

WISCONSIN MASTERS

SWIMMING

FEBRUARY ~~2002~~ 2003



CHAIRMAN'S LANE

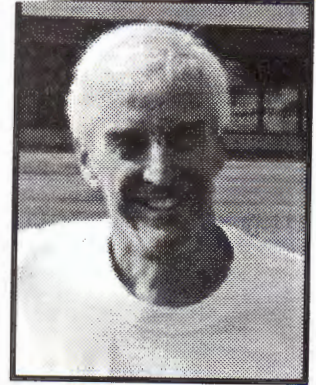
Greetings from Madison. I'm under the gun to write this for Nancy Kranpitz as I'm late again! As I compose this I'm awaiting entries for the annual Madison "Valentine's Day Meet" on February 16. By the time you receive this newsletter the meet will be history and we will be swimming in a few days in Wauwatosa on March 8.

I want to apologize to all our loyal members and new members for the confusion surrounding our SCY State Meet. Back in October when we produced the schedule, April 12-13 seemed like a logical time to have our meet being that it was the weekend before Easter. Sometime after that meeting in October we discovered that Illinois was holding their State Meet the same weekend. Since their meet attracts a lot of swimmers from the Eastern part of the state, I decided to see what other dates/sites we could find. Stacy Klepel had told me about the new pool at Carthage College back in September, so I decided to check it out to see if this would be a good substitute for Schroeder. I determined that

it would be. They are anxious to show it off and it should meet our needs quite well. It has an interesting configuration. According to Greg Earhart, the coach and aquatics director, it is a 25 yd x 40 yd pool, with a bulkhead that goes parallel to the swim lanes so they can have an 8 lane or 10 lane meet. We will be only using 8 lanes, which means the other lanes can be used for warm-up/cool down through out the meet. We may have non-competitive swimmers in that part of the pool so please act respectful and courteous to them. I'm excited about going there! It is a beautiful pool and if you would like to see it you can visit it from the internet as: www.carthage.edu/vrtour/flash/tarcvrtour.html.

Later in March we will be visiting a very new venue on our meet schedule: Stevens Point Y. That this meet was put on the schedule is a tribute to the hard work and perseverance of **Jim Sevenich**. So, thank you, Jim, for encouraging us to venture outside the Milwaukee-Madison corridor. Hopefully this will give some impetus to grow your program for Masters in the Stevens Point-Wausau-Marshfield area. I would like to see other venues on our schedule in the next couple of years.

Badger State Games - This year we are going to offer the meet as a *recognized* meet for sanctioning purposes. So, while it does not qualify as a fully sanctioned meet, as a *recognized* meet swimmers who hold USMS registrations will be able to have their times qualify for national and state Top Ten status. So, it will be important for you to submit a copy of your USMS card when you register for Badger State Games this year. If you are registering on-line I'll try to find some way to let you enter your USMS number. If that isn't possible we will just scan all entries against our WMSC list of current members and if you are on there we will tag your name for records/Top Ten selection. One big caveat is required here: because the 50's will not have electronic timing and we will have to trust in hand watch times we will not select those events for records/Top Ten times. So, the only events selected will be those that finish in the deep end with the electronic timing. Call me if you have any other questions concerning this event.



Dick Pitman-LMSC Chair

REMINDER: If there is a red stripe at the top of the mailing label on this newsletter you have not re-registered for 2003. This will be the last Wisconsin Masters newsletter we will mail to you if you fail to re-register. The deadline for the March-April issue of SWIM Magazine mailing list was February 10, 2003. **RE-REGISTER NOW!**

ADDITIONAL 2002 SCY TOP TEN

Congratulations to **Ingrid Stine** for her 9th place ranking in the 200 yard butterfly with a time of 3:59.25! **Ingrid's** accomplishment was inadvertently omitted in the last issue of the newsletter.

Grampa Jim had a trim so he could swim much faster!
The lane did churn, he missed his turn, and it was a disaster!

LMSC OFFICERS

Chairman - Dick Pitman
dickpitman@hotmail.com
Treasurer - Ingrid Stine
wmac@execpc.com
Registrar - John Bauman
wmac@execpc.com
Secretary - Suzi Green
Newsletter - Nancy Kranpitz
jnk@newnorth.net
Webmaster - Ray Diederich
Long Distance - Eric Jernberg
Coaches - Dick Pitman
Sanctions - Eric Jernberg
Officials - Debra Mueller
Top Ten/Records - John Bauman
Health/Safety - Nancy-Leigh Fisher
Fitness - Dan Slick

YAQUATICS™

We build strong kids, strong families, strong communities

Masters Swim Meet Stevens Point Area YMCA March 29, 2003

- Sponsor:** Stevens Point Area YMCA Masters Adult Swim Club
- Meet Director:** Nick Hansen, Phone (715) 342-2980 ext. 327
nhansen@spymca.org
- Sanctioned By:** Wisconsin LMSC for USMS, Inc. Sanction No. 203-004
- Location:** Stevens Point Area YMCA
Adventure Pool
1000 Division St
Stevens Point, WI 54481
- Facilities:** 25 yard, 6 lane pool, non-turbulent lane lines, starting blocks, back stroke flags.
Automatic timing system with score board, backed up with watches.
- Time:** Warm-up: 11:30-11:55. Meet starts at 12:00PM.
- Eligibility:** Open to all Masters Swimmers 19 years old or older. Each entrant must be a Registered Masters Swimmer. Registrations will be accepted in the Aquatics Office beginning at 10:30AM and ending at 11:30AM.
- Rules:** Official Masters Rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in the slowest heats
- Warm-up Procedure:** Lane 1 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 2-6 will be for circle swimming only. During competition lane 6 will be utilized for cool down purposes.
- Awards:** Ribbons for 1st, 2nd and 3rd places.
- Entry Fees:** \$2.50 per individual event. Fee for deck entries is \$4.00 per individual event. Make checks payable to the Stevens Point Area YMCA. No charge for relays.
- Entry Limit:** Five individual events plus relays.
- Entry Form/Deadline:** The official entry form must be used. One Person per form. Waiver must be signed. Mail entries to Nick Hansen, 1000 Division St., Stevens Point, WI 54481. Entries must be received by Nick Hansen no later than March 21, 2003.

Order Of Events:	1. 50 Fly	12. 200 IM
	2. 400 IM	13. 400 Free Relay*
	3. 200 Fly	14. 50 Free
	4. 200 Back	15. 100 Back
	5. 100 Breast	16. 200 Breast
	6. 200 Free	17. 100 Fly
	7. 400 Medley Relay*	18. 100 IM
	8. 50 Back	19. 200 Free Relay*
	9. 100 Free	20. 500 Free
	10. 200 Medley Relay*	21. 1650 Free (Limited to first 12 entries)
	11. 50 Breast	

*Relays may be all men, all women or mixed (2 men 2 women).

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE _____
FEMALE USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$ _____ ea. + pool surcharge \$ _____ = \$ _____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

'THE' SPEAKS ON...

VISUALIZATION: THE MIND DOES WHAT THE BODY TELLS IT TO

Ever catch yourself day dreaming about the perfect race and then stop yourself? Do you catch yourself thinking, yeah, right, I could do that...if I was 5, 10, or 15 years younger! Next time, instead of making excuses, allow yourself to continue. Day dreaming is merely an unrestrained form of visualization; a technique that many victorious athletes incorporate into their training regimen to obtain successful performances.

Why is visualization so important or, moreover, successful? Simple, the mind doesn't know what experiences are real and what aren't unless we label them one way or another. You can make imagination a reality by seeing the event over and over again, and believing it happened. Yes - believing it happened, as in the past tense, because if you've been successful once, you can be successful again. If an athlete is especially nervous about an event they will tend to think of what may or could go wrong. This puts a negative spin on the event and places doubt in an athlete's mind. To continually meet or exceed goals, an athlete needs to not only train well but also be confident that they can achieve such goals. Visualization helps provide that confidence.

Visualization, just like timed events, lactate sets, or endurance work, should be part of a competitive training regimen. It is unlike the physical training aspects mentioned above as it is typically begun two weeks in advance of a large competition and continued up until the event. The benefits of visualization are great and it is easy to do. You don't even have to get wet or break a sweat. Effective visualization is simple. First, find a quiet place where you will be undisturbed for about 10-15 minutes. Lay down in a comfortable position. Then, close your eyes and begin by relaxing. Start by concentrating on your breathing; slowly breathe in and out until your body feels like it is sliding into the ground. If you have trouble relaxing you can incorporate music to the experience as well (headphones are highly recommended). Then, imagine you are at the exact competition you will attend. Envision the surroundings, the sights, sounds, and starting blocks. Begin the race with nothing but positive thoughts: the pool is perfect, your dive is perfect, your stroke is perfect as well as your timing. See every stroke, every turn, and every breath. Then, when you touch the wall, look up and see the desired time. You've done it! You can even get out of the pool and run around waving and yelling with excitement. Go ahead - it's your experience. No one else can see!

Now, repeat the next day. Each experience should leave you feeling refreshed and relaxed. The repetition will reinforce what your body already knows - you can do it! Each time you visualize the event, the more certain and confident you'll be of your abilities. It is true, the mind and body are tightly integrated so when it comes to the competition...

Don't think you are, know you are".

Ironman Wisconsin - John Maniaci

September 15, 2002, Madison, Wisconsin. I start my day off with a 2.4 mile swim in Lake Monona. This is a lake I fished since 1960. I then biked 112 miles. Rode past hunting and fishing spots from the early 70's. Now the 26.2 mile run was a blast from the past. Past apartments where we blasted Allman Bros. tunes on a spring day, Observatory Drive, dorms of former sweethearts, the library which was the home of all nighters, the Union - oh that sweet Union, the Pub, back thru Camp Randall where I felt the spirit of A-train Thompson and Rufus Ferguson. Run around the Capitol down Wilson Street to the finish, friends, family, and PBR in 12 hours and 38 minutes. Why would a relatively sane 51 year old even attempt such a feat? Read on if you are interested.

The seed was planted January 13, 1989, when I smoked my last cigarette. Nicotine had been my companion since 1969. My body wanted something positive to replace all the negative it was subjected to. Lap swimming helped rid my lungs of decades of tars and nicotine. Soon boarders crept in and at the urging of some masters swimmers I entered a swim meet in 1990. It was a great experience. I made friends, set standards for improvement, and began an exercise program that was enjoyable. In 1994 a friend suggested a triathlon. The swim and bike would be OK. But I can't run. The quest began. First 1/4 mile, then 1/2 mile, then 1 mile. Finally I could run 4 miles. My first race - the Firecracker 4 in Hales Corners. I was hooked on running. The Oconomowoc triathlon, a 1/4 mile swim, 14 mile bike, 3 mile run was such a rush and confidence builder. John Bauman was at the swim start and gave me encouragement out of the water. My mother was at the finish and made my day. In 1995 after completing an Olympic distance tri in Lake Geneva I thought about running a marathon. After several beers, a friend and I agreed to run the Lakefront Marathon in October. I finished in such pain that my first words were "never again". Twelve marathons later and at the prodding of fellow triathletes I signed up for the 2000 Lake Placid Ironman. A new term entered the training program, FEAR, I finished in 13 hours 1 minute and said "never again". The summer of 2001 the announcement that the Midwest location of Ironman was Madison. I had to sign up. The training was fun, intense, well worth it. Of course, **NEVER AGAIN!**

Congratulations to **Andrea and Mark Schultz** of Racine on the birth of daughter **Elizabeth** on January 28, 2003!

Tired of seeing the pool chlorine destroy your suits in record time? Then go to the fish food area of your local store (K-Mart/Walmart etc) where you will find chlorine neutralizer for fish tanks. If you wash your suits with this it can help keep them their color and help them last a little longer. Add it to your washing machine or sink. Let it soak for a few minutes and it works even better.

COACH' S CORNER

Dick Pitman

WEIGHTS

Ugh! I started doing weights the other day (January 22). It's always tough to start a weight program because you're afraid the hurt is never going to go away. But, it does. I felt I needed another dimension in my swimming. And, I remember when I did weights previously my swimming was much better. I guess I'm warning my competitors about my expectations for the state meet and Badger State Games! Because of my chronic shoulder (ten-donitis) problems, I've stayed away from any dry-land exercise with the exception of almost daily sit-ups and the use of my balance ball.

Almost every swimming program now employs a regular dry-land exercise program. There are books and magazine articles you can access to find a program that best fits you. It's not too late to gain some benefit from doing dry-land exercise. You just need to remember to start out slow so you will be able to repeat the exercise in a couple of days. I was able to go back in a couple of days and repeat with success.

Another important facet of doing dry-land exercise is to allow time to do a cool down swim. It can be as little as a 200 or as much as a 2000. The purpose is to loosen your muscles, dissipate the lactic acid and leave the exercise as relaxed as possible. On my second day I was able to do what I call my warm-up set: 400S, 400K, 3x200 P-FR on 3:00; easy 100. I felt great afterwards. The next day I was able to make it through a 3800 yd workout with our group at the East Y. I was pleased, and looking forward to my next bout with the dry-land exercises.

QUALITY OR QUANTITY?

For my workouts at the East Y I try to deliver a certain quantity of yards, believing that that is what most swimmers want. However, lately I've become a real stickler for quality. The other night we did a set that I called a "speed set": they were 50's on 1:30, which meant a lot of rest. I felt I needed to warn them that there was to be no cheating on the interval, because the purpose was to practice **fast swimming**. Sometimes we forget that that is one of our goals...to swim fast.

We use the "Golf Sets" to hone our quality. A Golf score is # of strokes for 50, plus your time: e.g., 16 strokes down, 17 strokes back plus :35 = 68. The lower your Golf score the more efficiently you are swimming. A good set - and a good aerobic one at that - is 8 x 50 on 1:00 with the objective of maintaining a consistently low Golf score. You need to adjust the interval so you are assured of getting about :20 to :30 rest. Of course, eventually a reasonable goal would be to consistently maintain that Golf score with less rest. If you know how to figure a real golf handicap let me know how you might adapt it to this method. Maybe you could factor in the rest interval somehow. Anyway, if you haven't put Golf sets into your training as of yet - you should!

...More Records

Overlooked in the last newsletter were SCM records set by two swimmers at the Lawrence Meet. **Mike Zeniel** (55-59) broke the 100 M breast record as well as the 50 M breast. **Mike Huck** (45-50) set new marks in the 50 M free, 50 M back, and 100 M IM. Congratulations **Mike** and **Mike**. Sorry for the oversight.

MASTERS CREED

Jim Sevenich

God put us on earth to eat and to swim.
He said to compete and become quite trim.
Wear a Speedo south of the border,
So you look good on a camcorder!
Become small in the waist and strong of the limb.

WISCONSIN MASTERS

WEBSITE

www.swim-wimasters.org

Check it out for the latest meet results, state records, and MORE!

A Note From Your Editor

Just a quick note to let you know why this newsletter is a little "boring" as far as design and creativity (mostly square boxes, little in the line of art work, etc.) On Feb 7 while returning home from my early morning swim I was involved in a rather serious car accident. A pick-up truck heading in the opposite direction slid broadside directly in front of me and the car behind me then broadsided me. My poor fire engine red Jeep was totaled - but thankfully I was not. I am recovering from an open dislocation/fracture of my right ankle and a hair line fracture in the left tibial plate as well as some left knee ligament damage. My right lower leg is in a cast and the left leg encased in an ankle to hip removeable brace. I am allowed only to put enough weight on my left leg to balance (with the use of a walker), pivot, and move to my next choice of places to sit or lay down. My doctors, therapists, and I all credit my lack of any injuries above the knees to the Jeep's seat belt/air bag system and my strong physical condition. And I credit being in a strong, physical condition to my swimming and weight work that I use to supplement my swimming. My prognosis for a full recovery is excellent but it will take 6 - 8 weeks before I am mobile once again. Meanwhile, I hope to maintain at least some muscle tone by doing leg lifts, crunches, and ther-a-band work with my arms. My goal is to be able to swim at the Stevens Point meet March 29. I hope that is realistic and I hope to see MANY of you come "up north" to this new venue. Stevens Point has a spirited group of Masters who regularly support the "downstate" meets. So let's all make that extra effort to support their first meet. I REALLY hope to see you all there.

WISCONSIN MASTERS SWIMMING CHAMPIONSHIPS
SHORT COURSE YARDS
APRIL 26-27, 2003

- SPONSORED BY:** The Wisconsin Masters Aquatic Club.
- SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 203-05.
- LOCATION:** Carthage College Aquatic Facility, 2001 Alford Park Dr,
Kenosha, WI
- TIME:** Saturday April 26 and Sunday April 27, 2003.
Warm-up 12:00 Noon, meet starts at 1:00PM.
- FACILITIES:** 8 lane, 25 yard pool with anti-turbulent lane guides,
starting blocks and backstroke flags.
- ELIGIBILITY:** Open to all Masters Swimmers 19 years old or older.
All entrants must be a registered Masters Swimmer
and the USMS number must be on the entry.
Each entry must be accompanied by a copy of the
swimmers 2003 USMS registration card.
- RULES:** Official Masters Rules will govern this meet.
All events will be timed finals.
- SEEDING:** Heats will be seeded slowest to fastest by computer.
Please submit a reasonably accurate seed time,
a NO TIME will be seeded in the slowest heat. Entries
for the 1650 Freestyle will not be accepted without a
seed time which, at the discretion of the meet director,
may be subject to change based on prior performances.
Age groups and sexes will be combined to expedite the meet.

Heat sheets will be provided.
- TIMING:** Automatic timing system backed up by watches.
- WARM-UP**
Procedure: Lane 8 will be a start and sprint lane with swimming
in one direction only and exiting to the side or end.
Lanes 1-7 will be for circle swimming only NO DIVING
STARTS from the blocks or the deck in lanes 1-7.
Swimmers must enter the pool feet first in a cautious
manner in lanes 1-7. Hand paddles, kickboards, fins, etc.,
may not be used at any time during the warm up period.
- ENTRY FEE:** \$2.50/individual event plus a \$5.00 pool user surcharge.
Deck entries for individual events will not be accepted.
Fees must accompany entries, checks payable to WMAC

Submit relay entries at the meet. Relay fees are \$4.00
per relay.
- ENTRY LIMIT:** Five individual events per day plus relays.
THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32
ENTRIES RECEIVED and each swimmer entered in the
1650 will be responsible for providing a person to
count his/her laps.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00PM, Friday, April 18.

SEND TO:

John Bauman - MEET DIRECTOR
11917 W Rainbow Ave
West Allis, WI 53214-2166

(414)453-7336

E-mail: wmac@execpc.com

ENTRY FORM: The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

The Wisconsin LMSC has decided to use a universal entry form for all swim meets it sanctions. Swimmers will be required to use this form. It is recommended that you take a blank Universal Meet Entry Form, place your current USMS membership card in the upper right hand corner and make copies of it. As each meet will, in all likelihood, have its own entry fee structure, you will have to enter the correct fees on the Universal form before submitting the form to the meet director.

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

Saturday, April 26	Sunday, April 27
1. 50yd Freestyle	12. 50yd Butterfly
2. 200yd IM	13. 400yd IM
3. 100yd Backstroke	14. 100yd Freestyle
4. 200yd Breaststroke	15. 200yd Backstroke
5. 200yd Freestyle	16. 100yd Breaststroke
6. 100yd Butterfly	17. 100yd IM
7. 50yd Breaststroke	18. 200yd Butterfly
8. 200yd Free Relay*	19. 50yd Backstroke
9. 400yd Medley Relay*	20. 200yd Medley Relay*
10. 800yd Free Relay*	21. 400yd Free Relay*
11. 500yd Freestyle	22. 1650yd Freestyle

*Relays: Submit entries at the meet. Relays may be all men, all women or mixed (2 men 2 women).

Due to the date conflict with the YMCA National meet the meet results will not be posted to the Wisconsin Masters web site until May 10.

Visit our Web site: www.swim-wimasters.org

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE _____
FEMALE _____ USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME

FEEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$ _____ ea. + pool surcharge \$ 5.00= \$ _____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

A friend and I both swam quite slowly in a meet a few weeks ago, stimulating a conversation between us about the inevitable slowdown we'll experience as we get older. We're both of middle age, neither of us has swum masters for a long time (this is my 5th year, she's got a year more or less than that, I can't remember which), and both of us have improved slightly over that time. We know people around us who began their slowdown at our age, and we wondered together if our times in this meet are a sign of the times. It is too early to tell, of course, but the inevitable is something to come to terms with. Just like pencil marks on the doorway showed my daughter's growth, swim times will take the measure of my body's aging. That is both really interesting and discomfoting at the same time. Sometimes my motivation needs other kinds of engagement.

Thank goodness for fitness events! Less emphasis on times, more on accumulating distance or being brave and flexible. USMS sponsors several each year. Check these out:

30-Minute Fitness Swim Challenge

Swim continuously for 30 minutes, have someone count for you, send in your yardage and \$5 to Pacific Northwest Association of Masters Swimmers and get a nice certificate. Add \$15 and they'll send you a t-shirt, too. And you can enter twice a year!

Virtual Swim Series

Add up your practice yards in a log until you've swum one or more of the featured waterways swims: around Key West, FL, Lake Pontchartrain, LA, a Great Lakes Lighthouse swim, MI, Crater Lake, OR, Lake Champlain, VT, Lake Washington, WA. Personally, I like the design for the t-shirt on this one



2003 Check-off Challenge

Swim all 18 meet events sometime this year. If you keep your ears open at meets, you'll hear lots of comments that sound like, "I sure wouldn't sign up for THAT event". I know I hear it enough to realize just what an accomplishment this would be. New England Masters sponsors this event. Unfortunately the form says it's too late to get a t-shirt (on which you can check off the events as you swim them) unless they do a reprint or have some left over.

All of these events and information can be easily and quickly found on the USMS web site, WWW.USMS.ORG. And there are more! Here in Wisconsin a couple weeks ago people gathered in Milwaukee and swam the one-hour swim, in the fall there is a 3000-6000 yard postal swim, and then the warm weather brings all the wonderful open water swims.

Swimming consistently has rewards beyond speed. If you are a non-internet type person and want more information send me a SASE to 10 Quinn Circle, Madison, 53713 and tell me what you want. I'll try to get it to you. Dan Slick

USMS 2002 Top Ten Long Course Meters-WI Swimmers and Relays

Patricia Alarie 41
9th 1500 free 21:06.20

Wesley Mayer 70
7th 50 breast :43.93
7th 100 breast 1:44.60
7th 200 breast 3:54.85

Betty Lorenzi 75
5th 100 free 1:40.48
3rd 200 free 3:27.06
4th 400 free 7:16.17
2nd 800 free 14:56.95
1st 50 back :47.35
1st 100 back 1:42.69
1st 200 back 3:44.55

Women 200 +
7th 200 Free Relay
Melinda Mann 46
Candy Christensen 55
Betty Lorenzi 75
Patricia Alarie 41

Tom Meehan 55
7th 50 free :27.88
6th 100 free 1:01.60
8th 50 back :35.13

Candy Christensen 55
7th 50 breast :47.55
10th 200 breast 3:59.18

Lynn Surles 85
4th 50 free :43.54
6th 200 free 4:52.96
5th 400 free 10:28.65
4th 800 free 22:13.72

Women 200 +
5th 200 Medley Relay
Betty Lorenzi 75
Candy Christensen 55
Melinda Mann 46
Patricia Alarie 41

Melinda Mann 46
1st 50 breast :37.43
1st 100 breast 1:21.72**NR
2nd 200 breast 3:02.66
2nd 50 fly :31.74
3rd 200 IM 2:46.11

W Morgan Byers 75
4th 200 free 3:13.17
4th 400 free 6:49.59
2nd 1500 free 27:34.98
6th 100 back 1:49.39
6th 200 back 3:57.54

Mixed 240 +
5th 200 Medley Relay
Betty Lorenzi 75
Wesley Mayer 70
Melinda Mann 46
Tom Meehan 55

BY VIRTUE OF FIRST PLACE RANKINGS, BETTY LORENZI (50, 100, AND 200 BACK) AND MELINDA MANN (50 AND 100 BREAST) HAVE RECEIVED ALL AMERICAN STATUS! IN ADDITION, MELINDA'S 100 BREAST TIME WAS A NEW NATIONAL RECORD! CONGRATULATIONS BETTY AND MELINDA!

LOOK AT WHAT'S INSIDE:
Stevens Point Meet Entry Information
WI State SCY Meet Entry Information
LCM Top Ten
Coach's Corner
Chairman's Lane
Wisconsin Ironman Experience
"The" on Visualization
And More.....

WISCONSIN MASTERS SWIMMING
10346 CEDAR FALLS ROAD
HAZELHURST, WI. 54531