

# Swim Arizona

Volume 28 Number 5

November-December 2003

## How to Stop Cramps

Dr. Jessica Seaton

It's a balmy evening, you're in the pool, it's your first really good work-out in a while. The coach gives you a kicking set and you take off. Suddenly, in the middle of the pool, your foot cramps! You are forced to stop and deal with your cramping foot....and your work-out been going so well!

Many swimmers are plagued with cramping problems. Most commonly the feet or calves cramp, although the quadriceps or hamstrings may occasionally also be involved. The problem can occur whether or not one is in shape, but more commonly occur when people are getting back into shape. That is why we tend to see more people standing on the side of the lane, in agony, grabbing their feet or calves, during the early season in winter or in spring. The most common causes for swimming-related cramps are the following:

### DEHYDRATION:

Living in a warm, dry climate we more conscientious about keeping our bodies adequately hydrated. This means drinking fluids before, during, and after our work-outs. Our bodies continue to perspire while in the water. Some people lose more fluids than others, and therefore also require more water. The treatment for dehydration is water. You should be sure to have replacement fluids by the side of the pool even during a one hour work-out. If you drink enough before you swim, and not much during practice, and won't have a "water belly."

### FATIGUE:

As the muscles fatigue, there is an increased tendency for the exact mechanism of why this is so is still being debated in the scientific literature. Suffice it to say that anecdotally swimmers have reported fewer cramps as they get in better shape and when they incorporate a good stretching routine. The treatment for fatigue is consistent training: for most Masters swimmers that is about 3-5 times per week. Stretching exercises for the lower extremities (quadricep muscles, hamstrings, calves, feet). These should be performed daily, and

especially before swimming.

### ELECTROLYTE DEFICIENCIES:

While most of us who eat properly are meeting the daily requirements for nutrients, including electrolytes, it is possible that our intake is not sufficient for the amount and type of exercise we perform. The most commonly implicated electrolytes are potassium, calcium, and magnesium. The treatment for this is simple, eat one banana per day. Bananas are high in potassium and easy to eat on the run. Eat foods rich in calcium and magnesium, such as dairy products and green leafy vegetables. You may also consider a calcium/magnesium supplement. You may be helped by an electrolyte replacement drink during practice.

Those are the most common reasons most swimmers experience muscle cramps. Some people are more sensitive to cold water and find that it causes them to cramp. Aside from swimming in warmer water, it may help to do a more vigorous dry land warm up, including stretching, prior to swimming. Also, allow yourself time to acclimatize to the cold water by swimming at a moderate, consistent pace and not sprinting until your body has adapted to the cold.

Once the muscle is cramping, about the only things you can do is to stretch it and massage it until it relaxes and lets go. Some people find that icing the muscle helps as well.

It is important to remember that if leg cramps persist, one should definitely see a medical doctor. There may be some serious underlying disorder, such as vascular disorders, and others, that may be causing the cramps. Those conditions can only be diagnosed with a serious work-up.

*Jessica Seaton, D.C. is a chiropractic orthopedist who has been in private practice in West Los Angeles for the past ten years. She now swims with West Hollywood Aquatics. Feel free to email here at [jseaton@aol.com](mailto:jseaton@aol.com) or to call her with any questions at (310) 470-0282. This article originally appeared on the SPMA web site.*

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### Insert:

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Registration Renewal

Arizona Masters is looking for someone to become the new Sanctions Chairman. What are the responsibilities for this position? The Sanctions Chairman is responsible for obtaining the meet flyer/entry from the host meet director. Then he/she must look it over to make sure that everything is accurate and follows the rules of United States Masters Swimming. Then the flyer/entry is sent to our newsletter editor to be included in the next issue.

Usually the meet director will ask the Sanctions Chair for a Sanctions Application. When the Sanctions chair sends the Sanctions application they will include an entire packet to the meet director containing all the pertinent information concerning officials, warm-up procedures, pool measurements, meet records set, and financial report. The Sanctions Chair issues the Sanctions Number on the entry. After the meet the Sanctions chair will follow up with the meet director to make sure that everything was turned in and finished up within a timely manner. The Sanctions Chair would also attend the LMSC meetings as a voting member of the board.

This may be a good position for someone who has been or is a competitive swimmer who understands what meet competitions are all about. It could also be a good position for someone who is NOT a competitive swimmer but really has good secretarial or business skills and really wants to do something to contribute to our Local Masters Swim Committee here in Arizona.

If you are interested you can contact me at [jgillies@mindspring.com](mailto:jgillies@mindspring.com), or 520-622-4129.

Judy Gillies  
USMS Coaches Representative

**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

## SCM Results

Sun Devil Masters recently held the annual Short Course Meters State Championship at the Mona Plummer Aquatics Center. Here are the team results from that event.

Sun Devil Masters	1650
Brophy East Swim Club	970
Ford Aquatics	619
San Diego Swim Masters	430
Scottsdale Aquatic Club	156
Douglas Masters	127
Sun City Grand Masters	114
Irvine Novaquatics	85
Hawaii Masters	72
Northern Arizona Masters	70
Rio Rande Swim Club	70

## Tempe Town Lake Swim, The Return...

The official results from the Tempe Town Lake Swim are now in. We had a record turnout of ninety-one swimmers. Congratulations to Nathan Moore who was the overall winner of the 1600 m and Michael Johnson who won the 825 m swim. Stay tuned for next season when we expand the race to a three event series.

## 2004 Championships

As 2003 comes to a close, it is time to start thinking ahead for next year. In 2004 Short Course Nationals will be in Indianapolis, IN while Long Course Nationals will be in Savannah, GA. The FINA World Masters Championships will be held in Riccione, Italy.

## Time to Register

Yes, time to renew your registration for Arizona Masters. The form will be in this newsletter so you can fill it out early and be registered before the new year. It will also be posted on the web site shortly. Remember, in order to train and compete with a Masters team, you must be registered. Do it today.

## SPMA SCM Championship

The Southern Pacific Masters will host the 11th Annual Holiday Invitational at Belmont Pool in Long Beach again this year. The meet will run from December 12-14 and should be a great event. Entry information is available on the SPMA web site ([www.spma.net](http://www.spma.net)).

## Coaches Clinic

Last year Phoenix Swim Club (now Brophy East Swim Club) hosted the first Arizona Coaches Clinic. The event was so successful that another will be scheduled on January 17-18. This clinic gives a select number of swimmers and coaches a chance to work with some of the top Masters coaches in the country. It is a great opportunity to improve in multiple areas of swimming. The forms are not ready yet but check the web site in the next few weeks for all the details. If you need further information, please contact Mark Gill at [mark.gill@asu.edu](mailto:mark.gill@asu.edu).

## Postal Swims

There are three postal meets taking place between now and the end of the year. There is the USMS 30-Minute Fitness Challenge (06/01-12/31), the USMS 3000/6000 Yard Postal Championship (09/01-10/31), and the Minnesota Masters Postal Pentathlon (09/01-12/15). If any of these events piques your interest, you can download the forms off of the web site.

## Openings

As you can see, Arizona Masters is looking for someone to become the Sanctions Chair. We are also looking for a capable person to become the new Hospitality Chair. In addition, Arizona Masters is always looking for capable people with skills to help be a part of the continuing success of our sport. Let your team representative or a Board Member know if you are interested.

## 987

No, it is not another new area code for Arizona. That is the number of registered Masters swimmers in Arizona. We may break the 1000 mark soon. Thanks to all of our members for making Arizona Masters successful and fun!

# Go the Distance

June Hussey

The Second Annual American Mile was held Sunday, September 14, 2003 at Salt Creek Beach in beautiful Dana Point, California. Proceeds from the entry fee benefit the Twin Towers Orphan Fund. I learned of this race from a flyer stuffed into the registration bag at Short Course Nationals in Tempe.

In spite of the national advertising, I was the only non-Californian out of sixty-two to enter this year's event, according to race director Bert Bergen. Low surf, sparse kelp and balmy ocean temp of 70 degrees Fahrenheit made it well worth the trip from Arizona.

Salt Creek Beach sits at the foot of a large sea cliff just north of Dana Point on the way to Laguna Niguel. Swanky travelers may know of it from the Ritz Carlton, which stands sentry high above the public beach. The beach start and finish are set just south of Lifeguard Tower 3, which divides two crescent bays, each about 8/10 mile wide. The northern bay is popular with local surfers; the race takes place in the southern bay.

While the swells at 10 am may have been a Sunday morning surf worshipper's dream, they were hardly contentious from a swimmer's perspective. And with no current to speak of, the mile felt like an easy sprint compared to some other ocean swims. The small field made for not only a virtually thrash-less start, but also great pickin's on prizes (totes, towels, gift certificates) that were donated by area restaurants and retailers.

Not exactly a snorkeling beach this. The ocean was a murky, greenish-brown color, with visibility about as far as your arm could reach. The triangular course offered occasional close encounters with kelp, always a pleasure--not that I'm complaining. Last year, swimmers spent a good deal of the race climbing over kelp beds, hence the race's nickname, "Kelp Klassic."

The winner this year was Diane Graner-Gallas of SLUG who clocked a 19:40, nudging out John Becker from ROSE (19:41) and Eric Erenstoff of SCAQ (19:44.) The final finisher, and youngest at 19, crossed the line in 50:25. The oldest competitor at 76 was legendary local coach Ernie Polte, who finished 46th with a 29:33. My own time of 23:54 placed me the seventh woman to finish (out of 27), 27th overall and second in my age group (40-44).

Arizona Masters who are looking for a nice, low-key event relatively close to home should seriously consider adding this one to their open water agenda next year. You can drive or fly directly into the San Diego Airport or

John Wayne (Orange County) and choose from a wide range of accommodations, including camping at nearby Doheny State Beach. For more information, email [bergenluau@cox.net](mailto:bergenluau@cox.net).

Look for more 2003-season open water race reviews in upcoming columns. If you have one to share, email me and I will take a look at it. Until next month.

*June Hussey swims for the TJCC Stingrays and is the newly appointed Long Distance Chairwoman for Arizona LMSC.*

## Last Month's Trivia Answers

- 1-B The US Navy uses the General Electric LM2500 Gas Turbine to power its cruisers, destroyers, and frigates. This engine is the marine version of the CF6 Turbofan used on DC-10, MD-11, B747, B767, A300, A310, and A330 commercial aircraft.
- 2-D Walter Chrysler ran General Motors from 1916 until 1920. He later went on to found his own car company.
- 3-True Gerald Ford assumed office after Richard Nixon resigned in 1974. In 1976, President Ford lost the election to Jimmy Carter.
- 4-A There are 640 acres in a square mile.
- 5-D ES is the ISO 3166-1 2-letter abbreviation for Spain.
- 6-True On August 16, 1960 Captain Joseph Kittinger (USAF) jumped from a helium balloon 102,800 feet over White Sands Missile Range in New Mexico. He attained a speed of over 700 mph while doing so, breaking the sound barrier at that altitude.
- 7-C Ottawa is the capital of Canada.
- 8-D Oxygen is the most common element (nearly 50%) in the ground.
- 9-C Including the end zones, an American Football field is 120 yards in length.
- 10-D Hamlet was set in Denmark.

# I Only Have One Speed

## Melon Dash

Have you heard yourself say, "I only have one speed?" That statement is usually heard when people are asked to sprint. Is your one speed your average speed? If you are a competitive swimmer, you are probably not someone who made this statement. It is usually the swimmers who began lap swimming in college or later who feel they "only have one speed."

However, you actually have more than one speed, it's a matter of whether or not you wish to use it! So when we reach the time in the workout for sprints, go ahead, tell us how you really feel: "I only WANT to go on one speed!" Fair enough.

Now the question is: Why would someone who has always swum at one speed want to swim faster (sprint)? The answer is: To improve your strength, endurance and stroke technique."

**DO YOU WISH TO IMPROVE YOUR STRENGTH, ENDURANCE AND TECHNIQUE? IF NOT STOP READING.**

Sprinting improves your strength because it requires more strength to go fast. You have to move your limbs faster and your heart must pump faster. This increases the strength of swimming muscles and the grand muscle, your heart.

Obviously, when you sprint you get more tired than if you swim slowly. This increased exercise and the rest that follows produces a training effect called strength conditioning! The more you do it, the stronger you get.

Sprinting increases endurance because getting accustomed to top speed swimming requires increased overall conditioning (strength and endurance). The more sprints you do and the less time you are able to take between them and still get enough rest, the more endurance benefit you achieve.

Finally, sprinting improves your stroke technique because at higher speed you swim higher in the water, creating less resistance. The more often you swim this way, the more habitual it becomes to hold good posture, the posture of fast swimming. If you keep this posture while swimming more slowly, you will also swim faster on your slow swims. Swimming with zoomers is another way to help you to swim higher in the water, setting up your body for good technique.

What is the proper balance of sprinting and slower swimming in a workout? This is an individual matter that depends on whether you are preparing for a race, whether you are a sprinter or a middle or long-distance swimmer, what is fun for you, and how much time you have to swim.

If you are preparing for a meet, you must sprint. If you're a sprinter, you must do a lot of sprinting. If you're not, you still must sprint because it fine-tunes your nervous system to enable you to turn over faster. If you don't sprint and you try to swim fast at a meet, you will:

1. Feel as though out are spinning your wheels.
2. Be very sore the day after the meet.
3. Risk getting injured in your race because you have suddenly put drastically more stress on your muscles and joints.

If you haven't been sprinting and you're convinced that it might be a good idea to start, start gently. Go at 75% effort for a couple of day's worth of sprints. You may need a catnap those first few days. Take it. Then go 90% for 2-3 days. Then go all-out for 1-2 sprints. If you feel good the next day, full-fledged sprinting is safe to do on an increasing basis. If you don't, then rest and start building again, slower. Don't force your body to run on empty. You don't get a sprint-training effect from sprinting unless you get adequate rest in between sprints. Adequate rest means you're ready to sprint again. Inadequate rest produces an endurance-training effect instead of proper conditioning for sprinting.

One more thing about going fast. Going fast works deliciously and it's tremendous fun. You feel like the superstars look: buff, in shape, athletic and powerful. What could be better than that?

*Melon Dash swims for Strawberry Canyon Aquatic Masters Swimmer and was a former Masters and College Swimming Coach. Reprinted from Waterlog Newsletter article, February 1997.*



# 14th Annual Polar Bear Classic

## Sunday, February 1, 2004

**9:00 AM warm-up**  
**10:00 AM meet start**

**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:** 484-0001

**Eligibility:** Open to all registered Masters swimmers holding a valid 2004 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:** 2004 USMS rules apply. Limit of five (5) individual events. Breaks as requested.

**Entries and fees:** Entries must be received by January 24, 2004. Flat rate fee of \$17.50 for a maximum of 5 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 2004 USMS card to Rane Stites, PO Box 44233, Tucson, AZ 85733; questions, call Rane at (520) 621-4203.**

**Long distance events:** The 1000 and the 1650 events will be run slowest to fastest, ages and sexes combined. You may swim either the 1000 or the 1650 but not both. Positive check-in by 9:30AM is required for the 1000 and 1650 events.

**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 9:30 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, 18 lane, 25 yard pool operated at 82° F with non-turbulent lane lines and electronic timing. We will run 8 lanes for competition and set aside the other lanes for warm-up during the meet.

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

For 1650 & 1000:  
 enter the 1650  
 OR the 1000,  
 not both  
 Positive  
 checkin by 9:30  
 AM is required

Order	Event
1	1000 Free
2	1650 Free
3	200 Free
4	50 Fly
5	200 Back
6	100 Breast

Order	Event
7	100 Free
8	200 IM
9	50 Back
10	200 Fly
11	100 IM
12	400 IM

Order	Event
13	50 Breast
14	100 Back
15	500 Free
16	100 Fly
17	200 Breast
18	50 Free
19	200 Relays (Medley and Free)

# Arizona LMSC Board

## EXECUTIVE OFFICERS

CHAIRMAN	Sam Perry	<a href="mailto:azperrys@hotmail.com">azperrys@hotmail.com</a>	480-941-0232
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HOSPITALITY			
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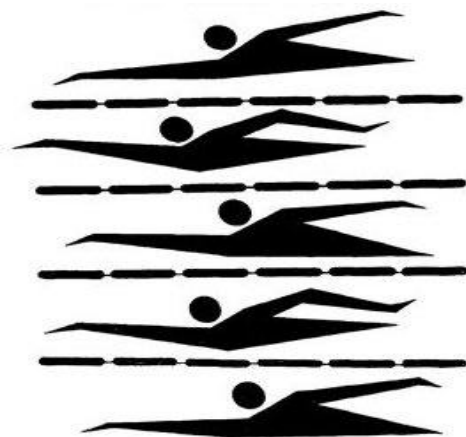
## WEB GUIDE

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)