

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

August • September 2024

FROM THE CHAIR ...

USMS short course nationals is behind us, and Wisconsin scored second as a Regional team! Thanks to all those who attended. There were a number of new faces attending, and we hope you will join the team again for future nationals.

Elsewhere in this newsletter is a synopsis of the meet from a coaching perspective. Congratulations are also in order for our national champions, both individuals and relays! Great job everyone!

USMS long course nationals is approaching Aug 21-25, and a small team will represent Wisconsin in Mission Viejo. Take time to cheer them on and view results.

The **Annual meeting of Wisconsin Masters Swim Committee (WMSC)** will be held on October 5, starting at 9:00 am. You should have received an email with the official meeting announcement. It will also be posted on the website. Participation can be either in-person or virtual.

If you would like to volunteer to be on the board, please contact me at WChair@usms.org. We welcome your ideas, too, as we support Wisconsin swimming for your enjoyment.

The **Wisconsin Masters Aquatic Club (WISC)** will be holding its annual meeting in the fall. This is the regional club tasked with creating the meet schedule for the 2024-2025 swim season, and are in charge of organizing the coaches and the team for short course nationals. The club is in need of volunteers and input, so watch for their meeting announcement. To reiterate, any Wisconsin swimmer can associate with the Regional Club. There is no additional fee, and you can swim workouts wherever you want. The benefit

is that you can swim at nationals as part of the Wisconsin team.

For those swimmers age 50 and over, we have a USMS-recognized meet on Saturday, September 14, sponsored by Wisconsin Senior Games. The deadline for entry is Fri, September 6.

The website for Registration is wimastersgames.org. This meet is a qualifier for the National Senior Games in July, 2025, in Des Moines, Iowa.

Wisconsin swimmers participated in the USMS Open Water nationals in Stillwater, Minnesota. We had several national champions, including the first place woman overall, who was right on the feet of the first men coming in. Find the details on [page 3](#) of this newsletter.

Enjoy the summer, and rest up for competition starting this fall!

Mary Schneider
Wisconsin Chair



Editors Note: The Wisconsin Masters Swim Committee and the WISC Club are run by volunteers. If you have been enjoying the programs we develop, please consider helping out. We are always looking for fresh ideas and valuable input.

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Long Course Nationals

At the time of this publication, 13 Wisconsin (WISC) Club swimmers have registered for Summer Long Course Nationals at the Mission Viejo pool in California.

Ten of us are over the age of 66. Relays are grouped by the sum of the ages of the four swimmers in the race. It looks like we will be able to field a number of competitive teams.



Annual WMSC Meeting Announcement

The Annual Meeting of the Wisconsin Masters Swim Committee (WMSC) will be held on Saturday, October 5, 2024, from 9:00 am until 12:00 pm, at N66W34266 Primrose Circle, Oconomowoc, WI (a private home of a member, but all are welcome).

The Zoom link if you wish to participate is

<https://jnimeetings.zoom.com/j/91642390363?pwd=G0S2S50K55CfsSB6mZoxPzxa3eo7N0.1>

Meeting ID: 916 4239 0363

Password: 806255

Elections of Officers and appointment of committee chairs will take place at the meeting. All positions will be up for election or appointment, so take a look at the positions (listed on the left of this page, or in our by-laws:

<https://www.wisconsinmastersswimming.com/c/4DE7542/file/Documents/WMSC%20BY-LAWS%20Oct%202020.pdf>).

Please email me at WChair@usms.org if you would like more information, or if you are interested in serving on the board. We are especially in need for someone to run as Vice Chair. A slate of candidates will be presented by email closer to the meeting.

Mary Schneider

Wisconsin Chair

Wisconsin Swimmers Shine in Open Water Nationals

This year two USMS open water National Championships were held in nearby Stillwater, Minnesota on Square Lake. Truly a National Championship, swimmers came from several U.S. states. Wisconsin held it's own, with Rachel Werking (pictured here) winning the overall Womens Division (ninth place overall), and with six Division first place finishers who are National Champions.

1 Mile Swim National Champions

Women 55-59 Lynn Ascione (25:12)
 Women 65-69 Laurie Alioto (25:15)

5K Swim National Champions

Women 25-29 Rachel Werking (1:08.12)
 Women 40-44 Julia Mynett (1:18.08)
 Women 65-69 Laurie Alioto (1:26.11) 32
 Men 25-29 Matthew Erickson (1:12.37)

Square Lake near Stillwater (just across the border and a nice town to visit) is a great venue for open water swims. The water temperature was around 78° and calm. We hope the Minnesota Masters will have more swims in this lake.



Matthew Erickson



Rachel Werking



(L-R) Candy Christenson, Laurie Alioto, Jane Dillon-Stewart, Mary Schneider

Another Swim, Another Lesson

Carl Millholland

I like to tell swimmers whom I work with that every failure is a lesson. I swam the National Championship 5K swim, and I messed up. Sort of. The course was two turns around a rectangle. Turning for the second lap, I intentionally veered to my left, and then started heading (unintentionally) for the third buoy. A boat came by with people pointing across the lake. "I'm okay," I said, pointing to the third buoy. Finally, they said, "You need to go to that buoy," pointing to the second one waaaay over there. I had sighted on the wrong buoy and added about 500 yards to my brilliant 5K swim. I might have come in second instead of third. Not a big deal, but I can tell you this: The next swim I will make sure I'm headed in the right direction.



Coaches' Recaps Short Course Nationals

Dave Clark, Fred Russel (Head Coaches)

What a great meet! Overall we were #2 in the country collecting 1,489.83333 points. (Please don't make me explain the weird fraction.) Wisconsin was only 90 points behind a much larger Illinois (1,579.5) contingent, but ahead of Indiana and Michigan, who again were much larger. The (54) WISC Men were the best in the country (795.5 points), while the (41) Wisconsin Women placed 6th overall with 542.3 points. With so many championship swims and great relays, we crushed it!

National Champions in the Mens division are: **Dean Fochios** 200 free, **Tyler Hines** 50 back, **Andrew Babcock** 100 fly.

Mens Relay National Champions: Men 45+ 200 Free relay: **Andrew Babcock, Kory Nichols, Darryl Stich and David Parkins**, Men 55+ 200 Free relay: **Mark Steinhafel, James Fischer, Jimmy Sammarco and Jim Brandon** and the Mixed 65+ 200 Medley relay: **Dean Fochios, David Holland, Laurie Alioto and Kathleen Mering**.

National Champions in the Womens division leading the way in individual scoring is **Jenny Holtzen** as National Champion in six individual events! 500 Free, 400 IM, 200 IM, 100 Breast, 200 Breast, and 200 Free. *Wow and congrats!*

The other individual National Champions include **Laurie Alioto** in the 400 IM and 200 Fly, **Anne Berris-Olivotti** in the 1,000 Free and **Jane Dillion Stewart** in the 200 Back.

Joining as Relay National Champions were the 65+ 200 Medley team of **Katie Mering, Ann Berres-Olivotti, Julie VanCleave** and **Laurie Alioto**.

Congratulations to our many National Champions!

The WISC Women swimmers competing in the 2024 Short Course USMS Nationals include:

18-24-Grace Schaetz, Megan Weinstock, Rachel Castelli, Megan Bingenheimer, Jayci Scheff, Erin McDonnell,

25-29-Rachel Werking, Elisa Perez Carrasco, Allannah Schmitz

30-34-Jenny Holtzen, Evelyn Lucy, Anne Schwarzwald, Tessa Williamson

35-39-Alexandra Pierce, Jenny Beshel, Martha O'Brien

40-44-Lindsay Spoden, Elizabeth Wahl, Andrea Dobogai, Jamie Schnurer, Anna Rosen, Stephanie Skladzien, Jamie Schnurer

45-49-Mindy Seidler, Cassie McCauley, Julie Collision, Michelle McCarthy,

50-54-Violetta Gratsou-Zodl, Linda Schmidt

55-59-Pam Dowling

60-64-Pat Leeds, Elaine Skoglund, Karen Kimple,

65-69-Anne Berres-Olivotti, Kathleen Mering, Julie Van Cleave, Laurie Alioto, Nancy Rezmer,

70-74-Susan Swedler

75-80-Jeanne Seidler

80-84-Jane Dillion Stewart

Men contributing to team WISC:

18-24- Benjamin Babcock, Reid Perzewski, Andrew Derzay

25-29-Eli Samuelson, Matthew Erickson, Daulton Freeman, Jake Gutkes, Jason Hsu, Kevin Van Cleave, Ryan Jessen, Michael Barrowclift

30-34-Jacob Hale, Tyler Hines, Caleb Sandvold

40-44-Howard Underwood, Ritchie Fischer, DJ Dunkster, Matthew Oglesby

45-49-David Parkins, Andrew Babcock, Kory Nichols, Darryl Stich, Billy Gilbert

50-54-Robert Twinning, Bobby Wu, Mark Larkin, Glenn Biller, Daniel Schaetz, Corey Zarecki

55-59-Jim Brandon, Andrew Patten, Jimmy Sammarco, David Reddington

60-64-James Fischer, Bill Landry, Thomas Sheehan, Thomas Grisa, Larry Wooly, Mark Steinhafel, Gregory Blommel

65-69-David Holland, Keith Van De Laarschot, Doug Mering, Robert Rosen

70-74-Dean Fochios, Keith Manson, Barry Mandel, Carl Millholland, Gerald Palmer

75-79-Francisco Lopez, John Pierce, Fred Russell, Lawrence Mueller

80-84- Tony Riker

The 2024 WISC team hit this meet hard and were prepared mentally and physically to compete with the best in the country. This included over 20 teammates that had not been to a Master's Nationals before.

Special thanks to all the coaches that helped prepare these athletes and those swimmers that had to prepare themselves!

Finally, as a coaching staff (Fred (Frank) Russell and Dave Clark head coaches and Tim Capps and Jerry Lourigan Deck coaches), this was a vibrant and fun group to work with. They really came together in our meet and meshed nicely as a team! We hope this helps create some lifelong friendships as well!

Editor's Notes • It was great to see such a turn out for Spring Nationals. I'm particular happy to see so many new names and younger people at Nationals. We want to keep this Club going strong, and thank you all for coming to Indianapolis. A special thanks to all the coaches: Dave, Fred, Jerry Lourigan and Tim Capps.



Thank you, Coaches!
(top to bottom)
Dave Clark, Fred Russell, Tim Capps, Jerry Lourigan





Great New Tradition: Wisconsin Open Water Swim

Mary Schneider

*Editors' Note: Over the past few years, we've lost two good open water swims in Wisconsin (Madison Open Water and Big Swell). In a state with so many lakes, this has been a disappointment. However, you can't just plop down a swim meet in some lake. Open Water swims take a lot planning and work to put on. **Jennifer Vallo** and **Mary Schneider**, along with help from Lauren Jensen McGinnis and others, have staked out a new venue for those who like to swim to the buoys. I hope this event will grow for many years. Here is Mary's report.*

June 15 was a beautiful morning with mild weather and water temperature around 75 degrees. Volunteers and swimmers were ready for the second Wisconsin Open Water Swim, held at Fox Brook Park in Brookfield. This was the only USMS sanctioned open water event in Wisconsin.

This year featured 1000 and 1500 meter swims, separated by wetsuit and non-wetsuit events. There were 54 swimmers registered for the event, and 49 who swam. We attracted swimmers mostly from Wisconsin and Illinois, with 2 from other states.

The course circuit was 500 meters, so swimmers either swam 2 laps or 3. Some swimmers were very competitive, with a few non-wetsuit swimmers coming in around 21 minutes, and were actually faster than the wetsuit swim-



mers! Dave Watts, a Wisconsin Masters swimmer, was first overall in the 1000 meter wetsuit division, with a 17:44.90, and is one of our 70+ swimmers. This confirms as swimmers, age is not a factor!

Post swim, snacks were available, and awards were handed out, as well as a few raffle prizes. Swimmers enjoyed the event, and we hope many will return next year.

Special thanks to **Lauren Jensen McGinnis** and **TriFaster** for working as our excellent safety crew. Also, thanks to all the volunteers, both on the water and on land for additions to the safety crew, handing out registration packets, arm marking, bag check, and snack table assistants.

You can find photos from this event at:

<https://photos.app.goo.gl/Pyqj54edgQZDdyW2A>.

Grown Up Swimming in Wisconsin

Carl Millholland, Captain of YeeSharks and BigMO

We get it. US Masters Swim Meets are fun but they can run long and take a lot time. [Grown Up Swimming](#) is a new and growing concept: How about something that is like more a summer softball league? Warm ups start at 8:30 and you're home by 11.

Bring the kids. We run a Multi-Gen relay, then stay to cheer Mom and Dad and click our nifty timing buttons.

Click here to form a league for the next season:
<https://www.grownupswimming.com/start-a-league>



Grownup Swimmers (and kids) at the Ridgeway pool in Madison

Individual Short Course Records

Age Group	Event	Time		Date	Location
Women 18-24	400 IM	4:50.63	Jayci Scheff	6/20/2024	2024 USMS Nationals - IN
Women 30-34	200 FREE	1:52.21	Jenny Holtzen	6/20/2024	2024 USMS Nationals - IN
Women 30-34	500 FREE	5:02.25	Jenny Holtzen	6/20/2024	2024 USMS Nationals - IN
Women 30-34	100 BREAST	1:04.30	Jenny Holtzen	6/20/2024	2024 USMS Nationals - IN
Women 30-34	200 BREAST	2:18.26	Jenny Holtzen	6/20/2024	2024 USMS Nationals - IN
Women 30-34	200 IM	2:06.14	Jenny Holtzen	6/20/2024	2024 USMS Nationals - IN
Women 30-34	400 IM	4:32.09	Jenny Holtzen	6/20/2024	2024 USMS Nationals - IN
Women (65)-69	100 BACK	1:14.36	Laurie Alioto	6/20/2024	2024 USMS Nationals - IN
Women 65-69	200 BACK	2:37.62	Laurie Alioto	6/20/2024	2024 USMS Nationals - IN
Women 70-74	200 IM	3:23.00	Susan Swedler	6/20/2024	2024 USMS Nationals - IN

Individual Short Course Records from INDY Nationals (Men)

Age Group	Event	Time		Date	Location
Men 25-29	200 IM	1:56.63	Kevin Van Cleave	6/20/2024	2024 USMS Nationals - IN
Men 30-34	50 FREE	21.05	Caleb Sandvold	6/20/2024	2024 USMS Nationals - IN
Men 30-34	100 FREE	45.89	Tyler Hines	6/20/2024	2024 USMS Nationals - IN
Men 30-34	200 FREE	1:40.82	Tyler Hines	6/20/2024	2024 USMS Nationals - IN
Men 45-49	100 FREE	48.23	Andrew Babcock	6/20/2024	2024 USMS Nationals - IN
Men 45-49	200 FREE	1:46.86	Andrew Babcock	6/20/2024	2024 USMS Nationals - IN
Men 45-49	50 BREAST	27.61	David Parkins	6/20/2024	2024 USMS Nationals - IN
Men 45-49	100 BREAST	1:00.81	David Parkins	6/20/2024	2024 USMS Nationals - IN
Men 45-49	200 BREAST	2:18.14	David Parkins	6/20/2024	2024 USMS Nationals - IN
Men 45-49	100 FLY	51.94	Andrew Babcock	6/20/2024	2024 USMS Nationals - IN
Men 45-49	100 IM	55.45	David Parkins	6/20/2024	2024 USMS Nationals - IN
Men 60-64	50 FREE	23.88	Mark Steinhafel	6/20/2024	2024 USMS Nationals - IN
Men 60-64	500 FREE	5:32.26	Larry Wooley	6/20/2024	2024 USMS Nationals - IN
Men 60-64	100 BREAST	1:08.03	James Fischer	6/20/2024	2024 USMS Nationals - IN
Men 60-64	200 BREAST	2:36.27	James Fischer	6/20/2024	2024 USMS Nationals - IN
Men 65-69	50 FREE	25.72	David Holland	6/20/2024	2024 USMS Nationals - IN
Men 65-69	500 FREE	5:50.72	Keith Van De Laarschot	6/20/2024	2024 USMS Nationals - IN
Men 65-69	1000 FREE	12:16.84	Keith Van De Laarschot	6/20/2024	2024 USMS Nationals - IN
Men 65-69	1650 FREE	20:13.00	Keith Van De Laarschot	6/20/2024	2024 USMS Nationals - IN
Men 65-69	50 BREAST	32.57	David Holland	6/20/2024	2024 USMS Nationals - IN
Men 65-69	100 BREAST	1:09.98	David Holland	6/20/2024	2024 USMS Nationals - IN
Men 65-69	200 BREAST	2:39.45	David Holland	6/20/2024	2024 USMS Nationals - IN
Men 65-69	200 IM	2:34.29	Keith Van De Laarschot	6/20/2024	2024 USMS Nationals - IN
Men 65-69	400 IM	5:30.79	Keith Van De Laarschot	6/20/2024	2024 USMS Nationals - IN
Men 70-74	50 FREE	26.34	Dean Fochios	6/20/2024	2024 USMS Nationals - IN
Men 70-74	100 FREE	58.09	Dean Fochios	6/20/2024	2024 USMS Nationals - IN
Men 70-74	200 FREE	2:10.54	Dean Fochios	6/20/2024	2024 USMS Nationals - IN
Men 70-74	1650 FREE	21:09.62	Dean Fochios	6/20/2024	2024 USMS Nationals - IN
Men 70-74	50 BACK	31.65	Dean Fochios	6/20/2024	2024 USMS Nationals - IN
Men 75-79	400 IM	8:13.98	Fred Russell	6/20/2024	2024 USMS Nationals - IN
Men 80-84	50 BACK	46.97	Tony Riker	6/20/2024	2024 USMS Nationals - IN

Relay Short Course Records from INDY Nationals (Men)

Event	Age Group	Club	Time	Date	Swimmers	Location
200 Free Relay	WOMEN 65+	WI MASTERS	2:03.75	6/20/2024	Laurie Alioto (66) Ann Berres-Olivotti (65) Julie Van Cleave (65) Kathleen Mering (65)	2024 USMS Nationals - IN
200 Medley Relay	WOMEN 65+	WI MASTERS	2:20.98	6/20/2024	Laurie Alioto (66) Julie Van Cleave (65) Ann Berres-Olivotti (65) Kathleen Mering (65)	2024 USMS Nationals - IN
200 Free Relay	MEN 25+	WI MASTERS	1:24.94	6/20/2024	Ryan Jessen (28) Tyler Hines (31) Kevin Van Cleave (27) Caleb Sandvold (33)	2024 USMS Nationals - IN
200 Free Relay	MEN 45+	WI MASTERS	1:29.21	6/20/2024	Andrew Babcock (46) Darryl Stich (48) Kory Nichols (47) David Parkins (45)	2024 USMS Nationals - IN
200 Medley Relay	MEN 45+	WI MASTERS	1:42.49	6/20/2024	David Parkins 45 Darryl Stich (48) Andrew Babcock (46) Mark Larkin (52)	2024 USMS Nationals - IN
200 Free Relay	MEN 65+	WI MASTERS	1:47.24	6/20/2024	Dean Fochios (70) Barry Mandel (71) Keith Van De Laarschot (66) David Holland (65)	2024 USMS Nationals - IN
200 Medley Relay	MEN 65+	WI MASTERS	2:05.82	6/20/2024	Dean Fochios (70) David Holland (65) Doug Mering 67 Barry Mandel 71	2024 USMS Nationals - IN
200 Free Relay	MIXED 65+	WI MASTERS	1:53.24	6/20/2024	Barry Mandel M71 Dean Fochios M(70) Kathleen Mering W(65) Laurie Alioto W(66)	2024 USMS Nationals - IN
200 Medley Relay	MIXED 65+	WI MASTERS	2:06.34	6/20/2024	Dean Fochios M(70) David Holland M(65) Laurie Alioto W(66) Kathleen Mering W(65)	2024 USMS Nationals - IN

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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