

SWIM AZ NEWS

ARIZONA LOCAL MASTERS SWIM COMMITTEE

volume 36, issue 2



Swim Arizona is published quarterly (March, June, September, December) by the Arizona Local Masters Swim Committee (AZ LMSC). Archives of this newsletter are available for viewing or download at www.azlmsc.org. Submission are welcome: Please send submissions to Sara Rippentrop at sararippentrop@yahoo.com. Articles are due on the 1st of the month of the publication date. Swim Arizona reserves the right to edit or not publish submissions.

Contributors: Sara Rippentrop, Judy Gillies, Helen Bayly, Susan Dawson-Cook, Heather Fazio and Laura Smith. Design and Layout by Dan McCormick.

TABLE OF CONTENTS

Chairman's Notes	1
Off the Blocks	2-3
Upcoming Events	3
Swim Fast w/o Injuries.....	4-5
About LMSC & Board	4
Personal Best Stretch DVD	5
I Love My Tech Suit	6
Nationals Snapshots.....	7
Club/Team/Workout Group?	7

Well, we are now past one of Arizona's and Mesa's Swim Clubs biggest accomplishments, hosting the USMS Short Course (Spring) Nationals. Four days, 1800 swimmers, and a range in temperatures from 100 degree's to mid-70! **AND** the Arizona Masters Club took first place in the Large Regional Club category, and Phoenix Swim Club took 2nd place in the Small Regional Category.

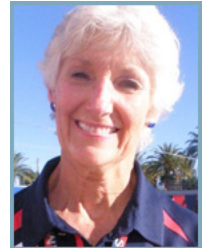
Congratulations to all who competed! Also, congratulations to Erin Shields, Paul and Laura Smith and all their committee's that worked so long and hard to make this accomplishment as wonderful as it was! For great coverage of this spectacular meet remember to go to usms.org for day by day video highlights. For those of you interested Long Course Nationals will be Auburn Alabama this August.

Now we get ready for our long course, summer season. To start off, the Brute Meet is June 19th in Oro Valley, just north of Tucson. If you swim the four brute events, the 200 fly, 400 IM, and 1500 free you will earn this year's award of an embroidered towel. But, this is not just a meet of brute events, ALL events are offered; all four 200's, 100's, 50's and the 400, 800 and 1500

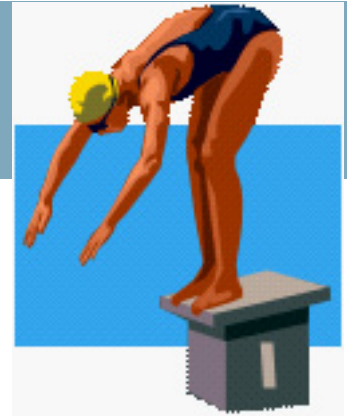
free. Look on our web page, www.azlmsc.org for meet information. And, Tucson is hosting the LC State Championship Meet this July 30th & 31st at the Hillenbrand Pool at the U of A. Meet Information is on our web page. For those who live in the Phoenix area, and do not want to travel to Tucson, the Grand Canyon Games, will be offered at the Sun Devil Pool on July 30th & 31st. I'm looking forward to seeing many of you on the decks of these meets.

Also, if you ever have any questions concerning Masters Swimming in AZ, please call or email me.

Judy Gillies
AZ-LMSC Chairman
jgillies2@cox.net
520-622-4129



IF LIFE IS A DESTINATION, I DON'T WANT TO GET THERE FIRST



Those of you who competed at Nationals, have just come off a season of pure focus for perfection. You have lasered in on the events that you excel at, and have been determined for greatness in each of them. I applaud that. It takes sacrifice and hard work to throw yourself into something where you are looking to be the very best. However, now that short course is over and we are just beginning to edge into the meters season, why not go a little crazy? Why not venture out of your favorite events and spice things up with something you've never tackled before?

It seems like every time I turn on the television lately, there's a reality show on that promotes "you must be the very best". If you're not, you're voted off the island. You're fired. You will never be the Swan, or in the band. You simply will not be America's next idol if you don't come in first, trouncing the competition on your way up to the top. Frankly, I think that is a sad reflection of society, and an unrealistic view of how to lead your life. Not that you asked, but I think it's good... healthy...to venture into things that you're bad at. Yep. Actually put yourself in a position where you just might come in dead last. As cliché as it sounds, I do believe that life is a journey, not a destination...and I, for one, want to explore all the paths in route....not just the ones I'm familiar with.

My husband and I had moved to a new town a few years ago, so I thought it would be the perfect opportunity to branch out and try some new things. I couldn't drive to the grocery store without seeing groups of cyclists hammering uphill at great speeds, throngs of runners happily plodding up the road towards Mt. Evans, even the occasional In-Line skater braving the inclines. So, I thought I'd get back into running. Heck, if everyone around me is doing it, it couldn't be that hard, right? Most of these people were at least 20 years my senior. Evergreen, Colorado....where even the flats are uphill. Yep. That's where I decided to start my running career. Evergreen....8,000 feet above sea level. Flies don't even live up there because there's not enough oxygen. But, I pulled on my running shoes, and ventured outside for a jog. Three minutes into it, I became religious. I started making deals with God if he would just STOP the pain. Were these people making this look easy paid just to mess with me? Could a town really be built in a manner that every direction is uphill? Or, am I just a bad runner? I walk/jogged back to my car (Yes! You got me! I DROVE to go running!!! I was looking for someplace relatively do-able!), got in, and melted into the seat. As I sat there trying to muster up the energy to lift the key into the ignition, a sensation hit me. Even with the lactic acid pulsing through my veins, I could

feel it. I felt amazing. My legs were tired in a way I don't get from swimming workouts. I had coughed up anything that might be lingering in my lungs, and the crisp, clean air I sucked in during the jog made them spongy and alive. I had an overall sense of well-being. The pain of the run was definitely worth the feeling I had afterward.

A year living in the Republic of Boulder definitely rubbed off on my husband. Now that he's Johnny Conservationist, he'll only let us turn on the heat when I have to chisel the dog's frozen paws up off the hardwood floors. Thus, I started Bikrim Yoga. I figure that way I was guaranteed at least 90 minutes of warmth twice a week. So, I go to my first class. I'm surrounded by a group of Barbie-cloned Stepford Wives in cute little color coordinated outfits. I tucked my State Meet T Shirt into my oversized Umbro shorts and thought that surely, being a Master Swimmer and all, I could hold my own with these petite former cheerleader types. I was wrong. Painfully wrong. We twisted and bent and spiraled and arched until muscles that I never knew existed started cramping up.

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I looked around and notice that my mat was the only one submerged in sweat, and all the Trophy Wives were smiling and in perfect alignment. I would have reached out to strangle them, but if I lifted my arm I would've fallen out of position and injured something! I was humbled. I hate doing things that I'm genuinely bad at. Especially in front of other people. More insulting, I had to PAY for it. However, as I was wringing out my mat and towel after class I noticed something. I felt good. I felt really good. I had sore muscles and a bruised ego... but I ventured outside of things that are familiar to me, tried something new, and as a result, I somehow picked up an esteem boost. Physically, I felt great, but mentally, I felt even more satisfied. After a few glasses of wine, I entered the 200 Fly in a meet. Why not? It looks so innocent on paper. However, at the meet, around the 150 yard mark, I started going vertical in the water. Even my husband walked away, because he couldn't stand to see me in so much pain. I hated those last several yards (in fact at the time, I would have sworn to you they were miles, not yards). I was hoping a stray bullet would fly through the Natatorium, pierce my jugular, and put me out of my misery. I did, however, after a great lapse of time, touch the wall. I finished. And, although I didn't dash to the Registrar and beg to sign up for it again, I did feel good about swimming that race. It was a sense of accomplishment. I truly gave something every ounce of energy I had, and didn't hold anything back. There were no

page 3

medals waiting for me at the end of the race. No sponsors trying to give me money and product. No photographers waiting to get my face on the next cover of *Swim Magazine*. Just me, and a feeling of elation for doing something outside my comfort zone, and sticking to it. (And no, I have never entered it since!)

Don't get me wrong. I love to win! I've won a few things in my life, and each of those accomplishments will be positive memories for the rest of my days. However, that's not the reason I competed in them. I think, being completely honest, I just like to move. I'm much happier in motion than static. I realize that only one person can win. I'm okay with that. If it's me, great (especially if there is a monetary award attached!). If it's not, I'm just thankful to have participated.

So I challenge you. I triple dog dare you. Start doing things you are uncomfortable with. Enter something that is outside your comfort zone. Put yourself in a position where obtaining that number one spot is an impossibility...then just do it for fun. You just may feel really good about yourself when you're done. You might actually feel like a winner.

Laura was a Division I Swimmer in college, where she earned a double major in Comparative Religions and Exercise Science, with a minor in Coaching. She was the Fitness Director for the Vail Athletic Club and Arrowhead Alpine Club in Colorado, receiving more than a dozen national certifications in health and fitness. She and her husband Paul are the co-owners and co-directors of the Mesa Aquatics Club, hosts of the 2011 National Masters Swimming Championships held at Kino Pool in Mesa.

UPCOMING EVENTS

6/19/2011

30th Annual
Brute Squad Meet
Oro Valley Municipal Pool at
the John Krieg Park

7/7/11 - 7/10/2011

Arizona Swimming
Long Course
Senior State Championships
Hosted by the Phoenix Swim
Club

7/30/11 - 7/31/11

Masters State Championship
Hillenbrand Aquatic Center,
Tucson

9/17/2011

AZ Open Water Swim Series
#3 - Saguaro Lake

10/15/2011

AZ Open Water Swim Series
#4 - Lake Pleasant

11/05/2011

AZ Open Water Swim Series
#5 - Tempe Town Lake

SWIM – SUN – FUN
Arizona Masters Hotline
480-365-0037
WWW.AZLMSC.ORG

ANNOUNCEMENT

The AZ-LMSC needs to amend the current By-Laws in a few sections and we need some help. Any one who is a registered USMS swimmer could help do this. If you are interested in being on a subcommittee to amend the by-laws and present it to the board, please contact Judy Gillies, Chairman at jjgillies2@cox.net. A copy of our current By-Laws can be found on our webpage www.azlmsc.org.

ABOUT ARIZONA LMSC

The Arizona Local Masters Swim Committee (LMSC) is the official agent for USMS, governing master's swimming in the state of Arizona. It was formed in 1973 and consists of the entire state of Arizona.

Over 1100 adults of all ages are members of our LMSC. They range from college students, professionals, military personnel, business owners, educators, senior citizens, and all other walks of life. Some are former competitive swimmers, others are triathletes, and many are simply fitness swimmers who enjoy staying fit. Some swim on their own but the majority train with one of over forty teams located throughout the state.

Arizona Local Masters Swim Committee (LMSC) is a non-profit, tax-exempt organization that operates as a subordinate unit of United States Masters Swimming. It is recognized by the Internal Revenue Service as a 501(c)(3) organization.

ARIZONA LMSC BOARD

Elected Officers

Chairman..... Judy Gillies
Vice-Chair...Bradley Cahoon
RegistrarKaty James
Secretary Pam Kallio
Treasurer Kim Bernard

Team Representatives

Ford Aquatics..... Jim Stites
Sedona SwordfishPaul Cate
Phoenix Swim Club .. Mark Rankin
Sun Devil Masters Simon Percy
Phoenix Sunfish..... Rick Shaffer
Mesa Aquatics Paul Smith
Prescott Masters..... Brigid Bunch

Other

At-Large.....Dan Gruender
At-Large..... Edie Gruender
At-Large..... Gordon Gillin
Immediate Past Chairman...
..... Doug Adamavich

HOW TO SWIM FAST WITHOUT INJURIES

By Susan Dawson-Cook

Injuries suck. Not only do they mean pain and discomfort (and possible sleeplessness), they also translate to slower swimming. The good news is that most injuries are preventable.

Before you worry I'm about to get up on my high horse and say I've never been injured because I am so much smarter than you, I will sadly confess that it just isn't so. I tore my infraspinatus (a rotator cuff muscle) in 2009 and damaged my sacroiliac (SI) joint in 2010 (where the ilium of the pelvis and sacrum are bound together by ligaments).

The shoulder injury took a total of eight months to rehabilitate. I went through 8 weeks of physical therapy and even longer periods of reduced yardage and treatment with ice and ibuprofen. I swam like absolute garbage for nearly a year.

The back injury required a month of physical therapy and to stay sound, requires me to roll and stretch certain muscles daily and mostly refrain from running.

Now for the "how did I do it" part. The shoulder injury occurred at a meet where I was pressured to swim butterfly on a relay when I had already unwisely entered too many fly and IM individual events. What started as an uncomfortable pressure in the back of my shoulder became

a red hot pain shooting up into my neck by the meet's end.

The back injury occurred during a 3 mile race against my husband while wearing an old pair of shoes that provided a rough, rather than cushiony landing. There we were, sprinting down the last hill—pound, pound, pound. By the home we got home, my first thought was "ouch."

The next day, I couldn't even get out of bed! I popped four ibuprofens to get up and for weeks the pain persisted. An X-ray showed nothing structurally wrong, so I used that as license to do a triathlon and a swim meet. Soon, I was back to square one (ouch). Finally, I went to a physical therapist, who prescribed stretching and rolling since he believed tight muscles in my piriformis and IT band were pinching nerves. His recommendations along with regular chiropractic treatments have completely rehabilitated the condition. I am now back to swimming best times in almost all my events (yippee).

Was all this really necessary? No!! If I had listened to my body and used more common sense, the injuries never would have happened. Below are some suggestions on how to reduce the risk of falling into the injury mire:

1: Warm-up adequately before vigorous exercise. I use 600 yards as a minimum warm-up and even after that, I don't do my hardest swimming until after I've been swimming for about 30 minutes. Dynamic stretches for the shoulders also work well. These are not the crazy, swinging stretches we used to do back in the day. Controlled but brisk pectoral flies, external/internal rotation and upward reaches work best; the upper body pre-exercise stretches should involve movement and not take muscles near their elastic limit.

2: Cool down adequately after workouts (5-10 minutes). A 50 does NOT cut it. If you do a 200 or so, you can release more lactate from muscles so the tissues recover more readily and also give the body time to circulate blood from the extremities to the brain so you

don't feel dizzy when you get out. In meets that run multiple days, I do best and avoid soreness finishing each day with about a 400 easy.

3: When something doesn't feel right, STOP. If you are fatigued, keep going, if a joint or muscle is screaming obscenities at you, continuing will just take an already out-of-kilter situation and make it worse. If it only hurts while exercising, it is likely a minor strain. If it hurts even when you are sedentary, you are in real trouble and need to seek medical attention and greatly curtail activity until the condition improves. For strains, ice will reduce inflammation in the tissue and allow more blood to flow to the site so it can heal faster. I aim to ice four times a day whenever something flares up. Blood flow to shoulders is less than most other muscles, so shoulders

take longer to heal. BE PATIENT. Follow the physical therapist's recommendations and listen to your body. If you go back to all-out swimming too soon, you may escalate a condition that can be rehabilitated to one that requires surgery.

4: Stretch daily and get learn how to do self massage with balls, sticks and foam rollers or schedule regular massages. This is like getting a tune-up for your body. You wouldn't neglect your car, so why would you neglect your own body.

Freelance writer Susan is an AFAA certified group exercise instructor and personal trainer employed by the Miraval Arizona Resort and Spa and Vital Moves in SaddleBrooke. Her DVD, Personal Best Stretch: Move Better Than Ever came out in March. To read more of her articles, check out her web site www.susandawson-cook.com and blog www.fitwomenrock.com

PERSONAL BEST STRETCH PROGRAM KEY TO FREE AND EASY MOVEMENT

Personal Best Stretch: Move Better Than Ever was filmed at the La Hacienda Club at SaddleBrooke Ranch on January 28th by Keith Page of Firehouse Pictures. Susan Dawson-Cook, M.S., author, nationally ranked U.S. Masters swimmer, and instructor/trainer at the Miraval Arizona Resort and Spa and SaddleBrooke communities, assembled the program and starred in the production.

Dawson-Cook's program includes pre- and post-exercise stretches that improve range-of-motion and flexibility. Every stretch in the series has a purpose, according to Dawson-Cook. The dynamic stretch series, which replicate a variety of athletic movements, provides preparation for a workout or competitive event, warming and readying muscles and joints for free and easy movement. Static stretches for all major muscle groups follow, with detailed explanations from the presenter on safe execution, modifications, and applications for different sports and activities. Model and triathlete Jennifer Rischard shows stretching modifications for special populations throughout the program, which includes moves and postures from Qigong and Yoga, postural improvement stretches, sports-specific activities, and swimming warm-ups for the shoulder girdle.

The 40 minute DVD is available for purchase for \$19.95 and can be ordered from Dawson-Cook's web site at www.susandawson-cook.com.

Susan Dawson-Cook, President, Corazon del Oro Communications, LLC
susan@corazondeloro.com, 520-404-5839

I LOVE MY TECH SUIT

By Heather Fazio

Before this year's Nationals, the last major competition I trained for was NCAAs in 1992. Back then, we all wore tight suits but they were all lycra. That was the fancy technology; lycra over nylon. Getting back into swimming today has required education on all the new suit technology. I was confused and a little dismayed. A new tech suit will cost more than \$100? It will go down to my knees? It will take me 20 minutes to put it on? You gotta be kidding me.

I felt torn. Should I wear a tech suit? Will I look silly? Is it worth the money? I'm not planning to break any records. I just want to get out and have fun with my team. On the other hand, I didn't want to miss out on an opportunity to be faster if I could. So, I took the plunge and bought a new Speedo tech suit.

I spent a lot of time researching online to find a suit, starting with a brief education about the history of tech suits. I learned that the original tech suits are, in large measure, banned. I found some really fascinating articles about the number of records that have been broken since the introduction of tech suits: in August of 2009, after the Rome World Championships, world records were lasting a matter of DAYS, as opposed to the former years that used to pass between record breakings. On average, men's records were standing a little over a hundred days and women's less than eighty.

The debate apparently raged until finally many suits were banned. Specifically, the ones that had properties of buoyancy were eliminated from competitive use. I realized I probably had to buy a suit with the cute "2010

FINA Approved" tag, which, not surprisingly, meant more money.

So, the next step was trying to find a suit that fit. The sizes were all different than "normal" and even more confusing. I had to go to the store and ask to be MEASURED – c'mon, I thought – this is not a wedding dress – it's a SUIT, for cryin' out loud! But I went and got measured and paid (and whimpered a little at the bill).

Then, I had to actually learn to put the darn thing on. In the end, I got the suit on and managed to get to the warm up pool – for any of you who recall the warm up pool at Nationals, that was a battle all its own.

I dove in. I fell in love. I was a different swimmer. My whole body felt lifted and sleek. I felt fast – this suit was awesome!!!!

All in all, I was happy with my performance at Nationals and I am thoroughly sold on the new tech suits. I understand the debate about performance enhancements with technology, as well as the concerns about giving unfair advantage to people who can afford a suit in excess of \$400. On the other hand, I'm old. I don't have the time to train that I'd like to have. But that doesn't mean I don't like going fast. My tech suit makes it feel like that is possible again (even if my times don't!).

Heather Fazio is an attorney working in Phoenix, and previously was an NCAA All-American at the University of California at Berkeley. She has recently 'rejoined' the sport and swims for the Phoenix Swim Club.

CLUB? TEAM? WORKOUT GROUP?

You are not the only one confused. Let me help. The group that you swim with is your workout group and/or your team. Those two names can be used interchangeably.

A CLUB is a registered group of swimmers; they don't necessarily have to swim in the same location. But, a CLUB must register with the LMSC's register, and pay a club registration fee. You may only swim in a relay with others members of the same CLUB. As an example, I swim for the FORD Aquatics Masters TEAM or workout group, and

I am a member of the Arizona Masters, (registered) CLUB. If you belong to a small workout group or team, and you plan on swimming at Nationals some year, you may not be able to find four swimmers in your age group who are also going. Arizona Masters is a large CLUB spread out all over the state. Many swimmers, of different ages, go to Nationals each year. The more swimmers in a club, the more chances of getting on a relay. If you are still confused, ask your coach, or call Judy Gillies.

USMS SHORT COURSE SPRING NATIONALS SNAPSHOTS



Laura Winslow with friend and mentor Rowdy Gaines



Swimmer Jennifer Reinhardt with out of state friend



Swimmer Katy James pointing to the 'metal'



Laura Smith all smiles after her swim