax 1-310-649-3554.

We are also encouraging swimmers to sign up for our newsletter that will bring them the latest information about the Championships. You can sign up at:

<http://seven.pairlist.net/mailman/listinfo/finamasters>

If you need any other information or pictures of Stanford's Avery Aquatic Center you can e-mail Michael Moore at:

[michaelmoore@2006finamasters.org](mailto:michaelmoore@2006finamasters.org)

Last year over 3,000 Italians competed at the World Championships in Riccione. With easier qualifying times in the 50's and 100's I hope that US Masters Swimmers will break that record. I'm looking forward to seeing you in 2006.

## Warm Down Recovery Protocol

1. No more than 3 minutes rest after race before starting warm-down/recovery
2. 200 free swim @60% effort—relaxed but not too slow; Rest about 30 seconds.
3. 4 x 50 swim using stroke just raced @60% effort—Rest 1 minute.
4. 4 x 40 swim same as above—Rest for 1 minute
5. 200 straight swim—then stop

8 minutes of this type of swimming will drop blood lactate in half or more!

This set should drop it to about 1/4 or less

Looking for a warm down recovery protocol? **Ed Nessel**, masters coach at Rutgers University, passed out the following routine for masters swimmers at the USMS Convention's Coaches Meeting in Orlando not too long ago.

Don't forget to send change of address information to **John Bauman**, [wma@excpc.com](mailto:wma@excpc.com).

## Amy Belle Lake Swim Results

A HOT sunny day provided the perfect environment for another successful Lake Amy Belle Swim On July 16. Wisconsin Masters Swimmers distinguishing themselves in this event were:

**Mile Swim:** **Mindy Seidler** (20-29) 1st 22:48; **Aimee Arnoldson** (20-29) 2nd 24:21; **Melodee Nugent** (30-39) 1st 22:48; **Suzi Green** (40-49) 2nd 25:24; **Phyllis Smith** (50-59) 2nd 31:26; **Ingrid Stine** (60-69) 1st 30:24; **Glen Tranowski** (30-39) 1st 27:07; **Brent Abraham** 3rd 33:16; **Jerry Lourigan** (40-49) 1st 20:48; **Mark Kaczmarek** (40-49) 2nd 20:50; **Alan Kinnaman** (40-49) 4th 28:48; **Bertram Nickles** (40-49) 5th 33:34; **Steve Justinger** (50-59) 1st 23:00; **Fred Salzman** (70-79) 1st 29:01.

**One Half Mile Swim:** **Akiko Somura** (40-49) 1st 18:02; **Jeanne Seidler** (50-59) 2nd 24:26; **Dorothy Rose** (60-69) 1st 22:53; **Gary Dunn** (40-49) 1st 11:55; **Tim Potter** (40-49) 2nd 20:36; **Dick Pitman** (60-69) 1st 11:47; **John Bauman** (70-79) 1st 17:19; **Lynn Surles** (80-89) 1st 25:27.

Once again **Lynn Surles** was the oldest competitor! Congratulations to all on some great swims!

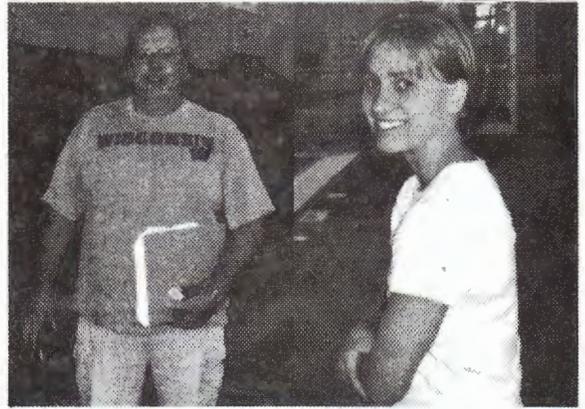


**Umbrella Club** members from Elmbrook try to stay out of the blistering sun while still keeping an eye on the competition at the USMS SCY National Championships at the Swimming Hall of Fame Pool in Ft. Lauderdale, FL in May

# Under The Umbrella

Harry Evans—Pabst Blue Ribbons

Our Pabst Blue Ribbons swim team really got off the ground, or should I say got into the water, about a year ago. We had had our new Y for about 9 months and a group of us were pretty regular swimmers. Some of us had swam in our old Y but nothing in the way of a team program. The new Y had made arrangements to bring in **Bob White** as a part time person responsible for coaching our group and that spurred a lot of increased interest. We are fortunate to have Bob and his many years of experience in coaching swimming. His resume includes many area youth and high school swimmers that have gone to state and national competitions. We can always count on Bob to give us a challenge in every practice session with all sorts of variety; we never know what to expect and we are always totally pooped out at the end of practice. It's not like it's a pressure thing as you may remember team practices in high school or college. But we do all try to push ourselves to fol-



Coaches **Bob White** & **Jessica Diel** keep PBR swimmers "on task" during practices.



The hot tub is the perfect place for PBR swimmers to relax and regroup after an intense workout.

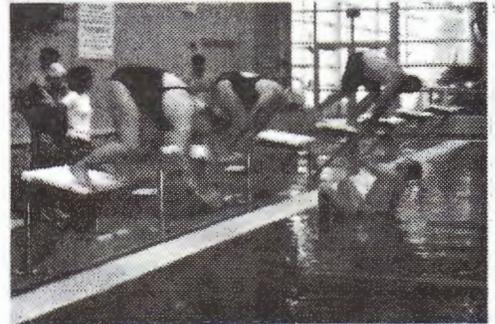
low his intended workout. Our practices are on Saturday and Sunday mornings, also twice a week in morning and evenings; everyone is free to make as many sessions as their time allows. Practice agendas are broken into three groups: gold, silver and bronze. Sets and events for all three start at the same time intervals, only the distances are varied for the respective levels. This is important because it gives us a chance to all gang up on Bob should we need an extra minute between sets! **Clark Knuth** is usually our leader in this regard but we all give our immediate support and applause!

low his intended workout.

The neatest thing about having a team to swim with is that everyone is supportive of everyone else. There is always some kidding around to lighten things up between sets, and when we're finished we can sit

in the whirlpool and discuss swimming, our kids, upcoming meets, family outings, or whatever.

Another thing that is interesting in our team, probably in every team, is that we have such a wide variety of swimmers. In our gold category we have **Jessica Diel** (24) who went to Ft. Lauderdale for her first national Masters Meet, and **Cameron Knuth** (28) who went to Idaho for an Iron man triathlon. Both did very well in these programs. Then there is **Larry Eschenberg** who set a couple of Wisconsin Masters records this year and who doesn't know when to quit. We have a 65-70 year old woman who had never swam competitively; same could be said about **Diane Diel** (but she is only in mid-late 40's). We have **Clark** our master video producer; **Sara** (maiden name was **Geltsman**) who has returned to her youth as a butterfly; and a few others that are also excellent ex-Wisconsin State high schoolers. And then there are the rest of us who are more average Masters swimmers. As mentioned earlier, however, all of us support and encourage each other. We even have T-shirts that say Pabst Blue Ribbons Masters Swim Team—so that definitely makes us official!

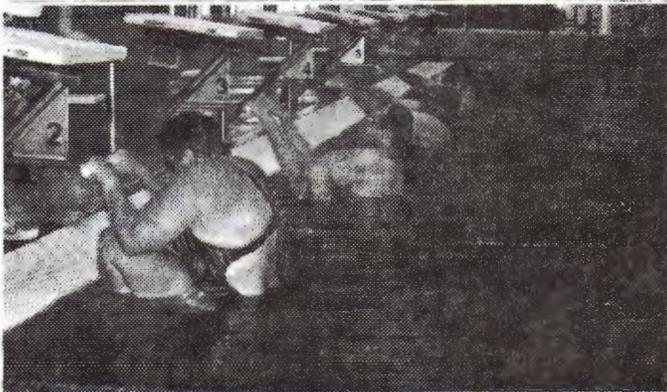


Pabst Blue Ribbon masters swimmers work on starts at a recent team practice.

Our workout schedule is listed in the "Places To Swim" portion of our WI Masters website ([www.swim-wimasters.org](http://www.swim-wimasters.org)) You are welcome to join us but call ahead to be certain that it's not an "off" day for some reason. Or write me at [hevans@gshydraulics.com](mailto:hevans@gshydraulics.com) and I'll get back to you.

If your geographical area has a formal Masters team you should explore if it works for you. If one doesn't exist, then give it some thought to start one. My own experience is that you'll swim better, and like it more, with a team around you.

Would you like to see your club highlighted in a future edition of this newsletter? If so send your information to newsletter editor Nancy Kranpitz either via e-mail ([jnkranpitz@yahoo.com](mailto:jnkranpitz@yahoo.com)) or via snail mail at 10346 Cedar Falls Road, Hazelhurst, WI, 54531.



Backstrokers get a chance to work on their starts during a recent team practice.

# Tip of the Month - Develop Your Core Strength

Paul Hutinger—Florida Maverick Masters

Core strength means strong abdominal muscles, better posture and long, lean muscles. Working on balance and torso strength allows you to incorporate all your muscles into your swimming program. Many swimming programs concentrate on core strength and stability in their dry land training.

The balance, exercise or stability ball is an intriguing piece of equipment for swimmers to use to develop core strength. You can buy a ball at stores like Target or Wal-Mart for about \$30 or Kiefer catalog for about \$20. I recommend this purchase as a worthwhile investment for swimmers of all abilities. Be sure to follow the directions about what size you need, which is determined by your height. When sitting on the ball, your knees and hips should be at a 90 degree angle. Included with the ball is a set of exercises and a DVD to give you visual directions.

The exercises on the ball will increase your core strength, which will carry over to the total strength of your body. This strength can improve your swimming performance better than some of the older weight training programs. A strong core will increase the amount of power transferred from the core to the extremities, which increases the amount of propulsion during the stroke. Hip and shoulder rotation is a key component of both freestyle and backstroke, and can be developed with the ball. A strong core will also allow the swimmer to maintain proper body position in the water.



No matter how strong the arms, chest, shoulders and legs look and feel, if the "core" (stomach and lower back) is weak, the swimmer won't function properly. As you perform explosive motions like starts, pushoffs and sprinting, the upper and lower body must move in unison to generate maximum force. The muscles in the core tie the upper and lower body together and help coordinate these motions. Swimmers that possess a strong core will be able to better manage their body's motions as they train to perform their strokes at higher speeds.

This ball is one of the most versatile pieces of equipment you can own. You can work every part of your body while improving strength, flexibility, balance, and coordination. In addition to improving your swimming, core strength has also been incorporated into many rehabilitation programs to prevent and alleviate back problems.



PBR swimmers are happy they could rely on a great place to practice on a regular basis

## High Blood Pressure American College of Sports Medicine

Even one session of moderate exercise can result in an immediate reduction in blood pressure that can last up to 22 hours! So how long, how hard, and how often do you need to exercise to prevent or treat high blood pressure?

The American College of Sports Medicine recommends exercise at least four days a week (preferably every day) for 30 minutes. Aim for moderate aerobic intensity. You should still be able to carry on a conversation and not feel that you're working as hard as you possibly can. Exercise beyond that intensity level does not provide added benefits.

If you have high blood pressure, it's important to extend the cool down period of your workout. Some blood pressure medications may cause blood pressure to lower too much after abruptly ending exercise. They also make you more vulnerable to heat illness.

Adults over 35 or any person with a medical condition should check with their doctor before beginning a rigorous exercise program.

## Swim At Your Own Risk

Stacey Kiefer

Don't you just hate waking up early, driving to the pool, and getting suited up only to find out that the pool is closed due to swim lessons, group activities, or repairs? I hate it, too. In fact, it seems that lately I have been battling every anti-swim element possible! In pursuit of a euphoric swimming destination, I have ventured out this summer to various bodies of water. Here's what I found:

**The local health club pool:** Problem #1 it's way too hot! If it's 90 degrees outside, it doesn't mean that the indoor lap pool needs to be 90 degrees, too! Also, it's so riddled with kids who skim over the lane markers, I feel more like a demolition derby driver than a swimmer. Sometimes I can't even get a lane, due to the lap swimmer mentality that only two people can swim in a lane at once, i.e. "sides". Even mentioning the words "circle swimming" gets everyone in a huff.

**The local college pool:** Beautiful, clean, but only open an hour or so here and there in the summer...not exactly convenient for the 9 to 5 worker.

**The local river:** Yuck! Brown, stinky, unusually shallow right now...even the carp are disgusted.

**The local guarded beach (a filled quarry):** Pretty good! A clean beach, clear cool water, AND a 150 meter lap lane. However, one drop of rain and that beach is CLOSED for the rest of the day!

**The local small lakes:** They started out great this summer. The clear water warmed up quickly and felt refreshing...until mid-July rolled

## Coach's Corner

Dick Pitman

The World Championships during the summer following the Olympics run a close second to the Olympics themselves as far as drama and excitement. I don't want to talk necessarily about accomplishments of various swimmers, but of what we can learn when we observe swimmers who compete at that level.

**First Observation:** Michael Phelps...why not? His first event he bombed—18th place in the 400 Free when he was supposed to challenge Grant Hackett. Haven't we all had a bad first event? *I know I have!* Then he came in 7th in the 100 Free! The media was all over him as if smelling a corpse. But, he came back, beat Hackett in the 200 Free, won the 200 IM, took 2nd in the 100 Fly behind his buddy Ian Crocker, and led off the 4 x 100 FR with a good time. He pulled an excellent meet out of a bad beginning. So, I guess the moral is **don't predict the outcome from the way a meet begins**. It's pretty clear that Michael Phelps is taking on events simply for the challenge. He owns world records in his best events—why not see what else he can accomplish, maybe force himself to improve his other strokes and events.

This is why I coach swimmers in all the strokes. I have the theory—shared by many others—that learning the four competitive strokes makes one a more well rounded swimmer. Early in my Masters career the only thing I swam were the butterfly events. Then I started doing a little freestyle. Then I decided I liked the 400 IM. It was that change that made me work on my other strokes more...and learned to like them. It's just not as much fun to be a one-dimensional swimmer.

**Second Observation:** Brendan Hansen. Not many of you are aware of this yet, but the rules have changed on breaststroke. FINA made the change in Montreal at their meetings. It may be nicknamed the "Kitajima Rule." Now, be careful! This is not acceptable yet for Masters!! The new FINA rule says you can take a *dolphin kick* after the dive and *after each turn*. Did Brendan use that new rule when he beat Kitajima in the 100 Breast in Montreal? I don't know, but if he did, then good: he played by the rules.

**Third Observation:** Natalie Coughlin didn't seem like her old self. She took 3rd in the 100 back which she used to dominate. But, she took 3rd in the 100 Free which wasn't one of her primary events (as I remember). And, she led the way for the women's 4 x 200 FR! She had the best split and that was on lead-off! I seem to recall she had some tendonitis problems after the Olympics. Sorry, I didn't do enough research for that issue.

### Swim at Your Own Risk—Con't from Page 4

around. My most recent visit to one of my favorite summer watering holes was nothing but disappointment. The water level had dropped at least 6 inches and the weeds had grown at least 6 feet! Hoping that I could fight my way back to shore through the weeds I prayed that I wouldn't drown. I also worried that the now oil-slicked surface of the water from all of the boat use wasn't going to permanently damage my skin. Even worse, I learned a day after my swim that my precious lake had a reputation of causing Swimmer's Itch to those brave enough to take the plunge in late summer!

**The local big lake (Lake Michigan):** Honestly, these swims have been my favorite. Yeah, it's a little frigid, but the cool water feels great in this summer's inferno. No guards, a little adventure riding the waves, and refreshing clear water. As long as the water hasn't been declared off limits for cryptosporidium and you feel comfortable swimming in sometimes rough open water, this seems to be the winner.

What I learned this summer is that it's worth it to pay or drive a long way for good swimming conditions. There's nothing more frustrating than an unsatisfying swim.



Nora Settimi, Sarah Schneider, Erin Schneider, Krista VanEnkenvoort, Trina Schaetz, Chris Stich, Julie Runnels, & Carrie Johnson provided the woman power for two 25+ Medley Relays at the SCY Nationals. They combined for 2nd and 12th place finishes!

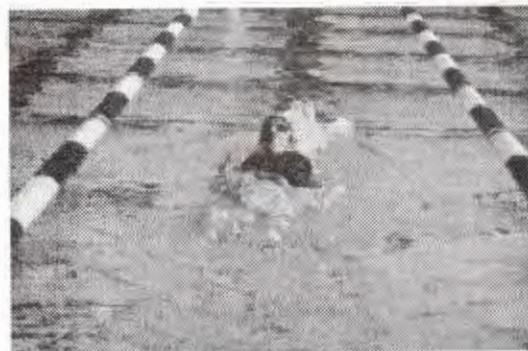
**Last Observation:** Age. I had invited Neil Walker and Carly Piper to come to Badger State Games this year. Neil wrote back saying that if he didn't qualify for Worlds he would love to come back to BSG. I was secretly hoping the latter would happen. But, Neil qualified in the 100 Free and Carly won the 800 Free at World Trials. As it happened, the only medal Neil won was as a member of the 4 x 100 FR, which Phelps led off. Neil went 2nd. Neil also had the fastest split on that relay! :47.70. Here are the ages of the members of that team: Phelps, 20; Walker, 29; Dusing, 27; Lezak, 30. Age, it seems is inconsequential.

Okay, summing up the moral of these observations: focus, determination, fortitude. Was Philps just using the 400 and 100 Free as warm-ups? I doubt it. He's too competitive, and he wouldn't carelessly take a spot from someone else for that kind of stunt.

Hansen is the paragon of focus and determination. I saw him swim at the Short Course Worlds in Indy last Fall. He actually got faster each length of his breaststroke races. I couldn't believe it! Did he have something to prove? You bet he did!

Natalie Coughlin is just as focused and determined, and has the ability to rise above a set-back. She was less than a second behind in both the 100 Free and 100 Back.

And Neil Walker? Never count out a 29 year old from Wisconsin! He's always been full of surprises.



Chris Stich displays great backstroke form while competing at the USMS SCY Nationals in May at Ft. Lauderdale

The following is a sample workout used by the Pabst Blue Ribbon Masters. It is set up to accommodate 3 levels of ability yet has all swimmers starting on the same interval—which allows for great team cohesiveness!

**GOLD**

Swim EZ 10 min  
 12 x 125 on 2:00  
 #1 & 2 Hard  
 #3 100 H/25 EZ  
 #4 75 H/50 EZ  
 Repeat series 3 times  
 Kick 12 x 50 on :60 Hard  
 200 EZ  
 12 x 100 on 1:30  
 Odd# 100 IM Hard  
 Even Fr 25 EZ/50H/25EZ Even  
 Kick 12 x 25 on :60 Choice Hard  
 Swim EZ till end  
 Total: 3,800 Yds  
 Plus Warm up/Cool Down

**SILVER**

same  
 12 x 100 on 2:00  
 #1 & 2 Hard  
 #3 75 H/25 EZ  
 #4 50 H/50 EZ  
 Repeat 3 times  
 Kick 12 x 25 on :60 H  
 200 EZ  
 12 x 75 on 1:30  
 Odd #F1/Bk/Br or choice  
 Even # FR 25EZ/25H/25EZ  
 12 x 25 on :60 Choice Hard  
 same  
 Total: 2,900 Yds  
 Plus Warm up/Cool Down

**BRONZE**

same  
 12 x 75 on 2:00  
 #1 & 2 Hard  
 #3 50 H/25 EZ  
 #4 25 H/50 EZ  
 Repeat 3 times  
 Kick 12 x 25 on :60 H  
 100 EZ  
 12 x 50 on 1:30  
 Odd # No Free Hard  
 Even FR 25H/25EZ  
 12 x 25 on :60 Choice Hard  
 same  
 Total: 2,200 Yds  
 Plus Warm Up/Cool Down

**Looking Ahead - Important Dates to Remember!**

From September 12-15 **Dick Pitman, John Bauman, and Elyce Dilworth** will be representing our LMSC (Wisconsin!) at the USMS National Convention in Greensboro, NC. This will be Elyce's first convention experience and her presence there will help our voice be heard in more forums than could be covered by Dick and John alone. Look for a convention update in the next issue of this newsletter.

The **annual meeting** of our LMSC will be held on **Saturday, September 24**, at the **Madison East YMCA**. If you have an "issue" or a "concern" you would like addressed you are welcome to attend—the meeting is open to all registered Wisconsin Masters Swimmers. If you can't attend but would still like to be heard you may contact any of the officers listed on the first page of the newsletter.

**WISCONSIN MASTERS SWIMMING**  
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