

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

October • November 2022

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Activity planning for Wisconsin Masters swimmers has begun with this new swim season. I would like to thank all of the members who completed the survey about why they do or do not compete in meets, and how we can make them more fun. We had a lot of good responses, and will work with meet directors to implement some of the ideas.

The weekend of October 1-2 was a busy weekend, with a coach certification clinic, instruction on how to run a swim clinic, and a swim stroke clinic held the following day with the newly trained coaches. **Bill Brenner** from USMS supported us through the weekend by dispensing lots of good information. The swim clinic went through all four strokes, and everyone benefitted, whether they were brand new or experienced swimmers.

The Annual Meeting of Wisconsin Masters was held on October 8. The election of officers, appointment of committee chairs, and adoption of the 2023 budget will be the order of business. A number of initiatives for 2023 are included in the budget as part of USMS's directive to spend additional resources on its own swimmers, clubs, and workout groups. The purpose is to help teams remain on solid footing, and increase membership. The swim meet schedule will be finalized at the Annual Meeting, and will be posted on the Wisconsin Masters website, wisconsinmastersswimming.com. The first meets are

planned for Baraboo in early November and in West Bend in early December. USMS short course Nationals will be held in Irvine, CA, April 27-30. It's never too early to start thinking about attending.

In September, the USMS Convention was held as a hybrid event, with 60% of the delegates attending in person, and 40% of the delegates attending virtually. Wisconsin opted to attend virtually to save what is our largest expense. The convention elected At-Large Zone directors, and passed legislation to change specific rules. Committee meetings were held virtually throughout August and September, to allow more members to attend the meetings. Committees do much of the work of USMS, so it's interesting to learn their focus from the past year, and their on-going work for the next year. A convention summary can be found elsewhere in this newsletter. Remember, USMS individual new and renewal registration will open on November 1. Registration fees are increasing for 2023 to \$70, but if you register by Dec 31, you will receive a \$5 discount. Just like all other prices, USMS needs to raise its fees to maintain its level of services. Register early to take advantage of the reduced fee!



Mary Schneider
Wisconsin Chair

Wisconsin Masters Swim Committee Officers

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Tentative 2022-2023 Wisconsin Meet Schedule

Baraboo Jack Young Middle School SCY	<i>Sunday, November 6</i>
John Bauman SCM at West Bend West HS	<i>Saturday, December 3</i>
Wisconsin Water Warriors Fitness Event	<i>Nov-Dec Virtual</i>
Founders Meet at Pabst Farms SCY	<i>01/22/23</i>
Oshkosh "Animal" Meet	<i>February Virtual</i>
Sun Prairie SCY Meet	<i>Sunday, February 12</i>
Whitefish Bay SCY Meet	<i>Sunday, March 5</i>
McFarland SCM Meet at McFarland HS	<i>Saturday, March 11</i>
Wis. Masters State SCY Champs at Schroeder	<i>Saturday, March 25</i>
YMCA Masters Nationals Champs (SCY) Greensboro, NC	<i>April 3-7</i>
USMS Nationals Champs SCY Irvine, CA	<i>April 27-30</i>
Wausau SCY USA-Approved Meet, Age Group and Masters for Badger State Games	<i>TBD</i>
Summer Fun Meet at Brookfield East High	<i>Saturday, June 3</i>
Wis. Masters State LCM Champs at Schroeder	<i>Sunday, June 18</i>
Cream City Classic Open Water River Swim	<i>TBD</i>
USMS Nationals Champs LCM Sarasota, FL	<i>August 2-6</i>

New State Long Course Meters Records

Age Group	Swimmer	Event	Time
Women 60-64	Laurie Alioto	800 FREE	11:37.25
Men 50-54	Doug Dickinson	50 BACK	:30.50
Men 50-54	Doug Dickinson	50 FLY	:27.55
Men 60-64	Thomas Grisa	200 BACK	2:40.79
Men 60-64	Scott Richards	200 FLY	2:40.53
Men 60-64	Thomas Grisa	400 IM	5:55.17
Men 60-64	Thomas Grisa	50 FLY	:30.02
Men 65-69	Robert Hoganson	100 BREAST	1:27.82
Men 65-69	David Clark	200 FLY	3:38.61
Men 65-69	Robert Hoganson	50 BREAST	:37.07
Men 70-74	Carl Millholland	400 IM	7:28.08

Annual Meeting of Wisconsin Masters Swim Committee

On Saturday, October 8, the Annual Meeting of Wisconsin Masters Swim Committee was held. Officers were elected, and Committee Chairs were appointed. We welcome a new Registration Chair, **Julie Paque**, and say goodbye to **Jim Brandon**, who has retired from the webmaster position. All other positions have remained the same. Officer and Committee Chair reports were approved at the meeting and will be posted to the website with the meeting minutes in the next few weeks.

Next on the Agenda was approval of the meet schedule for those meets with definite dates. The other meets are waiting for confirmation from the school districts. Meets with firm dates are Baraboo, November 6, West Bend (short course meters) December 3, Pabst Farms (Oconomowoc) January 22, and Brookfield Masters Fun meet on June 3. Sun Prairie, Whitefish Bay, McFarland, and the State Meets for short course and long course at Schroeder are waiting for final approval of their dates from the facilities. As dates become finalized, they will be posted to the Wisconsin Masters website.

(wisconsinmastersswimming.com) In addition, we are hoping to offer an open water swim in a smaller lake to encourage members to try something different.

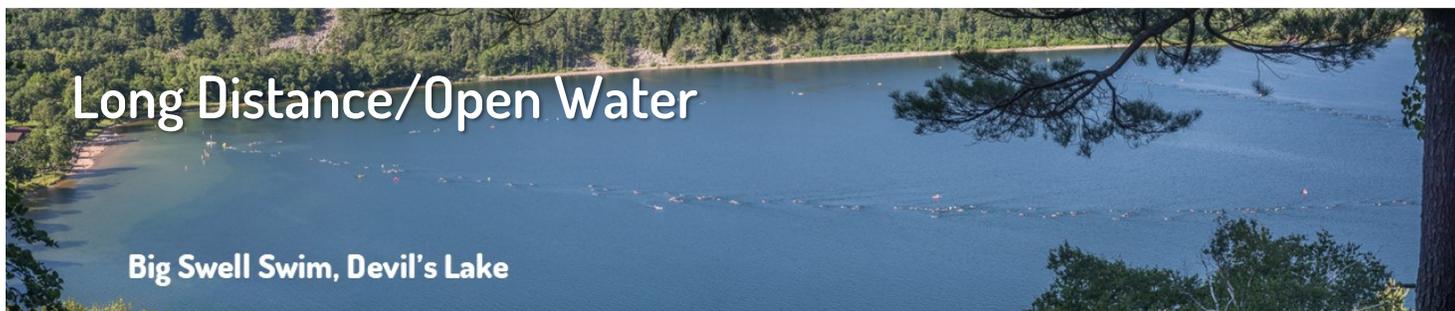
The meeting then moved on to the budget, which included some initiatives to help teams. Detailed planning will be done in the next few months, but at a high level, WMSC would like to grant meet hosts some funds to help offset meet expenses, pay registration fees for clubs and

workout groups, pay for the additional coach credential fee, pay the USMS meet sanction fees, offer a stroke clinic, and start new workout groups. In addition, there will be some type of welcome packet for Wisconsin swimmers new to USMS. The detailed budget will be posted with the minutes on the website.

The results of the swimmer survey were discussed after the budget. There were 81 replies, with 62 from competitive swimmers, and 19 from non-competitive swimmers. A number of swimmers stated they would like meets to start a bit later for travel reasons. Sometimes the time is dependent on the facility and its staffing, but is something that can be considered. When asked about Fitness Events, most respondents did not know about the Wisconsin Water Warriors contest (Information will be in this newsletter), nor did they know about the USMS fitness events. As a board, we will try to be more informative when those come up. Lastly, many swimmers said they would like some type of a fun event or relay at the meet, and even forming teams to compete against each other. This is something the board will discuss with the meet hosts.

Lastly, the date of next year's Annual Meeting was set for Saturday, October 7, 2023. The minutes of this Annual Meeting will be posted to the website within the next few weeks. If you have any questions, comments, or feedback, please email me at WChair@usms.org.

Mary Schneider
Wisconsin Chair



Jen Vallo, Long Distance/Open Water Chair

Get to Know your Wisconsin Masters Swimming Officers

Interview with Carl Millholland, Communications Chair

When/why did you start swimming competitively?

I progressed from summer club at around age 8, to age-group, high school and college swimming. My first Masters competition was when I was 58 years old in 2010 at the West Bend SCM meet. I started Masters for fitness and to find a new challenge, and have loved it more than I imagined. My all-time best swim is 2:11 200 LCM backstroke in 1970.

What is your favorite event in the pool and your favorite open water race?

Yeah, well. It's almost embarrassing, but my favorite pool event is the 400 IM, even long course. As I said, I love a challenge. Plus this is one event I can get into the USMS Top Ten with, so there's that. I love to swim any 200 event, and after the 400 IM I love the 200 IM, because I can actually put some speed into it. Finally, I just love racing, catching and beating (or holding off) the guy or gal in the next lane. As for open water, it's Big Shoulders in Chicago. I love swimming in Lake Michigan!

What do you enjoy most about editing the Wisconsin Masters Newsletter

What I enjoy most about Wisconsin Masters itself is getting together with friends to have good time. Doing the newsletter is another way to share the camaraderie I find in Masters. I

get to keep on top of the news, events and statistics.

Do you have a coach or person that has shaped your swimming career?

When I started Masters in 2010, I swam for Coach Jerry Lourigan, who immediately started correcting my techniques developed in the 1960s and 70s – head up, S-curve pull, windmill cadence. Since then, I've made improving my technique a top goal. I also owe Scott Conley a lot of credit. He's a great cheer leader. When I put up a challenging seed time, a PR or new state record, even when I wasn't real confident about making it, Scott would say, "You can do it." And I would! We compete in the IMs and keep an eye each other.

How did I get into coaching and Swim Faster Madison?

I started coaching when the Monona Grove HS pool began a 6:30-7:30 Masters session. And once I retired from my corporate career, I knew I wanted to use swimming as an occupation. I've done some research on stroke technique, and especially freestyle, and follow a few coaches online. This is

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My First Channel Swim from St. Lucia to Martinique

Melodee Liegl (#10)

I swam my first channel swim on September 26th. I call this my version of the 21-mile English Channel swim (an English island to a French island – 21.2 mile or 33 km). I am not a fan of colder water, like the English Channel offers. I actually can handle the warmer waters better than most marathon swimmers. I have thought about this swim for a couple years and committed to the last available 2022 solo spot the end of last year. [Sue Dyson](#) runs the St. Lucia Channel Swim event and was very helpful with the planning for this swim.

A friend of mine was planning on coming to the island and crewing for me, however, an aging parent caused a cancellation. I was scrambling to find someone who first, was available to come AND had a passport. I was lucky to have found fellow USMS Wisconsin Master swimmer **Julie Hall** to come with me. We booked her flight just two days before I was planning to leave. Not knowing who was coming with me was hard enough besides planning for a long trip, a long swim, and a weekend in Florida afterwards (for a



wedding). I was so thankful for Julie. We arrived in St. Lucia on September 22nd. I have done a couple swims in the Caribbean (St. Croix and the Cayman Island), but we found out

quickly that it was very hot there! Sue set us up with a driver, Francois, who was our “go to guy” during the week. We mostly walked everywhere, but he helped us on the longer trips. We had a nice apartment with air conditioning and our location was within a 10-minute walk to the beach. We met up with Sue a couple times prior to the swim to discuss details. Sue had picked the date of the 26th for the swim (I had a window of a few days). We met the crew and were thrilled to have a beautiful 40-foot catamaran as our escort boat.

We arrived in St. Lucia on September 22nd. At 3:00 am on Monday the 26th we headed to our boat to get situated. We waited until 4:00 to head to the starting point on St. Lucia. We waited for it to get a little bit lighter outside to start the swim. I swam to the beach of St. Lucia and the swim started around 5:30. I had to be pulled due to a pop-up lightning storm after swimming for about 70 minutes. After about an hour, I hopped back in (at the same coordinates that I got out from) and did not get out of the water until I reached Martinique.

Sue mentioned that the first three or four hours would have the hardest conditions. I was thinking about that as I swam, however, the water never settled. First the water is very salty. Sue provided me a small squirt bottle that had some special ingredients (coconut oil, plus other ingredients) to help with the salt in the mouth. With the combination of the swells and salt water, I did experience stomach problems. I told the crew on a feed that I was not feeling well, and Dyson said, “Let it all out”. (I have not thrown up since high school!) But at that time, I could not purge, and it was not until the next feed where I finally got sick. It was not pretty nor fun, but I felt better.

A long swim is mentally as well as physically challenging.

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I began to get frustrated because I could still see St. Lucia to my right and I could not see Martinique ahead due to the big swells. I asked at each feed how much farther, but they were talking distance in kilometers. I do not think in metrics and I struggled with knowing the actual distance. I would count 100 strokes and when I reached 2200 strokes, I estimated that was close to a mile (considering the conditions were making me slower). I continued to count strokes until I reached land.

As it got dark, I was given a glow stick to put in my cap so the crew could see me. I felt the excitement as I was getting closer. It was so dark that I could not see the beach and I was worried about hitting rocks close to shore. Someone got in the dingy and guided me to the finish where I walked up onto the beach. 13 hours and 14 minutes of swimming! I am

now the tenth person to have completed this swim.

Each swim provides a new learning experience. Lessons learned from this swim include: the salt water for that long was rough, the swim was tougher than I thought, I need to work on my feeds that involve more calories if I am to do another long ocean swim and finally, I do prefer the warmer waters.

I got to write my name on the Channel Swim Signature Wall. I cannot say enough wonderful things about my crew. They all had their jobs and helped me cross the channel. Julie definitely earned her keep. St. Lucia is a beautiful island with lovely kind people. We swam almost every day, walked a lot, explored the Pitons, the rain forest, the waterfall and the mud baths. It was a wonderful trip with Julie, and I am forever grateful for her help.



(L to R) Ricky, Julie, Melodee, Dyson, Chris and Sue

Summary of 2022 USMS Annual Meeting

The 2022 USMS Annual Meeting was a hybrid event, with some delegates attending in person, and some delegates attending virtually during the weekend of September 16-18. The Annual Meeting began with remarks from the President, **Peter Guadagni**. After that, the CEO, **Dawson Hughes**, gave his remarks as to the present state of USMS. While membership dropped during the pandemic, it is rebounding better than projected.

The emphasis in 2023 will be to continue to grow membership by adding members to existing clubs, and starting new clubs/workout groups. USMS needed to go into negative spending in 2021 and 2022, and will continue to a lesser degree in 2023. To continue to support programs and

not continue to spend out of reserve investments, USMS plans to increase membership fees in 2023, after holding them steady for 3 years. It was noted that 70% of USMS members do not compete in swim events.

To support those swimmers, USMS has on-line workouts, stroke tips, and videos. There will also be encouragement to participate in the USMS fitness and ePostal events. These will be renamed Virtual events.

All Committee reports are available here:

<https://www.usms.org/admin/minutes/index.php?GROUPID=&EVENTID=99>. Most are 1 page in length, so feel free to peruse them.

In Memoriam

Presented at 2022 USMS Annual Meeting

Ingrid Stine (83)



- Wisconsin LMSC
- USMS Top Ten
- USMS All-American
- FINA Top Ten
- Moved to the US from Austria at age 27
- Competed in triathlons as well as swimming
- Longtime Treasurer of the Wisconsin LMSC

Tom Michelson (90)



- Wisconsin LMSC
- USMS Top Ten
- USMS All-American
- USMS National Record
- FINA Top Ten
- Long-time swim coach
- 32nd Degree Mason

From the Archives

Swimming for Fun and Fitness

– [Dick Pittman](#), reprinted from **July 1997 Lifestyle Sports**

There are basically two types of people who enjoy the benefits of water exercise: Those who are exhilarated by the sense of freedom afforded by the weightlessness of being in water and those who find exhilaration from the challenge that water affords them. In other words, there are those who play and those who work out. Coming from a background of competitive swimming, I find it difficult to go to a pool and play. I go to the pool to workout, to improve my physical fitness, to make myself ready for eventual competition.

Commitment

While it may be fun to swim alone, it is also enjoyable to work out with a group of people in the same lane, called circle swimming. A group of swimmers, usually from 3-5 individuals of similar speed and strength, swim the same workout. The fastest swimmer is usually the lead swimmer, although that can change, if that person gets tired or the stroke style changes. Swimming in a group like this can really be a benefit by pulling the weaker swimmer through the entire workout.

There have been many Saturday mornings, especially in the dead of winter, when I did not want to get out of bed to swim, but forced myself to get to the pool, because my long-time workout buddy, Steve Justinger, would be there. He would force himself to go, because I would be there. After workouts we almost always go out for breakfast. I told Steve I just came so we could go out for breakfast, but truth be told I was there because, if he knew I wouldn't be there, he might not come at all.

Why I Swim

I did not swim competitively until I entered high school. I was a mediocre freestyler, a lousy breaststroker, and an adequate backstroker. I thought the butterfly was an insect. I floundered through my sophomore year. In one of our early meets the

coach switched me to butterfly. I had not swum varsity nor had I swum more than a 50 in any of our "B" level meets. The day of the meet I was scared. By the time I was on the block I probably had so much adrenaline flowing through me I could have walked on water. I swam the 100 fly a full 5 seconds faster than our regular butterflyer ever swam it. I became the regular varsity butterflyer and, surprisingly, my time dropped about 2 seconds every meet. At our conference meet I raced the conference's premier butterflyer. I beat him and became the first swimmer in the conference to break 1 :00 for the 100 butterfly. I went on to the Southern Section of the California HS Championships and took 6th place and went about :57 or :58.

That was probably the most exciting time of my swimming career. I swim now in honor of that epochal moment of my life and to keep the dream alive. After graduating from college I "retired" from swimming for about 16 years, but I started swimming again at my wife's urging. While swimming at the YMCA another swimmer approached me about going to a masters meet. I really didn't want to swim competitively again. I finally was convinced to go to a meet, more to quiet my friend than to have a good time. Still, I swam a 100 fly in just milliseconds over 1 :00. I felt the same adrenaline rush as I had in high school. This was great!

Since 1983, when I returned to swimming, I have had many similar highs at various points in my career: Breaking :57 for a 100 fly when I was 44 years old; ranking first in the world in the 200 meter fly when I was 43; and winning the 100 meter fly at Nationals at age 47. I've also had lows in my swimming career as well. For the last several years I've had shoulder problems. I've become an ardent adherent of stretching exercises and long warm-ups. You must keep your shoulders healthy, if you are going to swim and train.

Conditioning

I have coached the East YMCA masters swimming for several years. I draw on my roughly 16 years of competitive swim-

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ming to come up with workouts for my trainees. I have also borrowed from the workouts Jim Bruskevitz gave us, when he was coach.

Fitness swimmers come in all different forms and shapes, styles and techniques. Everyone in the health industry seems to agree that a person should workout vigorously for 20-30 minutes at a time. A person with poor swimming technique may be getting as strenuous a workout as a good swimmer who cranks out 3,500 to 4,500 yards. As one becomes better conditioned, one needs a certain minimum number of yards to maintain and improve that conditioning. Competitive swimmers seek to improve their conditioning, their strength, endurance, and speed. Speed is dependent upon those three factors.

Training Log

If you are new to training, keep a log. You may be surprised by the amount of miles amassed in a year. I think one year about ten years ago I piled up about 350 miles: that's about 51,000 yards a month or 12,750 yards a week! It was soon thereafter that I developed shoulder problems forcing me to reconsider the wisdom of going for more and more yardage. As in all things moderation is truly good to practice. In the beginning one should keep a log to keep track of where you've been and where you might want to go.

Dick Pitman (78)



- Wisconsin LMSC
- USMS Top Ten
- USMS All-American
- FINA Top Ten, 3 Records
- USMS National Committees: 1989-2014
- Wisconsin LMSC Chair & long-time coach
- Loved swimming butterfly

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the core of my swim business. But actually, most of my technique instruction comes from a YouTube channel called “Swim Fast.” These are great drills developed in Australia in the late 1990s and 2000s. If you compare how the 400M Free was swam in the 1996 Olympics to the 400M Free in the 2000 Olympics, you’ll see the dramatic change in freestyle technique. Those basics haven’t changed much since then.

Will you share a go to set that you like to do in preparation for a big meet or open water swim?

This is a 200 IM training set I’d do before a big swim:

500 SKIPS

Drills

50 1-arm Fly

50 3-3-3 Fly

2 X 50 Backstroke Catch-up

2 X 50 Breaststroke 3-kicks/1-pull

2 X 50 Free Catch-up

Main Set - 4 X

50 Fly on 1:00

50 Backstroke on :50

50 Breaststroke on :55

50 Free

EZ 150 Choice

Finisher

2 X 200 Free - Build each 200

3 X 100 IM - Descend

4 X 50 IM Order

The Wisconsin Water Warriors

2022

Date: November 1, 2022 – December 31, 2022

Place: Your local pool

It's that time of year! Time to push the limits! I am hopeful that most swimmers have full access to the pools than in the previous pandemic years. The goal of this event is to swim as many yards as you can. Challenge yourself for this annual event. Be motivated to swim during the upcoming holiday season, so you don't feel guilty about indulging. You can choose any 2-week period (14 consecutive days) of swimming between November and December of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the results are posted after the New Year. There will be great prizes awarded. Overall teams logging the most yards will also be recognized.

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, simply e-mail or mail your results to (by January 15th):

Melodee Liegl
1287 Wilderness Trail
Delafield, WI 53018
E-mail: WIFitness@usms.org

Information needed for results include:

Swimmer's name: _____

E-mail address: _____

Mailing address: _____

Your age on the last day of your 2-week swim _____ yrs

Gender: Male Female

Specify dates of 2-week swim: _____

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

Day	Date	Swimming yards*
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		

****All swimmers will receive a confirmation that your entry was received. If you mail your results, please include a phone number to let you know your entry was received.**