

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

## Hello...You've Reached Arizona Masters!

Looking for information about Arizona Masters? Don't have access to the internet? Want to know how to become a member? Don't know where to swim? Lost your membership card? Want to find out about a meet? Want to buy an Arizona Masters swim cap? Can't swim butterfly to save your life? Relax.

Now you can call **Arizona Masters 24 hours a day**. Find out what you want to know by listening to the voice recordings or leave a message and someone in the know will return your call.

The Arizona Masters Hotline is a new member service. Thanks go to vice chairman Doug Adamavich for setting it up.

Reach Arizona Masters now at **480-365-0037**. (This is a Phoenix listing.)

## Arizona Masters Seeks Ad Hoc Committee Volunteers

Your Local Masters Swim Committee (LMSC) is a group of dedicated volunteers serving Arizona Masters and our sport. The Arizona LMSC has recently formed ad hoc committees to facilitate various projects of benefit to our members. Our goal is to continue to grow our membership so more Arizonans can enjoy the life-long benefits of swimming—fitness, camaraderie and competition.

We are continually seeking new ways to enhance service to our members. Therefore, we are looking for just a few hours of our members' time in the arenas of marketing, communication, and competition. Think you might be able to help us out? To find out more, please call the Arizona Masters hotline at 480-365-0037. Don't forget to let us know about a special talent or suggestion you would like to share.

## Arizona Triathlons to Promote USMS membership

Arizona Masters has partnered with several upcoming area triathlons to increase USMS awareness and promote membership among tri-athletes. If you know a tri-athlete who is not already a USMS member, please encourage them to join our organization. See flyer enclosed. Look for the USMS booth at your next triathlon. If you would like to volunteer to staff our exhibit booth and hand out registration forms/information at the next triathlon in your area, please call the Arizona Masters hotline at 480-365-0037.

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Visit our Web Log for late breaking News:  
<http://azlmsc.blogspot.com>  
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*A full line of well-priced logo-wear featuring this distinctive mark, as well as our traditional Arizona Flag swim caps, will be available for purchase soon from our new on-line store. Stay tuned!*



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## You're a Master but he's The Master Get stroke technique tips from Ron Johnson

Are you at a loss when your coach asks you to do a "best stroke" set then adds "non-free?" Perhaps it's time you "mastered" another stroke or three. Lucky for you, Backstroke, Breaststroke and Butterfly clinics are coming up May 27, June 24, and September 16, respectively. These clinics will be held at ASU and coached/presented by Ron Johnson.

Ron is a legend of Masters and World Swimming. He has coached 14 Olympic Medalists and 29 Olympic Finalists. During his tenure as ASU head coach he was the NCAA Coach of the Year and coached countless NCAA finalists and All Americans. As a Masters coach he has been the USMS Coach of the Year and holds numerous USMS World Records. His 50 years of coaching make him one of the most experienced coaches alive. His enduring passion for the sport makes him one of the best-informed and best clinician's around.

Don't miss this opportunity to learn from one of the best. Only 40 swimmers will be permitted per clinic, so register early. See enclosed flyer for more information, or contact Simon Percy: [sundevilmasters@cox.net](mailto:sundevilmasters@cox.net) or 602-224-4845

## Mark Your Calendar

June 11	Brute Squad	Oro Valley
June 18	Grand Canyon State Games	Chandler
July 9	Sun Devil Masters "Worlds Tune-up Meet"	ASU, Tempe
July 22	LCM State Meet	Brophy East (tentative)
August 2006	XI FINA World Masters	Palo Alto

**Note: The Grand Canyon State Games and LCM State Meet are yet to be recognized and sanctioned by Arizona LMSC.**

## Good Luck at National s, Arizona Masters!

USMS Short Course Yards Nationals are taking place May 11-14 in Coral Springs, Florida. Good luck to Arizona Masters! Send us a post card about how you're doing and what we're missing and we'll publish it in the next edition.



## Long Course and Open Water Seasons Begin

*Long Course Season is here. Mark your calendars for these upcoming local meets and remember, your age as of December 31, 2006 will be considered your age for long course competitions.*

**June 11, Brute Squad, Oro Valley, Arizona.** Entries due June 7. Meet entry enclosed. Swim in the beautiful, eight-lane, 50-meter outdoor pool in Oro Valley, northwest of Tucson. It's an easy drive from Phoenix! Special awards for all BRUTES who complete the 200m fly, 400m I.M. and the 1500m free events! This is the 25th annual Brute Squad meet and is held in memorial of Rose Steward.

**June 18, Grand Canyon State Games, Arrowhead Pool, Chandler.** *Note: Yet-to-be-sanctioned, yet-to-be recognized as of date of publication.* Contact the Grand Canyon State Games Master Swimming Information line at 480-365-0043.

**July 9, Sun Devil Masters "Worlds Tune-up Meet".** See meet entry enclosed. Competition will be held at Mona Plummer Aquatic Center at Arizona State University located at College and 6th Street in Tempe. The facility is an outdoor 50 meter, 8 lane pool operated at 80 F with non-turbulent lane lines and electronic timing. There will be a separate 25 yard pool available for warm-up and loosen-down during the actual meet.

**August 4 - 12, Fina World Master's Championships, Stanford University.** This is shaping up to be the largest masters aquatic event in world history. Be a part of it. Also includes water polo, diving and synchro. Entries due June 3!! For more information or online entry, visit [www.2006FINAMasters.org](http://www.2006FINAMasters.org).

*With the unfortunate cancellation of the Rocky Point Open Water swim in April, we Zonies have farther to travel to compete in open water. Here are some suggestions for Open Water/Long Distance Enthusiasts:*

**June 17, USMS 2.5K Open Water Championships** at Chris Greene Lake, Charlottesville, VA. Info: Dave Holland, 804-282-6224, [dholland@rmc.edu](mailto:dholland@rmc.edu); Mark Gill, 480-874-7112, [markgill@usms.org](mailto:markgill@usms.org)

**August 11, 3 K Open Water swim** during FINA World Master's Championships at Robert Crown Memorial State Beach, San Francisco Bay, Alameda, CA. Entries due June 3!! For more information or online entry, visit [www.2006FINAMasters.org](http://www.2006FINAMasters.org).

**Tempe Open Water Series 4,000 meters (2.49 miles) and 1,500 meters (1.24 miles) open water events** will be offered at Tempe Town Lake on September 3, September 23 and October 3. For more information, email [info@racelab.com](mailto:info@racelab.com).

**USMS 5 and 10 K Postal Championships May 15 - September 15** hosted by River City Sharks. Info: Neil Salkind, 785-841-0947, [njs@sunflower.com](mailto:njs@sunflower.com). Do this as a team or as an individual and mail in your results for your national ranking.

**76<sup>th</sup> Annual La Jolla Roughwater Swim, September 10.** 1 and 3 mile distances in one of the most beautiful open water settings in the world. [www.ljrws.com](http://www.ljrws.com).



Throughout the year, Arizona Masters participates in several major events. These events generally follow this schedule, dates and times vary, however. For an up-to-date listing of upcoming events, please visit the official website.

January: USMS One-Hour Postal (SCY)  
February: Polar Bear Meet (SCY)  
March: Sun Devil Invite (SCY)  
April: Short Course State Championship (SCY)  
May: USMS Short Course Nationals (SCY)  
June: Grand Canyon State Games (SCY)  
July: Long Course State Championship (LCM)  
August: USMS Long Course Nationals (LCM)  
September: La Jolla Open Water Swim (Open Water)  
October: Fall Classic (SCM)  
December: Southwest Zone Championship (SCM)

See entry forms in this newsletter or visit [www.arizonamasters.org](http://www.arizonamasters.org)

**Congratulations!** Arizona Masters swimmers of all ages participated in State Short Course Championships hosted by Ford Aquatics Masters in Tucson in March, and Southwest Zone Championships held in La Jolla in April. At State, host team Ford Aquatics won handily, followed by Sun Devils and Sunfish. The highest "high point" award went to Carol Taylor with 81 points! At Zones in La Jolla, Arizona came in third of 12 teams. Representing Arizona were Jim Stites, Scott Shake, Sally Bolar, Helen Bayly, Becki Major, Stephen So, Barry Roth, Hop Bailey, Robert Liotta, Brenda Crewswell-Liotta, Louise Keough, Evie Lynch and Christie Altman. On line meet results: <http://homepage.mac.com/jimstites/FordAquatics/index.html>.

Want to see *your* team featured in *Swim Arizona*? Have a photo or article to share? Just email [junehussey@msn.com](mailto:junehussey@msn.com).

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