

# Swim Arizona

Volume 29 Number 4

July-August 2004

## Freestyle Relay Starts

Rowdy Gaines

First of all, let me preface this article with a word of caution. Doing any kind of start requires a certain amount of skill. There are many shallow pools around the world that are used for competition. Do not use any kind of starting technique that requires the swimmer to enter the water at a sharp angle unless the water is sufficiently deep to do so.

### The Proper Start

The freestyle relay start is that start used by the second, third, or fourth swimmers in the relay. In order to generate the most power in a relay start, always use the wind-up start. Never use a grab start on a relay. The wind-up of the arm swing propels the swimmer out and over the water with much more power than the grab start. A wind-up on the grab start is not recommended because it takes too long for the arms to begin rotating, but in a relay we are able to anticipate and time the arm swing with more effectiveness.

The arms should be extended in front of the swimmer on the block. Then, as the incoming swimmer comes to the wall, the arms will swing "up" and "out" in a small circular rotation. Think of it as winding up to do a standing broad jump or throwing two balls underhanded to the other end of the pool. The arms should not swing too far back toward the knees because the motion of going behind the swimmer and then forward with the arms cancels any momentum. The arms should swing in an arc forward and up.

### Timing Is The Key

When it comes to relay starts, the key word is obviously timing, that is, timing the take-off to the finish of the incoming swimmer. Remember the rules for relay starts state that the swimmer can be completely stretched out over the water as long as the toes are still on the block when the incoming swimmer touches the wall. It is important that the outgoing swimmer coordinate the arm swing with the final recovery of the incoming swimmer. The arm swing or wind-up should begin as the outgoing

swimmer dives into the water - not when he is standing still. The forward motion of the body will give added momentum if the swimmer is leaning into the start.

To time a good take-off, I like to stand straight with arms in front following the incoming swimmer as he comes toward me. As the swimmer gets closer, I begin to "bounce" slightly up and down and bend into a semi-squat position. When the incoming swimmer begins his last arm stroke to touch the wall, I leave the block.

### Using Your Head

I like to coach swimmers to "throw" their head to the other end of the pool as they leave the block. The head is the heaviest part of the body. Throwing the head up and out over the water gives the swimmer more explosiveness. After this sequence, the head should tuck back down between the arms for a better entry in the water.

In a freestyle relay start, it is vital to use your momentum from the wind-up to streamline effectively. If you dive too deep, your first stroke will be inhibited. For this reason, it's better to be a little shallow than too deep on the freestyle relay start. Use an explosive first stroke so you can set the tone for that particular length.

### An Alternative Approach

There are really two different types of relay starts. One is the conventional relay start that I have described above. The alternate start is the "step-through" start. With this method, the swimmer starts at the back of the block. When the incoming swimmer's hand passes the "T" (a marking that is usually at the bottom of the pool), the outgoing swimmer steps forward with one foot and takes off in the same way as a track start, pushing off with the back foot immediately followed by pushing off with the front foot.

Many people think that there is an advantage to the step-through start because of the additional momentum of the body weight moving forward. Personally, I do not like the step-through start for one simple reason -- the possibility of false starting is increased with a step-through because it is harder to time the incoming

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I need to apologize to all those wonderful swimmers over the years that have fought it out to complete the brute events and all those other swimmers who came to support the Brute Meet, even though they did not swim the brute events. There was no Brute Meet offered this summer, and it is my entire fault!!

I was trying to get a better facility for the meet, and fooled around too long, and missed the April 15th deadline for our newsletter. Then, Billy Sassi, the Aquatic Director for the Tucson Pools offered to let me use the Amphi pool on Sunday June 27. I had planned to somehow, email/snail mail, the meet entry to every registered swimmer in our LMSC. Then my computer crashed, and my printer wouldn't work, so I had to give up on my plans to host a Brute Meet this summer.

I will start working on finding a facility for this meet in early March next year, and definitely plan on hosting the 24th Annual, Rose Steward Memorial, Brute Meet summer of 2005! So mark your calendar and make plans to attend this meet next summer in Tucson!

Judy Gillies

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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.

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# Around the Deck

## ASCA World Clinic

USMS is providing 15 registration grants for USMS coaches for the 2004 ASCA World Clinic in October in Indianapolis. The clinic will be held in conjunction with the World Short Course Championships, which will feature many Olympic medallists. The registration grant will include the cost of the tickets for the weekend package. If you are a coach who is interested in this event, please contact either the Chairman or Vice-Chairman for the forms.

## La Jolla Ocean Swim

Need an excuse to get out of Arizona and spend a weekend in San Diego? The 74th Annual La Jolla Rough Water Swim will be held on Sunday September 12 this year. There are both one and three-mile ocean swims offered at this event. If you are so inclined, you can even swim both events. The meet entry form is included in this issue of the newsletter so if you are interested feel free to enter and experience this event.

## Oktoberfest!

In Germany, Oktoberfest is a time to enjoy beer and bratwurst. In Tempe, Oktoberfest is a time to swim in Town Lake. DCB Extreme Adventures will be hosting another open water race on Tempe Town Lake on October 2nd as part of the city's Oktoberfest celebration. If you are interested in this event, visit [www.dcbadventures.com](http://www.dcbadventures.com) for more details.

## Dam to Dam

On June 12th, Tempe Town Lake hosted the first race of its annual an open water swim series. Two races were offered, the two mile Dam to Dam Swim and the one mile Tempe Town Lake Swim.

The overall winner of the Dam to Dam swim with a time of 39:34 was Chris Zeches from Ford Aquatics. He was closely followed by David Pursley and Chris Voight, both from the Brophy East Swim Team. Nathan Moore was 4th overall and was the first masters swimmer to cross the finish line in 40:43. Moore was the overall winner of the one mile swim on the lake last October. Second for the masters was Mike Melley.

For the women, Tabina Chuk from Tucson was first in a time of 44:22. Kimber Morelli and Marcie Herzog were a close second and third with only 26 seconds separating the top 3 women. Herzog was also the top masters finisher. Runner up for the masters was Kathi Lindstrom (6th overall). Lindstrom was the one mile champion in last October's Tempe Town Lake Swim.

The Tempe Town Lake Swim was won by Ryan Richardson, age 17, in a time of 23:09. He finished 4 seconds ahead of second place Austin Thompson. The top female finisher, Kelsey Roggensack, was third overall in 24:40. Kathi Lindstrom, the female masters runner up in the Dam to Dam Swim, was the top overall masters finisher in this race. She beat out the top male masters finisher, Chris Aikman, who also swam both races.

## Elections

The next edition of the newsletter will focus on the upcoming elections for Arizona LMSC Board Members. There will be a full listing of the candidates along with a ballot to record your vote. Your opinion matters because the people you select will represent you on both a state and national level. So be sure to participate and let your voice be heard.

# The Skinny on Massage

Dr. Jessica Seaton and Jeanne Underwood

Over the past 20 years massage therapy has become increasingly popular with athletes and non-athletes alike. Many of us consider a weekly massage one of the ultimate pleasures in life, allowing our slowly aging and tired bodies to completely let go and relax.

## Aside from feeling good and being relaxing, what else does massage do for the body?

Massage stimulates both the skin and the underlying muscles, tendons, and in some cases, ligaments. It can also either stimulate or soothe the nervous system. The act of rubbing, kneading, and pushing helps the body to eliminate metabolic waste products in general and especially locally. It has also been postulated that massage may increase the bodies secretions and excretions, as well as the blood's oxygen carrying capacity.

## I am just getting back into shape. Will massage help me?

Most people just beginning or resuming an exercise program experience some degree of delayed onset muscle soreness (DOMS). This usually peaks at about 48 hours post-exercise. Studies have shown that sports massage will reduce DOMS, especially when administered two hours post-exercise.

## What kinds of massage are there?

There are many different types of massage. Some types or techniques are named after the therapist who developed them (i.e., rolfing developed by Ida Rolf), others describe the tissues they're affecting (i.e., myofascial release). Some massage therapists use only one technique (i.e., Shiatsu), others have a grab bag of techniques, depending upon the client and their needs. Some examples of the different types of massage available include:

- Circulatory massage: a more superficial, stimulating massage. This includes the Esalen type (slower pace) and Swedish (fast paced).
- Deep tissue: deep work into the muscles, slower pace (includes Heller technique, rolfing).
- Specific work: triggerpoint work (very specific points).
- Shiatsu: rhythmic compression along the body's meridians. Includes stretching.

- Sports massage: light, pumping type of work. The emphasis is on stretching and flexibility.

## What kind of a massage should I get the day before a meet?

If you are feeling sluggish, a light circulatory massage, such as an Esalen type massage would be helpful. If you are feeling fine, and are used to deeper work, a deep tissue massage would be fine.

## How about the day of the meet?

If you have not yet swum or are between events, a light circulatory massage would be best. If you get deep work before you swim, you may end up feeling sluggish while you swim. After the meet, a circulatory or deep (again, if that's what you're used to) massage will help you to recover faster. While studies have refuted claims that post-exercise massage will make you stronger, they have affirmed that it will speed up your recovery. Generally it is wise to stay away from deep massage right before and during your event.

## I injured my thigh muscles during the meet. Should I get massage?

Generally it is better to wait 24 to 48 hours after an injury before you get massage therapy. However, you should have your sacroiliac joints and low back evaluated by a chiropractor to make sure that the reason for your muscle injury was not due to a biomechanical problem in those areas (that, and not warming up properly are the most common reasons for groin pulls, adductor, quad, and hamstring strains during swimming). After an injury, your massage therapist should start with lighter, more superficial techniques. As you heal, then deeper work may be warranted.

## What should I do after I get a massage?

This depends on where you are, and what you have scheduled for the day. Under ideal circumstances (such as in a spa setting) you would take a warm bath, drink plenty of water, and do a really good stretch. Even if you can't find the time for a warm bath, it is important to drink a lot of water and to stretch at least before you go to bed at night.

## Are there times when a massage is not a good idea?

There are definitely times when a massage would be bad for you. If you think you are getting a cold or getting sick or you actually are sick, a massage will only make you worse. It is too much for the body to handle. Also if you are over-fatigued, a massage may be too much for you. If you have any open sores or skin conditions

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massage may be contra-indicated. If you have any doubt about whether you should get a massage or not, a well-trained massage therapist should be able to tell you if a massage would be a good idea for you or not.

*Dr. Jessica Seaton is a chiropractic orthopedist who has been in private practice in West Los Angeles for over ten years. She swims and competes with West Hollywood Aquatics.*

*Jeanne Underwood is a licensed massage therapist and physical therapy assistant with a background in athletic training. She works both independently and out of the office of Dr. Seaton.*

(Continued from page 1)

swimmer's finish.

### The Relay Finish

For a swimmer coming into a finish, it is vital to remember that 90% of all relay false starts are caused by the swimmer in the water. Three words of advice for the incoming swimmer: Stick the wall! Do not ever let up the last five meters of any race, especially in a relay where timing is so critical. I do not breathe the last four or five strokes so I can keep my rhythm and zero in on the wall like radar. If you have to be one or the other, be long on the wall rather than taking an extra half-stroke. That is where most of the problems exist, especially in a fly-free exchange.

### Other Strokes

The relay start I've been talking about can be applied to any stroke. The breast or fly start should be done with a little more pike than the freestyle relay start. The reason is because in a breaststroke relay start, you have the luxury of a pull-out before you come to the surface. In butterfly, the dolphin kick helps you break out from going too deep on the start.

### Quick Tips

A few more reminders for relay start practice:

- Always practice all starts in a pool with proper depth markings.
- Don't forget that any relay start is perfected with consistent drills.
- It is best to practice the relay start with the same people that you plan to swim the relay with in competition. This will help you conceptualize the timing of the relay exchange with those individuals.

Relay swims are a great opportunity to "team up" for a competitive swim. Don't miss the fun.

*Rowdy Gaines won three gold medals at the 1984 Los Angeles Olympics and was a five-time NCAA Champion at Auburn University. He currently holds Masters long course world records in several freestyle events in the 30-34 age group.*

United States Masters Swimming, Inc. and Arizona Masters are now, as they always have been, concerned for the health and safety of their members. They will continue to disseminate such information concerning swimming safety, training, and health as comes to their attention. However, United States Masters Swimming, Inc. and Arizona Masters cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. or Arizona Masters. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or Arizona Masters.

# Brophy Swim Club Masters

are pleased to host the



## Arizona State 2004 Long Course State Championships

July 17<sup>th</sup> and 18<sup>th</sup>, 2004

Dottie Boreyko/Brophy Sports Campus  
2902 East Campbell Phoenix, Arizona  
[www.brophysportscampus.org](http://www.brophysportscampus.org)  
602.264.5291 ext 6463

<b>Meet Director:</b>	Bob Beardsley <a href="mailto:BobBeardsley@SouthwestCB.com">BobBeardsley@SouthwestCB.com</a> Phone: 602-222-9399
<b>Sanctions:</b>	Held under the sanction of US Masters Swimming and the Local Masters Swim Committee of Arizona. <b>Sanction # 484-0004</b>
<b>Facility:</b>	Eight Lane, 50 meter pool with non-turbulent lane dividers. Colorado start and automatic timing system with touchpads and 8-lane time display board will be used. A separate 25-meter pool will be available for continuous warm-up throughout the meet.
<b>Sanction Number:</b>	Pending
<b>Eligibility:</b>	Open to all registered Masters swimmers holding a valid 2004 USMS registration card. Registration information may be found at <a href="http://www.arizonamasters.org">www.arizonamasters.org</a> or contact Marilyn Fogelsong at <a href="mailto:mfogelsong@aol.com">mfogelsong@aol.com</a> There will be late fee of \$5.00 for on deck registration. A photocopy of your USMS card <b>must</b> be submitted with your entry.
<b>Rules:</b>	2004 USMS rules apply. Age as of December 31, 2004 shall apply.
<b>Entries and Fees:</b>	Entries must be received by <b>Monday July 12th, 2004</b> . There is a flat entry fee of \$25.00 for all swimmers and swimmers may enter a maximum of ten (10) individual events not to exceed five (5) individual events <b>per day</b> . All entries must be on the Arizona LMSC consolidated entry card attached. Additional cards may be found online at <a href="http://www.arizonamasters.org">www.arizonamasters.org</a> . Please fill out the forms completely, legibly, include your times for seeding, and sign your entry cards. Completed cards and the \$25.00 entry fee should be mailed or hand delivered to:  <b>Brophy Sports Campus</b> <b>Attn: Sandy Lee</b> <b>2902 East Campbell</b> <b>Phoenix, Arizona 85016</b> <b>Phone: 602-264-5291</b> <b>E-mail: <a href="mailto:SLee@BrophyPrep.org">SLee@BrophyPrep.org</a></b>  <i>Make Checks Payable to: Brophy College Prep</i>
	Late Entries/Deck Entries may be accepted, subject to the Meet Referee's discretion, for \$35.00.
<b>Scoring and Awards:</b>	Individual events shall be scored 9,7,6,5,4,3,2,1 and relays shall be double. Distinctive awards for the individual high-point in each age group by sex. Distinctive team awards for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place teams.
<b>Positive Check-In Required:</b>	All events require positive check-in prior to the stated time as announced below. <b>Failure to positively check-in</b> for an event will automatically eliminate you from that event.
<b>Seeding:</b>	All events shall combine men and women and will be swum slowest to fastest.
<b>Distance Events:</b>	Swimmers in the 1500 and 800 must provide their own timers and counters

**Session 1**

Saturday July 17<sup>th</sup>, 2004  
**8:00 warm-up / 9:00 competition**

<b>Event #</b>	<b>Description</b>
1	1500 freestyle
2	200 b creaststroke *
3	50 butterfly
4	200 backstroke
5	100 breaststroke
6	200 freestyle
7	400 individual medley
8	50 backstroke
9	200 butterfly
10	mixed 200 medley relay
11	women's 200 medley relay
12	men's 200 medley relay

**Session 2**

Sunday July 18<sup>th</sup>, 2004  
**10:00 warm-up / 11:00 competition**

<b>Event #</b>	<b>Description</b>
13	800 freestyle
14	100 freestyle **
15	50 breaststroke
16	100 backstroke
17	100 butterfly
18	200 individual medley
19	50 freestyle
20	400 freestyle
21	mixed 200 free relay
22	women's 200 free relay
23	men's 200 free relay

(\*) this event will not start before 10:00 am on Saturday

(\*\*) this event will not start before 12 noon on Sunday

**Positive Check-In Times:**

Positive Check-In for event #1 will close at 8:45 Saturday

Positive Check-In for events #2-5 will close at 9:45 Saturday

Positive Check-In for events #6-9 will close at 11:30 Saturday

Positive Check-In for event #13 will close at 10:45 Sunday

Positive Check-In for events #14-17 will close at 11:45 Sunday

Positive Check-In for events #18-20 will close at 1:00 Sunday

-----cut along this line and return with your Consolidated Entry Card-----

**RESERVE YOUR STATE CHAMPIONSHIP COMMEMORATIVE T-SHIRT, DESIGNED BY ARIZONA MASTER SWIMMER Laura Von Gluck, EXCLUSIVELY FOR THIS MEET.**  
**THIS SHIRT IS DESTINED TO BECOME A COLLECTOR ITEM.**

Orders must be received by the entry deadline July 12<sup>th</sup> and payment must be received with your order

Yes, please reserve \_\_\_\_\_ (your name printed here) one of these exclusive, cool, hip, mod, unique 2004 Arizona State Masters Swimming Championship t-shirts

I would like size: small\_\_\_\_ medium\_\_\_\_ large\_\_\_\_ X-large\_\_\_\_ XX-large\_\_\_\_ (\$2.00 extra for xxl)

All Sizes \$12.00 / XXL \$14.00

Please enclose your check payable to **Brophy College Prep.** Entry fees and t-shirt orders may be combined in one check

For more than one t-shirt, please submit additional requests.

**SUNDEVIL MASTERS SWIMMING  
2004 SHORT COURSE METERS MEET  
SEPTEMBER 25 AND 26**

*Meet Director:* Katy James- katyjamesswims@hotmail.com  
(480) 897-6411

*Sanction:* Held under the sanction of U.S. Masters Swimming and the Local Masters Swimming Committee of Arizona.

*Sanction #:* 484-0007

*Facility:* Competition will be held at Mona Plummer Aquatic Center at Arizona State University, located at College and 6<sup>th</sup> Street in Tempe. The facility is an outdoor 50-meter, 8-lane pool operated at 80 F with non-turbulent lane lines and electronic timing. There will be separate lanes available for warm-up and loosen-down during the meet.

*Eligibility:* Open to all registered Masters Swimmers holding a valid 2004 USMS Card. For further information on registration call Marilyn Fogelsong at 520-299-8997 or e-mail her at [mfogelsong@aol.com](mailto:mfogelsong@aol.com). Swimmers that do not include a copy of their USMS card will be required to show proof of registration the day of the meet and may risk forfeiting the entry fee and their swim.

*Rules:* 2004 USMS rules apply. All events are timed finals. There is a limit of four (4) individual events per day plus relays. Age is determined based on the age of the competitor on December 31<sup>st</sup> 2004. Swimmers may enter either but not both the 800 and the 1500.

*Entries & Fees:* Entries must be received by Saturday, September 18th, 2004. Late entries will not be accepted. There is a \$30.00 fee for the meet. This covers all events that a swimmer wishes to enter (no more than 4 per day). Please use the new Arizona Consolidated entry card. Fill it out completely (both front and back) and be sure to enter seed times for all the events that you wish to swim. You must also send a copy of your USMS registration card. There will be **no deck entries**. Make checks out to **Sun Devil Masters Swimming**. Mail your entry card, check and photocopy of your USMS Card to:

Katy James  
723 East Diamond Street  
Tempe, AZ 85283

Questions, email Katy at [katyjamesswims@hotmail.com](mailto:katyjamesswims@hotmail.com) or call at (480) 897-6411. If you need an Arizona Consolidated entry card, go to [www.arizonamasters.org](http://www.arizonamasters.org) and look under forms.

*Seeding:* All events will be pre-seeded (Women & Men together) slowest to fastest. Due to time constraints, the 800 and the 1500 may need to be limited in size. This will be done on a first come first serve basis. If you register after the event is closed, we will attempt to notify you in advance.

*Scoring:* Top eight places within each age group and sex will score points: 9-7-6-5-4-3-2-1.

*Awards:* Individual high point awards will be given for the meet.

*Results:* During the meet, results will be posted. At the conclusion of the meet, results will be posted online at [www.sundevilmasters.com](http://www.sundevilmasters.com)

*Relays:* Relay entries will be due to the meet director at the conclusion of Event 4, the 200 IM.

*Social:* Following the Saturday session, we will meet at Four Peaks Brewery. Directions will be available at the meet.

### Order of Events

**Saturday** – Warm Up starts at 1:00 PM- Meet begins at 2:00 PM.

**Sunday** – Warm-ups at 8:00 am and the meet begins at 9:00.am. There will be a 30 minute warm-up period immediately after the 1500 finishes.

#### Saturday's Events:

Order	Event
1	200 Free
2	50 Breast
3	100 Fly
4	200 IM
5	400 Free
6	50 Back
7	100 Breast
8	200 Fly
9	200 W Free Relay
10	200 M Free Relay
11	200 X Free Relay

#### Sunday's Events:

Order	Event
12	800 Free
13	1500 Free
	30 Minute warm-up
14	100 IM
15	100 Back
16	50 Free
17	200 Breast
18	400 IM
19	50 Fly
20	200 Back
21	100 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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SECRETARY	Kathi Lindstrom	<a href="mailto:kbrnswim@msn.com">kbrnswim@msn.com</a>	602-923-1312
REGISTRAR	Marilyn Fogelsong	<a href="mailto:MFogelsong@aol.com">MFogelsong@aol.com</a>	
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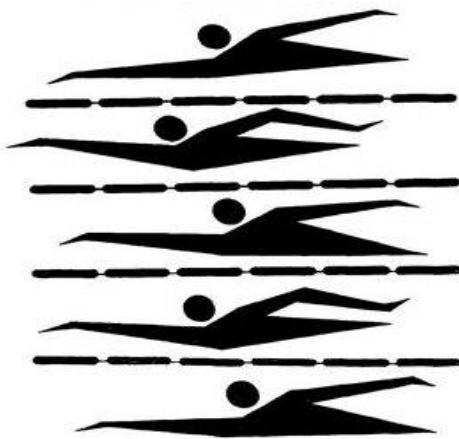
## WEB GUIDE

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

FINA [www.fina.org](http://www.fina.org)  
US Masters Swimming [www.usms.org](http://www.usms.org)  
Arizona Masters Swimming [www.arizonamasters.org](http://www.arizonamasters.org)  
Southern Pacific Masters [www.spma.net](http://www.spma.net)  
Swim.net [www.swim.net](http://www.swim.net)  
Swim Info [www.swiminfo.com](http://www.swiminfo.com)  
Southwest Zone Masters [www.southwestzone.org](http://www.southwestzone.org)  
Places to Swim Worldwide [www.swimmersguide.com](http://www.swimmersguide.com)

# ***Swim Arizona***

A newsletter for registered members of the  
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