

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

June • July 2023

FROM THE CHAIR ...

Greetings Masters Swimmers!

The 2023 nationals have concluded, and the Wisconsin team finished 6 th out of the Regional teams. The competition was stiff, with many California swimmers coming to compete in their home state. For a number of our Wisconsin swimmers, this was their first nationals, which was both daunting and inspirational. Favored by all were the past Olympians who came to compete. They are still awesome to watch! We had two individual champions, **Laurie Alioto**, and **Andrew Babcock**. You can read more about the highlights elsewhere in this newsletter.

It is with great sadness that I inform you of the passing of **Geoff Mykleby** on May 7. He was a friend to many in the swimming world, and wherever he went, he knew someone. Geoff achieved USMS national records primarily in backstroke, but there were a few others sprinkled in. His signature move was the “friggle,” where a swimmer would take small dolphin kicks off the wall, gradually increasing the size of the kick until surfacing. Geoff freely gave of his time, and conducted a number of clinics for swimmers. He will be greatly missed.

The Long Course State meet being held on Saturday, June 17, is now open for entries, https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=15782. The distance event is the 800 Free, plus all relays will be offered. I'd like to encourage our members to attend this meet. Even though many of you do not swim long course meters, here's an opportunity to try

some events. The pool is fast, so you may surprise yourself! It will also be a good tune-up for anyone considering going to Long Course nationals.

Registrations are still open for our Wisconsin Open Water event (WOW Swim),

https://www.clubassistant.com/club/meet_information.cfm?c=2649&smid=16234. The entry deadline is June 17, at 11:59 pm. Surprisingly, there are only a handful of Wisconsin swimmers, with more being from out-of-state, or one event entries. This is a good opportunity to try open water, as it will be a small meet, in a small lake, without motor boats or waves. It promises to be a fun time!

Long Course Nationals will be held Aug 2-6, in Sarasota, FL. Entries are open for registration at <https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-summer-national-championship>, as well as listing all the other information you will need. There will be at least a small contingency representing Wisconsin, so you won't be alone if you decide to attend.

Lastly, for those contemplating attending USMS short course nationals in 2024 in Indianapolis, you may want to



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Congratulations to the 59 WISC swimmers who competed in this year's USMS Short Course National Championship in Irvine CA,

Laurie Alioto 65-69, Andrew Babcock 45-49, Michael Barrowclift 25-29, Bryan Bell 45-49, Ann Berres-Olivotti 60-64, Gregory Blommel 60-64, Susan Bonis 65-69, Liz Brachmann 35-39, Jim Brandon 50-54, Jacob Burchfield 25-29, James Byrd 18-24, Timothy Capps 55-59, Alec Carlson 25-29, Danielle Christel 35-39, Candy Christenson 75-79, David Clark 65-69, Jane Dillon Stewart 80-84, Elyce Dilworth 55-59, Matthew Erickson 25-29, James Fischer 55-59, Richie Fischer 40-44, Dean Fochios 65-69, Andrew Forsaith 55-59, Matt Gardner 45-49, Thomas Grisa 60-64, Lisa Hayes 50-54, Jordan Koconis-O'Malley 30-34, Traci Koepke 45-49, Nancy Kranpitz 75-79, Ethan Kwan 18-24, Patricia Leeds 55-59, Joshua Lefeber 25-29, Ashley Mankowski 35-39, Jennifer May 50-54, Michelle McCarthy 45-49, Doug Mering 65-69, Kathleen Mering 60-64, Jennifer Moeller 40-44, Lawrence Mueller 75-79, Martha O'Brien 35-39, Thomas Prica 25-29, Tony Riker 75-79, Brianna Ross 30-34, Fred Russell 75-79, Jimmy Sammarco 50-54, Daniel Schaetz 50-54, Emma Schaetz 18-24, Grace Schaetz 18-24, Linda Schmidt 50-54, Erin Schneider 40-44, Mary Schneider 70-74, Stephanie Skladzien 40-44, Darryl Stich 45-49, Will Thoms 25-29, Mary Tylicki 45-49, Julie Van Cleave 60-64, Keith Van De Laarschot 65-69, Molly Woodford 30-34, Bobby Wu 45-49

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!

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consider reserving a hotel room now. Since USMS will be conducting its nationals in conjunction with the USA Swimming Olympic Trials, rooms will fill quickly. Here is a link to go to the hotel listing, <https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-spring-national-championship>. It will take you to the site for booking hotels. You do not need to stay at these hotels, but you may want to consider reserving a room somewhere around Indy.

Mary Schneider, Wisconsin Chair

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Wisconsin Open Water Swim (WOW Swim)

The Wisconsin Masters Swim Committee (WMSC) will host its 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&mid=16234.

Your Wisconsin Masters Swim Committee

15th Annual Swim4Freedom – Lake Geneva, WI

Sunday, August 6 – 5K Swim from Williams Bay to Fontana

The [Special Operations Warrior Foundation](#) ensures full financial assistance for a post-secondary degree from an accredited two or four-year college, university, technical or trade school, as well as family and educational counseling, including in-home tutoring, to the surviving children of Army, Navy, Air Force and Marine Corps special operations service members who lose their lives in the line of duty. The foundation also provides immediate financial assistance to severely wounded and hospitalized special operations service members.

The Special Operations Warrior Foundation is committed to providing scholarship grants – not loans – to over 1,100 children, who survive over 900 special operations service members who gave their lives in service to our country.

Information at <https://swim4freedom.org/>

Tributes Pour in For Geoff Mykleby

As noted in other places in this newsletter, Geoff Mykleby – a pillar in Wisconsin and National Masters swimming – passed away recently while battling cancer. I ran into Geoff as we both finished the 2022 Big Shoulders swim (pictured here). Even though we briefly crossed paths over the years, he recognized me and greeted me warmly, despite a noticeable limp.

Possibly the best tribute to Geoff that I've seen was Adam Mania's piece in *Swimming World*. I encourage you to read the entire article

(<https://www.swimmingworldmagazine.com/news/passages-masters-champion-coach-geoff-mykleby-leaves-legacy/>),

but here's an excerpt:

*Mykleby was the reason I kept swimming after college. I had just competed at World Championships and had graduated college at Wisconsin, but was unsure if any more racing would be in my future. I was feeling pretty burnt out– doubles every day and ~7000 yard sprint practices will do that to you. Coincidentally however, Mykleby happened to be the dentist to some of my friends in Milwaukee and he got in touch with me for some private lessons for a high school swimmer he was mentoring. After a couple pasta dinners he convinced me to move to Milwaukee and train/coach at the Schroeder YMCA with **Dave Anderson** and **Matt Miller**.*

That decision changed my life. But not just the competing. It was how I would treat swimming in my heart. A gift. An opportunity. A family. Anytime you meet a swimmer, prepare to get sucked into a long conversation. There is a profound bond when you have a shared trauma of staring at that black stripe on the bottom of the pool for endless, painful hours.



Highlights from the 2023 YMCA Masters Nationals Fort Lauderdale, FL, Apr 20-23

YMCA Nationals is recognized by Florida LMSC for United States Masters Swimming, Inc.

First, some really big news — **Melinda Mann** swam to a new USMS National Record in the 50 breaststroke. That is a huge achievement, which is also a YMCA Masters Record. Melinda set numerous Wisconsin and YMCA Masters Records.

Fred Salzmann, swimming for the first time in the M90-94 age group, competed in 12 individual events, all of which set new Wisconsin records. Fred was the high point individual swimmer with a total of 100 points earned from 7 firsts and 5 seconds. Fred is the first Wisconsin swimmer to compete in M90-94 short course yards pool. Fred also set several YMCA Masters Records. Other Wisconsin records were set by **Barry Mandel, Tracy Kellner, Doug Dickinson** and **Robert Hoganson**.

The Fourth Place team trophy was awarded to the 52 member Schroeder team swimming under the name of the Rite-Hite Family YMCA. As a USMS-recognized event, several of the 52 swimmers were from other LMSCs or were not registered with USMS.

“Swimming for Geoff”, “Team Mykleby”, baseball caps with Geoff’s name and 100% participation in the Saturday night social brought us all together with the single focus being to support Geoff. We thought of Geoff often. We took group pictures with the shirts. Geoff had contacted several of his swimming buddies asking them to join in the meet.

At the social and again at the Sunday opening of the meet, **Dr. Tom Bird** shared a tribute and words from Geoff to the Masters: “Good Morning, all. I’m Tom Bird with the Schroeder Masters of the Rite-Hite YMCA. I’m sure many of you have noticed our team shirts and hat with reference to Dr. Geoff Mykleby. Geoff is a beloved friend and team leader who was unable to join us this year. Geoff is a paragon of the swimming universe. He has been a fixture at this meet for some 30-40 years. I’m sure many of you remember him. Some of you may not know that Geoff has been living with stage 4 cancer for the last six years.

Although his current condition precludes travel, he is with us here in heart, mind and spirit. Many of the Schroeder team swimmers are here in a response to phone calls Geoff made to us individually as he wanted to have a good turnout from the Schroeder Team.

Geoff wanted me to share a few bullet points with Masters from the conversation he had with me:

1. Geoff feels we are eternally blessed to be part of this sport and the community that surrounds it.
2. Please remember to always take care of your mind, body and soul – they are blessings to be cherished.
3. Every day is a gift from God – Remember to enjoy every one of them even though some might be a little cloudy or dark.
4. Make the best use of your special skills and talents.
5. Love and appreciate your friends and family, and strive to give back to your community.

With that, his closing ask was to enjoy the meet,



At Short Course Nationals, 2023



Hauling in the medals:
Martha O'Brien, Michelle McCarthy, Lisa Hayes



Double Distance Gang, swimming the 1650 and 1000 on the same day:
Candy Christenson, Julie Van Cleave, Larry Mueller, Jennifer May

Wisconsin Swimmers Excel at USMS Short Course Nationals

Correspondent, **Mary Schneider**

Irvine, CA was the location of the 2023 USMS SCY Nationals. Wisconsin fielded a team of 59 registered swimmers among almost 2500 swimmers at the meet, including stiff competition in all age groups. Most noticeable were the 18-24 and 25-29-year-old age groups. Being in California, I'm sure there was a big push to get a number of college and post college swimmers to the meet.

A number of past Olympians made their presence known in the pool, notably Jenny Thompson, Gabrielle Rose, Rick Colella, Nathan Adrian and Anthony Ervin. Of special note was Maurine Kornfeld, swimming in the 100-104 age group, setting a national record in the 50 Free. Despite the competition, Wisconsin had two national champions, **Laurie Alioto**, with wins in the 400 IM and 200 Fly, and **Andrew Babcock** with a win in the 100 Free.

Laurie's wins remarkably both came on the last day of the meet, and both are tough events in themselves. In the 400 IM, she finished about 14 seconds ahead of the second place finisher. In the 200 fly, she was slightly behind at the 100 split, but kept her steady pace for the last 100, and finished 7 seconds ahead of the second place swimmer. Andrew's win went down to the wire, with a come from behind finish where he just out-touched Jeff Commings by 0.07 of a second!

There were a number of good swims and personal bests, and a lot of fun relays. Thanks to the coaches for watching us swim, giving feedback, and keeping us on track. Thanks to **Fred Russell, Dave Clark, Ann Berres-Olivotti, and Josh Lefeber!**

WISC Swimmers Reach Top Ten

A big shoutout to four Wisconsin swimmers who reached the USMS Top Ten ranking for short course meters relays at December's West Bend swim meet. They are **Tom Grisa** (backstroke), **Greg Blommel** (breaststroke), **Scott Richards** (butterfly) and **Jim Fischer** (freestyle), who set the 400 Medley Relay SCM Men 240-279 (4:59.73) record, and the 400 Freestyle Relay SCM Men 240-279 (4:24.77). Record. They even swam in the same order for both events.



Reactions From Nationals Swimmers

Liz Brachmann — This was my first nationals and I am blown away. Still two weeks later I'm still thinking about my swims, the pool, the weather, giving Jenny Thompson a high five, and most importantly getting to know and hanging out with my new WISC team and bonding even more with my SWAT team. It was an incredible experience and I can't wait to do it again! Thanks to the coaches for their hard work and support!

Doug Mering — I am always inspired by all of the athletes at this meet. Both young and old, stars and those just doing their best give me strength to keep doing better. It may not of been a thing a beauty but my 200 yd butterfly this year was very special to me. I broke through a mental barrier to finish this 200. As a matter of fact it was my best finishing 25 ever of this distance of butterfly. I have my two coaches (Tim Capps and Ann Berres Olivotti) to thank for their tips and support to get me through this race.

Danielle Christel — My favorite part about Nationals was the team camaraderie! I loved cheering on and supporting my teammates. I have found some new lifelong friends with Masters swimming and I am very grateful. Being part of an event like this provides some much needed excitement in life and reminds us that we are never too old to compete or be part of a sports team! I also loved the overall atmosphere of the venue. The California sunshine and air was very motivating. It was just a very positive experience overall. Thank you for all of your work to bring the team together. I am looking forward to many more National swim meets.

Michael Barrowclift —

- Facilities were nice, but with dual pool setup, not conducive to watching team members swim. I much preferred the single pool layout at San Antonio.
- Sunny outdoors makes me long for our indoor meet this next summer. Always tough training backstroke indoors, then racing outdoors.

Wisconsin Swimmer Highlights:

- **Matthew Erickson's** 100 and 50 backstroke. Matt is a great athlete and racer and showed us all a lesson in underwater dolphin kicks.
- **Will Thoms' 200 free** on Sunday. After a long and tiring weekend, Will showed us all what true grit looks like in the pool with his speedy 1:58.84—improving on his time at San Antonio last year.
- **Joshua Lefeber** sweeping top 5 finishes in all the breaststroke events. 5th, 5th, and 4th in the 100, 200, and 50 breaststroke respectively. Absolutely impressive.
- **Tom Prica's 23.43 50 fly.** I'm always so impressed with Tom's speed in the 50s.
- The loaded 50 backstroke heat of all WISC swimmers: Matt, myself, Tom, and Jacob. Lots of fun racing with WISC friends.

I greatly appreciated the support from the coaches this meet. "You are never as good or as bad as your previous and next race". This nationals was a great learning experience for me, and everyone was so encouraging and helpful throughout. Go team WISC!

Candy Christenson — Spring Nationals in Irvine was an incredible meet with a great representation from Wisconsin swimmers and coaches. I will always remember the first day coming to the pool at 6:30 am, not knowing what to expect. It was very nice to come to the tent and meet the helpful coaches who eagerly answered any questions and offered to count my 1650 and 1000. Fun to watch amazing swims by Wisconsin swimmers—especially Andrew and Laurie's firsts!

2023 Wisconsin Masters LCM State Champs at Schroeder Dr. Geoff Mykleby Memorial Meet

When: Saturday, June 17 • Doors Open at 10:30 AM, Warm-up 11:00-11:50 PM, Meet starts at noon.

Where: Walter Schroeder Aquatic Center, 9240 N Green Bay Road, Brown Deer, WI

Online Registration: https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=15782

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

Facilities: USMS and USA-Measured 50-meter pool with bulkheads

Eligibility: Open to all swimmers 18 years and over as of Saturday, June 17. 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 \$24.00 plus \$6.00 per individual event

One Event members \$35.00 plus \$6.00 per individual event

There are no refunds of entry fees. Checks payable to Whitefish Bay Masters.

Entry Limit: 6 individual events plus relays. 800 Freestyle is limited to the first 14 entries.

Deadlines: Online: Monday, June 12 at 11:59 pm Mail: Received by Saturday, June 10.

Meet Director: Jeanne Seidler, N128W16779 Holy Hill Rd, Germantown, WI 53022 (262) 894-0613

Email jseidler@usms.org

Schedule of Events

- | | | |
|-----------------------|------------------------|---------------------------|
| 1. Mixed 400 M Free | 8. Mixed 100 M Back | 15. Mixed 50 M Breast |
| 2. Mixed 200 M Fly | 9. Mixed 200 M Free | 16. Mixed 50 M Back |
| 3. Mixed 200 M Breast | 10. 200 M Medley Relay | 17. Mixed 100 M Free |
| 4. Mixed 200 M Back | 11. 200 M Free Relay | 18. Mixed 200 M IM |
| 5. Mixed 50 M Free | 12. Mixed 400 M IM | 19. 400 M Free Relay |
| 6. Mixed 50 M Fly | 13. 800 M Free Relay | 20. 400 M Medley Relay |
| 7. Mixed 100 M Breast | 14. Mixed 100 M Fly | 21. Mixed 800 M Freestyle |

Geoff Mykleby's Friggle

Dr. Geoff "coined" the term to help teach and initiate the dolphin kick when leaving the wall. It refers to a smaller, fast Friggle Kick first to stabilize body position and quickly get the underwater dolphin kick going.

Dr. Geoff presented at many clinics and as a 55-plus competitor was the best "underwater guy" in the country!

Coach Fred

Wisconsin Masters Coaches Representative



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