WISCONSIN MASTERS SWIMMING NEWSLETTER

April • May 2021

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Spring is coming, although our swim season has been pushed out a few months. We still don't have any Wisconsin meets planned for this spring or summer, but short course nationals looks like they will be held. The list of hotels is listed on the Wisconsin Masters Swimming website at https://www.clubassistant.com/c/4DE7542/file/Meet%20Information/2021%20USMS%20Spring%20Nationals%20Host%20Hotels.pdf.

The team plans to stay at the Drury Inn, but you can choose to stay wherever you want. Even though we will be a bit rusty from competition, it'll be fun to be in a meet environment again. More information will be forthcoming as we get closer to nationals.

This summer there may be a few local open water meets not sanctioned by USMS that may provide an opportunity for competition. There will also be the Great Lakes Zone USMS sanctioned open water meets in Ohio and Illinois. See the previous newsletter for details about those.

Although our membership is down, Wisconsin is slowly adding members to its roster. Hopefully, once competition does start up again, more members will join us. Thank you to those who have signed up for 2021!

The Water Warriors awards have been distributed, as well as the Animal Award towels. Thanks to Melodee Leigl for once again being creative with the Water Warrior awards, which included a beautiful stained glass hanger with a metal swimmer, similar to the USMS logo.

Thanks to Melinda Mann for holding a virtual Animal meet and distributing the towels. Animal swimmers are listed in this newsletter.

Keep on swimming, and I hope to see a number of you in Greensboro! For those who may just be starting to swim after a long absence, be smart and start slow. You don't want to risk injury by doing too much too fast. This would be a good time to work on drills, too, as we all need to do that periodically.

Mary Schneider
Wisconsin Chair

Join us on Facebook
https://www.facebook.com/groups/154332632463104/

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Back in the Saddle Again

Carl Millholland
Newsletter Editor, Chair WMAC

Pools have started to open, and Masters programs are running again. Several high schools have run meets, and so I think it's time to see what Wisconsin Masters Swimming can do in 2021.

I've been in contact with a few pool directors, and they see opportunities ahead. Some have said, let's wait another month to see what happens, others have penciled in a few tentative dates. Running a Masters swim meet requires expenses for pool rentals, officials and other overhead. These costs are the same whether we have 5 swimmers or 100.

With that in mind, I've put together a short survey to gauge where we are at as a state-wide swim club. The survey is mainly to get a headcount in order to see if we can get enough registrations to run a meet. I'm hoping to get a few in June or early July as a tune-up for USMS Nationals, and maybe (just maybe) a long course swim in late summer for USMS Long Course Nationals. I love long course and hope you do to!

ENTER THE SURVEY HERE

From the Archives — April/May 2010

Dick Pittman, WMSC Chairman

We had a swimmer join our program in Madison several years ago. After smoking for most of his life he learned how to swim at our East YMCA After graduating from the basic "Learn to Swim" program for adults, he thought he might as well join Masters in order to continue his improvement.

He had no idea what he was getting into ... especially with a coach who loves butterfly! His first season with us I invited him to go to the State meet in Kenosha at Carthage College. I didn't realize until well into the meet that Tim (Potter) had signed up for five events each day. How many people do that?

Yep, that's our Tim. Still going strong eleven years later. (ed.)

WMAC listed at a team for the 2021 Madison Big Swell Swim

Jackie Hering of Rooster Events has put on a series of popular open water swims in the Big Swell Swim series. She even managed to run a series of Great Big virtual open water swims last year, plus a six week distance challenge this year. And for that we are grateful!

Now that COVID-19 restrictions are easing, the first Big Swell Swim is on!

Several Wisconsin Masters Swimming members have entered in years past, so this year we've put together a team. When you sign up, click Yes at the bottom of the page, then choose Wisconsin Masters Aquatic Club (WMAC). Masters swimmers are welcome to form their own teams, but be prepared for a battle!

2021 Great Lakes Zone Open Water Championships

Here is some more good news for open water swimmers. While these events aren't in Wisconsin, perhaps a road trip to Illinois and/or Ohio could be part of your summer travels. Without the Cream City Classic in Milwaukee this summer, here are two wonderful events to train for. Both of these competitions are long running, well established events. They follow stringent safely protocols. They have been sanctioned by USMS in the past, and will be applying for sanctions for 2021. Mark your calendars now!

Central Illinois Open Water Swim (CIOWS)

June 26, 2021
Evergreen Lake, Hudson IL
1.2 or 2.4 mile swim

Brogan Open Water Classic

July 17, 2020
Lake Eerie, Edgewater Beach, Cleveland OH
½ mile, 1 mile or 2 mile swim
Information

USMS Events Announced

2021 TYR Last One Fast One virtual event
April 16 - May 2, any 25-yd pool or open water venue
Click Here for More Information

2021 USMS Short Course National Championship
July 21-25, Greensboro Aquatic Center in Greensboro, NC
Click Here for More Information

2021 USMS Long Course National Championship
October 6-10, SPIRE Institute, Geneva, Ohio.
Click Here for More Information

Special Note Regarding USMS Registration and Clubs

When registering for USMS, you will be asked to designate a Club. Or you can choose Unattached. The main club for us is the **Wisconsin Masters Aquatic Club (WMAC)**. When we compete at Nationals or Regional meets, we compete as the Wisconsin Regional team. If you are not affiliated with a Masters workout group, you should still select WMAC as your club. If you select Unattached you will not be able to join relays or contribute points to the state Regional team. Plus you will be welcomed by a group of very friendly swimmers!

Guest Coach — Lauren Jensen McGinnis

Jen Vallo, Long Distance/Open Water Chair

I recently had the pleasure of interviewing Lauren Jensen McGinnis via telephone but can't wait to meet her in person someday! Lauren is the Owner and Head Coach of Tri Faster, a Professional Speaker, co-founder of the non-profit Making Waves Milwaukee, contributing author to *TRIing Times* and a World Champion Triathlete. As a licensed Physical Therapist and movement specialist, Lauren is able to combine her extensive knowledge of the body along with her over 35 years of multi-sport racing and coaching to help others to realize their full potential. Her style is to share in the adventure with the individuals that she coaches, acting as true partner in their journey. Lauren strongly believes that with the right mindset, all things are possible. Mastering the art of positive self-talk is the key to being successful in life.

1. When/why did you start swimming competitively and how did you transition to triathlon?

Lauren, one of four kids, was put in swim lessons at a young age and started summer swim team as a six year old. She was super high energy and loved everything about swimming. She stopped swimming competitively because her high school didn't have a swim team, but started teaching swimming at the YMCA at age 14. She competed in her first triathlon in 1985 and was hooked; she became a "student of the sport" and in 1992 she got her pro card and competed as a pro elite triathlete for almost 20 years.

In October 2010, on a training ride with a friend, Lauren sustained career ending injuries when she and her friend were hit from behind by an inattentive driver (sadly, her friend did not survive the accident).

2. Do you have any advice on how to stay motivated and in shape when we don't have many in-person events in the near future?

a) Find your why

Are you swimming to be fit? For reflection and relaxation? For an upcoming competition? For a mini vacation?

b) Keep refreshing that why

When it's an early morning and you don't feel like getting up and going to the pool, remember why you are doing this and get out of bed.

c) Find your tribe

Do you have a training partner who is waiting for you at the pool for accountability? You may want to join a local Masters or Triathlon Team for more friends to train with.

d) Find a coach

Having a coach can also keep you more accountable and help with proper stroke technique.

e) Positive Self Talk

Some workouts and races are going to be tough, but changing your mindset from negative to positive can make a huge difference in the outcome. Have fun with it!

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3. What is something inspiring that has shaped who you are as an athlete and coach?

The 2010 accident in which Lauren lost a friend and sustained serious injuries definitely shaped who she is. It taught her how to rebuild after a horrible loss and led to her coaching Team Phoenix for 7 years. Team Phoenix is a program for female cancer survivors who go from couch to completing a sprint triathlon in 7 weeks. Lauren could relate to having a horrible medical incident that was out of her control and using endurance sports to help heal. Through her recovery, Lauren found a better understanding of how to become her best self and be a better coach. She has found inspiration working with children with disabilities, cancer survivors and new swimmers of all ages.

Lauren's Workout for 1.2M Race

300 easy - odd lengths - breathe right,
even lengths - breathe left

4 x 50 taking 2 sighting breaths each length, :15 rest

8 x 25 FAST with :15 rest

MAIN SET:

300 moderate, :30 rest

3 x 100 with :15 rest at target race effort

300 at target race effort, :30 rest

4 x 75 with :20 rest above race effort

300 - 100 FAST above race effort then settle in, :30 rest

6 x 50 FAST, with :20 rest

300 at target race effort

200 easy

(3000 yards/meters total)

Lauren is in the process of planning a series of Wednesday night Open Water Swim and Aquathon (Swim/Run) races this summer in Brookfield. Contact Lauren at shark@trifaster.com for more information.

My COVID-19 Recovery

Mary Schneider

I contracted covid before Thanksgiving in November. I did a swim workout the night I started to get sick. My temperature was normal, since they check it before entry at the health club. I was wondering, though, why I felt so drained when I was done with my workout.

The next morning I knew. I was super tired, and I assumed I had covid. I felt pretty good for about a week, and then I started to go downhill. I was having trouble taking in a deep breath, so I knew it was time to get help. I managed to find a doctor who prescribed a whole boatload of drugs. Since I have asthma, I had 2 different nebulizer treatments, along with other drugs, one of which was hydroxychloroquine. After 3 days I was feeling better, so I knew the drugs were working.

I took a month off all exercise to let my body fully recover. It was hard to do, especially after being out of the water for 10 weeks in the spring of 2020. Just before Christmas I returned to the water for a very easy workout. It felt good to be back in the pool, and my attitude was to build up slowly again, and I'd eventually work my way back into shape. I quickly built up my yardage, although I needed a longer interval on sets, and my 100 repeat time was slower.

Now, three months after I started swimming again, my speed is back and I feel completely recovered. I think being fit to begin with, having a pretty good lung capacity from swim, and getting the proper drugs helped my recovery.

2021 Animal Award Winners

Each year the Oshkosh Masters group sponsors its "Animal Award" meet. Due to COVID-19 restrictions, this year's meet was held virtually. Swimmers had two options for events to swim:

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

35 Animals submitted results to Melinda Mann. Four came from Michigan swimmers and one was from Connecticut Masters. All proceeds from the meet have been given to the Oshkosh YMCA Age Group Dolphin Swim Team.

All swimmers who complete the Animal challenge receive an embroidered towel in honor of their achievement. And the winners are...

Alison Barbi
Bob Bemben
Ann Berres-Olivotti
Mark Busalacchi
Candy Christenson
Barbara Church
Scotty Conley
John Cowing
Marilyn Early
Julie Hall
Jeff Heinzen
Donald Jackson
Debbie Katzman
Margaret Keller
Mara Kieser
Karen Kimple
Sarah King
Nancy Kranpitz
Jerry Lourigan
Melinda Mann
Kara McCarty
Katy Mering
Carl Millholland
Larry Mueller
Karen Nixon
Jason Parry
Don Rambadt
David Reddington
Scott Richards
Jeff Schmiedel
Mary Schneider
Clark Searle
Dirk Stallmann
Amy Theisen
Melissa Vandenhouten

Some of the 2021 Animal Award Winners
GONE SWIMMING
Alison Barbi
Newsletter Guy
Karen Kimple
Mary Schneider
Dirk Stallmann
Marilyn Early
Michigan Masters
Donald Jackson
Jason Parry, Amy Theisen, Julie Hall, Don Rambadt, Mark Busalacchi

WMAC Team Hotel for Short Course Nationals

WMAC coaches and leadership have decided to use the Drury Inn and Suites in Greensboro, NC as the team hotel for the Short Course Nationals running July 21-25 at the Greensboro Aquatic Center. At the time of this writing, the Order of Events has not been released. Past experience shows that longer events (1000 and 1650 freestyle) are held on the first day.

Room rate is $124 with complimentary hot breakfast, complimentary evening drinks/snacks, indoor/outdoor pool, whirlpool and fitness center.

Call: 1.800.325.0720. Use group #: 2413398. Online booking: https://www.druryhotels.com/bookandstay/newreservation/?groupno=2413398

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