

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

August • September 2021

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Congratulations to the 20 Wisconsin Masters swimmers who swam in Greensboro! They put together a 5th place Regional Club finish. Look for a write-up about nationals elsewhere in this newsletter.

Even though Short Course Nationals are over, Long Course Nationals are coming up October 7-10, in Geneva, Ohio, which is near Cleveland. The order of events is posted, along with the list of hotels. Of note is the fact that only 2 hotels are within 3 to 4 miles of the pool, and the other ones are 25 to 35 miles away. So if you have thoughts of attending the meet, you may want to reserve your room now. There will be at least a few swimmers attending the meet from Wisconsin. Here's the link for more information:

<https://www.usms.org/events/national-championships/pool-national-championships/2021-pool-national-championships/2021-long-course-national-championship>.

The question on everyone's mind as we approach the new short course swim season is if there will be meets. We are currently checking with past meet hosts to put together a meet schedule. There should be at least a few meets scheduled. Please check the Wisconsin Masters Swimming website for the meet schedule once it is finalized, and for meet postings on the [Wisconsin Masters Swimming website](#), after the meets have been sanctioned.

The Annual Meeting of the Wisconsin Masters Swim Committee (WMSC) will be Saturday, October 2, beginning at

9:00 am. It had to be changed because an astute member realized the meeting was originally scheduled the same time as Long Course Nationals. You should have received an email with the meeting details and agenda, and it is also posted elsewhere in this newsletter. Along

with the Annual Meeting, there will be election of Officers. If you have any interest in serving Wisconsin Masters, please let me know by emailing at WChair@usms.org.

I hope everyone is enjoying the summer, and enjoying time in the pool or a lake. Watch the website for a return to competition, and a reunion with your fellow competitors. It's time to renew those friendly challenges, which seem to happen despite any age differences. It's also time to look forward to the 2022 Short Course Nationals, April 28-May 1, in San Antonio, Texas.

Keep on swimming!

Mary Schneider

Wisconsin Chair



Join us on Facebook

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



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Tentative Dates for Upcoming State Events

Carl Millholland, WMAC Chair

The Wisconsin Masters Aquatic Club met recently to develop several upcoming swim meets in the state. We are currently in the process of getting USMS sanctions for these swim meets and planning a full schedule for 2022.

Here is the (unofficial) calendar so far —

November/December — Wisconsin Water Warriors

November 7 (Sunday) — Baraboo Jack Young Middle School SCY

December 4 (Saturday) — John Bauman SCM at West Bend West HS

January 9 (Sunday) — Founders Meet at Pabst Farms SCY

Virtual — Oshkosh Y “Animal Award”

[Watch our website for official dates and times.](#)

From the Archives — Spring 1991

1990 LCM Top Ten Rankings

Congratulations to the following WMAC members who achieved rankings in the 1990 Long Course Meters Top Ten: **Elizabeth John** (80-84)-5th 400 free & 50 breast, 3rd 100 breast, 4th 200 breast; **Betty Kendall** (70-74)-8th 50 free, 6th 400 free; **Dorothy Kanehl** (60-64)-5th 100 breast, 7th 200 breast; **Doris Klitzke** (55-59)-9th 100 free, 7th 50 back, 3rd 50 fly, 4th 100 fly, 6th 200 IM; **Nancy Kranpitz** (45-49)-9th 200 fly; **Tom Meehan** (40-44)-8th 50 free; **Harlan Drake** (60-64)-7th 1500 free; **John Bauman** (60-64)-8th 200 fly; **Lynn Surles** (70-74)-9th 100 free, 10th 200 free; **William Kirar** (75-79)-9th 50 free; **Herb Howe** (75-79)-6th 100 free, 5th 200 free, 1st 1500 free. *Herb holds the national records for the 800 and 1500 M frees and his first place finish in the 1500 qualifies him as an All-American.*

Annual Meeting Notice of Wisconsin Masters Swim Committee

This is the official notice of the 2021 Annual Meeting of the Wisconsin Masters Swim Committee.

The meeting will be held on Saturday, October 2, 2021, from 9:00 am to 12:00 noon. We will have both an in-person meeting, and have it live-streamed on Zoom. (Please note the Zoom meeting is a corporate account, but does not have any relationship with WMSC.) Also note the meeting has been moved from Oct 9 to Oct 2, since LC nationals will be held Oct 7-10.

The in-person meeting will be held at **13510 Braemar Dr, Elm Grove, WI** (a private home of a member, but all are welcome). The Zoom link is:

<https://jnmeetings.zoom.com/j/96687539323?pwd=ZFBQNDRCbK5PeXVPaEo1TEpoS3pvdz09>.

Meeting ID: 966 8753 9323

Meeting Passcode: 581613

Dial by your location: +1 312 626 6799 US (Chicago)

Below is the agenda for the meeting. If any member would like to present a motion to be considered at the meeting, please send an email to WChair@usms.org by August 2, 2021. At the meeting, election of Officers will be held. If you are interested in being nominated for an office, or are interested in being on a committee, please contact me.

I would like to encourage all of you to participate in the annual meeting either in person, or via Zoom. Please pass along any ideas you have that would improve Masters Swimming. We are all in this for fitness, fun, and competition!

Mary Schneider
Wisconsin Chair
WChair@usms.org

Agenda for WMSC 2021 Annual Meeting

- | | |
|---|---|
| a. Roll Call | 7. Officials |
| b. Announcements from the Chair | 8. Fitness |
| c. Reading, correction, and adoption of minutes | 9. Top 10 Recorder |
| d. Review Officers' written reports | 10. Auditor |
| 1. Chair | f. Review of tabled motions |
| 2. Vice-Chair | g. Elections when appropriate |
| 3. Secretary | 1. Chair |
| 4. Treasurer | 2. Vice-Chair |
| e. Review Committee Chairs' written reports | 3. Secretary |
| 1. Registrar | 4. Treasurer |
| 2. Sanctions | h. New motions presented to the Executive Committee |
| 3. Coaches | 1. 2022 Budget for WMSC |
| 4. Communication | 2. Appointment of Committee Chairs |
| a. Newsletter | 3. Set date and time of 2022 Annual Meeting |
| b. Webmaster | i. Summary of actions taken at Annual Meeting |
| 5. Long Distance/Open Water | j. Feedback and questions |
| 6. Safety | k. Adjournment |

Wisconsin Masters Swimmers Place Fifth in Regional Clubs at Nationals Taking Home 6 National Championships!

Carl Millholland, Correspondent

With virus cases slowing down, and pandemic restrictions loosening, USMS was able to conduct what is normally its Spring Short Course Yards National Championship. Twenty Wisconsin swimmers returned to the Greensboro (NC) Aquatic Center for some exciting competition. I was pleased that my times had not eroded too much over the year, despite some struggles with injuries and getting in good pool time.

But, enough about me. Competing for the first time in 60-64 Mens bracket, **Mark Steinhafel** took home three National Championships (100Y free, 100Y fly, and 200Y free) and placed second in two more events. Unofficially, Mark also broke 4 State Records, taking down stalwart names such as Dean Fochios and Brad Horner (yeah, that guy!)

Doug Dickinson joined WMAC this year, and also brought home three championships in the Mens 50-54 50Y free, 50Y back and 50Y fly.

Speaking of **Dean Fochios**, Dean claimed two new state freestyle records, placing third, fourth and fifth in tough events and in a tough age bracket full of good freestylers. **Scott Richards** took down the Mens 60-64 200Y fly record, while Doug Dickinson broke the Mens 50-54 records in the 50Y fly, 50Y back and the 50Y free.

A very special tip of the hat to LuAnn Conley, who swam the 1000Y freestyle in her second Masters meet ever. That swim, and her 500Y free swim brought the team 11 points.

16 men and 4 women competed at Greensboro to garner our 5th place finish (ahead of regional rivals Illinois, Minnesota and Michigan).

The team was well coached by **Dave Clark**. Dave collected splits and watched every swimmer in his or her event. Dave had a few key pointers for each of us, especially regarding starts and turns. All useful information to take home. Thank you, Dave!

Corrections

Two more swimmers brought home National Championships at Greensboro, which were missed in the previous edition of this newsletter.

Zach Newcomer won first place in the Mens 45-49 500 Freestyle in a time of 5:17.50.

Mark Larkin won first place in the Mens 45-49 100 Free on a time of 51.14.

Congratulations to these swimmers.

With fewer swimmers, the pool deck was much more commodious and we were able to stick together and cheer each other on throughout the week. However, the day was split by ages, with oldsters swimming in the morning and the youngsters (yeah, you, too Tom) in the afternoon. We did juggle a few of the colored cards that allowed us on the deck. So the Wisconsin team spirit was strong throughout. We all missed doing relays, and could have fielded a few good teams! Did I mention we clobbered Illinois?

The Greensboro facility has been host to a number of big national events, and it was not hard to see why. Meet officials were all seasoned and the meet ran well. One timer commented that we all seemed so calm, compared to, say, the NCAA Div 1 meets. Most days' events were over by 3 pm. One huge benefit is that in addition to the competition pool and diving well, were about 12 more "warm-up" lanes open throughout the meet and just down the hall. I was able to get in some good warm-ups in my own lane ahead of every event.

These Nationals are one step towards a more normal swimming world. I hope to see you all in the pool in the coming months.

COACH'S CORNER

My Take on 2021 Short Course Nationals

Dave Clark

I was honored to be the coach of a small but determined Wisconsin Masters team at the USMS Short Course Nationals in Greensboro NC. Even with a team of 20 we managed to finish 5th place among Regional clubs. We had a great meet with numerous National Champions and a number of State Records. The set-up with the 60 and over crowd in the a.m. session and the under 60 crowd in the afternoon made for an interesting dynamic.

I got to coach and watch almost all races as we seldom had two swimmers in the water at the same time. I worked with nearly everyone on something, but a lot on starts. There were a couple points on starts that I saw frequently.

- 1) Leaning forward without bending the knees. This action shifts the center of gravity forward past the starting block, this causes you to lose balance and fall forward into the water. Now if you intended to do a [water start](#) anyway (Carl) this is fine, otherwise it can cause a false start. Making sure the knees are bent before you start to get to starting position, can keep this problem from happening.
- 2) Hips and/or head too high on the start. Keeping either too high can cause you to get good distance from the blocks (Yea!), but land flat in the water, usually with the legs splatting on the surface (boo!). Landing flat on the water will cause you to lose the momentum generated by the start quickly. So dropping the hips down and back and the head down allow for a smoother entry into the water, thus making it easier to carry momentum from the start longer and making you faster overall.



Photos by Peter Bick

Nancy Kranpitz, Swimming Pioneer

Editor's note: Nancy Kranpitz was the first editor of the Wisconsin Masters Swimming Newsletter, starting in 1989. Nancy is still active in Masters Swimming, now swimming in the 75-79 age group. I received the following email a while ago and am happy to print it in this newsletter. I'm sure you will find it interesting.

Hi Carl,

I'm going to pass along something I think our membership might find interesting at the risk of appearing to "toot my own horn." This past winter the public relations person for the College Conference of Illinois and Wisconsin (CCIW) interviewed one female from each of the 9 conference schools to talk about their participation in the growth of girls and women in sports over the years and the impact their experience has had on them. I was selected to represent North Central College in Naperville, IL. As I am finding out, nearly all my closest friends, and even my 10 years younger brother, had no idea of my involvement as the first female to compete on a men's collegiate swim team back in 1963.

This was, of course, at the time before there were any interscholastic or intercollegiate opportunities for girls in which to compete in sports. Before going off to college I had competed on an AAU swim team in Appleton (Lawrence Swim Club aptly named because we practiced at the Lawrence College pool). There were about 5-6 girls from my high school (Neeah) on the team and other than HS cheerleaders we were the only female "athletes" in the school. To this day when I return for reunions I am often introduced to spouses of classmates as "the swimmer". Because I was an outlier in HS for 4 years I really didn't grasp how big an outlier I was on the college scene. So I'm regretting that I didn't really appreciate this experience while going through it.

Anyway, the interview is on YouTube ([CCIW interview Nancy Kranpitz](#)). Because Title 9 went into effect in the early '70's it is probably safe to say that nobody under the age of 60-65 has experienced life without girls and women in sports. As I said, trying not to toot my own horn, but those who have seen the video have remarked on how it is almost inconceivable to imagine life without girls and women in sports. And while I didn't realize it at the time, I'm really proud to have been in on the beginnings of females participating in all kinds of extracurricular and interscholastic sports.



Lawrence Swim Club Reunion!

Jane Dillon Stewart
Coach Gene Davis
Candy Neuman Christensen
Nancy Zeumer Kranpitz

Screenshot from the [January 2000 Newsletter](#)

Scenes from 2021 SCY Nationals



Brian and Julie VanCleave



Mark Larkin



L-R: Dave Clark, Scott Richards, Clark Knuth, Mark Steinhafel, Carl Millholland



Zach Newcomer



Clockwise: Tony Riker, Carl Millholland, Scott Conley, Mark Steinhafel, Scott Richards, Ann Richards, Dean Fochios

Unofficial State Records Set at Nationals

Doug Dickinson Mens 50-54

50Y Back — 25.63

50Y Free — 22.41

50Y Fly — 24.16

Mark Steinhafel Mens 60-64

100Y Free — 52.71

100Y Fly — 59.60

50Y Free — 24.25

200Y Free — 2:00.80

Scott Richards Mens 60-64

200Y Fly — 2:21.20

Dean Fochios Mens 65-69

1650 Y Free — 21:04.63

500 Y Free — 6:10.10



On Wisconsin!