



WISCONSIN
SWIMMING

February 2017

New Records for Short Course Yard Season!

Samuel Bork: Mid
Wisconsin Wave Makers
(MWW) 11/12
200 Fly 2:03.72

William Hayon: Mid
Wisconsin Wave Makers
(MWW) 11/12
50 fly 24.59 and
50 free 23.12



(left to right: William Hayon
and Samuel Bork)

Daniel Krueger:
McFarland Spartan
Sharks (MSS) 17/18
100 free 43.59



Adaptive Swim Clinic

Saturday, March 11, 2017, 1:00-4:00pm
UW-Health at the American Center
4602 Eastpark Blvd, Madison, WI 53718

This FREE clinic is open to disabled youth of all abilities. No need for competitive swimming experience! Everyone is welcome!

Clinic will feature

- In-water and out-of water instruction with USA Swimming Coaches and senior level swimmers
- Informational seminar for parents and athletes about opportunities in the sport with healthy snack break
- Tom Miazga, 2008 Beijing Paralympian, American Record Holder, and coach at Ozaukee Aquatics
- Laura Becherer and Glen O'Sullivan, 2016 Paralympic Coaches in Rio, Brazil

Pre-registration and information at
www.madisonaquaticclub.com

(Daniel Krueger)

We look forward to more fast swimming from WI LSC athletes!

Emily McClellan added to National Diversity & Inclusion Committee



Emily McClellan is a former University of Wisconsin-Milwaukee and J-Hawk Aquatic swimmer. We are pleased to announce that Emily will be the new Athlete Representative on this national committee.

Mark your calendars: Annual Awards Banquet

The 2017 Wisconsin Swimming, Inc. Awards Banquet will be taking place at the Appleton Radisson Paper Valley Hotel on Saturday, April 22 at 5 p.m., followed by the awards ceremony at 7 p.m.!

The banquet is open to friends and family who wish to attend. For a list of the events for the weekend and more information about the hotel, see the schedule below. Hope to see you there!

Schedule of Events:

Friday, April 21

5:00 p.m. - Board of Directors Meeting

Saturday, April 22

11:00 a.m. - YMCA Swim Meeting

1:00 p.m. - House of Delegates Meeting

5:00 p.m. - Awards Banquet and Ceremony

Sunday, April 23

8:00 a.m. - Club Leadership Management Business Meeting

Hotel information:

Group Name: Wisconsin Swimming

Address: 333 W College Ave, Appleton, WI 534911

Phone: (920) 733-8000 **Toll Free:** +1(800) 333-3333

Season-Ending Meets

As everybody knows, one of the best parts about being a member of USA Swimming is competing! One of the main roles of the Wisconsin Local Swim Committee (LSC) is to sanction and approve any USA Swimming meet done within our borders. For the bulk of the season this means processing all the invites, dual meet, open-invite meets and intrasquad meets that teams host. However, this time of year our attention starts to turn to what are traditionally the fastest and most important meets of all - a swimmer's 'season-ending' meet!

Before we talk about all of the different season-ending meet options, it's important to remind everyone that the WI LSC is made up of over 6,000 athletes on 68 different clubs. Obviously, there is no 'one size fits all' meet (or even meets) for all of these swimmers to end their season. Different clubs may select different options for season-ending meets, and some swimmers may not compete in a season-ending meet at all! To keep it simple, this article is going to focus on official WI LSC and USA Swimming Short Course Yard (SCY) Championship Meets;

the Regional Championship Meet, the 12-Under (LSC) State Championship, the 13-Over State Championship and the Speedo Sectional Meets.

The Regional Championship Meets are both the first of these chronologically, and the smallest in their geographic scope. The WI LSC is divided up into five different Regions, each hosting a separate meet (although with the same basic format) on a given weekend. This year the Regional Championship Meets are February 17-19. These meets are designed to serve two basic purposes for our swimmers, a season-ending meet opportunity for the bulk of the LSC, and a 'last-chance' qualifier for either state meet.

Regional Championship Meets are designed to be season-ending meets for the 70-75 percent of swimmers who are not going on to either State Championship Meet. It's a chance for these swimmers to compete amongst peers with similar abilities and similar times. This is the reason that swimmers who have already achieved a 'state cut' in a given event are NOT allowed to compete in that event at a Regional Meet. (They are, however, allowed to compete in any other events where they haven't achieved a state cut.) The Regional Championship Meets are also a swimmer's final chance to qualify for either SCY State Championship Meet.

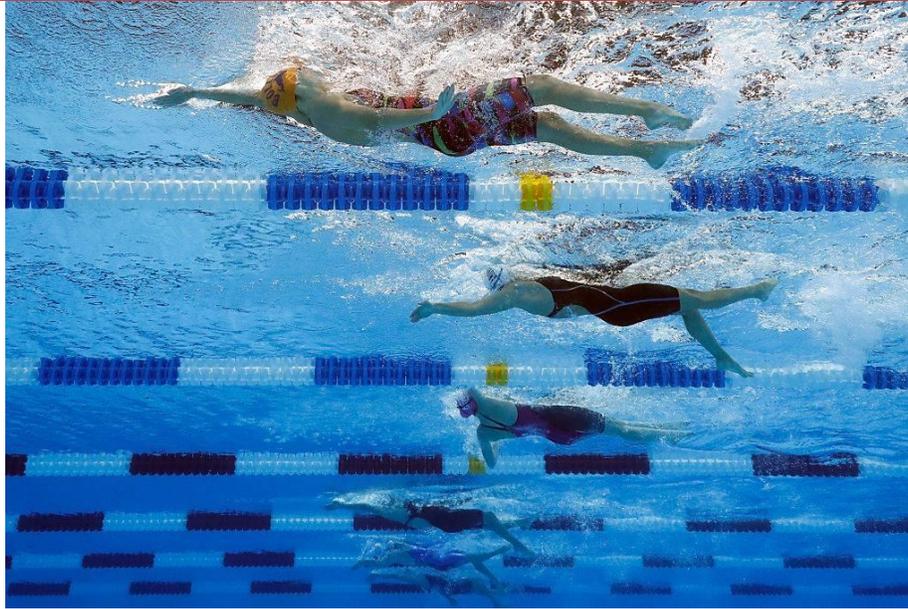
The WI LSC offers two different LSC Championship Meets, the 12-Under Meet being held February 24-26, and the 13-Over Meet on March 2-6. Both of these meets have their formats and qualification time standards that are determined and adjusted by the LSC in order to make the meet experience as enjoyable as possible for our athletes. Information on these two meets (as well as the Regional Championship Meets) can be found on the LSC website at wisconsinswimming.org. These meets represent the pinnacle of age-group swimming offered in the state of Wisconsin, and have traditionally been a big focal point for many of our swimmers. Not every LSC places as high of an emphasis on their Championship Meets, so we're lucky in Wisconsin to have events with such a lively atmosphere and such fast swimming!

Many WI LSC swimmers - especially our older swimmers - seek out competition beyond our borders for their season-ending meets. These meets generally have 'open' events and qualification standards, meaning that all swimmers must achieve the same time, regardless of age. USA Swimming offers a number of national meet opportunities, and interested swimmers and parents can find information on these meets on the 'Events' tab of usaswimming.org. One of the most popular of these meets are the 'Speedo Sectional' Meets. These meets are hosted throughout the year (there are currently nearly 20 on the calendar for 2017), but most frequently in March for the SCY season and July for the Long Course Meter season. While all of these meets are considered part of the same 'meet series', they can often vary quite a bit when it comes to events, format and qualification time standards, and teams can opt to attend whichever meet(s) fit their needs.

Besides the Speedo Championship Series, USA Swimming offers even 'higher-level' meets like the Arena Pro Series, Junior and Senior National Meets, USA Futures, US Open, and-of course-Olympic Trials. Many teams also attend different USA Swimming 'approved' meets as season-ending meets for their athletes. These are often meets hosted by one organization or another and frequently draw swimmers from around the country. Two of these meets-the NCSA Junior Championships and the NASA Elite Showcase-are significantly popular amongst WI LSC athletes that we financially support the teams that attend. Many teams in Wisconsin are also YMCA-affiliated teams with a whole separate selection of season-ending meets.

Regardless of how your team views the end of the season, and no matter which of the many meets your swimmer(s) compete at -good luck! Swimming can be a tough sport with long hours

of training, but the magic of racing your best and achieving your goals at a season-ending meet can make it all worth while!



Athlete Representatives and Sportsmanship Nominations

As a Wisconsin Swimming athlete, there are many opportunities to get involved to support the growth of swimming in our state. Each year the swimming community has the opportunity to elect two athlete representatives to serve on the Wisconsin Swimming Board of Directors. All swimmers can nominate fellow athletes for sportsman/sportswoman of the year. Another opportunity to get involved is to become your club's representative for Wisconsin Swimming.

WI State Athlete Representative Election

The election process for athlete representative occurs each winter. Applicants must be members in good standing with USA Swimming and at least 16 years of age or have sophomore status in high school. The application is now available on the Wisconsin Swimming website and our social media sites. Applications must be submitted by March 5. Voting for athlete representatives will take place at the Wisconsin Swimming House of Delegates meeting in April. The elected athletes will attend at least two board meetings annually and potentially represent the LSC at the National USA Swimming Convention in September. Athlete representatives will have the opportunity to lead athlete meetings, contribute ideas from an athlete's perspective to the Board of Director meetings, and expand your knowledge of how the LSC works. Serving as an athlete representative creates many personal rewards including gaining confidence, leadership experience, and fostering relationships with swimmers around the state.

Sportsman/woman of the Year Nominations

If you know a Wisconsin swimmer that demonstrates great sportsmanship, makes friends from many teams, and is a positive presence on the pool deck, then you should consider nominating

them for Wisconsin Swimming Sportsman/Sportswoman of the Year. Nominations will be accepted from athletes until March 6. This [application](#) will also be available on the Wisconsin Swimming website and various social media sites. The winner(s) will be announced at the annual Awards Banquet in April following the House of Delegates meeting.

WI Club Athlete Representative

Lastly, Wisconsin Swimming looks for athlete representatives from each club to support state swimming activities. Did you know that two-thirds of our Wisconsin teams elect or assign a swimmer to represent their athletes at the LSC level? Those athletes meet three times a year to help make LSC decisions and to assist with LSC committees like meet planning, rules and regulations and finance. If you would like to know how you can assign an athlete representative for your team or learn more about other ways to get involved with Wisconsin Swimming, please contact Athlete Liaison Trina Schaetz at tdschaetz@gmail.com.

Athlete reps will be wearing their rep t-shirts at the 13&Over State Meet! Ask some of them what they are doing at the LSC level. Athlete reps: Pick up your shirts at State in March!

Question & Answer with Bridgette Alexander



Bridgette Alexander placed eighth in the 200-meter backstroke, at the 2016 Olympic Trials, representing Kentucky. Her first Trials, were in 2012, at the age of 16. Bridgette Alexander swam for the J-Hawk Aquatic Club and will be graduating from the University of Kentucky, in May (after only 3 years). She plans to complete her four years of eligibility while continuing in graduate school.

Favorite event and why?

100 back. Probably because it is not as much of a strategy race as the 200, outside of the breakout and a couple of strokes, it's all about who can hold their speed the fastest, for the longest. Just fun, not that I don't enjoy the strategy behind the 200.

Favorite pre-practice meal?

peanut butter & jelly sandwich and a fruit smoothie

Favorite movie?

Harry Potter series

Favorite age group meet (pre-college)?

2012 Olympic Trials or 2012 US Junior Nationals

Favorite college meet?

Definitely SEC's (conference)

What was your goal at Trials?

My goal was to get a second swim in one of my events, of course, swim best times, and enjoy the experience! I knew that in the past, I've placed better in the 200, so I tried not to get too mental after my 100, when that didn't happen.

After your 200 back prelims, how did you feel?

"Ok, I knew I could do that. Oh my gosh, did I actually do that?"

What about semi-finals?

I honestly didn't know what to think! I was so excited!!

What about finals?

A little disappointed with the time and the place, but I knew that going best times in that kind of environment would be something that experience would help. After a while, I realized just how special what I had done was.

Favorite backstroke test set?

3x(100 max 2:00 / 3x50's max 1:30 / 4x25's underwater :20)

Hardest long course practice set?

This is all backstroke - 2x(400 aerobic steady pace / 2x200's holding under 2:30 / 4x100's holding 1:10-1:12 / 8x50's alternate 200 pace and easy)

Most important part of each practice?

The pre-set that we do before the main set...have to do this well so your body is ready to go for what is to come!

You won the backstroke events at the 2016 Winter Nationals. Was that in your season plan?

Actually, going to 2016 Winter Nationals was not originally part of my season plan. After the Ohio State Invite, Lars and I realized going to compete and race again would be good for my development. Once we decided I was going, the goal was to win both of the backstrokes. Knowing that there weren't as many people going to this meet this year, I knew this could be attainable but still challenging. With that being said, I was not rested for this meet. It was just another opportunity for me to race and see what I can do before some tough Christmas training.

What is your goal for this upcoming championship season (conference and NCAA's)?

NCAAs is definitely the more emphasized meet for me. My goal is to obviously go best times, but also to finish as high as I possibly can. It would be awesome to compete in the finals in my events, racing the very best and to be an All-American. But, really I am so excited to see what myself and my teammates can do, especially in the 200 backstroke. As far as conference goes, my goal is to swim my races like how I want to swim them at NCAAs. Kind of like a trial run before the big event, while also scoring some points for my team.

Who is your biggest fan?

My dad.

How does he help you?

The better question would be what does he not do for me! He is always there being the support I need. Because not every practice can be the best, sometimes I just need to call dad and he can help lift me up after a tough workout! He helps me believe in myself. He makes sure I have everything I need to be successful in and out of the pool.

What advice would you give younger swimmers?

I would say to make sure that their parents understand what they want to get out of the sport. If they want to achieve high goals, they need to make sure they sit their parents down and tell them what it takes to get to where they want to go.

What advice would you give parents?

Be as supportive as possible without overstepping or butting in on what the coaches get paid to do every day. If you have questions or concerns, go right to the coaches, not your child, because they are under stress, as is, just dealing with the practices and meets by themselves.



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