

A Bi-Monthly Publication of your Arizona Local Masters Swim Committee

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Arizona Masters' National Team poses between events at the 2007 Short Course Nationals in May.

Thirty-six swimmers traveled to Federal Way, Washington to represent Arizona Masters in the 2007 Short Course Nationals, May 17-20. Two beautiful indoor competition pools provided spectators non-stop action as champions set National Records in 70 individual events and 11 relays.

Among the record-setters was Jeff Commings of Tucson. Swimming under the University of San Francisco banner, Jeff established new standards in the Men's 30-34 50-yard Breast (25.78) and 100-yard Breast (55.85). He rounded out his meet with two more golds in the 100 Back and 100 I.M., a silver in 100 Fly and a bronze in 100 Free.

Aside from medals and records, personal best times were recorded by many Arizona swimmers. At Nationals, each swimmer may enter up to six individual events (three without qualifying times). Of 142 teams, Arizona came in 5th in combined Men's and Women's points.

Special thanks go to Relay Meister Jim Stites of Ford Aquatics Masters, for putting swimmers together for some fast team swimming, and to Simon Percy, Arizona's National Team Coach, who video-taped as many of our swimmers' events as he could for posterity.

United States Masters Swimming holds two national championship meets each year. The short-course yards championship is held in the late spring, usually in April or May. The long-course championship is held in August (coming up August 10-13 at The Woodlands Aquatic Center, Woodlands, TX.) FINA sponsors the Masters world championship long course meet every other year (coming up next in Perth, Australia April 15-25 2008). Results from this meet and all USMS national championships since 1994 are available at www.usms.org.

Hail to the Brutes!

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Let's hear it for this year's Brute Squad. Displaying their well-earned towels in the back row: Laura Hernandez, Betsy Jordon (CA), Jacob Palmer, Edie Gruender, Robert Wright, and Mitzi Gruender (w/visor). Front row: Michelle Wordon and Stephanie Rollins. *Photo by Christine Guidi*

Oro Valley (June 17, 2007) – On Father's Day, while the rest of us hibernated from the heat, these hearty souls braved 105 degree temperatures on deck and three of the most grueling events in the pool: 200 meter butterfly, 400 meter I.M., and 1500 meter freestyle--all for a free...towel?

That's right! A beautiful, well-earned, and nicely-embroidered towel!

Plus, of course, the coveted title of *Brute*.

It all took place at the 26th annual Brute Squad Meet, under the direction of Judy Gillies. In all, about 30 swimmers turned out to compete in

this traditional summertime long course meet, which also features a number of less arduous events for swimmers not quite up to brutish extremes.

According to one meet participant, Arizona Masters' Swimmer Beth (Barr) Isaak (backstroker in USA's 1988 Olympics women's silver medal medley relay), "it was a fun, laid-back meet and everyone seemed to be having a good time." [See Beth's 6/20/07 posting for more about the meet at <http://azlmsc.blogspot.com>.]

Hope to see more of you *Brutes* out there next year!

National Team Tee Shirts On Sale Now

Are you swimming in any of the following events this year?

- USMS Long Course Nationals
- La Jolla Open Water Swim
- SPMA Short Course Meters Meet

If the answer is "yes" you should get an official Arizona Masters National Team T-shirt! By wearing this shirt, not only will you show your support for our team, but the profits also help pay the expenses of sending coaches to Nationals. Both are great reasons to buy, plus you can add a distinctive t-shirt to your dry wardrobe.

Ordering your t-shirt is quick and easy.

- Go to www.companycasuals.com/azmastersswimming/start.jsp or just click [here](#) then click on the National T-shirt thumbnail. You will then see a picture of both the front and back of the t-shirt.
- Next, click on the thumbnail again, which will take you to a description page.
- Select the number of shirts in each size (M-L-XL).
- Click the Update Cart button when you are done.
- You will then go to your shopping cart which will list all the items you have ordered. This will include shipping and taxes.
- To place your order click on Submit Shopping Cart and your order will be processed.

This site uses PayPal so you can pay with a credit card, debit card, or the money in your PayPal account. Once the order is processed, it will take a couple days for it to arrive via mail. Then you can proudly wear your National Team shirt at upcoming events!



(We can't promise that you'll look *this* good, but your shirt will.)

Upcoming Sanctioned Events

July 15,
"Fast Times in the Cool Pines," Long Course Meet and Social , Flagstaff

July 28 – 29
Arizona Long Course State Champs
At
Hil Ienbrand, Tucson

USMS Long Course Nationals, August 10-13 at The Woodlands Aquatic Center, Woodlands, TX

See meet fliers with this newsletter or visit www.arizonamasters.org to download.

Out in the Open...Water, that is!



Just four hours from Tucson or Phoenix, Seaside Reservations and Tri Family Racing welcome you to Sandy Beach (in front of La Princesa Resort) in Rocky Point for a 1500M Open Water Swim in the Sea of Cortez on October 6. Tell all your swimming friends to register today!

Fall Brings Open Water Events to Arizona and Mexico

Two triathlon organizers are stepping up to extend the Open Water swim season by offering the following Fall events right here in Arizona and nearby Rocky Point, Mexico. Come on, open water enthusiasts, let's show our appreciation to Red Rock Company and Tri Family Racing by registering in full force for these USTA sanctioned swims!

October 6 Rocky Point, MX 1500M Swim offered by Tri Family Racing . For more information visit www.trifamilyracing.com. For entry form, see this newsletter or click [here](#).

October 13 Tempe Town Lake (part of Sotelo Off Road). Choose either 750M or 1500M Swim by Red Rock Company <http://www.redrockco.com/upcoming-races>. To register on Active.com click [here](#).

Stay tuned! Your Arizona Masters Open Water Committee is working to bring USMS sanctioned open water events your way in Arizona for the 2008 season. Please contact junehussey@msn.com with suggestions, questions or comments.

Going to Extreme Lengths to Prevent Drowning

Kathleen Lawrence, seen here with 10-year old Allie Jones of Phoenix, is an Arizona Masters Swimmer and open water enthusiast who swam for her first time from Alcatraz to San Francisco's Aquatic Park on April 25, 2007. It wasn't just a lark. Her swim was part of a team effort to bring attention to the importance of drowning prevention.



Kathleen and Allie were part of the Swim Neptune/ Team Alcatraz Swim. Of a total of 50 youngsters (age 8 to 17) and 50 adult distance swimmers, all but one made the crossing. An 8-year-old girl, Emma Schlenker of Phoenix, took the world record for youngest girl to swim this crossing. Emma said later on the "Ellen" show that she did this to help prevent kids from drowning this summer.

Kathleen told Swim Arizona "Out here in the senior communities, we don't have life guards at our pools. Many of us have our grandchildren over the summer months. If my swim from Alcatraz can bring drowning prevention awareness to seniors, it was well worth every wave, every mouthful of salt water!"

Kathleen reports that during the swim, the water temp was 52 degrees, with wind chop, waves and strong currents. The group completed the 1.5 mile swim in 1 hour 2 minutes. Swim Neptune is the team young Braxton Bilbrey, of Glendale, AZ, swims with. You may recall Braxton was the youngest person to swim from Alcatraz, at age 7, in May 2006. Braxton inspired the F.A.S.T. Foundation: Foundation for Aquatic Safety and Training. The F.A.S.T. Foundation, based in Scottsdale, helps kids learn to swim, supplies locks for pool fences, pool fences, supports families with children who have brain damage due to "near drownings" and many other community programs to help save kids around water.

Kathleen serves as Team Swim Neptune's Honorary Grandmother. This summer, Swim Neptune is bringing awareness to the Senior communities in the Phoenix area by having "Grandparent's Water Safety Days." During these events, the Neptune kids and Sun City Starrs swim demos, the Aqua Suns Synchro swimmers put on a show, adult swim and private swim lessons are offered, the Sun City Fire Dept does a CPR demonstration and F.A.S.T. Foundation distributes information about drowning prevention.

Kathleen has been a USMS swimmer for the past six years. A former marathon runner and triathlete, at 63 Kathleen's new motto is: Have new hip....will swim! She swims with the Sun City Starrs, coached by John Jorgensen.

"We have an amazing Master's Team," says Kathleen. "Many are in the US Top Ten. Some are gold medal triathletes. Our Tom Taylor took second at Worlds in the 200 free. I am their long distance swimmer. I swim two to six miles, anywhere I can...Sea of Cortez, Bahamas, Pacific Ocean, any cold lake I can find."

Don't stop looking, Kathleen. We'll see you out there.

The Sun City Starrs, from the Top: Sharon Billiter, Dolores Balding, Lisa Bogatko, and Bev Linnihan. 2nd row: Dottie Winniford, Lu Middel, Diane Wilson, Bobbi Malone, Carol Vangel, Bob and Ken Piegras. Front row, Dorothy Keller, Elaine Guest, Malinda Case and Tom Rigley. Missing: Darrel Baker, Kathleen Lawrence, Coach John Jorgenson and Assist.Coach Tom Taylor.



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