

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

December 2022 • January 2023

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Competition is in full swing, with two meets completed, and a full season continuing. The Pabst Farms meet in Oconomowoc will be held January 22, with a few interesting events. The first event is a modified 100 IM, in which the swimmers will get the order of the strokes when they get to the blocks. There's also a crescendo relay in which each swimmer swims a decreasing distance. This year the 1000 Free will be offered instead of the 500 Free, to give distance swimmers a chance for more meet experience in this event. Here's the registration link, https://www.clubassistant.com/club/meet_information.cfm?c=2424&smid=15421.

Don't forget about the virtual Animal Meet put on by the Oshkosh Masters. Once again, you can complete these events in your own pool, and either time yourself, or complete this with a friend, timing each other. There is a really cool towel to be earned for finishing this event, so start strategizing the order you will do these swims. Find the meet information at <https://www.wisconsinmastersswimming.com/c/4DE7542/file/Meet%20Information/IN2023ANIMALAWARD.pdf>

The next meet after that is the Sun Prairie meet on February 12.

Speaking of swimming, don't forget about completing the Water Warriors event:



<https://www.wisconsinmastersswimming.com/c/4DE7542/file/Meet%20Information/WWW2022.pdf>. There's still plenty of time to complete the contest. Remember, pick any 14 consecutive days to swim, and swim as many yards as you can during that time. Remember to send your completed entry form to Melodee Liegl by email or snail mail by January 15.

USMS membership renewal is currently underway. You must renew your membership before competing in meets in 2023. If you renew on or before December 31, the renewal fee is \$65. If you wait until January 1, the price increases to \$70. Renew now before you forget!

USMS short course nationals has posted the meet information, order of events, and qualifying times. Remember, you can swim three events without any qualifying times, plus any potential relays. Watch for more

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Wisconsin Masters Swim Committee Officers

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Your current USMS membership expires on December 31. Please consider renewing before the end of the year. The registration fee is \$65 through December 31, and then increase to \$70 on January 1. You cannot participate in any meets until you have a current registration. Anyone can register under WISC as the club, since that is our state club. If you swim with a group, you can signify a workout group under the club WISC. Thanks to those who have already renewed their membership! If you have any questions, please contact our Registration Chair, Julie, at WIRegistrar@usms.org.

New State Short Course Meters Records

Age Group	Swimmer	Event	Time
Men 25-29	Thomas Prica	50 FLY	:26.82
Men 25-29	Joshua Lefeber	50 FREE	:24.70
Men 35-39	Stanley Buncher	400 FREE	4:41.51
Men 45-49	Darryl Stich	100 IM	1:07.44
Men 45-49	Darryl Stich	50 BACK	:32.25
Men 45-49	Darryl Stich	50 FLY	:28.97
Men 55-59	David Reddington	200 FREE	2:20.04
Men 60-64	Gregory Blommel	100 BREAST	1:20.32
Men 60-64	Thomas Grisa	100 FREE	1:05.20
Men 60-64	Thomas Grisa	100 IM	1:13.07
Men 60-64	Thomas Grisa	200 IM	2:40.69
Men 70-74	Gerald Palmer	1500 FREE	23:56.42
Men 70-74	Gerald Palmer	200 FREE	2:53.71
Men 70-74	Gerald Palmer	400 FREE	6:05.22
Men 70-74	Gerald Palmer	800 FREE	12:41.44
Men 75-79	Richard TenHoor	100 BACK	1:46.33
Men 75-79	Richard TenHoor	50 BACK	:42.61
Men 80-84	Martin Hahm	200 FLY	5:58.41
Men 80-84	Martin Hahm	400 IM	11:40.72
Men 85-89	Bela Sandor	100 BREAST	2:07.42
Men 85-89	Bela Sandor	50 BREAST	:55.17
Men 90-94	Fred Salzman	100 BACK	2:28.13
Men 90-94	Fred Salzman	100 FREE	2:25.49
Men 90-94	Fred Salzman	200 BACK	5:08.19
Men 90-94	Fred Salzman	400 FREE	10:11.16
Men 90-94	Fred Salzman	50 BACK	1:10.30
Men 90-94	Fred Salzman	50 FREE	1:10.09
Women 45-49	Jennifer DeHart	400 FREE	5:21.69
Women 65-69	Melinda Mann	100 BACK	1:30.91
Women 65-69	Susan Bonis	100 FREE	1:40.11
Women 65-69	Melinda Mann	50 BREAST	:41.16
Women 65-69	Melinda Mann	50 FLY	:35.51

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information as it becomes available. Here's the link, <https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-spring-national-championship>.

One more thing to be aware of is that you need to be registered with the club WISC in order to compete with the Wisconsin team. Your workout group is under WISC, so if you are registered as such, you are fine. If you are registered with another club, or as Unattached UC20, and wish to compete with the Wisconsin team, please contact the Registration Chair at WIRegistrar@usms.org.

As the year comes to a close, Thank You for being part of Wisconsin Masters Swimming. Have a safe and happy Holiday season, and may you achieve your swim goals next year!

Mary Schneider

Wisconsin Chair

Kicking off 2022-2023 Season at the Circus City

Correspondent, Mary Schneider

The first meet of the season kicked off in Baraboo on November 6, with about 35 swimmers in attendance. After a hiatus of several months from swim meets, it was good to renew old acquaintances and rivalries. It was also a good gauge of early season times, with some of us having to work a bit harder this season to accomplish our goals.

Fred Salzmann returned to swim his usual distance events, including the 1000 Free, doing it all backstroke. He also aged up, so I'm sure a few records will be falling! **Bela Sandor** was also in attendance, and his breaststroke is as good as ever, beating out this author by about 14 seconds in the 50 Breast.

There were a few of our younger swimmers in attendance, too. I don't think they lost any speed over the late summer and fall, as they posted some pretty fast times. Some highlights were **Tom Prica's** 50 free at 22.65, his 50 fly at 24.29, and **Michael Barrowclift's** 100 Free at 51.89, his 100 Back at 57.13, and 200 Back at 2:09.81.

The meet moved along quickly, which left time for some after meet socializing at the Baraboo Bar and Grill. It was good to discuss the day's swims while refueling for the trip home. It's nice to have the social aspect of our meets coming back again, as it's always good to get to know each other a little better.

Melinda Mann, 50 Breast National Champion! -- Dave Watts.

It was all so perfect: the start, the dive, the breakout speed: "All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement." The USMS rules for breaststroke competition are detailed and specific: "During each complete cycle, some part of the swimmer's head shall break the surface of the water." The rhythmic forward movement may include up to one dolphin kick at the start and each turn. "The feet must be turned outwards during the propulsive part of the kick." Then the final stroke into the wall: "the touch must be made with both hands separated and simultaneously."

Melinda Mann (66) is a master at sprint breaststroke. Over decades she has honed her technique and has won no fewer than 10 USMS first-in-the-nation finishes in the 50 breast, including Saturday, December 3, 2022, at West Bend. **Her 50 SCM Breaststroke time of 41.16 is in the USMS record books.** It's part of Melinda's career achievements including 29 total USMS national champion swims, 357 individual top ten honors, and 27 All-American awards. Should we take this level of performance for granted, and assume this is easy for Melinda? I saw her after her championship swim and thought she was going to keel over as she walked to the warm-down lane. She left everything in the pool, like a true champion.

West Bend Short Course Meters Swim

Correspondent, **Dave Watts**

This swim meet was amazing. And I want to give credit first off to Meet Director **Mike Murray**. Everything worked, apparently seamlessly, although Mike and meet manager **Jerry Lourigan** were busy from start to finish. I want to shout out to the lifeguards, officials, and the troupe of timers from West Bend High School. All of them contributed to the symphony of a well-run meet. The day was beautiful: windy and cold but sunny outside, with many blazing hot performances in the pool.

The meet was exceptionally well attended, with 81 registered. Although there were a couple of no-shows, this was the best attended meet we've had since the start of the pandemic. Why did so many come to this meet? Was it the double-arm (elementary) backstroke which led off the meet, with six eager relay teams, all paying homage to the legendary **John Bauman**? Here are some of the stories as to why swimmers came to West Bend:

David Reddington (56) of Waunakee knew he was close to record speed in the 200 free. With swim partner **Gerry Palmer** cheering him on, David set a new record in the 200, barely breaking the very tough mark of 2:22.05 set by **Tom Grisa**. Gerry Palmer himself set no fewer than 4 new records in the 70-74 age group, including the 200, 400, 800, and 1500 free. This was a Waunakee duo of motivation and talent! David is a multisport athlete. Part of his motivation for staying in outstanding swimming shape is cross-training for the Birkebeiner!

While Reddington was gunning for Grisa's record in the 200 free, **Tom Grisa** (60) was shooting for the 200 IM record set in 2019 of 2:50.92. Tom's seed time was 2:50.91. Did Tom break the 200 IM record? I don't know, because I blinked! (ed. note: Oh, yeah. By ten seconds!)

Reid Pezewski (20) of Mequon had swum at University School in Milwaukee and thought he would try getting back into pool competition with Masters. He was sticking to 50 meter distances since he was a little unsure of his conditioning. Reid did the butterfly, backstroke, breaststroke, and freestyle -- Put that all together Reid, and that's a 200 IM! (Ask someone else what order they come in for the IM). Welcome to Wisconsin Masters swimming, Reid!

If Reid was the youngest swimmer at the meet, the oldest was the inimitable **Fred Salzman** (90). As usual, Fred put me

to shame by swimming about 3 times the distance I did. Fred utilizes the standard reciprocating backstroke to move through the water with remarkably fluid speed in both free-style and backstroke events, including the 400 free. It appears that Fred set six individual records at the meet (compared to Gerry Palmer, who only set four).

Maybe the reason so many swimmers showed up in West Bend is that we are like family, and families get together during holiday season. **Julie Van Cleave** pushed family togetherness to a new level by competing alongside her son, **Kevin Van Cleave** (25). It looks like Kevin showed appropriate deference to his mom by not entering the same events she did. He didn't show any deference to anyone else, though, as he was always in the fastest heat, sailing past most of the competition. His proud mom was there to get it all on video.

Aidan Biedrzycki (28) of Milwaukee and **TR Raese** (50) of Illinois were in a close race in the final heat of the 100 free. TR Raese maintained a slower stroke rate with amazing distance per stroke, and reached the wall ahead of Aidan. TR was the USMS national record holder in the SCM 100 free in 2021, and he may have set the 2022 record at our meet! Aidan breathed every 4th stroke in the first 50 and may have tightened up at the end. Meets are a chance to learn, and Aidan learned from a national champion.

Did I mention relays? I was a little slow to realize that volunteering for a relay meant that you were going to have to be in one. Meet Director Mike Murray made relay assignments based on willingness to participate, thereby turning relays into reality. The relay contingent was the fullest I had ever seen, and this is great practice for WISC at national meets. It was also another motivation to attend the meet: Not to let down your relay teammates! I'm glad I didn't accidentally volunteer for the elementary backstroke relay -- I think I would have gone backwards!

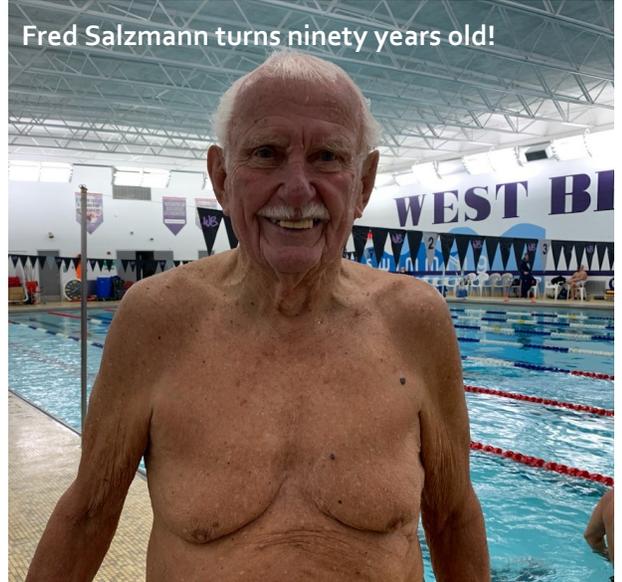
There were as many stories and reasons why this meet was so successful as there were swimmers who attended. Once again a shout out to Mike Murray, Jerry Lourigan, the officials, the timers, the guards, and all the swimmers who attended and made this the best attended and best-run Wisconsin meet in years!

It's one that will go down in the record books.

Faces in the Crowd at West Bend Meet



National Record Holder Melinda Mann
and Meet Director Mike Murray



Fred Salzman turns ninety years old!



Larry Mueller and Martin Hahm



Fred Salzman, George May and Bela Sandor

2023 Founders Meet at Pabst Farms YMCA

WHEN: Sunday, January 22, 2023 • Door open at 9 a.m. Warm-up 9:15 a.m. Meet starts 10:00 a.m.

WHERE: YMCA at PABST FARMS 1750 Valley Road, Oconomowoc, WI

ONLINE REGISTRATION: https://www.clubassistant.com/club/meet_information.cfm?c=2424&smid=15421

PAPER ENTRY: Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

DECK ENTRIES WILL NOT BE ACCEPTED

FACILITIES: 8-lane 25-Yard pool (Short Course Yards)

ELIGIBILITY: Open to all swimmers 18 years and over as of Sunday, January 9, 2023. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

ENTRY FEE: USMS Members \$18.00 plus \$6.00 per individual event

One Event members \$33.00 plus \$6.00 per individual event

There are no refunds of entry fees. Checks payable to WMAC.

ENTRY LIMIT: 6 individual events plus relays. 1000 Freestyle is limited to the first 14 entries received (wait listed).

DEADLINES: Online: Tuesday, January 17 (midnight). Paper: Saturday, January 14 (midnight)

MEET DIRECTOR: Mike Murray 2525 Scheibe Drive Brookfield, WI 53005 414.315.2847 with texting
Email WMAC.Swim.MeetDIR@gmail.com

SCHEDULE OF EVENTS

- | | |
|-------------------------------|---|
| 1. 100 Free (Mystery Medley)* | 12. 200 yard Breaststroke |
| 2. 400 yard IM | 13. 200 yard Butterfly |
| 3. 50 yard Backstroke | 14. 200 yard Medley Relay |
| 4. 100 yard Freestyle | 15. 100 yard Backstroke |
| 5. 50 yard Breaststroke | 16. 100 yard Breaststroke |
| 6. 200 yard Backstroke | 17. 50 yard Freestyle |
| 7. 100 yard Butterfly | 18. 200 yard IM |
| 8. 200 yard Freestyle | 19. 325 yard Crescendo Freestyle Relay* |
| 9. 100 yard IM | 20. 1000 yard Freestyle |
| 10. 200 yard Freestyle Relay | |
| 11. 50 yard Butterfly | |

* Mystery Medley and Crescendo Freestyle Relay are non-conforming and not eligible for USMS Top 10, USMS or WI records, All American or All-Star consideration.

Cardinal Classic SCY Swim Meet at Sun Prairie High School

WHEN: Sunday, February 13, 2023 • Pool Opens at 9:30 a.m. Warm-up 9:45a.m. Meet starts at 11:00a.m.

WHERE: Sun Prairie High School Pool 888 Grove Street, Sun Prairie, WI (Use Door #20)

ONLINE REGISTRATION: <https://www.clubassistant.com/club/meet.cfm?c=2381&smid=14169>

PAPER ENTRY: Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED

FACILITIES: 8 lane, 25 yard pool (Short Course Yards)

ELIGIBILITY: Open to all swimmers 18 years and over as of Sunday, February 12, 2023. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership or FINA governed Masters swim country or club.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

ENTRY FEE: USMS Members \$15 plus \$6 per individual event

One Event members \$35 plus \$6 per individual event

There are no refunds of entry fees. Checks payable to Madison Area Masters.

ENTRY LIMIT: 6 individual events plus relays. The 500 freestyle will be limited to the first 28 entries received.

DEADLINES: Online: Saturday, February 11, 2023 at 6:00p.m. (CST) Paper: Saturday February 4, 2023 6 p.m. (CST)

MEET DIRECTOR: Steve Justinger 6047 Hagen Hill Circle Madison, WI 53718-6219 Phone 608.695.2645

Email sjustinger@hotmail.com

SCHEDULE OF EVENTS

- | | |
|---------------------------|---------------------------|
| 1. 400 Individual Medley | 11. 200 Butterfly |
| 2. 200 Freestyle | 12. 100 Backstroke |
| 3. 50 Breaststroke | 13. 200 Free Relay* |
| 4. 200 Backstroke | 14. 150 IM # |
| 5. 100 Butterfly | 15. 100 Breaststroke |
| 6. 200 Medley Relay* | 16. 50 Butterfly |
| 7. 50 IM # | 17. 100 Freestyle |
| 8. 50 Freestyle | 18. 50 Backstroke |
| 9. 200 Breaststroke | 19. 200 Individual Medley |
| 10. 100 Individual Medley | 20. 500 Freestyle |

* Submit relay entries at the meet. Relays may be all men, all women or mixed (two men, two women)

Event 7 and 14 are non-conforming and not eligible for USMS Top 10, USMS or WI records, All American or All-Star consideration. Swim at least 25 yards of each stroke for the 150 IM.

PRACTICE MAKES PERFECT

Preparation made Bob Corris a winning swimmer and litigator

Excerpted from 2022 Wisconsin Super Lawyers magazine, November 11, 2022

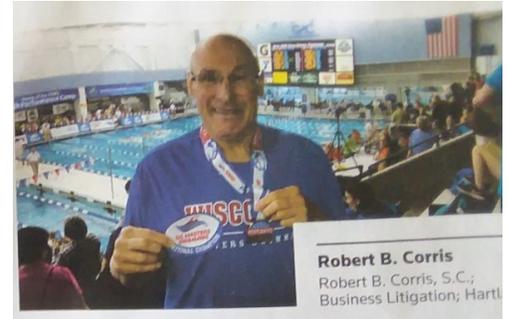
It was through competitive swimming that Bob Corris first realized the importance of preparation, time management, and setting a goal and striving toward it. “I went to a small, all-boys prep school in my hometown of Providence, Rhode Island, and they had a requirement that you go out for a sport ... so I went out for swimming,” he recalls. Soon after, he realized two things: “It turned out I was good” and “I want to win.”

He’s been a business litigator since 1973, and opened his eponymous Milwaukee-area practice in 1996. Nowadays, Corris typically attends at least two U.S. Masters Swimming meets annually as well as spring nationals. He’s twice been a national champion, most recently in spring 2016 in North Carolina, in the 400-yard individual medley, pictured here. “It’s all by five-year age groups,” Corris says. “At some point it’s an incentive to get older.”

Corris emphasizes the health and socialization benefits of Masters swimming—to “root for each other ... and run into people you haven’t seen in years.” He believes swimmers and lawyers share similarities, especially when it comes to focusing on winning and preparing as much as possible. Ultimately, Corris says, swimming fine-tunes his focus on work.

“I find that when I get in the water for a workout, I am often able to think clearly.”

[Read the full article here.](#)



Wisconsin Masters Swimming
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