

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

February • March 2024

FROM THE CHAIR ...

Greetings Wisconsin Masters!

The short course swim season is in full swing. Upcoming meets will be at Whitefish Bay High School on March 3, McFarland High School on March 9, and the State Meet at Walter Schroeder on March 23. Recent attendance at meets has been very good, so grab a teammate or a friend and register for one or more upcoming meets.

For those interested in short course nationals in Indianapolis, the meet will be held in conjunction with Olympic Trials, June 20-24. According to the meet information, there is a possibility that events 200 yards or longer will be capped, so you may want to consider registering early. The reason for this is to manage the timeline so masters swimmers have an opportunity to attend the Olympic Trials evening sessions.

For information, visit the USMS website at <https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-spring-national-championship>. Hotels are filling fast, and Team Wisconsin

has selected the Drury Inn as the team hotel. See the next page for more information.

Wisconsin Masters is in need of swimmers who are willing to write a summary of the swim meets they attend.

It would be helpful if more than one swimmer volunteered, and each took a different swim meet to write about. It only needs to be a paragraph or so, and can highlight anything that impressed you, whether it was a certain event, a record swim, a fun relay, or anything else. Please consider taking a few minutes of time to add to the newsletter. If you are willing to do this, please contact Carl Millholland at WIEditor@usms.org.

Speaking of volunteering, we are still in need of someone to step in as Vice Chair. This position is on the executive board, and has a vote in decisions for issues that



Wisconsin Masters Swimming Facebook Group

The new Wisconsin Masters Swimming page is live with 161 members and counting.

We are seeing people join from across the state, sharing news about pool and open water swims in their area. You do not need to be a USMS member to join, just interested in adult swimming.

Join today and invite your swimming friends!

Go to: <https://www.facebook.com/groups/154332632463104/>

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come up in between Wisconsin Masters Swim Committee Annual Meetings. It is also a position that generally leads to taking over as Chair of Wisconsin Masters. If you would like more information, please contact me at WChair@usms.org.

The Wisconsin Water Warriors contest is complete, and results are on [page 5](#). A number of first time entrants submitted results, along with some who continue to compete each year. Congratulations to all contestants!

The virtual Animal meet has also completed. Results are [on page 4](#).

Enjoy the rest of the competitive short course season, and remember to sign up for upcoming meets!

Swimmingly,

Mary Schneider
Wisconsin Chair

Hotel for Spring Nationals

Next year's Spring Short Course Nationals (2024) will be held in Indianapolis from June 20-24. This time frame overlaps with USA Olympic Trials, also held in Indianapolis (June 15-23). USMS Nationals will be held at the IUPUI pool, while the Olympic Trials take place in Lucas Oil Stadium.

We have booked a room block at the Drury Hotel in Northeast Indianapolis. The [hotel](#) is about a 20 minute drive to the IUPUI pool. Wisconsin swimmers have stayed at several Drury hotels in the past and have found them quite suitable for a Nationals meet.

You must make reservations by Sunday, May 19, 2024 to receive our Group Rate, and must book at least two nights.

Rates - All rooms Double Queen beds

Thursday 6/20 \$176.00 (+tax)

Friday 6/21 and Saturday 6/22 \$185.00 (+tax)

Sunday 6/23 \$176.00 (+tax)

To register, use this link:

www.druryhotels.com/bookandstay/newreservation/?groupno=10086887

Reservations may also be made by calling 1-800-325-0720 and referring to group number 10086887 (Wisconsin Masters Swimming).

We encourage you to book early and let's go Wisconsin Masters Swimming!



Open Water Events

Wisconsin Open Water Events

Booth Lake Memorial Swim

May 18, 2024, East Troy, Wisconsin

Wetsuit Required

Swim Nishinoc

June 23, 2024, West Salem, Wisconsin

Wisconsin Open Water Swim (WOW)

June 15, 2024, Foxbrook Park (Brookfield), Wisconsin

Limited to 110 Swimmers

USMS Open Water Championships

Open Water Fans, Mark your calendars

Sprint-Distance Nationals

July 20, Stillwater, Minnesota

Long-Distance Nationals

July 21, Stillwater, Minnesota

Middle-Distance Nationals

June 1, Lake Berryessa, California

Marathon-Distance Nationals

June 8, Lake Del Valle, CA

For more information, visit USMS.ORG

Get Ready to be WOWed

Mark your Calendars — Saturday, June 15, 2024

Wisconsin Open Water Swim

Swim fast and you may win a sought after WOW

Swim pint glass!

WOW Swim logo caps generously provided by

Blue Seventy.



2024 Animal Award Winners

The Animal Award event takes place in January. Swims must to be completed in a 3 hour time period, operating on the honor system. To earn the ANIMAL AWARD, a swimmer must finish one of the following

Option#1: The 1000 freestyle, plus the choice of four of the following:

400 IM, 200IM, 200 Butterfly, 200 Breaststroke, 200 Backstroke or 200 Freestyle

OR

Option#2: The 400 IM, plus the choice of four of the following:

200 IM, 200 Butterfly, 200 Breaststroke, 200 Backstroke or 200 Freestyle

29 swimmers completed the 2024 Animal Award Swimming Challenge. 23 from Wisconsin, 2 from Ohio, 1 from Florida, 1 from Michigan, 1 from Connecticut and 1 from California. Congratulations to the following swimmers!

Robert Bemben

Craig LaCount

Ann Berres-Olivotti

Jerry Lourigan

Sarah Bolz

Melinda Mann

Leah Carroll

Natalie Marinello

Marilyn Early

Katy Mering

Teresa Focha

Anna Morgen

Madira Hall

Amelia Osterud

Katie Kalfas

Sarah Perkins

Debbie Katzman

Alyssa Price

Margaret Keller

Khalil Raffoul

Mara Kieser

Lavinia Raffoul

Karen Kimple

Mary Schneider

Sarah King

Susan Swedler

Nancy Kranpitz

Melissa Vandenhouten

Martha Kreitzman

2023 Wisconsin Water Warrior Results

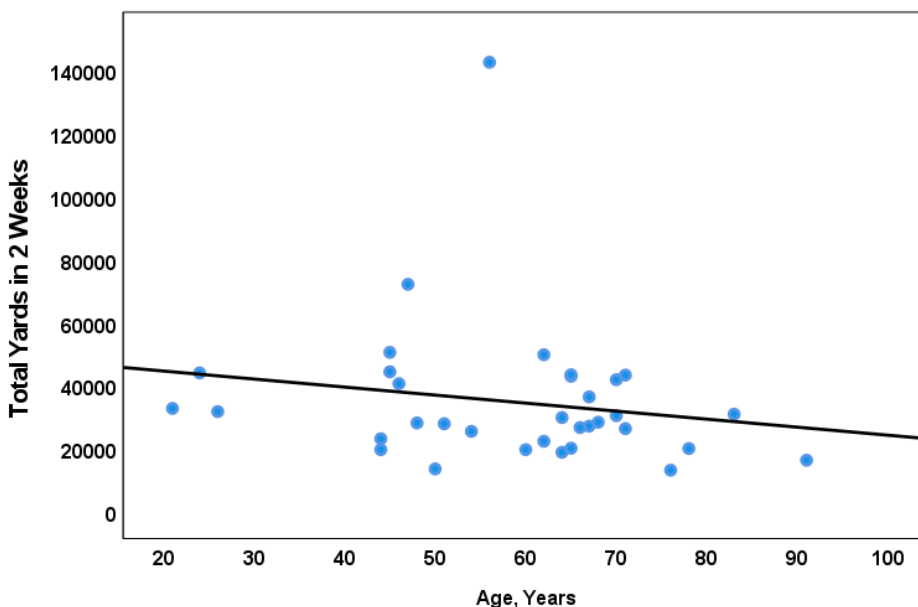
Melodee Liegl

Wisconsin Water Warrior is a 2-week swim challenge (14 consecutive days) that took place between November 1st and December 31st. The goal was to challenge yourself and swim as much as you can for the 2-week period.

What an exciting time for Wisconsin Water Warriors. We had a big increase from our numbers last year with a total of 34 swimmers (last year we had only 20 swimmers). Our numbers dropped significantly after COVID, but I am pleased to see the increase in participants. For the 34 participants, we continue to have “older” swimmers, with a median age of 63.0 (range 21-91) years. There were 21 females (62%) and 13 males (38%). We had a total of 664 miles of swimming this year. 13 (38%) of the 34 were new swimmers to the event and include the following: **Sue Swedler, Sarah Bolz, Jeanne Piccione, Julie Verwijst, Martha Kreitzman, Tami Triller, David McGlynn, Jenny deHart, Pieter deHart, Diana Hammer, Erin Schneider, Madira Hall and Reid Pezewski.** So happy to see new swimmers for this event. Congrats to all the swimmers!

Fred Salzmann continues to amaze us at 91 years of age swimming 16,500 yards while **Don Jackson** at 83 years of age swimming 31,070 yards.

Below is a plot of all the swimmers by age and total yards. The line represents the trend of the data, which shows that as age increases, the distance decreases.



Age Group	Name	Age group	Total Yards
Females			
20-24	*Madira Hall	1st Place	44,150
40-44	*Erin Schneider	1st Place	23,300
	*Diana Hammer	2nd Place	19,850
45-49	Katie Kalfas	1st Place	44,500
	*Jenny deHart	2nd Place	40,750
50-54	*Tami Triller	1st Place	28,050
	Jennifer May	2nd Place	25,650
55-59	Melodee Liegl	1st Place	142,500
60-64	*Julie Verwijst	1st Place	49,900
	Julie Van Cleave	2nd Place	30,011
	Ann Jackson	3rd Place	22,500
	*Jeanne Piccione	4th Place	19,850
	*Martha Kreitzman	5th Place	19,000
65-69	Katy Mering	1st Place	43,550
	Ann Berres-Olivotti	2nd Place	43,075
	*Sarah Bolz	3rd Place	28,525
	Melinda Mann	4th Place	27,300
70-74	Mary Schneider	1st Place	43,450
	*Sue Swedler	2nd Place	30,600
75-79	Nancy Kranpitz	1st Place	20,200
	Candy Christenson	2nd Place	13,350

Age Group	Name	Age group	Total Yards
Males			
20-24	*Reid Pezewski	1st Place	32,907
25-29	Kevin Van Cleave	1st Place	31,900
45-49	*David McGlynn	1st Place	72,200
	*Pieter deHart	2nd Place	50,653
	Darryl Stich	3rd Place	28,300
50-54	Stu Schaefer	1st Place	13,750
65-69	Mark Kaczmarek	1st Place	36,550
	Doug Mering	2nd Place	26,850
	Gus Robeldo	3rd Place	20,300
70-74	Robert Turner	1st Place	42,000
	Steve Justinger	2nd Place	26,500
80-84	Donald Jackson	1st Place	31,070
90+	Fred Salzmann	1st Place	16,500

*new swimmer for Wisconsin Water Warriors

Coach's Corner

To Swim Faster, Swim Faster

By this time of year, most of us are in good swimming condition, so now is the time to train for fast swims. If you're looking to achieve top times in 50s and 100s, train for 50s and 100s. Makes sense, right. But how? Swimming 10 X 100 with 15 or 20 seconds rest each 100 is great if you're swimming a 1000 for time or still building your aerobic base. But when your race is only 30-40 seconds long or 1:10-1:30 long, you should practice swimming for those durations.

A good race pace practice should consist of two activities: Slow, deliberate technical swimming consisting of warm-ups, drills and recovery, and race pace training.

In slow swims, work on rotation, hand entry, catch-and-pull, and good timing. Breath control sets a great way to swim slowly: For example 8 X 50 on ~1:30, breathing every 3rd, 4th, 5th and 6th stroke, repeated twice. [2 X (4 X 50 3/4/5/6)]. Tools such as snorkels, fins and pull buoys are great for these swims.

Fast swimming should be minimal volume, maximum speed. The closer you get to your goal event, the less volume and the more speed. One mid-season example would be 3 X 50 on 3:00 (yes, three minutes rest!) then a recovery 400 with fins and snorkel. Repeat about two more times. If you add time warm-up/warm down, practice will still run about an hour and the yardage will be around 3000.

While swimming 50s in a meet is basically a matter of turnover and good technique (start, stroke, turn and finish), swimming 100s requires creating speed endurance. Learn to hold a good time on that



2nd 50 -- the classic "Go out fast and hang on."

Here you want to swim broken. One example would be: swim a 50 with :10 seconds rest, then 2 X 25 on :40 each. You will be a little tired on that last 25, but still swimming close to your race time. You want to feel speed.

Another example is: 4 rounds of 75 on 1:00, sprint all-out for a 25, then finish with a 50 at 90-95% speed. Swim recovery for about 15-20 minutes. Then swim an all-out 100 for time. Shoot for a PR. In practice!

Another good sprint method is to swim in bursts: Push off in a tight streamline, make a couple dolphin kicks to a breakout, then burst for 4 strong strokes and finish easy to the wall. This helps you zero in a powerful stroke, especially important on the breakout stroke. Use fins, drag chutes or buckets if you have them. Bam! Real stroke power!

Race pace swimming isn't just for 50s and 100s either. If you're training for a 500, follow the same philosophy. Slow, technical swimming for about 70% of the practice, then work on a broken 500. Swim a 200 at race pace plus 5 seconds--feel the easy speed

(Continued on page 7)

2023-2024 Meet Calendar

Location and Registration	
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	WIAA State High School Boys Championships
Sunday 03/03/2024	Whitefish Bay SCY Meet
Saturday 03/9/2024	McFarland SCY Meet at McFarland HS
Saturday 03/23/2024	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-Masters for Badger State Games
06/08/2024 (Tentative)	Summer Fun Meet at Brookfield East High
Saturday 6/15/2024	Wis. Masters State LCM Champs at Schroeder
Saturday 6/15/2024	Wisconsin Open Water Swim Fox Brook Park Brookfield, WI
Wed – Sun Aug 21-25/2024	USMS Nationals Champs LCM Mission Viejo, CA

(Continued from page 6)

at the start of the swim. Rest 10 seconds then swim 2 X 100 at race pace plus 3 seconds Rest 20 seconds. Then hammer out the best 100 of your life. If you're mid-season, swim 3 broken 500s. Closer to your goal event, 2 swims. And a week or so before the event just once, with each portion at race pace. The same

would apply to a 400 IM. Break it up into pieces where you can swim close to your goal splits.

Final note: Race pace training is not Ultra-short Race Pace Training (USRPT), which appears to be swimming only at race pace, such as 20 X 25 on 2:00. It's controversial and not something I recommend for Masters swimmers.

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