

Swim Arizona

Volume 26 Number 4

December 2001

Chairman's Notes

By Helen Bayly

TUCSON - Greetings for the holiday season, fellow Arizona Masters Swimmers! Our Registrar and Co-Registrar have just concluded the busiest year we have had in our 28+ years of existence. Carole Kepler and Marilyn Fogelsong together have registered 970 Masters swimmers in Arizona's LMSC (Local Masters Swim Committee) throughout 2001.

Thanks to you all for your support and good fellowship, and for the excellent teams you've helped build up across Arizona. I hope you'll all rejoin AZ LMSC for 2002, and that you'll take part in our Nominations and Elections during early 2002, as well. We'll keep you posted on that.

I shall retire as your Chairman later in 2002, after we all have elected a new slate of AZ LMSC officers. At present the Board is trying to re-write the By-Laws so that we can have mail-ballots /voting by mail. With 970 or so members, we want to ensure that all of you get to vote for the AZ LMSC officers who will administer your organization, Arizona Masters.

Every step of the way AZ LMSC has been supported by our super-Secretary Gordon Gillin, and by our super sharp-eyed Treasurer, Mark Lambert. Thanks to them both for their essential labors of love for Arizona Masters swimming.

At last I can start thanking you too, the membership, for your support and enthusiasm for Masters swimming, and for all the help you've given the Board and your Chairman. Please let us know if we can lure you onto any of the Board committees (see the directory in this newsletter). Volunteers are pure gold in Masters Swimming; we welcome you and your ideas.

Our coaches of the Masters programs across Arizona deserve much of the credit for our LMSC's fine reputation for presenting meets - and for having outstanding AZ Masters teams at state and national Masters meets. Our Coaches Representative is Jim Stites of Tucson who is in constant touch with the other

AZ Masters coaches across the state. (Please contact him, new coaches!)

Welcome to our newest newsletter volunteers, Co-Editors Doug Adamavich of Phoenix and Dickie Fernández of Tucson. Please be in touch with D and D if you can help them with work and ideas. Our newsletter is one way we communicate with you all; Doug and Dickie are its savvy staff and tech-wizards. Another easier and cheaper way would be to e-mail to those of you who'd prefer that method. Please be in touch with our newsletter staff - we can use your help in undertaking this next foray into the electronic media.

Mel Dyck of Flagstaff has been our truly excelsior Web Master this past two years. Please find our Web Page at www.arizonamasters.org - and then you'll see why we appreciate Mel's super e-contribution to AZ LMSC through this web-page. I'd love to hear from any others of you who'd like to volunteer your skills to advance other AZ LMSC concerns through the Internet!

Welcome also to our new Sanctions Chair, Sandie Easton of Tempe. Sandie and her husband Kevin have already proved themselves indispensable, by taking over this committee work vital to our presenting meets, having the race-times recognized, and even okaying the state, national and world records that are set in Masters meets in Arizona. Dan and Edie Gruender paved the Sanctions way very helpfully for the two Eastons. Thank you, all.

I doff my swim-cap to the Phoenix Swim Club activists who, this summer and fall, battled adversity in the courts, and who are helping PSC (where 240+ Masters swim) rise again, like the fabled phoenix itself. Keep going strong, PSC-ers, coaches and members all. We admire and support what you've been doing, as you and PSC are a vital part of Arizona Masters.

Kudos to those treasures known as Meet Directors, who volunteer their time, expertise, AND FRIENDS! to present the meets that so many enjoy. These Good Guys include Jim Stites, Mark Gill, Matt and Mark Rankin, Mel Dyck, Judy Gillies - and their pals - for meets from Tucson to Phoenix to Tempe to Flagstaff.

(Chairman's Notes continued on page 9)

From the Beginning

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Hello Everybody!

As you can see, we have made some changes to *Swim Arizona*. We hope that this will make our publication more useful as an effective communications tool.

Over time we will continue to improve the newsletter to serve the needs of our members. If you have ideas or suggestions that will make *Swim Arizona* better, please let us know. We value your input and ideas.

You will notice further changes in the future. Among the items we are working on is a calendar of open water swims and triathlons to share with you. Many of us train and compete for these events so *Swim Arizona* will include more information about them.

Another change will be online. This will be the first newsletter available online in Portable Document Format (pdf) on our web site. Future newsletters will be available online along with past issues as they are scanned in. Also, if you would like to receive *Swim Arizona* via email, we have a form you can send us with your information.

Thank we hope you enjoy *Swim Arizona*.

Doug Adamavich

Dickie Fernández

Swim Arizona is published quarterly (March-June-September-December) by the Arizona Local Masters Swim Committee (AZ LMSC). If you are not a member of AZ LMSC and wish to receive a copy of *Swim Arizona*, please send a check for \$8.00 to Treasurer, AZ LMSC

Send written and photographic submissions to either Doug Adamavich, dpa_az@qwest.net or Dickie Fernández, dickie_fernandez@hotmail.com. Please submit your article in one of the following electronic formats: Text(*.txt), Word(*.doc), or Excel(*.xls). All photographic submissions must be in one of the following electronic formats: GIF(*.gif), JPEG(*.jpg), or Bitmap(*.bmp) and will be converted to an 8-bit grayscale image. Articles are due on the 15th of the month before the publication date. *Swim Arizona* reserves the right to edit any submission accepted for publication. We welcome your widespread use and sharing of our materials, and ask that you give credit to AZ LMSC.

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Around the Deck

PENNY EARNS!

United States Aquatic Sports has chosen Penny Taylor of Tucson to be *Chef de Mission* (that's the head of the delegation) for the X World Swimming Championships in Barcelona, Spain, July 2003. This is not the first time she has been *Chef de Mission*. Her other tours of duty included Rome, Perth, and Fukuoka. She was also team leader for the USA in the 1992 Olympics in Barcelona. Congratulations Penny!

HOSPITALITY COMMITTEE MEMBERS NEEDED

The Arizona LMSC needs a hospitality chair and members to help coordinate various events across the state. Please contact Helen Bayly (helenb2@mindspring.com) if you are interested in volunteering.

2003 USMS NATIONALS NEWS

At the recent USMS National Convention in Louisville, KY the winning bids for 2003 SCY and LCM Nationals were announced. SCY Nationals will be at Arizona State University (Tempe, AZ) May 15-18 while the LCM Nationals will be held at Rutgers University (Piscataway, NJ) August 14-17. After all, it's never too early to start planning for Nationals.

GET REGISTERED

The 2002 USMS Membership form is here and will need to be filled out. One has been included in the

newsletter on page 12 so that everybody will have one. It is also available online at www.arizonamasters.org under "Forms." It is critical that ALL masters swimmers fill out this card so that you can participate in meets as well as have insurance coverage when you swim. If you have any questions, please contact Marilyn Fogelsong (mfogelsong@aol.com).

LONG-DISTANCE AND OPEN WATER HELP!

Arizona Masters is looking committee members interested in working with long-distance and open water events in the state. If you would like to volunteer in whatever capacity, please contact any member of the LMSC Board.

PHOENIX SWIM CLUB UPDATE

Great news for Phoenix Swim Club and Arizona Masters. PSC Boosters/Foundation submitted an offer to buy the property from AIM last week with a 48 hour acceptance period and AIM accepted the offer. The deal should be final within 45 days, so thankfully the good guys won. Thanks all Arizona Masters for your support during this difficult time.

NEW MEET DIRECTOR FOR STATE GAMES

The Grand Canyon State Games will have two Meet Directors for the 2002 swimming competition. Mark Gill and Mike Troy will be running the meet which will be held June 23 in Tempe. The event will be at the Student Recreational Center on the

ASU campus. More information on the meet will come with the March issue of the newsletter. For now, congratulations Mark!

NATIONALS LOGO DESIGN WANTED

Calling all artists and designers, we need your help! Since Arizona will host the 2003 SCY Nationals, we need a logo designed for the event. Please contact Mark Gill (mark.gill@asu.edu) if you have any designs or any questions.

SENIOR OLYMPICS

Across Arizona in January, February, and March, Senior Olympic events will be held in Sierra Vista, Tucson, and other cities. For additional information, contact either Dan or Edie Gruender.

POSTAL MEET FORMS

There are two postal meets scheduled for January and February. If your team would like to participate in either of these two events, please contact any of the *Swim Arizona* staff and we will email you the forms. Postal swims are a great way to compete without leaving your own pool. Give it a try!

GOT NEWS?

If you think other Arizona Masters might be interested in what you have to say, let us know. Share your news with the editorial staff, we appreciate what you have to say.

Lane 9

A Magic Bullet for NCAA's Title IX Problem
By John Leonard

FT. LAUDERDALE - University of Minnesota Wrestling Coach J. Robinson has come up with the magic bullet to attack the problems found in NCAA institution compliance with Title IX.

His recommendation, found in *Athletic Business Magazine* of November, 2001, is so simple it is incredible that it has been overlooked for so many years. Like many "magic solutions" to tough problems, its simplicity is its beauty.

Robinson says "Amend Title IX legislative language to read that no men's programs can be eliminated to come into compliance with Title IX."

Now the women's numbers will have to come up.

What could be simpler, or better for sports for both genders?

Who gets hurt? Probably the football programs and those basketball programs paying excess dollars to and for everything. Football and basketball with, in many cases, very marginal students, are now basically responsible for the inequities in participation figures (football) and spending (both sports).

If we want to save Olympic sports in NCAA institutions, its time we all attack the heart of the problem, which is football and basketball to a lesser degree.

I say this with a heavy heart as I love my Florida Gators football with a passion. But facts are facts. We are losing swimming programs and other Olympic sports because football coaches think they need 90 scholarship athletes to fill 11-on field positions. Come on guys.

Hurrah for Coach Robinson. Right on.

Now, let's write to our Congressmen and urge this solution on the legislative process.

This article appeared in the November 21, 2001 issue of Swim Info under "Lane 9." For an online version of this article, go to <http://www.swiminfo.com/lane9/news/3055.asp>.

Performance Through Motivation

by Peggy Finch

A few months ago, someone told me that I could not make any changes in my stroke two days before a meet. Fortunately for me, I did not believe him and I was absolutely livid that anyone would so casually dismiss my efforts and ignore my motivation. I did not need anyone with negative thinking around me. Here are some actions I took to overcome and triumph in one particular event.

While others walk past motivational quotes written on bulletin boards or other places, I read them. Some quotes really make me stop and think how I could incorporate that positive thought into my practice. Some important ones to remember are:

"Failing to prepare is preparing to fail."

"I can accept failure,
but I cannot accept not trying."

"It's the little details that are vital,
little things make big things happen."

Remembering these quotes train my mind, in preparation for training my body.

I was the lucky recipient of one hours free coaching locally. This made a big difference in my swimming in a small amount of time. I had my session the day before the Short Course State Meet at ASU and took six seconds off my fifty meter butterfly.

My hat is off to the coaching staff for their big hearts and encouraging me to do better, it made a big difference. That is an example of the power of good coaching, determination, and positive thinking. This can work for you too, try it!

Peggy Finch represents the Safety Committee for the Phoenix region of the LMSC.



Time to Register!

Go to page 12, fill it out and send it in today.

Ask the Swim Doctor

By Dr. Paul Hutinger

ST PETERSBURG - This Month's version of "Ask the Swim Doctor" addresses training routines for sprinters. This particular article was first published in the February 2001 issue of the Florida LMSC newsletter.

Question: *What training program would help me with my 50, 100 and 200 events?*

Answer: The type of training you do will dictate which energy source is developed. Distance training (short rest sets of 10x200 or 4x500 will increase the aerobic energy system, and sprint training (20x25 on 30-45 seconds) would train the anaerobic energy system, as would sets of 5x100 @ 8 minutes (95% effort and recommended only once a week).

To develop a specific energy system, swimmers must train as close to the speed and intensity of swimming that he/she will do in their competitive events or little or no benefit will be derived.

Immediate energy stored in the muscles will last for 35 seconds, or for anaerobic stores, from 40 seconds to 1 1/2 minutes. Over-distance and short rest repeats can result in a lowering of the anaerobic system within the muscle, thus your 50 and 100 sprints could be slower. You cannot expect an Indy Car to perform well in a race designed for a top fuel dragster.

Glenn Woodsum, 53, Tallahassee, is an example of a swimmer who changed the standard distance workout his Masters group was doing to one that specifically trains him for sprints. Best times SCY--50 free/23.94; 100 free/52.53; 200 free/1:58.71, SCM--50 free/26.25; 100 free/58.40; 200 free/2:15, LCM--50 free/26.95; 100 free/1:00.20

Some of these are life time bests, including a drop of 2.2 seconds on a 100 free. He maximizes his training for freestyle events of 50, 100 and 200's. His workouts have the following basic design, for 3000 yards:

EVERY DAY

Warm up: 600 swim & 200 kick (4x50)

MON/WED/FRI:

Race pace work; no pain and don't hurt

8-20x50 @ pace for the 200
20x15 @ pace for the 100
20x12 @ pace for the 50

TU/TH:

Pain and hurt

2x200 @ 20 min
or
4x100 @ 8 min--ALL OUT
with easy swimming in between

Last year he did one meet on each course, with 8 weeks of conditioning at anaerobic threshold before starting his specificity program. Six weeks before a meet, he tapers with 200 yards less per week. Four weeks before the Orlando SCM meet, he did extra kicking (2x100, 2x75, 2x50) that he felt helped his performances.

Woodsum doesn't check his heart rate but uses perceived exertion and pace times for intensity of effort. He does not use fins or zoomers. In the past, he has used weight training, but now, he feels his speed work maintains a good strength level. He does work on efficiency of strokes by swimming 25's with the fewest strokes he can, applying maximum strength on each stroke (very exhausting, but looks easy). He does as few as 10 strokes/25 yards. Elite swimmers such as Jon Olsen, Biondi and Popov (26 strokes/50m) maximize distance per stroke, which gives the appearance of swimming easy and relaxed.

In summary, if you swim 50, 100, and 200 events (lasting up to 3 minutes), maximize your performance with a program that gives your anaerobic energy system specific training.

"Ask the Swim Doctor" is a column written by Dr. Paul Hutinger. This column appears regularly in the Florida LMSC quarterly newsletter, which is the recipient of the 1998 USMS Newsletter of the Year Award. He is also the Coach and Fitness Trainer, Florida Maverick Masters of St. Petersburg, FL. Dr. Hutinger is also on the USMS Awards Committee and Professor Emeritus at University of Western Illinois.

By Definition: HYPOXIA

hy·pox·i·a n. Deficiency in the amount of oxygen reaching body tissues.

hy·poxic adj.

In a sentence:

"After I got done swimming the 200 fly, I felt a bad case of **hypoxia** coming on."

Source: The American Heritage® Dictionary of the English Language, Fourth Edition Copyright ©2000 by Houghton Mifflin Company. Published by Houghton Mifflin Company. All rights reserved.

Fast Times and More

By Mark Gill

TEMPE - The 2001 edition of the Arizona Short Course Meters State Championship Meet produced some fantastic swims. Not since the 1994 USMS National Championships were held at ASU's Mona Plummer Aquatic Center have so many records been broken at this pool. By the end of the meet, 8 World, 13 USMS and 142 Arizona records had been set. Leading the charge was Ron Johnson of Sun Devil Masters in the 70-74 age group. Ron set global marks in the 50 free (28.68), 100 breast (1:25.87), 50 fly (33.13) and 100 fly (1:19.51) as well as a national record in the 50 breast (39.30). In the 100 fly, Johnson's time sliced over seven seconds off the previous standard.

Jane Hill of Phoenix Swim Club, set two stunning world marks in the 50-54 age group. Hill, who won Olympic bronze in the 100m backstroke in 1968 as Jane Swaggerty, clocked 33.61 for the 50 m back and 1:14.62 for the 100 back.

1996 Olympic Gold Medallist and Short Course Meter World Record holder, Attila Czene of Hungary swam an awesome 56.76 for the 100 IM in the 25-29 age group. In the women's 25-29 age group, Camilla Johansson clocked a world record of 1:04.07 for the 100 backstroke. Both Czene and Johansson swim for Sun Devil Masters.

The dominant men of Phoenix Swim Club set a national record in the 200+ Medley Relay. Relay members, Jack Salvatore, Bob Liotta, Gregory Gush and Matt Yingling stroked to a 1:58.88. Also setting a national record, Paul Smith of Vail, CO broke the 44-49 age group 50 free with a 24.39.

In the team competition, all the usual suspects showed up in force. Phoenix Swim Club came away with their third consecutive men's title in as many state championships. This feat was matched by the women of Sun Devil Masters who also won their third straight state title. In the combined race Sun Devil Masters was the victor, winning for the first time this year over Phoenix Swim Club. In the small team division, Northern Arizona Masters proved that they should never be overlooked as they dominated the 16 other teams in their division. Their score almost doubled that of the next closest team, Henderson Southern Nevada Masters.

The individual high point award saw six swimmers complete a perfect meet winning all 8 events. These swimmers are Emily Brelsford (NAM), Sandie Easton (SDM), Carolyn Battin (HSNM), Jackie Marr (SDSM), Kim Bernard (PSC) and Nancy MacBeth (SDM).

Mark Gill coaches and swims for Sun Devil Masters and has been Meet Director for several meets hosted at Mona Plummer Aquatic Complex.

UNITED STATES MASTERS SWIMMING

History and Mission

United States Masters Swimming (USMS) is a swimming program for adults aged 19 and over. Begun in 1971, its membership has grown to more than 35,000 by the end of the 20th century. The USMS has the following mission, goals and objectives:

Mission Statement of United States Masters Swimming

To promote fitness and health in adults by offering and supporting Masters Swimming programs.

Goals and Objectives

- To encourage and promote improved physical fitness and health in adults.
- To offer adults the opportunity to participate in a lifelong fitness and/or competitive swimming program.
- To encourage organizations and communities to establish and sponsor Masters Swimming programs.
- To enhance fellowship and camaraderie among Masters swimmers.
- To stimulate research in the sociology, psychology, and physiology of Masters Swimming.

Highlights from USMS National Convention

By Helen Bayly

LOUISVILLE - AZ LMSC sent six delegates to USMS's mid-November National Convention in Louisville, Kentucky. Helen Bayly, Gordon Gillin and Mark Gill represented Arizona Masters' almost 970 members, while Dan Gruender (former President, USMS), Edie Gruender (delegate-at-large, appointed by USMS President Ridout), and Judy Gillies (Chair, Southwest Zone), were our extra-ordinary delegates representing Arizona Masters' interests.

We delegates voted in the election for USMS's new President, Jim Miller, Vice-President Scott Rabalais, Secretary Sally Dillon and Treasurer Doug Church. All delegates present voted for their favorite bids for USMS National Championships in 2003. To our delight, Sun Devil Masters (ASU, Tempe) was awarded USMS' National Short Course Championships, May 15-18, 2003 - mainly because the SDM/ Mark Gill bid presentation was the best, and garnered the most delegate-votes. Congratulations again, Mark and SDM !

And AZ Masters swimmers - do plan to swim in these Nationals May 2003! Help AZ be a winning team, and enjoy being part of our Arizona welcome to the nation's and world's Masters swimmers!

18-YEAR-OLDS: may now sign up for USMS membership on their 18th birthday! They may enter all Masters swim-meets IF THEY TURN 19 years of age:

- a) for YARDS meets, on or by the last day of that meet;
- b) for METERS meets, on or by December 31 of that year;
- c) for Open Water/Long Distance races, on or by the day of that race.

NOTE: History will record that these rules, regarding 18/19 year-olds who wish to swim in Masters Meets, were precipitated last spring by AZ Coaches Rep Jim Stites questing after fairness for his youngest swimmers. Jim persisted in arguing to USMS Committees that all 18 year-old Masters were rightful meet competitors if they turned 19 by last day of yards meet, or by 12/31 for meters meet (as stated above in new regulations). Thanks Jim for winning over USMS and its thoughtful leaders!

BUTTERFLY KICK: FINA (Federation International de Natation Amateur, or the International Federation of

Amateur Swimming) decreed this year that for international and world championships and records, butterfly can be swum with either the dolphin or breaststroke kick. USMS already permits butterfly to be swum with either the dolphin or breaststroke kick (see Rule Book). As Bill Matson, FINA Board Liaison to the Masters Committee wrote, "The variation to the butterfly rule to allow Masters swimmers to use a breaststroke kick for the period 20 September (when the Fukuoka amendment came into force) until 23 May (when the Masters Congress amendment will come into effect) was approved by the FINA Bureau."

(Historical Note: The butterfly swimming stroke evolved slowly from the 1930's to 1950's, as a faster form of breaststroke - with arms above water, and with breaststroke kick. In 1952 FINA formally separated this form of swim-stroke from breaststroke, and voted that the dolphin kick could also be used, for this new stroke - "butterfly". In Masters swimming (founded circa 1972 as part of AAU - now the rest IS history!), butterfly arms with either breaststroke or dolphin kick constitutes our "butterfly" stroke).

The voices and concerns of Arizona masters swimmers were well represented at USMS/Louisville by the six AZ LMSC delegates. Thanks, Zonies, for sending us to the Masters Convention on your behalf.

Helen Bayly is Chairman of the Arizona LMSC and swims for Ford Aquatics, Tucson.

Web sites to visit:

United States Masters Swimming

www.usms.org

Arizona Masters LMSC

www.arizonamasters.org

Swim Info

www.swiminfo.com

Ocean Swims

www.oceanswims.com

ARIZONA LMSC NOMINATIONS AND ELECTIONS 2002

By Helen Bayly

TUCSON - AZ LMSC CALLS FOR NOMINATIONS for officers of the Board of Directors, by February 15 2002. Nominations will then close (2/15/2002), ballots and candidate information will be mailed early March 2002, and completed ballots (votes) will be received and counted by the non-partisan counting committee 90 days after nominations close - by May 16, 2002.

PLEASE PARTICIPATE! With all members of AZ LMSC, we have a fantastic pool of talent for elected and appointed/volunteer positions on our Board. Our MAIL-BALLOTS will enable all to vote. Please join in!

The nominations will be received by AZ LMSC's Nominating Committee (AZ LMSC's past Chairmen, and the State Records Chair, Mark Gill) - by February 15, 2002.

The five elected positions are:

1. Chairman
2. Vice-Chairman
3. Registrar
4. Secretary
5. Treasurer

Please call/e-mail/write your nominations (of fellow AZ LMSC members, and/or yourself) by February 15, 2002, to any/all five of the Nominating Committee Members. This Committee's members are:

Chairman:

Helen Bayly (*helenb2@mindspring.com*; 520-795-3161)

Past Chairs:

Edie Gruender (*ediebg@aol.com*; 480-946-5805)
Judy Gillies (*ygillies@mindspring.com*; 520-622-4129)
Jack Salvatore

State Records:

Mark Gill (*mark.gill@asu.edu*; 480-775-1485)

The March 2002 newsletter will carry the names, biographies, qualifications and statements of the candidates, as well as the MAIL-IN BALLOT,

safeguarded to ensure that only registered AZ LMSC members will vote.

Pending the Board's passage of new By-Laws to enable all AZ LMSC to vote by mail, members/voters will have 90 days (until May 16) to get their completed ballots to our Board's independent vote-tally committee. (Again, pending Board passage of our newly-revised By-Laws, which we expect to occur shortly). The election results will be announced after May 16, 2002, and will also be in the June AZ LMSC newsletter.

Any questions? Please call any of us on the Nominating Committee - send us your nominations, and watch for your ballot in the March 2002 newsletter.

Helen Bayly, Chairman, AZ LMSC: 520-795-3161;
helenb2@mindspring.com.

Helen Bayly is Chairman of the Arizona LMSC and swims for Ford Aquatics, Tucson.

FINA

For additional information about the International Federation of Amateur Swimming (FINA) and its influential activities:

FINA
Avenue de l'Avant-Post 4
1005 Lausanne, Switzerland

(41-21) 310-4710 Voice
(41-21) 312-6610 Fax

www.fina.org

(Chairman's Notes continued from page 1)

We'd love to have more meets, at other pools too - so please let us know if you'd like to undertake running/ directing a meet! We can give you loads of support too - just call any Board member and ask us about it all.

Meanwhile, congratulations to the many Masters who swim for fitness (an effort but we keep the docs at bay!) and to the smaller number but still many Masters who compete and race and bring home the medals!

A reminder that our Fitness Chair, Mitzi Schechter, has gathered vast amounts of fitness materials that - in a large album - are traveling from pool to pool, team to team. Please let us know if your pool/team would like this album-in-residence for a couple of months!

Please remember your team is entitled to have your

choice of Team Representative, on/at our Board and its meetings. Just phone any Board Member to ask about any questions re AZ LMSC.

For everything else, we the AZ LMSC welcome your views, news, and offers to participate in many and varied ways - just let us know. I look forward to meeting many more of you at our next roster of meets across the state in early 2002 - see the schedule in this newsletter, and join us all in the water.

Meanwhile, my other loves are Field Hockey and Orienteering, so ask me about those activities too - they're fun, as well as superb cross-training. Good wishes, Helen Bayly, Chairman, AZ LMSC.

Helen Bayly is Chairman of the Arizona LMSC and swims for Ford Aquatics, Tucson.

NATIONAL RELAY REQUEST FORM

I have sent or am planning on sending in my entry for the USMS Short Course National Championship in Honolulu, HI May 14 - 17, 2002 and I would like to participate in relays for AZ Masters.

NAME _____ AGE (on 05/17/02) _____
PHONE _____ EMAIL _____

I will be willing to swim the following strokes (times in yards):

STROKE:	TIME:
50 Backstroke	_____
50 Breaststroke	_____
50 Butterfly	_____
50 Freestyle	_____

I am available on the following days (relays are the last event on each day and will be swum in the afternoon):

___ Wednesday May 15, 2002
___ Thursday May 16, 2002
___ Friday May 17, 2002

PLEASE SEND OR GIVE TO JIM STITES BY APRIL 21, 2002*

Jim Stites
6703 E. Snyder Rd.
Tucson, AZ 85750

**I will be accepting relay requests through the Zone/State Meet weekend. Please bring this form!*

___to order an AZ Masters National Team shirt include a check for \$10 made out to "Ford Aquatics". S___ M___ L___ XL___

___to reserve an AZ swim cap for nationals include a check for \$4 made out to "Ford Aquatics".

Share a Set: The Cactus Practice

Coach Jim Stites, Ford Aquatics

TUCSON - The Cactus Practice is a workout we use at Ford Aquatics once or twice each season. It's a challenging set that can be done by the whole team. The set requires endurance, speed and mental toughness and will leave you with a feeling of accomplishment when it's all over.

After the initial warm-up of 750 yards the main set begins. Each of the subsets (a-b-c) begins with a "best average" round of 4 reps. on a challenging interval. "Best average" means that all 4 reps. are fast but none is an all out sprint. Those who don't make the interval at this stage are encouraged to skip the easy (optional) 50 that follows to get back with the group for the next round of 4. In the next round the interval gets easier so the focus is to start out at a moderate pace on the first rep. and descend so that the last rep. is the fastest. Another easy (optional) 50 follows. The final round is geared more to pure speed. The interval again gets easier which allows enough rest for fast swimming. "he" is short for "half hard - half easy", "eh" is "half easy - half hard", "e" is "all easy", and "h" is "all hard". One final easy (optional) 50 finishes the subset before moving to the next.

As you progress through each subset the distances of the hard swimming bouts gets longer while always allowing an easy (optional) 50 between rounds of 4 to recover or catch up to the group if you fall behind.

Attention Triathletes!

Masters swim programs across Arizona have a large number of triathletes that get their swim workouts with masters teams, and these triathletes also participate in the meets as well as volunteer their time helping in several ways. We feel we owe them some kind of recognition so we decided to include a 2002 triathlon calendar which lists most, if not all, the triathlons held in Arizona, as well as some popular (and hard) ones in the western section of the US. The next page has a list of the events we know of so far. If any of you triathletes have any further suggestions, please let us know.

1. warm-up:
150s-150k-150s-150p-150s
2. main sets:
 - a. 4 x 25 (:20) best average
1 x 50 (1:00) easy - optional
4 x 25 (:25) descend 1-4
1 x 50 (1:00) easy - optional
4 x 25 (:30) he, eh, e, h
1 x 50 (1:00) easy - optional
 - b. 4 x 50 (:40) best average
1 x 50 (1:00) easy - optional
4 x 50 (:50) descend 1-4
1 x 50 (1:00) easy - optional
4 x 50 (1:00) he, eh, e, h
1 x 50 (1:00) easy - optional
 - c. 4 x 75 (1:00) best average
1 x 50 (1:00) easy - optional
4 x 75 (1:15) descend 1-4
1 x 50 (1:00) easy - optional
4 x 75 (1:30) he, eh, e, h
1 x 50 (1:00) easy - optional

Total = 3,000 yards

This is one of the few sets we have that permits most of our team to swim a workout together using the same intervals. The "Cactus Practice" is usually announced several days in advance to allow each swimmer to set goals and get "psyched" for the challenge.

Jim Stites is Swim Coach for Ford Aquatics in Tucson and also serves as Meet Director for meets the team hosts.

► Registered Yet?

Turn to page 12 right now if
you did not!

TRIATHLON CALENDAR

03/24	Tucson Triathlon <i>www.tucsonracing.com</i>	Hillenbrand Aquatic Center <i>swim1@qwest.net</i>	Tucson, AZ	825yd/12mi/3mi
04/06	Bartlett Lake Triathlon <i>www.3disciplines.com</i>	Bartlett Lake <i>kenny3disciplines@netzero.net</i>	Cave Creek, AZ 480-836-0432	1km/16mi/4mi
04/13	Rocky Point Triathlon <i>www.tucsonracing.com</i>	Puerto Peñasco, Mexico <i>rptinfo@tucsonracing.com</i>	Puerto Peñasco, Mexico	1.5km/40km/10km
04/13	Laguna del Mar Sprint Triathlon <i>www.tucsonracing.com</i>	Puerto Peñasco, Mexico <i>rptinfo@tucsonracing.com</i>	Puerto Peñasco, Mexico	300m/8km/2km
05/04	Wildflower Triathlon <i>www.tricalifornia.com</i>	Lake San Antonio <i>events@tricalifornia.com</i>	Monterey County, CA 831-373-0678	1.2mi/56mi/13.1mi
05/05	Wildflower Triathlon <i>www.tricalifornia.com</i>	Lake San Antonio <i>events@tricalifornia.com</i>	Monterey County, CA 831-373-0678	1.5km/40km/10km
05/19	California Half Ironman <i>www.ironmancalifornia.com</i>	Oceanside, CA <i>ironman@vip.net</i>	Oceanside, CA	1.2mi/56mi/13.1mi
06/02	Lake Pleasant Triathlon <i>www.tucsonracing.com</i>	Lake Pleasant <i>lptinfo@tucsonracing.com</i>	Peoria, AZ	1.5km/40km/10km
07/01	Mountain Man Triathlon <i>www.mountainmanevents.com</i>	Lake Mary <i>eddie@mountainmanevents.com</i>	Flagstaff, AZ	1.5km/40km/10km
07/07	Firecracker Triathlon <i>www.tucsonracing.com</i>	Hillenbrand Aquatic Center <i>swim1@qwest.net</i>	Tucson, AZ	825yd/12mi/3mi
09/15	Grand Canyon State Games <i>www.tucsonracing.com</i>	Firebird Lake <i>firebirdinfo@tucsonraing.com</i>	Chandler, AZ	1000yd/15mi/4mi
10/13	Tinfoilman Triathlon <i>www.tucsonracing.com</i>	Hillenbrand Aquatic Center <i>swim1@qwest.net</i>	Tucson, AZ	825yd/12mi/3mi
10/19	Ironman World Championships <i>www.ironmanlive.com</i>	Kona	Kona, HI	4km/180km/42km
10/27	Bartlett Lake Triathlon <i>www.3disciplines.com</i>	Bartlett Lake <i>kenny3disciplines@netzero.net</i>	Cave Creek, AZ 480-836-0432	1km/16mi/4mi
11/02	Desert Grande Triathlon <i>www.ci.casa-grande.az.us</i>	Central Arizona College <i>jfranco@ci.casa-grande.az.us</i>	Coolidge, AZ 520-421-8677 x454	400m/10.2mi/3mi

Arizona Masters Swimming



United States Masters Swimming 2002 Membership Application

Please print clearly. Your name on this form and on meet entry forms must be identical.

Last Name		First Name		Middle Initial	
Mailing Address			Daytime Phone No. ()		
City		State	Zip	Evening Phone No. ()	
Date of Birth Month	Day	Year	Age	Sex	Email
CLUB (or Unattached)				Today's Date	

"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 of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE HOST FACILITIES, 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."

SIGNATURE _____ Check here if you coach Masters Swimming

I WISH TO CONTRIBUTE TO THE FOLLOWING FOUNDATIONS. I HAVE ADDED THE ADDITIONAL AMOUNT TO MY 2002 REGISTRATION FEES.

___ \$1 or () to The US Masters Swimming Foundation

___ \$1 or () to The International Swimming Hall of Fame Foundation

This is a ___ new registration.
 ___ renewal registration. My 2001 number was _____.

YOU MUST PAY A FEE OF \$33 FOR THE CALENDAR YEAR (1 January – 31 December 2002). This membership expires 31 December 2002. If you join in September 2002, the fee is \$18. The full-year fee allocation is \$8 for USMS, \$7 for Swim magazine and \$18 for the Arizona Local Masters Swim Committee.

Please make your check payable to **Arizona LMSC**. Mail the check along with this completed and signed application form to

**Marilyn Fogelsong
 991 E. Calle Mariposa
 Tucson AZ 85718
 mfogelsong@aol.com**



12th Annual Polar Bear Classic

Sunday, February 3, 2002

9:00 AM warm-up
10:00 AM meet start

Meet director: Rane Stites, (520) 621-4203.

Sanctions: Held under the sanction of US Masters Swimming and the Masters Swim Committee of Arizona, Helen Bayley, Chairperson, 332 N. Norton, Tucson, AZ 85719, (520) 795-3161, email: baylym@rpi.edu.

Sanction number: 482-0001

Eligibility: Open to all registered Masters swimmers holding a valid 2002 USMS card. For further information on registration contact Marilyn Fogelsong, mfogelsong@aol.com or 991 E. Calle Mariposa, Tucson, AZ 85718.. A \$5.00 late fee will be assessed for deck USMS registrations.

Rules: 2002 USMS rules apply. Limit of five (5) individual events. Breaks as requested.

Entries and fees: Entries must be received by January 25, 2002. Flat rate fee of \$17.50 for a maximum of 5 events. Only enter events you plan to swim. Please use an Arizona LMSC consolidated entry card; fill it out completely front and back and be sure and enter seed times for all events you wish to swim. Consolidated entry cards are available online at www.ArizonaMasters.org.

Mail check made out to Ford Aquatics, consolidated entry form, photocopy of 2002 USMS card to Rane Stites, PO Box 44233, Tucson, AZ 85733; questions, call Rane at (520) 621-4203.

Deck entries: \$5.00 surcharge plus \$5.00 for each event. Meet will be pre-seeded. Deck entries will be seeded into outside lanes on an as available basis. Deck entries will close at 9:30 AM sharp!

Event seeding: All events will be swum slowest to fastest.

Location: University of Arizona Hillenbrand Aquatic Center located on Campbell Avenue between 6th Street and Speedway. Outdoor, 18 lane, 25 yard pool operated at 82° F with non-turbulent lane lines and electronic timing. We will run 8 lanes for competition and set aside the other lanes for warm-up during the meet.

Questions????? Call the meet director: Rane Stites at (520) 621-4203

enter the 1650
 OR the 1000,
 not both

Order	Event
1	1000 Free
2	1650 Free
3	200 Free
4	50 Fly
5	200 Back
6	100 Breast

Order	Event
7	100 Free
8	200 IM
9	50 Back
10	200 Fly
11	100 IM
12	400 IM

Order	Event
13	50 Breast
14	100 Back
15	500 Free
16	100 Fly
17	200 Breast
18	50 Free
19	200 Relays (Medley and Free)



2002 Sun Devil Invitational Short Course Yards March 2, 2002



- Format:* This is a tri-meet between Sun Devil Masters, Phoenix Swim Club and the Unified Team (everyone else that enters the meet). Events will be organized and seeded by gender and age. The first 3 swimmers in each age group will score points (10, 6, 3).
- Meet Director:* Mark Gill mark.gill@asu.edu or (480) 775-1485.
- Sanction:* Held under the sanction of U.S. Masters Swimming and the Masters Swim Committee of Arizona, sanction # MSCA 482-003.
- Facility:* Competition will be held at Mona Plummer Aquatic Center at Arizona State University located at College and 6th Street in Tempe. The facility is an outdoor 25-yard, 8 lane pool operated at 80 F with non-turbulent lane lines and electronic timing. There will be separate lanes available for warm-up and loosen-down during the actual meet.
- Parking:* Spaces are available during the meet at no charge in Parking Structure 5, which is adjacent to the aquatic complex.
- Eligibility:* Open to all registered Masters Swimmers holding a valid 2002 USMS Card. For further information on registration contact Marilyn Fogelsong at mfogelsong@aol.com.
- Rules:* 2002 USMS rules apply. All events are timed finals. There is a limit of five (5) individual events plus relays. Your age as of March 2, 2002 determines the your age group for the meet.
- Entries & Fees:* Entries must be postmarked by February 15 or received by February 17, 2002. There is a \$30.00 fee for the meet. This covers up to 5 individual events per day plus the meet T-shirt. Please use the Arizona Consolidated entry card. You must also send a copy of your USMS registration card. Do not forget to enclose the form on the last page of this entry to indicate your T-shirt size. There will be **no deck entries**. Make checks out to **Sun Devil Swimming**. Mail your entry card, check and photocopy of your USMS Card to:

Mark Gill
202 East Baseline Road # 146
Tempe, AZ 85283

If you need an Arizona Consolidated entry card or USMS application, go to www.arizonamasters.org and look under forms.

Seeding: All events will be pre-seeded (women & men swim separately) by age group. When necessary, age groups may be combined within a heat.

Scoring: Top three places within each age group and gender will score points: 10-6-3.

Awards: Individual High Point and Team high points (women, men & combined) will be awarded for the meet.

Results: During the meet, results will be posted. At the conclusion of the meet, results will be listed at www.arizonamasters.org (look under results). Mailed copies cost \$3.00. Swimmers may also request a copy of their splits from the meet by email mark.gill@asu.edu at the conclusion of the meet.

Order of Events

Saturday - Warm-ups at 9:30 and the meet begins at 10:30.

Event Order			
1	Women	100	Breast
2	Men	100	Breast
3	Women	200	Free
4	Men	200	Free
5	Women	400	IM
6	Men	400	IM
7	Women	50	Free
8	Men	50	Free
9	Women	100	Back
10	Men	100	Back
11	Women	200	Fly
12	Men	200	Fly
13	Women	50	Breast
14	Men	50	Breast
15	Women	100	IM
16	Men	100	IM
17	Women	200	Back
18	Men	200	Back

Event Order			
19	Women	500	Free
20	Men	500	Free
21	Women	100	Fly
22	Men	100	Fly
23	Women	50	Back
24	Men	50	Back
25	Women	200	Breast
26	Men	200	Breast
27	Women	100	Free
28	Men	100	Free
29	Women	50	Fly
30	Men	50	Fly
31	Women	200	IM
32	Men	200	IM
33	Women	200	Free Relay
34	Men	200	Free Relay
35	Mixed	200	Free Relay

cut here

cut here

cut here

cut here

Name _____

What size T-shirt do you want? Please circle one. M L XL XXL



2002 Southwest Zone and Arizona State Masters Championships April 19- April 21, 2002

Rules: 2002 USMS rules apply. All events are timed final. Swimmers are limited to a total of 9 individual events for the entire meet, no more than 4 per day not including relays. Age on April 21st determines the age group of the swimmer for the entire meet.

Long distance events: The 1000 and the 1650 events will be limited to the first 40 entries received for each event and will be run slowest to fastest, ages and sexes combined. You may swim either the 1000 or the 1650 but not both. Positive check-in is required for the 1000 and 1650 events. Check-in will close at 3:30pm for the 1000 and 4:30pm for the 1650.

Seeding: All events (except the 1000 and the 1650) will be pre-seeded, men and women separately, slowest to fastest. ***Absolutely, positively no deck entries or late entries will be accepted.***

Eligibility: Any swimmer with a valid 2002 USMS registration, or a valid travel permit from another country is eligible. Each swimmer must submit a copy of their 2002 USMS registration card or travel permit. Failure to submit proof of registration will result in the entry being rejected. For further information on registration contact Marilyn Fogelsong, mfogelsong@aol.com or 991 E. Calle Mariposa, Tucson, AZ 85718.

Affiliation: A swimmer's club affiliation as stated on the consolidated entry card will apply throughout the meet, except that a swimmer may unattach at any time.

Awards: Ribbons for places 1-8 will be awarded. Male and female high point awards for each age group will be awarded. Team awards for teams finishing first, second, and third will be awarded.

Entries and fees: Entries must be postmarked by April 10, 2002. Absolutely, positively no deck entries. A flat entry fee of \$30 includes a meet T-shirt. Be sure to include T-shirt size in the lower right corner of your consolidated entry card (S, M, L, or XL). Please use the Arizona consolidated entry card; fill it out completely (front and back) and be sure to note event numbers and seed times for all events you wish to swim.

Make checks payable to Ford Aquatics. Mail check, consolidated entry card with T-shirt size in the lower right corner and copy of USMS card to:

**Rane Stites
PO Box 44233
Tucson, AZ 85733**

Consolidated entry cards are available online at www.arizonamasters.com.

Sanction: Held under the sanction of USMS and the Local Master Swim Committee of Arizona, Helen Bayley, 332 N. Norton, Tucson, AZ 85719, (520) 795-3161, email: baylym@rpi.edu
Sanction number: 482-0002

Location: University of Arizona Hillenbrand Aquatic Center located west of Campbell Road between 6th Street and Speedway. Outdoor, 18 lane, 25 yard pool operated at 80° F with non-turbulent lane lines and electronic timing. We will run 8 lanes for competition and set aside other lanes for warm-up. A snack bar will be set up at the meet. Pool phone is 621-4203.

Questions????? Call the meet director: Rane Stites at (520) 621-4203.

2002 Southwest Zone and Arizona State Masters Championships Order of Events

Friday, April 19. Warm-ups start at 3:00 PM, meet starts at 4:00 PM. Check-in required!! Men and women seeded together, slowest to fastest.

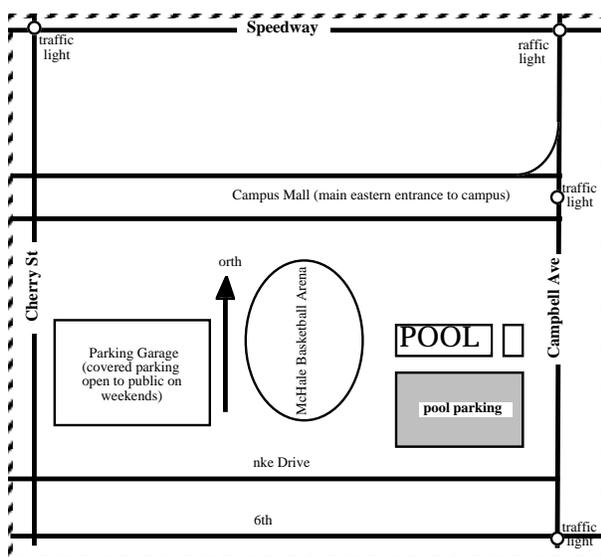
1	Women's 1000 Free
2	Men's 1000 Free
3	Women's 1650 Free
4	Men's 1650 Free

Saturday, April 20. Warm-ups start at 8:45 AM, meet starts at 10:00 AM. Seeded slowest to fastest.

5	Women's 200 Free
6	Men's 200 Free
7	Women's 50 Fly
8	Men's 50 Fly
9	Women's 100 Back
10	Men's 100 Back
11	Women's 200 Breast
12	Men's 200 Breast
13	Women's 50 Free
14	Men's 50 Free
15	Women's 100 Fly
16	Men's 100 Fly
17	Women's 50 Back
18	Men's 50 Back
19	Women's 200 IM
20	Men's 200 IM
21	Women's 200 Free Relay
22	Men's 200 Free Relay

Sunday, April 21. Warm-ups start at 8:45 AM, meet starts at 10:00 AM. Seeded slowest to fastest.

23	Women's 500 Free
24	Men's 500 Free
25	Women's 100 IM
26	Men's 100 IM
27	Mixed 200 Free Relay
28	Mixed 200 Medley Relay
29	Women's 50 Breast
30	Men's 50 Breast
31	Women's 100 Free
32	Men's 100 Free
33	Women's 200 Fly
34	Men's 200 Fly
35	Women's 200 Medley Relay
36	Men's 200 Medley Relay
37	Women's 200 Back
38	Men's 200 Back
39	Women's 100 Breast
40	Men's 100 Breast
41	Women's 400 IM
42	Men's 400 IM



The \$30 entry fee includes the meet T-shirt.

Please indicate your T-shirt size in the lower right corner of the consolidated entry card.

2002
United States
Masters Swimming

National Short Course Championships May 14-17, 2002

at the University of Hawaii
Duke Kahanamoku Aquatic Complex
Honolulu, Hawaii

Image of Duke Kahanamoku courtesy of
the Outrigger Duke Kahanamoku Foundation



Unbeatable rates for our event
available from Panda Travel.
Be sure to call them toll-free
for air, car and interisland travel
at 1-888-PANDA-88.*

Host hotels:*

Outrigger/Ohana Hotels - toll free at 1-800-325-7171,
fax toll free: 1 800-663-5779, or email kalei.ohia@outrigger.com

Headquarters hotel:*

Outrigger Reef on the Beach - toll free at 1-800-325-7171,
fax toll free: 1-800 663-5779, or email kalei.ohia@outrigger.com
University of Hawaii dorm room reservations: * patz@hawaii.edu

*Be sure to ask for US Masters Swimming

For more information contact: patz@hawaii.edu or visit www.usms.org

NOTICE:

Special economy airfares to Hawaii will be available after the New Year (2002). Please contact the phone number or web site listed on the flier.

Arizona Masters Swim Teams

ARIZONA MARLINS

ARIZONA MOUNTAIN MASTERS

Chuck Arabas 928-523-4509

CHANDLER YMCA MASTERS

Mindy Grodzki 480-899-9622

www.valleymca.org/chandler.htm

DESERT THUNDER MASTERS SWIMMING

Dave Julian 480-736-9871

www.ci.mesa.az.us
desert_thunder@hotmail.com

FLAGSTAFF HS MASTERS

Zack Jay 928-523-3991

zjj@dana.ucc.nau.edu

FORD AQUATICS TUCSON

Jim Stites 520-621-4203

fordaquatics.usswim.net
swim1@qwest.net

GREEN VALLEY SWIMMERS PLUS

LAKE HAVASU CITY ACQUATICS

MESA AQUATICS

MESA YMCA MASTERS

Cori Barr 480-827-4102

www.valleymca.org/mesa.htm

PHOENIX SWIM CLUB

Sam Perry

www.phoenixswim.org
theperrys@qwest.net

PHOENIX YMCA MASTERS

Wyatt Earp 602-257-5138

www.valleymca.org/downtown.htm

PIMA AQUATICS

Edna Spring 520-293-9356

SCOTTSDALE AQUATIC CLUB

Stacey Siekman 480-951-5368

www.scottsdale-swim.com
sac6coach@aol.com

SEDONA SWORDFISH

Paul Cate 928-634-4980

paulcate@earthlink.net

SIERRA VISTA MASTERS

SOUTHERN AZ SAND SHARKS

SUN CITY WEST STARRS

SUN DEVIL MASTERS

Simon Percy 602-224 4845

www.sundevilmasters.com
sspercy@hotmail.com

TEMPE YMCA MASTERS

Shawn Rodrigues 480-730-0240

www.valleymca.org/tempe.htm
smrodrigues@vosymca.org

TUCSON JEWISH COMMUNITY CENTER STINGRAYS

Taz Greiner 520-299-3000

www.tucsonstingrays.com
taz@abgraphicdesign.com

USMS 2002 Championship Calendar

01/01/2002-01/31/2002 <i>phut@usms.org</i>	USMS 1 Hour Postal Swim Championship	Anywhere Sanctioned by FL LMSC
03/21/2002-03/29/2002 <i>masters.swim@greatevents.co.nz</i>	IX FINA Masters World Championships	Christchurch, NZ Sanctioned by FINA
05/14/2002-05/17/2002 <i>patz@hawaii.edu</i>	USMS Short Course Nationals	Honolulu, HI Sanctioned by HI LMSC
05/15/2002-09/30/2002 <i>swimjmw@aol.com</i>	USMS 5K/10K Postal Championship	Anywhere Sanctioned by SR LMSC
06/15/2002 <i>jelg@innova.net</i>	USMS 10K Open Water Championship	Clemson, SC Sanctioned by SC LMSC
07/13/2002 <i>ppowis@aol.com</i>	USMS 2 Mile Cable Championship	Charlottesville, VA Sanctioned by VA LMSC
07/27/2002 <i>FitTogether@aol.com</i>	USMS 2 Mile Open Water Championship	Cleveland, OH Sanctioned by LE LMSC
08/04/2002 <i>JLamott@pacbell.net</i>	5 Mile Open Water Championship	San Diego, CA Sanctioned by SI LMSC
08/16/2002-08/19/2002 <i>cath.p@worldnet.att.net</i>	USMS Long Course Nationals	Cleveland, OH Sanctioned by LE LMSC
08/18/2002 <i>werner@pond.net</i>	USMS 1 Mile Open Water Championship	Cottage Grove, OR Sanctioned by OR LMSC
09/01/2002-10/31/2002 <i>swimdynamo@aol.com</i>	USMS 3000/6000 Yard Postal Championship	Anywhere Sanctioned by GA LMSC
10/07/2002-10/13/2002 <i>info@2002worldmasters.org</i>	World Masters Games	Melbourne, Australia Sanctioned by AUSSI Masters
10/13/2002 <i>info@2002worldmasters.org</i>	World Masters Games - 3K Open Water Swim	Melbourne, Australia Sanctioned by AUSSI Masters

NOTE: In order to participate in all United States Masters Swimming (USMS) events, membership is required.

USMS Calendar provided by United States Masters Swimming
Lynn Hazlewood, *lynhzlwd@usms.org*.
URL: <http://www.usms.org/comp/calendar.htm>
Revised: Saturday, 03-Nov-2001 15:20:00 EST

For more information about USMS, contact the National Office at *usms@usms.org*.

Arizona LMSC Board

EXECUTIVE OFFICERS

CHAIRMAN	Helen Bayly	<i>helenb2@mindspring.com</i>	520-795-3161
SECRETARY	Gordon Gillin	<i>swimgordon@aol.com</i>	520-825-8261
REGISTRAR	Carole Kepler	<i>ckepler@azcc.arizona.edu</i>	520-747-0097
REGISTRAR	Marilyn Fogelsong	<i>mfogelsong@aol.com</i>	
TREASURER	Mark Lambert	<i>_mlambert1@excite.com</i>	602-787-9285

BOARD MEMBERS

ARIZONA MOUNTAIN MASTERS	Erin Eastwood	<i>e_swims@hotmail.com</i>	
FORD AQUATICS	Jim Stites	<i>swim1@uswest.net</i>	520-529-9113
PHOENIX SWIM CLUB	Sam Perry	<i>theperrys@uswest.net</i>	480-423-8877
SEDONA SWORDFISH	Paul Cate	<i>paulcate@earthlink.net</i>	
SUN DEVIL MASTERS	Jennifer Brisker	<i>nbrisker@juno.com</i>	480-641-6798
AT LARGE	Dan Gruender	<i>ediebg@aol.com</i>	480-946-5805
AT LARGE	Edie Gruender	<i>ediebg@aol.com</i>	480-946-5805
AT LARGE	Rose Steward		

COMMITTEE CHAIRPERSONS

TOP TEN	Jim Bly	<i>captbly@dakotacom.net</i>	520-577-1736
STATE RECORDS	Mark Gill	<i>mark.gill@asu.edu</i>	480-775-1485
TUCSON EQUIPMENT	Dickie Fernández	<i>dickie_fernandez@hotmail.com</i>	
TUCSON SAFETY	Dickie Fernández	<i>dickie_fernandez@hotmail.com</i>	
PHOENIX EQUIPMENT	Mark Gill		480-775-1485
PHOENIX SAFETY	Peggy Finch		480-496-9157
NEWSLETTER CO-EDITOR	Doug Adamavich	<i>dpa_az@qwest.net</i>	480-786-1703
NEWSLETTER CO-EDITOR	Dickie Fernández	<i>dickie_fernandez@hotmail.com</i>	
WEBMASTER	Mel Dyck	<i>meldyck@infomagic.com</i>	
PARLIAMENTARIAN	Renee Sonne	<i>dsonne@home.com</i>	
OFFICIALS REPRESENTATIVE	Judy Gillies	<i>jgillies@mindspring.com</i>	520-622-4129
FITNESS	Mitzi Schechter		602-430-0321
USMS COACHES REPRESENTATIVE	Jim Stites	<i>swim1@uswest.net</i>	520-529-9113
HISTORIAN	Edie Gruender	<i>ediebg@aol.com</i>	480-946-5805
SANCTIONS	Sandie Easton	<i>swimdog1@hotmail.com</i>	
SENIOR OLYMPICS	Dan Gruender	<i>ediebg@aol.com</i>	480-946-5805
IMMEDIATE PAST CHAIRMAN	Jack Salvatore		

Did you Register?

Go back to page 12 if you did not!

2002 UPCOMING EVENTS

01/01-01/31	USMS 1 Hour Postal Swim	SCY	
01/01-02/28	TAM Masters 1650 Postal Swim	SCY	
01/01-03/31	Arizona Senior Olympics		
02/03	Polar Bear Classic Hillenbrand Aquatic Center	SCY University of Arizona	Tucson, AZ
03/02	Sun Devil Invitational Mona Plummer Aquatic Center	SCY Arizona State University	Tempe, AZ
03/21-03/29	Masters World Championships Aquatic Centre	LCM Queen Elizabeth II Park	Christchurch, NZ
04/19-04/21	Arizona State Championships Hillenbrand Aquatic Center	SCY University of Arizona	Tucson, AZ
05/14-05/17	USMS Short Course Nationals Duke Kahanamoku Center	SCY University of Hawaii	Honolulu, HI
06/14	VO2 Min Meet Wall Aquatic Center	SCM NAU	Flagstaff, AZ
06/23	Grand Canyon State Games Student Recreation Center	SCY Arizona State University	Tempe, AZ
07	Brute Squad Meet TBD	LCM	
07	Southwest Zone Championships TBD	LCM	
08/16-08/19	USMS Long Course Nationals Cleveland State University	LCM	Cleveland, OH
10/7-10/17	2002 World Masters Games Sports and Aquatic Centre	LCM	Melbourne, AUS
10/25-10/27	Arizona State Championships Mona Plummer Aquatic Center	SCM Arizona State University	Tempe, AZ



Information

Look for more changes in the future in the newsletter. In upcoming issues of *Swim Arizona*, we will include additional information on the following:

- Postal and open water events
- Pool meets in nearby LMSCs
- Fitness information
- Sample workouts

Our goal is to provide our fellow Masters swimmers with the best information available about our sport. We ask for your help in this endeavor, please contact the staff of Swim Arizona or a member of the LMSC Board. Thanks for reading.

If you need to make any changes, please cut out this form and mail it to the address shown with the updated information.

 I would like to receive *Swim Arizona* via email as a PDF. Send it to this address:

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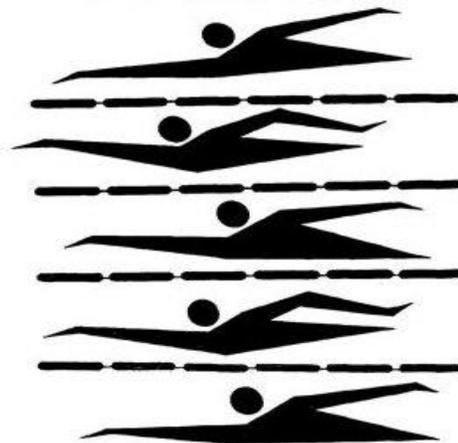
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