

# SWIM AZ NEWS

ARIZONA LOCAL MASTERS SWIM COMMITTEE

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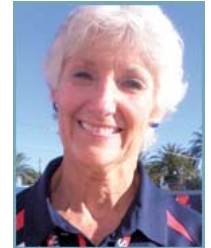
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**A** hhhh Dec! So many things come to mind when thinking of December in AZ. First and probably foremost is that Christmas is only about 20 odd some days away! So many things to do! Luckily we have good weather for shopping, hanging all those Christmas lights and running, swimming and biking and walking to work off all that good food! As for you and me and all the other master swimmers in AZ our thoughts should go to two things, annual registration and training and competing in the Short Course Meter State Championship. Now, not knowing if this gets to all of you just before or just after the meet, I hope you trained hard, and did your best times for this meet, and scored points for your team! Remember our State Championship Meets are always scored by team points! When I say team, I mean the place where you work out! This is different than your CLUB. Clubs are how we register and who you swim relays with at a National or World meet!

**A**s for registration, now is the time, if you haven't registered yet. Go to our web page, [www.azlmsc.org](http://www.azlmsc.org) and hit the red button, link for 2012 registration. It is easy and painless. This last year of 2011, we hit our all-time highest registration of 1333.

Keep swimming and keep encouraging others to register with AZ!!



**K**eeep swimming and training we have some big meets coming up this this next year! This is our year that masters gets to try out the Olympic Trials venue in Omaha, Nebraska in July. No timers on the deck, and timing done by cameras! Wow! Then, if you like to travel, the FINA World Meet is in Riccione, Italy in June! Whatever your goal, keep swimming and keep having fun!

**Judy Gillies**  
*AZ-LMSC Chairman*  
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### COACH TRUMP



A past issue of Newsweek had an article featuring Donald Trump, and his philosophy of what it takes to be successful. Although I hate to visualize him in a Speedo, I think that his work ethic exceeds the realm of business and is very applicable to personal success in the pool.

**1 Mr. Trump believes that you have to love what you're doing.** If you don't sincerely take pleasure in the endeavor, you will never be fully successful. I was an age group swimmer, and saw many, many of my peers who had a great amount of natural talent, but no desire to utilize it. Their parents put pressure on them to swim, but their hearts weren't in it. Natural ability only goes so far. These swimmers platted, got frustrated, and quit. If you love what you do, there is never failure...only an opportunity to do better next time.

**2 You cannot stop.** If there is a concrete wall in front of you, you have to go through it. You can never, ever give up or even think in terms of giving up. By the time we are Masters, we have all had numerous injuries, disappointing meets, and frustrating workouts. Set backs are inevitable. There are always reasons and excuses not to perform or to give up easily—true champions are those who ignore obstacles and see challenges.

**3 Confidence is a very important thing. But confidence isn't something you just develop by saying "I'm going to do this or that." You really have to believe it.** Confidence is difference than

arrogance. It is knowing that you have committed to something with everything you have physically, emotionally, and mentally...and that you're going to reap the benefits.

**4 I love pitting people against each other. My whole life is based on that. It brings out the best in people and the worst in people. If the worst comes out, you don't want them working for you.** Strong competition makes you a strong swimmer. We have all seen swimmers perform far beyond their ability to beat a nemesis or conquer a goal. I have seen fellow swimmers who are my direct competition be genuinely happy for me when I have swam well---and my respect for these has grown immeasurably. I have also seen poor losers who pout, are negative, and throw blame around the pool after they have had a poor performance. These are the swimmers that obviously do not love the sport, have no confidence, and are cancerous to be around. Support others in their victories and yours will come.



**5 You have to remain cool under fire and let criticism roll off you.** Don't stress and put too much pressure on yourself to perform. The best races are the ones you feel relaxed and smooth...almost effortless. You can channel your nervous energy and use it to your advantage, but don't let nerves get the best of you. By the time you're standing on the block, there is no more training, technique work, or conditioning you can do to help you succeed in the race. At that point, it turns into a mental game. Those who can remain calm, focused and relaxed are the ones who will be hitting the wall first! Allow constructive criticism to make you better. Listen to coaches who are trying to help. None of us have the perfect stroke technique...we can all become more efficient.

**A**lthough we will probably never see Donald Trump at the side of the pool, whistle around his neck and clipboard in hand, I think we can all learn from his philosophies of what makes a person successful.

*Laura was a Division I Swimmer in college, where she earned a double major in Comparative Religions and Exercise Science, with a minor in Coaching. She was the Fitness Director for the Vail Athletic Club and Arrowhead Alpine Club in Colorado, receiving more than a dozen national certifications in health and fitness. She and her husband Paul are the co-owners and co-directors of the Mesa Aquatics Club, hosts of the 2011 National Masters Swimming Championships held at Kino Pool in Mesa.*

## GOGGLES AND HEADACHES

By Susan Dawson-Cook

If you hate headaches as much as me and/or have ever suffered goggle-related headaches, I thought you might appreciate my sharing what I recently learned about goggles and headaches.

In October, I started a thread on the U.S. Masters Swimming web site forums about goggles and migraines. After meets, I typically got headaches that would put me down for two or three days. Eventually I realized tight goggles were to blame. Usually, I felt as if I had a bruise over one of my eyes.

I received a response from a swimmer from Bronx, NY, who suggested that I might be experiencing supra-orbital neuralgia from the goggles. Apparently injury or trauma to the supra-orbital nerve, which exits the skull just above the eyebrow,

can cause severe headaches. He suggested trying out goggles with larger eyepieces that wouldn't put pressure on this area.

Allen Stark of Oregon and Anna Lea Matysek of Florida suggested the Barracuda Hydrobat. It tested out the Hydrobat in several practices and at a recent competition and found that they stayed on without leaks during every dive and did not put any pressure in the supra-orbital area. If you have trouble with headaches, you might want to give these a try.

*Freelance writer Susan is an AFAA certified group exercise instructor and personal trainer employed by the Miraval Arizona Resort and Spa and Vital Moves in SaddleBrooke. Her DVD, Personal Best Stretch: Move Better Than Ever came out in March. To read more of her articles, check out her web site [www.susandawson-cook.com](http://www.susandawson-cook.com) and blog [www.fitwomenrock.com](http://www.fitwomenrock.com).*



Dara Torres (blue cap) with Arizona Masters Swimmers

## UPCOMING EVENTS

**1/29/2012**

22nd Annual Polar Bear Classic

University of Arizona  
Hillenbrand Aquatic Center,  
Tucson, AZ

**SWIM – SUN – FUN**  
Arizona Masters Hotline  
480-365-0037  
[WWW.AZLMSC.ORG](http://WWW.AZLMSC.ORG)

## ANNOUNCEMENT

The AZ-LMSC needs to amend the current By-Laws in a few sections and we need some help. Any one who is a registered USMS swimmer could help do this. If you are interested in being on a subcommittee to amend the by-laws and present it to the board, please contact Judy Gillies, Chairman at [jgillies2@cox.net](mailto:jgillies2@cox.net). A copy of our current By-Laws can be found on our webpage [www.azlmsc.org](http://www.azlmsc.org).

## ABOUT ARIZONA LMSC

The Arizona Local Masters Swim Committee (LMSC) is the official agent for USMS, governing master's swimming in the state of Arizona. It was formed in 1973 and consists of the entire state of Arizona.

Over 1100 adults of all ages are members of our LMSC. They range from college students, professionals, military personnel, business owners, educators, senior citizens, and all other walks of life. Some are former competitive swimmers, others are triathletes, and many are simply fitness swimmers who enjoy staying fit. Some swim on their own but the majority train with one of over forty teams located throughout the state.

Arizona Local Masters Swim Committee (LMSC) is a non-profit, tax-exempt organization that operates as a subordinate unit of United States Masters Swimming. It is recognized by the Internal Revenue Service as a 501(c)(3) organization.

## ARIZONA LMSC BOARD

### Elected Officers

Chairman..... Judy Gillies  
Vice-Chair.....Bradley Cahoon  
Registrar.....Katy James  
Secretary..... Pam Kallio  
Treasurer.....Kim Bernard

### Team Representatives

Ford Aquatics..... Jim Stites  
Sedona Swordfish .....Paul Cate  
Phoenix Swim Club .. Mark Rankin  
Sun Devil Masters .... Simon Percy  
Mesa Aquatics ..... Paul Smith  
Prescott Masters..... Brigid Bunch

### Other

At-Large..... Susan Dawson-Cook  
At-Large.....Gordon Gillin  
At-Large.....Dan Gruender  
At-Large..... Edie Gruender  
Immediate Past Chairman.....  
..... Doug Adamavich

## CHANNEL CROSSING RELAY ANOTHER WAY TO ENJOY OPEN WATER CHALLENGE

By Heather Fazio

For those of us who do not feel up to a 20 mile open water solo swim, the Catalina Channel Crossing can also be done in a relay. Jack Beaver, a local tax attorney who for the Phoenix Swim Club, recently swam a relay of the Catalina Channel. He discovered the difference between pool swimming and open water swimming and daytime and night swimming but has no regrets. In spite of being the only "pool swimmer" in the relay, Beaver felt he "held his own."

All official crossings are governed by the rules of the Catalina Channel Swimming Federation. [www.swimcatalina.com](http://www.swimcatalina.com), which requires that relays be swum by 6 people and prohibits wetsuits. Beaver's team finished in 11 hours and 1 minute, with Beaver swimming two legs of 1.9 nautical miles each. The group was monitored by a sport fishing boat and two kayaks, including an official crossing observer.

Beaver notes, "swimming at night takes some getting used to, but it wasn't too bad with the kayakers doing the navigating. It was basically a 1 hour non-stop swim. My second leg was from 6am to 7am. That was a little more interesting as dawn was breaking. I could see some luminescent jelly fish in the water and occasionally some fish." Although he downplays the effort in comparison to solo channel swimmers, he calls the swim both "fun" and "unique" and values experience.

*Heather Fazio is an attorney working in Phoenix, and previously was an NCAA All-American at the University of California at Berkeley. She has recently 'rejoined' the sport and swims for the Phoenix Swim Club.*



## FROM THE OFFICIALS POINT OF VIEW: Pool/Lane Etiquette

By Judy Gillies

Most of us swim with a team, in a lane in a pool. I think all of us at one time or other has run into someone in the lane who just can't seem to "get it". It seems there is always someone who just has to go first, even though they are not the fastest in the lane, and then hold everyone up as he/she swims slower. Or the swimmer who has to change to backstroke or breaststroke in the middle of the warm-up set or regular set, holding up everyone else behind them! Or, someone who is hanging on the wall, and just as you are coming in to flip your turn, this swimmer pushes off the wall right in front of you! Do you know someone like that?? I think most of us do! So, why don't we stop and explain things to this person? I think most of us get too angry, and then we are afraid we are going to come off too strong and aggressive, and a "know it all"! The best time is to talk to this person is before or after the practice when we are calm! So, let's get a few etiquette rules clear here in this article.

**1** The fastest person in the lane should go first.

**2** The leader in the lane, should be a real leader, and talk to the others in the lane and keep them up on what is going on.

**3** The leader of the lane should always stay on the correct repeat times.

**4** If you are stopped on the wall, move off of the "T" on the wall, by moving to either corner of the lane.

**5** If you stop on the wall, wait and see if the swimmer coming into the wall is going to stop or turn.

**6** If the swimmer stops, you can push off and swim. If the swimmer turns, wait until there is enough room behind him/her, and then push off.

**7** If you are going to swim another stroke, such as backstroke or breaststroke, tell the others in your lane and go last! Do not hold the other swimmers.

**8** If you are kicking and everyone else is swimming, stay close to the lane line, so swimmers can pass you.

**9** If you are circle swimming go at least 5, if not 10 seconds behind the swimmer in front of you. Never swim on another swimmers feet! If you continually are catching up to the other swimmer, just ask if you can go ahead of them on the next swim.

**10** Have fun, and speak up!

## BREASTSTROKE PULLOUT

At many of the recent meets I have worked, the same question keeps coming up. So, I thought I would take the time to review it here.

In the breaststroke, during the under water pull out at the start and after each turn, the swimmer is allowed to do ONE dolphin kick. The question keeps coming up as to when the swimmer is allow to take this kick. Our Rule Book states: at the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. Notice the wording says, "... is permitted during or at the completion of the first arm pull..." So, a swimmer MUST start some movement of the hands first, such as pulling them apart, or down, and then they may do the dolphin kick. So, the dolphin kick can come anywhere after the swimmer moves or starts the hand movement. The swimmer CAN NOT do a dolphin kick while the hands are still together, during the "glide" part of the stroke!

I hope this helps. And in the future, if you have a question about a rule, just come up and ask any official or me during the meet. Preferably before you do your swim! Or if you would like me to write more about a particular issue, just email me and let me know.

## RON JOHNSON INVITATIONAL SNAPSHOTS



*Katy James and Barry Roth celebrating their birthdays at the meet*



*Heather Fazio dives in*



*Meet officials Jenny Weaver, Judy Gillies and Shirley Chow*



*Stephen and Louise So with daughters Lily and Lexi*



*Bowen Johnson, Ron Johnson's son*



*Thanks to everyone at ASU's Mona Plummer Aquatic Center*