

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

OCTOBER 2020 | NOVEMBER 2020

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Fall has officially begun, and normally, we would be planning our swim meet schedule. This year has been different, and continues to be so. US Masters Swimming is allowing swim committees to begin sanctioning meets as of November 1, subject to guidelines they will be providing, and subject to local restrictions. We have reached out to our past meet directors, but unfortunately, many facilities do not want to open to outside groups.

There is a possibility of meets next March, and possibly some virtual meets before then. If anyone knows of a pool that may allow a swim meet, please contact me at WChair@usms.org, and I will look into the situation. If facilities lift their restrictions, we will let everyone know. I know we are all anxious to get back to competing. One bright note is that Short Course Nationals in Greensboro, NC, next Spring, is still being planned, as well as Long Course Nationals in August, in Geneva, Ohio.

USMS membership renewal begins on November 1. The fee will be \$60, which is the same as last year, and now will be standardized across the United States. Even though competition will be limited for a while yet, I urge all swimmers to renew their membership for 2021, and support the organization you love in these difficult times. A short description of cost saving

measures taken at USMS is included in this newsletter; with the largest reductions being the restriction of travel for national board members, and the switchover of the annual convention to a digital meeting.

I encourage you to attend the Wisconsin Masters Swim Committee (WMSC) annual meeting beginning at 9:00 am on Saturday, October 10. The Zoom meeting instructions are located on the website at bit.ly/WiscMasters.

The annual budget will be passed, the election of officers will take place, and changes to the By-Laws will be voted on. Questions may be asked by members, and new issues may be discussed under new business. As a courtesy, if you have issues you would like discussed, please let me know before the meeting (WChair@usms.org) so it can be included in the planning.

Mary Schneider
Wisconsin Chair



Join us on Facebook



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USMS Convention Summary

This year brought an interesting 2020 USMS Convention, which was held virtually this year. Fortunately, committee meetings were held throughout the month of September, giving delegates an opportunity to listen to more meetings than at an in-person convention. Then, legislation was passed on the weekend of September 25 through the 27th.

One very important committee meeting was the Finance Committee. We learned about some of the steps taken beginning in March and April to reduce expenses at the national office.

Of significance are the following measures, resulting in over \$1,000,000 in savings:

- Reduced office space, which will save over 20% on rent
- Stopped meeting travel for the national board, holding meetings by Zoom
- Participated in the Paycheck Protection Program
- Created a matching grant program with the LMSCs to help clubs with additional expenses to get swimmers back in the water (Wisconsin is a participant)
- Cancelled in-person USMS convention
- Renegotiated every business contract national office holds
- Insurance premiums for events reduced by 16%, since so many events were cancelled
- Reduced national office staff

Other notable changes include:

- Automatic recording of splits for events if announced in the meet information
- Unified Fees for swimmers, clubs, workout groups, and one-event
- Planning continues for SCY Nationals for 2021 in Greensboro, NC, and LCM Nationals in Geneva, Ohio
- Swim meets may be sanctioned starting November 1, subject to USMS and local guidelines
- Suspension of in-person Coach training and ALTS certification
- Members will be encouraged to sign up for the on-line version of Swimmer magazine, as that will save in publishing and mailing costs
- Planning for a Great Lakes Zone open water meet in 2021

Annual Meeting

Wisconsin Masters Swim Committee

The Annual Meeting of the Wisconsin Masters Swim Committee (WMSC) will be held on Saturday, October 10, from 9:00 am until 12:00 pm.

Join us on ZOOM ! [Click here.](#)

The meeting agenda will be:

- Roll Call
- Announcements from the Chair
- Reading, correction, and adoption of minutes
- Review Officers' written reports
- Review Committee Chairs' written reports
- Review of tabled motions
- Elections
- New motions
- Summary of actions taken at this annual meeting
- Feedback and questions
- Adjournment

The slate of Officers standing for election is as follows:

- Chair – Mary Schneider
- Vice Chair – Jeanne Seidler
- Treasurer – Mike Murray
- Secretary – Jen May

Committee Chairs will be appointed at the Annual Meeting. Committee Chairs are specified in the By-Laws,

<https://www.clubassistant.com/c/4DE7542/file/Documents/WMSCAdmAndByLaws20180803.pdf>.

Lauren Jensen McGinnis

2020 Dorothy Donnelly Service Award Winner

Lauren Jensen McGinnis has been awarded the Dorothy Donnelly Service Award at the 2020 USMS Virtual Convention. She was one of 14 recipients nominated from all over the country. See the nomination on [Page 7](#).

Lauren has been a past All-American open water swimmer, but more significantly, she has created the first non-profit group for Adult Learn To Swim (ALTS) in Wisconsin. She taught a full session for her first class, and was half-way through her second session when everything shut down in March. Classes will begin again when it is possible to do so. Wisconsin Masters Swim Committee supports her efforts, and those of her volunteer instructors.

Please congratulate Lauren when you see her!



2020 Wisconsin Water Warriors

Date: November 1, 2020 – December 31, 2020

Place: Your local pool and other locations.

It's that time of year again! Time to push the limits! In previous years, this was entirely a swim event. However, due to the pandemic, we are changing things up a bit. Since some have limited access to pools, this year we will also be counting time spent doing other physical activities, such as cycling, running, hiking, or walking. The goal this year is to be as active as you can for a two-week time period. You can choose *any* 2-week time period (14 consecutive days) of swimming/physical activities between November and December of this year. You will be competing against other Wisconsin USMS swimmers. Results will be reported after the New Year. There will be great prizes awarded.

This event is only **open to Wisconsin USMS registered swimmers**. If you would like to join USMS, go to www.usms.org and click on the "Join/Renew" button.

To participate in the event, e-mail or mail your results to (by January 15th, 2021):

**Melodee Liegl (email: WIFitness@usms.org)
 1287 Wilderness Trail
 Delafield, WI 53018**

	Date	Swimming yards*	Other Physical Activity Time, Minutes	Specify Other Physical Activity
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Total				

**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.

Conquering 20 Lakes in 2020

Melodee Liegl

What is a marathon swimmer to do with event after event cancelled for this year? I had to be clever this year and create my own swim event. Because I moved to Delafield in May, I didn't need to travel far. This area is called, "Lake Country" for obvious reasons.

I started swimming with a wetsuit in Silver Lake on May 3rd. The water was 53 degrees, but I was desperate to swim because I have not swum since March 17th. I am not a fan of the cold water, but I slowly built up my time in the water to about 70-80 minutes. By the end of May, the lakes were warming up and I dropped the wetsuit.

By July, I was swimming in several lakes in the area and was inquiring about other lakes and how to get access to the lakes. Bryan Spencer of the Oconomowoc Department of Parks, Recreation and Forestry provided me the answers. That is when I decided to swim the perimeter of 20 lakes in 2020. 15 of the lakes are within 20 minutes of my home and the other five are about 30-45 minutes away.

The smallest was Silver Lake (2.5 mile) and the largest was Okauchee Lake (11 mile). My favorite is Beaver Lake (3.5 mile), Silver Lake and Oconomowoc Lake (6.7 mile)! I would start early in the morning and swim along the piers. I would use a tow buoy for safety. By starting early in the mornings, I would avoid the boat traffic on the lakes. The start times got later and later as the days got shorter. I finished #20 on September 1st.

The DNR website (dnr.wi.gov/lakes) has also been helpful for finding out details about the lakes. The DNR group have also provided me an Excel spreadsheet with details on all the lakes in Wisconsin. They are excited about my enthusiasm utilizing our great natural resources in creative ways. They have shared my information with leaders and legislators to illustrate how important the great outdoors is during this time.

Would I have done this type of challenge if it was not for COVID, probably not! I am sure I would be swimming in the lakes, but not to the degree I did this summer. Something cool came out of this challenging 2020 year.

Did you know that there are 15,074 documented lakes in Wisconsin? I will continue to explore. I just can't stop at 20!



Nominating Lauren Jensen McGinnis for Dorothy Donnelly Award

Mary Schneider

I am nominating Lauren Jensen McGinnis for the Dorothy Donnelly award. She has been a USMS member for over 10 years. Besides being an All-American open water swimmer (2008), and holding 3 Top 10 individual swims, Lauren's most appreciated contribution is her creation of a non-profit organization for ALTS (<http://makingwavesmilwaukee.org>).

She and a friend created this group to formally give back to the sport that has given her so much accomplishment in her life. Prior to starting this group, Lauren was a coach for Team Phoenix, a local group of breast cancer survivors, whose purpose is to learn how to swim and then compete in local triathlons. This was Lauren's way to give confidence to women to be able to fight and survive a health crisis.

When Lauren passed the torch of Team Phoenix to another coach, she wanted to focus on Masters swimming. She has been teaching adults to swim for over 30 years, and after learning about the grant program from USMS, she applied for and received grants in both 2019, and 2020. Classes are free for those in financial need, and for those specific attendees, our local LMSC has assisted by contributing goggles and other equipment. The LMSC has also provided her group with certified ALTS instructors. Lauren knows the impact of giving adults the ability to swim in minority communities, and has been giving lessons at pools in their neighborhoods. Her first class lasted for 7 weeks, and every one of the people in class was able to swim 25 yards by the end of class, including several who were afraid of water at the beginning. Unfortunately, her second series was cut short because of the COVID-19 pandemic.

Lauren is one of those energetic, positive people who desires to give back to the community. Lauren has attended several USMS national meets, as well as open water championships. Lauren is a cheerleader and a positive teammate. In addition, she leads a USMS Workout Group, from which she recruited several members to swim in their first sanctioned Masters meet. Several of them then used the one event registration to convert to a regular USMS membership. Lauren is a true advocate for the sport of adult swimming, and deserving of the Dorothy Donnelly award.

20 Lakes 2020 Challenge

Melodee Liegl

1. Silver Lake
2. Oconomowoc
3. Lac La Belle
4. Okauchee
5. Pine
6. Moose
7. Beaver
8. North
9. Upper Neshotah
10. Lower Neshotah
11. Upper Nemahbin
12. Lower Nemahbin
13. Pike
14. Little Cedar
15. Ripley
16. Golden
17. Little Muskego
18. Rock
19. Nagawicka
20. Keesus

