

## Winter Workouts

When the temperatures drop and the lake freezes over, Wisco Sailors hit the gym to prepare for the spring. In the past, Winter Workouts have been run in a similar manner every year, but this year Practice Captain Kate Klement changed things up in order to provide more structure and tailor the gym to people's specific needs. The team still runs a few laps together to warm up and then lift weights in the SERF's weight room for about an hour, but then in the past the remainder of the workout has been dominated by basketball. Now, we all meet to do a group ab session, where team members take turn suggesting workouts. This is beneficial because it motivates everyone to work hard when core is strengthened in a group setting. After abs, like in

years past, we focus on cardio. This year, we have multiple options tailored to our goals. We can either run, go to the cardio room, or play basketball. Recently, Noah Janssen has started organizing futsal games as well. While no one is denying Wisco Sailing's unsung BBall court, going for a hitting the stairmaster fun alternative. This year, we can either run with friends or can sometimes be a helpful workouts



muscles needed for specific sailing workouts. In her opinion, having core strength and powerful leg muscles is hugely beneficial to sailors while hiking, and should be a major component of everybody's training for spring training. However, to be a good sailor, one needs overall strength. "Most of the movements within sailing require several different muscle groups. When you're hiking you use your legs and core, but at any moment you have to be ready to pull yourself up and trim, which requires overall arm and shoulder strength" says Klement. In the beginning of the spring semester, Klement will also be sending out specific lifting programs team members can use to tailor the workouts to their personal goals. After a few more months of this more regimented training plan, our sailors will be ready to hit the water when Spring Break rolls around.



*Q & A with December Sailor of the Month: Ben Witman*

**Wisconsin Sailing Newsletter:** What's your year in school?

**Ben Witman:** I am Senior

**WSN:** What's your position on the team?

**BW:** I am a crew in 420 and I was on bow for match race.

**WSN:** How long have you been on the team?

**BW:** I have been on the team since last spring

**WSN:** Why did you decide to join the team?

**BW:** I decided to join the team because I had just picked up sailing the summer before and I wanted to do as much of it as I possibly could. Some of the people that I knew from Hoofers encouraged me to join and I thought that it would be great to get more time on the water with more experienced sailors.

**WSN:** What was the experience at match race nationals like?

**BW:** Match race nationals was an awesome opportunity for me. We had some really great competition and it was pretty impressive to see what some of those people can do in a sailboat. Spending time in San Diego and hitching a ride on an M32 in the middle of November was also pretty cool to say the least.

**WSN:** So word on the street is you plan to work at Melges after graduation, what are you going to be doing there and what got you interested in the company?

**BW:** I was the Hoofers scow fleet captain last year and that really made me interested in Melges boats. My time working in the shop at Hoofers has also given me a pretty solid set of skills to move on into the industry. At Melges I will be working in the shop laying up molds, helping rig up new boats and working with the shop manager doing purchasing and receiving.

**WSN:** What is your favorite thing about your time on the team?

**BW:** My favorite part about my time on the team is definitely everyone's willingness to help others improve their sailing skills and the fun atmosphere that that the team creates.



**Congrats Ben!**



Map courtesy of Soren Walljasper