

ARIZONA LOCAL MASTERS SWIM COMMITTEE

Swim Az News

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azlmsc.org

RULES CORNER FOR COACHES #46

By Kathy Casey,
USMS Rules Chair
rules@usms.org

Q: At our last Masters meet one of my swimmers asked to get an official time for the 100 fly split from the 400 IM and was told that was not allowed. What is the rule?

A: The USMS Rule Book is very clear about allowing butterfly splits from an IM event for an official time: An official time for an event or stroke can be achieved only in that event or stroke, or in an initial distance of such event or stroke (e.g., backstroke time must be achieved in a backstroke event OR A BUTTERFLY TIME CAN BE ACHIEVED IN AN INDIVIDUAL MEDLEY EVENT). Regardless of the stroke(s) used, times achieved in freestyle events can be recorded only as freestyle times. (103.18.2)

All rule references are from the 2014 USMS Rule Book, which can be viewed or downloaded at <http://www.usms.org/rules/front.pdf>

For any questions about competition rules in Part 1, contact Kathy Casey, USMS rules Chair, rules@usms.org

ALMSC NEW WEBSITE!!

By Jeff Baird jbairddo@gmail.com

Finally, after many months of planning and preparation, the new version of our website is up and running. At this time we are going to say goodbye to our newsletter. The newsletter had grown to be like a favorite old uncle who has overstayed his welcome, much loved, but perhaps more trouble than he is worth.

Since our newsletter has been delivered as digital content only, it made no sense given our limited volunteer resources to duplicate that effort. The articles will still be available as PDF downloads if you

wish to print them, but will also appear on our homepage on a regular basis. Once a month you will be sent an email that describes and links to the various articles that used to appear in your newsletter. This last newsletter is an attempt to ease the transition so people can see how they will read content and news about Arizona master swimming.

My goal is to send out an email similar to what you just received which has links to the latest news and articles. This way recent stuff gets shared quickly rather than the 3 or 4 months it takes for a newsletter to be published.

TABLE OF CONTENTS

ALMSC New Website – 1

Joys of Open Water Swimming:
The Memories – 3

Rule Changes – 4

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Registrar is Katy James

That said it is time to update our staff. Christy Voelkel has volunteered to help edit the articles that appear on our site. Valerie Ah Yong and our long-time site coordinator Susan Dawson Cook (thank her for all her hard work with the old site) have agreed to champion and move our social media efforts forward, and Diana Moissonnier will help me with the site and make it more appealing and user-friendly. I will continue to do as little as possible, utilizing the tremendous talent and expertise of our members. That said, to make my life easier, we still need

Continued on Pg. 2



help. Firstly (the reason no one wants me writing content is that I use words like “firstly”), we need content: articles about competitive pool swimming, training, open water swimming, triathlon swimming, biographies, and any other information that falls under the broad umbrella of Arizona master swimming. To facilitate this avalanche of new content, we would also like (need) two or more editors to help ensure that the content is clear and correct. Since we no longer have to put together a newsletter, the editors will be responsible for only two or three articles per month, which should not require much time.

No website is ever perfect. Sites need to change and respond to the needs of its users and respond to criticism regarding its functions. A great website is intuitive. This means it must make sense when you want to locate the meet schedules (in this case it is pretty simple). So to ease your transition to the new site, the following handy guide will help (I hope).

Before I begin, allow me to pass along some tips for those who are relatively new to the whole internet thing. Have you ever notices that some words or letters are blue and underlined? These are called hyperlinks and by clicking on them they will take you to a webpage usually regarding that topic. You may also notice when your pointer goes over that link, the pointer changes to something else (in my case, an arrow becomes a hand with a pointy finger). This means you can click on that word or phrase to go elsewhere. You may click on any of the following hyperlinks (or just links) to

jump to that section of our new website. Recent news and articles are found on the [home page](#) (the page which comes up when you type in AZLMSC.org.

A pdf version of the same article can be downloaded at the [documents](#) link (hover and guide your mouse to the article tab).

Events and results can be found under the Events* section (I am still working on this, but point your mouse to the Events* tab, then click on events in the drop down menu). That will take you to the [Events](#) page.

For results, hover on the same tab and click on [Results](#).

The Documents tab will bring up [Records](#), [Bylaws and Policy and Procedures](#), [Forms](#) (e.g. entry form), [Articles](#) (as they leave the home page, older articles will live here), and the Old Newsletters (and for now this current one).

Suggestions will always be welcome. My contact information is at the bottom of this article; please remember to be constructive and not hateful (this isn't FB). We would still like to feature pictures of our events, including open water, please send those to me. I would prefer a link to an online photo album, but if you must, you may send the picture files to me (Files need to be at least 1800x1200 pixels to render well on our home page).

Some of these things have been brought over from the old site and don't

fit well. They will be changing in a way that makes more sense. Stay tuned and don't get frustrated if something changes, your favorite sections will not go away, they may just move to another tab.

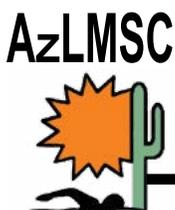
There are two last issues of housekeeping regarding this site. The first is advertising; we are going to feature ads for the first time. We are still working on a rate structure, but if you wish to advertise on our site please contact me directly. And lastly (an appropriate counterweight to balance my “firstly”) I would like to update our *Places to Swim* page. If you have a favorite swimming site or are a team or club rep, please send me information regarding times, hours, costs, contact information, and any other pertinent information regarding your place to train. This should be in a summary format, in addition to a website link, to make it simple for folks to find a spot to swim. This project will be a labor of love and will not be done overnight, however it is important to have up-to-date information regarding available pools. It is a bit frustrating to find a place to swim, only to find that it is only open two months during the summer.

Coaches, if you'd like to make it easier for swimmers to see you and your program, send me an article with the info you wish to include. I'd suggest you list your coaches, goals, workout times, philosophy, and costs. Please take the time to look at our site and send me an update on the [team contact info](#) or info which appears on the site.

To send content (pictures, articles, meet results), volunteer, or complain bitterly (which is another way of saying you really want to volunteer), email me at:

Jeff Baird
Jbairddo@gmail.com

Thank you, and we look forward to your participation in this fresh spin on Arizona masters swimming.



JOYS OF OPEN WATER SWIMMING - THE MEMORIES

By June C. Hussey
junehussey@msn.com

Sometimes it isn't until you can't do something you love that you fully realize the joy of doing it. Imagine the simple pleasures of sipping a cup of good coffee, or watching an Arizona sunset, then imagine you can't taste or see. Now think about all the times you show up for swim practice, slip in and glide effortlessly along. Think about the sense of accomplishment you feel completing sets that leave you breathless or the thrill of looking up at the clock to see you've just bested your PR from a push. We all love swimming and we all hate it, from time to time. We may have to drag ourselves out of bed or sleep in and skip it, only to feel guilty the rest of the day. We may groan about an impossible interval or anything with the word butterfly in it. But what would we do if suddenly we found out we could not swim?

When a severe injury temporarily sidelined me this fall, I not only missed a few opportunities to compete in some of my favorite open water events, I also missed training with my friends. I missed the physical, mental and spiritual benefits of propelling

my weightless body along. Before and after my surgery and now during my recovery and rehab, I cling to the promise that I'll be able to return to swimming, the one activity I really don't feel I could live without. Take my coffee. Take my sunsets. But please, oh please, don't take my swimming away.

Meanwhile, thanks for the memories, Open Water, because if I can't be one with you, I can at least remember your cold that catches my breath and makes my ears pound; your kelp that stops me in my tracks midstride; my ability to conquer the fear of your shadowy creatures just beyond my field of vision; and the peace and humility of letting go and giving over total control to you. Your gifts – even if only in my memories – make me feel alive.

My neurosurgeon and physical therapist assure me I'll be able to return to swimming, eventually, after the feeling and strength return to my arm and I heal from this herniated cervical disc, surgical discectomy and fusion. The compression on my nerve for two weeks before the surgery will

take time to calm down. It may be weeks. It may be months. Right now, the day, whenever it comes, seems so very far away.

For now, I'll listen to the seagulls, float on my back and gently bob in the waves of my mind, grateful for these eight worthwhile lessons:

1. We may be strong but we are not invincible.
2. Always be prepared for the unexpected.
3. Pre-habilitation is important, so keep swimming as long as you can.
4. When shi* happens, eat it with a smile.
5. View physical challenges of others with fresh empathy.
6. Thank goodness for diversions like the Cooking Channel.
7. I'm so lucky. Really.
8. Things could be so much worse.

Hopefully by the time you read this, I'll be back in the swim. If not, my swimming friends, swim extra long.... for me.

June Hussey swims and coaches for Skyline Masters Swim Club in Tucson. Share your thought with her on Open Water swimming for this column via email to junehussey.





THE OFFICIALS' POINT OF VIEW: NEW RULE CHANGES SINCE SEPTEMBER

By Judy Gillies, AZLMSC Officials Chair jgillies2@cox.net

Some of you may have heard that there were some rule changes that took place at the USAS Convention this September. This was NOT a rules year for USMS, but it was for FINA and USA-Swimming. Therefore we do have a couple new changes.

Probably the biggest one affects butterfly and breast stroke. In these two strokes when you do your two hand touch at each turn and the finish, the hands can NOT be overlapping, so that the touch actually is with ONE hand. The hands must be separated, but must still touch at the same time. And, yes, they can touch at different levels.

The other two are minor changes that are really just new interpretations. Again in breast stroke or fly, once you do your two hand touch at a turn, and you lean backward, toward your back before bringing one arm up and over to go underwater, this is NOT going onto your back, and it is OK to do!! (Some officials called this going onto the back, and it is illegal in breast and fly to go onto your back.)

The other rule change was at the end of backstroke; the ruling was that you could not "submerge" into the finish. They changed the wording on that, because once you touch the wall at the finish, it is the finish, and you can't do anything else. It is over. However, you still cannot be submerged prior to the finish.



Judy Gillies
USA Swim
Referee

As always, if you have any questions, always ask BEFORE swimming your event. You can always email or call me too.

Judy Gillies, jgillies2@cox.net, 520-237-9435.

QUIET HERO AND INSPIRATION

AZ MASTERS SWIMMER LOU SILVERSTEIN
7-14-1926 TO 1-18-2014

Masters swimmer Lou Silverstein, of Prescott was widely regarded as an inspiration by countless other Masters swimmers! Lou died in January, and all AZLMSC members send his wife Nancy our good wishes and many expressions of sympathy. Lou was a hero to his Prescott community, where he pioneered in broadcasting and created KAHM Radio in 1981.

To quote from Lou's obituary: "...Swimming was another passion from childhood until his death. (Lou) is credited with creating the U Az (Tucson) Swim Team in 1945, and he earned many championships in college, Masters Swimming and Senior Olympics. He always

supported youth swimming" ...making generous donations in his usual low-key manner, to the U Az teams under Frank Busch, and to the teams at Prescott and Bradshaw Mountain high schools.(PHS Swim Coach Brigid Bunch wrote for us her comments below).

AZ Masters swimmer Nancy Kinney sent us some of her memories of Lou: "This from an old Prescott friend : Lou and I started swimming together in the 1940's at the UofAz and kept at it all our lives. We were pals for a very long time and I will miss him."

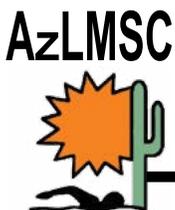
Nancy added : " I am certain that Lou and I went back further than God to 1946, when we were both at UofAz and swam in two different pools, men's and



women's. And he hung out at the Kappa House, where he was "constant".... We were all athletes, graduating together. Then Lou and I living in Prescott and swimming at Yavapai College where I coached the kids' swim team. Lou and I competed in Masters for Prescott until I moved back to Phoenix in 1989!"

Prescott's AZ Masters swimmers (Coach) Brigid Bunch and Gaile Harden used to practise with Lou in the Y pool. They wrote to add their memories of Lou to this article, so other AZ Masters

Continued on Pg. 5



may also be inspired by what Lou did for swimming, and the way he did it.

Prescott High School swim coach, Brigid Bunch writes: "I will miss Lou more than I can put into words. He was my inspiration in swimming. He gave, so that Prescott could start the high school swim teams in 2001. Through that donation he has touched hundreds of Prescott's kids – giving them a chance at being a team that they wouldn't otherwise have." Brigid writes of Lou's unforgettable races – 200 fly, 400 IM, 1750 free – all races that are huge challenges to most swimmers, including those many years younger than Lou himself. Lou remained modest and low key, despite his amazing swims and victories, all of which brought countless points to AZ Masters teams and relays.

Fondly remembering Lou, Gaile Harden writes of his whimsical and memorable

quirks. Gaile swam in the Prescott Y pool "about the same time that Lou Silverstein did. We both wanted the "warm lanes" (away from the drafts of cold air). I usually swam in Lane 1, Lou in Lane 2. Whoever arrived first got the outside lane; most people knew not to get into Lou's lane. If they tried, he's have this big smile and say "Yes, I'll share with you but I do a wide butterfly" and they usually moved on!

"At meets you could tell Lou he's had a great swim, and he'd say "but not as fast as I used to do", shaking his head. Recent years, you always had to shout for him to hear you, and if he couldn't, he'd just smile that little boy smile and say 'hi'."

Adding affectionately of Lou, as do so many others in AZ LMSC, Gaile says "We'll miss Lou, here in Prescott especially."

To give you an even more interesting picture of our inspiration Lou's life and gifts to us all, here's the link to the Courier's superb article about Lou – "Quiet benefactor dies" – (Prescott Daily Courier, January 26, 2014.) Written by Karen Despain, and with comments from Lou's friends and colleagues, this article is a MUST READ. The Courier's editor has given us/AZ LMSC permission to publish and quote from Ms Despain's outstanding account of Lou, his work, and his lifelong play.

To read article Courier article [click here](#)

To download a pdf version of this click here-[Masters swimmer Lou Silverstein](#)

Site admin note-this article reflects the feelings and admiration of the people quoted, no attempts were made to edit this so as not to diminish the emotion and respect Lou elicited.

