

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

August • September 2023

FROM THE CHAIR ...

Greetings Masters Swimmers!

As we near the end of the Long Course season, let's congratulate the 14 Wisconsin members who competed in the USMS LCM nationals Aug 2-6, in Sarasota, FL. Our top point getter was **Jenny Holzen** (30-34) who took first place in all five of her individuals events for 55 points. Next, **Tyler Hines** (30-34) won four races and placed second in another for 53 points. You can find the results here:

<https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-summer-national-championship/2023-summer-nationals-results-and-records>.

We held a successful State LCM meet, with a number of State records being broken. See the writeup elsewhere in this newsletter.

The Annual Meeting of WMSC will take place on **Saturday, October 7**. There is a notice in this newsletter, and a separate email was sent on August 1, with more details.

We conducted our first WMSC sanctioned Open Water Event on June 24. We had 70 registered swimmers in three categories, a non-competitive 500, and competitive 1000 and 1500 M swims. Most swimmers opted for the 1500, which was three laps around the course. Although there was a medical incident before the race began, the swimmer received prompt treatment and recovered in the hospital.

This speaks to the quality of the water safety team, for which

we partnered with **TriFaster**, and our preparation for the “what if” scenarios. The race was delayed, but took place as soon as possible. Swimmers enjoyed the venue and the opportunity to compete “without walls.”

Your board of directors and meet hosts will be putting the 2023-2024 meet schedule together in early fall. We were happy to see so many of our swimmers competing at swim meets again. We hope you enjoyed some of the fun, non-conforming events meet directors added to their events. If you have any comments, or wish to add a fun event, please email me at WChair@usms.org, and I will pass on the information to the meet hosts.

Lastly, let's congratulate our 2022-2023 SCY USMS Top 10 swimmers and relays. **Fred Salzman**, **Melinda Mann**, and **Laurie Alioto** earned All-American status by placing first in at least one event.

Enjoy the rest of the summer, take a short break from swimming, and be ready to gear up for the 2023-2024 swim season!

Mary Schneider,
Wisconsin LMSC Chair



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Annual Meeting of Wisconsin Masters Swim Committee

This is the official notice of the 2023 Annual Meeting of the Wisconsin Masters Swim Committee. The meeting will be held on **Saturday, October 7, 2023, from 9:00 am to 12:00 noon**. We will have both an in-person meeting, and have it live-streamed on Zoom. (Please note the Zoom meeting is a corporate account, but does not have any relationship with WMSC.)

The in-person meeting will be held at 13510 Braemar Dr, Elm Gove, WI 53122 (a private home of a member, but all are welcome).

The Zoom link is

<https://jnmeetings.zoom.com/j/96913657091?pwd=b2FrZ0JxZUE1VzROM3hvOHZEZUJVZz09>

Meeting ID: 969 1365 7091

Password: 254635

One tap mobile+13126266799,,96913657091# US (Chicago)

The agenda for the meeting is on the following page. If any member would like to present a motion to be considered at the meeting, please send an email to WChair@usms.org by August 7, 2023. At the meeting, election of Officers will be held. If you are interested in being nominated for an office, or are interested in being on a committee, please contact me.

I would like to encourage all of you to participate in the annual meeting either in person, or via Zoom. Please pass along any ideas you have that would improve Wisconsin Masters Swimming. We are all in this for fitness, fun, and competition!

Mary Schneider

Wisconsin Chair

WChair@usms.org

Laughter and Fun in Brookfield, June 3rd

The Brookfield FUN meet certainly lived up to its name. Held at Brookfield Central High School on June 3, this meet was attended by local swimmers as well as out-of-state swimmers.

A contingency from Illinois sat together to encourage and cheer on their teammates, while our Wisconsin swimmers spread the cheer all around.

This meet also saw the return of one of our beloved swimmers, **Alex MacGillis**. Smiling from ear to ear throughout the meet, Alex enjoyed the well wishes from all those who've know him over the years. Even his grandchildren came to watch and cheer!

We started with a fun event, the 50 yd High 5 relay. Each relay member swam 12 ½ yds, and then had to high 5 the next swimmer mid-pool on the exchange. Swimmers exhibited great concentration to be sure they high 5'd properly, but broke into laughter when the leg was done.

Some of the other non-traditional events at this meet were the 150 Pick 3 IM, where you could eliminate one of the strokes and do your favorite 3. There was also a 50 IM where everyone swam 12 ½ yds of each stroke. In addition, there was a 100 IM in which the order of the strokes was mixed up. It's a hoot to watch, because every lane is doing something different each length of the way! The most popular events, though, were the 25s of each stroke. There was some fierce competition for bragging rights on the 25 free! **Caleb Sandvold** won the event in 10.00, just edging out **Josh Lefeber** in 10.09.

There were 55 swimmers registered for the meet, and FUN was in abundance.

Agenda for WMSC 2023 Annual Meeting

- a. Roll Call
- b. Announcements from the Chair
- c. Reading, correction, and adoption of minutes
- d. Review Officers' written reports
 1. Chair
 2. Vice-Chair
 3. Secretary
 4. Treasurer
- e. Review Committee Chairs' written reports
 1. Registrar
 2. Sanctions
 3. Coaches
 4. Communication
 - a. Newsletter
 - b. Webmaster
 5. Long Distance/Open Water
 6. Safety
 7. Officials
 8. Fitness
 9. Top 10 Recorder
 10. Auditor
- f. Review of tabled motions
- g. Elections when appropriate
 1. Chair
 2. Vice-Chair
 3. Secretary
 4. Treasurer
- h. New motions presented to the Executive Committee
 1. 2024 Budget for WMSC
 2. Appointment of Committee Chairs
 3. Set date and time of 2024 Annual Meeting
- i. Summary of actions taken at Annual Meeting
- j. Feedback and questions
- k. Adjournment

Scenes from the Brookfield FUN Meet



Churning the water on the 25 Free



Dash to the finish on the 25 Butterfly



Alex MacGillis , our oldest swimmer



Martin Hahm, our 2nd oldest swimmer

Michael Barrowclift and Matt Erickson sporting their "fun" swim caps



Great Weather, Great Swim – Inaugural WOW Swim

The inaugural WOW Swim was held at Fox Brook Park on Saturday June 24, 2023. The weather cooperated and we had a very calm, clear and warm day. With nearly 70 registered swimmers and 50 who swam on race day, we were the only USMS sanctioned open water race in Wisconsin this year. Swimmers came from Wisconsin, Illinois, Indiana and even Arizona! This race feature three race distances: 500 meter (non-competitive), 1,000 meter and 1,500 meter races.



The overall male winner in the 1,500 race was **Ben Trager** and the women’s winner was **Claire Eckerle** (pictured with her dad **Paul**, who also competed).



In the 1,000, the overall male winner was **Richie Fischer** and the female winner was **Chelsea Alarcon**.

A number of swimmers competed in their first open water swim ever, and had a wonderful experience. Along with overall awards that were generously donated by A3 Performance, we had a number of raffle prizes donated from Speedo and Elsmore Swim Shop. Our safety and timing crew led by **Lauren Jensen-McGinnis** and TriFaster, were top notch and the day wouldn’t have been possible without all our wonderful volunteers.



We hope to continue the WOW Swim next year and be on the lookout for date and a slightly new format (we heard you triathletes and open water swimmers who like their wetsuits!) coming later this fall. Please check out our race web-site: <https://wowswim.org> for more information.



WOW Winners

1,500 meters

1. Ben Trager (pictured here) 23:03 male winner
1. Claire Eckerle (pictured here with Dad) 23:25 female winner & 3rd overall

1,000 meters

1. Richie Fischer 15:59 male winner
1. Chelsea Alarcon 20:34-female winner

Passing of John Bauman, Wisconsin Masters Developer and Champion

It is with great sadness that we report the passing of John Bauman on Sunday June 18. His obituary can be found at

<https://www.pkfuneralhomes.com/obituaries/John-Henry-Bauman?obId=28194226#/obituaryInfo>

John did not start Wisconsin Masters Swimming, but became involved very early and nurtured it to an organization of over 500 swimmers. John served in most of the roles for Wisconsin Masters Swim Committee (WMSC) and Wisconsin Masters Aquatic Club (WMAC, now WISC). John was also the meet director when paper entries were mailed and results were typed on a typewriter.

Ingrid Stine's house on Rainbow Avenue, where Ingrid and John lived, was Wisconsin Masters Swimming central for decades.

John developed a member database for Wisconsin that is still used by US Masters Swimming. He competed at a high level and was a national champion on twice, the last time winning the 50 Breaststroke at Riverside CA in 2017.

John accomplished all of this while running his own business. John said that he did all of this because he thought that swimming was fun.

Wisconsin Masters has gone far because we have stood on the shoulders of giants like John.



My Maui Nui Swim Challenges

Correspondent, Melodee Nugent

I traveled to Maui this July for a swim called Maui Nui, organized by Honolulu physician Steve Minaglia who said I would be a good fit with the group of selected swimmers. Steve required swimmers to submit a resume of our accomplishments. The Maui Nui Swim includes three channel swims. With only one boat, the number of swimmers was limited. We were selected based on our speed in order to keep us together in a pod. It is too dangerous to have us spread apart in the ocean*. I joined six other swimmers who came from all over the world: Ron (Hong Kong), Daniel (Tokyo), Niels (Australia), Aby (Mexico), B (California), Steve (Hawaii), and me from the Midwest. The best part of these events is making new friends!

My daughter, Regan, helped crew for two of the days. The boat could hold 20+ people, so having extra crew on hand helped at times for feeding. And it was a good opportunity to see what crazy stuff her mom does while experiencing the beauty of Hawaii at the same time.

Due to Hurricane Calvin in the area, we were unable to swim two of the planned channel swims. If the boat captain says it is a “no-go” there is no need to ask questions. But Steve was able to provide us with two other challenging swims. I am grateful he was able to do that for us.

Day 1: A channel swim from Maui to Lana’i started out in calm waters but eventually led to rough conditions. I watched the boat rocking in the choppy water and all I could think of was the movie “The Perfect Storm” and hoping Regan was okay. The swim was over 8 hours for 16.7 miles. The currents pulled us in many directions and added on another 7 miles. We did see several reef sharks (video here:

https://www.youtube.com/watch?v=9pfPPwhjO_A)

The coral reef near the shoreline at Lana’i made it a challenge to reach shore. Only four of us attempted it and we finished. I thought to myself, I travelled all the way to Hawaii to do this

swim in over 8 hours and nothing was going to stop me! We were all exhausted after the swim, with a couple people sick afterwards. After being on the water all day, Regan said, “I think you have a different definition of fun!”

Day 2: This swim took us from Kihei to Wailea along the Maui shoreline. This was the easiest of the three days: 8.2 miles in 4 hours and 49 minutes. We saw turtles and sting rays along the way.

Day 3: Another new swim, we traveled to the island Molokini and back. Again, the swim started out in calm waters and became choppy the farther from Maui we got. Molokini is a large crater of an island. Even Regan jumped in the choppy water to check it out. This swim was 9.4 miles in 5 hours and 20 minutes. We landed on Baby Beach on Maui, which we discovered was a popular nudist beach!

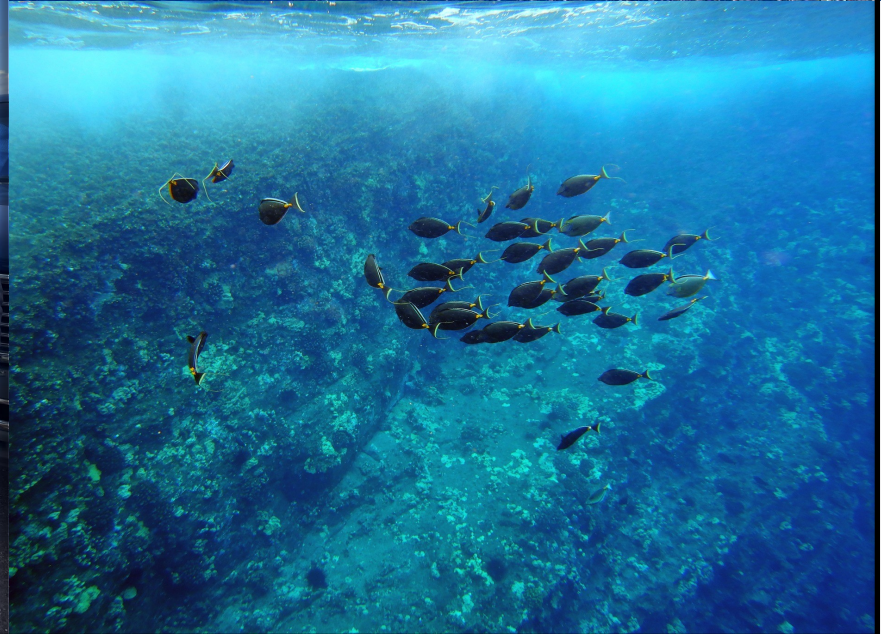
Each year I try to do one big swim adventure and this one did not disappoint. I like warmer water and the water temperatures were perfect, the water was the most brilliant blue and the sea life is an extra added bonus. Ocean swims are tough on the body/skin – we covered our bodies well with Desitin (used for diaper rash) to avoid sunburns.

This event has been held seven times and I am happy to be included with the 36 swimmers to have completed all three days of marathon swims. Time to start researching my swim for 2024!

Special Note: As of the time of this publication, Maui was hit hard with fires. We stayed in the town of Lahaina, which is now completely gone. We spent almost every day of the nine days in the downtown area (either shopping or eating), since our condo was a couple minutes away. We had a wonderful trip on the island and happy that we got to experience all that the island had to offer. We are crushed to think it is all gone.

*Ed. Note: These waters have lost several Hawai’i surfers and watermen, including [Eddie Aikau](#) of “Eddie Would Go” fame.

Maui Nui Swim



Long Course Meters Championships at Schroeder Pool

The Long Course State Championship meet was held at the Schroeder Aquatic Center on Saturday, June 17. 70 swimmers registered for the meet, with most swimmers from Wisconsin, but also a sprinkling of out-of-staters. The meet ran smoothly, thanks to all the volunteers and officials!

We had a few speedy swimmers, as well as several fast relays, who broke State records. Although in the case of relays, some had no state record. But a record is a record, and one set for future swimmers to beat.

Continuing his record quest since turning 90, was **Fred Salzmman**. He doesn't seem to be slowing down, and broke four individual records, along with contributing to a record setting 200 Medley Relay along with **Jeanne Seidler**, **Don Jackson**, and **Phyllis Smith**. Joining his record pace was **Susan Swedler**, a newcomer to Wisconsin, also breaking four individual records. Versatile **Melinda Mann** definitely showed her talent by setting records in two breaststroke events, one freestyle event, and one butterfly swim. Now you wouldn't think the 800 Free would be a contest, however **Keith Van De Laarshot** broke the state record. But unfortunately for him, **Dean Fochios** swam just a bit faster. Earlier, Keith bested Dean in the 400 Freestyle to set a record in that event. Other record setters were **Jen May**, **Don Jackson**, **Barry Mandel**, and our Nationals standouts **Tyler Hines**, and **Jenny Holtzen**, Jenny showed her endurance by swimming the 200 Breast, the 400 IM, and the 800 Free. A young team of sprint freestylers set a new 200 Free relay: **Tyler Hines**, **Michael Barrowclift**, **Thomas Prica**, **Thomas Rathert**. And to round out the relay record quest, the team of **Tom Grisa**, **Greg Blommel**, **Scott Richards**, and **Jim Fischer** set records in the 400 and 800 Free Relays.

As usual, this meet was a good occasion to socialize with our fellow swimmers and enjoy each other's company while cheering for our friends. Thanks to Jeanne Seidler and her crew for hosting a great State Meet!

New Relay Long Course Meter Records

| Age Group | Event | Time | Swimmers | Date | Location |
|---------------|------------------|----------|--|-----------|-----------------------------------|
| MIXED 320-359 | 200 Medley Relay | 5:38.50 | Jeanne Seidler, Fred Salzmman, Donald Jackson, Phyllis Smith | 8/17/2023 | Wis LCM State Champs at Schroeder |
| MEN 100-119 | 200 Free Relay | 1:57.17 | Tyler Hines, Michael Barrowclift, Thomas Prica, Thomas Rathert | 8/17/2024 | Wis LCM State Champs at Schroeder |
| MEN 240-279 | 800 Free Relay | 10:41.40 | Thomas Grisa, Gregory Blommel, Scott Richards, James Fischer | 8/17/2025 | Wis LCM State Champs at Schroeder |
| MEN 240-279 | 400 Free Relay | 4:33.51 | James Fischer, Scott Richards, Gregory Blommel, Thomas Grisa | 8/17/2026 | Wis LCM State Champs at Schroeder |

New Individual Long Course Meter Records

| Age Group | Event | Time | Name | Date | Location |
|-------------|-------------|----------|------------------------|-----------|-----------------------------------|
| Men 30-34 | 400M FREE | 4:37.05 | Tyler Hines | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 30-34 | 800M FREE | 9:34.40 | Tyler Hines | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 30-34 | 50M FLY | 27.47 | Tyler Hines | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 60-64 | 200M BREAST | 3:11.82 | James Fischer | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 65-69 | 400M FREE | 5:29.73 | Keith Van De Laarschot | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 65-69 | 800M FREE | 11:09.09 | Dean Fochios | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 70-74 | 100M FREE | 1:08.78 | Barry Mandel | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 70-74 | 200M FREE | 2:34.63 | Barry Mandel | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 80-84 | 400M FREE | 7:52.20 | Donald Jackson | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 90-94 | 100M FREE | 2:44.20 | Fred Salzmann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 90-94 | 400M FREE | 11:44.85 | Fred Salzmann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 90-94 | 100M BACK | 2:43.26 | Fred Salzmann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Men 90-94 | 200M BACK | 5:24.70 | Fred Salzmann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 30-34 | 200M BREAST | 2:44.57 | Jenny Holtzen | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 30-34 | 400M FREE | 4:47.05 | Jenny Holtzen | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 30-34 | 800M FREE | 9:39.11 | Jenny Holtzen | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 30-34 | 400M IM | 5:18.55 | Jenny Holtzen | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 50-54 | 400M FREE | 5:42.13 | Jennifer May | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 65-69 | 50M FREE | 33.49 | Melinda Mann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 65-69 | 50M BREAST | 43.37 | Melinda Mann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 65-69 | 200M BREAST | 3:41.30 | Melinda Mann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 65-69 | 100M FLY | 1:33.05 | Melinda Mann | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 70-74 | 400M FREE | 7:11.19 | Susan Swedler | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 70-74 | 100M BREAST | 2:03.03 | Susan Swedler | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 70-74 | 200M BREAST | 4:15.93 | Susan Swedler | 8/17/2023 | Wis LCM State Champs at Schroeder |
| Women 70-74 | 200M IM | 4:04.77 | Susan Swedler | 8/17/2023 | Wis LCM State Champs at Schroeder |

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