

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

October • November 2023

FROM THE CHAIR ...

Greetings Masters Swimmers!

Fall is here, and the short course training season has begun. The first meet of the season will be in Baraboo on Sunday, November 5. The meet is well run, and the pool is fast. Sanctioned meet information is on the website. Please consider supporting this meet.

The short course meet schedule will be voted on at the Annual Meeting on October 7. It appears in both this newsletter, and on the Wisconsin Masters Swimming website under [Events > Swim Meets](#). Click the link Jump to [Calendar](#) to see the entire schedule. Note: Some of these days are tentative, but the first three are officially scheduled.

As a new training season starts, you may want to use the USMS website for ideas on workouts. Click the link:

<https://www.usms.org/workout-library>, and then log into your USMS account. This is free with your membership. There are also articles and videos to help improve your technique that are located here, [https://www.usms.org/fitness-and-training/articles-and-videos?contentType\[0\]=Article&contentType\[1\]=Video&filter=&tags\[0\]=Drills&categories\[0\]=Technique%20and%20Training&page=1&perPage=10&filterItem=20cf26a9-68b1-490f-8408-471cdd7513f8](https://www.usms.org/fitness-and-training/articles-and-videos?contentType[0]=Article&contentType[1]=Video&filter=&tags[0]=Drills&categories[0]=Technique%20and%20Training&page=1&perPage=10&filterItem=20cf26a9-68b1-490f-8408-471cdd7513f8).

If you have enjoyed masters swimming and competing, even at the local level, please encourage a friend or two to join you. We would love to spread the joy and fitness of swimming to more people.

Even if your friends can't join you at the same practice, they can swim at any pool in any location. Share workouts, challenge each other, and then compete at a meet together. Let them know we plan to continue having some Fun



events and relays at our meets this year. Many swimmers enjoyed swimming something a little different, just for fun!

The **Wisconsin Water Warriors** is coming up again this fall. The contest is only for Wisconsin Masters swimmers, and runs from November 1 through December 31. Anyone can participate, and it would be great to have more swimmers participate this year. See page [five](#) to print out the entry form.

The purpose is to challenge yourself, and see how many yards you can swim in 14 consecutive days. You do not have to swim every day, just do as much as you can. Even if you don't think you can do that many yards, you can still participate. Last year, some age and gender groups didn't have anyone participate. If you start, and find you are not swimming as much as you anticipated, just start again, or slide your start and end dates to maximize your yardage. No one knows how they match up against their peers until the

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Wisconsin Masters is Run by Volunteers

The scenario: Registration for swim meet in Wisconsin opens. You get out your credit card and enter a few events. Swim meets are great for meeting friends and competitors, and challenging yourself. Most of us realize that it takes a group of people to run the meet: Meet Director, Officials and Timers.

But do we realize how much time and effort volunteers put in to make sure that Masters Swimming in Wisconsin is successful? Look at the list of Officers on the left of this page. Without someone stepping up to fill these roles, we wouldn't have competitions and events. Your Wisconsin Masters Swim Committee (WMSC) and the Wisconsin Masters Swim Club (WISC) always need help in filling the essential roles.

Right now the Vice Chair position is open and we need your help. The role of Vice Chair is an important one. Our Chair, Mary Schneider, has done a stellar job of running the LMSC for the past several years. So much of her work goes unnoticed. The role of Vice Chair is to fulfill the Chair's duties should that position become vacated.

If you are invested in the future of Masters Swimming in Wisconsin, we urge to step up as a new volunteer.

Contact Mary Schneider at WChair@usms.org.

WISC Club and Workout Groups

When you register for USMS, you'll be asked to select a **Club**. In Wisconsin, most swimmers swim as **WISC**, which encompasses almost all of the state. This is the Club we use at Nationals. Your **Workout Group** is the pool or organization you swim with for practices, and is subordinate to the Club. Workout Groups can be found on USMS.org under [Club Finder](#).

contest ends. The registration form is included in this newsletter, and is on the website separately.

Remember you may renew your USMS membership for 2024, beginning November 1. The membership fee will be \$70, and there is no discount for registering early this year. To compete at any meets in 2024, you must have a current USMS membership.

Stay safe, stay strong, and swim on!

Mary Schneider,

Wisconsin LMSC Chair

Tentative 2023-2024 Meet Calendar

2023-2024	Location
Sunday 11/05/2023	Baraboo Jack Young Middle School SCY
Saturday 12/02/2023	John Bauman Memorial SCM at West Bend West HS
11/01/2023 – 12/31/2023	Wisconsin Water Warriors Fitness Event
Sunday 01/21/2024	Founders Meet at Pabst Farms SCY
Virtual	Oshkosh “Animal” Meet
Sunday 02/11/2024	Sun Prairie West SCY Meet
02/16-17/2024 Fri & Sat	WIAA State High School Boys
Sunday 03/03/2024	Whitefish Bay SCY Meet
Saturday 03/9/2024	McFarland SCY Meet at McFarland HS
TBD	Wis. Masters State SCY Champs at Schroeder
03/31/2024	Easter Sunday
TBD	YMCA Masters Nationals Champs (SCY)
6/20-24/2024	USMS Nationals Champs SCY Indianapolis, IN
TBD	Wausau SCY USA-Approved Meet, Age Group and Masters for Badger State Games
06/08/2024 Tentative	Summer Fun Meet at Brookfield East High
TBD	Wis. Masters State LCM Champs at Schroeder
TBD	Wisconsin Open Water Swim Fox Brook Park Brookfield, WI
Wed – Sun Aug 21-25/2024	USMS Nationals Champs LCM Mission Viejo, CA



U.S. Masters Swimming Dorothy Donnelly Service Award

Presented to Mike Murray by the USMS Recognition and Awards Committee

The award was submitted by LMSC Chair Mary Schneider and awarded to Mike Murray during the USMS Annual Meeting

Mike Murray has been the LMSC Treasurer since 2015. In this capacity he has kept the financial records, filed the necessary financial records with USMS and the State of Wisconsin. He has prepared the annual budget to be presented at the LMSC Annual Meeting, with input from the Chair and other board members. He has consistently paid bills on time.

In addition to Mike’s Treasurer duties, he was instrumental in starting the operation of the regional club WISC. Previously, only the paperwork had been filed. He gathered members to form a board of directors for the club, and then led it as President for 7 years, and as Vice-President for one year. The club hosts three swim meets during the year, of which Mike is the Meet Director. These meets have been very successful, and in the past year, increased the number of swimmers entering the meets by 25 to 30%. Comments by swimmers attending the meets stated the meets were very well organized.

To garner enthusiasm for the meets, Mike has added some fun events and relays, including a 100 double arm backstroke relay in honor of one of our LMSC founders, a pick-three 150 IM (pick your favorite 3 strokes to swim a 50 of), a 100 IM where the swimmers don’t know the order of the strokes until they approach the blocks. This has greatly put the Fun back into our swim meets, which has attracted a number of under 30 swimmers. Besides being a meet director, he organized a swim clinic with Bill Brenner last fall, and another swim clinic in June, with local coaches.

Mike also assisted in the LMSC’s first Open Water Event this year as an advisor and volunteer on the day of. He assisted in preparing the paperwork for 2 medical events at the meet, making sure the paperwork was complete, and then filing them.

Mike has been instrumental in the operations of both the LMSC and the Regional Club. He is not paid for any of these activities. Mike is always available to help out and lend his swimming knowledge.



New Short Course Meters Record

Age Group	Event	Time	Name	Date	Location
Men 18-24	200 Breast	3:01.86	Reid Pezewski	9/17/2023	Milford, MI
Men 18-24	200 Butterfly	3:04.42	Reid Pezewski	9/17/2023	Milford, MI

The Wisconsin Water Warriors

2023

Date: November 1, 2023 – December 31, 2023

Place: Your local pool

Whoo hoo, time to push the limits. 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. Last year we awarded all participants with gift cards to Swim Outlet, if that helps you decide to participate this year 😊. 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.

<p>To participate in the event, simply e-mail or mail your results to (by January 15th):</p> <p>Melodee Liegl 1287 Wilderness Trail Delafield, WI 53018 E-mail: WIFitness@usms.org</p> <p>Information needed for results include:</p> <p>Swimmer's name: _____</p> <p>E-mail address: _____</p> <p>Mailing address: _____</p> <p>_____</p> <p>_____</p> <p>Your age on the last day of your 2-week swim _____ yrs</p> <p>Gender: <input type="radio"/> Male <input type="radio"/> Female</p> <p>Specify dates of 2-week swim: _____</p> <p>**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.</p>	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.**

Records Smashed at 2023 LCM Nationals

U.S. Masters Long Course Nationals took place from Aug 2–6, in Sarasota, Florida. Wisconsin fielded a team of 14 swimmers, with 3 swimmers in the 30 and under age group, one in the middle age group, and 10 in the 60 and over crowd. This made relay composition a challenge, but team coach **Fred Russell** did his relay magic and made sure everyone swam on at least one relay.

As a team, Wisconsin finished 4th in the Regional Team scoring. Every swimmer came home with at least one individual medal! The team grouped together and cheered each other on, making this another exciting nationals! A few of the newcomers even exclaimed, this is really fun!

The stars of the weekend were **Jenny Holtzen** and **Tyler Hines**. Jenny won all five of her races, each time breaking a Wisconsin State Record, of which three of them were her own records set in June at the Wisconsin State meet. Tyler won four of his races and placed second in his fifth race. Jenny competed in the 200 Free, 400 Free, 100 Breast, 200 Breast, and the 400 IM. In the 200 Breast, she won her race by 32 seconds over the second place finisher. In the 400 IM, she led at the end of the 100 fly, and just kept increasing her distance over the rest of the field, winning by over 19 seconds.

Tyler swam the 100 Free, 200 Free, 400 Free, 50 Back, and 100 Back. He set Wisconsin records in the 100, 200, and 400 Free, of which the 400 Free was his own record.

Other state record breakers were **Melinda Mann**, in the 50, 100, 200 Breast, and 50 and 100 Fly. She broke her own records from June in the 200 Breast and 100 Fly. Barry Mandel broke the 50 Free record in his individual event with a 30.52, then broke it again with a 30.48 as a relay lead off split. **Greg Blommel** broke the 50 Breast record, **Dean Fochios** broke the 400 and 1500 records, and **Keith Van de Laarshot** broke the 200 IM record.

The distance crew featuring **Candy Christenson** (75-79), **Michelle McCarthy** (45-49), **Mary Schneider** (70-74), **Dean**

Fochios (65-69), **Larry Mueller** (75-79) started the meet strong, scoring 41 points between the 1500 and the 800, a total 374 total team points.

On the topic of peculiar relays, the women's 200 Medley Relay had a 30-year-old, a 47-year-old, a 67-year-old, and a 71-year-old. Nonetheless, that team managed to place tenth! On the men's side, the 200 Free Relay had two younger swimmers (21- and 30-year-olds), and two older swimmers (63- and 69-year-olds). And they were able to place ninth! As I said, Coach Fred worked his magic. We all had fun on our relays, swimming as hard as we could.

There was fun to be had apart from the pool, too. One night a few of us went to an "old style" Florida restaurant which looked out over a bay leading to the Gulf. It was good food, good conversation, and good scenery.

Thanks to all the swimmers who made the trek to Sarasota. We made Wisconsin swimming proud!



Fred Russell takes on the Backstroke

Postcards from LCM Nationals



Another FINA World Masters Meet and Wisconsin swimmer Art Luetke was there – AGAIN!

The (FINA) World Aquatics Masters Championship is held every four years, and this summer was held on the Island of Kyushu, Japan in the cities of Fukuoka, Kumamoto and Kagoshima. Since 2000, Wisconsin Masters Swimmer Art Luetke has joined up each of those four years with two friends, **Jim Montgomery** and **Leonard Bielicz**, who comes from Gothenburg, Sweden.

Jim Montgomery is formerly from Wisconsin and is located in Dallas, Texas where he developed a successful



Masters club and was responsible for the design and start-up of the Baylor Aquatic Center in Dallas. He then started the Jim Montgomery Swim School.

But people in Wisconsin know Jim as a star swimmer from Madison East High, who went on to Indiana

University to swim for Doc Counsilman. Jim was the first man to break the 50-second barrier in the 100-meter freestyle, at the 1976 Summer Olympics in Montreal, Quebec, where he won three gold medals and one bronze.

In 2017, at Worlds in Budapest, Leonard Bielicz set the world record for the men's 65-69 100M Butterfly in a time of 1:11.09. Jim and Art were there to cheer him on.

Art Luetke is the oldest of the three, at age 77. This year at Worlds he swam the 50M free (37.61) and the 100M free (1:32.61). Art confessed that his training regime started a couple months before Kyushu, and consisted of swimming 2 or 3 hundred yards once a week.

Since 2003, Art, along with Brad Horner and Dave Holland



This was Art and Jim's 9th world masters swimming adventure as they have been to Munich GER (2000), Christchurch NZ (2002), San Francisco (2006), Perth, AUS (2008), Gothenburg, SWE, Riconne, ITA (2012), Montreal, 2014, Budapest, HUN 2017, and now Kyushu. In 2023

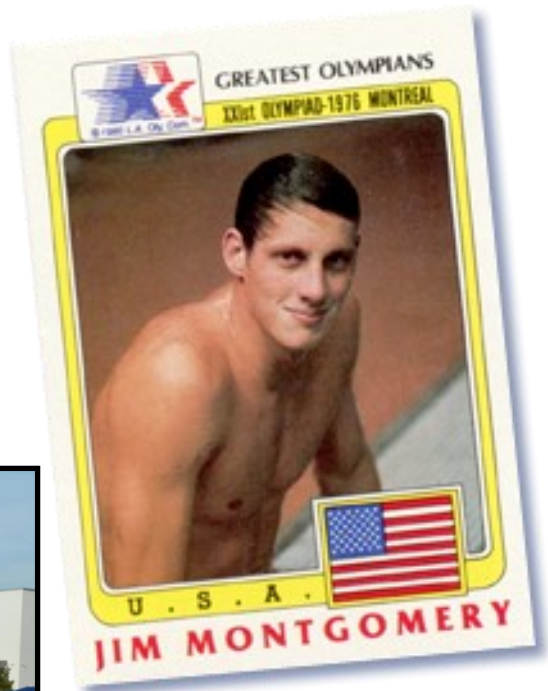
formed the Grumpy Old Badgers team, who have annually put together a team to swim the nine-mile stretch of crystal-blue ocean that separates the Hawaiian islands of Lanai and Maui. Brad had been swimming the channel since 1997.

Traveling from the U.S. to Kyushu, Japan is not an easy trip – 14 hour flight and a 14 hour time zone change. Kyushu is not the largest island, so one needs to fly to Tokyo first. Jim and Art suffered delays that put them into Kyushu one day later than expected. Jim, who now specialized in distance swims, missed his main event, the 3K open water swim. He was able to watch his two Worlds buddies swim their events, cheering them on.

After Kyushu Jim and Art returned to the island of Honshu, where Jim met up in Kyoto with an old swim buddy, Keiko Hashimoto who is 80 years old and still in the swimming business, selling swimsuits and coaching workouts. Art found

Kyoto to be one of the most enchanting cities in all his world travels. Then it was on to the busy streets of Tokyo and then back home.

For those of you looking for a World Championship adventure, the next event is in Qatar in 2024, Singapore in 2025 and Budapest in 2027. Tell them Art sent you!



Leonard Bielicz at FINA World Masters in Budapest in 2017



Grumpy Old Badgers at Maui Channel Swim



New Individual Long Course Meter Records for LCM Nationals

Age Group	Event	Time	Name	Date	Location
Women 30-34	200 FREE	2:14.01	Jenny Holtzen	8/2/2023	Sarasota, FL
Women 30-34	400 FREE	4:37.75	Jenny Holtzen	8/2/2023	Sarasota, FL
Women 30-34	100 BREAST	1:14.28	Jenny Holtzen	8/2/2023	Sarasota, FL
Women 30-34	200 BREAST	2:39.95	Jenny Holtzen	8/2/2023	Sarasota, FL
Women 30-34	400 IM	5:10.95	Jenny Holtzen	8/2/2023	Sarasota, FL
Women 65-69	50 BREAST	41.96	Melinda Mann	8/2/2023	Sarasota, FL
Women 65-69	100 BREAST	1:35.77	Melinda Mann	8/2/2023	Sarasota, FL
Women 65-69	200 BREAST	3:34.36	Melinda Mann	8/2/2023	Sarasota, FL
Women 65-69	50 FLY	34.83	Melinda Mann	8/2/2023	Sarasota, FL
Women 65-69	100 FLY	1:28.26	Melinda Mann	8/2/2023	Sarasota, FL
Men 30-34	100 FREE	53.01	Tyler Hines	8/2/2023	Sarasota, FL
Men 30-34	200 FREE	1:58.31	Tyler Hines	8/2/2023	Sarasota, FL
Men 30-34	400 FREE	4:14.95	Tyler Hines	8/2/2023	Sarasota, FL
Men 60-64	50 BREAST	36.22	Gregory Blommel	8/2/2023	Sarasota, FL
Men 65-69	400 FREE	5:18.96	Dean Fochios	8/2/2023	Sarasota, FL
Men 65-69	800 FREE	11:03.50	Dean Fochios	8/2/2023	Sarasota, FL
Men 65-69	1500 FREE	20:55.44	Dean Fochios	8/2/2023	Sarasota, FL
Men 65-69	200 IM	3:01.62	Keith Van De Laarschot	8/2/2023	Sarasota, FL
Men 70-74	50 FREE	30.48	Barry Mandel	8/2/2023	Sarasota, FL

Event	Age Group	Club	Time	Date	Location	Swimmers
200M Medley Relay	MIXED 120-159	WI Masters	2:12.21	8/2/2023	Sarasota, FL	Tyler Hines, Jenny Holtzen, Reid Pazewski, Michelle McCarthy
200 Free Relay	MIXED 240-279	WI Masters	2:04.08	8/2/2023	Sarasota, FL	Dean Fochios, Michelle McCarthy, Melinda Mann, Gregory Blommel
200 Free Relay	WOMEN 240-279	WI Masters	2:42.32	8/2/2023	Sarasota	Melinda Mann, Mary Schneider, Candy Christenson, Michelle McCarthy

Wisconsin Masters Swimming
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