

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

Newsletter Date
June, 2006

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Congratulations to Bela Sandor for his national record in the 200 breaststroke (70-74)! He set it at our SCY State Meet in Kenosha in April. It has taken a little while to get confirmation but now it is official. He swam the event in 2:52.92—.99 seconds faster than the previous record set by Manuel Sanguily. Again—congratulations Bela!

I couldn't be more excited or jealous or depressed! I wish I could have been in Florida to watch our **Wisconsin Masters** take 10th overall in the Combined Division (Men & Women)! How exciting to have been a part of that! So I want to offer my congratulations to the following team members: Laurie Alioto, John Bauman, Candy Christenson, Jessica Diel, Neil Holland, Carrie Johnson, Stacey Kiefer, Nancy Kranpitz, Geoff Mykleby, Dan &



& Trina Schaetz, Nora Settimi, Chris and Darryl Stich, Laren Tiltman, Julie Van Cleave, Krista Van Enkenvoort, and Ryan Zahorik.

Without disparaging the efforts and accomplishments of any of the above, I would like to congratulate especially **Ryan, Trina, Laurie and Nancy** for combining for a total of 210 points. **Ryan** had the most with 66, and **Ryan** and **Trina** each garnered 3 gold medals! **Triple National Champions!** **Laurie** and **Nancy** did a good job of collecting their share of silver and bronze medals, too!

Our small group of swimmers put together ten relays that captured medals as well. Participating on those relays for the women were **Krista, Carrie, Jessica, Nora, Trina, Julie, Laurie, Candy** and **Nancy**. For the men **Darryl, Dan, Laren** and **Ryan**, affectionately known as "the half ton relay," came thru big time with 2nd in both the 200 FR and 200 MR. The Mixed 200 FR of **Ryan, Trina, Jessica, and Laren** also was 2nd with the Mixed MR relay of **Laren, Ryan, Jessica, and Trina** placed 3rd. Our ten relays accumulated 116 team points!

On behalf of all Wisconsin Masters—thank you for having such a great meet! Let me know when the DVD is ready for circulation!

You will notice that this issue's *Couch's Corner* was submitted by **Joel Rollings**. Joel is one of our quiet Masters. He's quiet because he's pretty busy. He's been assisting at Germantown Swim Team for the last few years and now he is the Assistant Coach at UW-Milwaukee. He's also the Senior Chair for Wisconsin Swimming (LSC). I think you'll find his short essay on "streamlining" interesting and usable. Joel has also agreed to be the chair of our Coaches Sub-Committee and will be on our WMSC board. Please join me in welcoming Joel to our management team!

Unfortunately you will not be receiving this newsletter before the June 3 deadline for the World Masters Meet in Stanford. To those of you who are going I wish you the best of luck. Have fun and enjoy the experience! If you are good enough or lucky enough to win a medal then it's all the better! I know of two swimmers from Madison who have their entry in and reservations made: **Suzi Green** and **Are Luetke**. Anyone else? (Editor's note: **Nancy Kranpitz, Dan & Trina Schaetz, Carol Reinke, Joanne Moder**). I heard from **Betty Lorenzi** as I was writing this and she expects to be going although she is recovering from three hip replacements! (Hmmm? If you only have two hips how can you have three replacements?) **Art** is an old hand at this having gone to Munich and Christ-Church, New Zealand. **Dan Slick** also has informed me that he is going and planning on doing the open water swim being offered.

Speaking of open water, the season is also upon us. The annual **Lake Amy Belle** swim which is produced by **Eric Jernberg** will take place on July 15. The entry form is included in this newsletter. I've also asked **Ray Diederich** to put it on the website for you to down-load. Hope to see many of you there!

The annual **Madison Open Water Swim** will be August 19. This year we will be changing venues and distances. Hopefully everyone will be pleased. The site this year will be the Ironman Wisconsin course in Lake Monona in front of the Monona Terrace. The distances offered will be the 1/2 Ironman distance of 1.2 miles and the full Ironman

(Con't on page 5)

**WISCONSIN MASTERS
WEBSITE**
WWW.SWIM-WIMASTERS.ORG

**Check it out for the latest
meet results, state records,
and MORE!**

**Badger Games entries
close on June 12! Enter
on-line today**

USMS National SCY Wisconsin Masters Results—2006 at Coral Springs

Individuals

Trina Schaetz 33
 1st 50 Free :25.34
 1st 100 Breast 1:10.34
 1st 50 Breast :32.58
 2nd 100 Free :56.64
 4th 50 Fly :28.39

Dan Schaetz 35
 4th 50 Breast :28.83
 6th 100 Breast 1:03.15
 7th 100 fly :54.65
 7th 50 Fly :24.88
 9th 100 IM :59.12

Krista VanEnkenvoort 32
 7th 50 Free :27.63
 7th 100 IM 1:10.77
 8th 1650 Free 22:25.55
 9th 100 Breast 1:20.40
 13th 100 free 1:02.24

John Bauman 75
 3rd 1000 Free 21:55.30
 5th 50 Back :47.46
 6th 100 Breast 1:43.30
 7th 50 Breast :43.63

Geoff Mykleby 53
 5th 100 Back :59.85
 5th 50 Back :27.68
 6th 200 Back 2:18.89
 8th 100 IM 1:01.40
 10th 50 Fly :26.50
 10th 100 Fly :59.71

Ryan Zahorik 29
 1st 50 Free :21.48
 1st 200 Breast 2:04.52
 1st 100 IM :52.58
 2nd 100 Breast :56.54
 2nd 50 Fly :23.55
 3rd 50 Breast :26.68

Nora Settimi 35
 8th 200 Breast 2:50.41
 12th 100 Breast 1:19.40
 12th 50 Breast :36.51
 16th 100 IM 1:14.12
 20th 100 Free 1:06.21
 24th 50 Free :29.33

Carrie Johnson 34
 5th 200 Breast 2:48.44
 5th 50 Breast :36.68
 6th 100 IM 1:10.18
 8th 100 Breast 1:18.47
 13th 50 Free :28.91
 15th 100 Free 1:03.59

Laurie Alioto 48
 2nd 200 Fly 2:23.81
 2nd 400 IM 5:11.77
 3rd 100 Fly 1:05.13
 3rd 200 Back 2:27.39
 4th 100 Back 1:08.29
 4th 1000 Free 11:48.56

Candy Christenson 59
 2nd 50 Breast :41.48
 2nd 100 Breast 1:36.75
 2nd 200 Breast 3:34.44
 8th 100 IM 1:36.17
 9th 100 Fly 1:41.43
 10th 50 Fly :40.65

Darryl Stich 30
 2nd 400 IM 4:34.03
 5th 200 IM 2:04.22
 6th 100 Free :49.73
 5th 50 Fly :24.52
 6th 100 Fly :54.37
 13th 50 Free :22.81

Nancy Kranitz 61
 2nd 50 Fly :36.33
 3rd 50 Free :31.96
 3rd 100 Free 1:15.31
 3rd 100 Fly 1:29.09
 4th 200 Fly 3:27.80
 4th 100 IM 1:27.08

Stacey Kiefer 27
 4th 1650 Free 20:26.92
 7th 200 Breast 2:46.09
 11th 400 IM 5:19.70

Laren Tiltman 36
 3rd 50 Back :26.31
 7th 50 Free :22.60
 9th 50 Fly :25.07

Julie VanCleave 47
 7th 200 Breast 3:09.49
 15th 100 Free 1:06.51
 17th 50 Free :30.54

Neil Holland 33
 4th 1650 Free 23:56.07
 13th 200 Free 2:31.30

Jessica Diel 25
 3rd 100 Fly 1:02.62
 5th 200 Breast 2:40.62
 7th 100 Breast 1:14.42
 7th 50 Fly :28.35
 8th 200 IM 2:22.98

Chris Stich 29
 12th 50 Back :34.62
 8th 100 Back 1:14.24



Hang in there!

Relays

W 25+ 200 Free Relay
 5th 1:47.15
 Krista VanEnkenvoort 32
 Carrie Johnson 34
 Jessica Diel 25
 Trina Schaetz 33

W 25+ 200 Med Relay
 7th 2:01.62
 Krista VanEnkenvoort 32
 Nora Settimi 35
 Jessica Die 25
 Trina Schaetz 33

Men 25+ 200 Free Relay
 2nd 1:29.25
 Darryl Stich 30
 Dan Schaetz 35
 Laren Tiltman 36
 Ryan Zahorik 29

Men 25+ 200 Med Relay
 2nd 1:38.90
 Laren Tiltman 36
 Ryan Zahorik 29
 Dan Schaetz 35
 Darryl Stich 30

W 45+ 200 Free Relay
 7th 2:06.17
 Julie VanCleave 47
 Laurie Alioto 48
 Candy Christenson 59
 Nancy Kranitz 61

W 45+ 200 Med Relay
 5th 2:21.20
 Laurie Alioto 48
 Candy Christenson 59
 Nancy Kranitz 61
 Julie VanCleave 47

Mixed 25+ 200 FR "A"
 2nd 1:34.56
 Ryan Zahorik 29
 Trina Schaetz 33
 Jessica Diel 25
 Laren Tiltman 36

Mixed 25+ 200 FR "B"
 9th 1:41.25
 Darryl Stich 30
 Carrie Johnson 34
 Dan Schaetz 35
 Krista VanEnkenvoort 32

Mixed 25+ 200 MR "A"
 3rd 1:45.56
 Laren Tiltman 36
 Ryan Zahorik 29
 Jessica Diel 25
 Trina Schaetz 33

Mixed 25+ 200 MR "B"
 10th 1:54.82
 Krista VanEnkenvoort 32
 Nora Settimi 35
 Dan Schaetz 35
 Darryl Stich 30



Politeness is a small price to pay for the good will and affection of others.

GO!

11th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 15th, 2006

WHEN: Saturday July 15th, 2006, Race at 11:10 AM, Check in at 10:30 AM

WHERE: Lake Amy Belle at Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500 yd swim in 13 minutes or less

FEE: \$15 (\$10 for YMCA Members), late fee of \$20 (Call for family discounts)

T-SHIRTS: \$10 (guaranteed only if ordered by July 1, 2006)

AWARDS: Medals to all finishers, trophy to 1st place swimmers

This is a fun race and safety is our top concern. Hand paddles & fins are not allowed, but floating tow "noodles" are allowed, provided and required for all swimmers age 10 or younger. All swimmers must also wear a brightly colored cap (provided) during the race. The race takes place around buoys marking a half-mile oval. Swimmers can choose either the 1/2 or 1 mile race. Those swimming in the mile swim 2 laps around the course. Guard boats will follow swimmers. Any swimmer too tired to finish may swim to a boat for aid. Any swimmer receiving aid will not be allowed to continue. All finishers receive a medal. Swimmers must fill out the entry form and release below, including their 500 yd time.

Advance Registration is due by Friday July 7th. After that, registration cost is \$20.

Weather check or other questions: Eric Jernberg 414-443-6460 or jernberge@yahoo.com. No refunds if event is cancelled due to bad weather.

Directions to Camp Minikani from Milwaukee County:

Take US-45 freeway north from Milw & exit at Lannon Rd 93rd exit past Main St. Menomonee Falls

Go left on Lannon Rd to the first 4 way stop (state route 175, Appleton Ave)

Turn right for 1 block to Willow Creek Rd.

Turn left and drive west for 1 mile to Amy Belle Rd

Turn right on Amy Belle Road, drive 3/4 mile to the camp entrance on your left at Amy Belle Lake Rd (note camp signs)

Cut & Return

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ State _____

Phone _____

Check One: 1/2 Mile Race 1 Mile Race 500 Yd Time _____

Fee Enclosed (\$10, \$15, or \$20) _____

T-Shirt (optional \$10 each) shirt size (if ordered) large x-large xx-large
(xx-large \$12 each) _____

Total Enclosed: \$ _____ Make check out to: North Milwaukee Swim Club

Mail To: Lake Swim
5204 W. Wells
Milwaukee, WI 53208

I hereby absolve and hold harmless the YMCA, all race sponsors and participants from any liability for any injury incurred by myself while participating in the Lake Amy Belle Swim. I further provide that this hold harmless agreement applies to my heirs, executors and assigns. I have swum the 500 yd time listed above and I am in good physical condition to swim in this race.

Participants Signature _____

Parents Signature (if minor) _____

Date _____ YMCA or Team Affiliation _____

Tip of the Month

Training for Championship Meets

Paul Hutinger

Many swimmers, at any age and any level, attending their first National meet, let distractions prevent them from concentrating on their events. If you watched any of the Olympic events during February you probably picked up on some of them from top notch athletes, including knowing the bus schedule to events, partying the night before, etc. In order to avoid these distractions and to allow you the opportunity to swim to your maximum potential I am sharing several tips that I personally use and recommend for any swimmer. These will help prepare you ahead of time for both your mental and physical performance at the meet, as well as being well rested. Swimmers should plan on how they will prepare for each day at the meet. My suggestions also apply to those who choose to use a local big meet as their "championship meet."

Training too hard: Many swimmers train too hard before the meet. A month or less before the big meet they decide now is the time to train more, thinking that this will make up for months of low yardage. This is a big mistake! Your yardage during the last couple of weeks should be less with more emphasis on broken swims.

Mental Imagery: Mentally, go through each of your events. If you have access to a computer, you can check the internet ahead of time for the posted psyche sheets (list of swimmers, by time, in each event and age group), OR ask your coach for this information. By doing so you will know who your competitors are.

Getting to the Pool: Plan for an early enough arrival to allow for a leisurely check-in, seeing the layout of the pool, finding a place to sit, changing into your suit and checking the heat sheet.

Warm Ups: Decide ahead of time what you will include in your general warm up, and what you will include, additionally each day, for your specific events. (Use this as your warm up during the last two weeks before the meet). Warm up during the scheduled time in the competition pool. Do some pace 50's for your longer events.

Turns: Work on turns for each of your events. If you are a backstroker, work on turns with the flags. Know your count! Remember, in meter pools, the flags are at least one stroke farther from the wall.

Starts: Use the sprint lane to do starts for each of your strokes. Adjust your goggles, if needed.

Rest: You need to be well rested before and during the meet. Do your touring and sightseeing after the meet, not before.



Ryan Zahorik and Trina Schaetz obviously utilized Paul Hutinger's tips very successfully as each came away with three individual national championship swims at the USMS SCY meet in Coral Springs. Ryan captured the 100 IM, 200 Breast, and 50 Free while Trina scored wins in the 50 and 100 Breast and 50 Free. Congratulations Ryan and Trina! (Ryan also collected two 2nd and one 3rd and Trina complemented her wins with one 2nd and one 4th.)



Laurie Alioto obviously had a "head's up" on Paul Hutinger's tips for training for championships meets as she turned in excellent times and garnered two 2nd, two 3rd, and three 4ths in the very tough 45-49 age group at USMS Nationals in Coral Springs

You know you are living in 2006 when you accidentally enter your password on the microwave, you haven't played solitaire with real cards in years, you have a list of 15 phone numbers to reach your family of 3, and your reason for not staying in touch with friends and family is that you don't have their e-mail addresses.

FINA Best Times

Bela Sandor

For those athletes who want to find out what the best times are in their age groups, the world records and the meet records are on the FINA web site. So far only LCM records are posted. They can be accessed by going to:

http://www.fina.org/master/pdf/rec_LC_may06_detail.pdf

This is the first time that FINA World Masters Championships Meet Records are available. Find them at:

http://www.fina.org/master/pdf/rec_LC_FINAchamp.pdf

FINA also has compiled an All Time Top Ten. Go to:

http://www.fina.org/master/pdf/tabs_LC_all.pdf

Note: Bela notes he is ranked #9 in the 50 M breaststroke and #10 in the 200 M breaststroke. Certainly we have others out there! Check out the websites and send the info back to your editor!



EBSC swim coach **Fred Russell** applies sun screen as he prepares for another busy day at the SCY Nationals in Coral Springs.

Joel Rollings—Guest Columnist

Dick Pitman

This month **Joel Rollings** is our guest columnist for the Coach's Corner. Joel is currently the Assistant Coach for UW-Milwaukee after coaching Germantown Seahawks Swim Club for the last 12 years. Joel has coached two open water All-Americans and two Olympic Trial qualifiers.

But Joel is also an outstanding swimmer in his own right having won the 800 Free at Badger State Games in a time of 10:11.96. In fact, he won the 100 and 200 Free titles as well. He didn't swim the State Meet in Carthage this year, but last year he posted impressive times of 1:55 in the 200 free and 18:23 in the 1650 among other great swims. Of course, that was when he was 34; he has since aged-up! You can check our website (www.swim-wimasters.org) for results from both this year and last. Thanks to **Ray Diederich** for keeping those up!

I asked Joel to write this issue's article. I let him pick the topic and I think he came up with a great idea: streamlining—its importance and implementation. I found it quite interesting and useful. I think you will too. It comes right before Badger State Games, which in essence has become our Long Course State Meet. Hope to see most of you there!

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USMS Members recording the fastest listed time for an individual event for that season shall be declared the All-American in that event for the year. Wisconsin Masters is proud to announce that **Melinda Mann, Betty Lorenzi, Ryan Zahorik, Bela Sandor, and Morgan Byers** are among those nation wide who recorded the best time in their respective age groups in at least one pool event in 2005.

Not to be outdone were two of our relays. **Betty Lorenzi** teamed with **Dorothy Rose, Jeanne Seidler, and Joanne Moder** to claim All-American status in the 400 Free Relay (LCM) and **Betty** also teamed with **Fred Salzman, Tim Trowbridge, and Ingrid Stine** to record a nation wide best in the 400 Medley Relay (SCM). Congratulations to all on this great accomplishment!



The Men 25+ 200 Yd Free and Medley Relay team- affectionately known as "**the half ton relay**" - brought home 2nd place medals in both relay events from the USMS SCY National Championships in Coral Springs. Celebrating their success are **Laren Tiltman, Dan Schaetz, Darryl Stich, and Ryan Zahorik**.

Chairman's Lane—Continued:

distance of 2.4 miles. We expect that these changes will result in a higher attendance and more fun for everyone. The reason for this change is because Madison is going to bid on the 2008 National Open Water Championships for those distances.

Badger State Games is right around the corner! The on-line entry deadline is June 12. As of May 16 there were still 8-9 sports left in the 800.

Convention News: This year the annual USMS Convention is in Dearborn, MI. **John Bauman** reports that we can probably afford to have six people from Wisconsin go to the Convention assuming that we drive and not fly. We only have three voting delegates: myself, **John**, and **Elyce Dilworth** who is automatic by virtue of being a member of a standing committee (*Finance*). With Dearborn being so close it is a great opportunity to see what happens at convention, meet interesting people, see famous swimmers up close. It's great fun and very interesting. Besides, we want to have people there to cheerlead for our Madison National Open Water bid!

See you June 25 in Madison at Shorewood Village Pool for BSG!



John Bauman, who has been instrumental in the success of WMAC from its inception in the 1970's, takes advantage of a recent "aging-up" to add to the point totals in the USMS SCY National meet in May.

Coach's Corner

Joel Rollings

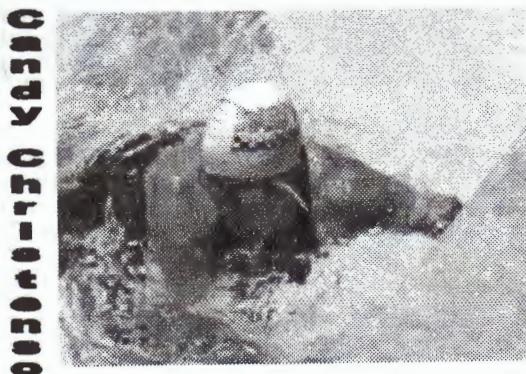
Swimming isn't about who swims the fastest, but who decelerates the least. As soon as you leave the block, or your feet leave the wall, you are moving as fast as you possibly can. After that it's all resistance. With Long Course Season coming up it's resistance for a long way. One of the easiest ways to drop time, and save energy, is by improving your streamlines off your start and turns.

The most important part of the streamline isn't what your arms are doing but what your body is doing. Most swimmers have a natural tendency to stretch as much as possible as soon as they leave the wall. By doing this, the body obviously becomes longer and the arch in the back becomes more pronounced. Swimmers have to fight this tendency. If you look at things that move the best underwater they tend to be shortened, somewhat rounded, and in general torpedo shaped.

To accomplish this, as soon as you begin leaving the turn, the head should begin leading the body into a line. The neck should be in a neutral alignment neck straight in line, chin drawn slightly in to remove the cervical curvature and the biceps should be pressing around the temples. In contrast, squeezing the back of the head tends to force the head and chin downward, which leads to a greater curve in the spine which in turn leads to greater resistance.

Next, be sure to press off the wall from the balls of the feet with the feet about shoulder width apart. This is a power position. As soon as the feet leave the wall the hips should rotate under the body a little bit to straighten the curvature in the lower back. At this point instead of feeling stretch you should begin tightening your obliques and abdominal muscles and making yourself as compact as possible. It should feel like you have thick suspenders pulling your shoulders down.

From here what you do with your hands depends upon your own flexibility. You can over lap the hands pressing the thumb of your top hand into the palm of your lower hand and squeeze your temples with your biceps. If your range of motion does not allow this just making "goal posts" can work reasonably as well. It's more important to have straight spinal alignment than hands that overlap.



Hey, Joel—How does this look?

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There are drills which can be done on dry land and in the water to improve your streamlines. ON the deck you can start by lying with your back flat on the deck with your knees bent. Bring the chin in so the neck moves towards the ground. Try drawing your belly button in towards your spine primarily using your lower abdominal muscles and touch your lower back to the ground. Slowly straighten your legs so they lie flat on the ground without letting your back arch. After mastering this posture, you can try creating a slightly elevated bridge with your shoulders or feet. In the water a fairly simple drill is to try kicking in a streamline and rotating 360 degrees as you kick. If you are having trouble rotating from your back to side, or side to stomach the curvature in your back is still too pronounced.

With the speed you get off the walls even the smallest changes in the curvature in the lower back could lead to a half meter to full meter improvement on your streamline which should then lead to a decrease in time.

Bela Sandor has attained 5 Top Ten World rankings! In Long Course Meters he is ranked 4th in the 50 Breast (:39.22), 5th in the 100 Breast (1:31.02), and 6th in the 200 Breast (3:25.63). In Short Course Meters he is ranked 4th in the 50 Breast (:38.84) and 7th in the 200 Breast (3:19.87).

Julie Van Cleave, Candy Christenson, Nancy Kranitz, and Laurie Alioto combined to take 5th place in the 45+ 200 Medley Relay and 7th in the 200 Free Relay at Nationals.

Elmbrook Masters Swim Club

Trina Schaetz

So what's the magic behind the Elmbrook Masters Swim Club? The recipe for this high-energy, water-loving bunch is no secret. They've gathered a dozen or so has-been swimmers, a handful of tri-athletes, some "newbies" to swimming, a great coach, a couple mother hens, and stirred in some chlorine. (Or was it beer?)

But seriously, though, over the last five years, the Elmbrook Swim Club has successfully grown a masters team that meets the varying training needs of about 35 swimmers.

The Brookfield area team was formed in April 2001 under the direction of head Elmbrook age group coach, **Fred Russell**, as an offshoot of the city's park and recreation department. Russell says "There was a lot of interest in a group like this and many ex-swimmers living in our area."

Trina Schaetz served as the team's first coach and **Carrie Johnson** was the group's first official member. Turns out Carrie had the pool all to herself for the first three weeks of practice before she was joined by teammates **Audrey Go** and **Mike Murray**. Still, it wasn't long before swimmers like **Julie Van Cleave** and **Mark Kaczmarek** joined the crowd, and the numbers kept increasing.



Coach Fred Russell and EBSC member Chris Stich finalize Chris' "swimming for two" strategy at Coral Springs.

So how does a motley crew like this stick together? Let's just say food, fun, and friendship. We could run a long list here, but suffice it to say you'd feel welcome at Elmbrook. Birthdays, babies and weddings are celebrated (either with treats, beer or song), BBQ's are common, there are Christmas parties, pre-meet parties, post-meet parties, did-we-have-a-meet parties, and of course the occasional night out for beer and wings. Did someone say a Brewer's game?

But even while Elmbrook plays hard, they train hard, too. Yes, it's true that they only work out together twice a week. But Coach Russell doesn't waste a minute of their pool time. The team averages 3,500 to 4,000 yards at each practice and still manages to turn out WMAC, USMS and Ironman Champions. Want the secret? Gotta call Fred!

Still, without giving too much away (wink, wink), Elmbrook's practices generally consist of a 20 minute "do it yourself" warm-up, some stroke drills under Fred's expert direction, about a mile or two of a freestyle main-set, and some dividing

into groups for stroke work or distance training. One of the team's favorite sets, though, is its annual 100 x 100's swim in January. They do them all on about 1:30-2:00 and break them into easier to manage chunks of swim, pull, stroke, IM and kicking. Naturally you don't have to make all 100, but those who do are the first in line at the massage table found at the "post-party." After three years of swimming the annual 100 x 100's the team has recently added other annual events: an area fun-run and an annual camping trip.

With all these perks, it is not surprising that Elmbrook has a waiting list. In fact, current pool space issues force the team to limit their number to 35. You can imagine that once a part of this fun-loving team, very few folks are turning in their towels. Who'd want to?

WISCONSIN



A large contingent of EBSC members helped to boost the WMAC numbers at SCY Nationals. Here the group enjoys a respite from the sun and heat between events.

In the fall of 2001, Russell noted that the group had some serious potential, but that sharing space with the community's bulging club team would take some time. With a little coaxing, he carved out space in the already maximized EBSC pool schedule. (The team trains at the two Brookfield area high school pools throughout the year and adds time in the 50 meter community pool in the summer). And although the masters only practice for an hour and a half on Tuesday and Thursday nights each week, they have been making some serious strides in their training through the years.

Like most masters teams, Elmbrook's demographic is somewhat typical. You'll find retired collegiate swimmers from all divisions, as well as a number of folks who haven't swum since high school. You'll also find those who have *never* swum before and have decided to pick up swimming to help them cross train or drop a few pounds. Another group at Elmbrook includes some very serious tri-athletes. In fact, seven of the current team members have competed in Ironman races—more than once. Some are even internationally ranked pro tri-athletes. One swimmer stopped counting after her 20th marathon!



EBSC has a number of quality breaststrokers on their team. Among them are **Nora Setimmi**, **Carrie Johnson**, and **Krista VanEnkenvoort**. Trina Schaetz is below left.

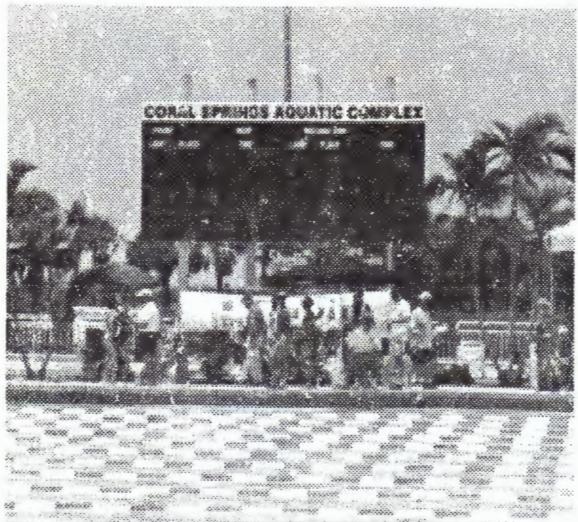


Reflections on a Great Meet

Nancy Kranitz

In his Chairman's Column this month, Dick Pitman pretty much covered the highlights of the USMS SCY National Championships from the "how did we place" point of view. Also, on page 2 of this newsletter is a complete listing of all of WMAC's swimmers, their events, places, and times. So I am not going to further dwell on these great accomplishments by our members. Rather, I want to share my feelings about entering and competing in this meet—feelings which I am sure many of you share.

As usual, within days of entering the meet and paying the fees I began to second guess myself. Why am I doing this? There are so many *really good* swimmers in my age group—and so many who wear their Speedo so much better than I do! I'll look like a fool! (The downside thoughts!). Therefore I had better make sure I get in regular workouts to include technique, speed, good turns, endurance, etc. so I am in shape and don't look like a fool! (The upside thoughts!). Spending the 12 weeks prior to nationals "snow birding" in St. Petersburg and being able to avail myself of their community's beautiful North Shore (outdoor) Pool (50 M x 25 yds with 18-20 lane lines set up, multiple clocks all synchronized, and perfect water temperature) meant I would have no excuses for not being prepared for this meet. And prepared I was—and I had some great swims. But that is not what I am remembering about this meet as much as I am remembering what a fantastic time I had while **NOT** swimming. (Continued below)



The pool—the sun, the palm trees. What more is there to say other than it was *snowing* in Wisconsin the day this picture was taken!

WISCONSIN MASTERS SWIMMING 10346 Cedar Falls Road Hazelhurst, WI 54531

Our peerless leader, John Bauman, saw to it that we (WMAC) had a covered, shaded area in a small section of the bleachers adjacent to the "odd course" of the pool. This proved to be a necessity, not a luxury, given the heat and direct sun we "endured". It also put all 19 of us together in one small space providing all of us the opportunity to get to know one another. I, for one, had never met any of the Elmbrook swimmers. Most of them are young enough to be my own kids. Yet here they were, cheering as much for we old folks (John, Candy Christenson, Geoff Mykleby and myself were the lone 50+ representatives of WMAC) as heartily as they did for each other. We shared workout ideas, compared practice facilities and times, and even ventured into non-swimming topics at times. Dinners out were inclusive for all of us and we generally just had a great time. It is hard to put feelings into words—but this really was the highlight of this meet for me.

If there was a downside it was discovering that there was only **ONE** 55+ women's 200 FR entry and realizing that had we had more bodies there we would have placed even better than our 10th place overall. Yes, it is pricey to enter and attend. **BUT**, start today—put all your change at the end of each day in a jar and throw in another dollar. Pass up that latte or Starbuck's coffee and throw that money into the same jar. Pretend your home washer and dryer are coin operated and throw that money into the jar. Grill burgers and brats at home instead of going out to eat—even once a month—and throw that money into the jar. It will add up more quickly than you think and then you, too, will be able to experience the high of not only watching and competing with some amazing swimmers from throughout the United States but also enjoy getting to know your fellow teammates from throughout Wisconsin. Believe me, it will be an experience worth every penny of expense and every ounce of effort put into getting in shape for a meet of this caliber.