

Swim Arizona

Volume 27 Number 1

March 2002

Chairman's Letter

By Helen Bayly

This is my last report to you via the newsletter, I plan to retire in May as your Chairman. *You all helped break the record for Arizona Masters membership, this past year! With 970 masters swimmers in AZ LMSC, I figured there's loads of new talent for the Board of Directors, and there's nothing I like better than new faces and new ideas for our Masters - hence I retire from the Chair, though I'll stay on Board to help other projects. Please come and join me on some of these committees!*

PLEASE REMEMBER TO VOTE! In this newsletter you'll find the slate of candidates for AZ LMSC's Executive officers. Please read about the candidates, and complete our mail-in ballot. Then - mail it! (One of our accomplishments this past year is formalizing mail-ballots for all members).

Meanwhile, good friends, you've given me a wonderful run for my - and your - money! You voted me Chairman in summer 1999, since when I've learned tons of Masters stuff (local and national) by being your representative daily, weekly, and at all hours of day and night.

More than that, however, I've met and come to know dozens and dozens of you - capable, humorous people of all ages from 18 to 100 years of age! That's one big Masters Payoff for me - fitness, camaraderie and friendships with so many of you all. The other big payoff is - I've learned to swim!

LEARNED TO SWIM? Yes, now it can be told! Take heart from this, all ye who need encouragement. Arriving four plus years ago in Tucson, I could swim one width of the pool. So I joined Masters for fitness (to avoid arthritis problems). In two years, Coach Jim Stites from Ford Aquatics, had taught me all the strokes, reminded me Masters swimming "slows down life's slowing-down", and kinda threatened me into "getting points for the team" for local and state/national meets! (I'd never swum in grownup meets ever before in my life).

*The rest is history - I came to love the daily swim workouts, in good company with other gasping and struggling swimmers of all ages. Then I met **Edie Gruender** who actually started AZ Masters thirty years ago (and nurtured it without any computers or committees to help except one **Dan Gruender**, perhaps a relative!). Edie was/is my encouragement - nothing I liked better than to swim on relays with her and other gutsy dames close to my age...**Edie, Nancy Kinney, Penny Taylor, Margaret Nagle**, others - thank you all for the fun, women, and for the medals, high-points and other good cheer. I could not have even imagined any of this, four years ago.*

HISTORY - THOSE WHO CAME TO MY RESCUE! Hello, all of you on Board who accepted my invitations to help us out! You let me appoint you, when you could have refused. Here's a list of all you Good Guys (and your jobs), who said "yes" and played a vital part in supporting our Board of Directors and its tasks:

Registrar **Carole Kepler**, and her volunteer assistant, Co-Registrar **Marilyn Fogelsong**, worked together to save us from being submerged by record numbers of masters registrations. Marilyn's on the ballot for our new Registrar (she's already doing the job - superbly).

Mel Dyck approached me the very weekend I was elected, to suggest he create a Web Page for Arizona Masters. I must have shouted "yes yes", because Web Meister Mel steadily created our very own web page "www.arizonamasters.org" that you/we have come to know and love. Mel is about to retire, so - please let us know if you can help with our web-page/be a web-master/assistant webmaster.

Treasurer **Mark Lambert** promptly became our money manager, cheque-writer, and general witty chief banker and setter-of-financial-limits. This treasure of a Treasurer, Mark, is retiring this spring - Mark, we shall miss you enormously. Please remember AZ LMSC is your swim-family, come back and visit us often.

Gordon Gillin, ever the trusty Secretary, and **Mitzi Schechter**, our new appointee as Fitness Chair, have been super to have around and to do their jobs for us.

(Chairman's Notes continued on page 8)

From the Beginning

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Hello Again!

Thank you for taking time to read *Swim Arizona*. We hope that the information we present helps you improve as a Masters swimmer.

This issue contains information on the LMSC Board Election that is taking place. Please take time to read about the candidates and vote for the ones you think are best for the job. Send in your completed ballots and the results will be posted in the next newsletter. This is your chance for your voice to be heard so make sure you vote.

In addition, we have articles you may be interested in regarding swim training for older swimmers as well as body posture in the water. Similar articles will appear in upcoming issues as well so keep your eyes open for them. As a reminder, if you have an article to share or know of somebody who does, let the editorial staff know. The more good information we can share about swimming the better.

As time goes by we will continue to make changes and improvements to *Swim Arizona*. Your comments, suggestions, and compliments will make it better and more useful. We thank you, our fellow masters swimmers, for being a part of this constructive enterprise.

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, 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. Back cover artwork provided by Max Von Isser.

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Around the Deck

OPENINGS

The Arizona LMSC is looking for a few good folks to contribute their talents and skills. We are looking for webmasters to continue making our web site great. If you have experience designing and maintaining web sites, contact one of the executive officers for the LMSC.

2002 RULE BOOK

The complete 2002 USMS Rule Book and Mini Rule Book are now available on line in PDF format. The hard copies of the rule book will not be available until late January or early February due to the much later than usual convention last year. Go to the USMS web site for the rulebook.

YMCA NATIONALS

The meet will be conducted April 18-21 at the International Swimming Hall of Fame Aquatic Complex in Ft. Lauderdale, FL. Eligibility to compete is restricted to Master swimmers, age 19 or over, who hold full annual YMCA memberships from 18 January 2002 through 21 April 2002. Contact your coach to enter the meet.

GOT A HOT TIP...

No, not a stock tip, a stroke tip! Starting this issue, *Swim Arizona* will feature a section on stroke tips. This should help everybody improve their swimming. We will do this set in IM order, starting with the butterfly.

AZ MASTERS FINISH SECOND AT SW ZONE CHAMPIONSHIP!

This year Arizona Masters almost made it to the top with a 2nd place finish out of 49 teams. This achievement was especially notable in light of the fact that the 9th Annual Long Beach Invitational also served as the Short Course Meters Southwest Zone Championship. Nine women and ten men made the December trip and everyone contributed either individually or on relays. We had seven different swimmers win 23 individual titles and 8 relay teams won gold as well. Two Arizona Masters came home with the high point award in their age groups and numerous State Records were broken.

MEET DIRECTOR NEEDED FOR LCM

We need a Meet Director and a 50 meter pool for the Long Course State Championships. Please volunteer for either July 19-21 or for August 2-4 by calling any AZ LMSC Board Member. We can help you put on this event, with the Meet Manager software, advisors and other Masters enthusiasts.

NATIONALS RELAYS

If you are going to Nationals in Hawaii this Spring, make sure you fill-out the relay request form on page nine. This will allow Coach Jim Stites to start working on some fast relays for the upcoming meet. This will allow Arizona Masters to score more points because relays count double! So sign up today so you can be a part of the fun.

THANKS MAX!

Chairman Helen Bayly wishes to thank Max Von Isser of Green Valley Masters for his artwork and design that grace our newsletter, some of our meet programs and some of our kickboards. Max, 82, is a Masters National Champion in butterfly and breaststroke, is always on a winning relay at USMS and AZ Championship meets, and hauls in points for our Arizona teams at SCY and LCM Nationals. Thanks Max!

STILL SEARCHING

We are still looking for an able person to be the Long Distance/Open Water Chair. If you have a passion for these events and want to contribute your talents, please contact one of the executive officers for the LMSC.

KEEP GOING STRONG, PHIL!

Our many good wishes to Phil Whitten (he's also an Editor of *Swim Magazine*). Writing this winter about his recent diagnosis with Parkinson's Disease, Phil sets the ultimate example of courage and grace, as he faces these new circumstances and challenges. Phil, all of us in AZ LMSC send you our non-stop affectionate support, and our gratitude for your inspiring example!

Ask the Swim Doctor

By Dr. Paul Hutinger

This Month's version of "Ask the Swim Doctor" concentrates on training techniques for Older Swimmers. This article was originally published in the March 1997 issue of the Florida LMSC newsletter.

Question: *I was a sprinter in college and like the short events. What's the best training program for a 43-year old swimmer?*

Answer: There are several examples that may work for you.

Dan Thomas, record holder of :23.63 for the 50 fly (40-44), gave his workout as a warm up of 8 x 25 kick and then 16 x 25 swim. The key was long rest at a 1 to 4 ratio (Example: 15 seconds on a 1:15 interval).

Another approach, if you have two hours a day, is the Alexander Popov program. This program was set up as a three week training cycle followed by one week of competition. An example of one week's training includes main sets of 8 x 800, 16 x 400, 16 x 100 at aerobic and anaerobic threshold levels. Once a week do a step test: 3 x 100 at aerobic speed (on 1:45), 3 x 100 at anaerobic threshold (on 2:00), 3 x 100 maximum aerobic (on 2:00), 1 x 100 maximum swim at lactate tolerance level. The stroke efficiency of 28 strokes per 50m (12 strokes/25 yards) was maintained throughout, even at sprint speeds.

A research study in the Journal of the American College of Sports Medicine (March 1997) gives scientific insights into the effects of high intensity training. This training is used by the Japanese coaches of the Olympic speed skating team. IE1 protocol was bouts of 20 seconds with 10 second rest, repeated six or seven times AT ALL OUT INTENSITY. This would be six to ten x 25 yards on 30 seconds with a maximum heart rate). IE2 was a 30 second exercise x 5 with 2 minutes rest (4 x 50 yards for swimmers). There was a 10 minute warm up for each training session, which lasted six weeks.

The IE1 program was superior, but both programs increased aerobic as well as anaerobic capacities. When you do the 6 x 25's, ALL OUT, with 10 seconds rest, you will understand what stress is put on both energy systems.

"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

Share a Set

By Mel Goldstein

In order to swim fast in a meet, you need to swim fast in a workout every so often. The goal of this workout is to emphasize speed on the short swims. That means swimming hard, concentrating on race pace on the 25's and 50's. Use the 200's to recover but at a moderate pace. You will feel energized, fast, and tired if you do this workout correctly.

Warm-up:

1 x 400 (8:00)
12 x 50 (1:00) Drill/Swim x 25's

Main set:

1 x 200 (3:00) Free Moderate Effort
4 x 50 (0:50) Descend 1-4
1 x 200 (3:00) Free Moderate Effort
8 x 25 (0:30) Descend 1-4, 5-8

1 x 200 (3:00) Free Moderate Effort
4 x 50 (0:50) Descend 1-4
1 x 200 (3:00) Free Moderate Effort
8 x 25 (0:30) Descend 1-4, 5-8

1 x 200 (3:00) Free Moderate Effort
4 x 50 (0:50) Descend 1-4
1 x 200 (3:00) Free Moderate Effort
8 x 25 (0:30) Descend 1-4, 5-8

Cool-down:

6 x 50 (1:00) Kick Your Choice of Stroke
1 x 400 (8:00)

This workout should help you improve your freestyle speed if you do it right. Plus it is a fun workout so make sure you enjoy it!

Mel Goldstein coaches for Indy SwimFit and is former President of USMS. He was also USMS Coach of the Year for 2001.



VOTE

**Make sure you vote in the LMSC election.
Turn to page 20 for more instructions.**

Swimming Posture

by Michael Collins

I am constantly looking for new ways to teach swimming. I attend coaches clinics and swim camps whenever possible to keep updated and inspired to teach swimming better. For the last year or so I have been putting a lot more emphasis on body position than on the pulling and kicking motions based on information learned from top level coaches like Terry Laughlin, Emmett Hines, Bill Boomer, and Tom Avischious. But change is a long slow process. I hope I can help you understand some of these concepts better in this article.

Do you remember in grade school the teacher or your parents telling you to improve your posture. "Sit up STRAIGHT, young man! Stop SLOUCHING in your seat! I remember that distinctly from both parents and teachers (Maybe if I had listened, I wouldn't have had back surgery at age 30). To grow up with all our body parts working properly it was necessary to treat our body well by maintaining proper posture and body strength.

Well guess what, posture in the water is just as critical to swimming well. Most swimmers have some GLARING posture defects which cause them to either swim MUCH slower than they are capable or work MUCH harder to swim at the same speed. The main two goals in swimming faster are to minimize or reduce drag and to maximize propulsion. Instead we are using most of our energy overcoming poor posture in the water and we are not achieving either! Through Snooper video taping over the last few months, I have found most swimmers drastically out of alignment throughout much of their stroke. To swim faster, we must stop spending so much time trying to work harder, and find ways to swim the same speed with LESS effort (lower heart rate). Keeping your heart rate lower will allow you to maintain better body position and speed for a longer period of time. Improving your body position (posture) in the water is the quickest way to do this.

Learn to feel weightless in the water by balancing your body in the water. This is difficult to do since the center of your body mass is about 6 inches above your navel, but your center of buoyancy is between your armpits. By pressing the head and chest into the water with the right pressure your buoy will float perfectly horizontal at the surface. VERY few swimmers do this well. Usually, the head position is far higher than the hips which forces the legs to work harder and the arms to press down to support the head instead of reaching out in front for more distance. This increases the heart rate because the legs are working harder and more arm strokes are required to cover each length.

Collins' Rules To Long Axis Rotational Strokes (Free & Back)

Rule #1:

Maintain head to hip horizontal alignment by keeping pressure on the buoy. Lifting your head higher than your hips at ANY time during the stroke, especially during breathing is a big NO-NO. Check yourself by imagining a skewer shoved through your skull and down your spine keeping you perfectly aligned, only allowing you to rotate the head to breathe and not lift it. The skewer tip should always be pointed at the pool wall you are swimming toward.

Rule #2:

Maintain a long "boat" position by keeping a "weightless" arm in front for three-quarters of the stroke pattern. This is also known as Front Quadrant Freestyle. Stretching the arm out front allows the hips to continue to rotate on the side as the recovery arm passes your ear.

Rule #3:

Swim on your SIDE not on your STOMACH. Skate down the pool sliding from one hip to the other. Use hip rotation to power your arms through the water. Anchor the hand out front, and then pull it back by rotation of the hips. Increase speed by increasing hip rotation, not arm turnover.

Rule #4:

"Stealth Kick" steady and narrow just below the surface. Don't break out of the turbulent cylinder created by the body. Legs should not fall significantly lower than the hips, excessively break the surface, or scissor wider than the width of your shoulders.

Rule #5:

Develop a "vertical forearm pull" to increase propulsion. I believe keeping the elbows near the surface at the catch and the finger tips pointed toward the bottom is FAR more important than an "S" shaped pull pattern. Remember though, this is the LAST step and should only be emphasized AFTER the 1st 4 rules have been thoroughly ingrained in your muscle memory.

Michael Collins is currently the Head Masters Coach of Irvine Novaquatics in Irvine, CA and is also the USMS Coaches Committee Chairman. Collins was named the USMS Coach of the Year in 1990. He travels around the country giving motivational talks and swimming clinics including video analysis.

Officially Speaking

By Judy Gillies

Do you plan on competing in a swim meet anytime soon? If so, there are a few things you need to know.

As an official the three main things I see Master Swimmers do that are not allowed are: entering the water without permission, crossing other lanes after their event to find the ladder, and being very confused over the whistle starting system.

Helpful Tips.

- If you are a backstroker or plan to start in the water, never get into the water without first getting permission from the starter.
- If you finish your event, never swim across other lanes to find a ladder, without first getting permission from an official.
- If you swim across another lane, and that lane still has a swimmer in it, you could be disqualified for interfering with another swim.

The Whistle System Start:

Block starts:

- First you will hear a series of whistles, that means stand behind your block.
- Next, one long whistle means step up onto the block, or if you plan to start in the water, you may get into the pool, at this time.
- Then you will hear the starter say, "take your mark", then you will hear the start signal.

Backstroke starts:

- A series of whistles means stand behind your block.
- One long whistle means, enter the water feet first.
- The next long whistle means place your feet.
- You will hear "Take your mark" and the start signal.

No False Start Rule:

This is exactly what it says. If you false start (observed by both the Referee and Starter) you will be disqualified and will not be allowed to swim your event. According to a rule passed last year, you may be

disqualified for a false start and will be allowed to swim your event, and will be disqualified after the swim. They added this rule so we do not waste time calling the entire field back and starting over.

If you ever have any questions about rules or DQ's please ask an official before you swim or e-mail, or call me.

Judy Gillies is the Arizona LMSC Officials Representative.

STROKE TIPS

5 Tips for a More Effective Butterfly

Enter the water with your hands shoulder width apart, palms facing outward rather than down. Drive your chest forward as your hands drop below the surface. This should drive your hips up and create a "swimming downhill" effect.

Breathe every other cycle. This will help you maintain a better body position by preventing your legs from dropping and causing you to swim uphill. Do not lift your neck to breathe, simply lean forward with your shoulders, eyes still focus downward on the water.

Recover with your arms straight but relaxed. This will keep you in a long rhythm for the stroke cycle and help you pull more effectively without tightening up.

Two Kicks for each stroke. The critical kick is timed to occur just before your arms exit the water (palms facing inward). You need the combined momentum of the arm push and the quick kick to get your arms out of the water and through the recovery phase. The second larger kick occurs as your hands enter the water.

Head should enter the water slightly before your hands. Relax your head and neck during all phases of your arm cycle.

Source: *Swim.net*

Broken Records

By Mark Gill

Last year was a record breaking year. All years have broken records but 2001 provided a bumper crop. Congratulations to all of the record breakers last year, you did our LMSC proud! Here is my report on how the records were broken.

During the course of last year a total of 417 records were broken. This is 32% more than the previous year. Here is the breakdown for 2001 by course:

83	Short Course Yards
144	Long Course Meters
190	Short Course Meters

Compare this to 2000 when 315 records were broken.

100	Short Course Yards
84	Long Course Meters
131	Short Course Yards

As you can see, while the number of records broken in 2000 was impressive, 2001 was an even better year. Hopefully this year will be even better.

Women led the men in record breaking but by just a small number.

Women	184
Men	166
Relay	67

Comparing again to 2000, we had a 309% improvement in our relay performances and the men jumped up 31%. The women continued their dominance and led the way with the most records broken again.

Women	171
Men	127
Relay	17

The top five record-breaking age groups are:

- 30 – 34 with 64 records
- 50 – 54 with 47 records
- 70 – 74 with 42 records
- 40 – 44 with 40 records
- 45 – 49 with 39 records

Top 10 Report

In 2001 there were 71 Arizona swimmers listed in the Top 10 in their respective age groups. The men age

25 – 29 have the most swimmers in the list with eight. Kathi Bullock had the most rankings with 12 and Ron Johnson had the most number one rankings with 6. Congratulations to all swimmers who were in the Top 10 last season. For more information about the Top 10 list, see www.swimgold.org/tt/.

Mark Gill swims and coaches for Sun Devil Masters. In addition he chairs the State Records Committee.

✓ Check this out...

You can now access the LMSC Handbook On Line. All you have to do is go to:

www.usms.org/admin/lmschb/

(Chairman's Notes continued from page 1)

Coach **Jim Stites** said "yes" as soon as I asked him to be USMS's new Coaches Representative (for all the AZ coaches) in AZ LMSC. Jim is informally called **AZ's "Relay Meister"** as at any meet, anytime, his whirring brain puts together any and every relay combo imaginable and possible...**and these relays sure drag in the double points!**

Dan and Edie Gruender, Sanctions Chairs, did a great job—then handed off to **Sandie Easton**... (And now, Sandie will hand the job on to **Liz Hobbs** who has kindly permitted me to appoint her as the next Sanctions Chair). Sanctions are essential for all records to be accepted by all authorities, state, nation, and world-wide.

Kristi Wagner, volunteered to tend refreshments/pot-luck stuff for her local Masters: *Who'll volunteer to watch over hospitality/party planning for our other teams across the state? And the twin appointees as Parliamentarians, **Renee Sonne** and **Rose Steward** have become our friendly but firm disciplinarians at meetings, of course.*

Ed Oetting nobly took on the Editor's job, which now has to have two to do the task: **Doug Adamavich** and **Dickie Fernández** are busily typing as I write, I hope.

Thank you, every member of the Board and its committees, teams and tasks, for your energy and determination to make it all work!

Please look at our Board List to see who else helps out (pool and safety-equipment reps, etc.) - and give it a whirl yourselves. Call or e-mail any of us for information, or with suggestions and ideas to keep Arizona masters swimming rewarding for all. Party ideas welcome too!

Everyone deserves kudos one way or another, and our swimmers - you all are IT! You send the money, you swim the workouts, you give Arizona masters a great name as our state's most-age-inclusive fitness organization. And so many of you are my personal inspiration, as you swim your way through other challenges and difficulties (health, job, family) that discourage so many others in life.

*We **Zonies** are all members of one club - **Arizona** - so we're all AZ club-mates, and swim on the same AZ relays at interstate/zone/national meets.. We have lots of teams all over the state, and we have wonderful fun playing/competing with one another.*

ACCOMPLISHMENTS THIS PAST YEAR? **Well, we broke our membership record, for one.** Over 80% of our swimmers concentrate on fitness - and good fellowship. Our Board slogged away at changing the By-

Laws, to enable members to vote by mail (instead of having to vote in person, at a meet). Onwards democracy! Then our Arizona competitive teams did wonderfully at USMS National Meets, winning various team awards, individual and relay championships in Santa Clara and Seattle.

PSC swimmers, **Sam Perry** struggled to keep their pool and team in the community this year, and have managed to triumph. Coach **Jim Stites** lobbied USMS with unassailable arguments for *enabling 18-yr-old swimmers to sign up for meets for which they're 19 on the meet's last day.* Soon we'll lobby well enough to bring those 18-year-olds into the meets before they are 19; then our relay will encompass swimmers from 18 to 90.

Mark Gill won over the hearts and minds of USMS delegates who voted to hold 2003 USMS SC Championships at ASU under the aegis of AZ LMSC. Congratulations Mark, Meet Director for the Nationals. We want all AZ Masters to sign up for events - or to help out hosting the nation's Masters swimmers.

Masters swimmers all, thanks for supporting AZ LMSC and all of us on the Board of Directors, especially your Chairman, truly a Masters novice from over four years ago. Soon I "age-up" to 65, after enjoying a Masters birthday gift last year - it was the Beatles' song "When I'm Sixty-Four"....."Will you need me, will you feed me, when I'm sixty-four?". Now, who will write a song for "When I'm Sixty-Five".....guitarists Ron? Jim? Maybe a song to celebrate Retirement from the Chair?

This is where I remind you that **Edie Gruender's** determination kept AZ Masters going for its first twenty-two years (with **Edna Spring** watching over Tucson's Masters too). Then **Judy Gillies**, Chair four years and **Jack Salvatore**, Chair two years, have been my other predecessors who led our LMSC through the 1990's....to all we are indebted for tending AZ LMSC, our swim-club!

I look forward to hearing from you all, and remember - please vote for your next Executive Officers, AZ LMSC, but also volunteer time and ideas to keep Arizona Masters strong and vibrant.

Good wishes, Helen B., shy and retiring Chairman, AZ LMSC.

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

By Definition: Cavitation

cav-i-ta-tion n. The sudden formation and collapse of low-pressure bubbles in liquids by means of mechanical forces, such as those resulting from rotation of a marine propeller.

cavi-tate v.

In a sentence:

"When Joe tried to swim faster, he actually lost speed due to the **cavitation** his poor stroke technique created."

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

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 _____
PHONE _____

AGE (on 05/17/02) ____
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".



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.org.

Sanction: Held under the sanction of USMS and the Local Master Swim Committee of Arizona, Helen Bayly, 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.

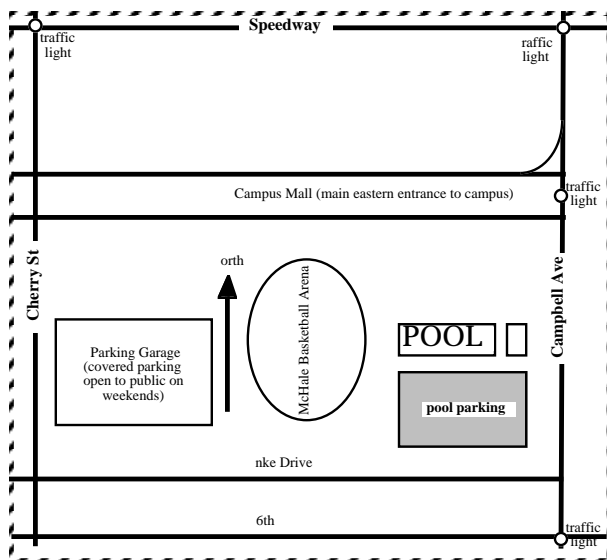
1	Women's 1000 Free
2	Men's 1000 Free
3	Women's 1650 Free
4	Men's 1650 Free

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.

Arizona Mountain Masters Presents

The 2002 High-Altitude VO2 Min Meet

MEET DATE & TIME: Saturday, June 15, 2002. Warm-up starts at 9:30 a.m. Meet starts at 10:30 a.m.

MEET CO-DIRECTORS: Chuck Arabas, phone: (928) 523-4508 and Mel Dyck, phone: (928) 226-0032, e-mail: meldyck@infomagic.net

SANCTION: Held under the sanction of United States Masters Swimming and the Local Master's Swim Committee of Arizona, Helen Bayly Chairman, (520) 795-3161

SANCTION NUMBER: 482-00004

ELIGIBILITY: Open to all registered swimmers holding a valid 2002 USMS card. Single-event registration will not be permitted for this meet. For Arizona registration information, visit to the Arizona Masters Swimming web site to find a membership form (<http://www.arizonamasters.org/forms/>).

FACILITY: The Wall Aquatic Center, located at the southwest corner of Franklin Ave and San Francisco St on the Northern Arizona University campus, Flagstaff AZ. The pool is an indoor 25-meter, 6 lane pool operated at 80 F and using non-turbulent lane lines and electronic timing. Continuous warm-up and warm-down may be done in the adjoining diving portion of the pool.

RULES: 2002 USMS rules apply. Each swimmer is limited to five (5) individual events. All events are timed finals. Age on December 31, 2002 determines the age group of the swimmer for the meet.

ENTRIES & FEES: Entries must be received by Friday, June 7, 2002. There is a \$5.00 surcharge for use of the pool and a \$3.00 fee for each event. Please use the Arizona consolidated entry card, filling out both sides and entering seed times for all events. A *printable* copy of this form, for swimmers not having access to the card, is available at the Arizona Masters Swimming web site (<http://www.arizonamasters.org/forms/>).

Make out checks to *Arizona Mountain Masters* and mail the entry card, check and a photocopy of your 2002 USMS registration card to: *Mel Dyck, 3381 S. Debbie, Flagstaff, AZ 86001.*

Deck entries will only be allowed for heats that are not filled. All deck entries carry a surcharge of \$6.00 for pool use and \$4.00 for each event. Deck entries close at the beginning of the warm-up.

AWARDS: We give the 'Oxygen Debt' prize to the male and female swimmers deemed most in need of an O2 fix during the meet. Award cards are given for the first three places in each event.

ORDER OF EVENTS:

1. 200 meter butterfly
2. 100 meter individual medley
3. 100 meter breaststroke
4. 50 meter backstroke
5. 100 meter freestyle
6. 200 meter backstroke
7. 50 meter butterfly
8. 200 meter breaststroke
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

Rest breaks will be given as requested.

RESULTS: Meet results will be posted on the Arizona Master's Swimming web site (<http://www.arizonamasters.org/results/>).

SOCIAL: After-the-meet buffet at Mel & Grace Dyck's house. Food & drink provided by Arizona Mountain Masters. Directions will be provided at the meet.

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 electronic timing. 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
- Sanction:* Held under the sanction of U.S. Masters Swimming and the Masters Swim Committee of Arizona, sanction # MSCA 482-0004.
- 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 Fogelsong at mfogelsong@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 May 25th and must be filled out on the official Grand Canyon State Games entry form. Entries received after May 25th, 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.

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



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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

Meet entry forms are available in the January-February issue of *Swim Magazine*. As a reminder, all meet entries must be postmarked by April 2, 2002 or they will not be accepted. Please refer to page 36-39 of *Swim Magazine* for more information on this meet.

ARIZONA MASTERS TEAMS

ARIZONA MARLINS

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

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 SWIM MASTERS**HAVASU MASTERS SWIM TEAM**

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

MESA AQUATICS**MESA YMCA MASTERS**

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

PHOENIX SWIM CLUB

Sam Perry 602-468-9088 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

RIO SALADO SWIM CLUB

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

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 ARIZONA 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

Arizona LMSC Board

EXECUTIVE OFFICERS

CHAIRMAN	Helen Bayly	<i>helenb2@mindspring.com</i>	520-795-3161
VICE CHAIRMAN			
SECRETARY	Gordon Gillin	<i>swimgordon@aol.com</i>	520-825-8261
REGISTRAR	Carole Kepler	<i>ckepler@azcc.arizona.edu</i>	520-747-0097
TREASURER	Mark Lambert	<i>mlambert1us@yahoo.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	<i>mark.gill@asu.edu</i>	480-775-1485
PHOENIX SAFETY	Peggy Finch		480-496-9157
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NEWSLETTER CO-EDITOR	Dickie Fernández	<i>dickie_fernandez@hotmail.com</i>	
WEBMASTER	Mel Dyck	<i>meldyck@infomagic.com</i>	
ASSISTANT WEBMASTER			
LONG DISTANCE/OPEN WATER			
PARLIAMENTARIAN	Renee Sonne	<i>dsonne@cox.net</i>	
OFFICIALS REPRESENTATIVE	Judy Gillies	<i>ygillies@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	Jack Salvatore		

① For more information...

If you want to know the USMS Top-Ten Times, Names, Patches, Listings from 1993 to present, go to the internet at:

www.swimgold.org

2002 UPCOMING EVENTS

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
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	Brute Squad Meet TBD	LCM	Tucson, AZ
07	Arizona State Championships TBD	LCM	
07/27	USMS 2 Mile Open Water Championship Sanctioned by LE LMSC	Lake Erie	Cleveland, OH
08	Southwest Zone Championships Aquatics Complex	LCM University of California-Irvine	Irvine, CA
08/04	USMS 5 Mile Open Water Championship Sanctioned by SI LMSC	La Jolla Bay	San Diego, CA
08/18	USMS 1 Mile Open Water Championship Sanctioned by OR LMSC	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	
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

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.

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TUCSON AZ 85716**

Election for Arizona LMSC Executive Officers

By Helen Bayly

In this issue of our newsletter, we present the candidates for five Executive Officers on the AZ LMSC Board of Directors.

Nominations and letters seconding these nominations were received by the Nominations Committee. Past Chairmen Edie Gruender and Jack Salvatore, State Records Chair Mark Gill, and the current Chairman, Helen Bayly, are the members of the 2002 AZ LMSC Nominating Committee.

Candidates for:

Chairman:

Judy Gillies, Tucson
Sam Perry, Phoenix

Vice Chairman:

Gordon Gillin, Tucson
Katy James, Tempe

Registrar:

Marilyn Fogelsong, Tucson

Secretary:

Kathi Bullock, Phoenix

Treasurer:

Patrick Sparr, Tucson
Audra Troccko, Gilbert

Please vote for one each of these AZ LMSC Board positions, using your mail-in ballot in this newsletter. Votes will be counted after May 10, 2002 by the editors with candidates and Board representatives in attendance. The election results will be announced after May 15, 2002, and will be in our June Newsletter.

Helen Bayly, Nominating Committee, AZ LMSC

Voting Instructions:

Here is what you need to do in order to vote in the Arizona LMSC elections:



READ...about the candidates on pages 21 and 22.



VOTE...for the candidates you want to represent you.



CUT...the completed ballot on page 23 out.



INSERT...ballot into the colored envelop and seal it.



MAIL...the envelop back to the LMSC.



WAIT...for the results in the next issue of *Swim Arizona*.



SMILE...because you have participated in the election!

CANDIDATE FOR CHAIRMAN

Judy Gillies

Hi! Many of you may know me as the AZ chairman from 1994 until 1997 when Jack Salvatore was elected to replace me. I am interested in running for the Chairman of the AZ-LMSC because when we had only Helen, I thought the LMSC should have an alternative. My goals are to get back to business, and get our meetings run business like and to the point. I feel as if I am highly qualified, as I have experience in the position. I have attended 14 National Conventions as one of your delegates. I was SW Zone Chairman for one year, and have been a member of the Rules and Officials Committee's for over six years, and presently sit on those committees. At the local level I have been equipment, sanctions, and officials chair, besides the LMSC chairman. I have been competing in Masters Meets since the late '70's and try to compete in every meet offered in AZ. I have also been the meet director for countless meets from the smallest to State Championship meets in our LMSC. More than anything please exercise your right and vote. If not for me, at least for the other positions. Thanks!

Sam Perry

Moved to Scottsdale in June 1999 and became an active member of AZ LMSC in December. I am a Regional Vice-President for The American Funds Group, the 2nd largest active manager of mutual funds and investment products our home office is in Los Angeles. I spend much of my time training financial consultants and making public presentations to shareholders of The American Funds across the state of Arizona.

I am a husband to my wife Tracey, father of two, a daughter Ryan 2 1/2 year old and son Wes born December 11, 2001. Began swimming at the age of 8 and swam through my sophomore year of college at the U of A (University of Arkansas that is!) Began competing Masters in April of 2000 and have been an active competitor and member of PSC since. Served on the AZ LMSC as the PSC rep.

I have decided to run as I see that we need some representation from the "younger generation" of the LMSC. We have relied upon the elder generation for far too long and I think we should begin to do our part. I am an effective communicator and hope we can get more participation as well as some alliances from other interested groups for more compelling competitions, social events, etc. I.E. Triathlon groups, track clubs, cycling clubs, we all have similar interests and should form alliances for community awareness and recruiting. We also have a major event in May 2003 in Tempe and feel local representation might be a better benefit as we all work to make this the best USMS National Meet ever.

CANDIDATE FOR VICE CHAIRMAN

Gordon Gillin

I have competed in masters swimming for 24 years - 18 with San Diego Swim Masters, and, after moving to Tucson in 1994, 6 years with Arizona Swim Masters - Ford Aquatics. I have attained national top ten in almost all strokes and distances with an occasional number one!

I have been the AZ-LMSC delegate to the USMS National Convention for the past 6 years. I am very active there, being a member of the USMS Championship Committee as well as on the USMS Planning Committee - enjoying it.

For 33 years I was a secondary school English teacher in San Diego, CA - a fine, successful career. I was born and raised on the island of Maui, Hawaii, and educated at the University of the Pacific in California - swimming on the team there 1948-50. I am a Korean war veteran and a family man.

Katy James

Bio: Katy moved to Tempe in 1984 and joined Sundevil masters in 1997. Her swimming career began when she was 8 on a summer club in Aurora, Illinois. Katy competed through high school on the Aurora YMCA age group team,

(Continued on page 22)

(Continued from page 21)

primarily in the fly, free and IM. She didn't swim on a high school team; that was before title 9. She joined the University of Illinois women's team as a walk-on (no women received sports scholarships for swimming in 1974). Her biggest achievement during college was receiving a varsity letter. She has coached age group swimmers in both Illinois and Colorado.

Katy swims (mostly backstroke and IM) for the exercise, competition and, first and foremost, the fun and friendship of her fellow swimmers. She splits her time between swim practice, meets and her work as an architect. Her husband, Scott, is training to be a starter for SDM meets. Her daughter, Bethany will be starting at U of A next year and she will need a place to swim when she visits. So be ready, Ford Aquatics.

CANDIDATE FOR SECRETARY

Kathi Bullock

Organized with background in management and leadership, dedicated to working collaboratively, devoted to health both personally and professionally, promoter of Master's swimming for over 30 years, and striving to keep life in balance.

Swam USS age 8-17. Ran for 22 years before returning to Master's swimming in Oregon in 1993, at age 39. Top Ten finisher since 1993. National Champion, 1999 and 2001. Open water swimmer.

Raised in Marin County, Calif. Swim Coach; Dental Assistant; Accounting; Chemical Dependency Counselor; Aquatics Director YMCA, Kansas. Two children. Nursing School, Oregon Health Sciences University, 1994-1996. Mission trips to Mexico and Honduras. Graduation date May 9, 2002, ASU, Family Nurse Practitioner.

I have been involved in swimming since I was a very young girl, but never understood the lessons to be learned from swimming back then. Isn't it great we can get some wisdom from aging? I would be honored to be on this board to continue promoting swimming and assisting Arizona to move forward in master's swimming.

CANDIDATE FOR TREASURER

Patrick Sparr

I have lived in Tucson for 53 years; graduated high school and college here. I was in the US Army-Artillery for two years. After the service I went into the construction trade, then returned to college to become a Doctor Chiropractic. Since then I have started another business: this is a drug-testing business - Drug Free Works - and I have experience in the financial aspect of operating a business.

With no prior swimming experience, I started swimming Masters in the summer of 1997, after watching the National Senior Olympics here. I have enjoyed the program very much, as well as the people associated with the Masters program. I feel that swimming is the most beneficial activity (workout) for the physical body - I'm very fortunate to have been at the Senior Olympics that summer.

Audra Troccko

Bio: Audra has been an age group swimmer for over twenty years. She swam on a YMCA swim team prior to competing in high school. She played water polo for Northwestern University for four years, qualifying for nationals twice. Audra has been a member of the Sun Devil Masters team since July of 1996. She is an avid ocean swimmer who has completed the Alcatraz Sharkfest swim three times and has her sights set on the ten mile swim at Seal Beach this year. Audra recently served on the AZLMSC Board as the Long Distance/Open Water Chairperson. She works for CompuCom Systems as an Account Executive, she is married to Mike and lives in Gilbert.

Audra has a bachelor's degree in Economics from Northwestern University and balances her checkbook every month.

BALLOT

Chairman

- Judy Gillies
- Sam Perry

Vice-Chairman

- Gordon Gillin
- Katy James

Registrar

- Marilyn Fogelsong

Secretary

- Kathi Bullock

Treasurer

- Patrick Sparr
- Audra Troccko

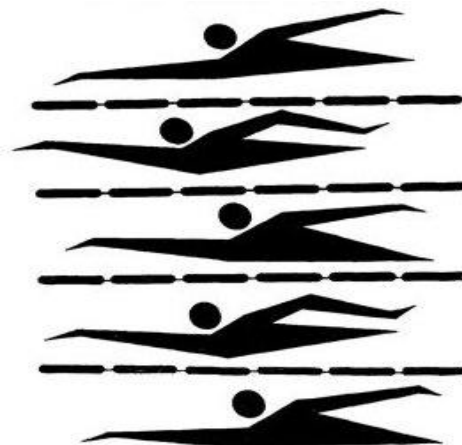
Your address label must remain attached to the reverse of this ballot for your AZ Masters vote to be considered legitimate. If you want your name and address to remain confidential, you can mark it out so long as your label remains attached.

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3201 E FORT LOWELL RD
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