

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

June • July 2021

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Good news is on the horizon. USMS opened [registration](#) for short course nationals on May 24. It is going to be run differently this year because of the covid precautions in the pool area. USMS is limiting the number of people in the pool at one session, and may break the events into multiple sessions by age groups for each day. The meet information also states there probably will not be any relays, but won't make a final decision until July. That means our team meetings will become even more important to find out how everyone swam that day.

More information will be coming as WMAC (Wisconsin's club) organizes the team effort. Watch the website, wisconsinmastersswimming.com, and your email for important announcements.

Now that summer is almost here, many of you may be thinking of venturing into some open water swimming, either on your own, or as part of an organized event. USMS will hold its National Open Water Championships at various locations, each one having different distances.

For information, here is the link:

<https://www.usms.org/events/national-championships/open-water-national-championships/2021-open-water-national-championships>.

Although this is an early announcement, the Annual Meeting for Wisconsin Masters will be held on October 9, 2021. The place is to be determined, or may take place via

Zoom. If anyone wants to change any of the By-Laws for Wisconsin Masters Swim Committee (WMSC), please let me know, as they need to be submitted at least 60 days before the meeting. If there are any proposals or business a member would like to discuss at the meeting, please let me know at least 60 days in advance of the meeting.

Our Great Lakes Zone is also holding an open water event. It is the Brogan Open Water Classic, held on July 17, in Cleveland, Ohio, <https://www.usms.org/events/events/2021-brogan-open-water-classic?ID=8819>. The other event to be held in June in Central Illinois does not have any published meet information, and may not be held this year.

Carl Millholland, our newsletter editor, is always looking for articles for the newsletter. If you have any swim-related adventures this summer, please write them up and send them to him at WIEditor@usms.org.

Mary Schneider
Wisconsin Chair



Join us on Facebook

<https://www.facebook.com/groups/154332632463104/>



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2021-2022 WMAC Swim Meets Under Review

Carl Millholland, WMAC Chair

While most Wisconsin Masters Swimmers are eager to jump into some local pool competition, the WMAC leadership team met to discuss up-coming meets we sponsor as a club. A decision has been made by WMAC to restart events in late 2021.

We are hoping to conduct the West Bend SCM meet in December and the Pabst Farm Y meet in January 2022. Other meets may be planned for later in 2022. Tim Capps hopes to restart the Circus City Masters meet in Baraboo in November 2021.

From the Archives – June-July 2013

National Masters YMCA Championships

WMAC swimmers capturing individual YMCA National Championship titles in the recent YMCA Masters Nationals were: **Bailey Nennig**, (18-24) 50 free, :25.25, 100 free, :55.63, 50 breaststroke, :32.27, 100 breaststroke, 1 :08.09, 200 breaststroke, 2:27.43, 100 IM, 1 :03.13; **Jessica Connors**, (25-29) 50 back, :29.85, 50 breaststroke, :30.78, 100 breaststroke, 1 :06.85, 200 breaststroke, 2:27.88, 100 IM, 1 :02.37; **Mindy Seidler**, (30-34) 500 free, 6:26.52; **Trina Schaetz**, (35-39), 50 free, :24.36*, 100 free, :53.94, 50 breaststroke, : 29.96*, 100 breaststroke, 1 :06.99*; **Melinda Mann**, (55-59) 500 free, 6:04.13, 1650 free, 20:45.01*, 50 breaststroke, :33.84*, 100 breaststroke, 1 :15.12*, 200 breaststroke, 2:54.64, 100 fly, 1 :05.51 *, 100 IM, 1 :08.84*; **Laren Tiltmann**, (40-44) 50 free, :21.92, 50 back, :25.67, 100 back, :54.98, 50 breaststroke, :28.28, 100 IM, :54.99; **James Biles**, (50-54) 200 fly, 2: 16.43; **Greg Hollub**, (65-69) 1650 free, 21 :38.38, **Tom Michelson**, (80-84) 200 back, 4:07.63, 50 breaststroke, :56.19, 100 IM, 1 :55.30.

Three Relays captured national titles, also. Trina Schaetz, Bailey Nennig, Mindy Seidler, and Jessica Connors took first in the 18+ 200 free relay (1 :42.65) and the 18+ 200 medley relay (1 :54.74) and Laren Tiltmann, **Dan Schaetz**, **Nick Kugler**, and **Peter Alexander** took first in the 25+ 200 free relay (1 :35.32). The relays swam for Schroeder Y.

Congratulations to all who participated!

* New National YMCA Records.

WMAC listed as a team for the 2021 Madison Big Swell Swim



Jackie Hering of Rooster Events has put on a series of popular open water swims in the Big Swell Swim series. She even managed to run a series of Great Big virtual open water swims last year, plus a six week distance challenge this year. And for that we are grateful!

Now that COVID-19 restrictions are easing, the first [Big Swell Swim](#) is on!

Several Wisconsin Masters Swimming members have entered in years past, so this year we've put together a team. When you [sign up](#), click Yes at the bottom of the page, then choose Wisconsin Masters Aquatic Club (WMAC). Masters swimmers are welcome to form their own teams, but be prepared for a battle!

2021 Great Lakes Zone Open Water Championships

Here is some more good news for open water swimmers. While this event is not in Wisconsin, perhaps a road trip to Ohio could be part of your summer travels. Without the Cream City Classic in Milwaukee this summer, here is a wonderful event to train for. This competition is long running and well established. Organizers follow stringent safety protocols and have been sanctioned by USMS in the past. Mark your calendars now!

Brogan Open Water Classic

July 17, 2020

Lake Erie, Edgewater Beach, Cleveland OH

½ mile, 1 mile or 2 mile swim

[Information](#)

USMS 2021 Open Water National Championships

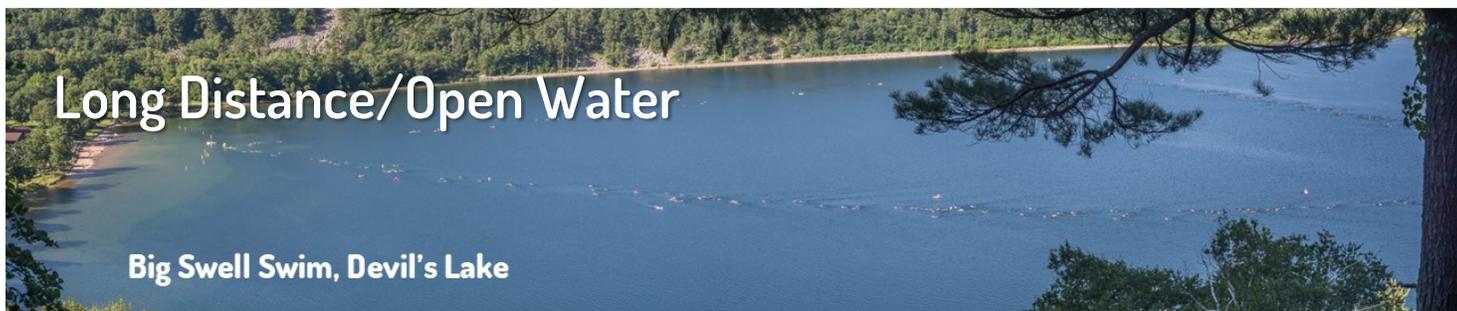
Note: Other National Open Water Champs are either cancelled or postponed TBD.

Information: <https://www.usms.org/events/national-championships/open-water-national-championships/2021-open-water-national-championships>

[2-Mile Cable Open Water Nationals](#) — June 26, Sweet Home, Oregon

[Long-Distance Open Water Nationals](#) — Sept. 18, Boerne, Texas

[Sprint-Distance Open Water Nationals](#) — Sept. 19, Boerne, Texas



Guest Coach – Lynn Jolly

Jen Vallo, Long Distance/Open Water Chair

I have had the pleasure of knowing Lynn Jolly since we swam together at Miami University in the 1980's and we've remained lifelong friends. She is a swimmer, surfer, coach, water polo player and a true Californian!

When/why did you start swimming competitively?

I started swimming competitively at age 7 for the De Anza Swim Club. I had a friend who was planning on joining so I did also.

What led you to coaching and what sports do you currently coach?

I currently coach high school water polo and swimming in addition to Masters swimming. I started coaching the high school swimming and water polo when they needed a coach at the high school where my Masters Water Polo team was renting pool space. That was back in 2008. I wish that they had girls water polo back when I was in high school, but that didn't start until about 1998. I enjoy getting to see the girls have the opportunity to play. I started coaching at Stanford Masters when we needed to add more workout times and I started running some practices at new times.

Can you give some ideas on how to mentally prepare for a race after not having any competitions for over a year due to the pandemic?

As for ideas about mentally preparing for a race after a long pandemic lay off, I think it is important to simulate some kind of race conditions. In a pool event for a meet, maybe try a broken version of the event (for example 200 free break at the 50's for 10 seconds and work towards your goal time)



from a dive. Open water racing I would think in your head what your race plan will be. Also, think through all the things that might be a problem (like what is my equipment plan, do I have backup goggles and a suit). It is always good to think about who might be slightly faster than you so that you can draft off of them if possible.

Is there an event or person that has shaped your swimming career and how so?

I am not sure there is a person or event that has shaped my swimming and coaching career specifically. I really kept my interest in swimming after college by getting involved with the open water swimming. I would say I learned a lot about coaching masters from Tim Edmonds. He has been the main Stanford Masters coach for over 20 years

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Please share a workout for swimmers preparing for a 1-2 mile open water race this summer.

A workout with some longer distance items is a good plan when training for a 1 to 2 mile race. Here is a 3300 yard set that I think gets the work done while working on changing pace:

1x800 Warm up. Using any gear.

2x400 +30 over your 100 pace for your lane.

(For example if the +0 pace per hundred is 1:30 the 400 interval would be 6:00 plus :30 for an interval of 6:30)

Work the middle 200 of each 400.

3x200 Descending +20

4x150 Work the middle 50 of each 150 on +10

5x100 Descending +5

I think pulling really helps for open water swimming so I would recommend maybe alternating pulling and swimming on this set.

2021 USMS Pool Nationals

2021 USMS Short Course National Championship

July 21-25, Greensboro Aquatic Center in Greensboro, NC

See Page 6 for Hotel Information

[Click Here to ENTER](#)

Order of Events

Wednesday, July 21 - 1650y Free, 1000y Free

Thursday, July 22 - 500y Free, 400y IM

Friday, July 23 - 100y IM, 200y Breast, 50y Back, 100y Free, 200y Fly

Saturday, July 24 - 100y Fly, 50y Breast, 200y IM, 50y Free, 100y Back

Sunday, July 25 - 200y Free, 100y Breast, 200y Back, 50y Fly

2021 USMS Long Course National Championship

October 6-10, SPIRE Institute, Geneva, Ohio

Events TBD

[Click Here for More Information](#)

Special Note Regarding USMS Registration and Clubs

When registering for USMS, you will be asked to designate a Club. Or you can choose Unattached. The main club for us is the **Wisconsin Masters Aquatic Club (WMAC)**. When we compete at Nationals or Regional meets, we compete as the Wisconsin Regional team. If you are not affiliated with a Masters workout group, you should still select WMAC as your club. If you select Unattached you will not be able to join relays or contribute points to the state Regional team. Plus you will be welcomed by a group of very friendly swimmers!

WMAC Team Hotel for Short Course Nationals

WMAC coaches and leadership have decided to use the Drury Inn and Suites in Greensboro, NC as the team hotel for the Short Course Nationals running July 21-25 at the Greensboro Aquatic Center.

Room rate is \$124 with complimentary hot breakfast, complimentary evening drinks/snacks, indoor/outdoor pool, whirlpool and fitness center.

Call: 1.800.325.0720. Use group #: 2413398. Online booking: <https://www.druryhotels.com/bookandstay/newreservation/?groupno=2413398>

