

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

Have You Registered For 2008?



Online registration is as easy as 1, 2, 3.

1. Log onto www.usms.org and fill out your registration form via our secure web interface.
2. Pay the fees with your Visa® or MasterCard®.
3. Print a copy of your membership card in one easy transaction.

What Does USMS Membership Signify?

If you have already joined or renewed your membership, thank you! 43,000 members nationwide enjoy their subscription to USMS Swimmer magazine and the ability to compete in USMS-sanctioned events throughout the year. However, Linda Shoenberger may have summarized the true meaning of membership best when she wrote:

Our organization promotes fitness through swimming from age 18 and up. Our group is filled with mature, active healthy adults who take care of themselves so they can in turn take care of people in their lives who may need help -- children, young adults, injured and sick people and the elderly. We are strong. We are able to contribute to others because we keep ourselves fit through swimming.

We show ourselves as examples of healthy living for young and old alike who want to remain active and healthy throughout their lives. When we walk into a pool, into our workplace, into our grocery stores and social events, we make a statement about health and wellbeing through swimming.

I am proud to be a part of this organization and I realize even more now how important it is to belong to a group that supports us in our quest for healthy living. We can be role models for those children learning to swim, young competitive swimmers and divers who want to continue to pursue the sport, people who want to exercise without pain, people who want to lose weight, and many others who want to be healthy and active. We are the ones with the smiles on our faces and the skip in our step because we are United States Masters Swimmers. —Linda Shoenberger, January 1, 2008

Linda lives and trains in Reno and competes for Tamalpais Masters in the women's 60-64 age group. She won a Gold medal for her performance in the women's 1650 at short course Nationals in Federal Way last year.

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Submission are welcome. Please send submissions to junehussey@msn.com in one of the following electronic formats: Text (*.txt), Microsoft Word™ (*.doc), or Microsoft Excel™ (*.xls) and Photos as .jpg files. Articles are due on the 15th of the month before the publication date. *Swim Arizona* reserves the right to edit or not publish submissions for publication. We welcome your widespread use and sharing of our materials, and ask that you give credit to AZ LMSC. Printed in the United States of America.

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Double Gold: A National Standard For Arizona's Helen Bayly in Swimming & Diving

Arizona Masters swim veteran Helen Bayly may be the first swimmer in history to win national golds in both swimming *and* diving. Competing in the women's 70-74 age group, Helen first swam to victory in the 50 yd. fly at Masters Swimming Nationals held in Federal Way, Washington last May. A few months later, she won gold in the 1 meter springboard championships at Masters Diving Nationals.

Even more extraordinary may be the fact that Helen had last dived as a daring youngster in Sydney, in the days before springboards—57 years ago! Back then, she recalls, they dove off rigid wood-planked boards with coconut matting. Last summer when visiting the east coast, she quite literally jumped at the chance when a college coach invited her to join a diving class. Helen launched herself off the flexible springboard for the first time in her life—with pointed toes, no less. Then and there, the coach challenged her to enter the upcoming competition in nearby Long Island.

Helen worked hard to prepare six different dives for Nationals – including half-twists, somersaults, inwards and reverses. “That was hard,” Helen wrote. “It took lots of work and concentration to get stronger.” But she loved it. And so, apparently, did the judges, who sent Helen home with a Gold!

Truth be told, diving is not as popular at the Masters level as swimming. “I had no idea my women age-peers had mostly quit diving nowadays...I think my fellow W 70+ might be concerned about their bones, osteoporosis and joints,” wrote Helen, who lives with arthritis herself. In fact, older divers do have to approach the sport a bit differently. In Masters Diving competition, for example, divers over 55 may not dive headfirst from the five or ten meter platforms.

While Helen's mere appearance at the meet, much less her performance, was certainly impressive, she was no less thrilled by the company she kept. There were seven different nations represented, including US, UK, Russia, Mexico and Canada, several Olympians and other brilliant divers at the meet.

“I just loved the whole thing,” she wrote. “To me, it's like flying and dancing joined, though my old bod can't do the teenage stuff (e.g., scrunch up into a tuck for spins). I have no ambition to do difficult stuff, ever! If I can just enjoy the 6-8 graceful and fun dives I have to do for 70+, that's enough.”

Keep on inspiring us, Helen, on—and over—the water.



Arizona's Helen Bayly (right) poses with Margaret Cheney following their respective victories at U.S. Masters Diving National Championships in East Meadow, LI last summer. Story on page 2.

USMS Announces 2009 Open Water and Long Distance National Championships

Open Water

- >6 Mile: Harbor Springs, MI, TBA
- 3-6 Mile: Big Shoulders, Chicago, IL, September 12th
- 1 Mile: Millerton Lake, Clovis, CA, TBA
- 2 Mile Cable: Lake Placid, NY, TBA
- 1-3 Mile: Canandaigua, NY, July 18th

Postal

- One Hour: Ohana, Pacific Northwest
- 3-6K: Clemson, SC
- 5-10K: Minuteman, New England Masters

2009 Pool National Championships

- Short Course Nationals – Clovis, CA
- Long Course Nationals – Indianapolis, In

For a complete listing of 2008 events, visit www.usms.org.

New USMS 25K Championship in 2008

On Saturday July 19, 2008, USMS will hold it's first ever 25K Championship in Noblesville, Indiana. Both a solo and relay race will be held in Morse Reservoir. All solo participants will need to submit an application that demonstrates their ability to complete the distance. Relays will consist of 5 members, with each member swimming a complete 5K. The number of solo and relay entries will be limited. Dick Sidner, 317-695-9885, dsidner@gmail.com; Marcia Cleveland, 847-446-5142, MarciaC944@gmail.com; Early registration fee \$90 by 5/24; late registration fee \$120 by 6/21; Sanctioned by IN LMSC #168-S-06 www.usms.org/longdist/ldnats08/25kentry.pdf;

Upcoming Sanctioned Events

2008 Arizona Masters SC Yards State Championships
March 28-30, 2008
Hillenbrand Aquatics Center
University of Arizona,
Tucson, Arizona

2008 FINA Masters World Championships
April 15-25, 2008 (swimming events April 18-24, open water April 25)
Challenge Stadium, Perth, Australia

2008 USMS Short Course Yards Nationals
May 1-4, 2008
Texas Swim Center, University of Texas, Austin, Texas

2008 USMS Long Course Meters Nationals
August 14-17, 2008
Mount Hood Community College, Mount Hood, Oregon

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