

Swim Arizona

Volume 30 Number 1

January-February 2005

Recovery: It Really Works

Cindy Hawkinson

It all starts with a familiar nagging voice in my head that says, "If you take a day off, you'll compete better." Soon, I'm having a discussion with myself, weighing the pros and cons, and I admit to myself "I know."

"If you take a day off, you'll train faster and harder." – "I know." – "If you take a day off, you'll get off the plateau you've been on for so long." – "I know." – "If you take a day off...." and on and on it goes.

"Recovery." – "Day off." As a competitive swimmer, runner and triathlete, these are words that are almost never cross my lips. At least, that was they way it used to be. Let me explain.

I was one of those people who never rested. Whether it was supposed to be a 15 second rest between 100s (I would take 5) or a day off a week from training (when I would only run 5 miles instead of 10). Sometimes I would just run instead of bike and run or bike and swim. The more mileage, yardage, meters you put in, the faster and better you'd be, right? Wrong!

In the past two years, I have learned about the importance of recovery and days off in the training and racing schedule. Two years ago, I decided to increase my distance in triathlon and compete in a Half-Ironman. I followed a training program that had each day's workout written down for me. It was easy. I just followed the program. My training partners called me 'militaristic' about the routine. The most difficult part was the 'easy, recovery' workouts, and the required day off' each week.

No workout...for a whole day? I told everyone about this program, so I was committed, and I did what it said. "Train today at 60% of your heart rate." Well, for me that was basically running backwards, or doing the dead man's float in the pool. As I continued following this routine, I noticed that hard workouts were often scheduled the day following the easy, recovery days

and days off. I also discovered that I could do those 'hard' workouts, much harder and faster than I used to. The result was finishing my first Half-Ironman a full hour ahead of my predicted time.

You can often spot a triathlete type in the pool. We're the ones who generally take no rest. Sure, the intervals may be set for 10-15 seconds rest, but we're tougher than that. We don't need rest.

Last year, I finally decided to listen to my coach. She explained that if I took the rest, I'd swim the sets faster than if I didn't. "Just try it," she said. (Funny, where had I heard that same concept before?) I knew I wouldn't like it, but I tried it and stuck with it. I decided to compete at Nationals and really train for it. Coach said "quit running two weeks before the meet." You can imagine how I reacted to that, having run almost every day for the last 25 years.

"I can't not run," I whined, but, I tried it. I just couldn't imagine how running would hinder my swimming – nor could I imagine how simply taking five more seconds rest in between repeats during a set of ten 100s could make that much difference. At Nationals, I cut over two minutes off my 1000 free time. Although I was skeptical at first, taking days off and recovering really worked!

Recovery days, and days off – what does it all really mean? As a triathlete, I like to cross-train on recovery days. If I swim really hard in the morning and have a good hard long run in the afternoon, the next day I'll get on my bike and ride for only an hour or two. When cycling for recovery, I avoid hard hill repeats, and just ride for the sheer enjoyment of it. "Just enjoy the dance," as someone has said to me. If I had a long hard run or bike ride, the recovery day might be moving down a lane in the pool and swimming a bit slower than I normally do. Days off mean just that. I may take a walk with a friend, get in the pool and do drills, or I may just sleep in and sit and read the paper before work. I used to crawl out of my skin on those recovery and 'day off' days. But now, I look forward to them, knowing that the next day I'll train like crazy and be faster for it.

Cindy Hawkinson is the USMS Liaison to USA Triathlon, a member of the USMS Fitness Committee and Legislation Committee, and Colorado LMSC President and Newsletter Editor.

Page Two

January-February 2005
Volume 30, Number 1

TABLE OF CONTENTS

Features:

Upcoming Events.....	2
Arizona LMSC Board	15

Articles:

Recovery: It Really Works	1
<i>By Cindy Hawkinson</i>	
Assume the Position	4
<i>By Emmett Hines</i>	
How to Stay Motivated.....	5
<i>By Darlene Staley</i>	

Forms:

Polar Bear Classic	6
Mentor Coach Clinic	8
TAM 1650 Postal	10
One Hour Postal	12

Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members..

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.

Jim Miller, MD
President, USMS

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. 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

February Fitness Challenge

The February Fitness Challenge (FFC) is an annual postal fitness swimming event held during the month of February. The purpose of this event is to promote fitness through swimming by encouraging individuals to swim regularly and track the results during a one month period. This event was established in 1992 by the Crawfish Masters Swim Team of Baton Rouge, LA and is an event all teams and swimmers can participate in. The entry form for this event is on the back side of the insert in this edition of *Swim Arizona*.

More Postals

Besides the FFC, there are other postal events that you can participate in. The One Hour Postal is a USMS National event put on by Indiana Masters. There is another, shorter postal swim too. Pacific Masters (Northern CA) is organizing this event, which will allow you to post your one-mile times against others across the nation. Entry forms for both events are included in this edition of the newsletter.

Election Results

The votes are in and here are the Executive Officers for Arizona Masters:

Chair: Katy James
Vice-Chair: Doug Adamavich
Registrar: Marilyn Fogelsong
Secretary: Kathi Lindstrom
Treasurer: Audra Troccko

Mentor Coach and Swimmer's Clinic

Sun Devil Masters will host this year's Mentor Coach and Swimmer's Clinic at the ASU Student Recreational Center. If you are a competitive swimmer or triathlete who wants to improve your skills, make sure you sign-up for this event. It will allow you to learn from top swimming coaches. This year's clinic will feature Jim Montgomery, who is an Gold Medalist, NCAA Champion, and former USMS Coach of the Year. So come to this event and be prepared for two days of great training.

Broken Records

A number of records fell at the Short Course Meters State Meet. These included four world records by three different swimmers. Here is a summary of the records set during that event:

60-64 Women

200M FLY
3:26.57
Jackie Marr

75-79 Women

100M FREE
1:25.39*
Gail Roper

200M FREE
3:09.71*
Gail Roper

50M BREAST
51.32
Carol Taylor

100 BREAST
1:58.91
Carol Taylor

200M BREAST
4:18.63
Carol Taylor

45-49 Men

200M FREE
1:57.99*
Paul Smith

85-89 Men

50M FLY
43.35*
Max Von Isser

**Indicates World Record time.*

Assume the Position!

Emmett Hines

"Hand over hand, wrist over wrist, head squeezed firmly between your upper arms, pinch your butt together and point your toes!"

You've heard this a million times. Yet you still push off the wall with your arms more or less in front of you, hands separated, head up so you can see where you are going, toes pointed at the bottom of the pool. We call this the "Superman" position.

"Wait just a minute!" you say, "I have my hands together - I don't do that Superman thing!" OK, maybe you do have your hands together, barely - "fingers over fingers" maybe. But your wrists are floating out to the sides, your elbows are bent at 60 degrees or more, you're still looking out over the top of your hands and there is enough daylight between your arms and your ears to give a grouper fish a wide berth. We affectionately refer to this as "Scud" position.

I know that each and every one of you knows how to get your body into a full streamline position. Without exception every one of you has been able to demonstrate a good streamline position while standing in one place.

So what's so hard about demonstrating it every single time you push off from a wall? Two things:

First of all, it takes physical effort. If you are not very flexible you will find that you really have to stretch to assume The Position. But, as with all stretching exercises, the more time you spend in The Position the easier it becomes. Ideally if you spend enough time in The Position it will eventually become a relaxed position for you. Suffice it to say that the harder it is for you to assume The Position the more important it is for you to do it often and for extended periods of time.

Second, it takes concentration. Until your autonomic system is conditioned to snap the body into The Position instantly as the legs are driving you off the wall, you must apply a bit of brain power every 25 yards to satisfy your coach's fantasies.

You know, an excellent opportunity to get in some "streamline time" is when you are doing kicking drills without a kickboard. Use this work as a streamline stretching drill as well as a kicking drill. You will go faster during the kick drill and make significant strides toward improving your streamline position flexibility. (Hint: If you have a hard time breathing properly while kicking in The Position, this is an indication that you

need to do lots of this kind of work.)

"What do I get out of all this Coach?" you ask, still looking for a way out.

Let's see, you will glide further when you push off the wall. This will allow you to take fewer strokes per length (which, I hope, we have already conditioned you to perceive as a worthwhile goal).

How about energy savings? Gliding a long distance from a push-off takes less energy than gliding a short distance and swimming the rest of the way.

And greater speed. You will move faster through the water after your push-off which translates to faster times.

But, most importantly, you will look more like a "swimmer" in the elitist, highly accomplished, truly professional sense of the word. After all, isn't this the real reason for trying to do most things correctly in the pool? In my book, it's as good a reason as any.

Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as United States Masters Swimming's Coach of the Year in 1993. This Article first appeared in Schwimmvergnugen, the monthly newsletter of H2Ouston Swims.

How to Stay Motivated

Darlene Staley

Swimming is a year around sport, but only if you stay motivated year around. Have you noticed that some swimmers never seem to tire of swimming, while some swim in spurts or seasons, and others only drop in occasionally? What keeps some people coming back year after year? If you interview people as to what motivates them to swim regularly year after year, you would probably get plenty of different reasons. Some people may swim because it is the only activity they can do to maintain fitness. Others may fear getting out of shape and starting all over. Still others may swim just because it's fun. There isn't just one thing that motivates everyone. In fact what may motivate you one year may not motivate you the next. Motivation strategies need to be juggled occasionally to fit the individual's current needs.

Studies have shown that adherence is lowest in the initial stages of starting a new exercise routine. More people drop out of an exercise program during the first few months than any other time. Ironically, this period is also when the rewards are the greatest. This is the time when you will see the greatest improvements in fitness. Initially, coaches can help motivate swimmers. They need to give swimmers an opportunity to tell their story, while trying not to control their responses. They should discuss the swimmer's needs and expectations, help the swimmer set attainable goals, monitor progress, and help with re-negotiation. Goals initially may just be to show up 3 times a week.

The primary reason given for not exercising is lack of time. It is easier to overcome this barrier if workout flexible times are offered. Researchers have also discovered that the physical environment is a powerful influence. For example, how accessible, attractive, well ventilated, and safe is the facility? Is it convenient? Is there ample parking? A good pool manager will make sure that the facilities are clean and in the best shape possible.

In a study done by Stanford psychologist Mark Lepper, he found that no matter how enjoyable a task seemed, it became devalued when it was presented as a means rather than an end. Preschoolers were told that they could not engage in one activity until they took part in another activity. Even though they initially liked both activities, they came to dislike the task that was a prerequisite for the other. Some psychologists think the basic principles of positive reinforcement work, but mainly for tasks that are not especially interesting.

Rewards can encourage people to do a task as quickly as possible, causing them to take few risks or expand their vision. Their thought process becomes very narrow in focus "this is what I have to do to get the reward". People who work for money, approval or competition often find their tasks less pleasurable, and therefore do not do them as well.

Not all rewards have the same effect. Offering a flat fee for participation usually does not reduce intrinsic motivation. However, problems may develop when rewards are based on performance. For example, forcing yourself to swim every day in February just to get a medal for the February Fitness Challenge or to win a bet with a fellow swimmer, might actually have a negative effect on your swimming. It could actually get you to the pool less, because swimming may become less pleasurable. This is not the case with everyone, so it is necessary for you to pay attention to what motivates you.

Olympic gold medalist John Naber takes a different approach to motivation. In an interview with Swimming Guide, Naber said, "Olympic champions are not extraordinary people, we are ordinary people who have accomplished extraordinary things in a limited area of our lives." Naber's motivation was always improvement. He kept a chart on which he recorded his meet times. While he started out as one of the slower swimmers, it did not matter to him, because from his chart he could see that in 70% of his races he improved his times. Winning gold medals had little or no impact on Jon's drive either. While being proud of the achievement, it was the personal best times that kept him going forward.

Cognitive restructuring can help some people. By identifying discouraging thoughts, one can practice self-efficacy strategies. Coaches can also help in this area. For example instead of telling yourself that you're never going to get into shape, you say to yourself that change takes time. "I did not get into this shape overnight, so I will need to progress bit by bit." Don't tell yourself: "I've tried to exercise in the past but I always failed." Instead, tell yourself: "Every time I begin a new exercise regime, I am getting closer to sticking to it."

Below are some strategies you can use, if your current strategy just isn't working for you.

1) Modeling can be a motivator for some. Finding someone who has succeeded at what you want to do can help increase your self-efficacy. Perhaps a news item in SWIM magazine, of a peer who had trouble overcoming a task but eventually was successful. This type of story may be worth reading a few times.

(continued on page 14)



15th Annual Polar Bear Classic

Sunday, January 30, 2005

9:00AM warm-up

10: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: 485-0001

Eligibility: Open to all registered Masters swimmers holding a valid 2005 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: 2005 USMS rules apply. Limit of five (5) individual events. Breaks as requested.

Entries and fees: Entries must be received by January 22, 2005. 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.

Mail check made out to Ford Aquatics, consolidated entry form, photocopy of 2005 USMS card to Rane Stites, PO Box 44233, Tucson, AZ 85733; questions, call Rane at (520) 621-4203.

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!



15th Annual Polar Bear Classic

Sunday, January 30, 2005

9:00AM warm-up

10:AM meet start

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

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)

For 1650 & 1000: You may enter the 1650 OR the 1000, not both

Positive checkin by 9:30 AM is required

Arizona Mentor Coach and Swimmer Clinic
February 5th and 6th , 2005

Location:

ASU
Student Recreation Center
Apache Blvd and Normal
Tempe, AZ 85280

Clinic Coordinator

Simon Percy
sundevilmasters@cox.net
602-224-4845

Coach Presenter: Jim Montgomery was a four-time Olympic gold medallist in 1976 and has held 10 World records and won 9 World Championships, 7 NCAA titles, and more recently 14 Masters World Championships. At present Jim is the honored coach (USMS Coach of the Year for 2002) of Dallas Aquatic Masters where he coaches many fitness swimmers, pool competitors, and triathletes .

Clinic Description: This clinic covers two days, each separate from the other.

Day 1: Analyzing, Identifying, and Improving Freestyle Stroke Flaws.

Each swimmer will participate in verbal and visual demonstrations and will have time in the water to practice drills and techniques. Each swimmer will have one or two strokes videotaped and will have the opportunity to see the video and have it analyzed by Jim.

Day 2: Triathlete Swim Clinic.

Each triathlete will have an opportunity to change his/her swimming forever and find that they can approach open water competitions with confidence! To quote Jim, "Our mission is to turn a novice or intermediate swimmer into a relaxed, confident triathlete. Open water presents several unique challenges and we will help you learn how to feel fresh coming out of the water ready to conquer the bike leg. Whether you are training for your next Iron man or first open water triathlon – this clinic is for you! See list of topics below under Sunday schedule. Each triathlete will be videotaped and have the opportunity to view and receive feedback on his stroke.

Coaches Clinics: Topics include how to teach beginning swimmers in Masters, the art and science of teaching stroke mechanics to Masters, deck presence for Masters coaches.

Social: At 5:30 on Saturday the 5th we will meet at 4 Peaks Brewing Company for a no host social. Directions given at the clinic

Saturday February 5th

Day 1 Schedule Saturday, February 5th, 2005- Freestyle clinic

8:30-9:45 am: Coaches only Talk and Dryland Demonstration.
9:45am: Participants Registration.
10:00am-11:00am: Classroom talk on the competitive strokes with emphasis on freestyle stroke mechanics and freestyle stroke flaws
11:00-12:30pm: Participants warm up and in-water demonstration and illustrate applicable drills for freestyle. Underwater taping of freestyle
12:30-1:45pm: Lunch provided for all as Jim presents and analyzes the videotapes of each participant's freestyle stroke.
1:45-3:00pm: 45 minute workout emphasizing freestyle stroke technique and additional taping of each participant (participant chooses to have another stroke videotaped or to redo taping of freestyle)
3:00-4:30: Analysis on video monitor of each participant's tape.
5:30: No Host dinner at nearby restaurant

Day 2 Sunday February 6th, 2005-Triathletes Clinic

8:30-9:45: Coaches only talk on swim training for triathletes
9:30am: Participants arrive and register for clinic
10:00-11:00: Jim will present a talk on the following triathlete topics:
Equipment
The Elements and Personal Safety
Navigation Techniques
Drills and Training
Pool Training for Open Water
Supplemental (Dryland) Training
Preparing for the Race
The Race
11:15-1:00: Participants in the water for drills, Jim will demonstrate freestyle stroke in the water. Each participant will have his stroke videotaped. 100 meter swim for distance/time during the workout
1:00 – 2:45: Lunch will be provided for all while Jim reviews and gives tips for each participant's videotape.
3:00- "Open Water race" (50 meter course with set up for open water.)

Each Day is limited to 50 participants

Arizona Mentor Coach and Swimmer Clinic
Participant Registration Form

Name _____ Team _____

Address _____

Home Phone _____ Cell Phone _____

E-Mail Address _____ USMS# _____

General Release and Certification Of Fitness

In consideration of acceptance of the undersigned swimmer by the Sun Devil Masters Swimmers of Phoenix AZ; I the undersigned participant, intend to be legally bound, hereby certify that I am physically fit and have not otherwise been informed by a physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training and competition) including possible permanent injury or death, and agree to assume all risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the masters program or any activities pertinent there to against United States Masters Swimming, Inc, the local Masters Swim Community, the clubs, host facilities, meet sponsors, meet committees, any individuals officiating at the meets or supervising such activities, as a condition of my participation in masters swimming.

Signature _____ Date _____

FEES

Day 1 2005 USMS Member \$25.00
Day 1 Non USMS Member \$33.00
Day 2 2005 USMS Member \$25.00
Day 2 Non USMS Member \$33.00

Note: If you are a Non USMS member and wish to participate on both days the cost will be \$58.00 (the \$8.00 event registration fee will cover you for both days.)

Each day is limited to 50 participants. This is a USMS sponsored event. Priority for registration will be given to USMS members ahead of Non USMS Members.

Please be sure to send a copy of you 2005 USMS membership card along with your registration form. If you have not received that yet, then send a copy of your 2005 USMS application and check. Make Checks payable to Arizona LMSC. Mail your Check, signed form and copy of your 2005 USMS Registration form to:

Simon Percy
637 s. 48th Street Ste 215
Tempe, AZ 85281

DON'T WASTE YOUR BASE

TAM's 1650 Postal January & February 2005

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-05-01



WHAT YOU NEED: A pool at least 25 yards in length and someone to time you

DISTANCE: 1650 yards or 1500 meters swum in a meters pool (50 m. or 25 m.)

DATE: Anytime during the months of January and February, 2005

ELIGIBILITY: All swimmers registered with USMS for 2005 are eligible to participate.

RULES: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02

ENTRY FORMS: You may enter by using the entry form below or a consolidated entry form. Again, a split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. **EACH INDIVIDUAL ENTRY MUST BE ACCOMPANIED BY A COPY OF THE SWIMMER'S CURRENT USMS CARD.** Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901. Fee of \$3.00 will be charged for each incomplete entry form.

POSTMARK DEADLINE: All entries must be postmarked by March 10, 2005.

AGE DIVISIONS: 19-24, 25-29, 30-34, etc., male and female.

RELAYS: Four (4) person relay entries will be accepted in the following age groups: 19+, 25+, 35+, etc., male, female and mixed (each person swims (and must individually enter) the 1650; relay entries are scored on total combined time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

ENTRY FEES: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable.

AWARDS: Awards will be given for 1-3 place for individual events and first place for relays Awards, results, and T-shirts will be sent out in May.

T-SHIRTS: T-shirts are available for \$15 each; XX large are \$16. If you wish to order a T-shirt, please indicate the size you want below **and on your check**. T-shirt (Please circle): No Yes Size (Please circle size): XXL XL L M S

INFORMATION: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

Name..... AgePlease circle: **Male Female**; MY TIME: :

Address.....City.....StateZip **Date of Birth:**

Telephone: (.....).....**Club** **USMS No.:**.....

email address: _____ **I will accept results by email only** _____ (Please check)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES AND/OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by time rules and regulations of USMS for Open Water Events. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Name of Event: TAM 1650 Postal Date of Event:.....**Signature**

MAKE SURE YOUR ENTRY FEE, A SIGNED SPLIT SHEET, AND A COPY OF YOUR CURRENT USMS CARD ARE ATTACHED.

Copyright 2004, Tamalpais Aquatic Masters, all rights reserved

SPLIT SHEET

Name:.....

50	100	150	200
250	300	350	400
450	500	550	600
650	700	750	800
850	900	950	1000
1050	1100	1150	1200
1250	1300	1350	1400
1450	1500	1550	1600
1650			

Timer's Signature:.....

RELAY ENTRY FORM

Name:	Age:	Time:
Name:	Age:	Time:
Name:	Age:	Time:
Name:	Age:	Time:

Please circle: Men's Women's Mixed Youngest Age:

Club Name:..... Total Time:.....



2005 United States Masters Swimming Annual One Hour Postal Swim

Sanctioned by Greater Indiana LMSC,
Sanction # 165-0001

DATE: All swims must take place during January 2005.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for the 2005 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2005 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENT: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: (1) a 3 swimmer, same gender team and (2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+,, 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached team are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and USMS Long Distance Committee Chairman. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 3 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 to 2760). (See previous Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group.

FEES: Individual entry fees are US \$6 per swimmer for (US \$10 for non-US Swimmers). Team entry fees are US \$18 per relay (US \$18 for non-US entries). All fees are non refundable. Make checks payable to YMCA Indy SwimFit and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2005.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-Shirts: A 2005 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

MORE INFO: Address questions to:
Mel Goldstein, Event Director
5735 Carrollton Ave
Indianapolis, IN 46220 USA
317-253-8289
Email: goldstein@mindspring.com

Relay Entry Form- Use Only for Relay Entries

Relay Type: Age Group _____ F M Mixed
(Circle One)

Club Name _____ Contact Person _____

Mail Results/Awards to
Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____	Gender	Age	Yards Swum
Swimmer # 2: _____	Gender	Age	Yards Swum
Swimmer # 3: _____	Gender	Age	Yards Swum
Swimmer # 4: _____	Gender	Age	Yards Swum

Total Team Yards: _____

Please Note:

Team Entry Fees: US \$15 (\$18 for non US entries). Payment in US\$ from US Bank or international Money Order Only.

Team Entries must include the original or copies of Individual entry form or the relay will be disqualified.

2005 USMS One Hour Postal Swim National Championship Individual Entry Form

Name _____ USMS Reg. Number _____
(As it appears on registration card) (Include copy of 2005 USMS card)

Address _____ Phone _____

City _____ State _____ Zip _____ Gender M F
(Circle One)

E Mail Address _____ Age _____ Birth Date _____
(MM/DD/YY)

Club _____ Club Abbr. _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of the risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

I swam this event in a 25 yd _____, 25m _____, 50m _____ pool. Distance in meters _____ meters x 1.0936= _____ yards.
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment)

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(Date) (Distance Swum) (Pool name / City)

 Swimmer's Signature Verifier's Signature

Entry Fee \$6.00 (US Only) \$10.00 (International/Non US) = \$ _____
 T-shirt order: Indicate T-shirt Quantity Ordered: \$15/Shirt = \$ _____
 International @\$20/shirt: (includes shipping) = \$ _____
 Small ___ Medium ___ Large ___ X-Large ___ XX Large ___
TOTAL (US\$) = \$ _____

Include: Masters 2005 Registration Card
 Official Entry form and split sheet
 Make Checks Payable To: YMCA Indy SwimFit
 Send Entries To: One-Hour Postal Swim c/o Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220 USA

Results: Electronic via email address listed above
 Paper results via US Postal

Awards: Please Check if you **DO NOT** wish to receive your Championship Medal and or Patch

Record Split Entries Using CUMULATIVE split times to the nearest second and tenth or hundredth.

50		1050		2050		3050		4050		5050	
100		1100		2100		3100		4100		5100	
150		1150		2150		3150		4150		5150	
200		1200		2200		3200		4200		5200	
250		1250		2250		3250		4250		5250	
300		1300		2300		3300		4300		5300	
350		1350		2350		3350		4350		5350	
400		1400		2400		3400		4400		5400	
450		1450		2450		3450		4450		5450	
500		1500		2500		3500		4500		5500	
550		1550		2550		3550		4550		5550	
600		1600		2600		3600		4600		5600	
650		1650		2650		3650		4650		5650	
700		1700		2700		3700		4700		5700	
750		1750		2750		3750		4750		5750	
800		1800		2800		3800		4800		5800	
850		1850		2850		3850		4850		5850	
900		1900		2900		3900		4900		5900	
950		1950		2950		3950		4950		5950	
1000		2000		3000		4000		5000		6000	

Total Yards: _____

(Continued from page 5)

2) One of the best motivators is to swim with an organized group. The camaraderie makes commitment much easier. The most successful strategies for many self-improvement plans, including weight loss, quitting smoking, and recovering from alcohol abuse, involve formal groups.

3) Use upbeat, positive music. Avoid listening to songs dealing with negative topics.

4) Chart progress, or do periodic fitness testing. For example, once a month swim a 500 yard free for time and record your results.

5) Set short-range achievable goals.

6) Use imagery. Imagine yourself the way you want to be or perform. If you want to lose weight, imagine yourself thin. If you want to compete well, imagine yourself doing your race well.

When you have a high level of self worth, and your life is balanced, you have a better chance of performing at the top level of your skill. This situation is when visualization techniques may be most effective. Psychological issues should be identified and solved before techniques such as biofeedback, meditation, mental rehearsal, visualization, quieting your mind, etc., will work. Good coaches are able to tap into an athletes' belief system and to create an environment that enhances feelings of self worth. Self-motivation isn't about isolating yourself. Instead, surround yourself with positive people who make good choices, such as a local Master's Swim Team.

Darlene Staley is a member of the USMS Fitness Committee and Registrar for the Oregon LMSC.

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.

Arizona LMSC Board

EXECUTIVE OFFICERS

CHAIRMAN	Katy James	<i>katyjamesswims@hotmail.com</i>	480-897-6411
VICE CHAIRMAN	Doug Adamavich	<i>dpa_az@cox.net</i>	480-510-1224
SECRETARY	Kathi Lindstrom	<i>klmpswim@cox.net</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@qwest.net</i>	520-529-9113
BROPHY EAST SWIM CLUB	Sam Perry	<i>azperrys@hotmail.com</i>	480-941-0232
SEDONA SWORDFISH	Paul Cate	<i>paulcate@earthlink.net</i>	
SUN DEVIL MASTERS	Simon Percy	<i>sundevilmasters@cox.net</i>	
AT LARGE	Dan Gruender	<i>ediebg@aol.com</i>	480-946-5805
AT LARGE	Edie Gruender	<i>ediebg@aol.com</i>	480-946-5805
AT LARGE	Gordon Gillin	<i>Swimgordon@aol.com</i>	

COMMITTEE CHAIRPERSONS

TOP TEN	Barry Roth	<i>wbroth@earthlink.net</i>	520-296-4908
STATE RECORDS	Monica Bailey		
PHOENIX EQUIPMENT	Katy James	<i>katyjamesswims@hotmail.com</i>	480-897-6411
PHOENIX SAFETY	Peggy Finch		480-496-9157
LONG DISTANCE	June Hussey	<i>jhussey@thefountains.com</i>	520-239-2104
NEWSLETTER EDITOR	Doug Adamavich	<i>dpa_az@cox.net</i>	480-510-1224
WEBMASTER	Mike Carey	<i>mike@carbboom.com</i>	
PARLIAMENTARIAN	Gordon Gillin	<i>Swimgordon@aol.com</i>	520-825-8261
OFFICIALS REPRESENTATIVE	Judy Gillies	<i>jgillies@mindspring.com</i>	520-622-4129
USMS COACHES REPRESENTATIVE	Jim Stites	<i>swim1@qwest.net</i>	520-529-9113
HISTORIAN	Edie Gruender	<i>ediebg@aol.com</i>	480-946-5805
SANCTIONS	Laura Winslow	<i>winslowl@dialcorp.com</i>	
SENIOR OLYMPICS	Dan Gruender	<i>ediebg@aol.com</i>	480-946-5805
HOSPITALITY			
IMMEDIATE PAST CHAIRMAN	Sam Perry	<i>azperrys@hotmail.com</i>	480-941-0232

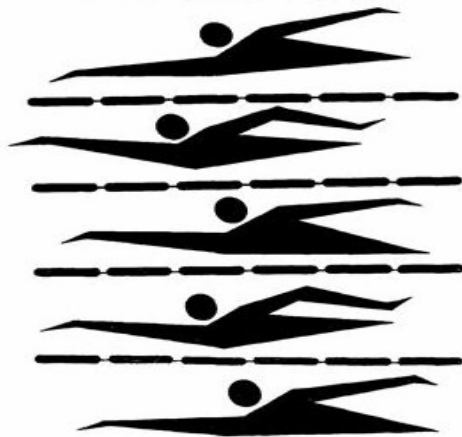
WEB GUIDE

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

FINA	<i>www.fina.org</i>
US Masters Swimming	<i>www.usms.org</i>
Arizona Masters Swimming	<i>www.arizonamasters.org</i>
Southern Pacific Masters	<i>www.spm.net</i>
Swim.net	<i>www.swim.net</i>
Swim Info	<i>www.swiminfo.com</i>
Southwest Zone Masters	<i>www.southwestzone.org</i>
Places to Swim Worldwide	<i>www.swimmersguide.com</i>

Swim Arizona

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



www.arizonamasters.org