

Swim Arizona

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Fitness to Competition

Suzanne Rague

Are you a Masters swimmer who does not swim Masters competitions? Do you love to swim but conventional swim meets don't excite you? Then, you are known as the "fitness swimmer," and you make up an estimated 50-60% of all Masters members.

A great thing about being an adult swimmer is that you are able to define your own goals, and those are more likely to be fitness, stress reduction, and camaraderie than being a competitive shark. But being a fitness swimmer doesn't mean that you wouldn't benefit from having goals to work towards, participating in an occasional event with friends, and going out afterwards for pizza or burgers.

There is a way for fitness swimmers to get more out of swimming and the Masters program without betraying their fitness identity. For the answer, we need to look at running, where fitness runners routinely enter 5-mile, 10K, and mini- and full-marathon events. These are events which are looked forward to, entered with friends, and part of many recreational runners' fitness programs.

Recreational runners generally do not participate in the 100 meter dash or 110 meter hurdles at track meets. Those events are too dissimilar to their everyday running. But in swimming, novice competitors are steered to the 50 free or other short events. An all-out sprint where the racing dive and full-speed turn consume 25% of the race? No wonder experienced lap swimmers feel like a fish out of water at their first meet!

It is time for some original thinking. What do you like to swim? What do your workouts prepare you for? How are you comfortable moving in the water? For most of us, this would be a longer freestyle event -- maybe a 500, 1000, or 1650 yard freestyle -- or even a one mile open-water swim. These are actually among the most popular events in Masters, and they are so popular because they are actually so much fun to swim.

There are some practical guidelines for picking and swimming an event to ensure a good experience:

Choose a distance with which you will be comfortable. What distance can you see yourself swimming continuously, pushing the pace a bit but still being confident -- 500 yards or a mile?

It is common to start in the water in longer freestyle events. This eliminates the dive from the starting block, and you can wear goggles without worrying that they will come off during the dive. (Be sure to check with the starter before you get in the water.)

You can practice "pace swimming" for a longer event. Developing a sense of pace will give you a lot of confidence, for your body will know the feel of the speed it should go in the event. For example, if you enter the 500 freestyle, practice doing five swims of 100 yards each, keeping a constant pace with 15-30 seconds of rest between each swim; if you can comfortably hold a 1:45 pace for 100 yards, aim to do 5 x 100 yard swims, completing each one in 1:45, starting each one every 2 minutes or 2 minute and 15 seconds.

Avoid the major distance disaster -- going out too fast at the start and having the "piano land on your back" later in the event. Doing pace work in

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Why am I so tired?

Jody Welborn, MD

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

What is Fatigue?

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

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

Insomnia

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

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

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

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

Overtraining

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

Rest and Recovery

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

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

Balancing act

Exercise needs to have a balance between training and recovery. If an imbalance occurs and is allowed to persist, overtraining results. The athlete, and those around them, will notice

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Setting Personal Swimming Goals

Michael Collins

Although most of you don't consider yourself to be "competitive" swimmers, this is not an excuse for not setting goals in your swimming. Doing anything without some sort of purpose will become dull, boring, and repetitive before too long. Goals are necessary to keep one motivated to continue - especially on very cold days, early morning workouts, etc.

I'm sure you've been told many times, maybe from parents, teachers, bosses, or even a swim coach, to set goals. What's so important about setting goals? "It seems so silly to spend the time to sit down and write the things you already know you want to do. "I just want to swim" you may say. "I set goals for my career, but I don't need to set goals for my recreation." This sounds reasonable, but is not true if you take a closer look.

Deep inside, we all need justification for everything we do. It's human nature to feel the need for accomplishment. The reward of completing a task worked hard at, is something we all strive for, whether it's in the working world or in our personal life. What are you trying to accomplish by swimming?

Make some short and long terms goals for this year. Try to set many goals. If you only set one or two simple or wishy-washy goals it probably won't help to motivate you. The more goals you set, the more chance for success you have. Remember, you haven't lost anything if you don't reach a particular goal, but you have accomplished something when you do achieve one. Be specific whenever possible, including number (distances, times, places, dates, etc.) Many of you don't realize how much progress you have made. If you record your times or milage you may be surprise by how much progress you've reall made.

Overcome the Fear of Failure: I have noticed that many swimmer's don't set goals to improve swimming skills, or enter events to check their progress due to a "fear of failure." When asked to do a timed swim in workout, or to enter some

other event (such as the One Hour Postal swim), do you say "Oh no, I'm not in shape! "I'm too slow." Or "I don't think I can do as well as last year." These are fear of failure answers. So what if you don't go as far. So what if you're not the fastest. It's the process of trying to improve that's important. A great quote I like to refer to goes like this: "Failure is not the worst thing in the world. The very worst is not to try." However, chances are you'll be quite please with the results, and occasionally reach your goals.

Michael Collins is the head coach of Davis Aquatic Masters and was selected Coach of the Year by USMS in 1988

Arizona Mentor Backstroke Clinic
May 21st 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: Ron Johnson. Ron is a legend of Masters and World Swimming. He has coached 14 Olympic Medallists and 29 Olympic Finalists. During his tenure as ASU head coach he was the NCAA Coach of the Year and coached countless NCAA finalists and All Americans. As a Masters coach he has been the USMS Coach of the Year and hold numerous USMS World Records. His 50 Years of Coaching Experience make him one of the most experienced coaches alive. His enduring passion for the sport makes him one of the best-informed and best clinician's around.

Clinic Topic: Backstroke. We will only be covering backstroke in this clinic. The other strokes will be topics for upcoming clinics.

Clinic Schedule:

Registration:	9:45 am
Class Room discussion:	10:00am- 11:00 am. Ron will review basic backstroke technique and drills.
Pool Session:	11:15am- 12:30 am. You will practice drills and technique, and be tapped underwater during this session
Lunch:	12:30pm- 1:00pm. Please provide your own lunch.
Classroom tape review:	1:00pm -2:00pm. Ron will review a collection of video from some of the premier backstroker's in recent history.
Pool Session:	2:15- 3:00pm.

The Clinic is limited to 40 participants only.

You will all receive a tape that includes Ron's classroom tape review and the underwater video of yourself included in the cost of the clinic. This will be sent to you after the clinic.

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

2005 USMS Member \$30.00

Non USMS Member \$38.00

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 15
Tempe, AZ 85281

24th ANNUAL BRUTE SQUAD MEET

June 19th, 2005

MEET DATE: Sunday, June 19th, 2005. Warm-up 7:00am, meet 8:00am.

MEET DIRECTOR: Judy Gillies, (520) 622-4129 email jgillies@mindspring.com

SANCTION: Held under the sanction of US Masters Swimming and the Masters Swim Committee of Arizona. Katy James Chairman; 480-897-6411; katyjameswims@hotmail.com

SANCTION #: 485-0006

ELIGIBILITY: Open to all registered Masters holding a valid 2005 USMS card. For registration information, call Marilyn Fogelson at (520) 299-8997 or email at mfogelson@aol.com

Age will be determined by age on Dec. 31 '05

NEW

LOCATION:

Oro Valley Pool, 23 W. Calle Concordia. ½ block west of Oracle on Calle Concordia. Outdoor, eight-lane, 50 meter pool with non-turbulent lane lines. There are racing starting blocks. Warm-up & Loosen down will be in outside lanes during the meet.

RULES: USMS rules apply. Limit of five (5) individual events.

AWARDS: Special awards for the BRUTES who complete the 200m fly, 400m I.M. and the 1500m free. Awards to pre-registered Brutes only. Entries need to be received by June 15th, 2005. Entry fee is \$5.00 surcharge and \$3.00 per event. Entries should be submitted on the Arizona Consolidated Entry Card. Be sure to fill out both sides of the card. Make checks payable to JUDY GILLIES.

Mail check, entry card, and photocopy of USMS card to:

Judy Gillies
2596 N. Ironwood Ridge Dr.
Tucson, AZ 85745-1077

DECK ENTRIES: \$5.00 surcharge and \$4.00 per event. Deck entries will close at 7:30am. Deck entries will be seeded into outside lanes on an available basis.

23rd ANNUAL BRUTE SQUAD MEET

ORDER OF EVENTS

SUNDAY, JUNE 19TH 2005

WARM-UP 7:00AM

MEET START 8:00AM

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

**BE A BRUTE!! TAKE THE
CHALLENGE!!**

**YOU WILL NEVER BE THE SAME
AGAIN!**

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

**SUNDEVIL MASTERS SWIMMING
SOUTHWEST ZONE CHAMPIONSHIPS
2005 SHORT COURSE METERS MEET
DECEMBER 10 AND 11, 2005**

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 #: 484-0005

Facility: Competition will be held at Mona Plummer Aquatic Center at Arizona State University, located at College and 6th 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 2005 USMS Card. For further information on registration call Marilyn Fogelsong at 520-299-8997 or e-mail her at 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: 2005 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 31st 2005. Swimmers may enter either but not both the 800 and the 1500.

Entries & Fees: Entries must be received by November 30, 2005. Late entries will not be accepted. There is a \$35.00 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 or call at (480) 897-6411. If you need an Arizona Consolidated entry card, go to 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.

- Clubs:* Registered Arizona Masters swimmers may compete as Arizona Masters in the **exhibition relays, events 6,7,8,21,22, and 24**. Team point totals will include events 13,14,15,28,29, and 30.
- 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.arizonamasters.org.
- Relays:* Relay entries will be due to the meet director TBA. Exhibition relays will not count toward team point totals. Exhibition relay entries are due at the end of warm-ups for the session.
- 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 for Session 1 starts at 9:00 am- Meet begins at 10:00 am.

Sunday – Warm-ups for Session 2,the 800 and 1500 free, start at 7:00 am and the meet begins at 8:00.am. Warm-ups for Session 3 start at 10:30 am and the meet starts at 11:30.

Saturday's Events (Session 1):

Order	Event
1	200 Free
2	50 Breast
3	100 Back
4	400 Free
5	200 Fly
6	200 W Exhibition Free Relay
7	200 M Exhibition Free Relay
8	200 X Exhibition Free Relay
9	50 Back
10	100 Breast
11	200 IM
12	100 Fly
13	200 W Free Relay
14	200 M Free Relay
15	200 X Free Relay

Sunday's Events (Session 2):

Order	Event
16	800 Free
17	1500 Free

Sunday's Events (Session 3):

Order	Event
18	100 IM
19	50 Free
20	200 Breast
21	200 W Exhibition Med Relay
22	200 M Exhibition Med Relay
23	200 X Exhibition Med Relay
24	200 Back
25	50 Fly
26	100 Free
27	400 IM
28	200 W Medley Relay
29	200 M Medley Relay
30	200 X Medley Relay



**Arizona Masters
Long Course State Champs
Saturday and Sunday
July 30 – 31, 2005**

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

Sanctions: Held under the sanction of US Masters Swimming and the Masters Swim Committee of Arizona, Katy James, Chairperson, (480) 897-6411, email: katyjameswims@hotmail.com

Sanction number: 485-0004

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 (4) individual events per day. Breaks as requested. Your age on December 31, 2005 is your age for the meet.

Entries and fees: Entries must be received by July 22, 2005. Flat rate fee of \$30 for a maximum of 8 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. Please indicate your t-shirt size in lower left hand corner of your consolidated entry form.

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.

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

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

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

Awards: High Point Awards will be given in each age group, female & male.

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

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

Saturday, July 30 warmup 7:00 AM, 8:00 AM start	
Order	Event
1	1500 Free
2	200 Free
3	50 Fly
4	200 Back
5	100 Breast
6	400 Free
7	200 IM
8	50 Back
9	200 Fly
10 - 12	Free Relays (W, M, Mx)

Sunday, July 31 warmup 7:00 AM, 8:00 AM start	
Order	Event
13	800 Free
14	100 Free
15	50 Breast
16	100 Back
17	100 Fly
18	200 Breast
19	50 Free
20	400 IM
21 - 23	Medley Relays (W, M, Mx)

Please indicate your t-shirt size in the lower left hand corner of your consolidated entry form.

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lingering fatigue, mood changes, irritability, altered sleep and persistent soreness. Performance in workouts or competition may deteriorate. Frequent respiratory illnesses or even an overuse injury may occur.

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

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

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

Jody Welborn is a cardiologist from Portland, Oregon. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland.

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training helps avoid this. Another good idea is to use the first 100 yards of the event as a warm-up. Stretch out, settle in, then pick up the pace later if you want.

The bottom line is, not everyone at a swim meet is there for the same reason. As a fitness swimmer, there are Masters events that fit with how you swim, and can make your total swimming experience more enjoyable. There may be Masters open-water events in your area, and these are tailor made for fitness swimmers. If not, look for a 500, 1000, or 1650 yard pool event. Either way, talk other swimming friends into going along, and take the plunge!

Suzanne Rague is Treasurer for the Oregon LMSC, past recipient of the Ransom Arthur Award, and a long-time fitness and competitive swimmer.

