

Swim Arizona

Volume 27 Number 3

September 2002

Chairman's Report

By Sam Perry

In my first letter to all of you, I would like to take this time and say thank you for allowing me the opportunity to serve as Chairman of the LMSC. There have been many things happening in the LMSC since I have taken over for Helen Bayly and I hope the transition to the new board continues to be a smooth one.

I write this letter in the midst of much change as our LMSC continues to grow. Probably the most obvious change that many of you have noticed is the new Arizona Masters website that Stacey Izard has been working diligently on for the past couple of months. Thanks so much for her hard work. If you haven't seen it, check it out at www.arizonamasters.org when you get a chance. Also, thanks to Mel Dyck for all of his hard work the past few years with the website.

We also have lost one of the most devoted people to our LMSC this summer with Rose Steward's passing. Thank you to Rene Sonne for keeping us updated throughout her illness and ultimate passing. Please see the article written in this newsletter highlighting her life and contribution over the past four decades to Arizona Masters. As always our thoughts and prayers go out to her friends and family in dealing with this loss.

I look forward to working with the new board over the next two years as we begin to take on many tasks. Over the next months, we hope to provide some worthwhile projects and events not only to grow Arizona Masters, but we also hope to provide some excellent programs for Masters Swimming to improve our coaches and athletes. Please continue to watch announcements regarding future clinics and events hosted by the LMSC.

I hope everyone is looking forward to May 2003 as Sun Devil Masters hosts the Short Course Nationals in Tempe. This will be a great opportunity to showcase Arizona Masters to the USMS community and Masters Swimming to the state of Arizona through local media outlets. As I write this, we are currently in the early stages of a public relations campaign to get the word out

in the media regarding this event. If anyone has ideas or resources, please let me know.

As you can see, we have many things going on this year. I view this board as an extension of you and your needs, and I believe this with all my heart. If you have feedback, ideas, etc. please contact me and let me know what the board could be doing to make your swimming experience a better, more fulfilling one. I can be reached via email at azperrys@hotmail.com or you may reach me by phone at 480-941-0232.

I look forward to getting to know and work with people in Arizona Masters that love the sport of swimming and want to see it grow and prosper as much as I do. Thanks for taking time to read this, and for those many of you who may not know me yet, please introduce yourself to me at the next meet or event if you feel the need to.

Sam Perry swims for Phoenix Swim Club and is Chairman of the Arizona LMSC.

Page Two

SEPTEMBER 2002
VOLUME 27, NUMBER 3

TABLE OF CONTENTS

Features:

Around the Deck.....	3
Arizona LMSC Board.....	10
Upcoming Events	11

Articles:

Chairman's Report	1
<i>By Sam Perry</i>	
In Remembrance	4
<i>By Helen Bayly</i>	
Swimmer's Shoulder.....	5
<i>By Dr. Jessica Seaton</i>	
Intense Quality vs Long Slow.....	6
<i>By Dr. David Salo</i>	
Officially Speaking	7
<i>By Judy Gillies</i>	

Entry Forms:

Short Course Meters State	8
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Hello,

What a summer it has been! There is new leadership at the helm of Arizona Masters which is already making positive changes in our organization. In addition, many of our fellow swimmers are breaking records and improving their times at the meets we host. This is indeed an exciting and fun time to be involved with Masters swimming here in Arizona, even in the heat of summer!

Of course, all this joy is tempered by sadness and loss. Masters swimming lost two wonderful people this summer, Rose Steward and Bill Early. It is sad to see two of our own pass on yet their impact on our sport lives on. Many of us in Arizona have been touched by one or both of these swimmers. Rose and Bill have left a legacy of and example that continues to inspire even in their absence.

Remember that very soon Short Course Nationals will be right here in Arizona so get ready for it. Start thinking now on how you can contribute, whether you are swimming or not. Your efforts, both on the pool and on the deck, will determine the success of this meet. For now, time to get on with the newsletter. Hope you enjoy it.

Doug Adamavich
Editor, *Swim Arizona*

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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

NATIONALS REPORT

The Long Course National Championships took place on the Cleveland State University campus. Although our numbers were small, we were able to finish 9th overall in the small team division. Some excellent swims were turned in by the women of Arizona. Jane Swagerty-Hill continued her rewriting of the backstroke world records and lowered her own 50 back record to 32.87. She also broke USMS swimmer of the year Laura Val's 100 back world record with a 1:14.44. Laura Winslow (40-44) broke the 50 free state record with a 29.87 and Edie Gruender (70-74) won the 1500 at 29:27.39, also a state record.

On the men's side, fast swimming was also present. Gordon Gillin and Dan Gruender each had several fine swims that earned at least 5th place or higher. However, none could compete with our adopted teammate, Don Hill of the Olympic Club (also Jane's husband). He was three for three winning each of his races in a commanding fashion.

LONG COURSE STATE MEET REPORT

33 individual and 6 relay state records were broken at the 2002 LC State Championship held at Arizona State University. Highlights include the world records set by Ron Johnson (70-74) in the 200 breast in 3:25.09 and Jane Swagerty-Hill (50-54) in the 50 backstroke in 33.52. Greg Dozer (45-49) was oh so close to the World Record in the 400 IM (0.1 seconds shy) hinting of things to come in the future.

NEW AND IMPROVED

If you have not visited our web site lately, you should. New webmaster Stacey Izard has updated the site with a whole new look and feel, it is very well done. Make sure you bookmark it and visit the site regularly for updates and up to date information.

SOUTHWEST ZONE CHAMPIONSHIPS

The Long Course Zone meet was held in Irvine, CA on August 9 - 11. Arizona Masters took 8th overall out of 36 teams. Individual performances highlighting our team trip were turned in by Jane Swagerty-Hill and Greg Dozer. Jane broke her own world record in the 50 back set only a few weeks earlier at the AZ State Championship with a 33.12. Greg, after missing the 400 IM world record at the state championship by only one tenth of a second left nothing to chance this time beating the previous mark by 2.79 seconds with a 5:06.32. When the meet was finished, the 9 swimmers from AZ set a total of 11 state, 2 national and 2 world records.

'TIS THE SEASON...

Soon it will be time to renew your membership with the Arizona LMSC. You will receive your renewal form in the mail in the coming months. Keep your eyes open for it because it is critical that all Masters swimmers be registered.

PHIL'S MIGHTY QUILL

Our very own Phil Whitten has written some excellent articles on the state of collegiate swimming in recent years. Now he has received recognition from Arizona's largest newspaper for his efforts. Norm Frauenheim of the *Arizona Republic* wrote an article on July 16th chronicling Phil's efforts to save and protect swimming programs. It is an excellent article worthy of reading if you have a chance. We are indeed fortunate to have such a powerful advocate for our sport honored in this manner.

JANUARY MENTOR SWIM CLINIC

Mark your calendars now. On January 18th and 19th at Phoenix Swim Club, the Arizona LMSC is hosting a Mentor Swim Clinic. This clinic is designed to serve the needs of both our fitness and competitive swimmers. Additionally, there will be a special portion set up just for coaches. The clinic will be led by 1987 USMS Coach of the Year and Head Coach of Walnut Creek Masters, Kerry O'Brien.

Classroom instruction as well as in water training will take place. All swimmers will have the chance be video taped both above and underwater and have the tapes reviewed by the coaches at the clinic. Additional information and the sign up form will be in the next issue of *Swim Arizona*. If you have any immediate questions, contact Mark Gill at (480) 775-1485 or at mark.gill@asu.edu.

In Remembrance

by Helen Bayly

Editors Note: Over the past few weeks, Masters swimming lost two giants from it's ranks. These are two people most of us are familiar with to one degree or another over the years. Rose Stewart and Bill Early left a positive impression on swimming during their lives. Much can be written about both athletes, an entire issue could be filled with stories about Rose alone. However, I have chosen to include a few paragraphs submitted by Helen Bayly to honor both swimmers in a very simple yet succinct manner.

ROSE STEWARD, SUN DEVIL MASTERS

84-yr-old Rose Steward's recent death brought forth countless expressions of gratitude and affection from her Arizona Masters Swimming friends across the state. How did Rose manage to inspire so many of us?

For at least one group of us - that of older, novice, women swimmers - Rose constantly reminded us that she, like many of us, didn't swim Masters till almost her own sixth decade. It was her grit that got her through her workouts and meet events, and neither Rose nor anyone else cared how long she took to finish her swims. In fact, she laughed over swimmers' confidence that, at meets, Rose could be counted on to finish her events, but slowly - thus giving all the other swimmers a breather between events!

After Rose's last move, from Tempe to Scottsdale in 2000, she announced that she still hadn't unpacked all of her boxes. "Fun before boxes" Rose announced, summing up her lifelong attitude that made us love her and learn from her.

BILL EARLEY, SAN DIEGO SWIM MASTERS

San Diego's Bill Earley, aka Commander Earley, retired Navy SEAL, friend-supporter-advisor of many in Arizona Masters Swimming and USMS, died on July 4th. during the Coronado Rough Water Swim. Here we note his death with sadness, because Bill, 65, was a steady Masters leader and activist for the Southwest Zone (incl. AZ Masters) of US Masters Swimming. He was in Tucson this April, for AZ LMSC's Southwest Zone/Arizona State SCY Championships: many of us Arizona Masters swimmers enjoyed his wonderful company and swimming on that occasion.

Bill helped found, in 1973, the Coronado Masters Swimming Association where he was its first president.

He also served as chairman of the legislative committee of the US Masters national convention, and was a delegate for 20 years - bringing good ideas and approaches to our national Masters organization and to us in the Masters Southwest Zone as well.

With the US Navy, Bill served in Vietnam and earned many decorations and commendations for his Pacific service. Later, Bill volunteered and financially supported the Coronado High School water-polo teams (men and women), was docent at the Olympic Training Center, and swam on SDSM and US Masters Swimming teams at national and international meets.

Everywhere, and every moment, Bill Earley spread the camaraderie and good humor that marked his Masters swimming participation - whether in CA, AZ, or anywhere else. We in Arizona Masters Swimming/Southwest Zone shall miss our good friend Bill intensely, and we send our good wishes in his memory to his family and his SDSM team-mates.

Helen Bayly swims for Ford Aquatics and is the Immediate Past Chairman of Arizona Masters Swimming.

Swimmers Shoulder

By Jessica Seaton, DC

What is swimmer's shoulder?

Swimmer's shoulder is a general term used to describe an overuse shoulder injury occurring in swimmers. It represents a chronic irritation of the shoulder soft tissues (tendons, muscles, ligaments). This is also known as impingement syndrome. As an example: during a 25 yard freestyle swim, the right arm will typically perform 8 strokes (pull and recovery). In a typical workout of 4,000 yards the right arm will rotate 1,280 times. As you can see, if you have a small biomechanical problem, by the end of workout it will be worse.

What are some of the symptoms?

The symptoms will vary with the cause. However, there are some general trends. Usually the pain is the worst in backstroke, and least during breaststroke (except perhaps, where the biceps tendon is the primary culprit). Pain may occur at any phase of freestyle, and, depending on when it occurs, the diagnosis will be different (i.e. if the pain is worse during the recovery phase, think of rotator cuff involvement, whereas if the pain is worse during the initial pull, the biceps tendon may be more involved). Sleeping on the involved side aggravates the pain. When the problem is fairly advanced, the swimmer will also experience shoulder pain when not swimming, and the shoulder becomes progressively more tender to the touch.

Swimmer's shoulder is not an exact diagnosis. To obtain an accurate diagnosis (which muscles and tendons are involved) you should seek professional help from a sports medicine specialist (chiropractor, orthopedic surgeon). The examiner should take a detailed history and should understand the mechanics of swimming (see below). The examination should at least include an evaluation (for pain and weakness) of all your shoulder movements with and without resistance. X-rays are usually not necessary.

What causes swimmer's shoulder?

The causes will vary according to the specific problem. If your problem is the most common type of impingement syndrome, then it is usually related to a muscle imbalance.

The large internal rotators (pecs, lats) are used in the pull phase of freestyle, whereas the smaller, weaker external rotators (e.g. the rotator cuff muscles) are used in the recovery phase. Your problem may be with either group, although more commonly the problem is with the weak external rotators.

Some of the problems which may develop and cause impingement syndrome are:

- Insufficient body roll (should be 40°-60°) in crawl. This is even more important in backstroke, where insufficient body roll causes excessive tugging on the tendons.
- Over-developed pectoral muscles and under-developed rhomboids, middle and upper trapezeii, levator scapulae, upper lats (leads to an instability of shoulder).
- Weak rotator cuff muscles. These are the dynamic stabilizers of the shoulders.
- Excessive internal rotation during "catch": middle finger should enter water first, not thumb and index finger.
- Excessive adduction on the pull-through phase (your hand should not cross the midline). Dropped elbows occur if the internal rotators and adductors (pecs, lats) are not strong enough.
- Over-training with insufficient recovery time. This is especially true for those of you doing a rigorous weight-training program as well as swimming, without allowing your body enough time to recover. Over-training also occurs when one tries to make up for months of sloth in two weeks time (or years in 6 months)!
- Cantilevering on the arm opposite the breathing side. This is seen especially in one-sided breathing. If the elbow is not "cocked" at the beginning of the catch phase, a cantilevering occurs at the shoulder which aggravates or accelerates an impingement syndrome.

How do I treat swimmer's shoulder?

I can not emphasize enough that a proper diagnosis (identifying the involved muscles/tendons, and stage/severity of the problem) will lead to the most appropriate treatment. A good treatment plan includes:

- Reducing the inflammation and apply ice to the shoulder for 20 minutes after training (if training is appropriate).
- Use anti-inflammatories for the first few days. Chronic use of anti-inflammatories can affect the stomach, kidneys, and liver. It is not recommended to cover up the pain with drugs and swim anyway.

(Continued on page 7)

Intense Quality vs Long Slow

by David Salo, PhD

The traditional method of training for peak swimming performance can't be disputed as effective. That method, which prescribes progressively increasing workloads i.e. increased yardage, has resulted in the continuous breaking of world records. But from a physiological point of view, the effects of such methods are not well understood. The adaptations that result from "over distance" training are not at all understood, in terms of why the adaptations occur. The cause and affect of adaptations such as increased capillarization, increased mitochondrial content, with the concomitant increased in max VO2 etc. are not definitively understood. In other words, what in training signals to the body to enhance those physiological factors that contribute to improved performance?

With Masters swimmers, the constraint on training time, which is dramatically decreased from collegiate or high school years, would suggest that performances might be inhibited. What is seen, however, is some fairly surprising results. Many Masters athletes have indicated that many of their performance several years post-college, are equal or approaching collegiate bests. In fact, Masters swimmers report even better performances. Some will attribute this to all the years of "base training", i.e. that all those yards so many years before are responsible for their Masters performances.

What may actually be responsible for Masters improved performance may be the reduced volume that Masters are able to train and with that a general increase in the intensity of training. The logic being . . . "if I can't train two to three hours per day, I'd better make the 1 to 1 ½ hours count by training faster."

The logic can be taken further from a physiological point of reference. When competing in most races (usually 200 yards or less), the contribution of all muscle fibers (fast and slow twitch) is nearly 100%. If a swimmer is going to train with the ideal to improve performance, it is clear that what is important is that any appropriate physiological adaptations must occur in all muscle fibers that might be recruited for work during a race. During training this can be accomplished in two ways. Maintaining training intensities at low 'aerobic' levels (aerobic base training) will require that the swimmer train for long periods in order to recruit the more fast twitch fibers that will occur when the slower twitch fibers become fatigued. When the slower twitch becomes fatigued, then the faster twitch fibers will be recruited to a greater extent. This can take a

great deal of time - but it will work. Increased intensities near to the maximum possible will preferentially recruit a greater percentage of available muscle fiber. When recruited to perform work, the muscle fibers recruited will be subject to the important adaptation that may contribute to enhanced performance.

Other adaptations, such as buffering capacity can also be enhanced preferentially by high intensity training to a greater extent than long slow training. If you want adaptive response, the critical factor is recruiting muscle fiber to perform work at its maximum capacity. Intense quality training allows for such adaptation both muscularly and neurally.

David Salo, PhD has written extensively about swimming and coaches at Irvine Nova Aquatics.

SPECIAL DEAL!

For the Short Course Meters State Championship, we have set up the Hampton Inn to give us a special rate. The hotel will offer its regular rooms at \$59, the mini suites at \$69 and the deluxe suites at \$79. The hotel is located 2.1 miles from the pool and offers a free continental breakfast starting at 6:00 am each day.

Hampton Inn & Suites - Tempe
1429 N. Scottsdale Road
Tempe, AZ 85281
Phone (480) 675-9799

When making the reservation, ask for the US Masters Swimming rate.

Officially Speaking

By Judy Gillies

Whenever USA Swimming makes a change to their rules, Masters will automatically make the change also, unless Masters votes to reject the change. As of June 1st USA Swimming make the following rule change to comply with FINA (the ruling body for International Swimming).

Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes are effective June 1, 2002.

(Continued from page 5)

- Rest and depending on how severe the involvement, this may mean total rest (no swimming), or decreasing yardage while avoiding backstroke and butterfly, or kicking only with arms at one's side. It is wise to wait at least a couple of pain-free days before resuming swim training.
- Passive care by a professional and may include ultrasound, interferential current, cross friction massage to the tendons, trigger point work (if trigger points were found in the diagnosis), post-isometric relaxation of the involved muscles, adjustments of the shoulder and/or neck.
- Rehabilitation exercises strengthen the weak muscles (usually the external rotators of the shoulders). These are not exercises commonly done at the gym, but exercises with minimal weights (3-5 lb.) done in a very specific, controlled manner.

If you have ever had shoulder problems, it is wise to do these exercises at least several times per week. Generally it is said that for every day a swimmer swims on a bad shoulder, one day of rehab time is required.

Have the coach check your body position (for roll), and arm position. If no coach is available, have a friend video tape your swimming. The tape is often quite revealing. Best of all: have a coach video tape your swimming and go over the stroke mechanics with you.

Dr. Jessica Seaton is chiropractor in Los Angeles and serves on the Sports Medicine Committee of United States Masters Swimming.

Some of you may notice that this ruling says that swimmers are not allowed to have their toes in or on the gutter. In Arizona we have been allowing this for short course meets. This change was made at last year's convention in November. The backstroke start is the same for all courses. The feet must be placed under the surface of the water.

For all you butterflyers out here who were concerned about the breaststroke kick being taken out of masters butterfly events, good news! This past spring, at the World Meet in New Zealand, FINA decided to keep the ruling the same as before. In Masters Events, Butterfly can be swum with the dolphin kick or the breaststroke kick. One breaststroke kick is allowed for one cycle of the arms.

Judy Gillies swims for Ford Aquatics and is the Officials Representative for Arizona LMSC.

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*

2002 SHORT COURSE METERS
ARIZONA STATE CHAMPIONSHIP MEET
October 26th-27th

- Meet Director:* Simon Percy- sspercy@hotmail.com
(602) 224-4845
- Sanction:* Held under the sanction of U.S. Masters Swimming and the Local Masters Swimming Committee of Arizona.
- Sanction #:* 482-0010
- 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 520-299-8997 or e-mail at mfogelsong@aol.com
- Rules:* 2002 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events on Saturday and (4) individual events on Sunday plus relays. Age is determined as the age of the competitor as of December 31st 2002. You will be allowed to enter both distance events should you choose to.
- Entries & Fees:* Entries are due by Monday, October 14th, 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 new 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 use the new consolidated entry card and enter your T-shirt size on it. 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 will 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. At the conclusion of the meet results will be posted online at www.sundevilmasters.com

Order of Events

Saturday – First Warm Up starts at 7:30- Meet begins at 8:00am.

Saturday –There will be a second warm-up period at 10:00 am or directly after the 1500 finishes, with the rest of the days events starting at 11:00 am (regardless of warm-up start time.)

Sunday - Warm-ups at 7:00 am and the meet begins at 8:00.am

Order	Event
1	1500 Free
2	200 Fly
3	100 IM
4	50 Fly
5	200 Free
6	100 Back
7	50 Free
8	400 IM
9	100 Breast
10,11,12	200 Free Relay
13	800 Free

Order	Event
14	200 Back
15	100 Free
16	200 Breast
17	50 Back
18	400 Free
19	50 Breast
20	100 Fly
21	200 IM
22,23,24	200 IM Relay

Arizona LMSC Board

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2002 Upcoming Events

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
11/02	UCLA SCM Swim Meet Aquatics Center	SCM UCLA	Los Angeles, CA
11/24	Turkey Shoot SCM Swim Meet Pierce College Pool	SCM Woodland Hills	Woodland Hills, CA
10/26-10/27	Arizona SCM State Championships Mona Plummer Aquatics Center	SCM Arizona State University	Tempe, AZ
12/05-12/07	SPMA SCM Regional Meet Irvine Pool	SCM UC-Irvine	Irvine, CA

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

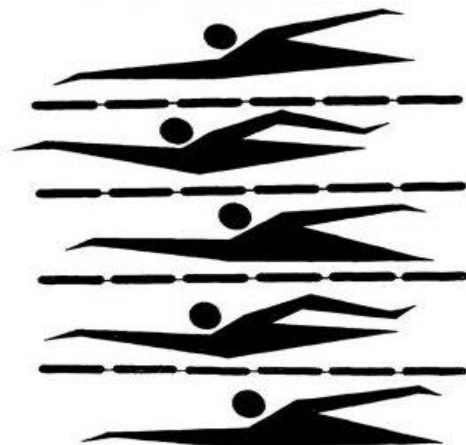
To promote fitness and health in adults by offering and supporting Masters Swimming programs.

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.

Swim Arizona

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



www.arizonamasters.org