

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

August • September 2022

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

The long course season is winding down, but there are eight swimmers attending the USMS national LCM meet in Richmond, VA. Here's wishing them speedy swims, and let's cheer them on!

The Wisconsin LCM State meet was held June 18 at the Schroeder Aquatic Center. A summary of the meet and new state records are recorded elsewhere in this newsletter. It was a small meet, but very well run. Thanks to all who attended the meet!

The Annual Meeting of Wisconsin Masters Swim Committee (WMSC) will be held on October 8. All are invited to attend either virtually or in-person. Further information and a Zoom link will be sent out prior to the meeting, and will be posted on the website. We are still looking for someone to volunteer as the webmaster. It involves posting information to the website, updating documents, and monitoring the Facebook page. If you would like more information about the position, or would like to volunteer, please contact me at WChair@usms.org. It's not a position that requires time every week, but it is important for keeping the website up-to-date.

The USMS convention will take place on September 16-18, and will be in-person for some members, and virtual for others. Wisconsin's delegates have opted to attend virtually,

to save on what would be our largest expense. Anyone is able to listen to any of the committee meetings or the House of Delegates sessions, but only voting delegates can vote on legislation and candidates for election.

Here's the link for information about convention, <https://www.usms.org/volunteer-central/annual-meeting/2022-annual-meeting>. This is the page with the schedule of sessions, <https://www.usms.org/volunteer-central/annual-meeting/2022-annual-meeting/schedule>.

In helping to plan for USMS short course nationals, it was announced earlier this summer that short course will be held in Irvine, CA, April 27-30. Qualifying standards and hotels have not yet been released. Remember, anyone can swim 3 events without qualifying times, plus relays. Also, you do not have to achieve a qualifying time in a meet, but you can do it in practice if you either have someone timing you, or you have a digital pace clock to reference for time. Pertinent information will be sent to all Wisconsin swimmers when it becomes available.

Enjoy the rest of the summer, and be safe!

Yours in swim,

Mary Schneider
Wisconsin Chair



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Slow Down to Swim Faster

Carl Millholland, Chair Wisconsin Masters Aquatic Club

We won't see competitions in Wisconsin until November, which makes late summer and early fall a perfect time to work on stroke improvements. As you cut back on yardage and intensity, working on drills and focusing on mechanics will result in faster times later on. Applying more drills keeps you swimming, and at a comfortable but important pace.

Here's my advice on what to work on.

Freestyle

Hand entry—first the fingertips, then wrist, then elbow. If your elbow hits the water at the same time as your hands, you need to get your elbow up.

Rotation—synchronize with hand entry. As your hand slides forward into a tight streamline, rotate your shoulders to set up a good catch. As shoulders rotate, consider that your hips rotate, too. An effective kick stabilizes body position.

Early vertical forearm—get more power and distance from your pull. Start your stroke by driving your fingers downwards, bending your elbow. Then pull.

Great drill to work on—Grab a pair of paddles, but [hold them in reverse](#) with your fingertips holding the paddles against your forearm. As you swim, notice where you get your power and try to get the paddle working as early as possible.

Backstroke

Hip rotation—When you finish your pull, rotate your hip upwards while your opposite hand drives to a deeper catch. Enter at (or even outside) your shoulders. Think 10 o'clock and 2 o'clock, not high noon.

Great drill to work on—[Backstroke human drill](#). Start with both hands at your side. Then pull one hand in front, but with an underwater recovery. You must rotate into the catch and then perform a regular backstroke pull. Then rotate to the opposite side and repeat the underwater recovery.

Breaststroke

Narrow kick size—bring your heels straight backwards, then flex your feet outwards. The width of the kick should not be wider than your shoulders. Think feet up, then out, then drive.

Great drill to work on—[Line up against the wall](#) (in the water), arms on the gutter and your knees against the wall. Now kick by bringing your heels up, then sweep out and drive downwards.

Also—breaststroke [kicking on your back](#).

Butterfly

Just do it!



Jen Vallo, Long Distance/Open Water Chair

Get to Know your Wisconsin Masters Swimming Officers

Interview with Mary Schneider, Chair Wisconsin Masters Swim Committee

How did you start swimming and what drew you to Masters swimming?

My kids were age group competitive swimmers, and when they finished college swimming they started swimming Masters. Well, they turned the tables on me and cajoled me into joining. I tried my best excuses to procrastinate, but it didn't work. So, to keep my word, I joined the masters club. I still remember my first practice, where I had trouble swimming even one length!

What is something that you enjoy about serving as Chair of Wisconsin Masters Board?

I enjoy being able to set the direction of Wisconsin Masters Swimming. I'd like to make meets more interesting with a few more fun events to attract more swimmers to meets. It's also interesting for me to attend events sponsored by USMS, such as convention and the USMS Relay. It's informative to network with swimmers from other LMSCs, and learn how they do things that might also work in Wisconsin. I also would like to commend the entire board, as each person brings something unique to share to make Wisconsin Masters Swimming better for our members.

Do you have anyone or anything that has shaped your swimming career?

My children have shaped my swimming by encouraging

me along the way, and my coach, **Fred Russell**, who has kept me going. He knew I'd be a decent swimmer if I kept working at it. I also enjoy the social aspect of swimming, which makes it fun!

What are your goals for the upcoming year?

Since I will be aging up next spring, I'd like to swim the mile at nationals, and look to place in the distance events at short course nationals. I like to look for events other women won't swim (except those terrible fly events!) so I can score some points.

What is your favorite event? Could you share a favorite workout with us?

My favorite event is the 800 Free. I like swimming long course because there are fewer turns. I'm a pace swimmer, so whatever my pace is that day is how I swim. I'm like a turtle, slow and steady. My favorite workout is one my youngest daughter wrote for me, and I like it because the main set consists of 50 sprints. I need those at times when I feel I'm slogging along with so many repeat 100s. This workout forces me to sprint all out, which is hard, but is necessary so I don't get in a rut. See last page.



Carol Reinke Inducted into the Wisconsin Senior Games

Candy Christenson

On July 14, 2022 **Carol Reinke** was inducted into the Wisconsin senior Games Hall Of Fame at the Bavarian Bierhaus in Glendale Wisconsin. Carol won several golds and silvers at the National Games in Minnesota and Albuquerque, New Mexico. She holds numerous Wisconsin State records. One of the coaches from Green Bay surprised her by attending and introducing her to fellow senior games athletes and volunteers. **Marilyn Buechner**, is 94 and still competing.

I met Marilyn at this year's National senior championship meet in Fort Lauderdale, where she was competing in the 90-94 age group events. She still keeps in touch with Carol and remembers her and her sister, **Joani**, begging her to let them join the Y swim team when they were young. (1950's)

I met Carol at the State AAU swim meet at Gordon Park in Milwaukee when I was 12 years old and she was 22, both swimming the breaststroke events which we continue to swim to this day.

At that time, I was swimming for the Lawrence Swim Club with swimmers from the Fox Valley which included **Nancy Zeumer (Kranpitz)** from Neenah, **Geri Herbold (Havel)** from Menasha and **Jane Dillon Stewart** from Appleton along with many other swimmers from the Fox Valley.

Carol was swimming for the Green Bay Y and both teams were considered the top two girls' teams in the state, very competitive with each other. Jane Stewart's dad, Ade Dillon, was Appleton West High School football coach while Gene Davis, was the Lawrence University men's' swim coach. This was before Title Nine when no girls high school sports existed. The two dads organized the swim team, practicing at Lawrence University throughout the year with most weekends swimming meets in the Milwaukee and Chicago area. They continued to do this for 8 years, through our junior and senior high school years. I remember Carol, as one of the older

swimmers at the Green Bay Y who was respectfully called "Queenie". We all continued to swim masters when it became available and now still swim for fun, fitness, and friendships.



L-R Marilyn Buechner (90-94), Candy Christenson (75-79), Carol Reinke (85-89), Jane Stewart (80-84)



Wisconsin Senior Olympics Hall of Fame Inductees James Siegel and Carol Reinke

Notes from the Wisconsin Long Course Meters Championship

Although there were only 41 swimmers registered for the Wisconsin State Long Course Meet, it was a great day for swimming. The Schroeder pool is always a great venue, even though most of us swimmers have not been in a long course pool much at that point in the season, or at all. Thankfully, the officials were kind, and took a few breaks between the swims. A few relays were also contested, which made for fun and comradery. There were a few new faces, too, along with a few swimmers getting ready for Long Course Nationals in August.

Here are a few highlights from this meet.

- Candy Christenson, in the women's 75-79 age group, swam the 400 IM and set a state record, because no one else was brave enough to swim it before.
- The mixed 400 Medley relay in the 280-319 age group also set a record where none existed before. Thanks to Richard TenHoor who recently moved here from Michigan, for swimming the backstroke leg as a last minute substitute, and Scott Richards for being a good sport and swimming the 100 fly leg.
- There were a few other state records set. Tom Grisa set the 200 Back and 200 IM records in the Men's 60-64 age group, and Richard TenHoor set the 50 Back record in the Men's 75-79 age group.

From the Archives—July, 2005



Candy Christenson, Betty Lorenzi, Nancy Krantz, and Geri Havel combined for two 2nd place 55+ relay finishes (200 MR and 200 FR) at the SCY Nationals in May—missing out on a championship in the FR by a mere 0.3!



Mixed 400 Medley Relay — L-R Richard TenHoor, Candy Christenson, Scott Richards, Mary Schneider

Mary Schneider's Favorite Workout

400 warmup
 4 X 25 Drill, 10 sec rest
 4 X 25 Build, 10 sec rest
 200 pull perfect
 4 X 50 free, 25 drill/25 swim on 1:10
 4 X 50 Build on 1:10
 200 Pull perfect
 Main set all on 1:10
 5 X 50 fast
 50 easy
 4 X 50 fast
 50 easy
 3 X 50 fast
 50 easy
 2 X 50 fast
 50 easy
 1 X 50 fast
 50 easy
 200 easy

Total 2600

Coaches Clinics Coming to Wisconsin**USMS Level 2 Coach Certification**

Sat., Oct. 1, 11:30 a.m.—3 p.m.

A [course](#) for full-time, part-time, volunteer coaches, or anyone interested in becoming a Masters coach or starting and supporting a Masters program. Level 2 gets into the meat and potatoes of stroke technique, learning the basics of correction and development for all four competitive strokes, as well as starts, turns, and transitions. Held at the Four Points by Sheraton, Brown Deer.

USMS Clinic Course for Coaches

Sat., Oct. 1, 3:30—5:30 p.m.; Sun., Oct. 2, 8 a.m.—12:30 p.m.

[USMS's Clinic Course for Coaches](#) shows you how to plan, organize, market, and deliver stroke development clinics. Offered to USMS-certified Masters coaches and ALTS instructors only. Consists of both classroom and on-deck components and is limited to 12 coaches and instructors. Held at Four Points by Sheraton and Schroeder Pool.