

Wisconsin Masters Swimming

December 2013/January 2014

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O N D E C K . . .

It's the new season and almost the New Year ... and we have a new schedule of eight pool meets, one fitness event and one open water event for the 2013-2014 October 1st to September 30, 2014 season.

First up on the pool schedule is the December 7th Short Course Meters event at the West Bend West High School Pool. Doors open at 9:30, warm-ups at 10am and meet start at 11am. Please make a note of the times, as this is earlier than previous years. There is still time to enter on-line up until December 5th. The link to the on-line entry website can be found on the Wisconsin Website (www.swim-wimasters.org).



Jeanne Seidler

The 2013 Water Warriors Fitness Challenge is running November through December. In 2012, 51 Wisconsin Swimmers participated in this challenge. The group I swim with is using December 9th through December 22nd for our two weeks to record yards swum. Pick any two consecutive weeks in November through December for your challenge and record the yards swum. The entry form for 2013 Water Warriors can also be found on the Wisconsin Website (www.swim-wimasters.org).

Meet information for the January 5th (Pabst Farms Y), January 26th (Oshkosh Y) and February 22nd (Monona Grove HS) pool events is in the content of this Newsletter. The links to the on-line entry websites for all the events can be found on the Wisconsin Website (www.swim-wimasters.org). The Monona Grove HS event on February 22nd is a new event venue in a new aquatic center. This event replaces the February event that was held for many years at the Madison East Y.

It's time to register with U.S. Masters Swimming for 2014. The registration drive for 2014 began on November 1st. As of this writing, 165 Wisconsin swimmers have completed the 2014 USMS Registration. In 2013, the Wisconsin LMSC had 533 swimmers. If you have not yet registered for 2014, please register soon. There are several discounts with USMS partner vendors that are offered to swimmers who complete the 2014 registration in the end of 2013. The link to the USMS registration website can be found on the Wisconsin Website (www.swim-wimasters.org). Alternatively, on the USMS website (www.usms.org) select "Membership" on the furthest upper right corner of the Home page or any other page. Please be sure to select "Wisconsin" as the LMSC and "WMAc – Wisconsin Masters Aquatic Club" as the Club. If you swim with one of the registered Workout Groups, please also select that Workout Group when you are registering. In 2013, there were 58,000 adult swimmers registered with U.S. Masters Swimming.

Finally, the preliminary 2013 USMS Top Ten for Long Course Meters is now posted on the USMS website. See <http://www.usms.org/comp/tt/toptenlmscsummary.php?LMSCID=20> for a page that links to Wisconsin Top Ten by year for both Individual Events and Relay Events. This preliminary list is posted so that swimmers can review the lists and point out any errors prior to the publication of the final lists in late December. Given that only one LCM meet is held in Wisconsin, we have an excellent showing of 21 relays in the preliminary Top Ten and 45 individual events.

See you at the pool and at the WMAc events

Why You Should Count Your Strokes

By Dick Pitman

Something I have my swimmers do – or, try to do – is count their strokes. Not just on freestyle but for all their strokes: butterfly, backstroke & breaststroke. By doing *so one becomes very aware of their technique. Personally, I've been doing this* for many years now. Having done so, I know my optimum number of strokes for all of the above. I know that my butterfly can take around 8 strokes; my breaststroke a few more ~ like 12 strokes; my backstroke is about the same as my freestyle: about 16-19.

If you know your “optimum” number of strokes then you know when you’re doing something wrong in your stroke. If you’re trying to reduce the number of strokes you may be trying too hard by *gliding*. Gliding will reduce your strokes, but it will increase your time. So, that’s not good. Shortening your strokes might make you feel like you’re going faster, but it may force you into unintended consequences: crossing over; taking short, incomplete strokes.

Something I try to do when I’m swimming by myself is to swim right on top of the lane line. You know: that wide dark line on the bottom that runs between the two walls. As I swim I keep my eyes focused on that line, trying also to make sure my hips are within that line as well. The other thing I do, maybe more importantly, is I place the thumb of my hands on the outside of that big dark line. That puts my hand almost in front of my shoulder – *not* in front of my head.

Now, the issue of “counting”. I’ve got in the habit of counting the odd numbers, starting with my first stroke (usually my right hand): “1”, “3”, “5”, etc. If I get to the opposite wall and touch with my other hand (i.e., my left hand), then I have an even number. I usually restart the count after I turn at the wall. When I finish I add the strokes and get my time off the pace clock or my watch and I have my “Golf Score”.

Once you start counting your strokes and playing “Swimming Golf” you’ll find your technique improving. You may want to keep a log just to keep yourself honest.

Good luck! Let me know if you have any questions!

Favorite Drills

Favorite drill: Sculling while on your back. Fully Extend your arms overhead and lead with your feet. Scull down one length of the pool. When your toes touch the wall roll over on to your stomach and swim back. I like this drill because it really does “stress” the triceps and when I roll to my stomach and swim those 25 yards of freestyle I feel especially high in the water which gives me the sensation of swimming on top of the water (not through it) and the sensation of swimming “downhill”. I usually do a set of 6 on 1:15 send off and by the last one I am really feeling it in my triceps.

— Nancy Krantpitz

My least favorite drill is swimming freestyle with the left arm for 25 yds, then the right arm for 25 yds. I always feel like I am not going anywhere, and I’m kicking more than pulling. This drill points out the deficiencies in each arm, and lets you know what you have to work on. Despite finding this drill hard to do, I know it is a good one.

One of my favorite freestyle drills is to stretch your arm out as far as you can directly in front of your shoulder. This helps to lengthen my stroke, and also be conscious of my hand entry.

— Mary Schneider

WISCONSIN MASTERS
SHORT COURSE YARDS SWIM MEET
Sunday, January 5, 2014

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 204-S002

Location: YMCA AT PABST FARMS

1750 Valley Road, Oconomowoc, WI 53066

Facilities: 8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Time: Sunday, Jan. 5, 2014. Warm-up 8:00 A.M. – 8:45 A.M.; meet starts at 9:00 A.M.

Eligibility: Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card MUST be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be time finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only – NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.

Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

Entry Fee: \$4.00 per individual event, plus a \$10.00 facility user fee for all entries. No charge for relays.

Entry Limit: Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

ON-LINE MEET ENTRY: The Wisconsin LMSC has agreed to the use of ON-LINE meet entries thru Club Assistant for meets in Wisconsin. The link for this meet is:

https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=4980

Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet. The On-Line meet entry deadline for the Pabst Farms YMCA meet is Thursday January 2, 2014.

Deck entries for individual events will not be accepted.

ENTRY DEADLINE: Paper entries must be in the meet directors hands no later than 6:00PM, Monday, December 30, 2013. Fees must accompany the entry form. Please make checks payable to WMAC.

Deck entries for individual events will not be accepted.

Paper Entry Form: The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

Awards: Ribbons for 1st through 3rd places.

Mail Entry to Meet Director: John Bauman
11917 W Rainbow Ave
West Allis, WI 53214-2166
414-453-7336
wmacswim@sbcglobal.net

SCHEDULE OF EVENTS

- | | |
|----------------------------|-------------------------|
| 1. 50 yd Backstroke | 11. 200 yd Breaststroke |
| 2. 400 yd IM | 12. 500 yd Free |
| 3. 100 yd Freestyle | 13. 200 yd Fly |
| 4. 50 yd Breaststroke | 14. 200 yd Medley Relay |
| 5. 200 yd Backstroke | 15. 100 yd Back |
| 6. 100 yd Butterfly | 16. 100 yd Breast |
| 7. 200 yd Freestyle | 17. 50 yd Free |
| 8. 100 yd IM | 18. 200 yd IM |
| 9. 200 yd Freestyle Relay* | 19. 400 yd Free Relay |
| 10. 50 yd Butterfly | |

* Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men and two women).

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, please use the entrance on the West Side of the building, as the main entrance does not open until 10:00 A.M. on Sunday.

Post Meet: Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). To get there, turn left when leaving the Y, then go east about 1/2 mile to HY P (Sawyer Rd.), turn south (right) to I-94, and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive; meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET
OSHKOSH YMCA, SUNDAY, JANUARY 26, 2014

- SPONSORED BY:** The Wisconsin Masters Aquatic Club, Oshkosh YMCA Workout Group
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 204-S003
- LOCATION:** Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI 54904
- TIME:** Sunday, January 26, 2014. Warm-up 8:00AM. Meet starts 9:00AM.
- FACILITIES:** 8 Lane, 25 yard pool fixed wall pool with anti-turbulent lane lines, starting blocks, backstroke flags and electronic timing. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1 (of the USMS Rule Book).
- ELIGIBILITY:** Open to all Masters Swimmers 18 years old or older. All entrants **MUST** be a registered Masters Swimmer. Each entry must be accompanied by a **copy of the swimmers USMS registration card**.
- RULES:** Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING:** Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.
- TIMING:** Automatic timing system backed up by watches.
- WARM-UPS:** Lane 8 will be a start and sprint lane in one direction only and exiting to the side or end. Lanes 1-7 will be for circle swimming only. **NO DIVING STARTS** from the blocks or the deck in lanes 1-7. Hand paddles, fins, kickboards, etc., may **NOT** be used during the warm up period.
- ENTER ON-LINE:** Use the link below for On-Line meet entry. https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=4981 If this link doesn't work, use the link on the www.swim-wimasters.org website.
- ENTRY FEE:** \$4.00/individual event, plus a \$10.00 pool surcharge. The online entry is paid by credit card. If entering with the mail-in entry form, checks should be payable to **OSHY Masters Swimming** and payment must accompany mail-in entries. Deck entries (same day as the meet) for individual events will be accepted only until 8:15 AM and only for empty lanes. The fee for deck entries shall be \$8.00/individual event plus the pool surcharge fee.
- ENTRY LIMIT:** Five individual events plus relays. The **500 freestyle will be limited to the first 32 entries** received and each swimmer entered in the 500 will be responsible for providing a person to count his/her laps.
- ENTRY DEADLINE:** Mail-in Entries must be in the Meet Directors hands no later than 6:00 PM, **Saturday, January 18, 2014**. Entries received after that time may be subject to the deck entry fee. On-Line entries close at 11:59pm on **Thursday, January 23, 2014**.
- MEET** Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904-8432
- DIRECTOR:** 920-233-0510 (H), 920-420-4425 (C)
Email: melindajmann@yahoo.com

ENTRY FORM: For Mail-in Entries, the official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

- | | |
|--------------------------|---------------------------|
| 1. 400 Individual Medley | 10. 50 Butterfly |
| 2. 200 Freestyle | 11. 100 Backstroke |
| 3. 100 Breaststroke | 12. 200 Free Relay** |
| 4. 200 Backstroke | 13. 200 Breaststroke |
| 5. 100 Individual Medley | 14. 50 Freestyle |
| 6. 200 Medley Relay** | 15. 100 Butterfly |
| 7. 50 Breaststroke | 16. 50 Backstroke |
| 8. 200 Butterfly | 17. 200 Individual Medley |
| 9. 100 Freestyle | 18. 500 Freestyle |

**Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men, two women)

POST MEET: Red Robin Restaurant in Oshkosh (burgers, Tex-Mex, salads, etc.)

RESULTS: Meet results will be posted on our website: www.swim-wimasters.org

DIRECTIONS: From the **North:** Take the 9th St. exit off of Hwy 41. Turn right. Continue on 9th Ave. until the 4 way stop at Oakwood Rd. Turn left. Continue on Oakwood to the first set of lights which is 20th Ave. Turn right. The YMCA will be about ½ mile on the left.

From the **South:** Take the Hwy 44 exit off of Hwy 41. Turn left and proceed over Hwy 41 to the second set of stop lights. Turn right On Washburn. Take Washburn to the first set of lights. Go left on 20th Ave. The YMCA is about 1.5 miles on the left.

Wisconsin Masters Event Schedule

Dec 7th (Sat) SCM West Bend HS (warmup 10am, meet start 11am)

Nov-Dec Water Warriors 2013 (record 2 weeks yardage in your own pool)

Jan 5th (Sun) YMCA @ Pabst Farms, SCY

Jan 26th (Sun) Oshkosh YMCA, SCY

Feb 22nd (Sat) Madison Monona Grove HS and not East YMCA, SCY

Mar 2nd (Sun) Whitefish Bay HS, SCY

Mar 29th-30th (Sat/Sun) WI-Masters State SCY Champs at Schroeder

Apr 5th (Sat) Baraboo Middle School, SCY

Apr 10th-13th (Thur-Sun) YMCA Masters at Sarasota, SCY

May 1st-4th (Thur-Sun) USMS Spring SCY Nationals, at Santa Clara

June 21 (Sat) WI Masters LCM Champs @Schroeder

Aug 3rd-10th (Sun-Sun) World Masters Games in Montreal

Aug 13th-17th (Wed-Sun) USMS Nats (LCM) at Univ. of Maryland, College Park, MD

August 16 (Sat) MOWS Open Water on Ironman Course Lake Monona

Wisconsin Masters Short Course Yards Swim Meet

February 22, 2014 - Monona Grove High School Pool, Monona, WI 53716

Sponsored By: Madison Area Masters

Sanctioned By: The Wisconsin LMSC for USMS, Inc. Sanction: 204-S004

Location: Monona Grove High School Pool 4400 Monona Drive, Monona, WI 53716

Time: Saturday Feb 22, 2014. Pool opens 11:30 AM. Warm-up 11:45 AM. Meet starts 1:00 PM.

Facilities: 8-lane 25 yard pool with anti-turbulent lane guides, backstroke flags, with starting blocks. This is not a bulkhead pool. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Eligibility: Open to all registered Masters Swimmers 18 years old or older. Each paper entry must include a copy of the swimmer's current USMS registration card.

Rules: Official Masters Rules will govern this meet. All events will be timed finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat.

Timing: Automatic timing system backed up by watches.

Warm-Up: Lane 1 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 2-8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in these lanes. Swimmers must enter the pool feet first in a cautious manner. Hand paddles, kickboards, fins, etc. may not be used at any time during the warm-up period. Lane 1 will be the designated lane for warm-up/cool down during meet. No jumping, diving or socializing in Lane 1 or in the handicap ramp while the meet is in progress.

Entry Fee: \$4.00 per individual event, plus a \$10.00 pool surcharge.

Entry Limit: Five individual events plus relays. The 500 freestyle will be limited to the first 32 entries received and each swimmer entered in the event will be responsible for providing a person to count for them.

On-line Entry: Enter **on-line** with Club Assistant. The link for this meet is https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5082. Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet. The **on-line** meet entry deadline is Thursday, February 20, 2014. Deck entries for individual events will not be accepted.

Paper Entry: Paper entries must be received by 6:00PM, Saturday February 15, 2014. The Universal Meet Entry Form must be used, one person per form. The liability release must be signed without any alterations. Fees, payable to 'Swim Club' and a copy of current USMS registration card must accompany paper entry form. Deck entries for individual events will not be accepted.

Meet Director: Steve Justinger

6047 Hagen Hill Circle Madison, WI 53718-6219

608.695.2645 sjustinger@hotmail.com

Awards: Ribbons for 1st to 3rd place.

Schedule of Events:

- | | |
|--------------------------|---------------------------|
| 1. 200 Freestyle | 10. 200 Butterfly |
| 2. 400 Individual Medley | 11. 100 Backstroke |
| 3. 50 Breaststroke | 12. 200 Free Relay* |
| 4. 200 Backstroke | 13. 100 Breaststroke |
| 5. 100 Butterfly | 14. 50 Butterfly |
| 6. 200 Medley Relay* | 15. 100 Freestyle |
| 7. 50 Freestyle | 16. 50 Backstroke |
| 8. 200 Breaststroke | 17. 200 Individual Medley |
| 9. 100 Individual Medley | 18. 500 Freestyle |

Relays: * Submit relay entries at meet. Relays may be all men, all women or mixed (2 men, 2 women).

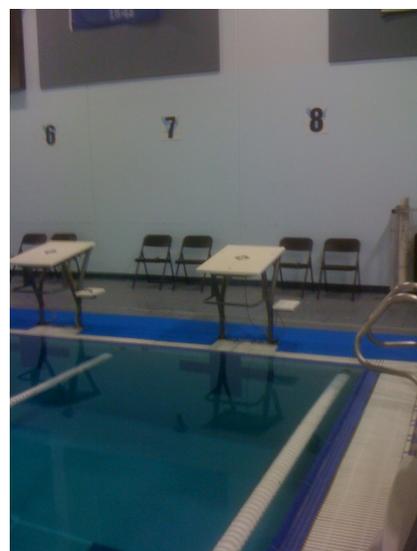
Post Meet: Harmony Bar and Grill. 2201 Atwood Avenue. Madison 608.249.4333

Silver Eagle Bar and Grill 5805 Monona Drive. Monona 608.222.2843

Red Robin 6522 Monona Drive. Monona 608.223.1390

Directions: From US Highway 51, exit at Cottage Grove Road (County Road BB) and drive west to Monona Drive (approximately 1/2 mile). Turn south (left) onto Monona Drive. Turn east (left) at the second stop light (approximately 1 mile), onto E. Coldspring Ave. Park near the north entrance to the building.

Results: Meet results will be posted on our website, www.swim-wimasters.org.



WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number, emergency contact and E-Mail address.

Sec. 202.1.1 F (5) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE

FEMALE USMS NO _____ BIRTH DATE _____ AGE _____

PHONE _____ TEAM _____

CONTACT PERSON IN CASE OF EMERGENCY _____ PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEES PER MEET INFORMATION PAGE: _____ EVENTS @ \$_____ea. + pool surcharge \$ _____ = \$ _____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EVENT MEET SPONSORS, EVENT OR MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENTS OR MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

UMEF R5 9/16/2013

Long Distance / Open Water

James Biles, Long Distance / Open Water, Wisconsin LMSC

The Long Distance / Open Water season begins January 1st with the One Hour Postal. This is the most popular of the postal events with thousands of swimmers entering. Wisconsin has typically had only 3-4 swimmers. Let's change that this year. Make it a challenge in your work out group to complete the one hour challenge. The swim can be conducted anytime from January 1st – 31st and all rules and entry requirements must be followed. These can be found in the Long Distance Championships section of the USMS website ("Events & Results", then on the drop down menu, select "National Championships" under "Open Water and Postals"). The entry deadline is February 10th. I will check all WMAC entries after this date and will enter relays if we have enough participants. If your workout group plans on entering your own relay, please contact me.

In future newsletters, I'll tell you about any rules/procedural changes to LD/OW events as well as about all the exciting competitions we have coming up in the next year like the FINA World Championship Open Water Swim to be held in Montreal in August.

Reminder to Renew Your Membership

USMS Memberships expire on December 31st and must be renewed each year. This will be the last Wisconsin Masters Newsletter that you will receive unless your USMS membership is renewed for 2014. This Newsletter is published every other month beginning with February 1st, 2014 and is a benefit only for current USMS Members registered in the Wisconsin LMSC.

N e x t N e w s l e t t e r D e a d l i n e w i l l b e J a n 2 3

Wisconsin Masters Swimming
11917 W. Rainbow Ave
West Allis, WI 53214