



**WISCONSIN
SWIMMING**

December 2017 Newsletter

Happy Holidays from everyone with Wisconsin Swimming

Wisconsin Swimming Inc., families, coaches, and friends:

This quarterly newsletter goes out to all 6,000+ individuals registered with USA Swimming within Wisconsin. The purpose is to inform folks connected with the Long Swim Committee (LSC), educate our parents and families, and celebrate the accomplishments of our athletes!

SUMMER SEASON WRAP-UP:

Hard to believe with all the cold weather recently, but our summer 'long course' (LCM) season just wrapped up a few months ago!

In this issue we wanted to acknowledge some of the great swimming that happened this summer – both in our state and by Wisconsin LSC athletes competing in meets across the country.

SILVER STATE:

This is the largest level of 'season-ending' meets sponsored by our LSC in the summer.

This year our Silver State Meets were held at three locations (Schroeder, Fond Du Lac, and Waukesha South) and featured around 1,700 athletes competing.

Lots of best times, fast swimming, and new state cuts, so congrats to all of the swimmers who competed in a Silver State Meet this past summer!

12-UNDER and 13-OVER STATE:

Did you know that somewhere around only 20% of athletes in the LSC qualify to participate in a state meet?

Huge congratulations to anyone that made it to state this past summer! Overall between the two meets we had almost 1,300 swimmers compete.

The 12-Under Meet was won by Schroeder with a total of 1,402 points, while the 13-Over Meet was won by Waukesha Express with a total of 1,896 points. (Shout-out also to SWAT and BAC, who were runners-up in the respective meets!)

CENTRAL ZONES:

Zones is the highest level of age group competition sponsored by USA Swimming. In Wisconsin, our Zone Team (essentially an All-Star team of the best 14-under swimmers from around the state) competes every summer in early August.

This year's meet was hosted by PX3 (way to make Wisconsin proud!) at the RecPlex. This year the meet conflicted with our 13-Over State Championship so numbers were down for the 13-14 age group.

However, our 12-unders were well represented, with a total of 133 athletes representing around 37 teams. Check out these pictures (or follow 'Team Wisconsin' at [wizoneswimming](#) on Instagram) to see how much fun they had!



MEETS 'BEYOND' STATE:

Our LSC Championships ('State Meets') are the highest level of competition sponsored within the state, and Zones has our age group swimmers competing against the rest of the Midwest. But many of our senior swimmers end their seasons at meets where they face strong competition from around the country.

This summer our LSC had swimmers competing at Speedo Sectionals in Minneapolis, USA Futures, NCSA Junior Nationals in Indianapolis, and USA Swimming Junior Nationals in New York.

Swim Team Day with Bucks

We're excited to be partnering with the Milwaukee Bucks to offer a really fun and unique event for swimmers from around Wisconsin (and their friends and families)!

'Swim Team Day' is on Sunday, March 25 with a 2:30 p.m. tip-off to watch the Bucks take on the Spurs at the Bradley Center.

Included in the offer is promotional pricing for tickets purchased through the groupmatics link.

Probably the coolest thing about the offer is the giveaway – a limited edition Milwaukee Bucks Swim Cap with every ticket!

You can find more information at www.groupmatics.events/swimteam

Outside the Lanes

We're proud of the accomplishments of our athletes in the pool. Anyone who knows swimmers knows that they often excel in other areas of life too! Let us know if you know of any LSC athletes doing great things in other sports, academia, the arts, or whatever!

Cody Clauer swims for the Lake Country Phoenix Swim Team.

This summer he was also a member of the USA Junior Triathlon World Team, which competed in the ITU World Triathlon Grand Final in Rotterdam.

The race was a 750-meter swim, a 20 kilometer bike, and a 5 kilometer run. Cody was third in the swim portion and tied for 27th overall – the second fastest American.

Congratulations Cody!

Parent Education

We love how engaged our parent population can be in the sport, so we'd also like them well informed. Each newsletter will highlight a different aspect of parent education – this issue gives a quick primer on the structure of our sport. As always, we encourage parents to take advantage of all the info on the LSC website as well as www.usaswimming.org.

You'll see the term 'LSC' used on the Wisconsin Swimming website and in this newsletter, but some people are probably wondering what an 'LSC' is. LSC stands for 'Local Swim Committee'.

There are 59 LSCs throughout the country, and each one serves as the local governing body of our parent organization, USA Swimming. Some LSCs – like Wisconsin – are structured more or less along state boundaries, while others might incorporate areas of several states. Large states with big swimming populations (Texas, Florida, California) are made up of several LSCs.

Each LSC has a few basic responsibilities:

- Register athletes, teams, and coaches
- Sanction and oversee any USA Swimming meet done within their borders
- Conduct LSC Championship Meets
- Ensure that all USA Swimming Rules and Regulations are followed within the LSC

Many LSCs choose to go above and beyond these basic duties and look to provide additional support or services for their members. For example, the Wisconsin LSC also hosts athlete camps, presents an annual award banquet, runs a biannual 'swimposium,' provides travel fund reimbursement to national level meets, and conducts a host of other activities we feel provide benefits to our athlete, coach, official, and team members.

The LSC is run by a small staff and governed by a Board of Directors. The Board is elected by all of the member teams at our annual meeting in April. If you have an interest in getting more involved in swimming at the LSC level we're always interested in hearing from passionate individuals.



We have committees or task forces to address everything ranging from LSC Championship Meets, Officiating, Safety and Risk Management, Swim Camps, Safe Sport, Club Development, and more! Contact information for the entire board is available on our website at www.wisconsinswimming.org

Open Water Video

Did you have a chance to try any 'open water' swimming this summer?

A fun change of pace, open water swimming is typically longer freestyle distances done in a lake (or ocean). Swimmers compete in a pack, so there can be more physicality and different racing strategies. Check out some awesome drone footage from the [Open Water State Meet](#) by visiting the front page of the [Wisconsin Swimming website](#).

At the very least it's a reminder that warm weather will be back before you know it!

Long Course Meter Record Breakers

Congratulations to these swimmers who broke a state record during the 2017 Long Course Meter (LCM) season!

RELAYS

Schroeder Swim Team 11-12 Girls Medley Relay team of Campbell Stoll, Lucy Thomas, Victoria Brostowitz, and Lily Zippel

Madison Aquatic Club 15-16 Girls 200 Free Relay and 200 Medley Relay team of Grace Benin, Katilyn Barth, Hannah Aegerter, and Gabby Pierborn-Mays

Badger Aquatic Club 15-16 Boys 200 Free Relay team of Wes Jekel, Nate Lamers, Truman teDuits, and Nathan Kim

INDIVIDUALS

Beata Nelson (WA), who broke the 17-18 Girls 100 Backstroke Record

Daniel Krueger (MSS), who broke the 17-18 Boys and Senior Boys 100 Freestyle Record

Ben McDade (BAC), who broke the 17-18 Boys 400 and 800 Freestyle Records

John Acevedo (WEST), who broke the 17-18 Boys 1500 Freestyle Record

Max McHugh (DCY), who broke the 17-18 Boys 100 and 200 Breaststroke Records
See if you can find the names of all these record breakers – as well as a few other swimming terms – in the word search below!

Z S Z N A A V E N S S E C B D
O T W R E Q R I V A R S A O G
H O I I W L S D W M E R U T O
S S D W M N S F N O T U D E W
P T E E O M X O N H E O E D Y
Q P O C V T I S N T M C T U Y
E O S L I E S N T Z M G A I O
F I Q W L O C O G N C N T T A
W L A M E R S A R D D O S S L
R E G E U R K X M B A L F E B
H G U H C M R I V U D A P L E
R E C O R D K L C M E P G Q N
S Y A M N R O B R E I P J U I
A E G E R T E R M Z K U W Q N
H M V S L L E K E J F I H L G

Wisconsin LSC Alumni Watch

Catching up on swimmers that are still active in our sport, but no longer competing for teams in Wisconsin. Every year USA Swimming designates which swimmers make up the 'National Team' Roster. The 2017-18 Team features the 6 fastest athletes in every event, and includes THREE former Wisconsin LSC swimmers!

Bridgette Alexander (left) is a former J-Hawk swimmer who now swims for the University of Kentucky. Her time of 2:09.44 in the 200m backstroke was 5th nationally this year.

Katie Drabot (middle) is a former Ozaukee Aquatics swimmer who now swims for Stanford University. Her time of 1:57.61 in the 200m freestyle was 6th nationally.

Kaersten Meitz (right) is former Waukesha Express swimmer who now swims for Purdue University. Her time of 4:08.38 in the 400m freestyle was the 4th fastest in the country.

This is an incredible accomplishment achieved by only the best of the best in our sport, and we're incredibly proud of these ladies!



Athlete Representative Corner

USA Swimming is serious about getting athlete input into the way our sport is run. Wisconsin swimmers are represented on the board by four 'athlete reps', and every team is encouraged to have athlete reps at every 'house of delegate' meeting. Each newsletter the board athlete reps get a chance to communicate directly with the athletes, and this issue we introduce our two newest representatives.



Madelyn Hammer swims for Green County YMCA (GCY) and her favorite event is the 200 freestyle. Her favorite part of being a swimmer is the competitive nature of meets, and meeting new friends on the team. She wanted to be an athlete rep in order to get more involved in USA swimming, help represent smaller teams, and finish her USA Swimming career with a strong leadership role for college. The coolest experience Madelyn has had through swimming was being a part of a stroke clinic that her coach put on for the New Glarus Rec swim team. She was able to be an in-water stroke example and help kids learn stroke basics. Outside of swimming Madelyn's favorite school subject is art and her hobbies include photography and drawing. An interesting fact about her is that a couple of summers ago she would drive an hour and fifteen minutes one way to Fort Atkinson to swim each day in the summer. The motto she lives by is, "better an oops than a what if."

Mariah Marowsky swims for Fort Atkinson Swim Team (FAST) and her favorite stroke is freestyle. Her favorite part of swimming is the opportunity to set goals and achieve them by working hard. She also enjoys getting the chance to meet new people while doing what she loves. She wanted to be an athlete rep to promote dedication and motivation in the sport of swimming. She also wanted to become more involved in Wisconsin Swimming and clubs in the area. The best experience she has had swimming was receiving an All-American award in the 200 free for high school state and attending Speedos in Iowa City. Outside of swimming Mariah's favorite subject is Science and her favorite hobby is Crossfit. An interesting fact about Mariah is that she swims on the same team that her mother swam on when she was a kid. The motto she lives by is, "whether you think you can or you can't, you're right."



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This newsletter was put together by Knight Public Affairs

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