

Wisconsin Masters Swimming

June 2017 / July 2017

O N D E C K . . .



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Greetings! As we enter the summer months, now is the time to think about what can be done to improve Masters swimming in Wisconsin. The Wisconsin LMSC board will soon be meeting and the USMS convention is just around the corner. Please feel free to email me with any ideas or suggestions you may have. There is one opening on the Board – the Coach’s Chair. If you would like to volunteer to serve in this capacity, please email me. Obviously, the preference is for an active Masters coach registered in Wisconsin to serve in this role. Remember, the WMSC Board is here to serve you and promote adult swimming throughout Wisconsin. We can’t do that without your help. Please consider giving back a little to the sport that has given you so much.

Short course season is over as we enter the summer months. And thank goodness spring finally arrived in Wisconsin, albeit 2 months late. There will be two opportunities to swim long course meters (LCM) in 2017. The Wisconsin LCM State Championships will be at WSAC on 6/17 while USMS LCM Nationals will be at the University of Minnesota the first week in August. Registration for both events is currently open. Local meets are listed on the Wisconsin Masters Swimming webpage (www.swim-wimasters.org) under “Events & Results”. National events are listed on the USMS webpage (www.usms.org) under “Events & Results” and then either “Pool” or “Open Water & ePostals”.

Thanks for reading. Until next time, stay wet! James Biles, LMSC Chair

Wisconsin Masters LCM State Meet

The deadline for the Wisconsin Masters LCM meet is approaching quickly. The deadline is June 10, 2017. The link for the meet entry is https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=8270. Remember, this is the only LCM meet held in Wisconsin this summer. It will be held at the Schroeder Aquatic Center, so it doesn't matter what the weather is like. This is a fast pool, and will give you practice in racing long course for the USMS nationals in August. You will be allowed to swim 6 individual events, plus relays. Please sign up on time, as there will be no late entries, and no deck entries.

The Distance Lane

by Jen May

Thrashing, sinking and gasping
Struggling for 4500 yards
Coach says, "your times are off"
Thrashing, sinking and gasping
The sprint lanes dive and glide
Resting on deck
Effortlessly slicing through the water
Pushing the distance lane under,
to the side, into the rope
One mile, two, almost three
The distance lane
finishing together
finishing strong

USMS Summer LCM 2017 Nationals—Minneapolis, MN

The USMS LCM 2017 National meet will be held Aug 2-6 at the Jean K. Freeman Aquatic Center located on the campus of the University of Minnesota, in Minneapolis. The early entry deadline is due by June 12, with the entry fee and the \$55 surcharge. Entries received June 13—July 3 have a surcharge of \$65, plus the entry fees. Late entries are not allowed. The meet entry link is https://www.clubassistant.com/club/form/register_now.cfm?c=1571&smid=8601. Additional information, including hotels can be accessed using this link:

http://www.usms.org/content/nationals?utm_campaign=top_nav&utm_medium=events_and_results. Wisconsin will be fielding a team to attend the LCM nationals, but details have not been decided yet. If you are interested in attending the meet as part of the Wisconsin team, there are 2 things you should do. First, contact Fred Russell by email at ebcsfredrussell@yahoo.com. Second, make sure you are registered as WMAC. Any other registration will not allow you to participate and score points for Wisconsin, nor will you be eligible to participate in relays. If you are not sure about your registration, contact Trina Schaez at WIRegistrar@usms.org to verify your team registration. Remember, you do not have to have any time cuts in order to participate in USMS nationals. Everyone is eligible to swim 3 events. If you have 1 time cut, you can swim 4 events, if you have 2 time cuts you can swim 5 events, and if you have 3 or more time cuts you may swim up to 6 events. You also do not need to swim all days of the meet. Participate as much as you are able to, but join the team fun and comradery.

Distinction between Wisconsin Masters Swim Committee and Wisconsin Masters Aquatic Club

What is U.S. Masters Swimming?

From USMS.Org

USMS is a national membership-operated nonprofit organization that provides membership benefits to nearly 60,000 Masters swimmers across the country. USMS and its 52 Local Masters Swimming Committees (LMSCs) provide direct support to more than 1,500 Masters Swimming clubs and workout groups.

NOTE: Membership in USMS usually is commonly required if you practice with a USMS team and is required in order to compete in USMS meets.

What is WMSC?

From www.swim-wimasters.org

Wisconsin Masters Swim Committee (WMSC) is the LMSC for the state of Wisconsin. LMSCs are U.S. Masters Swimming local partners generally divided by state or region. The Local Masters Swim Committees (LMSCs), Wisconsin included, are formed to enact policies and programs of U.S. Masters Swimming at the local level. The LMSCs are held to standards for purposes of delivering a quality product across all LMSCs.

Membership in WMSC is required if you practice with or compete in USMS masters swimming in Wisconsin.

What is WMAC?

Wisconsin Masters Aquatic Club (WMAC) is the largest club under the jurisdiction of the Wisconsin LMSC. As defined by USMS organization, WMAC is a "Regional Club". This allows members of WMAC to swim "as a member of a club" at local, regional and national competitions.

WMAC is separate from and functions underneath WMSC, the Wisconsin LMSC. WMAC has a separate board of directors, treasury, by-laws and policies, which conform to USMS and WMSC policies. WMAC is incorporated in the State of Wisconsin as a not-for-profit organization to promote masters swimming.

There is no requirement for a swimmer to belong to a club. However when a member of a USMS-registered club competes at a sanctioned national or international meet -- where workout groups are not recognized -- the swimmer must represent the club team with which he is affiliated on his or her current USMS card (e.g., WMAC) or swim Unattached. Unattached (UCxx) swimmers can register/record official times but are ineligible to score team points or participate in relays.

USMS has defined the rules for "attaching" and "detaching" from a club.

Portions of this description were taken from the New England Masters web page <http://www.nelmsc.org/demystifying-usms/>.

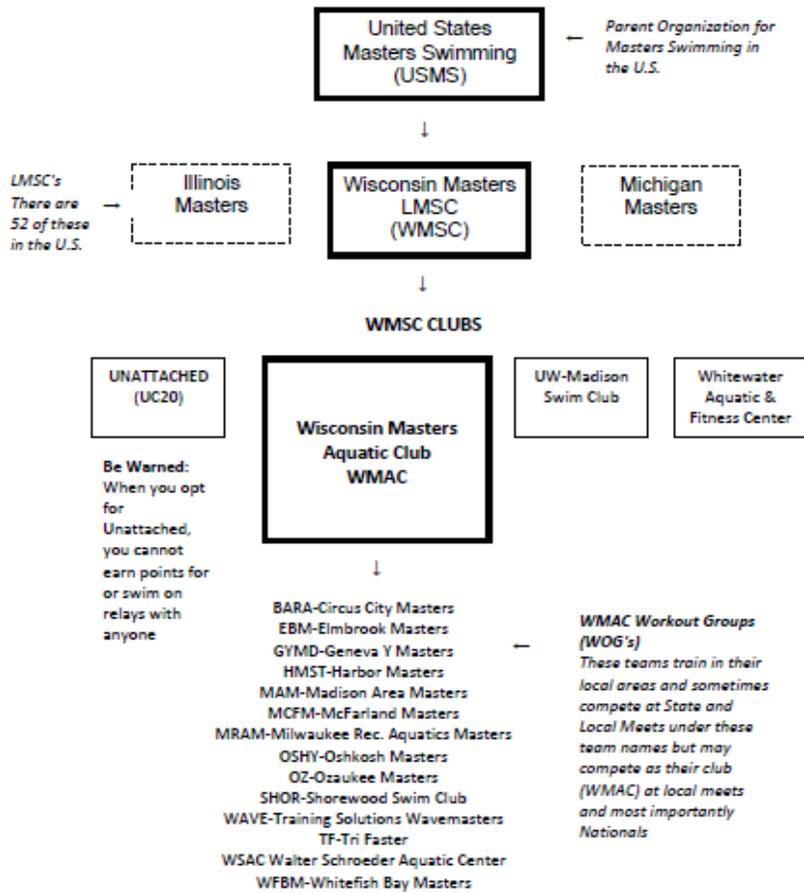
What is a Work Out Group?

Workout Groups (WOG) are teams, groups of individuals that typically train together. At this time WMAC is the only club in Wisconsin to have several workout groups under its club. This allows swimmers who train together with different workout groups to participate and score points as a team at local/state events. It also allows workout groups to compete as WMAC at a regional or national level and score together with other WMAC workout groups.

WOGs are locally organized as they choose (formal or informal), but must conform to the By-Laws and Policies of USMS, WMSC (the Wisconsin LMSC) and the club to which they belong.

A swimmer cannot belong to a WOG if they do not belong to a club, like WMAC.
(See page 4 for a visual of the club and workout group association)

Graphic Depiction of Member Clubs and Workout Groups



Open Water / Long Distance Corner

by James Biles

Spring has finally come to Wisconsin and with it, the end of SCY season. Thank goodness on both accounts! It is long course season and long distance open water season. I hope you were able to get into Big Shoulders or MOWS if those were your goals for the summer.

It's time to pick up your training and distance in the pool to prepare for summer's events and lake temps have reached temperatures that some consider comfy for swimming, so get outside and swim! If at all possible, find a 50 lcm pool to swim and enter the 5k/10k ePostals. The event is currently open and runs through Sep 15th.

ePostal National Championships:

5k and 10k: 5/15 – 9/15 (50m pool only)

3000-6000 Yds: 9/15 – 11/15 (25y or 25m pool)

2017 National Championships

Date	Event	Location
6/03	Ultra Marathon Distance Championship (10 miles)	Chattanooga, TN
6/04	Middle Distance Championship (2.4 miles)	Chattanooga, TN
6/24	2 Mile Cable Championship	Foster Lake, OR
7/30	Long Distance Championship (5k)	Elk Lake, OR
9/23	Sprint Distance Championship (1 mile)	Angle Lake, WA

USMS SCY Nationals—Riverside, CA



The sign greeting swimmers at the USMS National meet in Riverside, CA, was a prelude to a fast weekend of swimming. Wisconsin swimmers had their share of wins, along with some other awesome swims. Not only did our individual swimmers put forth some great effort, but 2 of our relays won their events amid some very tough competition. Forty swimmers made the trek west to represent our state. Not everyone medaled, but everyone did have a wonderful time with great team spirit! Here are comments from a few of the newbies to USMS Nationals—“This is a blast!”, “This is sooo much

fun.”, “I met an 83 year old lady—it was great getting to know different people.” (that was from a 20 something swimmer), “I’m already planning on coming back next year.” For the younger under 30 crowd, they were amazed at how different swimming Masters is, versus the pressure of college swimming. They loved the difference, realizing swimming is FUN again! For those who didn’t medal, many still achieved lifetime or season best times, and had fun cheering and encouraging other teammates. Team Wisconsin had rented 2 tents in the team area, to provide shade and a rest spot for swimmers. This is also where the team had a massage table set up, with tune-ups provided for by Nick Blommel, and Leah Schneider, both certified massage therapists.



Above: Team area—swimmers relaxing and eating snacks.

Right: Leah and her massage table.



Here are a few of the highlights from nationals:

1. WMAC finished 4th in the Regional team standings, behind Colorado, Arizona, and Puget Sound.
2. The WMAC women finished 2nd to Colorado.
3. The WMAC men finished 5th.
4. Three swimmers completed both the 1650 and the 1000 Frees in the same day. They are Larry Mueller, Andrea Gableman, and Lauren Jensen.
5. The distance crew doesn’t get many kudos, but together they scored 83 of the 847 team points, which is 9.8% of the total.
6. WMAC had 5 Individual Champions, plus 2 Relay Champions. They are John Bauman, Ashley Bolin, Lisa Hayes, Dave Parkins, and Leah Schneider. The relays were the Women’s 18+ 200 Free Relay, and the Mixed 35+ 200 Medley Relay.
7. A deafening roar was heard by all other teams present when our relay teams won!
8. Marissa Yontz swam an amazing 23.40 to help win the 18+ 200 Free Relay by 0.08 sec. The teams were exactly tied after the third swimmer.
9. The 35+ Mixed 200 Medley Relay was an interesting race, because men and women directly compete against each other. After a great backstroke leg by Dave Parkins, Trina Schaetz swam the breast leg against several men, but she wasn’t going to let them beat our team. Then Andrew Babcock had an amazing fly leg, and pulled the team ahead. Erin Schneider, swam the free leg, kicking as hard as she could, and managed to hang on for the win. Again, a deafening roar arose from all WMAC swimmers! Wow!

Team Spirit at Riverside

by Mike Murray

The following are some examples of team spirit exhibited at the USMS SCY National meet in Riverside, CA in April.

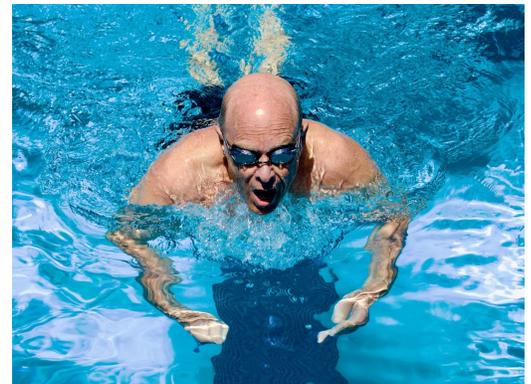
- A goal of WMAC is for everyone at nationals to swim on at least one relay. One of our new swimmers was not able to compete in the two relays in which she was entered. Fortunately, Jane Dillon-Stewart was ready, willing, and able to fill in on the relays for Barb, the first one on short notice, after just arriving in Riverside.
- Since Jane moved to the 65+ Medley relay, it left the 55+ Medley relay short a swimmer. The 55+ Medley relay was the only relay that Mary Schneider was entered in. Fred, Mary and I were discussing that 55+ relay. Fred really wanted to give Mary the opportunity to swim and was hesitant to scratch the 55+ relay. Mary said "Fred, you need to scratch the 55+ relay and put Jane in the 65+ relay. You need to do it for the points." The 65+ Medley relay then went and swam, scoring 10 points.
- When Nancy Kranpitz learned that Mary had given up a chance to swim on a relay, Nancy gave her medal to Mary. What a great gesture.

John Bauman, Father of Wisconsin Masters Swimming, Wins Championship At USMS Nationals



John Bauman, left, who can be considered the father of Wisconsin Masters Swimming, won the last event of the meet, the 50 Breast. John was with the team every day of the meet, just waiting for his chance to swim. When he finally did, he did it in style. With an in-water start, he swam with a very consistent stroke, and just held off his nearest competitor in the 85-89 age group by 0.06 of a second! His competitor kept looking at John, and was creeping up little by little, but John never wavered in his stroke, and out-touched his competition! Way to go, John! It was a very proud moment for him to pick up his medal and championship patch. It was well deserved.

Right: Fred Russell not only coaches, but swims, and adds to team points. Here he is swimming the 400 IM, so he certainly isn't a slacker!



National Champions



Left: Ashley Bolin after winning the 1000 Free in the 25-29 age group



Right: Lisa Hayes after winning the 1650 Free in the 45-49 age group



Left: Leah Schneider relaxing after her 200 Fly win in the 30-34 age group



Above: Dave Parkins after winning the 50 Breast in the 35-39 age group

Below: Leah swimming her 200 Fly



Left: Ashley in her award winning swim



Above Left to Right: National Champion 18+ 200 Free Relay members, Marissa Yontz, Ashley Bolin, Leah Schneider, Elle Meinholz



Above Left to Right: National Champion 35+ Mixed 200 Medley Relay members, Andrew Babcock, Trina Schaeetz, Erin Schneider, Dave Parkins

Meet Highlights



Madeleine O'Keefe responding to WMAC team cheering across the pool.



Julie Van Cleave's reaction to her 1650 Free swim. Personal best can't get much better!



Two newbies to nationals, Cindy Buteyn and Lauren Jensen, cheering for teammates from the bleachers.

Meet Highlights



Fly Marissa, fly! Marissa Yontz dives off the blocks for her 50 Fly.



Mark Pfaltzgraff focuses as he dives off the blocks for the 500 Free.



Tom Grisa swimming 200 Backstroke, and is glad he did.



The younger crowd swimming for WMAC pose for a picture. Left to Right top row: Adam Trafton, John Henry Dasinger, Carl Kaiser. Left to Right bottom row: Ashley Bolin, Marissa Yontz, Madeleine O'Keefe, Andrea Gableman, Elle Meinholz.



That 400 IM wasn't quite as bad as I thought, but I'm sure glad it's done! Andrea Gableman at the end of her 400 IM. Whew!



Bobby Wu swimming his 50 Breast. This is our faithful photographer capturing all the action at nationals, finally getting his picture taken. Thanks, Bobby!



Swimming Moms! Look at all that medal around their necks! Congratulations, ladies!



Jen May swimming breast, and happy dropping time in both the 50 and 100 Breast.



Left: Nancy Kranpitz with Ryan Lochte

Right: Sue Bonis and Mary Schneider encouraging each other before swimming the 200 Free. Teammates forever!



YMCA Nationals—Sarasota, FL

by Melinda Mann

The small, but mighty team of 5 swimmers from the Oshkosh YMCA had fun in the sun in Sarasota at the YMCA Masters National Championships! The men finished 11th overall as a team and the women finished 17th overall.

Results:

17 gold medals Kyle (7), Melinda (6), Greg (4)

14 WI State records Greg (7), Melinda (7)

5 YMCA National meet records (Melinda)

2 USMS records (Melinda)

The USMS records were in the 50 and 100 yard breaststroke for the women's 60-64 age group.

State Records broken:

Greg Hollub: 200 free, 1000 free, 1650 free, 100 back, 200 back, 50 fly, 100 IM

Melinda Mann: 50 fly, 100 fly, 50 breast, 100 breast, 200 breast, 50 free, 100 IM



Left to Right: Greg Hollub, Melinda Mann, Jeff Schmiedel, Kelly Wynns, Kyle Trelka



Melinda Mann, national champion and record holder

Additional Highlights for YMCA Nationals

There were a number of other swimmers from Wisconsin who also swam at the Y Nationals in Sarasota. One other gold medal winner was Fred Salzmann, swimming in the 80-84 age group in the 1650 yd Free, with a time of 37:24.73, and the 1000 yd Free with a time of 22:50.81. Other top 3 finishers were Candy Christenson and Mindy Seidler. The Schroeder YMCA finished 11th overall, but was 9th for women, and 12th for men. The Manitowoc-Two Rivers Area YMCA finished 19th for women, with 1 swimmer, Candy Christenson. Candy also set new state records in the 1000 yd Free with a time of 16:13.24, smashing the record previously held by Betty Lorenzi set in 2001 of 16:56.14. She also set state records in the 50 Breast with a time of 44.83, 100 Breast with a time of 1:43.72, and 200 Breast with a time of 3:55.07. It should be noted that all times achieved at the YMCA National meet are eligible for USMS Top 10 consideration, since this is an approved meet.

Farewell to Dave Clark

At the end of March, Dave Clark, who was Wisconsin Masters Coach's Representative, moved to Iowa for a new work position. Dave was the Whitefish Bay Master's coach, and in his time there, not only started the club, but grew it to 38 members. Dave was also the 2014 Kerry O'Brien coaching award recipient. We wish Dave success in his new position.

2017 Team Wisconsin—USMS Nationals



Next Newsletter Deadline will be July 24

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