

# Swim AZ News

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## Chairperson's Notes



## We Want You

Do many of you remember this poster? Well, the LMSC needs you now! This fall we will be holding an election for the AZ LMSC new board members. You will be voting for a Chairman, Vice-Chair, Secretary, Treasurer, and Four At-Large members. All eight of these positions will be the voting members on our new board, along with the Past Chairman, and Registrar. The Election Committee of:

Jeff Baird,  
[jbairddo@gmail.com](mailto:jbairddo@gmail.com),

Tim Murphy,  
[tmurphy@global.t-bird.edu](mailto:tmurphy@global.t-bird.edu),

and Willie Olivas,  
[willieolivas@gmail.com](mailto:willieolivas@gmail.com),

would like you to know that nominations for any of these positions will be open until Oct. 1<sup>st</sup>. Then voting will take place, via a link on our webpage, from Oct 8<sup>th</sup> thru the 22<sup>n</sup>

Then, the results will be announced at our annual meeting that YOU, and all are invited to. That will be a buffet of Mexican food following the Sat. session of the Ron Johnson Invitational at the Sun Devil Pool, on November 10<sup>th</sup>. So we need your vote! You can look for the link on our webpage, [www.azlmsc.org](http://www.azlmsc.org) any time after Oct. 8<sup>th</sup>. If you would like to be on the board, this is your chance. Have someone

the At-Large positions. So, I will see you all at our next meet, The Ron Johnson Invitational, short course meters State Championship Meet, at the Mona Plummer Pool in Tempe on Nov.10<sup>th</sup> 11<sup>th</sup>; and at the annual meeting on Sat. Nov. 10<sup>th</sup> following the Sat. session of the meet.



Judy Gillies, Chairperson

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# *USMS Long Course Nationals*

By Jeff Baird

For those who missed it, the USMS Long Course Nationals were held in Omaha, NE a week after the Olympic Trials. Swimming in the same pool as the trials were held made the trip worth it even if you didn't swim well. Seeing a pool arise from the middle of a basketball arena was nothing short of awe inspiring. While being able to see the gigantic scoreboard after your swim was pretty cool as well, however, it could be a bit shocking seeing your face ten feet tall if you happened to win your heat (somehow I ended up in a heat slow enough for me to come in first). Some of the backstrokers told me it was bit distracting watching it hovering over you as you were swimming, and some said it was a great experience.

Two teams from Arizona, the Arizona Club team and the Phoenix Swim Club swimmers made

impressive showings which produced a lot of quality swims even though the total numbers of Arizona swimmers was lower than in previous Nationals. The Arizona team entered 14 members with PSC bringing another 16 including Jeff Commings who hung around after swimming in the Olympic Trials the week before. The Arizona Masters team managed a respectable seventh place in the combined regional scores while PSC placed 12th out of 134 clubs in the combined club scores. The PSC men came in tenth and the women 22nd in their divisions while the AZ contingent took seventh in the men's division and the women placed ninth.

Jeff Commings broke a national record and took first in the 100m breaststroke with a time of 1:04.37 in the 35-39 age group. Phoenix Swim Club destroyed not

only the competition but the world record in the 200 Medley Relay. Noriko Inada lead off with a 28+ back leg, Jeff Commings followed up with a 28+ breast leg, Misty Hyman's butterfly leg also came in at 28+ and Jose Ponce swam the freestyle leg in the 120 age group with a time of 1:50.77, shattering the old record of 1:53.92 by over 3 seconds.

Notable swims from the Arizona Team included Laurel Hill in the 40-44 age group who placed 2nd in the 100 fly and 400 IM and 3rd in the 50 free. In the women's 45-49 age group, Kathy Gallagher took 7th in the 50 free, 6th 100, 200 and 400 free events, 4th in the 800 free and 5th in the 200 IM. Susan Dawson-Cook was also busy in that age group placing 8th in the 50 free, 3rd in the 50 and 100 breast and 2nd in the 200, as well as 5th in

the 50 fly and 6th in the 200 IM.

In the 60-64 age group, AZLMSC chair Judy Gillies took 4th in the 400 free and 7th in the 100 and 200 breast while Pam Speer was 11th in the 50 free, 9th 50 back and 8th in the 100.

On the men's side, in the 25-29 age group; Tyler DeBerry was consistent placing 1st in the 50, 100, and 200 freestyle and the 50 fly. In the 45-49 age group, Kurt Dickson was busy taking seconds in the 200, 400, and 800 freestyle and 1st in the 200 back and 3rd in both the 100 and 200 fly events. Patrick Brundage was just as busy placing 1st in the 400 and 800 free's, as well as 200 fly and 400 IM with a 3rd in the 100 fly for good measure. Swimming in the 60-64 group, Hunter Yost took 4ths in the 200 fly and 200 and 400 IM events. Alan Holly took 4th in the 200 free and 11th and 10th respectively in the 50 and 100 free style.

The Phoenix Swim Club saw some great swimming as well as the Taylor family came three strong with youngest Taylor swimming the women's 18-24 age group placing 3rd in the 100 fly, 7th in the 50 and top ten in the 50 and 100 free, and 50 and 100 back. To no one's surprise, Noriko Inada placed 1st in the 50 and 100 back and 1st in the 50 free and fly while Misty Hyman was second to Noriko in the 50 back and 50 fly.

The second member of the Taylor clan proved he can swim as well with a 6th and 7th in the 100 and 50 back and 13th and 14th in the 50 and 100 free. Travis Anderson competed well in the always tough 18-24 age group taking 3rd in the 50 breast, 9th and 16th in the 50 and 100 free, and 7th in the 50 fly. The 30-34 group saw Jose Ponce swim to 5th in the 50 and 100 free's and 4th and 9th in the 50 and 100 fly. Dustin Sumner was 18th and 17th in the 50 and 100

free and took home 12th in the 100 breast. Jeff Commings showed that being a great breaststroker doesn't mean you can't do backstroke took 1st in the 50 and 100 back and 3rd in the 100 free and as one might have guessed, 1st in the 50 breast to go along with his NR in the 100.

In the 40-44 age group David Nilsen took 7th, 3rd and 6th in the 50, 100, and 200 free events and 8th in the 200 IM. Coach Mark Rankin hoping to disprove that adage that "those who can't-teach" took 14th, 16th and 17th in the 50 breast, back, and free. In the 50-54 age group, Mark Schweitz proved that Phoenix Swimmers can go farther than 200 yards, took 9th in the 1500 and 14th, 16th and 15th in the 3 back events. In the same age group Jeff Baird took 2nd in the 100 breast and 5th and 6th in the 50 and 200 and finished with an 8th in the 200 IM.

The last of the Taylor Clan, Gordon swimming in the 60-64 age group placed 6th, 8th and 9th respectively in the 3 back events and 10th and 12th in the 50 and 100 free with a 6th in the 50 fly. In the 65-69 age group; Dave Gemmill took 3rd in the 800 free and 6th and 4th in the 100 and 200 breasts with a 2nd in the 200 IM. Besides the WR in the medley relay, Phoenix' 100-119 mixed free relay took first with Ponce, Inada, Anderson and Whitney Taylor with a time of 1:47.95. Phoenix also took 2nd in the 120+ men's MR and 3rd in the 100-119 men's 4x50 FR.

Upcoming USMS Short Course Yards Nationals in 2013 will be held at the IU Natatorium, Indianapolis, Indiana May 9-12 while the 2013 Long Course Meters Pan American Masters Swimming and Open Water Championships will be at the Selby Aquatic Center, Sarasota,

Florida, June 5-13. Lastly the 2013 Marriott U.S. Masters Long Course Meters Swimming Summer National Championship are right next door in SoCal at the Marguerite Aquatics Center, Mission Viejo, California August 7-11.

For those new to Masters Swimming, there is no reason to miss out on Nationals if you don't meet the qualifying time standards. Swimmers are allowed to swim in three (3) events without meeting Q times. If you wish to swim more than 3, you must meet Q standards for additional events. Swimming at Nationals is a great way to see the competition from other states, build camaraderie among the swimmers in your state, and a chance to reward yourself for all the hard work through the year.

*Jeff Baird DO is a retired Osteopathic Physician who swam with the Dozers in the mid 70's in high school (Washington Rams). He started swimming again 3 years ago for its health benefits.*

# Let Your Coach COACH!



We share a pool with another Masters team. The coach writes a workout on a board, and when the swimmers come, they take the board to the side of the pool and go through the workout on their own. That's fine! I know that more times than not my swimmers cringe when they see my face in the morning, my smile masking the pain that I'm about to administer! Many Master swimmers join a team more for the social aspect, than for the coaching. Again, I applaud that! Anything to get you to the pool and have you move back and forth, is a worthy reason to attend workout. However, for those of you who decided to join a coached team because you are looking for advice and encouragement, I have some recommendations for you. Since I love poaching quotes from people wiser

and more articulate than myself, I'm adding a great statement from the legendary Dallas Cowboys football coach, Tom Landry. "A coach is someone who: tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you can be." Arizona has some downright amazing Masters coaches all throughout the state. They are brilliant at assessing your stroke, administering pertinent advice, and encouraging you to correct mistakes. That being said, please take note of the following:

1. If you are truly asking for help, don't be offended with the evaluation you receive! No one has a 'perfect' stroke! Phelps and Lochte are constantly making adjustments in their technique! If you want nothing but compliments about your

form, ask your mother to watch you swim, not your swim coach!!! If you truly want constructive feedback, be ready to listen, and be open to making changes.

2. If you ask your coach to help you make a correction, you must be open minded and willing to make changes in your stroke, no matter how awkward it may initially feel! If you currently have an inefficiency in your stroke, but you've been doing it so long that it just feels natural, doesn't it make sense that rectifying the mistake just might feel a bit foreign? (um...obvious answer to this is, 'yes!'). If you genuinely want to change your stroke, be willing to go outside your comfort zone and trust the advice of your coach.

3. Be patient. Change takes time. Some of us have been swimming for decades. And, within these decades of swimming,

many Masters have had illustrious and wildly successful careers in aquatics. Even many of these swimmers can use some technique correction. However, after the amount of time ingraining poor mechanics into your muscle memory, change is not going to happen overnight. Altering something such as “hand entry” might seem like an easy fix, when in reality it can take weeks of daily focus to make the adjustment. If you

truly want to repair your technique, make the commitment to be mindful of the correction every stroke you take, for as long as it takes to fix it! A coach can make you aware of your form, but only YOU have the power to change it! Be diligent and relentless about making progress in each workout.

If you are polite, yet vocal with your coach in asking for help....if you are receptive to the suggestions and willing to commit to

change....you just might surprise yourself with the advancements you achieve.

*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.*

*Arizona LMSC Board  
Elected Officers  
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Vice-Chair ...Bradley Cahoon  
Registrar .....Katy James  
Secretary ..... Pam Kallio  
Treasurer ..... Kim Bernard  
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Ford Aquatics..... Jim Stites  
Sedona Swordfish .....Paul Cate  
Phoenix Swim Club .. Mark Rankin  
Sun Devil Masters .... Simon Percy  
Mesa Aquatics ..... Paul Smith  
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