

SWIM AZ NEWS

ARIZONA LOCAL MASTERS SWIM COMMITTEE

volume 36, issue 1



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 Phil Whitten. Design and Layout by Dan McCormick.

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Welcome to our first issue of the new Arizona Swim News for 2011!! One of my goals as your chairman was to bring back our on-line newsletter. As of now, it is only on-line. If you know of someone not getting it on-line, encourage him or her to contact Katy James, our registrar, and get his or her email address on file.

Arizona is in the news this Spring because we are hosting the Spring/Short Course National Meet, April 28-May 1st, at the Kino Pool in Mesa, AZ. All registration information can be found in the latest issue, Jan/Feb. of *Swimmer Magazine*. Most of you should have received this magazine in the past few weeks. Hopefully you all will be swimming in this meet, and encouraging all your teammates to join us too!! This is your chance to swim in a National Meet. You only have to make qualifying times for three of your

six events! Talk to your coach about relays!

One other issue, if there is anyone out there who would like to help out or be on the LMSC (Local Masters Swim Committee) board just contact me, your chairman, Judy Gillies. We are in need of a Vice-Chair, people to help with this newsletter, and marketing advice! Also, all registered clubs are welcome to have a representative as a voting member on the LMSC board. If you have any suggestions for articles for another issue of this newsletter, please contact me.

Judy Gillies
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520-622-4129



Action from the 21st Annual Polar Bear Classic at the University of Arizona's Hillenbrand Aquatic Center, January 2011.

THE EDIE AND DAN GRUENDER AWARD: Celebrating 30 Years Of Dedicated Service To Arizona Masters Swimming 1973 - 2003

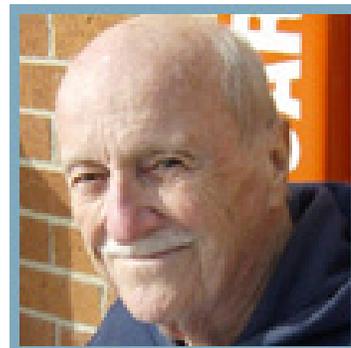
By Helen Bayly

Thus reads the inscription engraved across the top of AZ LMSC's handsome plaque - awarded each year since 2003 to the person/s who contributed the most, any given year, to benefit Arizona Masters Swimming.

Edie Gruender of Phoenix had in 1973 created and guided Arizona's first Masters swim-group, which then had its first meet (on her birthday July 29 1974, in Mesa). Then for the next 20 years Edie - with phone-calls and postcards - made AZ Masters Swimming grow across Arizona. Swimmer-husband Dan helped with the organization, until this group held its first-ever election in 1993 for a Chair and officers. This helped advance what Edie and Dan had done almost alone for 20 years , and long before computers and cell-phones!

In 2003 the AZ LMSC Board voted to ask Edie and Dan Gruender of Phoenix if an award might be created in the Gruenders' names - to honor both of them, and to recognize others whose generosity and efforts continue in like manner to advance Arizona Masters Swimming. The Gruenders kindly agreed to let their names be used for this award, and indeed the first year's award 2003 was made to both Edie and Dan themselves , for their apparently limitless efforts in creating, then helping, Arizona Masters Swimming.

Now a well-established tradition, the Gruender Award presentation has since 2003 been made yearly to other outstanding AZ Masters Swimming leaders, coaches, world champion swimmers, officials, directors and mentors.



Max Von Isser (2008)

GRUENDER AWARD RECIPIENTS

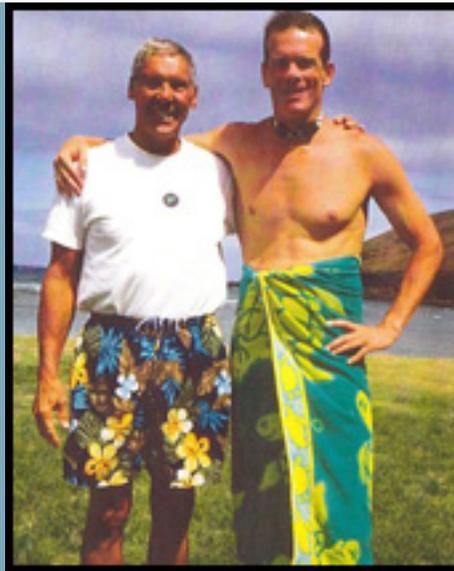
- 2003: **Edie and Dan Gruender** – *AZ Masters founders*
- 2004: **Mark Gill** - *Nationals Meet Director*
- 2005: **Jim Stites** - *AZ Nationals coach, numerous meets director*
- 2006: **Judy Gillies** - *first chairman, national officials rep*
- 2007: **Ron Johnson** - *many world records, longtime coach*
- 2008: **Max Von Isser** - *many world records, AZ's oldest national-world champion (b. 1919)*
- 2009: **Colleen Jennings-Roggensack and Kurt Roggensack** - *officiating, volunteering*
- 2010: **Katy James** - *former chair, current registrar, numerous meets director.*



Edie (2nd from right) and Dan Gruender (left), with the 2010 awardees Colleen Jennings-Roggensack (2nd from left) and Kurt Roggensack (right).



Katy James (left, 2010) and
Judy Gillies (2006)



Ron Johnson (left, 2007) and
Jim Stites (2005)

THE POWER OF A LEADER

By Laura Smith

My job entails endless travel. Thus, I am completely current on every celebrity break up, every new diet plan that doesn't include exercise or food restrictions, and who in Hollywood is best and worst dressed. On a flight last week, I had exhausted all my trashy fashion magazines, so resorted to browse through the *SkyMall* magazine in the seat back in front of me. I came across the page of motivational posters. Normally, I would have flipped right past this page and gone straight for the latest pet carriers, but one quote caught my eye. Ready for it?

THE POWER OF A LEADER

True leaders are not those who strive to be first but those who are first to strive and give their all for the success of the team. True leaders are first to see the need, envision the plan, and empower the team for action. By the strength of the

leader's commitment, the power of the team is unleashed.

We've all seen how one person's attitude or actions in a workout can change the entire atmosphere. One constant complainer in your lane can be cancerous, and get others in the same negative mindset. Conversely, however, someone who exhibits steadfast determination to get the most out of a workout, and who is sincerely enjoying the time spent in the water, is a catalyst... a spark that creates extraordinary results.

Events like Masters Nationals can bring Arizona swimmers together. Peers who are normally our competition, become our teammates. It is a fantastic turn of events. The feeling of camaraderie, and succeeding as a team overrides individual achievements.

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ANNOUNCEMENTS

March 6

Swim meet hosted by Sun Devil Masters.

April 1-3

SW Zone & Arizona Short Course State Championships hosted by Mesa Aquatics

April 28 - May 1 Spring/ Short Course National Championships, held at Mesa Aquatics

All registration information in Jan/ Feb issue of Swimmer Magazine

Nationals

You may enter up to 6 events, and only have to make qualifying times for three of the six events. You may also register for Nationals, and only swim relays.

Relays are organized by CLUBS. If you are an Arizona Club Member, contact Jim Stites at: swim1@qwest.net, to get on relays. If you belong to another club, talk to your coach.

SWIM – SUN – FUN
Arizona Masters Hotline
480-365-0037
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..... open
Registrar..... Katy James
Secretary..... Pam Kallio
Treasurer..... Kim Bernard

Team Representatives

Ford Aquatics..... Jim Stites
Sedona Swordfish..... Paul 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

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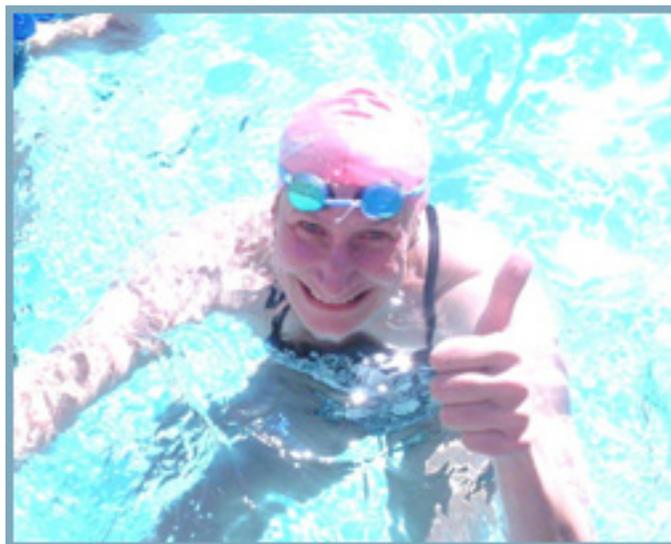
More times than not, I've seen swimmers step it up for a relay performance that far exceeded their individual performance. "Leaders" don't have to be a designated captain or coach....it's anyone who sets an example, and encourages others to reach deep and give something their all.

A few summers ago, a group of swimmers going to World's in California decided to find some workout times where they could all swim together. Various teams were represented, as were diverse abilities and age groups. The 'coach' was an alternating schedule of people who were also going to be swimming that day. During the midst of a grueling set something occurred to me. The entire atmosphere at the pool was odd. Then it hit me. Everyone participating genuinely wanted to be there! It wasn't obligatory. It wasn't something to

do to pass the time. It wasn't out of guilt of what they ate the night before or just to lose weight. Everyone at the pool had a strong desire to be swimming, and to be giving the workout their best effort. What emerged from this bizarrely positive environment was astonishing.

It seemed that each swimmer sincerely wanted their peers to swim fast. People were cheering each other on, and congratulating each other after a remarkable effort. There was a sense of unanimity and team spirit. I thought back to so many early morning workouts when swimmers showed up (usually late), dragged themselves into the pool, and only spoke to complain about a set or to bark at someone next to them. I almost felt cheated. I didn't realize that something as simple as morale could change the entire shape of the swimming experience.

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Your worst day in the pool is better than most people's best day at work. Be above the petty bickering, and do something that just might make a fellow swimmer smile.

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Not only is it impossible to always be a ray of sunshine for each and every workout, but it is also annoying to those around you. However, to maintain an upbeat environment, you don't always have to be over-the-top head cheerleader spunky. A simple, "good job" to a lane mate can go a long way. Employing the old adage "if you don't have anything good to say, don't say anything at all" can be appreciated by those who ARE enjoying a workout. Leading by example and publicly praising a fellow swimmer or complimenting the coach on a terrific set can boost everyone's disposition. Every swimmer in the pool is responsible for the overall attitude of the team. Each person contributes to it, thus each person has the ability to influence it. Since

it takes the same amount of energy to be cheerful as it does to be miserable, why bring others down with a nasty demeanor? Life is just too short for that.

So, I'm going to save you money next holiday season. Instead of going out and spending a bundle on lavish gifts for people, just give them your gift of leadership. Imagine this: your lane is over-crowded. Not only is the person behind you right on your feet, but they're wearing fins and refuse to go ahead of you. The guy leading your lane takes it upon himself to change the interval, making it impossible for you to get rest or clear the fog from your goggles. The girl in front of you spontaneously decides to switch to breaststroke in the middle of the freestyle set, causing a traffic jam and making it difficult to pass her up. The pool

is hot and the coach is cranky. This would be the perfect excuse to add to the hell around you and rip into someone. However, I challenge you. Take a step back. Take a deep breath. Try to find the humor in it. Try to realize that even your worst day at workout is better than most people's best day at work. Be above the petty bickering, and do something that just might make a fellow swimmer smile. It is the best gift that you can give yourself, and the best gift you can give others.

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.

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

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.

DYNAMIC STRETCHING: PERFORM BETTER AND REDUCE INJURIES

By Susan Dawson-Cook

If your pre-race prep consists of leaning over and reaching for your toes, think again. Performing static stretches, which involves lengthening any muscle and holding it, can actually slow your swim.

Research shows that performing static stretches before a workout or sporting event decreases eccentric strength and the rate of force production in the muscles. In a nut shell, your muscles won't react as quickly or efficiently and optimal performance will be inhibited. However, mobilizing the muscles and joints before a race can be very beneficial. Not only can that improve performance, but it can reduce the potential for injury.

You can warm-up major muscle groups doing dynamic stretches involving movement patterns. Dynamic stretches differ from the "ballistic" stretches that ruled in the 80s, which basically involved bouncing a stretch that should have been static (such as reaching for your toes and then continually bouncing to see if your hand will eventually touch the ground).

Bouncing a stretch near its elastic limit can tear tissues. Dynamic stretches, on the other hand, increase body core temperature and improve range of motion. Some examples include lunging side to side, marching with high knees, pulling

the heels to the hips and other similar movement patterns that move muscles and joints enough to stretch them and improve their range-of-motion. When you do dynamic stretches, always move in a smooth and fluid manner and avoid moving muscles beyond what you perceive as a comfortable range.

When choosing which dynamic stretches to do pre-race or -workout, it is prudent to think about which muscles and joints will be activated most during your swim. Breaststrokers, for example, will want to prep all muscles in the legs and hips and also perform range-of-motion activities for hips and ankles. All swimmers should perform some complex shoulder movements before their swims (think about doing movements that mimic weight training activities such as internal and external rotation for rotator cuff, chest flies, lateral raises, etc).

Racing or training with well-prepared muscles is always safer than forging forth with ones that are inadequately or inappropriately warmed up. So save the toe-touching for after the race and go for pectoral flies before you step up on the blocks.

Having worked in the fitness industry since 1988, Susan is currently employed as a group exercise instructor, personal trainer, and swimming instructor by the Miraval Arizona Resort and Spa and Vital Moves in the SaddleBrooke Communities. She holds three 45-49 state U.S. Masters swimming long course records in breaststroke.

LMSC SPOTLIGHT: GORDON TAYLOR

By Heather Fazio

Many of us pride ourselves on our fortitude in making it to the pool before or during lunch, or after work. We pat ourselves on the back for staying healthy and enjoying competition. We count ourselves successful in our second family relationships at the pool. We may pride ourselves at the heart we display at a meet. But how many of us make it to the pool after a heart transplant?

Gordon Taylor's doctors discovered that he had an enlarged heart in 2001, at age 50. He was one of a few very fortunate people; he was able to have a donor heart and he expresses gratitude for his second chance at life every time he enters the pool. "I never allow myself to have a bad day. Every day is a day I'm not supposed to have so I cherish everyday and live it fully. And every day I give thanks to the unknown donor and their family who made the greatest sacrifice, the loss of a loved one, which gave me life."

Taylor came to Phoenix in 1977 after graduating from the University of Oklahoma. Although he had swum in his youth, he played rugby in college. He joined the Phoenix Planning Department where he worked for 7 years and now works for the Arizona State Land Department, where he has been for 26 years. Not long after he came to Phoenix, however, he got involved with swimming at the YMCA, where he trained for triathlons with Wyatt Earp. He credits Wyatt with helping him get through some of the tough times many years later when heart

problems made it difficult for him to walk more than ten minutes. Before he was able to get his heart transplant he remembers Earp's "incessant" optimism: "He taught me that life is what you make it and you can choose to make it good just as you can choose to make it bad. Wyatt taught me the former that every cloud has a silver lining."

Five years after his transplant, Taylor wrote to Dr. Jack Copeland, one of his heart surgeons, recalling stress, or even trepidation, when he was being weaned off his ventilator and he began to have trouble. It then took three weeks before he could finally be discharged. Then, in his exit interview, Dr. Copeland gave him directions that he tried to follow. Exercise was one of the directives and he took great pleasure in being able to tell Dr. Copeland that he had competed in the Transplant Games, where he won several events. He closed his letter to Dr. Copeland with thanks: "I owe all of this to the UMC Sarver Heart Center for their care and devotion and of course the to the donor family whose gift is priceless. . . Thank you for providing me with the opportunity to live again."

Taylor's family, particularly his children, who both swam, encouraged him to join masters swimming after his transplant. As Taylor explained, "swimming is a great cardio activity for me. At my age, I don't really run very well." A year later, he was competing at the United States Masters Swimming Short Course Nationals in Fresno,

California. Taylor's son signed him up and joined him at the meet, which proved to be a great joy and memory for Taylor.

Today, Taylor fights not just the battle to get to the pool, with which many of us are familiar, but with the battle to keep swimming. He takes immunosuppressive medications that reduce his body's ability to fight infection. Last year, what would be an otherwise trivial illness to most of us turned into a severe case of pneumonia, which landed Taylor in the hospital for several days. A bump in the road back to the pool.

But speaking with Taylor, it takes a short few moments before you recognize that one word sums up his attitude toward life: gratitude. He is comfortable describing not just how special swimming has been to his health but the role that so many individuals have played in his recovery. At the top of his list is his wife, Deborah Taylor, who he acknowledges has constantly cared for and supported him, and to whom he partly credits his life. He is also careful to acknowledge the source of his second chance. "The fact I'm able to tell this brief story is only possible because someone or a family made a courageous decision to donate life. . . Without this gift I wouldn't have seen my children grow up wouldn't be able to grow and mature with my wife, my greatest supporter and advocate."

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.