

Swim Arizona

Volume 28 Number 3

July-August 2003

Records at Nationals

By Mark Gill

Now that the dust has settled on Nationals, we can take a look back and see how many record-breaking swims there were. There were seventy eight individual and twelve relay record-breaking swims at Nationals. Eight individual and three relays national records were broken by Arizona Masters swimmers during the 2003 Short Course Nationals. Listed below are the swimmers, the event, their time and the old national record. Congratulations to these thirteen National record setters.

Individual Records

Johnson, Ron L - Male - Age: 71
Men 70-74 50 Fly 29.47
NATL: 29.49Y

Mants, Riley O - Female - Age: 24
Women 19-24 200 Breast 2:14.90
NATL: 2:24.51Y

Shake, Scott D - Male - Age: 45
Men 45-49 200 Back 2:01.03
NATL: 2:02.18Y

Mants, Riley O - Female - Age: 24
Women 19-24 100 Breast 1:02.86
NATL: 1:06.69Y

Johnson, Ron L - Male - Age: 71
Men 70-74 200 IM 2:33.30
NATL: 2:34.91Y

Rhodenbaugh, Greg S - Male - Age: 40
Men 40-44 50 Breast 25.84
NATL: 26.75Y

McCue, Marika W - Female - Age: 40
Women 40-44 50 Back 27.90
NATL: 27.91Y

Relay Records

Arizona Masters - 'A' - X35
Mixed 35+ 200 Medley Relay 1:40.52
NATL: 1:44.23Y
M McCue W40,
G Rhodenbaugh M40,
H Clark M37,
B Heuer W42

Arizona Masters - 'A' - X45
Mixed 45+ 200 Medley Relay 1:49.74
NATL: 1:50.54Y
J Swagerty-Hill W51,
G Dozer M45,
C Smith M45,
M Keever W47

Arizona Masters - 'A' - X45
Mixed 45+ 200 Freestyle Relay 1:38.10
NATL: 1:38.32Y
B Roth M48,
J Swagerty-Hill W51,
M Keever W47,
G Patching M45

50 Back leadoff split
McCue, Marika W - Female - Age: 40
Women 40-44 50 Back 27.89

Mark Gill is a coach for Sun Devil Masters and is Meet Director for this year's USMS Short Course National Championships.

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I would like to acknowledge the incredible job Sun Devil Masters did in hosting the USMS Nationals in May. Mark Gill, Simon Percy and all of the people associated with running the meet deserve to be commended for a job well done. We all can agree that the planning done ahead of the actual event is what really made this the best USMS National Championship yet and raised the bar to a whole new level.

In my years of going to swim meets I know when nothing is noticed, that means the meet is running flawlessly. If there is one statement to make from the meet I think we can all agree that all of the volunteers made it a point to not let the participants notice what was going on. From the timers, deck seeding system, hospitality, to the running of the meet so closely to the time schedule you all did an excellent job!

I also want to thank Jim Stites for putting the Arizona Masters relays together and organizing the entire team in over 150 relays for nationals. We set a few national records and Jim's organization skills helped to establish those records. I don't think many of us would volunteer for that job. Jim not only volunteered for the job, he has taken all of our times and started a virtual relay database for future years as we go to different meets to make the organization of relays a much easier task.

Arizona Masters has much to be proud of after putting on one of the fastest and well-organized masters meets in the history of United States Masters. I want to congratulate all who were involved on behalf Arizona Masters LMSC.

Sam Perry
Chairman, Arizona LMSC

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Send written submissions to Doug Adamavich, dpa_az@cox.net. Please submit your article in one of the following electronic formats: Text (*.txt), Microsoft Word™ (*.doc), or Microsoft Excel™ (*.xls). Articles are due on the 15th of the month before the publication date. **Swim Arizona** reserves the right to edit or not publish submissions 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

Going the Distance

Arizona Masters is looking for somebody special to lead the Open Water/Distance committee. The purpose of this position is to share information about open water and distance swimming. In addition, this person would also assist in maintaining a calendar of events for these types of events. For more information about this opening, please contact any one of the Executive Officers of the LMSC.

Stay Hydrated

Now that summer has arrived, it is important to drink lots of water during workouts. The combination of an intense summer sun along with strenuous physical activity (like swimming) causes your body to lose more water than normal. So make sure you have a water bottle handy at workout and drink from it throughout workout. It will make training during the next few months more tolerable.

Calendar Insert

Over the last two issues, we have incorporated a new feature in *Swim Arizona*. It is an insert that contains upcoming meet information and other important items. If you receive the newsletter via email, you will notice that there is a separate file. If you get the newsletter in the mail, the insert will be a colored sheet of paper in the middle. This is designed so you can take it out and post it somewhere handy. Hope you enjoy this new aspect of the newsletter.

Corrections

Gordon Gillin should have been listed as an At Large member of the LMSC. We regret the omission.

Nationals Results

Arizona Masters won the 2003 USMS Short Course Nationals. Here is a breakdown by team size of the final scores.

Combined - Large Teams

- 1 Arizona Masters 3297
- 2 Rocky Mountain Masters 2358

Combined - Medium Teams

- 1 Walnut Creek Masters 1744
- 2 San Diego Swim Masters 1624
- 3 The Olympic Club 1192
- 4 Pacific Northwest Aquatics 1168
- 5 YMCA Indy Swim Fit 1059
- 6 Illinois Masters 1033
- 7 New England Masters 743
- 8 Oregon Masters 613
- 9 Las Vegas Masters 504
- 10 Rio Grande Swim Club 218

Combined - Small Teams

- 1 Virginia Masters Swim Team 493
- 2 Gold Coast Masters 484
- 3 Ucsb Masters Swimming 357
- 4 North Carolina Masters 354
- 5 Multnomah Athletic Club 311
- 6 DC Masters 287
- 7 Utah Masters Swimming 278
- 8 Tamalpais Aquatic Masters 277
- 9 Rinconada Masters 270
- 10 Dallas Aquatic Masters 256

National Champions

Here are all the National Champions from Arizona Masters:

| | |
|---------------------|----|
| Milak, Kevin M | 23 |
| Mants, Riley | 24 |
| Moore, Nathan C | 25 |
| Plank, Greg J | 25 |
| Johansson, Camilla | 29 |
| Von Gluck, Laura | 33 |
| Gross, Peggy K | 34 |
| Martin, Louise M | 34 |
| Clark, Henry L | 37 |
| McCue, Marika W | 40 |
| Rhodenbaugh, Greg | 40 |
| Dozer, Gregory J | 45 |
| Shake, Scott D | 45 |
| Swagerty-Hill, Jane | 51 |
| Bolar, Sally A | 63 |
| Johnson, Ron L | 71 |
| Copeland, Parkie J | 73 |
| Roper, Gail | 73 |
| Kinney, Nancy K | 74 |
| Miller, Robert K | 74 |
| Taylor, Carol P | 74 |
| Considine, Frances | 75 |
| Kelley, Art | 77 |
| Webster, Dale A | 77 |
| Von Isser, Max | 83 |
| Anderson, Henning | 90 |

Long Course Training Short Course Pool

By Dick Bower

You train for months in a 25 yard pool and then enter the summer long course championships. Upon arriving at the meet, you take a glance at the pool. It looks sooooo loooooong! You stand at the end of the pool ready to warmup and it looks even longer. Swimming your first length, you reach about halfway and you're ready to flip. No wall! You keep swimming. Still no wall! You keep looking, you keep stroking. Eventually, the wall comes into sight. A few more strokes and you've finally completed your first long course length of the season.

Is there hope for the long course competitor who trains in a short course pool? Yes! I would like to emphasize that the lack of a 50 meter pool does not preclude the possibility of top performances in long course competition. Having coached 36 of my 42 years with no access to a 50 meter pool, my swimmers have done equally well in long and short course competitions. Two of my swimmers have won Senior National championships training only in a 25 yard pool. Some of my swimmers have achieved their best long course times in the Olympic Trials, a long course meet held in the spring, after having trained exclusively in a short course pool for seven months! Often, their times did not improve the following summer after long course training.

I think that most national and international level coaches would prefer to do at least half of their training in 50 meter pools. However, some coaches have been very successful in preparing swimmers for long course competition while training in shorter pools. George Campbell, who coached in Jacksonville, Florida in the late 1960s, had three world-ranked swimmers on a small team training in a 20 yard pool. One of these swimmers was Katie Ball, national champion breaststroker.

Personally, I would like my swimmers to do half of their year-round training in a 50 meter pool. I feel that only a couple of months of long course training is not effective and sometimes counterproductive, especially for sprinters. For effective training in a 50 meter pool, swimmers need to start long course training no later than May 1 to provide enough time for the build-up and taper. But don't forget that some short, very fast sprints are needed for anaerobic conditioning. Sprinters need this type of conditioning the most, and these sprints are best done in 12 to 25 yard distances. In a long course pool, I would suggest eight-second sprints, returning to

the same wall.

There is a difference in the training and in the skills which are required for the long course events. Studies show that long course events are more taxing on the body than their corresponding short course events. It is easy to see that most long course events are ten percent longer than their short course counterparts, but there is more to it than the extra ten percent. Although the 400 and 800 meter freestyle events are comparable to the 500 yard and 1000 yard events, many distance swimmers, whose strength lies in the turns, have less success in 50 meter pools.

There are a number of training considerations that can be made to better prepare you for long course competition while training in a short course pool:

1. Charge the walls. By far the most important single factor is the manner in which the turns are executed. Turns can (and usually do) afford an opportunity to loaf or at least get a little rest. If turns are done with full effort, short course training will be equally or more taxing than long course training.

I tell my swimmers to "charge the walls." This means to pick up speed going into each turn, flip as hard and as fast as possible, and kick hard off the walls. Streamline well on the push-off, but don't overextend the glide. This is good advice for swimmers who train in pools of any length for any type of competition.

Masters swimmers who do not do flip turns must still swim faster in and out of the turns and make the turning action as forceful as possible.

2. Extend repeat distance. Since most long course events are ten percent longer, repeats can be adjusted to 125 yards in place of 100's and 225 yards in place of 200's. This is not one of the techniques that I have used extensively because all of our workout pace charts are based on 100 yard increments. However, it is used by many coaches.

3. Adjust backstroke flags. Placement of backstroke flags is very important to backstroke and individual medley swimmers. If possible, the coach should move the flags to 5 meters (instead of 5 yards) from the wall during the long course season. When participating in away meets, it is the responsibility of the coach to measure the flag distance prior to warmups and to tell the swimmers where the flags are actually set.

4. Increase kicking. Many top short course swimmers who don't do well in long course often complain that their legs give out. Therefore, plan on doing more and harder kicking. Vertical kicking sets are beneficial and

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Open Water Worst Case Scenario

By Alex Kostich

Every athlete ever to skid, stumble, or crawl across a finish line has a race-day horror story to share. Triathletes and cyclists recall getting a flat or going down on the road. Runners compare notes on excruciating cramps, blisters, and shin splints.

But perhaps the most anxiety-inducing tales come from swimmers, who live in constant fear of experiencing their worst open-water moments again and again.

Lots can go wrong in the water; after all, we evolved to live comfortably on land. From losing a pair of goggles at the start of a race to experiencing a debilitating cramp in deep water, swimmers have it rough.

Below is a list of the most common open water “Worst Case Scenarios,” and how you can prevent them from occurring — or at least cope with them should they come up in competition.

Ways to avoid having a “worst case” scenario become your “worst race” scenario

1. Losing your goggles. Nothing is more dispiriting than rushing into the water at the sound of a starting gun to have your goggles snap off. It's happened to the best of us, and although it's rare, it can be the death-knell for one's racing goals (not to mention one's contact lenses if you wear them).

Always make sure to inspect your goggles the night before your race. Pull the straps gently and look for small tears and ripples that indicate wear and tear, especially at the clips where the straps are secured.

Often, you will find that straps can look shiny and new while showing signs of deterioration at the seams and buckles near the eyepiece. If so, get another pair of goggles and adjust them before you go to sleep; the following race-day morning will be hectic and nerve-racking, so you won't want to think about preparing a new pair of goggles to fit just right.

Remember that sun, chlorine, and moisture all add to the elements that can cause a strap to break, so take care to keep your goggles dry and wrapped in a towel when not in use.

It is not uncommon to see extra-paranoid swimmers bringing a spare pair of goggles with them during a race

(around their neck, wedged into their swimsuits, or even tied around their ankles!). While this is a surefire way to add insurance to your race experience, it is highly unnecessary and cumbersome. Goggles around your neck are dangerous (choking hazard), and all other options are nothing more than dead weight.

One is much better off anticipating a “Worst Case Scenario” and being prepared for it: Try swimming without your goggles, and accustom yourself to opening your eyes under water. Such drills are invaluable to your confidence should the unexpected occur, and you will be able to cope with such an unforeseen circumstance without sacrificing your entire event.

2. Getting a cramp. Leg cramps while swimming are very common among triathletes, most often striking the calves. This is because triathletes are predominantly lower-body athletes whose legs — by virtue of their defined musculature and overall training fatigue — are more prone to muscle spasms in the water as their less-flexible legs flay stiffly back and forth.

One obvious preventative measure is to practice lots of stretching, not just before your race but throughout the season. Leg flexibility is relative, and triathletes are habitually less flexible than swimmers. Concentrate on ankle flexibility so that you are able to point your toes on the down-kick of your kick cycle; often, triathletes kick incorrectly with their feet at a 90 degree angle to their shins, contributing to the likelihood of a calf cramp while adding extra drag.

Potassium is known to prevent cramps. If you don't take supplements or eat bananas regularly, that could be your answer if you're known to suffer from exercise-induced cramps.

Should a cramp occur during a race, do not panic. Be aware that you are experiencing one and stop swimming. Tread water and slowly try rotating your foot at the ankle to work out the cramp (if it occurs in your calf). Oftentimes you can stop a cramp with this approach. The severe cases occur when an athlete panics and tenses up all muscles in the body, resulting in further muscle contractions and convulsions.

3. Your swim cap tears/falls off. It may not seem like the end of the world, but to a swimmer with long hair, losing her cap is a miserable experience. In addition, a swimmer whose cap falls off usually loses her goggles too, since goggles traditionally go over the cap.

Obviously, an easy solution to this potential problem is to wear your hair short if you compete in open water. You can (and should) still wear a cap, for warmth and easy identification by race officials. But the longer your

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hair, the more likely it is to get in your eyes (or worse, your mouth) should your cap rip or slip back on your head. A tight ponytail tied with elastic will at least keep the hair from spreading across your face if you insist on keeping it long

You might consider putting your goggles on under your cap, a unique technique favored by open-water champ Dawn Heckman. This prevents you from losing your goggles should your cap unexpectedly fall off.

Conversely, it is important not to wear a cap you have been wearing for a few weeks, as it could be stretched out to the point of being loose enough to fall off. If the race rules don't require mandatory color-coded and pre-supplied caps, choose one you have worn a few times that fits snugly but not too tight. Make sure to inspect it along the seam for tiny cracks that could turn into tears.

4. Brand-new blisters. As devoted cross-trainers, we sometimes end up with cross-training injuries. Most common (and annoying) among these is the fresh running blister that pops open in the water, resulting in that loose bit of skin that burns and flaps every time it gets wet.

Band-Aids are seldom effective, as they slip off within moments of entering the water (especially if you are kicking aggressively). However, a Band Aid wrapped with water-proof tape has worked for me in the past (I've wrapped the tape around my entire foot bridge, or toe, depending on the location of the blister).

Second Skin is a great solution if your blister is a few days old. This product, which you apply to the blister with a small brush, dries over the wound creating a "second skin," allowing you the freedom of a painless foray into the water. This product should only be used if the blister is a few days old, as the label suggests.

Remember to monitor your blister in the days before a race and snip off the dead skin surrounding it prior to competition. Although it is never recommended to cut away the skin soon after the blister pops (that may result in infection), after a few days it is safe.

While it still may sting underneath, the removal of the loose skin will eliminate the distracting "flapping" you might feel under water.

5. Chafing. Chafing is the most easily overlooked "Worst Case Scenario" that undoubtedly can cause the most grief. Chafing occurs in salt water, where areas of your body rub together and create "sports hickey" that can last for days (and sting throughout the rest of your event).

Common chafing areas are the underarms, neck, and around swimsuit straps and openings. Chafing also occurs if you wear a wetsuit, mostly around the neck or armpits.

Vaseline is an easy solution to chafing, and any serious open-water swimmer never packs a swim bag without it. A small amount rubbed around the susceptible areas is all you need to avoid chafing, though Vaseline is not recommended if you use a wetsuit (the petroleum jelly can damage the rubber and cause it to deteriorate over time).

There is a great wetsuit-friendly lubricant on the market that triathletes and surfers swear by, called BodyGlide. Found in most sporting goods stores and surf shops, BodyGlide works as well as Vaseline, without the greasy residue. It also comes in a convenient roll-on stick (like anti-perspirant), with none of the mess that results from the manual application that Vaseline requires.

6. Waves. Open-water swims in the ocean can be a lot more frightening should you face a set of 10-foot shorebreak when the gun goes off (and any sensible race director will consider postponing the race should that occur).

In the event that you find yourself facing down a Perfect Storm-sized behemoth of salt-water force, your first instinct may be to swim over it.

NO!

The smartest way to avoid a breaking wave is to dive directly under it. If possible, dive to the bottom and pull yourself forward by grabbing the sand. This serves two purposes: one, it lets the wave pass overhead and safely keeps you out of range of its pull; and two, it allows you to use the ocean floor as leverage to pull yourself forward while less-seasoned competitors get whitewashed and thrown back.

As frightening as waves look, their bark is always bigger than their bite from the oncoming swimmer's point of view. Underneath, however, the water is quiet and still, and ideal for bypassing the rush above.

Of course, the above "Worst Case Scenarios" seem rather quaint for those swimmers who may have encountered a shark or Portuguese Man-Of-War. However, they are common horror stories that require very little of you should you wish to avoid them in the future. Pre-awareness is the most important step in avoiding these pratfalls and having a great race.

Alex Kostich was an All-American swimmer at Stanford and is an open-water masters swimming champion. This article originally appeared on the Active.com website.

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can be done in a minimum of space. Workout time can be extended by crowding everyone into one lane or into the diving pool when the next training group takes over the pool. Vertical kicking can also be done individually during crowded recreational periods.

5. Train harder. Recognize that long course competition can be more taxing and commit yourself to a more strenuous all-around program. Add some time and yardage to your workout sessions. On occasion, decrease your amount of rest between repeats. Do extra kicking and more eight-second sprints.

Triathletes and other open water swimmers should also consider that they will be competing in a course without turns. Many of the above considerations will apply as well to the swimmer who is training for open water events.

If you are still daunted by the thought of that loooooong pool, there is one more bit of advice you might follow: SNEAK INTO A 50 METER POOL WHENEVER YOU CAN!

Dick Bower has coached USS, collegiate, high school, and Masters swimming for 42 years and has compiled a record of over 100 state and conference wins. He has won many "Coach of the Year" awards, including the 1982 National High School honors, and has conducted hundreds of swimming clinics in seven countries. He has won two individual events as a swimmer at the YMCA Masters national championships and has been ranked number one in the world in SCM 50 freestyle.

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.

Five Common Swimming Myths

By Eric Hansen

Any group of swimmers at any level is an interesting case study of their preconceptions about the do's and don'ts of swimming fast.

Denial and justification of specific training methodologies are the most fun to observe and debate. Having swum competitively for twenty-some-odd years and coached now for over ten, I have witnessed some interesting concepts.

It was my interest in these debates that led me to get my MS in exercise physiology and apply it to my sport of choice, swimming. It is from my education and my experimentation as a National Team athlete and coach that I share with you a few of my favorite ongoing misconceptions:

1. *Don't eat within two hours of swimming. You will certainly cramp!*

Whoever coined this phrase or gave birth to this concept certainly didn't have my body. There is a significant percentage of swimmers whom I have trained with and have coached that need to eat right up to training time.

Have you ever tried to train on an empty stomach for three hours when you're only carrying four percent body fat? It doesn't work well. I'm not a huge advocate of jalapeno poppers or nuclear chicken wings prior to training, but I've found peanut butter and jelly or energy bars work great.

The sacrifice of tasting anything during warm-up, due to reflux, is counterbalanced with a solid block of energy to help you with prolonged duration at high intensity.

2. *I'm not a great swimmer, nor will I ever be. I am a sinker, not a floater.*

I love this one! This bit of philosophy tends to be used more as an excuse to not put in the time to adapt to an aquatic environment and learn to work with water, as opposed to punishing it.

Having worked with numerous masters swimmers and multisport athletes who struggle with this concept, one thought always enters my mind: RELAX!

Having swum or coached internationally for fifteen years, I can honestly say that the majority of world class

swimmers could be classified as "sinkers" due to their low body fat percentage. When trying to move through water at high speeds, body fat rarely can be regarded as an asset. Marathon open-water swimmers may have an argument, but the rest of us need to accept the fact that adding an extra layer of insulation won't assist us in achieving world-class status.

I realize that elephant seals and a few other aquatic mammals seem to excel with their elevated adipose tissue. What mother nature gave them in the form of high fat content was counterbalanced with incomparable hydrodynamics and skin composition. We're not so lucky.

Sorry about the lack of justification for holiday and weekend feeding frenzies. Let me reassure you that swimming has evolved to the point where the added buoyancy achieved through an increase in body fat is outdone by the unfavorable decrease in a strength-to-weight ratio.

3. *Pulling with paddles is the quickest way to become a better puller, thus a better swimmer.*

Paddles can be a dangerous tool to the inexperienced or technically challenged swimmer. The increased surface area that they provide has the potential to put undue pressure on parts of the shoulder that are sure to produce overuse injuries.

Proper pulling (with or without paddles) should be initiated with a preload on the latissimus muscles. Swimmers who tend to press straight down — as opposed to getting the pulling surface of the paddle to point to the rear — will inevitably put additional stress on the rotator cuff and triceps.

For those athletes who are strong and can muscle the additional surface area, speed can be achieved without the optimal muscles or pulling pattern. When the paddles are removed, people without the proper pulling mechanics most likely will swing off the back of the set.

With that in mind, try eliminating the paddles and incorporating a full pulling surface. By that I mean utilizing the surface area from the fingertip to the elbow. The quicker you can use the forearm along with the hand, the sooner you can pull and eventually swim correctly.

Not only do you utilize the appropriate muscles, but your shoulders and triceps will thank you!

4. *Lifting weights for distance swimmers will affect their stroke and build too much muscle mass.*

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The first thing that comes to my mind whenever I hear this argument is the progress of weight programs in basketball and golf. These are two sports where a soft touch and flexibility are at a premium.

Although neither sport is distance-oriented, it is proof that strength training can be specific enough to produce the desired effect, while maintaining the important elements in each motor skill.

Strength-to-weight ratio is a critical concept for swimmers. The ability to maximize strength, while finding the right balance in muscle mass and flexibility, is the battle.

Periodization of strength training within a distance swimming program is the key. The majority of the strength training models that I consider successful use strength training in addition to the normal water workouts.

The early acquisition of additional strength and power can be successfully channeled into a season with proper planning. Early season high-repetition lifting sessions can be tailored to enhance strength and minimize the addition of any substantial gain in unnecessary muscle mass.

5. *Kicking is primarily used to facilitate body rotation in swimming and doesn't really add much to forward propulsion.*

I am guessing this philosophy grew in popularity throughout the stone-age. Although many open-water swimmers and multisport athletes choose to limit the use of legs, it's about energy conservation, not ability for the legs to help propel.

In my 10 years of coaching, I can honestly say that my fastest kickers were my fastest swimmers. Although there may be exceptions to this rule throughout the swimming world, it is obvious that leg power correlates to swimming speed.

The common thread among the previously mentioned misconceptions is education. Trial and error is probably the single greatest teacher.

With the multitude of variables our sport has to offer, a whole lot can be learned by sharing experiences. Sometimes, trial and error is what teaches you what works. There are a host of swimming theorists who don't really experiment in our medium. In the water is where theory becomes fact. Your body will dictate which theories are applicable to your peak performance.

Eric Hansen is the head men's and women's swimming coach for the University of Wisconsin. He is the head swimming coach for the USA Men's Swimming Team for the 2003 Pan Am Games. He is a former USA National Champion and USA National Team member. He can be reached EJH@athletics.wisc.edu.

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Relay National Champions

Women 25+ 200 Yard Free Relay

| | |
|-----------------------|----|
| Pimentel, Liesl K | 26 |
| Motherway, Michelle B | 27 |
| Johansson, Camilla M | 29 |
| Gross, Peggy K | 34 |

Women 25+ 200 Yard Medley Relay

| | |
|-------------------|----|
| Duke, Celestena K | 25 |
| Martin, Louise M | 34 |
| Pimentel, Liesl K | 26 |
| Gross, Peggy K | 34 |

Men 75+ 200 Yard Medley Relay

| | |
|-----------------|----|
| Webster, Dale A | 77 |
| Von Isser, Max | 83 |
| Kelley, Art | 77 |
| Terp, Earl T | 75 |

Mixed 35+ 200 Yard Medley Relay

| | |
|---------------------|----|
| McCue, Marika W | 40 |
| Rhodenbaugh, Greg S | 43 |
| Clark, Henry L | 37 |
| Heuer, Brigitte C. | 42 |

Mixed 45+ 200 Yard Free Relay

| | |
|---------------------|----|
| Roth, Barry | 48 |
| Swagerty-Hill, Jane | 51 |
| Keever, Maryanne G. | 47 |
| Patching, Glenn S | 45 |

Mixed 45+ 200 Yard Medley Relay

| | |
|---------------------|----|
| Swagerty-Hill, Jane | 51 |
| Dozer, Gregory J | 45 |
| Smith, Casey | 45 |
| Keever, Maryanne G. | 47 |

Mixed 55+ 200 Yard Free Relay

| | |
|--------------------|----|
| Bernard, Kimball V | 58 |
| Bolar, Sally A | 63 |
| Menard, Joanne C | 55 |
| Gush, Gregory S | 55 |



Arizona Masters Long Course State Champs Saturday and Sunday, August 9 - 10, 2003 warmup: 7:00 AM, start: 8:00 AM

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

Sanctions: Held under the sanction of US Masters Swimming and the Masters Swim Committee of Arizona, Sam Perry, Chairperson, (480) 941-0232, email: azperrys@hotmail.com

Sanction number: 483-0007

Eligibility: Open to all registered Masters swimmers holding a valid 2003 USMS card. For further information on registration contact Marilyn Fogelsong, mfogelsong@aol.com or 991 E. Calle Mariposa, Tucson, AZ 85718.. A \$5.00 late fee will be assessed for deck USMS registrations.

Rules: 2003 USMS rules apply. Limit of ten (10) individual events, five individual events per day. Breaks as requested.

Entries and fees: Entries must be received by August 1, 2003. Flat rate fee of \$25 for a maximum of 10 events. Only enter events you plan to swim. Please use an Arizona LMSC consolidated entry card; fill it out completely front and back and be sure and enter seed times for all events you wish to swim. Consolidated entry cards are available online at www.ArizonaMasters.org.

Mail check made out to Ford Aquatics, consolidated entry form, photocopy of 2003 USMS card to Rane Stites, PO Box 44233, Tucson, AZ 85733; questions, call Rane at (520) 621-4203.

Deck entries: \$5.00 surcharge plus \$5.00 for each event. Meet will be pre-seeded. Deck entries will be seeded into outside lanes on an as available basis. Deck entries will close at 7:30 AM sharp!

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

Location: University of Arizona Hillenbrand Aquatic Center located on Campbell Avenue between 6th Street and Speedway. Outdoor, 8 lane, 50 meter pool operated at 80° F with non-turbulent lane lines and electronic timing. We will run 8 lanes for competition. The diving well will be available for warmup during the meet.

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

The 1500 and the 800 freestyle events are positive check-in events. All swimmers entered in these events MUST check-in by 7:30am each day. If you fail to check-in you will not be seeded and will not swim.

| Saturday, August 9th warmup 7:00 AM, 8:00 AM start | |
|---|---------------|
| Order | Event |
| 1 | 1500 Free |
| 2 | 200 Free |
| 3 | 50 Fly |
| 4 | 200 Back |
| 5 | 100 Breast |
| 6 | 400 Free |
| 7 | 200 IM |
| 8 | 50 Back |
| 9 | 200 Fly |
| 10 - 12 | Medley Relays |

| Sunday, August 10th warmup 7:00 AM, 8:00 AM start | |
|--|-------------|
| Order | Event |
| 13 | 800 Free |
| 14 | 100 Free |
| 15 | 50 Breast |
| 16 | 100 Back |
| 17 | 100 Fly |
| 18 | 200 Breast |
| 19 | 50 Free |
| 20 | 400 IM |
| 21 - 23 | Free Relays |

Arizona LMSC Board

EXECUTIVE OFFICERS

| | | | |
|---------------|-------------------|-----------------------------------|--------------|
| CHAIRMAN | Sam Perry | <i>azperrys@hotmail.com</i> | 480-941-0232 |
| VICE CHAIRMAN | Katy James | <i>katyjamesswims@hotmail.com</i> | 480-897-6411 |
| SECRETARY | Kathi Bullock | <i>kbrnswim@msn.com</i> | 602-923-1312 |
| REGISTRAR | Marilyn Fogelsong | <i>MFogelsong@aol.com</i> | |
| TREASURER | Audra Troccko | <i>atroccko@compucom.com</i> | 480-892-0502 |

BOARD MEMBERS

| | | | |
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| 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>azperrys@hotmail.com</i> | 480-941-0232 |
| SEDONA SWORDFISH | Paul Cate | <i>paulcate@earthlink.net</i> | |
| SUN DEVIL MASTERS | Vern Fuller | <i>v.l.fuller@worldnet.att.net</i> | 480-633-7250 |
| 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 | Gordon Gillin | <i>Swimgordon@aol.com</i> | |

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 |
| 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>dpa_az@cox.net</i> | 480-786-1703 |
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| PARLIAMENTARIAN | Renee Sonne | <i>dsonne@cox.net</i> | 602-953-1211 |
| OFFICIALS REPRESENTATIVE | Judy Gillies | <i>ygillies@mindspring.com</i> | 520-622-4129 |
| 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 |
| 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 |

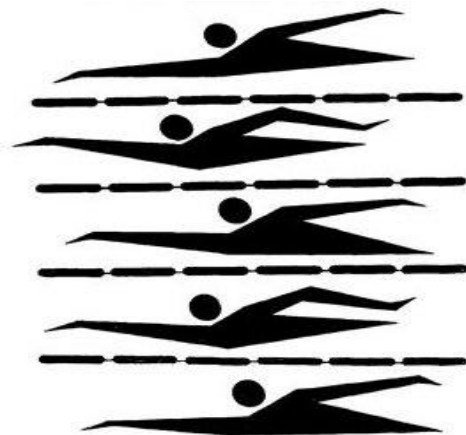
WEB GUIDE

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the world.

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|--------------------------|--|
| FINA | www.fina.org |
| US Masters Swimming | www.usms.org |
| Arizona Masters Swimming | www.arizonamasters.org |
| Southern Pacific Masters | www.spma.net |
| Swim.net | www.swim.net |
| Swim Info | www.swiminfo.com |
| Southwest Zone Masters | www.southwestzone.org |
| Places to Swim Worldwide | www.swimmersguide.com |

Swim Arizona

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



www.arizonamasters.org