

Swim Arizona

Volume 27 Number 2

June 2002

Election Results

By Doug Adamavich

I am pleased to announce the results of the recent Arizona LMSC elections. These elections take place every two years according to the Bylaws governing our organization. This is done to ensure our leadership accurately reflects the membership it serves. Since the election results are in, it is now my duty to report them to you.

Chairman

Sam Perry is the new Chairman. He replaces Helen Bayly who served in that role since the last election cycle. Sam has worked very hard yet effectively since he started participating in Masters Swimming. Many know of his efforts to help preserve the Phoenix Swim Club, which certainly indicates he has the qualities to become an excellent leader of our organization.

Vice-Chairman

Katy James assumes the role of Vice Chairman. This is a new position that was not occupied on the last board. The growth of Arizona Masters and the increased demands placed upon the Chairman made this position necessary. Because of her experience with both swimming and business, Katy will certainly bring a lot of wisdom to this new position.

Secretary

Kathi Bullock becomes the new Secretary. She takes over from Gordon Gillin, who has served Arizona Masters well over the years. Kathi has a passion for fitness and has participated in swimming for decades. This experience will be a great asset to Arizona Masters in the coming two years.

Registrar

Marilyn Fogelsong is now the Registrar. She began by assisting our outgoing Registrar, Carole Kepler. Marilyn did such an excellent job assisting with the deluge of registrations that you elected her to this position. Such

initiative will be appreciated as our state continues to attract new members.

Treasurer

Audra Troccko is the new Treasurer. She replaces Mark Lambert, who is now living in England. Over twenty years of swimming experience and a career in the computer field will be great preparation for this new challenge. Audra can now put her skills as an economist to work managing the finances of Arizona Masters.

A few thoughts about the outgoing leaders. For the last two years Arizona Masters has been well-served by the outgoing Executive Officers on the Board. All of them have served well and deserve a special thanks from all of us for their efforts. Their leadership and actions made a positive impact on Masters swimming in Arizona. So when you see Helen, Gordon, Carole, or Mark (in the UK) tell them thanks.

Thank you for participating in the election process for our Board. Your votes have made a difference in the leadership of Masters Swimming here in Arizona.

Doug Adamavich swims for Sun Devil Masters and is the Editor of Swim Arizona.

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Did you know that in ***less than one year*** Arizona will host the Short Course Yards National Championships? Will you be ready for it? Now is the time to start thinking about this upcoming event and how you can become a part of it. Not only will there be an opportunity to compete against the best Masters swimmers in the United States, there will be chances to contribute your skills and talents towards the success of the event.

With this in mind, we need you in order to make Nationals a success. If you compete, this is a great opportunity to set goals and start training for next year. If you don't compete but want to be a part of Nationals, take some time to think about how your skills could make it a better event. We all have a great opportunity to showcase our various talents next year and make this meet fun for all involved.

In upcoming issues we will have articles and updated information on the 2003 Short Course Nationals. In the meantime feel free to contact any of the AZ LMSC Board members or your coaches if you want to volunteer your time and talents.

Swimcerely,

Doug Adamavich
Editor, *Swim Arizona*

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, coruscant_az@yahoo.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. Back cover artwork provided by Max Von Isser.

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Around the Deck

MORE ACCOLADES FOR RON JOHNSON

The smiling face on page 30 of *Swim Magazine* is Ron Johnson from Sun Devil Masters. He was recognized as one of the Swimmers of the Year by the magazine for his record-setting swims in his age group (70-74). Kudos to Ron!

THE POWER OF E

Do you have email? If so, you should receive *Swim Arizona* via your computer. It comes as a PDF file so any computer with Adobe Acrobat™ can read it. Past issues will also be archived on the web site in case you need them. It saves time, trees, and tender (legal tender that is) so if you can, do it!

OPEN WATER EVENTS

Summer is fast approaching, which means open water swimming season is upon us. If you want to know what open water events are planned for the coming summer, check out page 15. There will be more information posted online too as it becomes available.

SUN DEVIL INVITE RESULTS

The first Sun Devil Invitational meet held in Tempe was a rousing success. Two national records were broken by the newly 40 year young Karoline Krattli. She swam a 29.94 for the 50 Breast breaking the 31.19 record held by Dea Ann Jolson. She also dropped the 100 IM record down to a 1:00.70 from the 1:01.22 previously held by Beth Baker.

The meet was set up as a tri-meet featuring the two local powers, Phoenix Swim Club and Sun Devil Masters. A third team, the Unified Team, was created from all the other swimmers entered in the meet. All events were seeded by age group and gender. Scoring went only 3 spots deep (10-6-3). All three teams held the lead at different times during the meet before the Unified Team, coached by Jim Stites of Ford Aquatics, pulled away from the field with 1612 points. Sun Devil Masters was second with 1316.33 and Phoenix Swim Club was third with 1270.33.

HELP NEEDED

The new Arizona Masters LMSC Board needs your talents in the following areas: Hospitality, Assistant Webmaster, Assistant Editor, Tucson Safety and Tucson Equipment. If you are interested in any of these positions, please contact any of the new LMSC Board members and tell them of your interest. Help us continue to improve as an organization so we can all benefit from our shared efforts.

CLEVELAND ACCOMMODATIONS

Mark Gill has reserved a block of ten rooms at the Hampton Inn in Cleveland for LCM Nationals from August 13th - 19th. Rates are as follows: \$114 for a single or double room, \$124 for a triple and \$134 for a quad. Each room has two double beds. This includes breakfast each and the hotels are on the shuttle route. Parking is an extra \$13 per day. To reserve a room, contact Mark Gill at (480) 775-1485 or at mark.gill@asu.edu by July 17th.

ARIZONA RELAY ALL-AMERICANS

The following Arizona Masters swimmers earned All-American relay honors during 2001. Congratulations to our fellow swimmers for this accomplishment!

Karen Andrews	39
Ellen Berg	32
Sonya Davis	33
Gregory J Dozer	44
Mel Dyck	60
Sandie Easton	32
Lesley Evans	46
Susan Fawcett	27
Rick Gilbert	30
Gordon H Gillin	70
Dan Gruender	72
Edie Gruender	72
Sharon Hart	33
Marcie Herzog	24
Camilla Johansson	27
Kymberly Johnson	28
Ron Johnson	69
Will Johnson	30
Emil Kalinowski	23
Jamie Krohn	21
Lia Lansky	23
Sandra Luetzow	20
Nancy Mac Beth	72
Sally MacDonald	21
Louise Martin	32
Marika McCue	38
Amy Mullaney	41
Sam W Perry	33
Mark C Rankin	35
Matthew R Rankin	35
Maureen T Rankin	31
Steven So	27
Max Von Isser	82
Kristina Wagner	31
Robin Watson	22
Laura H Winslow	41
Dianne L Wygal	35

Open Water Thoughts

by Kristina Wagner

Do you remember getting swim lessons as a kid? Do you remember the feeling of freedom when you were able to swim on your own in a lake or ocean? If you did, we make good company. While I love my pool workouts and the ability to count by 4x 25s, I find myself reminiscing about my days in Lake Tahoe and California Bays. As we live just a short drive away from the Pacific Ocean, why not consider using your fitness and stroke work you've achieved through Masters workouts to a different level? Sea level. I am talking about Open Water Swim events.

This year many AZ Masters have the opportunity to enter a number of California Open Water Swims. They are fun, you usually have the opportunity to run sand through your toes, and you don't have to do flip turns. Check out some of the upcoming events!

The 10th Annual Alcatraz Sharkfest 1.5 Mile Swim at Alcatraz Island-San Francisco, CA Saturday, August 3rd, 2002. Wetsuits are recommended. Register online at: www.active.com. Race Sponsored by EnviroSports, for more information please call: 415-868-1829.

The USMS Five (5) Mile Open Water Championship, Sunday August 4th, 2002 to be held by the La Jolla Cove Swim Club from La Jolla Shores Beach in San Diego, CA. To enter, you should be able to finish the swim in less than 4 hours and, you will be required to submit a recent three-mile swim time in the event that multiple heats are necessary. If participating, you must have a kayak or paddleboard escort accompany you throughout the swim: it is your responsibility to bring a suitable person. You can rent the Kayak or paddleboard. If interested, visit: www.usms.org/dnats02/5mientry.pdf or for more information or contact Race Director at jlammott@pacbell.net.

If a 5-mile jaunt in the ocean is a bit more than you'd like, consider the 2 mile Pier to Pier Swim in Santa Cruz, CA, the same day, August 4th, 2002. If interested contact Joel Wilson, 831-425-5762 or openwatr@got.net.

72nd Annual La Jolla Rough Water Swim. Sunday, September 8th, 2002, San Diego, CA. Categories include: Masters Women 1 mile (19+), Masters Men 1 mile (19+), and the Gatorman 3 miles. For more information call 858-456-2100 or visit: www.geocities.com/~finfoot/NewHome.html for information to be posted soon.

TIPS for your first open water ocean swim:

Try to get experience in waves. If you can get into the bay or ocean, great! A bay can have swells of 1-2 feet or more. Practice is always helpful for the real event. By practice swimming in saltwater you can experience greater buoyancy than freshwater swims...but watch out for swallowing the salt water.

Do your open water training without a wetsuit. Wetsuits can hide technique flaws by floating the legs and making us more hydrodynamic.

Seed yourself properly. Your best bet to avoid getting clobbered in the swim is to start in the position based upon your ability. Seeding yourself correctly can save minutes and unintentional punches. Starting 25 meters ahead may mean that there are a hundred swimmers ready to swim over you. Base your seed time on your predicted swim time and how aggressive you are. If you are ok with an occasional kick, start closer to the bouys otherwise you may want to start off to the side.

To provide feedback or questions please contact me at: kwagner@bpa.arizona.edu, or give me a call at 520-795-1370.

Kristina Wagner swims for Ford Aquatics and is the Chair for the Open Water/Long Distance Committee.

Olympic Training Center Camp

By Mark Gill

It is a rare opportunity to access the world's most sophisticated resources for assessing parameters of swimming performance. You'll stay with Olympic athletes in the inspiring and stimulating environment of the US Olympic Training Center in Colorado Springs. You will use the 50m indoor pool, the International Center for Aquatic Research Flume (ICAR), bio-mechanic and physiology labs, and the OTC weight training center. You will eat, sleep, and meet in the OTC Center and athlete dorms. The camp is limited to 12 dedicated Masters swimmers who are committed to advancing their skills and performances. You'll be taught and analyzed by outstanding USA Swimming, OTC, and USMS professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, resistance and flexibility training.

The camp emphasis is on testing and education. Pool time is dedicated to technique improvement rather than conditioning. You'll be tested for your Heart Rate/Lactate threshold in the flume, the only apparatus of its kind in the world. You'll be filmed underwater for a full 50m of each stroke. Blood testing, stroke analysis, flexibility and ROM assessment and instruction, weight training education, psychological profiling, motivational and classroom presentations on topics such as biomechanics, physiology, sports psychology and training are all part of the program.

You will learn the most up-to-date training and competitive theories and techniques and be able to correlate them to your personal swimming program and goals. An entire day will be devoted to providing individual results and feedback of all testing. Computerized bio-mechanic analysis of your stroke, body physiology, psychological profile, videotape review, flexibility and ROM assessment results and recommendations, blood analysis, and nutrition advice will be included. You'll take home computer printouts, handouts, videos, and test results along with personalized training program guidelines. You will also receive expert instruction and a critique of starts, turns, and drills. The camp will be intense, but there will be plenty of opportunity for interaction and socialization with the other Masters athletes.

Camps are scheduled for early February with a possible second camp for early November. Applications for the February camp are due by October 25th and for the November camp by August 1st. Please note the

November camp is tentative. You will be notified of your acceptance to the camp by December 1st for the February camp, and by September 1st for the November camp. The primary criteria for selection: a balance of men and women, previous swimming accomplishments and competitive background. Due to the limited number of athletes we are permitted, and the tremendous interest in participation, your application will be rolled over for the next camp unless you indicate otherwise.

Please provide the following information about yourself on a separate sheet of paper.

1. Name
2. Address
3. E-mail address
4. Telephone (daytime and evening)
5. Age
6. Date of birth
7. Occupation
8. Current USMS Registration Number
9. Club affiliation and/or local team
10. Reasons for wanting to attend the camp
11. List your major swimming achievements (former and current records, USMS Top Ten placings - distance/stroke/course/year, regional placings, contributions to Masters swimming - national, regional, local.)
12. Describe your recent training background (pool, weights, flexibility, and cross training)
13. What is your best event(s)? Which stroke(s) do you wish to focus on at the camp? What are your weaknesses?
14. How will you share what you learn at the camp?
15. Please indicate whether or not you wish to have your application considered for future camps.
16. Date of application

Any Masters swimmer is eligible to attend this camp. The fee for the camp is \$1600, and includes room, board, transportation to and from the airport (airfare not included), instructional materials, camp shirt, and other gifts. Once you are selected, the fee is due in two nonrefundable installments of \$800.

Direct all inquiries to:

Nancy Ridout, USMS/USA Swimming Camp Director
580 Sunset Parkway
Novato, CA 94947
(415) 898-3467
nancyridout@mindspring.com

This outstanding camp is offered to Masters swimmers through the combined efforts of United States Masters Swimming, USA Swimming, the Olympic Training Center and The Victor.

Mark Gill coaches and swims for Sun Devil Masters in Tempe.

Ask the Swim Doctor

By Dr. Paul Hutinger

This Month's edition of "Ask the Swim Doctor" concentrates on backstroke flip turns. This article was originally published in the February 2000 issue of the Florida LMSC newsletter.

Question: *On the backstroke turn, can my legs kick when I roll over? Can I roll over and touch the wall while on my stomach? I'm fairly new to Masters swimming and am confused by the differences in officiating.*

Answer: Yes. The rule states: "...a continuous single or a continuous double-arm pull may be used to execute the turn. Once the body has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action."

You may use either the dolphin kick (used by world record holder Bill Specht) or the flutter kick. Perfect your turns in practice by knowing your stroke count under the flags before you begin to roll over. Once you have turned, adjust your out-of-water arm so you will maintain the continuity in your turn. You cannot roll over, hold your arm straight ahead or at your side, and kick in. That would not be continuous.

The answer is yes for your second question. From the rule book: "...turns past vertical, and in a continuous motion, brags the wall before pushing off with the feet while on the back...." Not all swimmers feel comfortable doing the rollover turn, and this rollover open turn is an alternative continuous turning action, available in Masters swimming and not USA age group.

When this rule first appeared ten years ago, videos were available to train swimmers, coaches, and officials on proper technique, which was useful for uniformity in judging turns. I share your confusion about officiating calls, as some officials apparently have not kept pace with the rollover back turn. In the St. Petersburg area, I've seen elite swimmers DQ'd doing back rollover and open back rollover turns, for "kicking in" and "not continuous." These same swimmers and turns are legal in other meets. There is no advantage to not being continuous.

"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.

Share a Set

By Simon Percy

This set will challenge most of the swimmers on any master's team. The goal is to make it as far through the set before you are unable to make the interval anymore. All of the team can start off together on the same interval. For those swimmers that cannot make 100's on 1:30, I have them go up to the 75 on each round before beginning the next round. As people progress through the workout and begin missing intervals, I have them drop back to the last set of intervals they could make and keep going on the set until every one has stopped.

Warm Up 600 (200 swim, kick, pull)
12x50 build-ups on 1.05

1x25 on 45
1x50 on 1.00
1x75 on 1.15
1x100 on 1.30

2x25 on 40
2x50 on 55
2x75 on 1.10
2x100 on 1.25

3x25 on 35
3x50 on 50
3x75 on 1.05
3x100 on 1.20

4x25 on 30
4x50 on 45
4x75 on 1.00
4x100 on 1.15

5x25 on 25
5x50 on 40
5x75 on 55
5x100 on 1.10

Loosen down with 400 choice of strokes.

Total 5350 yards

The beauty of this set is that each swimmer can measure improvement by how far they get through the set each time. Some swimmers will never be able to hold 100's on 1.10, but the might be able to hold 75's on 55.

Simon Percy coaches for Sun Devil Masters in Tempe. He also swam for Arizona State in college and represented New Zealand in the 1992 Olympics.

Officially Speaking

By Judy Gillies

As always you can get a hold of me, Judy Gillies at jgillies@mindspring.com or by phone at 520-622-4129. Remember, next May we will be hosting the Short Course National Meet at ASU and we will need many officials over the four days of the meet.

Judy Gillies is the Arizona LMSC Officials Representative.

Masters swimming depends on USA Swimming Officials to run our meets. At the National level the Officials Committee has had some discussion in the past about having our own "Masters" Officials, and some states have decided to train and certify their own through our committee. However, in Arizona we have decided to keep using what we know and trust to be a good thing, USA Certified Officials.

WHY? There is an ongoing need for new officials. The reasons for this are that many officials have done years of work, and as their children grow up and grow out of the age group program, the officials quit. Secondly, USA and Masters Swimming is growing everywhere, and they're never enough officials to cover all of the meets. All Sanctioned meets require Certified USA Officials.

THEREFORE, WE NEED YOU!! If you are a Master Swimmer or a spouse or friend of a Masters swimmer who seems to be attending all the meets with them, being an official is the perfect combination. As an official you will be in the best place to watch the meet.

HOW? To become swimming official, you will need to "shadow" a certified official at a minimum of three different meets. At least two of the three must be an USA age group meet; one can be a Masters Meet. You will also need to attend at least one official's clinic, and then take the written "open book" test. The open book tests, and positions are: Administration, Timer, Stroke and Turn Judge, Starter, Referee.

Everyone takes the "Timers" test. Then after that you can specialize in Administration (running the computer, etc.) or Stroke and Turn. If you are interested please contact the following people depending on where you live. In an effort to increase the number of officials from each team in their area, these referees can help teams organize clinics, and provide assistance and support for new and certified officials.

SOUTH—(South of Phoenix)- Tucson, Casa Grande, and etc. contact: Lynn Lybeck at 520-624-1374 or llybeck@amphi.com

CENTRAL—contact Jan Shaw (the ASU area) at 480-820-1613.

NORTHEAST—East of Central Ave in Phoenix, (Phoenix Swim Club & North to Flagstaff) contact Bob Beardsley at 602-395-9002

NORTHWEST—contact John Lees at 602-978-5999.

STROKE TIPS

5 Tips for a More Effective Backstroke

Roll Shoulders. Backstroke is not swum on your back, but on your side. Rotate from side to side.

Keep Your Head Stationary. Don't let it rock from side to side. You should be able to balance a tea cup on your head as you swim backstroke without without spilling the contents.

Steady Kick. Break the surface of the water with your kick. Backstroke is a kick dominated stroke, you must maintain a good strong kick to achieve a good body position.

Don't Overreach. Enter at 11:00 and 1:00. Have your coach or a friend check you regularly as it is had to "feel" yourself overreaching.

Enter the Water With Baby Finger First. Don't slap the water with the back of your hand as it slows you down and causes you to overreach. Let your little finger slice into the water going deep before starting the pull.

Source: Swim.net

GRAND CANYON STATE GAMES

presented by



2002 PHOENIX INDIVIDUAL AND TEAM ENTRY FORM - JUNE 20-23, 2002

Use entry booklet to complete this form. Complete both sides. Form may be duplicated. The Grand Canyon State Games is offering two separate competitions in 2002. The Tucson competition on May 31-June 2, 2002 will offer fifteen sports. The State Games on June 20-23, 2002 will offer competition in 36 sports. Athletes have the opportunity to participate in **ONE OR BOTH** of these competitions. **This entry form is for the Phoenix competition only.**

TEAM AND INDIVIDUAL SPORT INFORMATION PHOENIX JUNE 20-23, 2002 Use Plain Block Letters

Last Name _____ First Name _____
 Team Name _____ Coach's Name _____
 Street Address _____
 City _____ State _____ Zip _____
 Work Phone (____) _____ Fax (____) _____
 Home Phone (____) _____ Age _____ Birthdate _____ Gender M F
 Person to Contact in Case of Emergency (Must include parent or guardian if applicant under 18 years old) E-Mail _____
 Name _____ Phone Number (____) _____

INDIVIDUAL SPORTS INFORMATION PHOENIX JUNE 20-23, 2002 (Check only one box)

Arm Wrestling Cycling __ Mountain __ Road Karate
 Badminton Diving __ D-1 __ D-2 __ Sync Racquetball Taekwondo
 Baton Twirling Golf Shooting Tennis
 Billiards Gymnastics Swimming Track & Field
 BMX Racing* Judo Table Tennis Weightlifting
 Bowling

Governing Body Info JGAA # _____
 USFSA # _____ USWF # _____
 U.S. Diving # _____ USGF # _____
 USATF Club # _____ USJI, USJA or USJF # _____
 ATA & NASKA or other _____ USAG # and Level _____
 BMX Class _____ Serial # _____ Bike # _____

*BMX June 9th *Dive List _____
 Doubles Partner (Partner must submit separate entry form) Weight Class and/or Rank (Judo, Taekwondo, Karate) _____
 Last Name _____ First Name _____ Init _____

Age Group (If Applicable)	Division/Classification/Skill Level/Bowling Avg. (Gender, Skill Level, Weight Class, Etc.)	Event (Singles, Doubles, 100M Dash, Etc.)	Best 01-02 Time/Rank Judo (Swimming, Track & Field)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TRACK & FIELD RELAYS PHOENIX JUNE 20-23, 2002

Entry Information (One form per event) (List 4 + 2 Alternates) (Each participant must also submit individual entry form)

Name _____ Name _____ Alternate 1 _____
 Name _____ Name _____ Alternate 2 _____

TEAM SPORTS INFORMATION PHOENIX JUNE 20-23, 2002

5-on-5 Basketball 4-on-4 Flag Football Soccer Softball Volleyball Gymnastics Synchronized Swimming In-Line Hockey
 Slow Pitch Sand Men # of Duet Routines _____ Baton Twirling
 Fast Pitch Indoor Women # of Team Routines _____ Baseball
 Goal Ball

Division/Classification (Gender, Skill Level, Etc.) _____

TEAM ROSTER PHOENIX JUNE 20-23, 2002 (Please Print Clearly)

Name	Birthdate/Age	Name	Birthdate/Age	Name	Birthdate/Age
1. _____	_____	7. _____	_____	13. _____	_____
2. _____	_____	8. _____	_____	14. _____	_____
3. _____	_____	9. _____	_____	15. _____	_____
4. _____	_____	10. _____	_____	16. _____	_____
5. _____	_____	11. _____	_____	17. _____	_____
6. _____	_____	12. _____	_____	18. _____	_____

FILL OUT PAYMENT INFORMATION ON REVERSE SIDE. FOR FURTHER INFORMATION, PLEASE CALL THE GRAND CANYON STATE GAMES OFFICE AT (480) 517-9700



THIS IS A RELEASE – GCSG PHOENIX COMPETITION JUNE 20-23, 2002

INSTRUCTIONS

- In order to participate: 1. Applicants age 18 and over, complete waiver and release from liability.
 2. Applicants under age 18 must have parent or guardian complete waiver and release from liability.

WAIVER & RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself, his personal representatives, heirs, next of kin, acknowledges, agrees and represents that he has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he enters and with which he comes in contact, and he does further warrant that his entry upon such restricted area or areas and his participation, if any, in the event constitutes an acknowledgment that he has inspected such restricted area and that he finds and accepts the same as being safe and reasonably suited for the purposes of his use, and he further agrees and warrants that if, at any time, he is in or about restricted areas and he feels anything to be unsafe, he will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the GRAND CANYON STATE GAMES, the promoters, other participants, operators, officials, any persons in a restricted area, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releasees," from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, or for any purpose participating in the event;
2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.
4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. HEREBY RELEASES THE RIGHTS TO ALL PHOTOS TAKEN for use, re-use, publishing, re-publishing the same in whole or in part, individually or in conjunction with other photographs, in any medium and for any purpose whatsoever, including, but not limited to, illustration, promotion, advertising and trade, and to use my name in conjunction therewith if he/she choose.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specifically embraces each and every event sanctioned, authorized or promoted by said releasees during the entire season and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

1. Signed _____	7. Signed _____	13. Signed _____
Parent sig. if under 18 _____	Parent sig. if under 18 _____	Parent sig. if under 18 _____
2. Signed _____	8. Signed _____	14. Signed _____
Parent sig. if under 18 _____	Parent sig. if under 18 _____	Parent sig. if under 18 _____
3. Signed _____	9. Signed _____	15. Signed _____
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4. Signed _____	10. Signed _____	16. Signed _____
Parent sig. if under 18 _____	Parent sig. if under 18 _____	Parent sig. if under 18 _____
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6. Signed _____	12. Signed _____	18. Signed _____
Parent sig. if under 18 _____	Parent sig. if under 18 _____	Parent sig. if under 18 _____

ATTACH COPY OF THIS FORM IF ADDITIONAL WAIVERS ARE NEEDED. FOR INDIVIDUAL SPORTS, ONLY ONE SIGNATURE IS NECESSARY.

PAYMENT INFO FOR STATE GAMES <i>(One Check or Money Order - Please do not send cash)</i> JUNE 20-23, 2002	EB
Make Check or Money Order payable to: Grand Canyon State Games Phoenix and mail to: 2120 E. 6th St. #4, Tempe, AZ 85281 Phone: (480) 517-9700, Fax: (480) 517-9739 *How did you hear about the Grand Canyon State Games _____	
Payment Type: <input type="checkbox"/> Check # _____ <input type="checkbox"/> Money Order <input type="checkbox"/> M/C or Visa	Entry Fees \$ _____
Credit Card # _____	Late Fees (after June 8, 2002): \$5 individual, \$ _____
Exp. Date _____ Month Year	\$15 per team \$ _____
*If coming from out of town, are you staying at a Phoenix hotel? _____ Where _____	Please consider a tax deductible donation when you register. Your support is greatly appreciated! \$ _____
If paying by credit card, fax to (480) 517-9739 Visit our home page: http://www.gcs.org	Total Enclosed \$ _____
Name as it Appears on Card _____	
Cardholder Signature X _____	
For hotel accommodations, please contact the official Phoenix hotel of the GCSG – The Hilton Phoenix Airport, 2435 S. 47th St., Phoenix, AZ (480) 894-1600	
Form will not be processed until waiver is filled out completely and signed. (Waiver may be duplicated for signatures.)	
Additional entry forms are necessary if you are competing in more than one sport.	



Grand Canyon State Games

June 23, 2002

7:00 am warm-up

8:30 am meet start

- Facility:* Arizona State University's Student Recreation Complex – College and Apache. The facility is an outdoor 25-yard, 8 lane pool operated at 80 F with non-turbulent lane lines and semi-automatic electronic timing. Water depth is 9 feet. There will be separate lanes available for warm-up and loosen-down during the actual meet.
- Meet Directors:* Mark Gill mark.gill@asu.edu or (480) 775.1485
Mike Troy (480) 227-1247 or the GCSG Office (480) 517 9700
- Sanction:* Held under the sanction of U.S. Masters Swimming and the Masters Swim Committee of Arizona, sanction # MSCA 482-0005.
- Eligibility:* Open to all adults over the age of 19. If you wish to receive recognition for you swims from United States Masters Swimming, you must submit a copy of your valid 2002 USMS Card. For further information on USMS registration contact Marilyn Fogelson at mfogelson@aol.com.
- Rules:* 2002 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events. Your age as of June 23, 2002 determines the your age group for the meet.
- Entries & Fees:* Swimmers are limited to four (4) events. The cost is \$10 for the first event, \$15 for two events and \$17 for more than two events. Entries are due by **June 8th** and must be filled out on the official Grand Canyon State Games entry form available at all Circle K/76 Stores, 24 Hour Fitness or at www.sundevilmasters.org . Entries received after **June 8th**, but before **June 15th** pay an extra \$5 late fee. Be sure to enclose a copy of your 2002 USMS card. There are no deck entries. Mail to:
- Grand Canyon State Games – Phoenix
2120 East 6th Street – Suite 4
Tempe, AZ 85281
- Seeding & Awards:* All events will be pre-seeded (Women & Men separate) slowest to fastest. Awards will be presented to the top three finishers in each age group.
- Order of Events:* 100 Free, 50 Back, 100 Breast, 50 Fly, 200 IM, 50 Free, 100 Back, 50 Breast, 100 Fly, 500 Free. All times should be entered in yards.

22ST ANNUAL BRUTE SQUAD MEET

July 28th, 2002

MEET DATE: Sunday, July 28th, 2002. Warm-up 7:00am, meet 8:00am.

MEET DIRECTOR: Judy Gillies, (520) 622-4129 email jgillies@mindspring.com

SANCTION: Held under the sanction of US Masters Swimming and the Masters Swim Committee of Arizona. Helen Bailey, Chairman, (520)-795-3161 email: helenb2@mindspring.com

SANCTION #: 482-00006

ELIGIBILITY: Open to all registered Masters holding a valid 2002 USMS card. For registration information, call Marilyn Fogelsong at (520) 299-8997 or email at mfogelsong@aol.com

LOCATION: Amphitheater High School Pool, 125 W. Yavapi Rd, Tucson, AZ. One block south of Prince Rd, off Stone. Pool phone: (520) 791-4359. Outdoor, nine-lane, 50 meter pool with non-turbulent lane lines. There are NO starting blocks.

RULES: USMS rules apply. Limit of five (5) individual events.

AWARDS: Special awards for the BRUTES who complete the 200m fly, 400m I.M. and the 1500m free. Awards to pre-registered Brutes only. Entries need to be received by July 24th, 2002. Entry fee is \$5.00 surcharge and \$2.50 per event. Entries should be submitted on the Arizona Consolidated Entry Card. Be sure to fill out both sides of the card. Make checks payable to JUDY GILLIES.

Mail check, entry card, and photocopy of USMS card to:
Judy Gillies
2596n. Ironwood Ridge Dr.
Tucson, AZ 85745-1077

DECK ENTRIES: \$5.00 surcharge and \$3.00 per event. Deck entries will close at 7:30am. Deck entries will be seeded into outside lanes on an as available basis.

22st ANNUAL BRUTE SQUAD MEET

ORDER OF EVENTS

SUNDAY, JULY 28TH 2002

WARM-UP 7:00AM

MEET START 8:00AM

- 1. 200 METER BUTTERFLY**
2. 100 METER BREASTSTROKE
3. 100 METER FREESTYLE
4. 200 METER BACKSTROKE
5. 50 METER BUTTERFLY
6. 50 METER BACKSTROKE
7. 200 METER BREASTROKE
- 8. 400 METER INDIVIDUAL MEDLEY**
9. 50 METER FREESTYLE
10. 100 METER BACKSTROKE
11. 50 METER BREASTSTROKE
12. 400 METER FREESTYLE
13. 100 METER BUTTERFLY
14. 200 METER FREESTYLE
15. 200 METER INDIVIDUAL MEDLEY
16. 800 METER FREESTYLE
- 17. 1500 METER FREESTYLE**
(CHOOSE EITHER THE 800 OR 1500 –NOT BOTH)

**BE A BRUTE!! TAKE THE CHALLENGE!!
YOU WILL NEVER BE THE SAME AGAIN!**

PLEASE KEEP IN MIND THAT IT WILL BE EXTREMELY HOT
IN JULY SO BRING PLENTY OF WATER AND SHADE.

**2002 LONG COURSE YARDS
ARIZONA STATE CHAMPIONSHIP MEET
July 19th - 21st**

Meet Director: Simon Percy - sspercy@hotmail.com (602) 818-4791

Sanction: Held under the sanction of U.S. Masters Swimming and the Local Masters Swimming Committee of Arizona.

Sanction #: TBD

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 50-meter, 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.

Eligibility: Open to all registered Masters Swimmers holding a valid 2002 USMS Card. For further information on registration call Marilyn Fogelsong at ?

Rules: 2002 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events per day plus relays. Age as of the last day of the meet determines the age group of the swimmer for the meet.

Entries & Fees: Entries are due by Monday, July 8th, 2002. There is a \$30.00 fee for the meet. This covers all events that a swimmers wishes to enter (no more than 4 per day) as well as the meet T-shirt. Please use the Arizona Consolidated entry card. Fill it out completely (both front and back) and be sure to enter seed times for all the events that you wish to swim. 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 Tshirt size. There will be **no deck entries**. Make checks out to **Sun Devil Masters Swimming**. Mail your entry card, check and photocopy of your USMS Card to:

Simon Percy
4433 E. Piccadilly Rd
Phoenix, AZ 85018

Questions, email Simon at sspercy@hotmail.com or call at (602) 818-4791. If you need any Arizona Consolidated entry cards go to www.arizonamasters.org and look under forms.

Seeding: All events will be pre-seeded (Women & Men together) slowest to fastest. Due to time constraints, the 1500 and the 800 may need to be limited in size. This will be done on a first come first served basis. If you register after the event is closed, we will attempt to notify you in advance.

Scoring: Top eight places within each age group and sex score points: 9-7-6-5-4-3-2-1.

Awards: Individual high point and Team high points will be awarded for the meet.

Results: During the meet, results will be posted. Mailed copies cost \$3.00. Requests for mailed copies will be available at check-in.

Social: On Saturday evening there will be social at the Iguana Café (directly across from the pool.) Tickets are \$10.00 (\$12.00 on the day of the meet.), which covers hors d'oeuvres and the room rental. There will be a cash bar open to those over 21. Festivities will begin at 6pm.

Order of Events

Friday, July 19th Warm-ups at 6:00 PM and the meet starts at 6:30

Order	Event
1	1500 Free
2	800 Free

Saturday, July 20th

Sunday, July 21st

Saturday - Warm-ups at 8:00 am and the meet begins at 9:00am.

Sunday - Warm-ups at 8:00 and the meet begins at 9:00.am

Order	Event
3	200 Free
4	200 Fly
5	50 Free
6	200 Back
7	50 Fly
8	400 IM
9	100 Breast
10	50 Back
11,12,13	200 Free Relay's

Order	Event
14	100 Back
15	200 Breast
16	100 Free
17	400 Free
18	50 Breast
19	100 Fly
20	200 IM
21,22,23	200 Medley Relay's

You must return this bottom portion if you want a t-shirt. Late entries will not receive a shirt!

Be sure to include you entry card and USMS registration along with this form.

Name _____

What size T-shirt do you want? Please circle.

SM M L XL XXL

Open Water Events

06/15/2002	Nissan Santa Monica Pier Santa Monica Beach	2/0.5-mile Santa Barbara, CA	310-457-2321
06/29/2002	Santa Barbara Semana Nautica East Beach	1-mile Santa Barbara, CA	310-457-2321
06/30/2002	Santa Barbara Semana Nautica East Beach	3-miles Santa Barbara, CA	805-897-2680
07/06/2002	Santa Barbara Semana Nautica Goleta Beach County Park	6-miles Santa Barbara, CA	805-886-8123
07/07/2002	Balboa-Newport Pier to Pier Balboa Pier to Newport Pier	2-miles Los Angeles, CA	949-640-5350
07/13/2002	Nissan Malibu Zuma Beach Zuma Beach	1-mile Zuma Beach, CA	310-390-5700
07/13/2002	USMS Cable National Championships Chris Greene Lake	2-mile Charlotte, VA	
07/14/2002	Seal Beach 34th Rough Water Swim Seal Beach	10/3/1-mile Seal Beach, CA	562-596-8021
07/27/2002	USMS Open Water National Championships Lake Erie	2-mile Cleveland, OH	
08/04/2002	USMS Open Water National Championships La Jolla Shores	5-mile La Jolla, CA	619-222-3436
08/11/2002	Santa Monica Breakwater Santa Monica Beach	1-mile Santa Monica, CA	310-457-2321
08/17/2002	Nissan Oceanside Oceanside Pier	1-mile Oceanside, CA	310-390-5700
08/18/2002	USMS Open Water National Championship Dorena Reservoir	1-mile Cottage Grove, OR	
08/24/2002	7th Avila Beach Ocean Racing Classic Avila Beach	1-mile San Luis Obispo, CA	805-489-8691
08/25/2002	Corona Del Mar Big Corona Beach State Beach	1-mile Corona Del Mar, CA	949-640-5350
08/25/2002	3rd Pismo to Avila Pier to Pier Pismo	10km Zuma Beach, CA	805-594-1302
09/02/2002	West Hollywood Aquatics LA Sports Open Zuma Beach	1-mile Zuma Beach, CA	310-288-6555
09/22/2002	Catalina Clearwater Classic Desconso Beach	5km Catalina, CA	310-390-5700

Arizona Masters Teams

ARIZONA MARLINS

Mike Maczuga
480-945-2730
marlins@goodnet.com

ARIZONA MOUNTAIN MASTERS

Chuck Arabas
928-523-4509

CHANDLER YMCA MASTERS

www.valleymca.org/chandler.htm
Mindy Grodzki
480-899-9622

DESERT THUNDER MASTERS SWIMMING

www.ci.mesa.az.us
Dave Julian
480-736-9871
desert_thunder@hotmail.com

FLAGSTAFF HS MASTERS

Zack Jay
928-523-3991
zjj@dana.ucc.nau.edu

FORD AQUATICS TUCSON

fordaquatics.usswim.net
Jim Stites
520-621-4203
swim1@qwest.net

GREEN VALLEY SWIM MASTERS

HAVASU MASTERS SWIM TEAM

www.ci.lake-havasus-city.az.us
Selina Jung
928-453-2687
parksnrec@ci.lake-havasus-city.az.us

MESA AQUATICS

MESA YMCA MASTERS

www.valleymca.org/mesa.htm
Cori Barr
480-827-4102

PHOENIX SWIM CLUB

www.phoenixswim.org
Sam Perry
602-468-9088
theperrys@qwest.net

PHOENIX YMCA MASTERS

www.valleymca.org/downtown.htm
Wyatt Earp
602-257-5138

PIMA AQUATICS

Edna Spring
520-293-9356

RIO SALADO SWIM CLUB

Michelle Bernal-Storjahonn
480-897-7946
riocoach@mindspring.com

SCOTTSDALE AQUATIC CLUB

www.scottsdale-swim.com
Stacey Siekman
480-951-5368
sac6coach@aol.com

SEDONA SWORDFISH

Paul Cate
928-634-4980
paulcate@earthlink.net

SIERRA VISTA MASTERS

SOUTHERN ARIZONA SAND SHARKS

SUN CITY WEST STARRS

SUN DEVIL MASTERS

www.sundevilmasters.com
Simon Percy
602-224-4845
sspercy@hotmail.com

TEMPE YMCA MASTERS

www.valleymca.org/tempe.htm
Shawn Rodrigues
480-730-0240
smrodrigues@vosymca.org

TJCC STINGRAYS

www.tucsonstingrays.com
Taz Greiner
520-299-3000
taz@abgraphicdesign.com

Arizona LMSC Board

EXECUTIVE OFFICERS

CHAIRMAN	Sam Perry	<i>azperrys@hotmail.com</i>	480-941-0232
VICE CHAIRMAN	Katy James	<i>kjames@todassoc.com</i>	480-897-6411
SECRETARY	Kathi Bullock	<i>kbrnswim@msn.com</i>	
REGISTRAR	Marilyn Fogelsong	<i>MFogelsong@aol.com</i>	
TREASURER	Audra Troccko	<i>atroccko@compucom.com</i>	480-892-0502

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			
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	Barry Roth	<i>wbroth@earthlink.net</i>	520-296-4908
STATE RECORDS	Mark Gill	<i>mark.gill@asu.edu</i>	480-775-1485
TUCSON EQUIPMENT			
TUCSON SAFETY			
PHOENIX EQUIPMENT	Mark Gill	<i>mark.gill@asu.edu</i>	480-775-1485
PHOENIX SAFETY	Peggy Finch		480-496-9157
NEWSLETTER EDITOR	Doug Adamavich	<i>coruscant_az@yahoo.com</i>	480-786-1703
ASSISTANT EDITOR			
WEBMASTER	Stacy Izard	<i>sizard@chickenpickle.com</i>	602-751-1103
ASSISTANT WEBMASTER			
LONG DISTANCE/OPEN WATER	Kristi Wagner	<i>kwagner@bpa.arizona.edu</i>	520-795-1370
PARLIAMENTARIAN	Renee Sonne	<i>dsonne@cox.net</i>	602-953-1211
OFFICIALS REPRESENTATIVE	Judy Gillies	<i>kgillies@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	Liz Hobbs	<i>LizHobbs@aol.com</i>	928-773-4655
HOSPITALITY			
SENIOR OLYMPICS	Dan Gruender	<i>ediebg@aol.com</i>	480-946-5805
IMMEDIATE PAST CHAIRMAN	Helen Bayly	<i>helenb2@mindspring.com</i>	520-795-3161



NOTICE



We have some open spots. If you have the desire to use your talents to help Masters Swimming, contact anybody on the list.

2002 Upcoming Events

05/15-09/30	USMS 5K/10K Postal Championship Sanctioned by SR LMSC	LCM Anywhere	
06/14	VO2 Min Meet Wall Aquatic Center	SCM Northern Arizona University	Flagstaff, AZ
06/23	Grand Canyon State Games Student Recreation Center	SCY Arizona State University	Tempe, AZ
07/14	Reg Richardson Memorial Meet Los Banos Del Mar Pool	LCM Ledbetter Beach	Santa Barbara, CA
07/28	Brute Squad Meet School Pool	LCM Amphitheater High School	Tucson, AZ
07/27	USMS 2 Mile Open Water Championship Sanctioned by LE LMSC	OW Lake Erie	Cleveland, OH
08/04	USMS 5 Mile Open Water Championship Sanctioned by SI LMSC	OW La Jolla Bay	San Diego, CA
08/09-08/11	Southwest Zone Championships Aquatics Complex	LCM University of California-Irvine	Irvine, CA
08/18	USMS 1 Mile Open Water Championship Sanctioned by OR LMSC	OW Dorena Reservoir	Cottage Grove, OR
08/16-08/19	USMS Long Course Nationals Aquatics Center	LCM Cleveland State University	Cleveland, OH
09/01-10/31	USMS 3000/6000 Postal Championship Sanctioned by GA LMSC	SCY Anywhere	
09/29	Rafel Montijo Long Course Meet Culver City Plunge	LCM West Hollywood	Culver City, CA
10/05-10/13	2002 World Masters Games Sports and Aquatic Centre	LCM Albert Park	Melbourne, AU
10/19-10/20	Arizona State Championships Mona Plummer Aquatic Center	SCM Arizona State University	Tempe, AZ

★ Don't Forget

This is just a portion of the swimming events to be held this year. Consult the web site for more information on these and other events.

UNITED STATES MASTERS SWIMMING

History and Mission

United States Masters Swimming (USMS) is a swimming program for adults aged eighteen 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.

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:

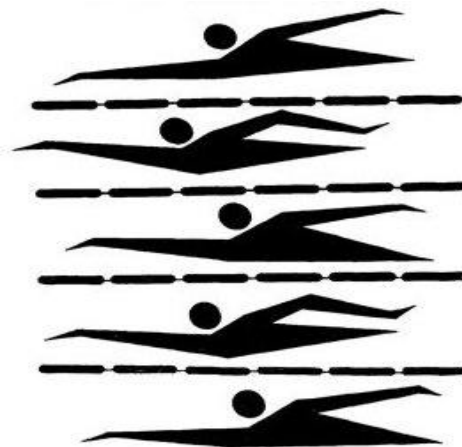
 I moved and still want to receive *Swim Arizona*. Here is my new postal address:

FIRST
CLASS
POSTAGE

**ARIZONA LMSC
808 E ELGIN ST
CHANDLER AZ 85225**

Swim Arizona

A quarterly newsletter for registered members of the
Arizona LMSC of United States Masters Swimming.



www.arizonamasters.org