

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

April—May 2023

FROM THE CHAIR ...

As the short course season nears its end, it's time to look towards **Short Course Nationals in Irvine, CA**, and then ahead to the summer season. Right on the cusp of summer will be a short course yards meet to be held at **Brookfield Central High School on Saturday, June 3**. There will be fun relays, and even 25s as events! It promises to be an amusing time, and will feature a swim clinic for about an hour before the meet. We could all use a tune-up, so think about taking advantage of this.

The next event following that is the **Long Course State meet at the Schroeder Aquatic Center, Saturday, June 17**. This will be the only long course meet in Wisconsin this summer. The Saturday after that, will be a sanctioned **Open Water event in Brookfield, at Fox Brook Park**. More details will be included in this newsletter. Consider giving this event a try, as we are encouraging both newbies and experienced open water swimmers.

As of this writing, there are a little over 50 swimmers registered for short course nationals. If you will not be one of those attending, you can cheer the team on and watch some of the swims on the USMS website. Navigate to this page, <https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-spring-national-championship> and look for a box to click that includes Results and live viewing. Let's cheer on the team!

Despite a snow delay, the short course yards State Meet was held at the Walter Schroeder Aquatic Center on March 25. Although there were a smaller number of participants than registered, good swimming still went on. Thanks to

Jeanne Seidler and her family for a well run meet, despite the outside weather conditions.

It's never too early to think about summer **Long Course nationals, being held in Sarasota, FL August 2-6**.

Here's the [link](#) to preview the

Order of Events, Qualifying Times, and of course, the list of hotels. I've already heard a few swimmers commit to attending the meet. For those of you who do not like turns, this is the meet for you, since there's less than half as many!

Congratulations to the LCM 400 Medley Relay of **Richard TenHoor, Candy Christenson, Scott Richards, and Mary Schneider** who were first in the nation in the 280-319 age group. As an added bonus, the relay finished 6th in the world. It must have been that real backstroker (of which Wisconsin only has a few), and that young pup flyer!

Finally, I'd like to thank everyone who participated in swim meets this season. We had increased numbers, some fun events, and more relays than in the past. It was also a good opportunity to reconnect with swimmers we hadn't seen in several years. There were lots of smiles on deck, old rivalries to reestablish in certain events, and a lot of good officiating to make our swims honest. I look forward to a summer of swim and competition.

Mary Schneider

Wisconsin Chair



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Wisconsin Open Water Swim (WOW Swim)

The Wisconsin Masters Swim Committee (WMSC) will host it's first sanctioned open water swim on **Saturday, June 24**, at 8:30 am. We offer three options for the swim, a non-competitive 500 M swim, in which wet-suits will be allowed, and 1000 M and 1500 M competitive swims. This event will be held at Fox Brook Park in Waukesha County.

[Wisconsin Open Water Swim Information](#)

It's a small lake that's about 30 feet deep, with no motorboats allowed, and no waves, only ripples. This would be a perfect swim for those who have never done an open water meet. The course will be a 500 M course, so the race will be either 1, 2, or 3 laps. There will be an experienced safety crew on the water.

Prizes will be awarded for top places, and raffle prizes that everyone will be eligible for, including the 500 swimmers. This event is limited to the first 100 entrants.

We also need 4 to 5 volunteers on the water, preferably with a paddle board or kayak, and several people for registration, arm marking, assembling bags before the event, and other duties. Please email WChair@usms.org if you are interested in volunteering.

Please consider swimming at this event, as open water gives a certain feeling of freedom, very different from a pool. The important thing is to swim at your own pace. Don't worry about critters as the only thing you may spot is an occasional pan fish in the shallower water.

For more information about the meet, please see the meet information on the wisconsinmastersswimming.com website.

Register online at

https://www.clubassistant.com/club/meet_information.cfm?c=2649&s_mid=16234.

Your Wisconsin Masters Swim Committee

Coach's Corner—Time for Nationals

Fred Russell

USMS Irvine National swimmers: First, let me introduce you to our coaching staff: Fred Russell, Tim Capps and Dave Clark will be setting up what looks like well over 50 WISC relays! Anne Berres-Olivotti and Josh Lefeber will be on deck as well helping WI Masters Swimmers. Second, those of you attending USMS Masters Nationals for the first time, we all look forward to meeting and working with you. For those coming back for another competition, welcome back. (Please watch for updates from the coaches. Since we have to bcc our emails, check your spam folder early and often)

The venue will be using both 50m pools for competition at Irvine with some lanes in each pool for competition and some for warm-up, a very different setup than in the past.

To help the coaches in putting relays together, we are asking that you, as competitors, confirm the relays you will be available for.

The relays are:

Thursday afternoon — Event 5 Mixed 400 free relay

Friday afternoon — Event 19 Mixed 200 free relay

Saturday afternoon — Event 31 Men's 200 medley relay

Event 32 Women's medley relay

Event 33 Men's 200 free relay

Event 34 Woman's 200 free relay

Sunday, late morning — Event 41 Mixed 200 medley relay

Next, we need your 100 freestyle time and 50 times (or approximations) for all strokes. This will help us put together our relays. (We would like to have the relays completed and to the team at least one week before the meet).

Send this information to Dave Clark at wfbmasters@gmail.com. I will compile the information for the coaches. If you have any questions or need any team information, feel free to contact me at the same email.

The coaches are looking forward to seeing all of you at Irvine.

Back to INDY in 2024

In 2018, the Wisconsin Masters Aquatic Club made a big push to win as [Regional Swim Club champions](#) in Indianapolis. And we won!

In 2024, USMS Spring Nationals returns to Indy from June 20–24. The meet will take place during the final weekend of the U.S. Olympic Team Trials, which are scheduled for June 15–23 at nearby Lucas Oil Stadium. According to USMS, members will have an exclusive opportunity to meet Olympians and swim in the Trials competition pool with a donation to the USA Swimming Foundation, which provides grants to USMS Adult Learn-to-Swim programs. Entries will open January 2024.

Let's see if we can repeat our 2018 success!

2023 Cardinal Classic SCY Sun Prairie East

Correspondent, Mary Schneider

The Sun Prairie meet was contested on February 12 with 72 registered swimmers. Before the start of the meet, it was announced that the meet was dedicated to **Dick Pitman**, who passed away in 2022. Dick was instrumental in Wisconsin Masters Swimming as a swimmer, a coach, and as Chair of WMSC. Dick was seeded in the 400 IM and 200 Fly, his signature events. It was a fitting tribute to Dick!

We saw a number of new swimmers in the under 30 age groups at this meet. It's always good to have new faces on deck, and hope to see them in future meets, and maybe even Nationals!

Two events to highlight were the 50 IM, and the 150 IM. The 50 IM was swum in the regular IM order, but you only had to complete 12 1/2 yards of each stroke. There were two heats of the event, and was great for those weak in one of the strokes. The 150 IM was a strategy event. Everyone had to swim at least 25 yards of each stroke in IM order. Some opted for 75 yds of one stroke, some opted to swim 50s of 2 strokes, and 25s of 2 strokes. It was a fun event to try something different. One of the quiet stars of the meet was **Bela Sandor**, swimming in the Men's 85-89 age group. He broke the 50 backstroke record with a 47.98. The previous record of 52.18 was held by **Alex MacGillis**, set back in 2014. Bela also set the 200 Breast record with a 4:16.70. The previous record of 5:55.77 was set in 2018 by Fred Salzmann.

Special thanks meet director Steve Justinger and to the people who timed, which allowed the swimmers to just focus on swimming, and to the officials who kept the meet moving along.

From the Archives, September 2012

"Are you Breathing at the Right Time?"

– By Dick Pittman

If you find yourself struggling to take your breath, it may be that you are not breathing at the correct time in your stroke. I had this problem from when I first starting to compete until 2004. I was struggling to learn the principles of balance, alignment, and rhythm. It made a huge difference in my own personal achievements and the comfort in swimming longer distances. It's also made a huge difference in the way I coach.

An example of swimming with good balance, alignment, and rhythm: Last week I was working with one of my swimmers correcting his stroke. After I decided that he had it right, I asked him to swim another 25 with his eyes closed. "Can I peek?" he asked. I told him, okay, but only a couple of times. He swam his line perfectly. I asked him how many times he peeked. He was surprised that he hadn't peeked at all! That's what being in balance, proper alignment, and good rhythm can achieve. His stroke count went down, too!

Swim Meet Recap • Classic Dave Clark at Whitefish Bay

Correspondent, Pam Dowling

The Dave Clark Classic/Memorial meet on March 5 was a success and fun was had by all! Yes, Dave Clark himself attended and helped run the computer...he calls this meet his memorial meet, so just roll with it, lol!

With 105 competitors, we had 14 people swimming their first competitive swim meet, welcome to Masters meets!! Record wise, two new records were set in WI! Congratulations to Melinda Mann - W 65-69, 100 breast @ 1:24.57, and Kate Check - W35-39, 50 back @ :29.18!!

Fast times were turned in and many PR's were set! The 50 Fins race was fun and is a favorite with many. For the second year in a row we ran the meet in two phases - 1650 (4 heats), was seeded fastest to slowest. After that was completed, a 30 minute warm up led off the second phase and the meet was done by 1:30pm! Our officials did a great job of keeping things moving and thanks to everyone for paying attention and being ready to race!

Afterwards, we gathered at the Bavarian Bierhaus, for more fun and socializing. We look forward to seeing you all next year, and so does Dave!



Swim Meet Recap • Rally with the Spartans (McFarland Meet)

Correspondent, Dave Watts

Masters Swimming is about bringing people together and having fun. **Steve Justinger**, the meet director, said in his announcements that we were here to have fun. I want to thank Steve and his outstanding crew including **Suzi Green**, **Jerry Lourigan**, the officials, and the timers for setting up a fun meet and for bringing us together. The support of **Stu Schaefer**, McFarland Aquatics Director, made it all possible.

Three years ago this meet was the last one before meets were cancelled because of the pandemic. No competitions, no gatherings, and many pools were closed so in some cases no swimming. I remember doing some swims in Lake Mendota along with the fish, ducks and green algae. But the McFarland pool is the opposite of swimming in Lake Mendota: clear water in a wonderful facility. Fifty-three people signed up for this meet. Swimmers are coming back to meets with a vengeance. I think we missed each other during the pandemic. And we definitely missed competition.

The results are listed by sex and age, but that's not how the meet was run. Each heat had a mix of sexes and ages, and it was the swimmer right next to you whom you were competing against. When the meet results are uploaded to USMS go to USMS, click "Events" > "Results and Rankings" and then "Track my Results." Insert your name, scroll to the event you're interested in, and click on "Heat/Lane." Then you get a picture of what was happening in your race that you can't see from the water.

Even though this was the day after St. Patrick's Day, we experienced some amazing swims, literally beautiful swims to watch. I'm going to shout out a group of swimmers whose commitment to our meets and whose outstanding performance is emblematic of the best of Wisconsin swimming: **Bobby Wu**, **Greg Blommel**, **Jennifer May**, **Melinda Mann**, **Andrew Babcock**, **Julie Van Cleave**, and **Laurie Alioto**.

To highlight just one of these swimmers, Greg Blommel

(63) can do it all. He has excellent form in all strokes, as his time of 1:10.19 in the 100 IM attests. How much has Greg slowed down over the years? Ten years ago his best 100 IM was 1:10.93. Greg has not slowed down at all, despite surviving a bout with Covid.

Looking ahead to the future of Wisconsin swimming, we are fortunate to have an amazing group of younger (under 30) swimmers, including **Thomas Prica**, **Eli Samuelson**, **Michael Barrowclift**, **Ryan Menninga**, and **Kevin Van Cleave**. Watching Michael Barrowclift in the 200 back, I think I understood why backstroke was invented in the first place: his amazing form, speed, grace, and endurance brought Michael more than three seconds under his seed time with a blistering result under 2:05.

If swimming is about bringing people together then the **Hoppe sisters** showed us how. **Julie**, **Jennifer**, **Jill** and **Jerri** (pictured here) swam at Tosa West upwards of three decades ago. They attended a Masters meet together in 2002, and decided it was time to team up again at McFarland. They did the 200 Medley and Free relays, as well as about a dozen individual events between them. Instead of their children



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Snowmageddon Strikes Wisconsin State Championships

Correspondent, Mary Schneider

A surprise snow fell during the early morning hours on the day of the Wisconsin State Masters Championship. To make matters worse, each area of the state received different amounts of snow, along with the time when the heaviest snow fell. This resulted in concern and confusion whether it was safe to travel, and if the meet would still be held. The answers to those questions was “maybe” and “yes”.

The state meet had a 2 hour snow delay to allow people coming from different parts of the state to travel to the meet. An email was sent out notifying swimmers of the delay, but some were already on the road. So, a number of swimmers spent their time socializing and exchanging snow stories during the wait.

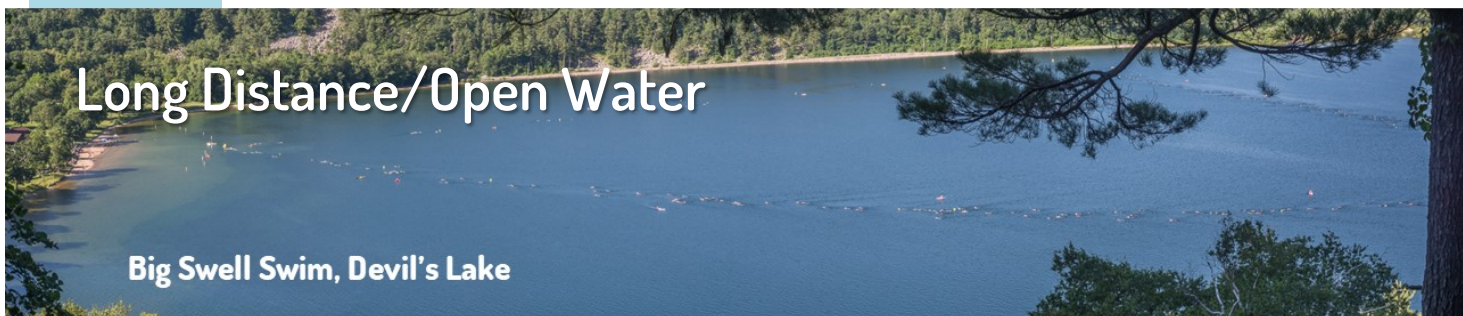
When the meet was ready to get underway, another problem was discovered between the timing system and the computer. Once that issue was worked out, the meet started, with maybe half as many swimmers as were registered. The meet was re-seeded so there wouldn't be as many empty lanes, and to help the meet move along a bit faster than otherwise. The rest of the meet ran smoothly.

One of the highlights of the meet was the 75+ 400 Mixed Medley Relay, which set a new state record, where none existed. How many 75 and over swimmers are willing to do this relay together, let alone, who will bite the bullet and do the 100 fly? Well, **Candy Christenson** drew the short stick, and bless her soul, swam the 100 fly portion, letting them do the relay. Congratulations to **Jeanne Seidler, Larry Mueller, Candy Christenson, and Richard TenHoor**, who all did their parts and swam an 8:36.41! Remember, it takes 4 members to make a relay, and I think this record will stand for a long time.

State records were set by **Andrew Babcock** (M45-49) in the 100 fly and 1000 free, **Greg Blommel** (M 60-64) in the 100 Breast, which broke his own record from one week prior, **Keith Van DeLaarshot** (M 65-69) in the 200 and 400 IMs, and **Richard TenHoor** (M 75-79) in the 50 Back. (Ed Note: Keith you promised not to break my IM records!)

This was a good time to tune-up for those going to nationals, and a great way to end the season for those for whom the state meet is their last of the season. Thanks to Jeanne Seidler and her talented family for hosting another great meet at Schroeder despite snowmagedon.





Wisconsin's Star Marathon Swimmer, Melodee Liegl

Jen Vallo, Long Distance/Open Water Chair

No stranger to Wisconsin Masters Swimming, Marathon swimmer **Melodee Liegl** found her love for the water in the 1970's at the Greendale Village Club, where her parents were charter members and she'd spend her summer days at the pool. In 8th grade she joined a local swim club and then competed on her high school team, specializing in fly and back. Because of her hip dysplasia, swimming was a sport that she could participate in. At UW-Madison, she swam on her own and in 1994, she started swimming at the YMCA.

In 1995, she started Masters swimming and was encouraged by Harlan Drake. She competed in meets and quickly switched from her usual back/fly to the 500, and found she enjoyed the longer distances. She has continued to swim consistently, and her son was even born 2 hours after she did a 3,000 yard workout, complete with flip turns!

Top 3 favorite events

The Manhattan Swim (2021): 28.5 miles in 8 1/2 hours. An epic swim around New York City with spectacular views of the city, Statue of Liberty, and all the sights.

The Channel Swim St. Lucia (2022): 21 miles in 13 hours and 14 minutes. This was my most challenging swim to date.

Three Rivers Swim (2014) in Pittsburg: 18 miles. A fun one; great city views and swimming up and down the Ohio River, Monongahela River and Allegheny River.

Melodee has completed swims in 16 US States and in the Caribbean as well – “Love those swims!”

Melodee's next open water adventure is the Maui Nui Swim in July; a 3-day, 9 mile (depending on currents) per day event. She has only missed 3 days of swim workouts so far in 2023 and averages about 10,000 yards per workout.

Melodee says her fellow marathon swimmers are her inspiration—super supportive people and she always has a place to stay at any race/event.



New Individual State Records

Age Group	Event	Time	Name	Date	Location
Men 60-64	50y BREAST	31.66	Gregory Blommel	2/12/2023	Cardinal Classic SCY Sun Prairie
Men 60-64	100y BREAST	1:11.16	Gregory Blommel	2/12/2023	Cardinal Classic SCY Sun Prairie
Men 60-64	200y BREAST	2:45.57	Gregory Blommel	2/12/2023	Cardinal Classic SCY Sun Prairie
Women 35-39	50y BACK	29.18	Kate Check	3/5/2023	Dave Clark Classic SCY at Whitefish Bay
Women 65-69	100y BREAST	1:24.57	Melinda Mann	3/5/2023	Dave Clark Classic SCY at Whitefish Bay
Women 65-69	100y FLY	1:15.69	Melinda Mann	3/18/2023	Spartan Splash SCY at McFarland
Women 65-69	100y IM	1:17.69	Melinda Mann	3/18/2023	Spartan Splash SCY at McFarland
Men 55-59	50M Free	:27.24	Jim Brandon	3/18/2023	Michigan
Men 60-64	50y BREAST	31.13	Gregory Blommel	3/18/2023	Spartan Splash SCY at McFarland
Men 60-64	100y BREAST	1:10.19	Gregory Blommel	3/18/2023	Spartan Splash SCY at McFarland
Men 45-49	1000y FREE	11:00.16	Andrew Babcock	3/25/2023	Wis SCY State Champs at Schroeder
Men 45-49	100y FLY	55.03	Andrew Babcock	3/25/2023	Wis SCY State Champs at Schroeder
Men 60-64	100y BREAST	1:09.59	Gregory Blommel	3/25/2023	Wis SCY State Champs at Schroeder
Men 65-69	200y IM	2:39.48	Keith Van De Laarschot	3/25/2023	Wis SCY State Champs at Schroeder
Men 65-69	400y IM	5:49.76	Keith Van De Laarschot	3/25/2023	Wis SCY State Champs at Schroeder
Men 75-79	50y BACK	38.18	Richard TenHoor	3/25/2023	Wis SCY State Champs at Schroeder

New Relay State Record

Event	Age Group	Club	Time	Date	Location	Swimmers
400y Medley Relay	MIXED 75+	WIS MASTERS	8:36.41	3/25/2023	Wis SCY State Champs at Schroeder	Jeanne Seidler 76W Lawrence Mueller 78M Candy Christenson 76W Richard TenHoor 76M

(McFarland Meet Continued from page 6)

cheering them on as in 2002, this time around there was a contingent of grandchildren. What an amazing story of a swimming family sharing their joys and triumphs with Wisconsin Masters.

In the 500 I swam next to a swimmer new to Wisconsin Masters, **Kevin Doyle** (39). Even though Kevin is close in age to my son, I was able to come in ahead of Kevin. How could this be? It appears that I've learned a few things from

studying, coaching, and working on technique the last couple of decades. Kevin, I have some words of advice for you: Get some coaching, learn how to streamline and reach out, grab the water in front of you, and push it behind you while staying horizontal in the water. My prediction is that if you follow this advice, you will be beating me in about 3 months. Then in June 2024 you can come down to Indy and help us at Nationals!

