

ARIZONA LOCAL MASTERS SWIM COMMITTEE

Swim Az News

May/June 2013

azlmsc.org



Chairman's Corner

By
Terry DeBiase

Hi fellow AZ LMSC members

For those who didn't make it to Oro Valley for the Spring State Championships on the weekend of April 5-7, you missed a very well run meet in a beautiful location just west of the Catalina Mountains. SaddleBrooke Masters, Tucson Ford Aquatics Masters, and the facility staff did a fantastic job hosting the meet. They had the pool set up to support fast swimming, and ran the large meet close to the estimated timeline. Although there were literally hundreds of swimmers, the pool never felt packed and the meet ran efficiently. A huge thank you to Doug Springer, Jim Stites, and their huge team of volunteers who made the meet enjoyable and successful.

Speaking of well-run meets, I hope folks got the chance to attend the Arena Grand Prix meet in Mesa on April 11-13. Paul Smith and his Mesa Aquatics Club team put on quite a show. The Skyline Aquatic Center was decked out with lots of banners and colors, TV cameras everywhere, and a large video screen. I would try to recount the list of swimmers at the meet, but would easily miss one of the many Olympians

and international stars present at the meet. To me, the best part of the

scene was the proximity of the stands to the pool – spectators were right on top of the action. Mesa is going to be a regular stop for the Grand Prix series over the next few years. You definitely want to put it on your calendar. And bring the kids with you.

Update on Board actions: we met on Saturday at the State Championships to review and approve the budget for 2013 (among various tasks). As a follow-up to the new budget, you'll be seeing changes to our website sometime later this summer, as well as a few other surprises.

One last subject – a call for volunteers. We have a number of committees forming to usher forward various initiatives and tasks. If you have an idea on an area for improvement, you like to work on short-term projects, or you just want to help out, please contact me at calswim65@gmail.com and I'll help get you lined up with fellow masters swimmers.

Take care and see you in the water,

Terry



Terry DeBiase
AzLMSC Chairman

Table of Contents

Chairman's Corner pg.1

Ask the Expert pg.2

Editor's Corner pg. 2

Fly & Back: Stroke Variations for Self Preservation pg.3

Those Weird Strokes pg.4

Masters Officials Clinic pg.5

Joy of Open Water Swimming pg.6

Top 10 Meet Memories pg.7

AZLMSC Board

Terry DeBiase - Chair,
Brad Cahoon - Vice Chair
Christie Altman - Treasurer
Lindsey Urbatchka - Secretary

At large:

Paul Smith, Mesa Aquatics
Mark Rankin, Phoenix Swim Club
Susan Dawson Cook, Saddle Brooke Masters
Katy James, Sun Devil Masters

Immediate Past Chair - Judy Gillies.
Registrar is Katy James

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



Editor's Corner

"Belief is Reciprocal and Positive"

By
Tricia Schafer

Thanks for all the kind feedback about the first two newsletters of 2013. We are fortunate to have many talented writers with a wealth of experience, and we're glad we have interested readers!

I apologize for the tardiness of the May/June issue. I had the joy of putting on my annual running event in Scottsdale on May 11 for 1000+ of my closest friends. That, plus the Preserving Community Aquatics efforts to save the 2902 E. Campbell campus (current home to Phoenix Swim Club), have become all-consuming.

You can read more about the preservation issue at www.communityaquatics.org. This is a journey that takes a lot of courage and stamina. And it's entirely fitting that the courage needed to embrace this challenge comes from the very asset we seek to protect: the pool.

Six years ago I was terrified to get on the blocks at a meet and swim a 100 free. Now I can swim a 400IM at a meet. That's huge progress for me. I still struggle with anxiety, but knowing that I need to earn points for the team, and knowing that I can ask a teammate ahead of time to scream at me from the deck if I think I'll need it, carries me through.

The same concept applies to our pool preservation crusade: The words of encouragement, suggestions, leads, monetary donations, petition signatures, and the heartfelt thank-yous sustain our efforts and reinforce that this is a cause worth fighting for, and believing in.

Which brings me to my guest columnist. Ralph Mohr was my English teacher in Coos Bay Oregon in 1983-84 (freshman year) and again in 1986-87 (senior year). He was also our high school swim coach, though

I didn't even know how to swim in high school. As a teacher and mentor, he put up with me through my tumultuous years of alcohol abuse, eating disorders, absent parenting, and general teenage rebellion. Yet he wrote stellar letters of recommendation for my college applications. Why? Because he believed in me.

So you could imagine the look on his face when, in 2009, I was back in Oregon for a 10K (running) race, and I dropped by his house. "You look great!" he said. "I'm a Masters swimmer now," I replied.

And the bonding began. You see, Ralph, who has since retired from high school coaching, is an accomplished Masters swimmer himself, and decisively faster than me! Check him out in the 70-74 division of recent Postal swims. He also writes a regular "Swim Bits" column for the Oregon masters newsletter, and is intrigued by my involvement with this AZLMSC publication.

So now, almost every year since, I have flown to Oregon to run that 10K race. Ralph stands in exactly the same place near the finish and hollers in his deep, powerful Coach voice, "Go Trish" as I barrel out the last ¼ mile. And then the next day, we swim at Mingus Park pool, along with my high school math teacher, who rides his bike to the pool, just like I do here at home. Ralph gives me tips and encouragement, just like he did 30 years ago. Why? Because he believes in me.

So at this pivotal point in my life, when I am putting my time, my career, and my reputation on the line to stand up for something I believe in, I am particularly drawn to one of Ralph's recent Oregon columns about "Motivation." His words serve as the title to this article, and his column in its entirety is repeated here:

Continued on Pg. 5

Ask the Expert!

Late Starts!

Question:

I had a swim dork nightmare! I awoke in a panic that I had missed the call to the blocks for the 1000 free, and the buzzer started without me and I was trying to make a decision whether to goggle up and enter 10 seconds late, or just scratch the event. What's the rule on late starts? I assume you can't just dive in too long after the buzzer sounds, so as not to disturb swimmers in surrounding lanes?

Answer:

Running up to the block and diving in for a race, after the start beep has gone off, used to be allowed, years ago. Now it is a DQ. It is called "delay of meet," even though the swimmer is not literally delaying the meet.

Once the referee passes his arm over to the starter, he is handing over the "field" of swimmers to the starter. This also signifies that the "field" is closed!! Running up to the block anytime after this is a DQ. Now, if it happens before the start signal, the referee will walk over and tell the swimmer they are DQ'ed and they step down and can't swim. If the swimmer dives in after the start signal goes off, they will be DQ'ed after the swim. You still get a time, but it will not be recorded or counted.

So pay attention to the heats, and whistles and the best thing is to be behind the block for the heat before yours!

Judy Gillies
AZLMSC Officials Chair



On the Blocks at SCY AZ Championships



Fly & Back

Stroke Variations for Self Preservation



By Jeff Baird

Either by design or happenstance, some of the rules of Masters swimming have allowed those of us with significant limitations or injuries to continue to compete. What follows is a discussion of the variation from traditional butterfly and backstroke, which may allow more swimmers to do exactly that.

Last year, Coach Mark Rankin found a way to make his point that I ought not to miss the first day of a meet especially when I was assigned to swim relays on his team. To instill a sense of where my priorities were to lie in the future when faced with a similar dilemma, I was tasked with swimming the 100 yard butterfly in the 4 x 100 medley relay. Normally this would not have been an issue, but after an injury to my badly torn and abused shoulder at Long Course Nationals back in July, I had not been able to train and it hurt to do butterfly. If you were reading this thinking, "if only the rules allowed him to do breast kick, he probably wouldn't have a problem," the good news is the rules do allow such a variation.

For those who are not lucky enough to have a swim judge rules official as a friend, I would suggest that you get one. Teresa Dozer falls in that category and had explained to me at an earlier meet that it was allowed to use breaststroke kick with butterfly (but only after I almost died in my first 100 fly). It seemed fairly obvious that this combination should allow me to A) finish the race and B) not hurt my shoulder. If you find yourself in a situation where you need to try this, there are a couple of things you should note. First, the timing

the arm and kick movements. Second, if you have a decent breaststroke kick you can knock out 100 yards without too much effort.

To write this article, I contacted our rule sage, Judy Gillies, for the actual rules regarding this variation (see sidebar for rules), which led us to a discussion as to which style of butterfly is faster. Judy felt the fly/breast kick combination would be faster, whereas I felt that a person with a relatively good amount of upper body strength would be significantly faster with dolphin kick. The breast kick just presents too much drag and interferes with the motion too much. I spoke to one young lady who uses this combination, but she is predominantly a breaststroker and feels this is much faster for her because of her stronger breaststroke kick. Jeff Commings told me about a swimmer he trains with at Phoenix Swim Club who does nothing but the fly/breast kick combination during workout.

To settle the matter in my own mind I knew I had to compare the two. So on the first Saturday of our Short Course Yards State finals at the beautiful Oro Valley Aquatic Complex, I swam my 50 butterfly event in standard fashion and the 50 free event using butterfly with breast kick. While a study with a sample size of one is not statistically valid, I can tell you I was two seconds faster NOT using breast kick. But if I want to save my shoulders, I would definitely give back the two seconds and use breast kick. After all, I'm not threatening any World Records in the butterfly.

The other stroke which allows a variation is backstroke. From what Judy Gillies has told me, the singular

rule for backstroke is that it is done on your back (except for the small bit on your stomach with the turn). This opens the door for elementary backstroke: double arm recovery with an upside down breast kick. My desire to do elementary backstroke came from the same shoulder problem (looking at my MRI's, no one including me thinks it is possible for me to swim-hence the power of proper rehab, trigger point therapy, and self-preservation in the water). Using this during warm up gives me a great stretch, and I didn't realize it was a race option until Teresa told me. My shoulder's current injury de jour is an impingement. This has caused me to modify my freestyle and butterfly and completely abandon traditional backstroke. I started swimming elementary backstroke last summer during the Long Course Meters State meet in Mesa. The mechanics of why this is easier than traditional back are a little complex and I will bore you with that article down the road, but allow me to say I don't impinge (bind up) using elementary backstroke. The fact that I have a fairly stout breaststroke kick makes this particular stroke equally as fast as standard backstroke (at which I am horrible). Again, like breast kick with fly, this isn't the faster option for most swimmers, but it allows me to finish all my races in a weekend and still train the next week.

Continued on Pg. 4



Sarah Johnson, Jeanie Polak, Ford Masters Swim Team, Tucson

Fly & Back Continued from Pg. 3

To sum this up, either by design or the evolution of our strokes, Masters swimmers with aging, arthritic shoulders have an option when it comes to competing. Swimming should be about fitness, which is impossible if your shoulders don't work. My coach "Marky" Mark Rankin shakes his head and tries to look the other way after watching the abomination known as Jeff's backstroke, but he realizes the issues I have (and I'm not ready for shoulder surgery yet-which apparently is a complete replacement by now) and he'd rather I be swimming than hurting.

Techniques

Butterfly with breaststroke kick:

Timing is the critical part of this combination. I find it best to completely finish the butterfly recovery before I start on the kick. This ultimately mimics my normal breaststroke but utilizes an above water recovery. The key is that I finish my arm stroke fully before doing my kick. While gliding forward, I bring my legs up and do as forceful kick as I can utilizing a wave style to produce some undulation as seen with standard dolphin kick. Using this fly technique made life much easier for my shoulder; however I think in trying to go fast, it was actually more stressful on the joint. Again this is something you need to practice on your own before you try it in a race and personally I would reserve this technique for those circumstances which don't require an all-out effort.

Elementary backstroke:

I try to swim this as an upside down breaststroke. My goal is to recover my arms and be streamlined before starting my kick. Because there is more drag with this style and

turnover is much slower, be as efficient with your pulldown as possible. Try to feel your lats rather than pecs or anterior shoulders. Extend the triceps, push down past your waist and out at the end of your stroke and get your hands in the recovery position as fast as possible. I recover palms to the sky with my hands close together. Do your kick in a quick but powerful manner. The goal here as with regular breast is judging the extent of your glide and what works best for you. Realize not all shoulder problems are helped by this variation, so be careful and work with a trainer/PT/sports doc who understands mechanics of swimming (many really don't). Shoulder mechanics can be really tricky and this may be more stressful for some surgically-repaired shoulders.

Check out Swimming World TV's Morning Swim Show's feature about the evolution of butterfly. Footage includes 1936 Olympics, where swimmers can be seen using an over arm recovery. http://www.youtube.com/watch?v=dpTn_vmn70Q.

Those Weird Strokes That Masters Do!!

By Judy Gillies

Here's the official's point of view on adjusted fly and back.

Butterfly: YES, masters can do the breast stroke kick in butterfly! The ruling states, that you are allowed one breast stroke kick per arm stroke. The swimmer can alternate from dolphin to breast stroke kick at any time. I know many swimmers who do the 100 or 200 fly by starting off with the dolphin kick and then switching to the breast stroke kick when you are tired on the second half!

On the start if you are doing breast stroke kick, you are only allowed ONE breaststroke kick underwater before surfacing. Not like dolphin kicking where you are allowed to kick underwater to the 15 meter mark! On the finish, and turns, just remember to touch with both hands, at the same time, and do NOT start a pull, and then go forward underwater with your hands. That is called an underwater recovery, and is a DQ.

Believe it or not, in butterfly, you can actually dive in, dolphin kick underwater, surface, and just dolphin kick the rest of the length, and it is legal!! Butterfly is NOT a cycle stroke! However, you can NOT do that if you do breast stroke kick, since the ruling is you must do "one breast stroke kick per arm stroke."

Backstroke: The ruling in backstroke is that you can do anything you want, as long as you "stay on your back, and touch the walls (in any manner) at each end and at the finish." The rule book says you "MAY" roll to your breast to go into a continuous single arm or double arm pull which may be used to initiate the turn. That "TURN" can be flip turn or an "open" turn where the swimmer just grabs the wall and pushes off. Just remember, since it is backstroke, push off the wall on your back. So while swimming on your back, you can do a single arm rotation, or double arm pull, you can flutter kick, or an inverted breast stroke, like an elementary backstroke. Just remember to finish on your back. The one thing that officials worry about with 8 & under's, and masters, is that they will roll over onto their breast at the finish!! So, for backstroke, just stay on your back!

And always remember, if you have any rules questions; ask before you swim, so you won't get disqualified.

AzLMSC



Editor's Corner cont. from pg. 2

Motivation comes from many places, and coaches search everywhere to get swimmers (and other athletes) to do what they may consider impossible. This came to mind when I ran across some quotations from Lewis Carroll, author of *Alice in Wonderland* and *Through the Looking Glass*.

We can start with "everyone's got a moral, if you can only find it." The hard part for a coach is to find the magic button that will turn a swimmer into a phenom. We try all sorts of things: goals, gummy bears, peer pressure, fear, joy, and, yes, even morals.

A coach can say, "Do this because it is the right thing to do," and then assign 10 x 200 on 3'30 descending on threes" for a distance freestyler, and 40 x 50 on 45" for a sprinter. Either one is 2000 of hard effort, but the effort fits the swimmer. It is the right thing to do.

Carroll also said, "Why, sometimes I've believed in as many as six impossible things before breakfast." We can change this to "I've believed in as many as six impossible things before practice." The facts are that Oregon swimmers show up outdoors to practice at 6 AM regularly, or put in 1000 miles in a year, or consider swimming a 10K every year, or swim 3000 meters in a lake that has monsters in it, or go 400 IM, 200 fly and a 1650 all in a morning, or swim an hour straight. These are six things that most people consider impossible that Oregon swimmers have done.

One problem with some athletes is that they dwell on their poor performances and forget about the future. As Lewis Carroll said, "It's a poor sort of memory that only works backwards." If a past performance is still bugging you, then figure out what happened and don't repeat it. Remember that the next time. Memory can work forward.

Last is perhaps the most crucial Lewis Carroll quote: "If you believe in me, I'll believe in you." Belief can come from a coach, or a friend in the pool with you, or a partner. You must believe you can do what the coach is asking. You must believe you can swim a 200 fly. You must believe coming to a pool five days or so a week all year is worth it.

It helps immensely to have someone in the pool with you. Seek out a pool and group in the water who are comfortable for you. Those other swimmers are your support group. If you believe in what they are doing, they will help you achieve what you want. Belief is reciprocal and positive. And remember, the smile of a friend lingers long after the friend has gone.

Photo Highlights of Masters Swim SW Championships



Phoenix S C Women's Relay



Helen Bayly,
Carolyn Duffy,
High Point
awards



Oro Valley High School volunteers



Doug Springer,
Saddle Brooke
- and MEET
DIRECTOR



Masters Officials Clinic

Judy Gillies will be holding a clinic at the Phoenix Swim Club Sat. June 8th from 8:00 – 10:00am for anyone who may be interested in becoming a Masters Swimming Official, or anyone who just wants to learn the rules a little better. You can reach Judy at jgillies2@cox.net, or 520-622-4129. Phoenix Swim Club is located at 2902 E. Campbell.



Judy Gillies
USA Swim Referee





The Joys of Open Water Swimming

By June C. Hussey

If you prefer to cast off, get wet and view ordinary landmarks through a pair of foggy goggles, you might just be an open water swimmer.

Whether it's Diamond Head breathing left with chaser of seawater, Scripps Pier and a patch of kelp dead ahead or the picturesque Connecticut shoreline a few hazy miles away, the view is always better seen beneath the wings of seabirds, I say.

Amazing sights, soothing sounds and exhilarating sensations are just part of what lures open water swimmers out of the pool and into lakes, rivers and oceans every chance they get. The joys are many, and in this column, I will aim to put some of those joys into words.

I'll begin with the joy of getting away. I mean who, besides a boring lap swimmer, doesn't love to get away from the same old routine? Living 100 miles from a decent lake and 200 miles from the nearest ocean makes open water swimming an unusual hobby and traveling a necessity for this desert dweller. Everywhere I go, I always look

for places to jump in. Last summer, I swam "laps" beneath glaciers in a few different lakes in Grand Teton National Park, wondering all the while how fast a brown bear can swim. Last month, I greeted every day of one ridiculously hedonistic week with a leisurely mile swim along one of the Caribbean's most beautiful, uninhabited beaches. (I could tell you where, but then I'd have to kill you.)

Here in Arizona, we are fortunate to have lots of dams, Rocky Mountain snowmelt and the continuation of our Arizona Open Water series, presented by Hub Events. Whether you're new to the sport or a seasoned veteran, these lake swims provide a wonderful opportunity to get out there and swim competitively on safety patrolled courses. I hope to see all of you out there on June 1. For information, check out azopenwater.com.

Arizona's open water swim community is a tight-knit, supportive group that keeps its members abreast of lake conditions in and around the state. Katie Kenny of Scottsdale, aka Water Girl, started a great blog and Facebook site for this purpose (AZ Open Water Swimming). As one-time Open Water Chair of our LMSC, I often receive inquiries about where visitors can go jump in a lake. Now I just refer them to Katie.

Our state is also home to a number of accomplished marathon swimmers including Anna Delozier of Sierra Vista, the first Arizonan to cross the Catalina Channel, and Kent Nicholas of Mesa, the first Arizona male to cross the same channel. Last year, Kent created an invitational series of long lake swims here, dubbed SCAR (Saguaro, Canyon, Apache and Roosevelt). I had the good fortune of swimming the Roosevelt 10K leg last June, at night, underneath a firmament of shooting stars. Held this year from May 1 -4, SCAR attracted a cadre of world-class channel swimmers. Later this summer, Kent plans to tackle the Triple Crown of open water swimming by adding the English Channel jewel alongside his successful 2012 Manhattan Island and 2011 Catalina Channel swims.

If you love open water swimming as much as I do, why not share your joys of open water swimming in this column? Contact me via email junehussey@msn.com or [@desertoceangirl](https://twitter.com/desertoceangirl) on Twitter.

June Hussey is a lifelong swimmer, marketing/communications consultant and founder/coach of Skyline Masters Swim Club in Tucson.



Ahh... to be one with nature.



Top 10 Meet Memories AZ/SW Zone State Meet Oro Valley 2013

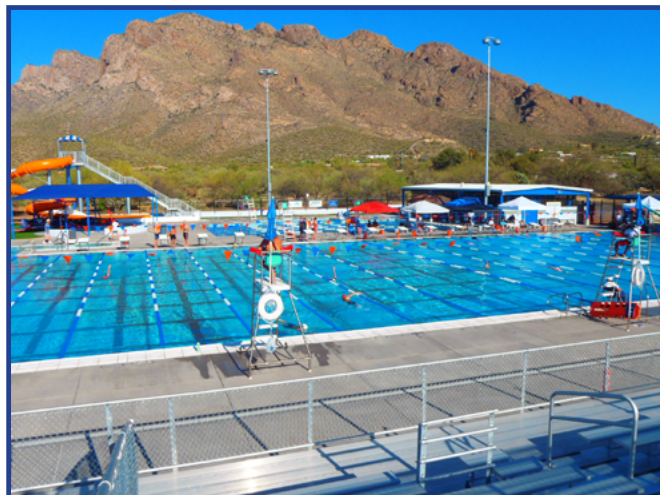
By
June C.
Hussey

While there was a lot of fast swimming between the lane lines in Oro Valley at the State meet this April, participating in this meet reminded me that it's not always about having the best times; it's about having the best time. I saw a lot of people doing just that. That's one of the reasons I love Masters swimming. Just for fun, I've summarized my top ten meet memories below.

10. Swimming outdoors all weekend in the warm, Arizona sunshine.
9. Enjoying a tremendous new Southern Arizona venue. Thank you Oro Valley Aquatics Center taxpayers and donors!
8. Catching up with old friends, meeting new ones.
7. Watching 98-year old Mary Ann Cooper and 96-year old Fred Klein kill it in the pool.
6. Swimming next to and getting beat in the 1000 by a pregnant woman.
5. Missing my 50 fly event due to excessive socializing.
4. Seeing entire families suited up and cheering on one another.
3. Watching jaw-dropping performances by several swimmers past their so-called prime.
2. My husband showing up to watch one race after admitting he'd rather have a sharp stick in the eye.
1. Seeing SaddleBrooke turn out in force, and learning their unofficial team motto is "We may be slow, but we're old."



Newsletter editor Tricia Schafer gets her splits from Phoenix Swim Club Coach Mark Rankin after the 1500 free, while teammate Lindsay Herf looks on.



The beautiful Oro Valley Municipal Pool, site of the Short Course State Championships April 5-7!

