

Wisconsin Masters Swimming

OFF THE BLOCKS!

Newsletter Date
April/May 2010

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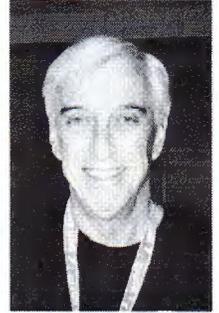
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I thought I would follow up on a thread I started in the last newsletter: *setting personal goals*. Or, competing against oneself. I am always impressed by the average swimmer in our large Wisconsin Masters family doing these extraordinarily out of the norm things. Doing things unexpectedly. Many of our members have personal goals which don't include National records, State records, or local pool records. Their motivation is to set a goal and simply achieve it. And, then, having achieved that goal, maybe try to get better in that particular event. Or, maybe choosing another event to tackle.



Dick Pitman

We had a swimmer join our program in Madison several years ago. After smoking for most of his life he learned how to swim at our East Y. After graduating from the basic "Learn to Swim" program for adults, he thought he might as well join Masters in order to continue his improvement. He had no idea what he was getting into...especially with a coach who loves butterfly! His first season with us I invited him to go to the State meet in Kenosha at Carthage College. I didn't realize until well into the meet that **Tim (Potter)** had signed up for five events each day. How many people do that?

Having set a personal goal last year or the year before, **Tim Potter** decided he wanted to finish a 200 fly. Last year at Y Nationals he swam his first 200 butterfly in competition. **Tim** continues to amaze and impress me. After the Oshkosh meet I asked him how many events he had swum that day. He answered: "Five. I always swim five events." I felt ashamed because I don't. His goal is to go for the "ButterNut" Club this year...maybe. That's a minimum of 500 yards of butterfly. I know he'll do it. I also think he intends one day to tackle the Ironman.

I've been watching another one of our swimmers for the last few years and I am constantly impressed. The first time I met him I could tell he had a thirst for knowledge because he listened intently to some advice I was giving him. Each meet he always seemed just a little bit better than the one before. Not an experienced swimmer, definitely lacking some basic swimming skills. Nonetheless, he was persistent at this sport. What a work ethic! He has developed into a much better swimmer over these years. Surprisingly, **Don Smith** swims by himself with virtually no coaching. He appreciated those tips I first gave him the first time I saw him, and he has kept at it, almost relentlessly. At the Pabst Farms meet in January he surprised me by swimming the 400 IM! I didn't even know he could swim butterfly! And here he was swimming 100 fly followed by 100 yds of each of the other strokes. In that meet he also swam the 200 backstroke. He swam the 400 IM again at Oshkosh, too! Then he followed that up with the 200 butterfly!

I wanted to profile these swimmers to demonstrate that you don't have to be an All-American swimmer to swim Masters. All you need is the desire and the ambition to prove something to yourself. If you know of a swimmer in your program who should be profiled, write it up! Or, at least let me know!



Elmbrook Masters Coach **Fred Russell** discusses strategies with **Stephanie Joyce** who recently participated in her first ever Masters Swim meet!

WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org
**Check it out for the latest
meet results, state records,
and MORE!**

We have some new contributors to the newsletter in this issue. Many thanks to those of you who are helping with our communication with our members. Your help in putting this newsletter together is greatly appreciated and makes my job so much easier! Thanks, again! Nancy Kranpitz, Editor

Madison East YMCA Meet

Dick Pitman

A "sweet day" (February 14) brought out a sweet number of swimmers for the annual Madison East YMCA Masters meet. With 74 registered swimmers and only 5 no-shows it made this the best attended Madison Y meet ever! There were a number of new people, including two who registered with **John (Bauman)** the day of the meet. The meet started pretty close to 8:00 AM and we were done by 11:15. Our Y's Executive Director stopped by to watch some of the meet, but we were already picking up chairs! He was very disappointed, but slightly impressed.

Fritz Schenker managed to bring a bunch of his workout friends to the meet and I talked to him about registering a "Workout Group" which I think he followed through on. It will be based at the UW-Madison.

Back to the meet! Our youngest swimmer was **Joanna Gellerman** (19), probably the youngest ever we've had at our meet. We also had 2 guys over 80: **Alex MacGillis** and **Bill Payne**. There were 42 men, 26 women, and one mother/daughter combo! **Mallory Green** (20), daughter of **Suzi Green**, participated in her first masters meet, the two joined **Jennifer Moeller** and **Katerina Riesing** on a 200 FR, and **Suzi** discovered the joy of swimming with one of her daughters.

New state records were set by **Fritz Schenker** (18-24) 200 back, 2:06.21; **Ansel Hilmer** (18-24) 100 fly, :56.50; **Kevin Welton** (50-54) 200 IM, 2:19.15; **Mike Ziniel** (60-64) 100 fly, 1:12.97; **Dick Pitman** (65-69) 100 fly, 1:19.09; and the 18+ 200 FR (WMAC) of **Ansel Hilmer, Mark Ritchie, Peter Whalen** and **Steve Anderson**, 1:37.07. Congratulations and thanks to all who made this meet so successful.



Sarah (Schneider) Perez (right) helps **Andrea Kakas** get over some first meet jitters. "Newbies" will always be able to find a mentor among the large group of experienced WMAC members who are eager to see our numbers grow and see others experience the fun that being a part of masters is all about.

Tip of the Month - Hints to Improve Freestyle

Paul Huting—Florida Mavericks Masters

The October swim meet in Orlando, the Rowdy Gaines Masters Classic, was not only fun, but informative. It was a sheer delight to watch Rowdy, three time Olympic Gold Medalist, now 51, compete. When he was 20, he swam the 100 M free in 48 seconds. At the meet, his world record time in the 100 M free, :51.61, would have put him on the Olympic relay team. You may be wondering...how can he still swim that fast?

After the meet, he gave a clinic on freestyle. About ten swimmers, of all levels, joined him in the water, and another 30 watched on deck. Here are some of his tips.

DPS—Distance per stroke. Top swimmers use 12 for 25 yds. Try for 14-16 in your training. Rowdy had 13 strokes for 25 meters!

Keep your head in line with your spine. Breathe to the side, not in front. Rotate your entire body when you breathe, don't just turn your head.

One arm stroke drill. Keep your free arm at your OTHER SIDE, not out in front. This forces you to breathe on your non-dominant side. Yes, I know, it's a lot harder!

Keep your stroke inside the cylinder. Don't let your arm pulls and leg kicks go outside of your body area (cylinder).

Swim with closed fists. Important to help you feel the water with your forearms.

Finger-tip drag. Develops high elbows during stroke.

Swim with your head out of the water and FAST, short arm pulls. Get the feeling for speed.

Swim with a combination of the last three.

When working on these drills, only concentrate on one thing at a time (except for last combination).

These drills were set up for freestyle. General concepts apply to all strokes, especially DPS, for efficiency. Besides following his own suggestions, Rowdy did admit to having a great feel for the water.



Carrie Haberstich, Don Minkey, and Mark Kaczmarek

Are YOU planning on attending the State SCY Meet on April 10-11? Will you be bringing along a non-swimming spouse, children, grandchildren, friend? If so—please encourage them to become a part of the meet by helping with timing! A sincere effort is being put forth to keep from having to ask swimmers to double up as timers. So, if you can help out in this way it would be GREATLY appreciated!

Short Course Meters Top Ten for WMAC

Individuals

Melinda Mann 53
 3rd 50 breast :38.11
 1st 100 breast 1:22.20*
 7th 50 fly :33.47
 4th 100 fly 1:13.02
 7th 100 IM 1:16.76

W. Morgan Byers 82
 3rd 200 free 3:42.88
 6th 100 back 2:09.35
 5th 200 back 4:38.27
 1st 100 IM 1:35.41*

Alex MacGillis 81
 5th 50 breast :54.20
 8th 100 breast 2:02.61
 4th 50 fly :48.52
 2nd 100 fly 2:13.56

Jessica Connors 24
 7th 50 back :33.74

Erica Topps 39
 9th 400 IM 6:47.12

Janice Wolowicz 77
 9th 50 breast 1:29.45

Trina Schaetz 37
 5th 100 free 1:03.12
 8th 1500 free 22:03.34
 5th 100 breast 1:21.25

James Dannenberg 65
 9th 50 breast :39.70
 10th 100 breast 1:27.66
 8th 200 breast 3:21.96

Valerie Adams 24
 8th 100 back 1:14.95
 6th 200 back 2:36.96
 9th 400 IM 5:41.16

Darryl Stich 34
 10 100 breast 1:11.72
 7th 200 IM 2:20.94

Kip Fulbeck 44
 4th 50 free :24.43
 6th 50 fly :26.68

Geoff Mykleby 56
 2nd 50 back :30.40
 9th 50 fly :29.28

Bela Sandor 74
 6th 200 back 3:32.91
 2nd 50 breast :41.18

Mike Bentley 26
 4th 400 IM 5:10.03

Bill Koller 61
 9th 50 breast :37.55

Dick Pitman 65
 7th 200 fly 3:37.81

George May 72
 9th 100 breast 1:47.50



Congratulations to **Melinda Mann** and **W. Morgan Byers!** By virtue of their first place finishes in the 100 breast and 100 IM they have earned the recognition of **All-American** for the 2009 SCM Season!



Will the new USMS logo require a new tattoo????

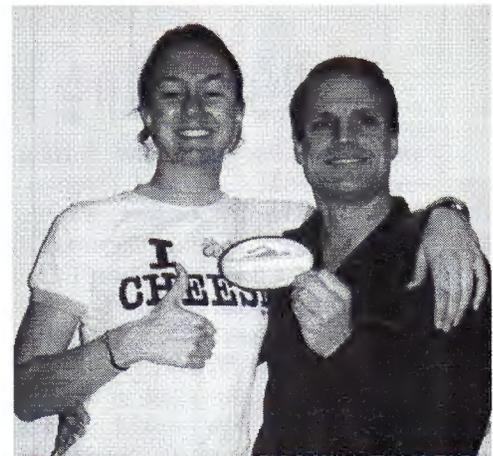
Short Course Meters Top Ten for WMAC

Relays

Mixed 200-239 400 FR
 9th 5:24.31
 Martha Oppeneer 52
 Steve Justinger 57
 Suzi Green 48
 David Watts 57

Mixed 200-239 800 FR
 7th 11:30.79
 Suzi Green 48
 Steve Justinger 57
 David Watts 57
 Kimberly Fitzgerald 49

Jessica Connors and **James Biles** both received national recognition for 2009 for their efforts involving Long Distance Swimming. As reported in the last issue of our newsletter, **James** is the only registered Wisconsin Masters swimmer to complete all 5 postal events—the one hour swim, 5K, 10K, 3,000 yd swim and 6,000 yd swim. He is also the 1st person to do a 10K in a pool. For this accomplishment he has been awarded a “Survivors” patch. **Jessica** has been named a **2009 All Star in Long Distance**. She earned this recognition by accumulating the highest number of points in a series of National Championships held through out the year. Requirements are you must compete in at least 3 National Championship Long Distance events of which 1 must be an open water swim and one a postal swim. Points are awarded for 1st thru 10th place. Jessica finished 3rd in the 5K postal, 6th in the one hour swim, and 8th in the Big Shoulders open water swim. (Go to Page 8 for another story about James and Jessica)



Jessica Connors, Long Distance All Star, and **James Biles** with his “Survivor’s” Patch.

A Tethered Workout

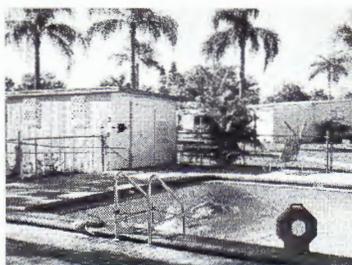
Nancy Kranpitz

As a “solo” swimmer (i.e.—no team to work out with, often times no “official” POOL to work out in) I have been forced to come up with creative ways in which to stay in shape. Of course, there are cross-over activities like bike riding and kayaking—both of which “work” swimming muscles as well as provide for a pretty good cardio workout. But when the need to swim becomes a priority I have found that a tethered workout really fills the bill!

So what exactly is a “tethered” workout? For me it involves attaching one end of a bungee cord around my waist/hips and the other end around something solid poolside (or lakeside) —usually a ladder or a dock. I put my portable sweep clock on the pool deck (dock) and between knowing my stroke count per 25 and per 50 as well as knowing the approximate time it takes me to swim 25 or 50 yds I then proceed to “workout” almost as if I were in a regular pool. A set of 10 x 50, 10 x 100, etc., can be accomplished by both counting strokes (and adding a couple extra to each 25 to account for not doing any turns) and glimpsing at the sweep clock occasionally.



A “tethered” swim requires only a place to tie up to, a short “bungee” rope, and a minimal amount of pool space.



Blue sky, palm trees, ah—this is the Florida life, right? WRONG! The air temperature was in the high 40's the day this picture was taken! One of the few times it was OK to work out in a pool with a water temperature of 86-88 degrees!

There are definitely both advantages and disadvantages to this type of workout. **Advantages:** Only 8-10 feet of pool space is required. I can really concentrate on my head position because I don't have to worry about a swimmer in front of me or anticipate any turns. If I'm in a lake I am never more than 8-10 feet from the dock and therefore not in boat traffic. I only need 2 1/2 feet of water depth. I can tolerate the very warm RV Park water temps when the air temp drops into the 40's and low 50's like it has here in Florida this winter. Constantly pulling against the bungee cord really does provide an excellent workout—especially for the upper body—and gently stretches the lumbar spine area which helps relieve pressure on a couple of affected discs in my lower back. If I position my waist/hip attachment just right I can really feel what it is like to swim on top of the water—not through it. On the **downside**, I get no turn practice! I find it difficult to use good technique when I try swimming backstroke and breaststroke. I am constantly explaining to people what I am doing—and why! I seem to get muscle fatigue before I am able to get my heart rate in the 70-80% range. Oh, and did I mention, I get no turn practice?

For the most part it works well, but it can never replace a real pool swim. After 4 consecutive bungee workouts I finally got back to the regular pool today. I felt like I was literally flying down the pool! I don't think I was swimming all that fast, but I sure felt good! So maybe that should be counted as **one more advantage** as we all know how much that “good” feeling in the pool can mean.

2010 One Hour Swim

Six WMAC women and 5 men participated in the 2010 One Hour Swim—one of USMS's Postal Events. They were: **Stacey Kiefer**, 30-34, 13th, 4,660 yds; **Mo O'Connor**, 35-39, 110th, 3,375 yds; **Kim Gebauer**, (40-44), 136th, 3,175 yds; **Kim Fitzgerald**, (45-49), 23rd, 4,450 yds; **Karen Kimple**, (45-49), 56th, 4,150 yds; **Sheryl Leonard-Schneck**, (45-49), 224th, 2,850 yds; **Andrew Steenrod**, (25-29), 10th, 5,225 yds; **Buck Douglas**, (40-44), 157th, 3,350 yds; **James Biles**, (45-49), 4th, 5,220 yds; **Dave George**, (55-59), 23rd, 4,435 yds; **Scott Bruss**, (55-59), 89th, 3,730 yds. In addition to the individual placings three relays, all in the 25+ age group, placed. For the women, **Stacey Kiefer**, **Kim Fitzgerald**, and **Karen Kimple** placed 7th with 13,260 yds. For the men, **Andrew Steenrod**, **James Biles**, and **Dave George** placed 7th with 14,880 yds. A Mixed relay of **Kim Fitzgerald**, **Stacey Kiefer**, **Andrew Steenrod**, and **James Biles** placed 6th with a total of 19,550 yds. Congratulations to everyone who participated! Goal for next year—a LOT more WMACers taking part!

USMS Nationals T-shirts are in the works. If you are interested in receiving information about the Nationals T-shirt order when the design is ready, please email Trina Schaetz at tdschaetz@yahoo.com so she can contact you with more information as it becomes available.

My First 5K

Jeanne Seidler

This was my first 5K (last fall). It took me 2 hours and 48 minutes. Neal (husband) was my timer. While I was dying in the water, Neal was just dying on the pool deck from the heat. A medication I take has the side effects of causing leg cramps. Well, I had cramps in my feet and cramps in my calves! Sometimes I switched strokes just to take the repetitive stress off my legs. Sometimes I swam with a one-legged kick. It was very interesting! I told Neal before the swim that no matter what, don't let me get out! Fortunately it didn't get to that point and I completed the event. But, by about 4500 yds my brain entered that sort of amnesiac state. A voice from my left brain said "Quit". A voice from my right brain said, "Are you crazy, there's only a 500 to go". And I did keep going, but it was truly a peculiar mental experience after that point—listening to the left brain right brain conversations. I wonder if the left brain right brain conversation goes on when people are swimming real endurance swims like the English Channel! Also, I never thought that I would be happy to get to the half-way point at 2500. But having done this I just may join those in our group who are going to attempt the 3000/6000 yard swim (again, last fall) and enter that, also!



Left—front to back— **Andrea Kakas, John Bauman, Jerry Lourigan, Carrie (Johnson) Haberstick**. Right—front to back—**Don Rambadt, Jeanne Seidler, Eric Jernberg** enjoy some socializing after a recent meet.



Octavio Perez and first meet swimmer **Sharon Ihm**.

If you haven't already entered you still have time to get your entry in for the Wisconsin State Short Course Yards State Championships set for April 10-11, 2010, at the Walter Schroeder Aquatic Center in Brown Deer. On line entries will be accepted until 11 PM, April 4. Mailed entries must be received by Monday, April 5. It has been many years since we have had a meet at the Schroeder Aquatic Center. Let's make this year's state meet one for the record books—both in attendance numbers and in records (personal and state) set. Be a part of it!

"As we near the end of the short-course season with the Baraboo meet behind us and the State Meet at Schroeder just ahead of us, we start thinking of swimming outdoors. The Badger State Games, being held on June 27, will be followed by the 2010 edition of the MOWS, or Madison Open Water Swim, on August 21, and plans are moving full speed ahead! The committee has been working feverishly to smooth out the previous rough edges by implementing a website that will be hosted by Club Assistant. We are going to use disposable timing swatches, although the timing chips will not be disposable. This will make check-in a lot faster. This year's logo is another collectible original by Dan Slick, one of our own All-Americans!" (Dick Pitman)



16th Annual YMCA Lake Amy Belle Swim Race

Saturday, July 17th 2010, 12:00 Noon

WHEN: Saturday July 17th, 2010, Race at 12:00 Noon, Check in at 11:30

WHERE: Lake Amy Belle at Camp Minikani, Hubertus

WHO: All swimmers who can finish a 500-yard swim in 12 minutes or less

FEE: \$15 (\$10 for Y Members), late fee of \$25 (call for family discounts)

T-SHIRTS: \$14 (guaranteed only if ordered by July 1st, 2010)

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 half 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 500yd time.

Advance registration is due by Friday July 9th, after that, registration cost is \$25

Race results will be available on line at: swim-wimasters.org 14 days after the race

Weather check or other ?: 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/Mequon Rd (Germantown Exit)

Go left on Lannon Rd. to Second Stop light (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 1 mile to the camp entrance on your left (look for new Leadership Lodge building)

Cut & Return

Swimmers Name _____ Age _____ Male _____ Female _____

Address _____ City _____ Zip _____ Phone _____

Check One: _____ ½ Mile Race _____ 1 Mile Race **500 yard Time:** _____
(required)

Race Fee Enclosed (\$10, \$15, or \$25): \$ _____

T-Shirt (optional \$14 each) shirt size (if ordered) ___ small ___ med ___ large ___ x-large ___ xx-large
(xx-large \$15 each)

T-Shirt Fee Enclosed: \$ _____

Total Enclosed: \$ _____ **Make Check out to:** North Milw. Swim Club

Mail to: Lake Swim
5204 W Wells
Milw 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) _____

Elmbrook Masters 7th Annual 100 x 100's

On March 13 a record 35 participants (including 30 from the previous year) participated in Elmbrook Master's 7th Annual 100 x 100's and there were a ton of notables!

TOP TEN NOTABLES FROM 100 X 100 2010!

10. More than one person could say "It was the farthest they have EVER swum!"
9. It was the first time we swam in a pool without windows.
8. It was the first time we had satellite participation: **Lauren Jensen and Brad Horner** (Madison) did the set at alternate venues as they couldn't make it to our pool.
7. We had the most out of town guests: **Carrie Haberstich** (Illinois), **Jeff Alexander** (Beaver Dam), **Steve Justinger & Tim Potter** (Madison), **Matt & Bob Twining** (Pabst Farms), **Peter Allen** (Neenah), **Don Rambadt & Dan Timke** (Carthage Masters).
6. Five of 6 lanes did 100's and lane 6 did 75's.
5. We finished BEFORE 11:30 AM.
4. We needed THREE massage therapists.
3. **Peter Allen** woke up in Cincinnati Saturday AM, flew to Chicago and drove 90 miles to join us!
2. **Mike Jacobsen** swam more than half the workout recovering from a broken leg. It was a SIGHT to see crutches on deck next to a lane!!
1. Coach **Fred Russell** swam the last few sets with us after his Junior National Team practice.



Julie Hall, Darryl Stich, Laren Tiltmann (front) and Chris Stich, Heather Tiltmann, and Dan Timke take a break between sets in Elmbrook's recent 100 x 100's workout.



Elmbrook 100 x 100 participants

If you weren't with us we wish you could have been there. Hope you can make it for year #8! Special thanks to **Krista Van Enkenvoort** for taking the time to mix our music and to get to East HS on time to open the pool with her magical keys! Thanks to **Peter Nowak** for being our coaching representative for coverage. Thanks to **Laren Tiltmann** for writing up a refreshed workout for us all. A BIG thanks to Coach **Fred Russell** for training us so we could actually do this thing. And finally, thanks to **Brent Boock** for working out our pool rental—which BTW we covered with your generous donations—THANKS! But let's not forget to thank the **Schatez's** for hosting the after swim gathering and social time at their home—which is something they love to do. As **Trina** says, she couldn't imagine having more fun with anyone else and she and **Dan** are already looking forward to summer get togethers!

USMS Member Statistics

There are 53 LMSCs in the US and USMS recently released some very interesting statistics about our membership. For comparison purposes they listed 2009 members (per LMSC) as of March 10, 2009, Total 2009 members, 2010 members as of March 10, 2010, percentage of change from March 10, 2009 to March 10, 2010, percent of total members today compared to 2009 total members, and percent of members who have registered on line so far for 2010. **Wisconsinites! Pat yourselves on the back!** We ended 2009 with 534 total members and had 452 as of March 10, 2009. As of March 10, 2010, we had 467 registered members which puts us 3.3% AHEAD of last year. AND, when looking at the percent of total members as of March 10, 2010 compared to their numbers on March 10, 2009, only 6 LMSCs (Snake River at 125.3%, North Dakota at 110%, Michigan at 100%, South Carolina at 92.6%, New England at 92.2% and Oregon at 89.3%) came in ahead of Wisconsin's 87.5%. On the downside, only 41.9% of us registered on line—giving us a ranking of #50! We're right in the middle (26th) in total numbers of members with Pacific LMSC at 7,390 being the largest and North Dakota at 22 the lowest. Overall USMS had 52,707 registered members in 2009 and 39,038 as of March 10, 2010.



Matt Thiele, Peter Nowak, and Jeff Alexander are all smiles now that 100 x 100's are behind them!

You know you're a swimmer if...

—counting carbs means you're looking forward to a carbo cram before the big meet.

—you find yourself doing random shoulder stretches around the house and when you get nervous about something you shake out your legs.

A Life Aquatic

Reprinted from usms.org with permission

It's not easy to transition back to civilian life after a long career in the military. But for U.S. Masters swimmer **James Biles**, swimming has become the perfect vehicle to help him adjust after 20 years as a Lieutenant Commander with the U.S. Navy.

Biles, 49, began swimming when he was twelve. Growing up in St. Croix, he traveled all over the Caribbean to compete. He earned a swimming scholarship to college and after graduation, joined the Navy to become a pilot like his father. Poor eyesight kept him away from the planes and he became a diver specializing in salvage and mine counter-measures instead. "It was great; I should have gone into diving from the start," he says.

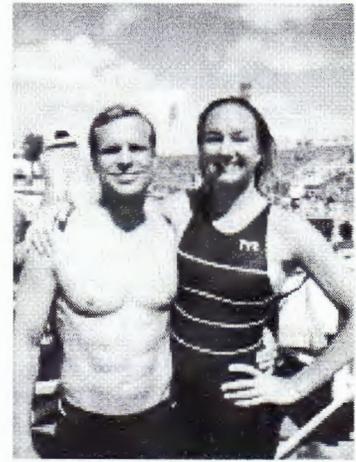
While living in Hawaii, Biles swam with a group of people and joined USMS while in Pearl Harbor. "It's much easier swimming with a group of people. The support and spirit is great," he says.

After getting a divorce, moving to a corporate job in Wisconsin, and having shoulder surgery, Biles gained weight and succumbed to negativity he encountered at the job. "One of the biggest things I saw in the corporate world was a negative attitude. The Navy was very positive, a can-do attitude," Biles says.

There's still time to get in on all the fun and excitement of attending a NATIONAL swim meet. Entries for the National Short Course Yards Championships, being held in Atlanta, Georgia, in the 1996 Olympic Swim Pool, are open until April 15. Anyone can enter up to 3 events without meeting qualifying times. And if you're willing to swim relays it could be more! There will be lots of veterans to guide any newbies through the meet. It will be a week-end you'll never forget!

Recently, Biles had to undergo shoulder surgery on his other shoulder and has had to lighten up on his training. "I have to remind him to not train so much. He has to take it slow," says Connors. And Biles appreciates the advice and coaching from her. "I love Jess. She does a great job and I always volunteer to help," he says. "In the Navy, I always had that one person I could talk to and confide with, someone who was a mentor. This was my commanding officer. I lost this mentorship when I retired, and did not find it again until I met Jessica. She has been an amazing friend and mentor, showing genuine care and maturity well beyond her 24 years. I think Masters swim coaches can provide this mentorship to anyone who is willing to listen and put aside 'status' and age barriers."

The team and USMS have given Biles much of what he seeks in life beyond the pool. He's able to spend his time with like-minded people. "It's a great group with the same attitude towards life. To stay healthy and live life to the fullest."



James Biles, with Coach Jessica Connors, credits Masters Swimming with helping him transition from Navy life to civilian life.

He decided he had to get back into swimming and joined the Wisconsin Masters workout group at the Walter Schroeder Aquatic Center in Brown Deer, Wisconsin. Schroeder Masters coach **Jessica Connors** says Biles is very dedicated and sets a good example for everyone in the team with his work ethic. "He's more concerned with being a team player than his own individual achievements," Connors says. She says Biles is the first person in the water when the pool opens at 5:30 a.m. and takes a long swim before he swims the coached workouts. He is also an active participant in Wisconsin meets.

In his teammates, Biles found the positive attitude he'd been missing since his Navy days. "Swimming has that positive can-do attitude. It helps keep you in a good mindset," he says.

Biles normal workout includes swimming six days a week about four to six thousand yards a day, and swimming twice a day for two of those days, thus adding an extra two to three thousand yards to the workout. All his hard work is paying off. Biles completed all five postal swims in 2009 and received a Survivor patch. He was also the first Wisconsin swimmer to have completed all five postal swims, and the first Wisconsin swimmer ever to complete a 10K in the pool. "I'm very competitive, always have been. Swimming has given me that competitiveness back," Biles says.



Manitowoc-Two Rivers YMCA Masters workout group: Back: John Cress, Phillip Strazy, Paul Braun. Front: Sherry, Janet Schultz, Candy Christensen.

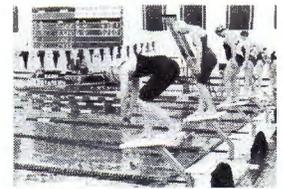
The Best of Baraboo!

Dave Watts

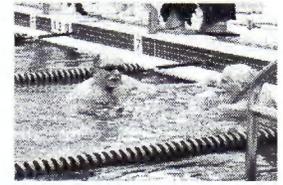
This was the first day of Spring, or the last day of winter, as southern Wisconsin woke up to a coating of snow. But the Baraboo valley was all blue sky coming over the pass on Highway 12 from Madison.

This was a great meet, where everything moved along swimmingly, thanks to **John Bauman** and his untiring organizational efforts. The program started at 11 AM with the 50 butterfly, and ended 20 events later with the 200 IM, around 2 PM. The facility was excellent, and a good time was had by all. The pool building is bright and airy, with large window openings to the West. The water was good depth, high quality, and very blue.

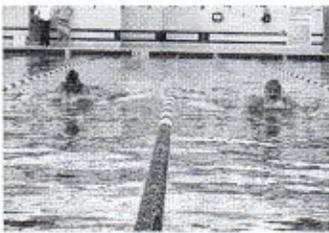
The atmosphere at the meet was outstanding. Fast, slow, young old -- it doesn't matter when each person is doing his or her best. There are disappointments, like when **Bob Diebel** touched me out in the 200 free -- but more on that later. **Tom Johnson**, who swam his first competition since high school, said, "One year ago I had a stent placed in my heart. Competing today is my goal and I look forward to many more." **Howard Goldman**, who resumed pool competition after taking a few years off, observed, "A swim meet is easier than the workouts." **Jim Dannenberg** had another perspective: "In the pool, nobody feels your pain."



Get ready!



John Bauman
Steve Justinger



Sarah Perez
Peter Allen

Why did **Gus Robledo** come to the meet? "Because my feet touched the floor this morning and I enjoy swimming." For **Fritz Schenker**, who turns 25 after the State Meet, this was his last chance to go after the 1000 record in the 18-24 age group. The Sports Quote of the Day: "Everybody has goals -- Let's have a good time getting there!" -- **Mark Ritchie**.

The marquee event of the day, OK, for me anyway, was a tight contest in the 200 free with **Bob Diebel**, where I had lane 4, and he was right next door. I thought I was supposed to win, being in lane 4, but Bob didn't think so, and the lead traded several times, depending on whose flip turn was worse. Supposedly I was ahead down the stretch, but he touched me out at the wall. Tall people can be irritating sometimes. But **Steve Justinger** came up and offered some advice as to how I could have touched the wall a little quicker. So we learn things. I can't complain. I had three amazing personal bests. How did I do this? Improved training? Better technique? No, the answer is "Blue-Seventy." Banned in pool competition after this Spring, these suits are going at fire-sale prices.

And anyway I wasn't competing against **Bob Diebel**. He's older. I was technically competing with **Brad Horner**. But that doesn't count, as Brad is demonstrably world-class. It's a privilege to share the pool with him, but the genius of Masters swim competition is that you compete directly against people of your own ability. When you step up on those blocks, your competition is right beside you.

The 1000 yard swim was a nice variation in the freestyle events offered. I got to count laps for **Suzi Green**, who practiced perfect lane etiquette, always staying to the right of the black line.



Suzi Green

There were many great swims, with no fewer than 10 individual and one relay record broken. There were even more personal best times, and many near records. To quote **Bob Przybelski**, "How many swimmers can say they beat their PR in a 50 yard event by 6 seconds?" Not even Michael Phelps can say that.

Swim of the Day:

Fritz Schenker, 1000 free, 10:58.15, 2 seconds under his seed time, and more than 8 seconds under the record in the 18-24 age group. Fritz came in with a goal, and by persevering for nearly 11 minutes, broke the record he was shooting for.

Other individual records set (unofficial tally):

Laren Tiltman M40-44, 100 free, 50.16

Laren Tiltman, 200 back, 2:05.75

Laren Tiltman, 50 fly, 25.32

Brad Horner, M55-59, 100 free, 54.04

Brad Horner, 200 free, 2:01.72

Brad Horner, 100 fly, 57.51

Bob Diebel, M60-64, 2:18.61

Mike Ziniel, M60-64, 100 fly, 1:09.46

Bill Payne, M80-84, 50 fly, 47.20

Relay record in the 400 medley, 18+:

Andy Schoff, Fritz Schenker, Daniel Schaetz, Mark Ritchie, 3:56.39

This was an amazing meet, and an excellent prelude to the State Meet coming up April 10-11 in Milwaukee.



Howard Goldman



Greg Hollub



Brad Horner



Trina

Great Lakes Open Water Swims

The Great Lakes area provides a wonderful opportunity for open water swims sponsored by various LMSCs and in a number of different states.

Allegheny: July 11, 2010, Search for Monongy, 1.2 and 2.4 miles swims, Monongahela River, Pittsburgh, PA, contact; kathlongwell@gmail.com; Website: AlleghenyMountainMasters.org

Indiana: July 17, 2010, 10K Open Water National Championships, Morse Reservoir, Noblesville, IN, contact DSidner@gmail.com; Website: GRINswim.org/US

Lake Erie (in Ohio): July 24, 2010, Annual Lake Erie Open Water Swim, 1 & 2 miles, Edgewater State Park, Cleveland, OH, contact TallTom13@msn.com; www.clubassistant.com/club/meet_information.cfm?c=1236&smid=2138.

Kentucky: August 14, 2010, Ohio River Open Water Swim, .5, 1.2, and 2.4 miles, Cardinal Harbor, Prospect, KY (Louisville), contact OhioRiverSwim@insightbb.com; Website: OhioRiverSwim.weebly.com

Michigan: August 7, 2010, Big Red Lighthouse Swim, 1.2 miles, Holland, MI., contact JenSwim@aol.com.

Wisconsin: August 21, 2010, Madison Open Water Swim, 1.2 and 2.4 miles, Lake Monona, Madison, WI., contact DickPitma@hotmail.com; Website: swim-wimasters.org/2010 meet schedule.htm

Illinois: Sept 11, 2010, Big Shoulders 2.5K and 5K, Ohio Street Beach, Lake Michigan, Chicago, contact bigshoulders2009@yahoo.com; Website: BigShoulders.org

So, if open water is your thing it looks like you can get your fill of swims this summer without having to travel too far. Go for it!



Josh Gosa, Fred Russell, Jen May, Nora Settimi at Pabst Farms meet. It was the first meet for Josh and



Fred Salzmann