

# Swim Arizona

Volume 28 Number 2

May-June 2003

## Deck Seeding at Nationals

By Mark Gill

In 2001, USMS had its first big deck seeded National meet at Santa Clara. The next three Nationals were also deck seeded. Deck seeding means that entered swimmers must check-in for all their events, swimmers who do not check-in are dropped from their events, the events are then seeded, empty lanes are eliminated, and hours are saved.

### Positives of Deck Seeding

- Time is saved. During a typical day, the meet can be reduced by two hours.
- Races are more exciting as the top entrants in any age group who actually show up do swim against each other. Having the middle lane (or several lanes) empty in the "fast heat" is very disheartening.

### Negatives of Deck Seeding

- Swimmers do not get a heat sheet that tells them their heat and lane assignments and against whom they will be competing. Swimmers get a "psych sheet" which lists the swimmers by age group and time. Heat sheets instead are posted around the pool one-half to one hour before each event.
- Spectators do not know in which heat and lane friends and top competitors will swim. A good announcer can help with this problem. This issue is a much bigger problem at short course Nationals where two courses are swum simultaneously.

### Arizona's Solution

We want to address the above negatives by changing the procedures of deck seeding for this meet. The USMS Championship Committee wholeheartedly supports these changes.

- The first day of distance events will continue to be deck seeded after check-in is completed on the

morning of these two events. All competitors will get psych sheets at Registration for these events. Heat sheets will be posted at several sites at the pool after each event is seeded.

- For days all other days, swimmers must check-in between 7am and 6pm the DAY BEFORE the events are swum. Swimmers may have others initial their check-in for them.
- There will be no phone check-in. However, swimmers may choose to check-in over the Internet. Internet check-in may be done for day one, Thursday, May 15 between 12 noon and 6pm PDT on Wednesday May 14 or between 6am PDT Thursday morning and ending at the check-in deadline for each event. These check-in deadlines will be posted at [www.usms.org](http://www.usms.org) approximately two weeks before the meet.
- Internet check-in for days 2, 3, and 4 must be done THE DAY BEFORE events are swum between 7am and 6pm PDT. You may not check-in for these days on the morning of those events. A confirmation number for Internet check-in will be given to each competitor. Each competitor is responsible for bringing his/her confirmation number to the meet, in case there is a question regarding check-in.
- Swimmers will not get a "psych sheet" for days two, three, and four at Registration when they arrive but will get their own heat sheets each morning. Coaches and swimmers can and are urged to print their own psych sheets from the [www.usms.org](http://www.usms.org) website, as this list will be available approximately two weeks before the meet.

Plan how you will check-in! Check-in deadlines will be listed for day 1 at [www.usms.org](http://www.usms.org). Check-in deadlines for days two, three, and four will be listed in red on the actual meet entry form at [www.usms.org](http://www.usms.org).

The Championship Committee continually strives to improve our National Championship meets. We anticipate that this change will make our meets more user friendly and look forward to feedback from you, our members.

*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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There are only a few weeks left before Nationals and the excitement is building. Over two thousand swimmers will be in Arizona participating in the biggest Masters swimming meet of the year. It will be a great opportunity to both swim on "home turf" as well as witness some excellent swimming by top competitors. It should be a great event all the way around.

Besides Nationals, there are other events on the horizon. For you open water swimmers it means the beginning of your season, including a new event in Tempe Town Lake. There is also the Grand Canyon State Games, which is becoming a larger meet every year. There will also be two long course meets in Tucson this summer as well, the Brute Squad Meet and the LCM State Championships. All in all, it will be a busy summer.

After Nationals, there will be a special edition of *Swim Arizona* published to recap the event. That issue will also include information on upcoming open water events and articles related to ocean swimming. In the meantime, good luck to everybody at Nationals!

Doug Adamavich  
Editor  
*Swim Arizona*

**Swim Arizona** is published six times a year (January, March, May, July, September, November) by the Arizona Local Masters Swim Committee (AZ LMSC). If you are not a member of AZ LMSC and wish to receive a printed copy of *Swim Arizona*, please send a check for \$8.00 to Treasurer, AZ LMSC. **Swim Arizona** is also available as an Adobe Acrobat™ document.

Send written submissions to Doug Adamavich, [dpa\\_az@cox.net](mailto: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.

Printed in the United States of America.

# Around the Deck

## Nationals Party

This year there will be a party for Arizona swimmers at Nationals. The event will be put on by the LMSC so all you will have to do is show up and have a good time. The party will be on May 16 at Daley Park in Tempe after the relays. Check out the insert on the party for more information.

## Town Lake Swim

If you enjoy open water swimming but don't want to travel far, look no further than Tempe Town Lake. The City of Tempe plans on having two open water swims this summer, which should be a lot of fun. Each event offers two race distances of 800 and 1600m. The dates are listed on the calendar and the meet entry forms are included in the newsletter.

## The Edge

There is a new source for swimming gear in Arizona. Swimmers Edge sells swimming and triathlon apparel along with other associated equipment. In addition, the store is run by a Masters swimmer! The store is in the same location Splashworks used to be in Tempe. So when you need a suit, goggles, or any other swimming gear, check out Swimmers Edge.

## Nationals Team Gear

When you are at Nationals, be sure to show your team colors! Order your team shirts, hats, and caps and wear them at Nationals. The order form is on page 10 so be sure you fill it out and get your gear.

## SCM Mythicals

Arizona Masters scored third place in the 2002 SCM Mythicals. Since there is no actual SCM National meet, the top-10 times for SCM are tabulated for each age group. All this serves as a hypothetical (or Mythical) championship for this course. In fact, Arizona was only twenty points short of second place! That will give us something to aim for during the SCM meet in October. Complete results are available on the *SwimInfo* web site.

## Special Edition

After nationals, *Swim Arizona* will publish a Special Edition which will cover the event. It will also contain information on the upcoming Open Water events in California.

## 2001-2002 Relay All Americans

The following Arizona swimmers qualified as Relay All-Americans. Each of these swimmers were members of a relay team that posted the fastest time in a relay in at least one official course as listed in the USMS Top-Ten Tabulation.

Helen Bayly	65
Patrick Brundage	35
Henry Clark	36
Parkie Copeland	72
Ronald Karnaugh	35
Kathleen Keller	65
Louise Martin	33
Marika McCue	39
Paula Pollard	39
Jim Stites	44
Carol Taylor	72
Laura Winslow	42

Congratulations to all of the All-Americans from Arizona!

## Swift Swims in Sweden

Sun Devil Masters swimmer Camilla Johansson, who is home in Sweden, won a decisive victory in the women's 100m backstroke at the Swedish Short Course Meters Nationals with a time of 1:01.50, exactly one second ahead of the next closest swimmer. This is not a masters meet. She beat the best that Sweden has to offer, including Olympic medalist Therese Alshammar. In the 200 back, she struck gold again as she beat everybody with a time of 2:11.95. Way to go Camilla!

## Call for Volunteers

For those who are not swimming at Nationals, we need your help. We need volunteers at Nationals to assist with many of the tasks associated with running a large meet. Thankfully, there is no need for timers, however other slots need to be filled. Having a well-run meet will make the experience more pleasurable for all participants, swimming and non-swimming. So if you are available and are interested, please contact Simon Percy at (602) 224-4845 or [sundevilmasters@cox.net](mailto:sundevilmasters@cox.net) for more information.

# From the Officials Point of View

by Judy Gillies

Are you swimming at Nationals this May? Do you compete in any meets during the year? If so, then there are some very important things you need to keep in mind while you are at a meet.

Do's and don'ts for competition:

- Don't ever dive into any warm-up pool, unless it is a designated dive start lane. (You could be disqualified from your last event.)
- Don't enter the water during competition unless invited by the referee.
- Don't use any equipment in a warm-up. (No paddles, kickboards, pull-buoys, fins)
- Don't ever swim across another lane to get out of the water unless every swimmer has finished. (You could be disqualified for interfering with another swimmer.)
- Don't take more than one freestyle stroke once you turn over in backstroke when making a turn.
  
- Do know the stroke and turn rules for your stroke.
- Do stand behind the timers chairs if your heat is up next.
- Do stand behind your block when you hear a series of whistles.
- Do step up onto the block or into the water on one long whistle.
- Do place your feet on the wall (but under the water) on the second long whistle, if you are doing backstroke.
- Do touch with both hands when turning or finishing a butterfly or breaststroke event.
- Do hit the touch pad at the finish as directly as possible.

Lately there has been some confusion regarding the whistle start system. It is very important that you remember how this works so you will not be caught unaware.

The whistle start system:

- A series of many whistles means disrobe down to swimming clothes and stand behind your block.
- One long whistle means step up onto the block or into the water.
- If doing backstroke: the second long whistle is to place your feet.

- The starter will now say "Take your Mark" at this, all must come down and hold.
- Then you will hear the electronic start "beep".

If you have a false start, you will not be called back, but will be DQ'd after you swim your event.

Be aware of these rules and procedures at any meet you participate in. Doing so will ensure that you remain safe and that the meet will run smoothly. If you have any questions about these rules, please ask an official at any USMS sanctioned meet and they would be glad to answer you questions.

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

## ATTENTION ARIZONA MASTERS TEAM

THE AZ LMSC IS SPONSORING

## A PICNIC AT DALEY PARK

MAY 16, 5:00-9:00 PM  
AFTER THE RELAYS

FOOD AND DRINK PROVIDED

DALEY PARK IS LOCATED ON  
COLLEGE AVENUE BETWEEN  
APACHE AND BROADWAY  
JUST SOUTH OF ASU CAMPUS

PLEASE RSVP # OF ATTENDEES TO  
480-897-6411 OR EMAIL  
KATYJAMESSWIMS@HOTMAIL.COM  
BY MAY 9, 2003

# Why am I so Tired?

by Jody Welborn, MD

Fatigue is a very common complaint and affects athletes of all ages, sizes and abilities. It is one of the most common complaints in the physician's office, with one in every four patients stating that fatigue is disrupting his or her life.

### What is Fatigue?

Fatigue is a subjective condition in which a person feels tired before beginning an activity, lacks the energy to accomplish tasks requiring sustained effort and attention, and becomes unduly exhausted after normal activities. It can range from pervasive and overwhelming to subtle, felt only during all-out competition. Fatigue, as a symptom, is vague and can be wide-ranging in its implications.

What are the most common causes of fatigue? For the friends and family in our lives, it is obvious that the reason we are tired is the fact that we get up at 4:30 in the morning to exercise strenuously prior to starting the work day. How would that have an impact? It is important to remember that the human body requires 7-10 hours of sleep in a 24 hour period. When there is not enough time, the first place typically cut back is sleep time. If you are getting up early to exercise, or staying up late, it is important to adjust your sleep time accordingly. If continuous sleep is not possible, a 20-40 minute nap during the day may help.

### Insomnia

Sometimes the problem isn't lack of sleep, but the inability to fall asleep. Everyone has problems with insomnia at some time, typically associated with a change in the daily routine such as travel or a new job. Others have more persistent trouble sleeping.

There are a variety of causes for insomnia. These include illness, medications, or depression and should be discussed with a physician. Many times the exact cause of the insomnia cannot be identified. However, there are a variety of things to try in order to improve sleep.

It is important to go to bed at the same time each night and to get up at the same time each morning. Napping in the middle of the day should be avoided. A regular exercise routine should be followed and it may be of benefit to exercise in the late afternoon or early evening. At bedtime, the room should be dark and quiet and extremes of temperature should be avoided.

If you find yourself unable to fall asleep, after 30 minutes get up, do some quiet activity and return to bed when you are sleepy. Avoid caffeinated foods or beverages after 4 p.m. and remember that although alcohol is a sedative, it also prevents deep, restful sleep and should be avoided if sleeping is a problem.

### Overtraining

An overlooked cause of fatigue in the athletic adult is overtraining. One of the hardest things for an athlete to do is rest. The mind set is to push harder to get stronger and faster. We forget that it is possible to get too much of a good thing, even exercise, and that rest is an important part of training.

### Rest and Recovery

What is rest? Rest can be the time when no strenuous activity is performed such as in sleep time or days off. It can also be more active and involve low intensity exercise, allowing a small amount of increased blood flow to reach the muscles. Both types of rest allow recovery to occur.

Recovery is what the body does during rest periods to repair the damage to muscle cells after strenuous activity. If the body is given enough rest to allow adequate recovery, the body will completely repair the broken-down muscle cells and even build them up a little stronger, resulting in a stronger and faster athlete.

### Balancing act

Exercise needs to have a balance between training and recovery. If an imbalance occurs and is allowed to persist, overtraining results. The athlete, and those around them, will notice lingering fatigue, mood changes, irritability, altered sleep and persistent soreness. Performance in workouts or competition may deteriorate. Frequent respiratory illnesses or even an overuse injury may occur.

The cure for overtraining is rest. The more severe the problem, the more rest needed to fix it. This can be very difficult to do until illness or injury forces the rest to occur. Prevention can help the adult athlete avoid this problem. Programming rest into the training can help. It is also important to be aware of how the body is responding to training. Some, particularly those who are prone to overdoing it, find it beneficial to keep a fatigue score, ranking the cumulative "feel" during the day from 1-5. If this score goes up over days to weeks, it may be time to decrease the intensity of training. Another way to track overtraining is to measure morning heart rate. If the measured pulse increases progressively, it may be a sign that the body has not had ample time for recovery.

*(Continued on page 7)*

# What is Life Coaching?

By Carlette Patterson

A Life coach is just that, a coach for your life; not a counselor, not a mentor, not a therapist, just a coach. We hire consultants for our businesses, trainers for our bodies, why not a coach for our lives?

What does that mean to have a coach for our lives? For people who are not familiar with swimming, they would probably ask you the same thing about a masters coach. So, let's start with what we know. Your masters coach trains you to get the most out of your workouts and encourages you to meet your personal swimming goals. A life coach trains you to get the most out of your life and encourages you to stay true to your life mission.

Let's compare the two coaches: a masters coach and a life coach. Your masters coach is coaching swimmers who know how to swim, some may have even been coaches themselves. Yet, they know that they get so much more out of their workout, if they are coached. Your life coach is coaching you, about you, and you are absolutely the expert. Yet, we all know the magic of a coach who offers us a new technique or changes our stroke just a bit and all of the sudden it all comes together for us. Just as a masters coach can make that happen for you in the water, a life coach challenges you to streamline your goals so you can swim your best race, your life, and be pleased with your finish.

Your masters coach designs your workouts, times your intervals, offers stroke- improvement tips and challenges you to give every workout your best effort. Your life coach designs your life workouts, holds you accountable to your desires, offers life- improvement tips and challenges you to discover your life purpose.

Personally, I swim for the workout: to keep my body in shape, to strengthen my muscles, to perfect and to "master" a sport that I love. Oh, I have tried working out without a coach, confident that I could do my own workouts. Who needs a coach? After all, I have coached swimming at all levels, I could workout on my own time schedule, do the intervals that I prefer and best of all have the lane to myself!

Who needs a coach? I do! I make the workouts because they are scheduled. I push myself to make the intervals and feel great when I do. I share a lane with people who share my passion, people who have become my friends.

Coaches have so much to offer, after all, this is their

passion and they find great joy in sharing it with others. The great thing about our life is that it is an individual sport, just like swimming, and we can do with it what we choose. We can be sprinters, tri-athletes, IM'ers, we all have unique talents; sometimes it just takes a coach to bring out the best in us!

Life coaching is not about learning to be satisfied with your life. Life coaching is about being passionate about the life you are living. Great swimmers shatter records because they are passionate about their sport. Ordinary people achieve extraordinary achievements, because they are passionate about their life mission. All the great swimmers- all the great everyone's I know- talks about, lives a life all about and exuberates their passion. This is a goal worth aspiring for, this is goal worth getting up at 5 am for! This is your life!

*Carlette Patterson is a Life Coach who has worked for over twenty years with professional, recreational, and youth sports. She is also a successful Masters swimmer and coach. For more information, please go to her web site at [www.carlette.com](http://www.carlette.com).*

(Continued from page 5)

Both the fatigue scale and the morning heart rate can be recorded in a training log.

It is also important for the adult athlete to factor in the outside stresses of real life, job and family. Anticipate times of increased stress and adjust the workout schedule accordingly.

There are many causes of fatigue in the athletic adult. It is important to listen to your body and heed your body's warning signs. It is also important to remember that unrelenting fatigue may be a sign of underlying illness and you should consult with your physician if this occurs.

*Jody Welborn is a cardiologist from Portland, Oregon. Her medical experience includes a B.A. from the University of Oregon, M.D. from Oregon Health Sciences University, internal medicine residency at University of Texas, San Antonio, and Cardiology fellowship at the University of Alabama, Birmingham. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland. This article originally appeared on the USMS web site.*

## Ten Ways to Get More out of Workouts

1. Always get a thorough warm-up.
2. Add drills to your warm-up and warm-down.
3. Pick one set in each workout to really work on your turns - that includes a powerful push off and tight streamline.
4. Reduce the number of strokes you take per lap by stretching out each stroke.
5. "Descend" - increase your speed - on each swim of a set so that the last one is the fastest.
6. Don't just go through the motions. Pay attention to your technique, body position, breathing pattern, etc.
7. Add variety to your workouts by incorporating other strokes, training equipment, sprinting, and mixed distances.
8. Streamline off every wall. You'll maintain the power of your push off the wall and start each lap that much faster.
9. Bring a water bottle to the pool. Swimmers sweat during a workout; prevent dehydration by drinking water between sets.
10. Learn the names of the other swimmers in your lane. You'll have more fun and so will they.

## 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.

# **Tempe Town Lake Swim**

**June 14, 2003**

**6:45 a.m. race start**

**9:00 a.m. awards**

- Location:* Tempe Town Lake is where the course is located. The swim will take place along the north shore. We will start at the boat ramp just east of the Rural Road Bridge and swim west along the north head wall. Spectators will be able to cheer on the athletes from just yards away.
- Events:* There are two races distances being offered. The Citizens Swim Race is 825 meters and there is also the 1600 meter Swim Race. The swim races are in conjunction with the Papago Park Extreme Fat Tire Triathlon.
- Yes, the water is clean! Each participant will be provided with a water quality report in their goodie bag.
- Event Directors:* David Benjes - admin@dcbadventures.com or (480) 460-5052  
Mark Gill - mark.gill@asu.edu or (480) 775-1485
- Sanction:* Held under the sanction of United States Masters Swimming and the Masters Swim Committee of Arizona.
- Eligibility:* Open to all adults over the age of 19 holding a valid 2003 USMS Card. One-event USMS registrations will be available for \$8. For further information on USMS registration contact Marilyn Fogelsong at mfogelsong@aol.com.
- Rules:* 2003 USMS rules apply. Your age as of June 14, 2003 determines the your age group for the race. Age groups are broken into 5 year divisions.
- Entries & Fees:* Entries received by May 16, 2003 cost \$25. After the 16<sup>th</sup> but before May 19, 2003 cost \$30. Register online at [www.active.com](http://www.active.com). It is quick and easy to do. To find out more information about the race, go to [www.dcbadventures.com](http://www.dcbadventures.com) and look in the calendar section. Entry fees include cap, t-shirt and goodie bag.
- Parking:* Club Rio Parking lot off Rural Road between the Town Lake and the Loop 202.
- Schedule:*
- |      |                                       |
|------|---------------------------------------|
| 5:30 | Transition area open (triathletes)    |
| 6:30 | Fat Tire Triathlon Start              |
| 6:45 | Start of 825 meter Citizens Swim Race |
| 7:00 | Start of 1600 meter Swim Race         |
| 9:00 | Awards Ceremony – Club Rio Lawn Area  |



# Upcoming Events

05/15-05/18	USMS Short Course Nationals Mona Plummer Aquatics Complex	SCY Arizona State University	Tempe, AZ
05/27-06/09	2003 National Senior Games MCC Pool	SCY Midtown Community Center	Hampton Roads, VA
06/14	Tempe 800/1600M Lake Swim Tempe Town Lake	Open Water Town Lake Park	Tempe, AZ
06/22	Grand Canyon State Games Student Recreational Center	SCY Arizona State University	Tempe, AZ
06/22	Pasadena Senior Olympics UCI Crawford Hall	LCM UC-Irvine	Irvine, CA
06/29	Brute Squad Meet Amphitheater High School Pool	LCM Amphitheater High School	Tucson, AZ
08/09-08/10	Arizona State Championships Hillenbrand Aquatics Center	LCM University of Arizona	Tucson, AZ
08/07-08/10	2003 State Games of America Suydam Natatorium	SCY Central Connecticut State	New Britain, CT
08/13-08/17	USMS Long Course Nationals Sonny Werblin Recreation Center	LCM Rutgers University	Piscataway, NJ
08/29	Tempe 800/1600M Lake Swim Tempe Town Lake	Open Water Town Lake Park	Tempe, AZ

## Swim Arizona Subscription and Change of Address Form

**Important**—Swim Arizona is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

### Old Address:

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ USMS # \_\_\_\_\_

### New Address:

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ USMS # \_\_\_\_\_

### MAIL TO:

Marilyn Fogelsong  
 AZ LMSC Registrar  
 Street 9999  
 Tucson, AZ 89999

- Change of Address  
 New Subscription  
 Subscription Renewal

Include your email address if you wish to receive *Swim Arizona* electronically.

EMAIL \_\_\_\_\_



# Arizona Masters Team Gear

			Size
front of shirt			
Team T-shirt	Short Sleeve - white	\$15	_____
	Long Sleeve - white	\$20	_____
Polo Shirt	Short Sleeve – white	\$35	_____
	Short Sleeve – black	\$35	_____
	Sleeveless Short Sleeve – W	\$35	_____
	Sleeveless Short Sleeve - B	\$35	_____
Swim Cap	AZ Flag Logo	\$5	_____
TOTAL			_____

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



back of shirt

All merchandise ordered will be ready for pickup starting on check-in day at Nationals (May 14<sup>th</sup>). Send form and check payable to AZ LMSC to Mark Gill, 202 East Baseline Road # 146, Tempe, AZ 85283. Orders must be received by May 3<sup>rd</sup> for delivery at Nationals.

# Grand Canyon State Games

**June 22, 2003**

**7:00 am warm-up**

**8:30 am meet start**

- Facility:* Arizona State University's Student Recreation Complex – College and Apache. The facility is an outdoor 25-yard, 8 lane pool operated at 80 F with non-turbulent lane lines and semi-automatic electronic timing. Water depth is 9 feet. There will be separate lanes available for warm-up and loosen-down during the actual meet.
- Meet Directors:* Mark Gill [mark.gill@asu.edu](mailto:mark.gill@asu.edu) or (480) 775-1485  
Mike Troy (480) 227-1247 or the GCSG Office (480) 517 9700
- Sanction:* Held under the recognition of United States Masters Swimming and the Masters Swim Committee of Arizona.
- 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 2003 USMS Card. For further information on USMS registration contact Marilyn Fogelsong at [mfogelsong@aol.com](mailto:mfogelsong@aol.com).
- Rules:* 2003 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events. Your age as of June 22, 2003 determines the your age group for the meet.
- Entries & Fees:* Swimmers are limited to four (4) events. The cost is \$10 for the first event, \$15 for two events and \$17 for more than two events. Entries are due by **June 8th** and must be filled out on the official Grand Canyon State Games entry form available at all Circle K/76 Stores, 24 Hour Fitness or at [www.sundevilmasters.org](http://www.sundevilmasters.org) . Entries received after **June 7th**, but before **June 14th** pay an extra \$5 late fee. Be sure to enclose a copy of your 2003 USMS card. There are no deck entries. Mail to:
- Grand Canyon State Games – Phoenix  
2120 East 6<sup>th</sup> 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.

## GRAND CANYON STATE Phoenix GAMES Registration and Waiver Form

Use entry booklet to complete this form. Form may be duplicated. The Grand Canyon State Games is offering two separate competitions in 2003. The Tucson competition on May 30-June 1, 2003 will offer fifteen sports. The State Games on June 19-22, 2003 will offer competition in 36 sports. Athletes have the opportunity to participate in one or both of these competitions. This entry form is for the Phoenix competition only.

### Individual Sport INFORMATION – Use Plain Block Letters

Last Name \_\_\_\_\_  
 First Name \_\_\_\_\_  
 Team Name \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Work Phone (\_\_\_\_) \_\_\_\_\_  
 Fax (\_\_\_\_) \_\_\_\_\_  
 Home Phone (\_\_\_\_) \_\_\_\_\_ Age \_\_\_\_\_  
 Birthdate \_\_\_\_\_ Gender  M  F  
 E-mail: \_\_\_\_\_  
 Emergency Contact: Name \_\_\_\_\_  
 Phone Number (\_\_\_\_) \_\_\_\_\_

### Individual SPORTS – Swimming Only

Age Group	Gender	Event	Entry Time

For Further Information, please call the Grand Canyon State Games Office at (480) 517-9700.

### Payment Info

Make Check or Money Order payable to: Grand Canyon State Games and mail to: 2120 E. 6th St., #4 , Tempe, AZ 85281

Phone: (480) 517-9700 Fax: (480) 517-9739 Web Site: [www.gcsq.org](http://www.gcsq.org)

Payment Type:  Check # \_\_\_\_\_  Money Order  M/C or Visa only Entry Fees: \$ \_\_\_\_\_  
 Late Fees: \$5/ individual \$ \_\_\_\_\_

Credit Card # \_\_\_\_\_

Please consider a tax deductible donation when you register. Your support is greatly appreciated \$ \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ If paying by credit card, fax to (480) 517-9739

Month Year \_\_\_\_/\_\_\_\_/\_\_\_\_ Total Enclosed \$ \_\_\_\_\_

Name as it Appears on Card

\_\_\_\_\_

Cardholder Signature X \_\_\_\_\_

For hotel accommodations, please contact the official Phoenix hotel of the GCSG – The DoubleTree Guest Suites, 320 N 44th St. Phoenix, AZ (480)-225-0500

2120 E. 6th St., #4 - Tempe, Arizona 85281 480-517-9700 - Fax 480-517-9739 - [www.gcsq.org](http://www.gcsq.org)  
 E-mail to [GCSG@phnx.uswest.net](mailto:GCSG@phnx.uswest.net)

In order to participate applicants age 18 and over, complete waiver and release from liability.

**WAIVER & RELEASE FROM LIABILITY**

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

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Grand Canyon State Games, the promoters, other participants, operators, officials, any persons in a restricted area, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releasees," from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, or for any purpose participating in the event;

2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.

4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

5. HEREBY RELEASES THE RIGHTS TO ALL PHOTOS TAKEN for use, re-use, publishing, re-publishing the same in whole or in part, individually or in conjunction with other photographs, in any medium and for any purpose whatsoever, including, but not limited to, illustration, promotion, advertising and trade, and to use my name in conjunction therewith if he/she choose.

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

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

Signed \_\_\_\_\_

**Form will not be processed until waiver is filled out completely and signed.**

# **23<sup>rd</sup> ANNUAL BRUTE SQUAD MEET**

## **June 29th, 2003**

- MEET DATE:** Sunday, June 29th, 2003. Warm-up 7:00am, meet 8:00am.
- MEET DIRECTOR:** Judy Gillies, (520) 622-4129 email [jgillies@mindspring.com](mailto:jgillies@mindspring.com)
- SANCTION:** Held under the sanction of US Masters Swimming and the Masters Swim Committee of Arizona. Sam Perry Chairman; 480-941-0232, email: [azperrys@hotmail.com](mailto:azperrys@hotmail.com)
- SANCTION #:** 483-00006
- ELIGIBILITY:** Open to all registered Masters holding a valid 2003 USMS card. For registration information, call Marilyn Fogelsong at (520) 299-8997 or email at [mfogelsong@aol.com](mailto:mfogelsong@aol.com)
- LOCATION:** Amphitheater High School Pool, 125 W. Yavapi Rd, Tucson, AZ. One block south of Prince Rd, off Stone. Pool phone: (520) 791-4359. Outdoor, nine-lane, 50 meter pool with non-turbulent lane lines. There are NO starting blocks.
- RULES:** USMS rules apply. Limit of five (5) individual events.
- AWARDS:** Special awards for the BRUTES who complete the 200m fly, 400m I.M. and the 1500m free. Awards to pre-registered Brutes only. Entries need to be received by June 25<sup>th</sup>, 2003. Entry fee is \$5.00 surcharge and \$2.50 per event. Entries should be submitted on the Arizona Consolidated Entry Card. Be sure to fill out both sides of the card. Make checks payable to JUDY GILLIES.
- Mail check, entry card, and photocopy of USMS card to:  
Judy Gillies  
2596 N. Ironwood Ridge Dr.  
Tucson, AZ 85745-1077
- DECK ENTRIES:** \$5.00 surcharge and \$3.00 per event. Deck entries will close at 7:30am. Deck entries will be seeded into outside lanes on an as available basis.

# **23rd ANNUAL BRUTE SQUAD MEET**

## **ORDER OF EVENTS**

**SUNDAY, JUNE 29<sup>TH</sup> 2003**

**WARM-UP 7:00AM**

**MEET START 8:00AM**

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

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

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



# 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:** xxx-xxxx

**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](http://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>kjames@todassoc.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

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

## 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
WEBMASTER	Stacy Izard	<i>sizard@chickenpickle.com</i>	602-751-1103
LONG DISTANCE/OPEN WATER	Kristi Wagner	<i>kwagner@bpa.arizona.edu</i>	520-795-1370
PARLIAMENTARIAN	Renee Sonne	<i>dsonne@cox.net</i>	602-953-1211
OFFICIALS REPRESENTATIVE	Judy Gillies	<i>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

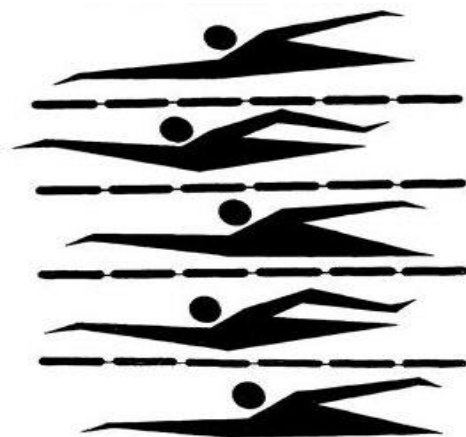
## WEB GUIDE

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

FINA	<a href="http://www.fina.org">www.fina.org</a>
US Masters Swimming	<a href="http://www.usms.org">www.usms.org</a>
Arizona Masters Swimming	<a href="http://www.arizonamasters.org">www.arizonamasters.org</a>
Southern Pacific Masters	<a href="http://www.spma.net">www.spma.net</a>
Swim.net	<a href="http://www.swim.net">www.swim.net</a>
Swim Info	<a href="http://www.swiminfo.com">www.swiminfo.com</a>
Southwest Zone Masters	<a href="http://www.southwestzone.org">www.southwestzone.org</a>
Places to Swim Worldwide	<a href="http://www.swimmersguide.com">www.swimmersguide.com</a>

# *Swim Arizona*

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



[www.arizonamasters.org](http://www.arizonamasters.org)