

# ARIZONA LOCAL MASTERS SWIM COMMITTEE

# Swim Az News

March/April 2013

azlmsc.org



## Chairman's Corner

By  
Terry DeBiase

Hi fellow AZ LMSC members

I hope you've been able to greet the new year with plenty of swimming, maybe making up for some time off over the holidays. We have a number of pool meet updates. As you read this, some of you will have already competed in the first pool meet of 2013, the 23<sup>rd</sup> annual Polar Bear Classic, hosted by Tucson Ford Aquatics Masters. Your Board met on January 12<sup>th</sup> to discuss applications for 2013 AZ LMSC State Championship meets, so you can put three more meets on your potential pool swimming agenda for 2013:

- 1) Spring State Championships (short course yards) will be held at the newly remodeled Oro Valley Municipal Pool on the weekend of **April 5-7**. This meet will be hosted by SaddleBrooke Masters and Tucson Ford Aquatic Masters, and will also serve as the Southwest Zone Championship Meet. The Southwest Zone includes New Mexico Masters, San Diego – Imperial LMSC, and Southern Pacific Masters Swimming, so we will hopefully have some out-of-town guests in attendance.
- 2) Summer State Championships (long course meters) will be held at Phoenix Swim Club **July 13-14**.

- 3) Fall State Championships (short course meters) will be hosted by Sun Devil Masters at the ASU Mona Plummer facility in **early November** (tentative dates November 9-10).

And while we're talking about 2013 pool meets, I will mention the Spring and Summer Masters National Championships. The Spring meet is in Indianapolis, IN from **May 9-12** at the same pool hosting the Men's and Women's NCAA Swimming and Diving Championships in March. The Summer meet is in Mission Viejo, CA from **August 7-11**. Personally, I can't think of a better time to escape the Arizona heat to head over to Southern California for some beach time...oh yeah, and a swim meet too.

One more note on competitive swimming in 2013: open water. HUB Event Productions has taken over the Arizona Open Water Series from DCB Adventures and has tentatively scheduled **SIX** (yes, that is not a misprint) events in 2013, including an event at Canyon Lake (the next lake up the Salt River from Saguaro Lake). I'm sure the success of the series will be largely a function of masters swimmers coming out to the events. All the information on the 2013 events is available at [www.azopenwater.com](http://www.azopenwater.com).

Take care and see you in the water,

Terry



Terry DeBiase  
AzLMSC Chairman

## Table of Contents

Chairman's Corner pg.1

Transitions pg.2

Ask the Expert pg.2

Meet the Board pg.3

In Memory of Mark Hummels  
pg.4

Sick? Don't Swim! pg.5

Tinker, Sprinter, Painter,  
Thinker pg.7

Wet Behind the Ears pg.7

Official's Point of View pg.8

Skyline Pool Hosts Grand  
Prix pg.9

Phoenix Swim Club Pool  
Status pg.9



# Transitions



By Jeff Baird

This issue marks a new path in your AZLMSC Newsletter and the AZLMSC in general. As you (may) remember from the last issue, we have a new board and new chair. We owe the outgoing chair our gratitude for her leadership of the AZLMSC for the last three years. Judy Gillies will be staying on with the board in the position of Immediate Past Chair, where her experience will allow the board an important resource moving forward.

In this issue, our new board members have included brief bios and goals for their upcoming terms. As with any volunteer organization, our board members serve without pay and put in an immense amount of time to help make your club a valuable resource. Readers met Terry DeBiase, our new chair, in the last issue. Vice Chair Bradley Cahoon served as Vice Chair during the last term as well. The new Secretary is Lindsey Urbatchka and our treasurer is Christie Altman. Both bring extensive experience and enthusiasm to their positions.

Three of our four At Large Members are new, and include Mark Rankin, coach of Phoenix Swim Club; Paul Smith, coach of Mesa Aquatics; Katy James, coach of Sun Devil Masters and current and past registrar, and Susan Dawson-Cook of SaddleBrooke Swim Club who returns to her position from last term.

In addition to our new board, your AZLMSC Newsletter welcomes a new group of talented individuals who bring new enthusiasm and skills to the table. Tricia Schafer of Phoenix Swim Club will be taking over as the editor and will be working closely with Diana Moissonnier, a graphic designer whose skills will help take the layout and design of the newsletter to a higher level. Other contributors include Jack Salvatore who was a past chair in the mid 90's as well as a former TV news investigative reporter/anchor and writes for his law practice; Mark Schwietz who swims for PSC and owns a business in the Salt Lake City area; Christy Voelkel a former high school English teacher and Ford Aquatics swimmer whose family has been involved in swimming including one triathlete (Christy has an interest in doing our swimmer profiles so if you have someone you think we should feature, contact me or Christy at the contact info below); June Hussey a long time masters swimmer, founder of Skyline Masters Swim Club in Tucson and one-time editor of this newsletter; Cynthia Kraft who brings extensive experience in newsletter publishing; Katherine Phillips co-owner of strength and condition business-Pike Athletics; Phil Whitten who has the distinction of contributing the first article for the new year; and last but not least Valerie Ah Yong who also brings an extensive background in graphic design, marketing, and advertising to our group.

To help promote businesses who support Arizona Masters Swimming, we would like to add advertising to your newsletter. If you have a business or know of any business which supports Masters Swimming at the state or national level and

**AzLMSC** wishes greater exposure, contact me (Jeff Baird [jbairddo@gmail.com](mailto:jbairddo@gmail.com)). I expect by our next newsletter we will have someone



## Ask the Expert!

Whether you're new to Masters or a longtime swimmer, we know you have questions. Send them to [jbairddo@gmail.com](mailto:jbairddo@gmail.com). Remember, if you are curious, someone else probably is as well. Jeff Baird will find one or two individuals who have expertise in the area of your question to provide an answer (barring that, we will make up something totally ridiculous). Remember, it is up to you to make this section a success. If you don't send in questions, then we will be forced to make them up, and you will always wonder which questions are real.

### Here's our first Q&A!

**Q:** I'm gearing up for my fifth consecutive year of masters meets, but sometimes I still feel like a beginner. I never quite get the timing of the warmup right. I swim comfortably in the warmup pool, but then inevitably get out too early because I'm afraid I'll miss my heat, then my body gets cold again. Sometimes I just jump into my events with no warmup, and of course my times suffer when I do that. What's the ideal rest time between leaving the warmup pool and being called to the blocks? And how can I enjoy my warmup without constantly checking the scoreboard for the status of the event/heat currently going on?

**A:** [From Paul Smith, Director of Coaching/CEO, Mesa Aquatics] I have always taken a position very similar to Gary Hall Jr. in that I think you "warm up till your warmed up."

*Continued on Pg. 3*

## Transitions Continued from Pg. 2

who is dedicated to this aspect of our newsletter.

As with the board, the newsletter staff is an all-volunteer group. We will strive to put out a product that will be on par with publications with paid staff. Again we welcome comments and suggestions (constructive please) which can be sent to the email above (until I find someone who can do this task).

We are still in need of triathletes and open water swimmers who wish to contribute to the newsletter since our staff (other than Christy) have little background in these two important groups of our members.

## Ask the Expert continued from page 2

It can drive some folks crazy who are used to very structured workouts, meets, etc. but I truly believe there are no fixed "one size fits all" formulas. I have warmed up for nationals at times with less than 200yds....this was based on it being the 4<sup>th</sup> day, I was exhausted and ultimately I didn't want to leave what I had left in the warm up pool but in the competition pool.

Swimmers that can learn to truly listen to their bodies and who are willing to step back from structured routines and experiment will soon begin to figure this stuff out. Last thing, the athlete asks about the ideal time between warm-up and competition and I personally have found that if I get in during the normal meet warm-up and feel things out a bit that I still usually get in again about 15 minutes before I race and go right to the blocks....I don't swim much at this second warm-up but lightly stretch, relax my breathing, focus/visualize, etc. It may not be what works for everyone but it has for me after about 40 years of trial and error!

Q: I'm filling out my seed times for the state meet. What's the link to check my historical meet results?

A: <http://www.usms.org/comp/meets/resultstrack.php>. No such thing as a dumb question!

## Meet the Board

### Bradley (Brad) Cahoon – Vice Chair

Fellow AZLMSC members I am pleased to be returning as your Vice Chair. For those of you who don't know me, here is a brief introduction.

I grew up in Scottsdale, where I currently reside. As an age group swimmer I swam for the Scottsdale Swim Team (SST) from 1964 to 1973. SST was the predecessor to Scottsdale Aquatics Club. I began my career as a masters swimmer in 1992, joining Sun Devil Masters under Ron Johnson. In 2010 I joined the Mesa Aquatics Club under Paul Smith, and I continue to swim for MAC. I have enjoyed competing in many State and National meets

over the years. More recently I have added open water swimming

to my competitive needs. From time to time I even try my hand at triathlons. Professionally, I am an Account Manager for the World's largest laboratory corporation, Eurofins. We focus on food safety, pharmaceutical and environmental testing services globally. Eurofins Eaton Analytical is the company's North American Competency Center for Water and the group I work for. Traveling the US for my company has provided the opportunity to visit masters teams in other states. I attended Arizona State University, graduating with a degree in Environmental Resources in 1977. I followed this up with a Master's degree from the Thunderbird School of International Business in Glendale, AZ.

### Lindsey Urbatchka – Secretary

My swimming career began at the Sheridan, Wyoming YMCA in swim lessons at 3 years old. I joined the swim team at age 7 and have been competing since. Earning a scholarship to the University of Kansas, I spent 4 years competing there and 2 more years with the Lawrence Masters- all the while earning my doctorate in



# In Memory of Mark Hummels



By now most of you have heard of the tragic shooting at an office building in Phoenix on January 30, 2013. One of the two men killed in the attack was Mark Hummels. Mark was a Masters swimmer. According to USMS records, he last competed at the 2005 SCY State SW Zone Championships, swimming for Phoenix Swim Club, with the following times.

Mark's memorial service packed the Orpheum Theater in Phoenix. His friend and mentor, the Honorable Andrew Hurwitz (also an active, competitive masters swimmer at Phoenix Swim Club), spoke at the service and recalled Mark's outstanding athletic ability, coupled with his eclectic personality and modest demeanor:

"I swim with a Masters team, and one day at noon, Mark asked if he could tag along – "he had swum a little," he said. So, we swam together at lunch throughout the year [that we worked together] and for years after. It took several weeks after we started for Mark to admit the obvious -- he was a champion college swimmer. It took him only several months – until April 2005 to be exact, after years away from the sport, to take several first and second places in the state masters' meet.

"And then Mark stopped competitive swimming. When I asked why, he said that he wanted to spend more time with [his young children] Ella and Henry, and besides, he got lots of exercise riding a unicycle. Oh my gosh, I said, isn't that dangerous? And Mark allowed that since he had begun to try juggling and riding at the same time, he had fallen once or twice."

Mark's children are club swimmers for Swim Neptune at the Camelback Village pool in Phoenix. The Swim

Neptune club is committed to helping his wife Dana, and two young children, Ella and Henry by assisting with the cost of their participation with Swim Neptune. Additional opportunities for Swim Neptune families to help are outlined below:

For those who would like to give a gift that is relevant to the healthy, active way that Mark lived his life and raised his kids, it would be immensely helpful for Dana to have extra funds in her Village account to be used for meals, camps for her kids, swim fees and the like. Anyone who would like to contribute funds may do so by contacting the membership director, Laura Gilbert. Her email is [lgilbert@dmbclubs.com](mailto:lgilbert@dmbclubs.com)

Other ways to help: (1) the Hummels Children's Fund at Alliance Bank of Arizona, 2901 N. Central Ave., Suite 100, Phoenix 85012; (2) the Arizona Foundation <http://www.azfoundation.org/static/donors/Hummels.shtml>; (3) assist through [swimneptuneboosters@gmail.com](mailto:swimneptuneboosters@gmail.com)

SCY Results for 35-39 age Group							
Name	Date (MeetID)	Age	Club	Event	Heat/ Lane	Time	Place
Mark P Hummels	2005-04-01 (20050401SWZONEY)	35	ARIZ	<b>1650 FREE</b>	H2 /L2	19:57.16	1
Mark P Hummels	2005-04-01 (20050401SWZONEY)	35	ARIZ	<b>100 FLY</b>	H5/ L7	1:00.64	2
Mark P Hummels	2005-04-01 (20050401SWZONEY)	35	ARIZ	<b>200 FLY</b>	H4/ L3	2:21.00	2
Mark P Hummels	2005-04-01 (20050401SWZONEY)	35	ARIZ	<b>200 IM</b>	H5/ L3	2:16.86	2

AzLMSC



# Sick? Don't Swim!

By  
Jeff Baird

The email or conversation kind of goes like this: "Hey coach, I might be getting a cold, but with Nationals in 4 weeks I'll push it and get through practice".

I'll stop here and make a bold and pretty accurate statement: swimmers are idiots when it comes to training (and those disagreeing with me are just being contrary).

I was the coach of a local High school swim team last fall. We only had 12 kids and couldn't even make an A and B relay from my boys or girls team (if you are doing the math, I had six of each). So if one kid was sick, I was down to one backup swimmer for my relays. If three went down, I didn't have relays. So early on I selfishly instituted a "if sick then no swim" policy (it actually went further, any sick swimmer wasn't allowed to be near any of the healthy ones, even at school).

So what does this have to do with the above? Masters swimming involves us old guys/gals (I know, but being almost two generations removed from HS, "old" isn't inaccurate). As we age our bodies don't work like they used to (news flash) and while we can't see it, the immune system I will argue bears the brunt of that. Hence the recommendations for flu shots annually for the over 65 age groups. OK, I'll get to the point, swimming while sick is bad for you, your team, and cold be potentially lethal to someone else.



Let's go back to the team thing. While it was a pain if I lost a

couple kids during the season, I knew I'd have them back in 7 days if they got some rest and stayed home (it would take a week if they got antibiotics from their doctor). Our group is a bit more fragile. At least one swimmer I know has had a heart transplant, I will assume that there are others who have autoimmune diseases of some sort, and there are others with underlying medical issues which makes an annoying condition for a 17 year old possibly deadly for them. While the virus that emanated from your nose and throat can't be proven to have caused someone's pneumonia, it doesn't change the fact that you decided to come to practice and share your virus.

The funny thing is that no one would ever walk up to another swimmer and wrench their shoulder so hard they couldn't swim for four weeks, but they have no problem with the possibility of doing the same thing with someone's lungs. After age 40 our immune systems are really working overtime to keep us "healthy." After 65, forget about it, 90% of flu deaths occur in those 65 and older.

So you come to workout sick, and while it would be bad if the next week half your team is gone, it would be really bad to have one never come back.

So what about those who swim on their own? Can you work through it and should you? Your immune system is critical for your success in the water. The harder, longer and more



intense your swimming, the harder your immune system has to work to prevent all sorts of other maladies from affecting you (flu for example). Your immune system actually helps with the recovery process. Most of us don't think about it, during the recovery process your body adapts to the stress of your workout which is the reason you get faster from swimming.

Let's say your immune system has 100 immune system units (these numbers have no medical information, they are made up to illustrate a point) available every day (it is able to ramp up a bit but to really fight off the bad bugs requires some nutritional knowledge most don't possess). On an average day it uses 10 of those to stop bugs and viruses making you sick. You swim Sunday morning, you recover Sunday and Monday and your immune system has to add the other 90 units for recovery. But what if you have a cold and your immune system is using 40 units to fight that? Well then something has to give, either your recovery time swimming or your recovery time from the bug. Adding it all up you'll notice you are really buggered, 90 units swimming, 10 units for prevention, and now another 40 for fighting your cold.

*Continued on Pg. 6*

*Sick?.....Continued from Pg. 5*

As you can see this leaves you 40 short for the day which means something has to give. Either your cold will take longer to resolve or your training will be less beneficial (yes this is simplified explanation not to be taken literally).

I tried to make an example here, but it was too complicated (as I often do) so allow me to explain more succinctly and simply. As we age, we accumulate lots of garbage in our bodies which slows energy production. We use a compound called ATP to supply energy to our cells including muscle cells, immune cells, digestive cells, and well, all our cells. The system which produces this (Krebs cycle for

those who want the nightmares of high school biology) gets gummed up with things like lead, mercury, poor nutrition, vitamin and mineral deficiencies, and loss of our DNA repair mechanisms. When in our teens and twenties, we have plenty of gas to fix broken muscle tissue and keep the immune system ramped up after stressful workouts. In our 30's and beyond, our bodies have a hard time doing both. Normally the body will fix broken muscle tissue and resupply the muscle's mitochondria first and then supply the immune system (remember we adapted to run away from threats like tigers and the like, so getting away from such things required muscle power over dealing with a stuffy nose). If you can't breathe from nasal

or lung congestion, your body can't get oxygen to make energy. So there it is, workout at less than 100% or fight your cold or flu and get back in the water when you are healthy.

*Jeff Baird is an Osteopathic Physician who has returned to masters swimming at 49 after a 30 year lay off. He practiced family medicine, utilized alternative and integrative therapies and natural hormone replacement for 17 years as a physician in Parker, AZ. He currently swims under the Phoenix Swim Club banner.*



*Meet the Board Continued from Pg. 4*  
pharmacy. Swimming outside was what I wanted to do as a grown up. So after determining the natural disasters everywhere else weren't worth the insurance and evacuations, I chose to apply for jobs in Phoenix. Working as a pharmacist for The Apothecary Shops, now called Avella Specialty Pharmacy, and swimming on Sun Devil masters and now Mesa Masters, has been my world since graduating in 2008. I still hold 15 of 16 records in high school and was a big 12 all American and finalist. Since joining Masters, I've had the pleasure of national and world records but mostly enjoy the everyday practice with my "family." For those who haven't met me, my cap says "Batch." please come say hello!

As a pharmacist, I am required to pay attention to detail and stay organized. At work I'm on the committee responsible

for bringing ideas to the executive team and representing the body of employees. All of these skills will allow me to be a thorough secretary and think through decisions bottom up and top down. I wanted to join the Arizona Board to help advance Arizona Masters and carry us to a "national level"-hopefully improve processes and gain membership. Not just our numbers but our numbers that compete outside of the state. I'm excited to add this role to my responsibilities.

#### **Christie Altman - Treasurer**

As a long time member of Arizona masters swimming, I have benefited from all the time and effort others have contributed to making that participation possible. I have competed in many meets here, regionally and nationally. Outside of swimming, I am currently managing the bookkeeping for a local non-profit organization as well as the continued management of the finances for our family business. Arizona

Masters is an important player in the swimming community and I am happy to be more involved in it.



Hey! Stay in your lane.



# Tinker, Sprinter, Painter, Thinker

By  
Phillip Whitten

Your first impression of Don Hill is that he is a born sprinter. Standing 6 feet 5 inches tall – at least – the Arizona Masters ace looks every bit the explosive 50 and 100-meter sprinter he, in fact, is. And his lean, chiseled torso only reinforces your initial judgment. It's hard to believe he is 80 years old and fully recovered from a series of medical challenges that would have killed a normal man several times over.

A world record-holder and a multi-NCAA champion for the powerhouse University of Michigan Wolverines in the early 1950s, Don is continuing his mastery of the sprints in his Masters career. During one stretch lasting nearly a quarter century, Don won 43 straight national and world titles in the sprints, setting world records in five different age groups along the way. He also won a handful of titles in the 200, 400 and 800-meter events.

He has to be that fast just to rank #1 in his own family. His wife, Jane Swagerty-Hill, was a bronze medalist in the 100 back at the 1968 Olympic

Games and has set a few Masters marks of her own.

Aside from his sprinting, Don has another claim to fame in the sport of swimming, a claim he has modestly abjured. Until now.

During the first half of the twentieth century, competition pools gradually took on the characteristics we now find indispensable: starting blocks; plastic wave-dampening lane dividers; lines on pool bottoms which, when you wear goggles, you can actually see; and so on. But, it was rare to find pools that featured those now-familiar "targets" at the ends of each lane.

That began to change in March, 1952. The event: the NCAA swimming championships; the place: Princeton University's spanking new natatorium; the perp: a 19 year-old sophomore named Don Hill.

Here's how it went down:

After qualifying second in the 50 yard freestyle, Hill knew his chief competitor

would be Ohio State's Dick Cleveland, the world record-holder in the event. Feeling he needed all the legitimate help he could get, Hill walked to a local drug store and bought some lipstick. Then, during warm-ups, he took his secret weapon and, just below the water's surface, drew a bright red circle in the center of the lane in which he was to swim. The "target" worked like a charm, as Hill hit his turn perfectly. The only problem was Cleveland won the race. Hill was second.

He was going to fess up, but when he overheard two custodians complaining about how hard it was to erase the lipstick, attributing the foul deed to "those hooligans from Ohio State," he figured silence was the better part of valor.

Now, however, the statute of limitations has expired and Hill confessed to this scribbler "to set the historical record straight."

And so it is written.

## Wet Behind the Ears

By  
Tricia Schafer

In a weak moment during the holidays, I stepped up to the role of Editor of *Swim AZ News*. Looks like the consensus is to publish every other month, with some social media enhancements to tide you over in between issues.

There seems to be a lot of energy and information floating around. The newsletter staff's job is to harness

it and make sure you all know about it. Hang tight while I settle in.

Though writing has been my livelihood for many years, I'm relatively new to the organized/competitive aspect of our sport. I learned to swim in college in 1990, then swam leisurely laps at the gym for 15 years. I finally joined Masters in 2006 at Phoenix Swim Club, where Coach Mark Rankin patiently

transformed me from a timid newbie into a confident athlete. There are still many of you I have not met, so if I ask dumb questions or step on toes I know you'll be patient with the rookie.



*Continued on Pg. 8*





## Official's Point of View

By Judy Gillies,  
USA-Swimming Referee

Hello again! Most of you know me as your past LMSC Chairman, but some also know that I am also a certified USA-Swimming Referee. I started working as a stroke and turn official back in the mid 1980's and worked my way up to referee. I have been a referee for about 8 years. As we get closer to our Senior Olympic Meets, our AZ state meet in Chandler has probably already passed. But many of our other cities also have Senior Olympic meets and the next is our relay meet in Sun City on March 9<sup>th</sup>. Since many of you are concerned about what is legal and what is not, I will go over the three main DQ's affecting master level swimmers. The main concern is the backstroke turn. To make it simple you can do just about anything, as long as you do not swim, float, or just kick while on your stomach! It is Backstroke!!

In the long view of this turn, most of the faster backstrokers will take one stroke and roll onto their stomach. Then

they will almost immediately do an underwater pull and go into a front tuck flip turn, then push off the wall onto the back!! But you may also roll onto your stomach with one stroke and then grab the wall and do an "open" turn, as long as you push off on your back!

And of course, you can still come into the wall on your back and touch the wall, spin around and push off on your back. So for the backstroke turn you can do almost anything, as long as you do not swim (propel yourself) on your stomach and you push off on your back. Also remember, since it is backstroke you must finish on your back! Don't roll over onto your stomach to finish!!!

That takes us to the other turn causing the most DQ's; the back to breast IM turn. In the Individual Medley, the turn from one stroke to another is considered a finish!! So finish the fly with both hands, then go onto your back for backstroke. Finish the backstroke on the back! Once you touch on your back you may turn in any manner that you want as long as you push off face

down for breaststroke. When you finish the breaststroke, remember to touch with both hands and push off face down to do freestyle. Finish the freestyle by touching the finish wall or pad in any manner you want!

The third most common cause of DQ's is the two hand touch for fly and breaststroke. You must touch with both hands at the same time. On that touch the two hands can be at different levels, one hand up on the gutter and one flat on the wall, it doesn't matter. But both hands must touch at the same time on all turns and the finish!!!

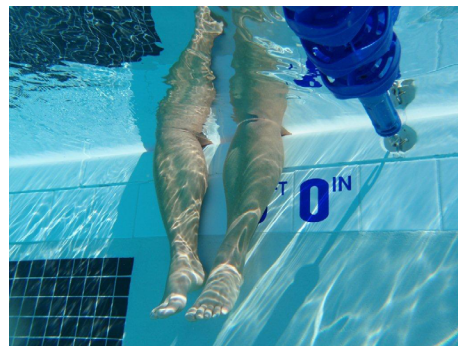
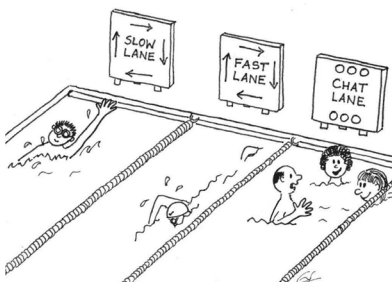
That's it for this writing. Have fun, swim save and don't get DQ'd. If you ever have a question, ask an official before you swim.

Judy Gillies  
USA Swim  
Referee



### *Wet Behind the Ears Continued from Pg. 7*

If nothing else, please tell me that you've actually read this publication! I was a Masters member for nearly six years before I knew it existed. You can reach me at [triciaschafer@gmail.com](mailto:triciaschafer@gmail.com) or find me on Facebook. To contribute, please send me some fun, creative, informative articles by the 20<sup>th</sup> of the month prior to publication. Next deadline? April 20, for the May/June issue.



Winter Swimming.  
The hardest part is getting in!

# Skyline Pool Hosts Grand Prix - Here's How to Get In on the Action!

By Laura Smith  
Mesa Aquatics Coach

Mesa Aquatics Club would like to invite you to actively take part in the 2013 Arena Grand Prix Series being held April 11-13 at the Skyline Aquatic Center. This is going to be an exciting event to become involved with, as it will be hosting some of the best swimmers in the world. Volunteers receive free parking, free admission, and many perks that will make this an event to remember. We are looking for Timers, Meet Marshals (a short on-line test is required for Meet Marshals, and can be found at [www.usaswimming.org](http://www.usaswimming.org)), concessions and runners. What a phenomenal way to experience performances by your favorite athletes, right here in your own backyard! For more details, or to reserve a spot to volunteer on any or all days, please

contact Paul Smith at [602.228.9739](tel:602.228.9739) or by email at [paul@mesaswims.com](mailto:paul@mesaswims.com)

Prelims each day will start at 9:00 AM, followed by Finals beginning at 5:00 PM. Skyline Aquatics Center is located at 825 S. Crismon in Mesa.

## This Just In! April 14 Skyline Meet!

On behalf of Mesa Aquatics Masters, I am excited to invite you, your team, and your friends, to the 2013 "Grand Prix" Invite!

This long course meet will be held at Skyline Aquatic Center on April 14, 2013, one day after the 2013 Arena Grand Prix hosted by Mesa Aquatics Club.



The pairing of these events is a unique opportunity to not only swim in the facility as set up for the Arena Grand Prix event, but also to take advantage of volunteer opportunities in the days leading up to the masters meet and see some of the greatest swimmers in the world!

Erin Shields, Mesa Aquatics

## Hot off the presses! Link to SCY State Meet Entry Form April 5-7

[http://www.saddlebrookswimclub.org/wp-content/uploads/2013/01/13SCYState.Zone\\_.pdf](http://www.saddlebrookswimclub.org/wp-content/uploads/2013/01/13SCYState.Zone_.pdf)



## Phoenix Swim Club Pool Status



Controversy is brewing in Phoenix regarding the potential sale of the 29<sup>th</sup> St./Campbell property by year end. Current updates can be found at [www.savepsc.com](http://www.savepsc.com), on Facebook under "Save Phoenix Swim Club," and Twitter @savephxswimclub. There is also a petition on change.org: <http://www.change.org/petitions/phoenix-city-council-save-psc-do-not-remove-special-permit-designation-from-our-facility>.

Masters swimmers have played a significant role in bringing the issues into public debate. Vigorous public participation is anticipated. For additional information about the status of the property and how best to voice your opinion, please contact [triciaschafer@gmail.com](mailto:triciaschafer@gmail.com). If you've never swum at the beautiful and historic PSC campus, sign up for LCM State July 13-14!!

