

ARIZONA LOCAL MASTERS SWIM COMMITTEE

Swim Az News

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azlmsc.org



Chairman's Corner

By
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Hi fellow AZ LMSC members,

Do you have to travel on business and find yourself unable to maintain your training routine? Do you like to include swimming workouts in your vacation? Did you know that there is a resource available to help you find and coordinate workouts with USMS groups when you are out of town? If you are curious, go out to the USMS website and under "Local Programs" on the top bar you will find a great resource under "Places to Swim." You will find a number of options by simply inputting your location. I personally attest to the value of this resource, as I have located and swam at various USMS teams/workout groups across the country (in Albuquerque, Dallas, Los Angeles, San Diego, Carmel/ Monterey, Denver, Philadelphia, even Richland, Washington!). I have always found these teams/workout groups to be fully welcoming. The accessibility and cost for each pool varies, but that is just a small barrier to a great experience. Besides the fact that you get to maintain some consistency in your workouts while you are traveling, there are additional benefits:

A change-up in your normal workout – you know the types of workouts to expect from your home coach and your fellow swimmers. Now you have a different coach, a different workout style, and a different set of lane mates. Too much alteration to your normal routine?

Ask the coach for some help getting placed in the right lane. And enjoy the short-term change.

Some new stroke advice – engaged coaches just can't help themselves. Don't be surprised if they give you a pointer or two on your stroke technique.

An extended group of friends – I swam with a microbrewery owner at one location, and ended up having a great beer at his pub one night after workout. And you may run into your new acquaintances at a competition or two in the future.

One key to making this a successful venture: Call or email the contact listed on the USMS website to confirm workout times/locations ensure you are welcome to attend and bring a copy of your current USMS registration card. I have also checked out the team/workout group's website for additional details.

Quick reminder about the upcoming meets: Our **State Long Course Championships** is being held on **July 13-14**. Phoenix Swim Club is hosting the meet, hopefully not the last meet in their historic facility. **Entries must be received by Saturday July 6th**. There is also the **Grand Canyon State Games** on Sunday **July 28th** at ASU's Mona Plummer Aquatic Complex. It's only a one day meet, and offers one more chance to race prior to Nationals in Mission Viejo, or an opportunity to

swim in some of the cooler water in the Valley. **Entries due on July 23rd**, more details on their website at www.gcsg.org/events/summergames/swimming.

Be safe and see you in the water,

Terry



Terry DeBiase
AzLMSC Chairman

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ATTENTION!

LCM State Meet
Phoenix Swim Club
July 13-14
Register at:
www.alzmsc.org



Embracing the Swim for Triathlon Success


By Heather A. Fazio
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Last year I decided to make like a lemming and try triathlon. A bit late given my age and declining athletic abilities but it's proven fun to learn a new sport. With my swimming background, I'm always interested in what people say about the swimming leg of triathlon, or the role of swimming training to triathlon. There are many books and plenty of people talking about how to train for the swim, it seems, because so many triathletes are looking for guidance. Ironically, this excess of swimming advice is almost equaled by the glut of criticism as to why swimming is unimportant and the most dreaded part of the race.

Really? I mean, I hate wetsuits and I'll even confess that I had at least one panic attack the first time I tried an open water swim. Granted, it may have been Tempe Town Lake that really scared me but I think I understand the feeling of dreading the swim leg of the race. But is swimming that bad? Is it really just unimportant? I always think that the average triathlete under-trains at swimming and mistakenly considers it a recovery practice but maybe I'm "all wet."

Because I'm more swimmer than cyclist or runner, maybe I'm defensive on behalf of swimming. To try and find out, I decided to poll some of the elite of our local triathlon community, many of whom have hit the podium on the local scene in the last six months, and ask their views on swimming. Here's a sampling of their thoughts:

What triathletes forget to think about is the more efficient they are in the swim, the less energy it will take from them for the bike and the run. Another thing to consider is coming out of the water sooner with better athletes who are biking faster, so instead of playing catch up, you are in the middle of the race!! It is also important for triathletes

to swim with swimmers and masters swimming is perfect for doing just that.
- **Erica McClurg, 8X Ironman finisher and Ironman Foundation Newton Running Ambassador; AG Winner 2013 Marquee Leadman 125, Tempe, AZ.**

I feel that swim training is essential to developing your swimming abilities and doing your best in triathlon. The race can be lost in the swim and you don't want to give that away! Any small gain can be big in triathlon. Masters Swim workouts, swim lessons, dryland training, open water swim practices, and splash and dash races can all be important elements for improving your swimming abilities. Swimming is more than a third of my training. Swim a lot and swim often!
- **Janie White, Tri Scottsdale Elite Team; Tri For The Cure 2012 1st Overall; Tempe International Olympic 2012 1st Overall Female; Kona Qualifier at Honu 70.3 2013.**

Swimming is such a solitary sport -- put your head into the cold, dark water... and go. But with masters, you get a chance to train and socialize with others who are after the same goal: to get faster in the water. It's the BEST way to improve your stroke, your form and your times! Masters is mandatory for every multisport athlete I coach!
- **Lorie Tucker, masters coach for Mesa Aquatic Club and owner of Gorilla Multisport Triathlon Coaching.**

As the saying goes: you can't win the race in the swim, but you can lose it. I know that all too well, but Masters has really helped me improve. I feel many triathletes completely ignore the swim leg in triathlon and just try to "survive" it. While it works for some, it can completely ruin your race if you're competing for a podium spot. I starting going to Phoenix Swim Club because my swim needed A LOT of work. I've experienced some significant

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improvements since attending masters. In the half IM distance (1.2 miles), I went from swimming around 45 min to around 30 minutes. Masters workouts challenge me, there's plenty of competition to push myself, and the instruction from coaches is excellent. I went from agonizing over my swim workouts (swimming solo at my local gym) to really looking forward to getting in the pool with real swimmers at PSC. Attending masters is one of the best decisions a triathlete can make to improve their swim.
- **Elliot Kawaoka, ONE Elite Team; AG Winner 2013 Marquee Olympic Distance.**

Swimming fast and efficiently is essential to triathlon success in large part because it comes first, it sets the tone for your day. Lots of swimming is so good for your cardiovascular system, it will only enhance your bike and run. On a personal level, I have to do lots of consistent swimming, including masters workouts, for 8-10 weeks [a season] to even have a chance of making a lead group in a big money pro triathlon. Fast swimmers are almost never lazy swimmers.
- **Lewis Elliot, former USA National Cycling Champion, world-class professional triathlete and co-author of 7 Weeks to a Triathlon.**

On the other hand, when I asked the opinion of pro triathlete, Angi Axmann, who races for Zoot Ultra Team, her first reaction was to say that because

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Embracing the Swim Cont..from pg.2

swimming is her weakest discipline, she'd recently reduced her swim training, "I actually cut my swim to 4 days a week in 2011/2012 and focused on biking and running but the swim training that I did, I made sure it was quality with good form, a great team (Phoenix Swim Club) and good coaches. Since I am a weaker swimmer I cut down the days to 4 so that I know every time I go in the pool my arms feel fresh and I wouldn't compromise form. It helped and I swam my fastest times ever in Sprint/Olympic and Halfs." (Axmann won almost every local race in the Phoenix, AZ area in the 2011/2012 season, including the Phoenix Triathlon, the Marquee Triathlon, Rio Salado Triathlon, and Tempe International Triathlon). When getting specific, however, Axmann conceded that about 7 of her 25 hours of training, or just shy of one third, are spent swimming.

I think there is something to Axmann's point. She mentioned that she considers swimming her weakness, just as I'd consider running mine. Without question, self-evaluation plays

an important role in determining training time and intensity, per discipline. And there is also a limited amount of training time for most of us. Personally, I undoubtedly need to run and bike more, *if* I can tear myself away from the pool.

But there's also a reason many triathletes complain about swimming – it's hard. Swimming is a sport that really requires the honing of skills that aren't intuitive or natural in the way that running is. And swimming requires what might be considered a disproportionate long-term investment to see improvement. My age group coach (Richard Jochums, renowned, if not infamous, coach of long distance Olympian George DiCarlo, numerous US National Team members, and US swimming record holders) used to repeat that a minimum *seven year* investment of committed swimming was necessary to excel.

Most triathletes can probably get away with less than seven years to see considerable improvement in the water but it may realistically take a two to three year consistent investment to see real advancement, depending on

your starting point. I'd say it took me three years back in the water after a 20-year hiatus to even think I wanted to race the mile again. For those of us who aren't getting any younger (this is masters after all), what can we do to maximize our water time?

If balanced with strong stroke technique work, as well as weight training focused on key swimming muscle groups, swim improvement can be enhanced, if not accelerated. Moreover, swimming doesn't have to be a "recovery" workout. It can be a great cardio workout and contribute to cardio endurance if done at least four days a week, particularly if zoomers are used to target the quadriceps. And finally, summer is a great time to amp up swim workouts and try and maximize the cardio work. After all, you won't be biking during that noon masters workout and the lakes have warmed up so you don't need a wetsuit!

Heather A. Fazio is an attorney, USS/ASCA certified coach, and former NCAA Div I All-American swimmer for U.C. Berkeley.

Swimming for the Cure September 29th By Tony Poleo

My son Anthony Jr. was diagnosed with Type 1 Diabetes on January 6th, 2012 at the age of 9. Only 5% of Diabetics are diagnosed with T1D, which simply means that his pancreas has shut down and will never produce insulin again. He will manage this disease by giving himself 4-5 insulin shots each day and testing his blood sugar 8-10 times a day. He has adapted very well to his new world and is still an extremely positive kid.

Shortly after he was diagnosed, I shifted my funding-raising efforts to JDRF (Juvenile Diabetes Research Foundation) and created a swim-a-thon type event called "Dive in 4 Diabetes". Our

2nd Annual "Dive in 4 Diabetes" event is scheduled for September 29th, 2013 in Anthem. We will be swimming 5000 meters to show our support for kids with Type 1 Diabetes. It is a fun swim to promote diabetes awareness, healthy living and the sport of swimming. It is not a race and does not have to be swum straight.

I hadn't been swimming regularly since my college days 25+ years ago, so this new development inspired me to get back in the pool last year. I enjoyed it so much that I joined MAC this past January and have started competing again as well. My goal has always been to get Anthony Jr. in the pool and after sharing with him the Gary Hall Jr. diabetes story; he decided to hang up his cleats and started



Anthony Poleo racing with Type 1 Diabetes



Swim for Cure Continued from Pg. 3

swimming with the Anthem Dolphins this season. Proud to say that he is a Breaststroker like his old man and is doing quite well in his first year in the pool ... already a finalist at the State level, a Far Western qualifier and recent winner at the Phoenix Summer Invite in both Breaststroke events.

We would like to grow our "Dive in 4 Diabetes" event over the next several years and our goal is to have multiple locations/clubs participating. There are already discussions to have a second swim in Mesa this fall; we will share those details as soon as they are finalized. If you or any family members are affected by Diabetes and would like to participate, please join us on September 29th in Anthem. If you would like to just swim with us and/or help us with our fund-raising efforts, feel free to drop me a note at Tony@TonyPoleo.com or call me at 623 217-6303. Elsmore Swim Shop is donating

swim caps and draw bags for everyone who participates and raises \$100 for the event. We will also have a small BBQ after the swim.

JDRF's mission is to find a cure for diabetes and its complications through the support of research. JDRF is the world's largest charitable funder and advocate of Type 1 Diabetes research and is responsible for more than \$1 billion in direct funding since it was founded. JDRF funds research with the greatest impact throughout the world, leading to results as soon as possible. We will be donating 100% of all monies raised directly to this organization.

Team JDRF and Team Anthony...our goal is the cure. We hope that you can join us in Anthem in September!



Poleos after competing inaugural 5K Diabetes Swim

Behind the Scenes of Record-breaking Relays

By Monica Bailey, Becki Major, Stephanie Martin & Carolyn Duffield
Ford Aquatics Masters

Swimming World Article: While several elite younger swimmers were posting impressive times last weekend at the long course meters Southwest Classic on the campus of the University of Arizona, four Ford Aquatics Masters swimmers from Tucson were breaking relay records.

Monica Bailey (52), Becki Major (49), Stephanie Martin (53) and Carolyn Duffield (47) started their weekend with the 400 free relay. Their time of 4:32.41 beat the U.S. Masters Swimming national record of 4:34.90 in the 200-239 age group that was held by Pacific Northwest Masters since 2009. They were well off the world record of 4:20.68 posted by South Africa's Cape Town Masters in March,

but the Tucson team can be happy with the second-fastest performance in their age group in history.

The foursome got some revenge on Cape Town Masters in the 800 free relay. With Cape Town posting a 10:02.67 in February, the Tucson relay squad had the time in their sights. With their final time of 10:00.03, they nearly became the oldest relay swimmers under the 10-minute barrier.

Here is our insider's story:

In April, Monica Bailey came across the US national and world records on the FINA website and determined we had a shot. She rallied three of her teammates, convincing Becki Major, Stephanie Martin and Carolyn Duffield that the records were in our reach.

We are all swimmers at Ford Aquatics Masters in Tucson, who have families, jobs (several more than one), and a love for swimming! We all swam competitively in high school and swam in college as a result of Title IX. After college we went forward in our careers, swimming to stay in shape. Monica and Becki have been competing for years; Carolyn and Stephanie hadn't swum a long course meet since college. Nonetheless, a shot at a record, we were in! We had two months to fine tune and mentally prepare. A world record!

As the days neared, each of us was consumed with nerves and excitement. The Thursday prior to the meet, Andy Morales of the Tucson Citizen came after swim practice to interview us and take a few pictures. In describing to



Record Relays cont. from pg. 4

him what we hoped to accomplished brought a fresh set of nerves to all of us.

Finally the day had arrived: Friday night, the 400 free relay:

“It was so exciting,” Major told the Tucson Citizen newspaper. “The crowd was on their feet. The kids were behind our blocks, the girls in the lanes next to us were wishing us good luck as they were getting ready to swim.”

Monica led off and got us going on the right track. Becki was second and did a 1:08 as well, which was the average time we needed to break the national record of 4:34.90. Stephanie had a great swim at 1:10 which meant Carolyn had some work to do. She anchored with a 1:04.5. We broke the old world record and the US national record by going a time of 4:32.41. It is the new US national record and we will get recognized for breaking it as a world record set in the same year that South Africa broke it in March with a 4:20.



Stephanie Martin, Becki Major, Carolyn Duffield, Monica Bailey along with Ford Aquatics Masters Coach Jim Stites. Photo by Andy Morales

The entire place was on their feet cheering for us! It was an electric feeling. Just amazing!

Day 2: Saturday night, the 800 free relay:

The second relay night was no different. The 800 Free relay world record was 10:02.67 and the US national record was 10:14.32. We needed to average 2:30's to get it. Carolyn led off and was already pumped because her daughter, Krista, was having an amazing meet. So she led off with a 2:20, Becki went second with a 2:33 split. Stephanie was next and held on with a 2:34 and Monica anchored. She brought it home with a 2:30! Our final time was 10:00.03. Once again the entire place was on their feet cheering for us.



Monica, Becki, Stephanie and Carolyn after setting a new US national record in 200 – 239 age 400 free relay!

Channel 4 news was there and interviewed us, Anchor, Sean Mooney was totally into the whole story. When asked what keeps us going, Monica responded, “why not. You don't have to stop just because you're 50. There are 90-95 year old age groups in master's swimming. We still want to be doing it when we reach that age group!”

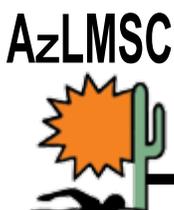
Incidentally, the 800 free relay also broke the US national record of 10:05.40. The swim marks the first Masters world record for Major, Duffield and Martin. Bailey previously held the world record in the 200 free relay as part of Lone Star Masters.



Interview after 800 free relay by Channel 4 news.



800 Free relay world and US national record holders. Stephanie, Carolyn, Becki and Monica.





WANTED: Masters Officials

By Judy Gillies

We are in need of officials for our LC State Meet coming up July 13th & 14th. Have you ever wanted to learn more about being an official? Do you like to work out, but don't like to compete? If you fall into either of these categories, you can easily become a Masters Official for the AZ LMSC. I find that Masters swimmers make great officials, because they know the rules! All you would need to do for this meet is to meet with me on the deck before the competition begins to go over basic stroke and turn rules for each stroke and how to make a call. Then, if you want to continue to become a Masters Official you would just need to do the same for a couple more meets, and I can certify you to become a Masters Stroke and Turn Official. EASY! And you can really help your team and your state Masters program.



Judy Gillies
USA Swim Referee

July 13: warmup is at noon, meet starts at 1:00pm. July 14: warmup is at 10:00am, meet starts at 10:30am.

If you think you can help out for this meet, or might be interested in becoming an official, please email or call Judy Gillies, your Officials Chair at: jgillies2@cox.net, 520-237-9435.



Editors Corner: Cool Stuff

By Tricia Schafer
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Just a few quick updates!

Sun Devil Masters' Lake Day is July 27 at Saguaro Lake. Everyone is welcome. RSVP to Simon at sundevilmasters@cox.net if you think you and your family are planning to attend. They'll follow up with details and cost.

Check out "AZ Open Water Swimming" on Facebook. People post all sorts of things, from spontaneous trips to Bartlett, to water temps and conditions at various vacation spots nationwide.

Preserving Community Aquatics is hoppin! We are gaining momentum to save the 2902 E. Campbell pools in Phoenix (current home to the Phoenix Swim Club). We'll have information, posters, and other materials at the state meet. And we're learning lots from the USA Swimming Foundation, which started a major effort a few years ago to become proactive in keeping pools open and self-sustaining. Check out their Aquatic Resource Manual at www.usaswimming.org/facilities. In addition, we have uploaded a variety of public documents, historical information, and economic data to our new website, www.communityaquatics.org.



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