

# Wisconsin Masters Swimming

**Newsletter Date**  
**July, 2005**

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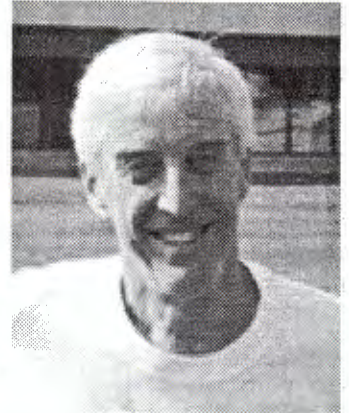
**WISCONSIN MASTERS  
WEBSITE**

**WWW.SWIMWIMASTERS.ORG**

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

## CHAIRMAN'S LANE

Dick Pitman



Here I am sitting in my office waiting for a fax regarding a business project on BSG Eve. Previously I was waiting for a phone call from my friend in California, my old teammate **Art Overman**, that he was in Chicago and would be up in Madison tonight. I had invited him to come join us at Badger State Games; I even got him into the meet!

This all started when he flew to Savannah last August to see me swim at LC Nationals. He got so excited watching the competition that he vowed he would get in shape and swim his first meet in Wisconsin. That first meet was supposed to be the Pabst Farms meet in January. In December he had some un-planned surgery, a small operation on his knee and another on his nose. So the doctor didn't want him to swim. But, he

came to Madison in January anyway and watched the meet, talked with people, got even more enthused about swimming Masters. And...

Wait a minute! This started longer ago than last year! It was 1990 to be exact. We had lost track of each other after we swam together in college. In 1990 he called me completely out of the blue and told me about a reunion he was putting together for our coach, Monte Nitzkowski, who was retiring from Long Beach City College. I went out for that reunion and "roast" of our old coach and had a great time. It had been 27 years! Of course, I couldn't stop talking about the thrill I got out of swimming Masters. The only person who really assimilated my excitement was Art. So I kept needling him about getting back in shape, getting into a program, starting competing again. Instead, he got married (again) and started a new family, kept on flying for American, raised his kids, and then retired. And that's when...

Once allowed back in the water he started training and we started talking about his coming to Badger State Games. Great! Finally! He called me as he was making out his entry form back in May and said, "Dick, I had a lifeguard time me this morning and I want to know what you think about these times." I said, "Okay." He said, "I went 50 yards in 30 seconds." I said, trying to be calm, "Uh, that's pretty good, Art. What was your 100?" "Well," he drawled, "She said it was 1:02." "That's uh, pretty good, too, Art," I choked. "We'll put you down for a 33 and 1:10 for the long course pool." This is going to be a lot of fun now!

So, imagine my disappointment to find out he couldn't get out of California. So, our next plan? Long Course Nationals in August at Mission Viejo! If you're planning on going the deadline (for snail mail entries) is the Saturday after BSG! (now in the past!). But on line entries are being accepted until midnight July 9. Either way, you can come out with me, watch the next chapter unfold, and cheer me on...and make sure my friend Art makes it to the starting block. (That's right! Art's getting a copy of this.)

Other news! Our registered swimmers total is up to 436! I requested volunteers to be a "Delegate-at-Large" for Wisconsin at the Convention this year and I am very happy and proud that **Elyce Dilworth** stepped forward. Now, this is not guaranteed because the delegates at large are picked by the USMS President, Jim Miller. But, I know the Secretary, Sally Dillon, and maybe she'll put in a good word. I hope Elyce is able to join **John Bauman** and me when we go to Greensboro, NC. We'll let you know in the next newsletter.

The Convention is Sept 14-18 and our annual membership meeting will be in Madison on September 24. Place to be announced. Watch the website!

## USMS SHORT COURSE YARDS NATIONALS RECAP

Twenty eight WMAC members "endured" 4 days of Florida warmth and sunshine May 19-22, 2005, while participating in the USMS SCY Nationals, came away with 8 championship swims, 16 new state records, and let the rest of the USA know that in addition to great beer and brats Wisconsin also has some GREAT swimmers! WMAC national champions crowned at this meet were **Ryan Zahorik-28** (100 & 200 breast), **Betty Lorenzi-77** (50, 100, 200 back & 1650 free), **Laurie Alioto-47** (200 back), and **Nancy Kranpitz-60** (200 fly). Congratulations to these 2005 SCY National Champs!

This year the team competition was not broken down by club size (small, medium, large) so final team standings pitted teams with as many as 107 athletes against teams with as few as 1 participant! Despite this HUGE disadvantage, our 28 WMAC swimmers totaled 635.5 points and placed 11th overall among the 177 teams competing in the combined scoring (men and women). The women alone placed 8th and the men alone placed 17th. Colorado (87 athletes) placed 1st; Florida Gold Coast (107) was 2nd; Florida Aquatic Combined Team (80) 3rd; The Olympic Club (27) 4th; North Carolina (40) 5th; Illinois (65) 6th; Walnut Creek (33) 7th; New England Masters (64) 8th; Virginia Masters (33) 9th; and Pacific NorthWest (51) 10th. Note that with the exception of The Olympic Club, our WMAC swimmers were greatly outnumbered among the top 11 teams.

**Laurie Alioto (47), Peter Allen (46), John Bauman (74), Candy Christenson (58), Jessica Diel, (24), Germaine Havel (56), Neil Holland (32), Carrie Johnson (33), Nancy Kranpitz (60), Betty Lorenzi (77), George May (67), Geoff Mykleby (52), Joel Rollings (35), Julie Runnells (32), Bela Sandor (70), Daniel Schaetz (34), Trina Schaetz (32), Erin Schneider (26), Sarah Schneider (29), Nora Settimi (34), Chris Stich (28), Darryl Stich (29), Peter Toumanoff (55), Julie VanCleave (46), Krista VanEnkenvoort (31), Matthew Weber (36), Timothy Young (34), and Ryan Zahorik (28)** comprised our team and their individual results are posted on the usms web site (usms.org) within the complete results of the meet.

New State records were set by: **Ryan Zahorik**: 200 Breast 2:07.80; **Joel Rollings**: 100 Free :50.28; 500 Free 5:05.97; **Peter Allen**: 200 Breast 2:22.02; **Geoff Mykleby**: 50 Back :27.46; 100 Back 1:01.02; **George May**: 100 IM 1:16.93; **Bela Sandor**: 50 Breast :35.48; 100 Breast 1:16.64; 200 Breast 2:59.93; **Sarah Schneider**: 50 Breast :32.87; 200 Breast 2:33.49; **Trina Schaetz**: 100 Free :56.52; 100 Breast 1:10.62; **Laurie Alioto**: 200 Fly 2:23.37; 200 IM 2:28.00; 400 IM 5:11.47; **Germaine Havel**: 200 Free 2:29.98; 100 IM 1:21.16; **Nancy Kranpitz**: 200 Fly 3:28.03. **Women 25+ 200 Free Relay** 1:46.46 (Van Enkenvoort, E. Schneider, S. Schneider, Schaetz); **Women 25+ 200 Medley Relay** 1:57.46 (Runnells, Schaetz, S. Schneider, VanEnkenvoort); **Women 55+ 200 Free Relay** 2:17.20 (Lorenzi, Christenson, Kranpitz, Havel); **Mixed 25+ 200 Free Relay** 1:34.69 (D. Stich, T. Schaetz, S. Schneider, Zahorik); **Mixed 25+ 200 Medley Relay** 1:45.38 (Zahorik, T. Schaetz, D. Schaetz, S. Schneider); **Mixed 55+ 200 Free Relay** 1:59.20 (Kranpitz, Havel, May, Toumanoff).



Nora Settimi



Ryan Zahorik & Coach Fred Russel



Darryl Stich

Don't forget about the Lake Amy Belle Open Water Swim scheduled for Saturday, July 16, at Camp Minikami in Hubertus. \$20 fee after July 8. Contact Eric Jernberg at jernberge@yahoo.com or at 414-443-6460.

*It is too late to MAIL your entry in for the Long Course Meters Nationals—but it ISN'T to late to enter on line. On line entries will be RECEIVED until midnight, July 9, 2005. So if you still have a desire to swim in sunny California—head to computer NOW and ENTER!*

### **SENIOR OLYMPICS!!!!!!**

September 10th may seem like a LONG way away—and it IS! But if you want to participate in the Wisconsin Senior Olympics Swimming competition please be reminded that your entry must be postmarked NO later than Friday, August 12, 2005. The swimming competition will be held at the Wauwatosa West High School Pool from 12:00 PM—4:00 PM. With an entry limit of 5 events you are guaranteed to get in a LOT of swimming! I hope to see MANY of you there!

# 3rd Annual Madison Area Masters Lake Mendota Open Water Swim

Saturday, August 20, 2005 Sanction #205-007

*Open water swims of 1.5 and 3.0 miles around a 3/4 mile rectangular course marked by buoy*

**When:** August 20, 2005. Warm-ups and registration 7:00 AM 1.5 mile race starts at 8:15 AM; 3.0 mile race starts at 8:30 AM.

**Where:** Lake Mendota at Governor Nelson State Park, 5140 Hwy M, Waunakee, WI.

**Who is Eligible:** Only registered USMS swimmers, **18 yr. plus.** Annual or One-Event registration required. Annual membership is \$35, annual registration form available at: <http://www.swim-wimasters.org/download.pdf>. Swimmers **must** submit a qualifying time of less than 10:00 minutes for 500 yards.

**Fee:** \$18.00 pre-registration; day of race \$30.00. Make check payable to SWIM Club, c/o Peter Maternowski, 1404 Morrison St., Madison, WI 53703.

**Awards:** Trophies for overall men and overall women winners, patches awarded to all participants.

**Swim Caps:** Will be provided and will be required to be worn.

**Meet Director:** Peter Maternowski, [mater@chorus.net](mailto:mater@chorus.net) 608-286-0824 (evenings).

This is a unique location and specially chosen because of its safety features. Because there is a long shallow shelf the race will be an "in-water" start which means from a tread water position. The finish will likewise be across a line in the water. The course chosen will be in water that is at least 4 to 4.5 feet deep and no deeper than 6.5 feet. There will be lifeguards in boats, canoes, or kayaks to keep swimmers on course and to offer aid if needed.

**Rules:** USMS Rules for Long Distance Swimming shall govern this race. In-water start. This is *not* a beach start/finish.

**Weather Check:** Call or e-mail meet director. There is no Rain Date. In event of cancellation 50% refunds will be made.

**Directions:** I-90 to Hwy 30 to Hwy 113 North to Hwy M, turn left into Gov. Nelson State Park. Detailed directions available upon request.

**PARKING IS AVAILABLE BUT PARK ENTRANCE IS NOT INCLUDED IN MEET FEE:** Day pass for entering State Park is \$5.00. Annual is \$20.00.

**Time Limit:** 1 Hour 15 minutes for the 1.5 mile swim; 2 hours for the 3.0 mile swim.

**Deadline for Meet Entry:** Postmarked by August 13, 2005, registration available day of the competition for \$30.00.

**Wetsuit Rule:** Swimmers choosing to wear a wet suit will not be eligible for awards or official placing in the results due to the competitive advantage wet suits provide. The water temperature should be no lower than 72 degrees F.

**Accommodations:** Contact Meet Director about hotels in the area.

**Mail Completed Form & Fees by Aug 13, 2005 to:** Peter Maternowski, 1404 Morrison St. Madison, WI 53703.

## LAKE MENDOTA OPEN WATER ENTRY AND WAIVER FORM

NAME \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ SEX \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ USMS# \_\_\_\_\_

CLUB NAME \_\_\_\_\_

CLUB CODE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ PHONE \_\_\_\_\_

ZIP \_\_\_\_\_ E-MAIL \_\_\_\_\_

ENTER ONE ONLY: 1.5 MILE SWIM \_\_\_\_\_ 3.0 MILE SWIM \_\_\_\_\_ 500 YD FreeTime \_\_\_\_\_

ENTRY FEE \_\_\_\_\_ \$18, (\$30 DAY OF RACE;) Make check payable to SWIM Club; Mail to Peter Maternowski, 1404 Morrison St., Madison, WI, 53703. Attach current USMS Registration. One Event registration \$18; Annual membership \$35. Contact meet director for One-Event registration form. USMS annual registration form available at: <http://www.swim-wimasters.org/download.pdf>

MOTEL INFO? \_\_\_\_\_ Please send me information on local hotels.

DIRECTIONS? \_\_\_\_\_ Please send me detailed directions.

**Liability Release (required):** 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 the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS 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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE WISCONSIN MASTERS SWIMMING COMMITTEE, INC., THE WISCONSIN MASTERS AQUATIC CLUB, MADISON AREA MASTERS, GOVERNOR NELSON STATE PARK, STATE OF WISCONSIN, TOWN OF WESTPORT, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature \_\_\_\_\_ Date \_\_\_\_\_

ATTACH COPY OF  
CURRENT USMS  
REGISTRATION

# Fin Love

Kiki Day

"Fish gotta swim, birds gotta fly, I gotta swim fly..."

How many times have we heard this well known expression from beginning swimmers who, while standing on deck watching extreme flyers whizzing up the lanes, wish they'd taken up cross country skiing? Countless times, to be sure, which is why we hear them asking how one obtains that free and easy swing across the top of the water, that effortless "under the log, over the log" quick cadence of refinement, that butter *fly*, not butter *struggle*, as Terry Laughlin would say. So we answer: "Fly is easy! Just add fins!"

For \$35 to \$40 you can buy yourself a pair of Zoomers, a short fin that comes in firm (blue) and firmer (red) in sizes to fit children and those who swim like children (which is all of us at some point.) Or, you can do what we did in the old days when the coach told us the kids needed short fins by morning: cut the old ones off. The point is however you obtain them these handy aids are not only an important beginning fly tool they are also to be worn with pride. They do *not* classify you as a cheater. (You do have to take them off at the meets, but don't worry—we're working on reversing this rule...simply contact Dick Pitman to cast your vote for "FINS AT MEETS!")

Now, once you get a pair of fins, here's what you do: Take them into the kitchen and put them on the counter while you eat a banana. They will give you leg cramps if you wear them too long. Bananas help prevent cramps. Then, go to the pool and bring along a pair of socks in case they split or rub along the top of your feet. They will be stiff at first. *Try them on while sitting on the gutter.* Do not walk out to the pool from the locker room with them on! Now, ease into the cool blue and feel the power of fins. Try a few flutter kicks, a dolphin or two. But be careful! Do not take off as usual—carefree, calm, counting strokes, admiring your kick—because if you barrel down to the wall with fins on you'll cut your head open! Fins make you *much* faster, which is the reason we like them. Next to style, speed is good. So go easy. Feel your quads and hams. Feel the water flowing over them! Push both ways, up and down, like a mermaid tail. Imagine you are Michael Phelps doing the American Express commercial out to Alcatraz, humming along, your bank account filling up while you undulate away, smoothly, wonderfully, your core body pulsing from chest to toe nail like a snapped garden hose. After a few laps on your stomach try dolphin on your side, one arm in front, ear pressed to it. Try it on your back, arms streamlined. Once you get the hang of those try going down to the deep end for vertical fly.

**Vertical fly:** Sink to the bottom, hands over head, exhaling until you touch bottom. Then push off arms still above you and take a stroke down. You'll feel the body tip from the waist, undulating forward as you rise. When you get to the surface, hold it there. Fold your arms across your chest and do a few rapid dolphins. Watch the ripples encircling you. Then lower yourself and try it again. Come up. Hold. Undulate. Do it until it is fun, until fins and body are one, Zen like, integrated, and you feel like a real dolphin, smarter than most humans, capable of rising high above the water, high enough to get a fish from a trainer or touch the backstroke flags! WOW! See? It's easy! And the fins got you there. When you're done, try vertical flutter, which is to say "tread". Then flutter kick back to the wall on your back or side.

**WARNING:** Do not try breast stroke with your fins on. We do not swim breast with fins. Breaststroke is a special stroke for special people born with turned out legs and mobile hip sockets who should have been ballet dancers, but for various unknown reasons, their handlers brought them to the pool instead. Do not shun them, but understand: They are not like you; they are breaststrokes. They do not use fins!

Now, rest a minute and think about adding the arms, setting them out in front of you, reaching from the arm pits, nice and long,

nice and easy. EZ fly. See yourself doing it. Then, push off, get that dolphin going below the water. Rise and take a stroke. Try breathing every other stroke feeling the fins holding you up as you take a quick breath without tipping your body back and dropping your hips. Try a few 25's keeping your form intact. Try a 50! One, two, one two. Now stop and pant a minute and congratulate yourself. You are swimming fly! Assert your seniority by smiling at the clock and taking a "Masters Special Interval" for recovery between each set.

By now you will have noticed that adding fins has increased your cardiovascular workout considerably, so much so that you may want to take your pulse or eat an energy bar. Don't. You'll be alarmed at how quickly your heart is beating and the food will make you blow chunks. So merely take a long swig of water and chat with the life guard while your system recovers. Then try a few more for good measure, but don't overdo. When you've had enough for one day, take the fins off and say complimentary things to your calves. Gently stretch out your Achilles tendons on the wall so you can still take the stairs two at a time tomorrow. Finally, try a couple of 25's without fins to make sure your muscle memory and cardiovascular system are convinced that there is practically no difference between fins on and fins off.

**EZ FIN SET:**

4 x 100 dolphin (100 each stomach, back, side, stomach)

8 vertical fly holding at surface for several kicks before dropping back down streamline (quick)

Sw 8 x 25 nice and easy w/fins and arms

Sw 4 x 25 without fins (but with arms)

100 cool down swim



Trina Schaez shows great breaststroke form while competing at the SCY Nationals in May.

## Coach's Corner

Dick Pitman

We have this guy who swims Masters, and even competes! He happened to be at the State Meet in April at Carthage College in Kenosha and noticed something **Nadine Day** had done during her 400 IM enroute to swimming 4:44.53. I think this guy is seriously considering doing the 400 IM, either in this lifetime or the next. So, he was wondering why Nadine had used the double-arm backstroke instead of the normal alternating arm stroke. Hmm? Good question. So, I e-mailed Nadine and asked her:

While the use of the double-arm backstroke is entirely legal, it is more often seen in older folks (not one of your tender age). So, Bela asks why? What advantage is there for you, or *you* in particular, to use this rather unorthodox stroke? I presume it might have something to do with your back problem. Bela thought that such a discussion might lead to a better understanding of "stroke rules" among less experienced swimmers. I agree. Can you illuminate for us what particular advantage swimmers can gain by using unorthodox, but legal, stroke techniques?

Nadine's answer:

I have been experimenting with my backstroke. My fastest kick is breaststroke, and I have a better pull with double arm backstroke. I know it's not faster, but does it conserve my energy more in the 400 IM? I still don't know that answer. I can also do a fly or free kick with the double arm backstroke. I like the double arm to teach swimmers a better feeling of the catch of backstroke. Many swimmers slip through the water on the backstroke (me...) that's why I like the double arm. The key to doing double arm with the breaststroke kick would be the swimmer must have a strong breaststroke kick. Hope all is well ND

So that was interesting, wasn't it? This is the young woman who broke her own world record in the 200 IM at Riccione, Italy, last June. If you have a good breaststroke kick you may want to try the double-arm backstroke and see if it works for you. In addition to a good breaststroke kick I think she would agree that you need to have good undulation and rhythm. I've always enjoyed doing double-arm backstroke as a cool-down stroke. I've never tried racing with it. But I'm always open to new techniques.



**Candy Christenson, Betty Lorenzi, Nancy Krantz, and Geri Havel** combined for two 2nd place 55+ relay finishes (200 MR and 200 FR) at the SCY Nationals in May—missing out on a championship in the FR by a mere 0.3!



**Trina Schaez, Sarah Schneider, Krista VanEnkenvoort, and Nora Settini** are all smiles after their 25+ medley relay swim at Nationals in May.

### *Tell me and I forget. Teach me and I remember. Involve me and I learn*

Benjamin Franklin (1706-1790)

Dick Pitman

The thing I like about swimming is that I am always learning, always trying to find a better, more efficient way to swim. I always look forward to learning something new. Well, there may be some things I'm not so eager to do: like swimming with a kickboard under me; or doing pull sets with a rubber band around my ankles. I've tried them; I don't like them. But, that doesn't mean other people don't benefit from those drills. I have people who regularly use bands around their ankles on pull sets because it helps them to reinforce their sense of balance. **Dan Slick** often does backstroke drills with a kickboard under his back. He swears by it. So, don't be so quick to reject an idea without trying it. And just because I don't like something doesn't mean it isn't good.

I've often said that I've changed my freestyle 5 times in the last 10 years. I really don't know how long I've been working on my freestyle—maybe 12-15 years. When I was in college I literally begged my coach to let me swim the 500 in a meet. It was horrible! I think I was nauseated when I finished. Coach walked up to me and said, "I hope you got that out of your system 'cause you're never swimming that again." He meant on that team. I didn't swim it again until I started Masters. To tell you the truth, it hadn't felt a whole lot better than 40 years ago. But I have kept working on it. I have no idea how many major changes I've made to it—slight adjustments here and there. The major change in my freestyle came with my adoption of the balance & posture philosophy.

(Continued on Page 6)



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(Continued on Page 6)

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53223+4717 65



I was re-reading some of Emmet Hines' articles and realized that one of them had a profound effect on my freestyle some years ago. It was titled "Swimming in Circles". In it he has a simple stick drawing of the "racing Boat Shape" and the "Tugboat Shape". When I first saw that I thought, "Wow! That's me! I've been swimming with the *tugboat shape* my whole life!" So, I started swimming more like the *racing boat shape*. At that time I was pulling myself up or forward to breath—i.e., I was dropping my arm in the middle of my breathing thus shifting my weight from my chest (aka buoy) to my hips and trunk. That article prompted me to start *swimming long in the water as long as possible*.

In 2002 Jason Wrone, one of our outstanding young swimmers at the East Y came back from a Stanford Swim Clinic with some new drills. He put on a 3-hour clinic one Sunday morning and that made a tremendous impact on my swimming. The clinic he attended was conducted by Skip Kenney, the men's coach at Stanford. Almost one whole day, Jason said, was devoted to learning and practicing basic balance and posture drills. Once I combined good balance (head down, eyes looking perpendicular to the floor) and good posture (staying aligned) and *staying long in the water as long as possible* it was amazing how my freestyle started to improve. Then, I learned that I should be *catching the water in front of the stroke*. Next, in my metamorphosis was *not to push all the way back to the hip*.

The last thing was a major concept for me to adopt. I had always taught swimmers to push the water back and *make sure you touch your thumb to your thigh!* It was a couple years ago at Convention and I had chanced to linger by the pool and saw Michael Collins filming this gal from Alaska, Joanne Wainwright. He finished filming her and they were going to a room to watch the video. I asked Mike if I could observe his analysis. He said it was OK with him if it was OK with Joanne. They let me in. What I learned was profound. Mike told her that she was pulling back too far! "You want to exit earlier so you bring your arm forward sooner."

My ears had trouble translating this to my brain. This was antithetical to what I had always taught and practiced! "You want to swim in the front quadrant," Mike said. "The only way to do that is to exit the water sooner and bring that arm forward quicker." Still, my mind was in shock and I had to take more time to process this heretical idea! "When you're able to do this with rhythm," Mike said, "the effect is of *swimming down-hill*." That started to make sense, but I still wasn't convinced. I couldn't wait to get in the water to try it, though.

It wasn't easy. It took a long time to get it. I had to discard all my habits of touching my thumb to my thigh. At first, every once in a while it would happen: I could feel myself almost falling forward in the water. As I practiced more it started to get easier. I'll have to admit I practiced a lot with a pull buoy. With the pull buoy I could focus much more on the front end of my stroke: head down, arms in rhythm, catch the water in front of the stroke, roll the hips into the stroke, skate on the side. In the Fall '04 Coach's Corner I told about my 400 Free race at Savannah, the LC Nationals. I didn't mention too much about my stroke. I was swimming down-hill the entire 400 meters! When I was done I wasn't even tired! That was the effect of what I had learned, then practiced: the ability to swim relaxed but with power. So, that's why I embrace new technique!