

# SWIM AZ NEWS

ARIZONA LOCAL MASTERS SWIM COMMITTEE

volume 36, issue 3



**Swim Arizona** is published quarterly (March, June, September, December) by the Arizona Local Masters Swim Committee (AZ LMSC). Archives of this newsletter are available for viewing or download at [www.azlmsc.org](http://www.azlmsc.org). Submission are welcome: Please send submissions to Sara Rippentrop at [sararippentrop@yahoo.com](mailto:sararippentrop@yahoo.com). Articles are due on the 1st of the month of the publication date. Swim Arizona reserves the right to edit or not publish submissions.

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## TABLE OF CONTENTS

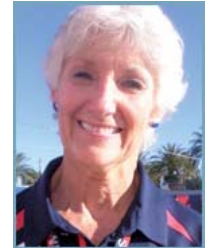
Chairman's Notes .....	1
Off the Blocks .....	2-3
Upcoming Events .....	3
Workout Form Errors .....	4
About LMSC & Board .....	4
Meet Anna Delozier .....	5
Club/Team/Workout Group? ....	5
Swimming the Dream .....	6
Longcourse Snapshots.....	7

I would like to take the time to welcome all the new registered adult swimmers in AZ. We are the LMSC or Local Masters Swim Committee of AZ. Our registrations in AZ hung around the 800 mark for many years, and then the last few years we have been growing, to over 1250 this year, and well on our way to 1300! We are one of a few LMSC who have actually had an increase in registrations! Welcome!

Also, if you are looking for a team or workout group or just a place to swim, check out our new updated webpage at [www.azlmsc.org](http://www.azlmsc.org). This is where you will find all the upcoming entries for meets and the consolidated entry card that you will need for each meet that you enter. If you are interested in our open water series, you can also find out all the information and entries on our web page, along with other interesting information.

Six of your registered swimmers will be off to the USAS (U. S. Aquatic Sports) convention coming up Sept. 14-18th, in Jacksonville, Fl. this year. It is at this annual convention that we learn of any new rule or legislative changes to our rulebook. At the convention delegates to each zone will also meet. At our SW Zone meeting we will be bidding for and deciding who will host the SC yards, SC Meters, LC meters, and open water zone meets for the 2012 year. So, check out our webpage later in Sept and see who is hosting which meet. There will be many other committee's, such as Coaches, Fitness, Long distance

and even International that will be meeting and making decisions at this time. Just a reminder the next FINA World Meet will be in Riccione Italy June 5-12, 2012. Check out the USMS web page for information. The qualifying times have recently been posted.



Lastly, the LMSC state committee is really in need of your help. We are looking for individuals that would be willing to help us amend or rewrite our bylaws. According to our current Election Section, a letter has to be sent by US Post, mailed to all registered swimmers (1200?) to announce that nominations are open. Then, once the nominations are made, all votes must be done thru the U.S. Post mail! We would like some help in changing this to electronically run elections. If you would like to help, our current bylaws are posted on our webpage: [www.azlmsc.org](http://www.azlmsc.org), look them over, and send me your name and suggestions.

**Judy Gillies**  
AZ-LMSC Chairman  
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520-622-4129

## OFF THE BLOCKS WITH LAURA

By Laura Smith

### FINDING MOTIVATION



**S**o, you've been on your vacation to some exotic place. You rode your bike through the summer sun. You hiked outdoors with your kids, picking wildflowers along the way. You may have even caught a few swimming workouts on a perfect day in the crystal clear waters of Saguaro Lake. The Arizona summer just begs for us to get out and enjoy the various activities it has to offer. However, the mornings will soon become brisk. The leaves are changing. Kids are back in school. Can we stay motivated enough to drag ourselves out of our warm bed before the sun rises and attend a workout in a workout in an freezing cold outdoor pool during the Fall months?

**E**veryone has

different motivations; however here are some things that might click for you:

**T**his one is tired, overused, and brought up every time the word "motivation" is used.....but it's because it works. Set goals. Set challenging, yet achievable expectations for yourself. Be very specific in what you aim for, so you have a solid baseline for

measuring your progress. Tell someone else what your target is so you are accountable for reaching it. If you have a focused objective, it will prompt you to make each and every workout possible, and it will give you a purpose for being there. To give yourself a measurable account of how you're doing, set small goals every six weeks. Reward yourself when you hit your goals. Refocus, and stay ambitious if you miss.



*Making friends at workouts can help with motivation*

**M**ake friends at workout. I know, I sound like a mother sending her kid off to scout camp. However, if you have a social network, you will be more likely to want to get yourself to workout, and enjoy yourself once you're there. The pool is full of like-minded people. Put yourself out there a little, and there's bound to be someone you connect

with. Swimming workouts put everyone on a very level playing field. We're basically naked. No jewelry. No makeup. No one knows what kind of car you drive or what your profession is. It's hard to get an idea of someone's religious or political between intervals. It's just our raw personality that comes out. What a great opportunity to bond and get to know people for who they really are. Once you feel like you are truly part of a team, the ownership value in your workout increases. You know that you will be missed if you skip a workout. You become confident that a teammate will encourage you on the days you feel sluggish. You take

pride in knowing that someone is relying on you for inspiration on the days that they need support. The team becomes more than just a bunch of people swimming the same sets as you; they become part of your extended family.

**L**et your coach know your expectations, and ask him/her for help.

**-continued, page 3**

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My husband and I used to travel for a living, and have had the opportunity to workout with numerous teams in numerous states. We both agree that Arizona has some of the finest coaches in the nation. Use their knowledge and expertise! Explain to them what you want to accomplish for the season, and then ask them to help you succeed. Request tips for stroke improvement. Inquire about drills that will make your swimming more efficient. Suggest a time trial at the end of a workout, and have them get your splits. Coaches want to do more than just dictate the workout. However, with so many swimmers under their leadership, and with each swimmer having their unique situation, it is your responsibility to communicate to your coach exactly what your specific needs are. By forming this rapport, your workouts will become more meaningful and more important to you. This can be a huge factor in keeping your desire to swim at an all time high.

As I initially stated, everyone has different motivations. The key to purposely adhering to a workout regime is discovering what inspires you. Take a good hard look at why you swim. Focus on the reasons you began swimming in the first place. Think about all that the sport gives back to. Imagine what your life would be like without it. Then, do whatever it takes to stay in love with the sport.

*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.*



*Discover what inspires you*

## UPCOMING EVENTS

**10/15/2011 - 10/16/2011**

Ron Johnson Invitational  
Mona Plummer Aquatic  
Center  
Tempe, AZ

**10/15/2011**

AZ Open Water Swim Series  
#4 - Lake Pleasant

**11/05/2011**

AZ Open Water Swim Series  
#5 - Tempe Town Lake

**11/06/2011**

2011 SCY Pentathlon  
Dottie Boreyko/Brophy  
Sports Campus  
Phoenix, AZ

**12/10/2011 - 12/11/2011**

SCM State Championship  
Dottie Boreyko/Brophy  
Sports Campus  
Phoenix, AZ

**SWIM – SUN – FUN**

**Arizona Masters Hotline**

**480-365-0037**

**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.....Dan Gruender  
At-Large..... Edie Gruender  
At-Large..... Gordon Gillin  
Immediate Past Chairman...  
..... Doug Adamavich

## TOP 10 STRENGTH TRAINING WORKOUT FORM ERRORS

By Susan Dawson-Cook

**M**any swimmers engage in dry land strength training to improve muscle strength and power, sports performance, and bone health. Before obsessing over whether to accomplish this with machines, dumb bells your own body weight, think first about safety.

**L**ike David Letterman, I have an affinity for top 10 lists. Because of space issues, I'll settle for a Top 5. Let me open by saying that nothing makes trainer me's teeth grind together more tightly than seeing someone train dangerously. If you'd like to spare yourself an injury and me another trip to the dentist, please peruse this list of common exercise errors.

**5** Pursuing balance activities way over your head. I see people attempting to balance on the BOSU that can barely stand on their own two feet. For your safety and that of those around you, increase degree of difficulty gradually. Try balancing on one leg near the bar, then stand or walk across a foam roller. Once you feel "safe" doing easier activities, progress to more complex ones. Staying near the bar is a good safety measure.

**4** Using equipment without knowledge. Plates crash together, a person falls from the pull up machine because they don't know high weight is easier on the assisted dip/chin machine, a finger in pinched when pulling out a pin incorrectly jammed in place—you get the picture. Ask for instruction, then go for it.

**3** Ballistic (bouncing) stretching. If you bounce a stretch near the muscle's elastic limit, you might tear tissues. Hold stretches rather

than bouncing and use movement patterns to warm-up. Not to deviate too much with self-promotion, but I do show a safe set of pre- and post-activity stretches in my stretch DVD. Stretching correctly goes a long way toward injury prevention and reducing joint and muscle discomfort.

**2** Emphasizing quantity over quality. There's a tendency to lift as much weight as possible. Big mistake. A high number can boost the ego, but if form is sloppy, your training will do more harm than good. Execute the exercise correctly (hire a trainer or refer to pictures posted on many machines) and avoid unnecessary or dangerous movements with the rest of your body.

Drum roll, please...

**1** My number one is the unstable back. In the horizontal position, it looks like a collapsing bridge and in the vertical more like the Leaning Tower of Pisa. If you do a plank, keep abdominals engaged and lower back neutral. If a cave-in starts to happen, you are doing more work than your core is up to. When executing a standing exercise with dumbbells, avoid lifting more weight than your core can handle. If you rock back and forth or arch your back as you move, you risk serious back injury. One quick way to prevent this is to sit while doing reps, which in most cases will bring your back into a more neutral position.

*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)*

## MEET ANNA DELOZIER

By Heather Fazio

Open water swimming in Arizona seems like a bit of an oxymoron. We're in a desert. But there are devoted open water swimmers here in Arizona. At the top of that list is 48 year old Anna DeLozier, who lives and swims in Fort Hachuaca, Arizona.

Anna hails from Southern California and, like many swimmers, started out swimming in pools. She swam in Los Angeles and then went on to swim on scholarship at the University of Cincinnati, where she swam the mile. She enjoyed the longer distances and kept at it. Like the little engine that could, Anna discovered that, as she puts it, "I can move forever."

Among her longer distance races, she has swum the Catalina Crossing – a 21 mile crossing with no assistance other than a kayaker alongside. The kayaker is there to help support the swimmer. The kayaker both assists the swimmer with navigation and helps the swimmer to be able to get food and drink during the race.

And this year, she competed in the United States Masters 25k national championship in Indiana. Unfortunately, the race coincided with the recent Monument Fire in southern Arizona. For the USMS 25k swim, Anna's husband Andrew was supposed to come along as her kayaker. Instead, he had

to stay in Arizona to watch over their home and protect it from the fire.

Anna had three volunteer kayakers helping her for the over eight hour swim at the last minute. She had to explain to the volunteers how she they could best support her and how she could take her energy drinks - while kicking on her back and the kayakers string out a bottle to her. She finished 14th out of 27 swimmers overall and first in her age group. She finished in 6:55.44.

In spite of having doubts about her distance swimming career while doing the 25 mile hour swim, Anna started planning her next big swim almost the moment she exited the water. Perhaps she'll tackle the Manhattan Island Marathon or the English Channel,; both of which are slightly larger bodies of water than we have here in Arizona. In the meantime, watch out for the little engine out in Arizona's open waters.

*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.*

## CLUB? TEAM? WORKOUT GROUP?

You are not the only one confused. Let me help. The group that you swim with is your workout group and/or your team. Those two names can be used interchangeably. A CLUB is a registered group of swimmers; they don't necessarily have to swim in the same location. But, a CLUB must register with the LMSC's register, and pay a club registration fee. You may only swim in a relay with others members of the same CLUB. As an example, I swim for the FORD Aquatics Masters TEAM or workout group, and I am a member of the Arizona Masters, (registered) CLUB. If you belong to a small workout group or team, and you plan on swimming at Nationals some year, you may not be able to find four swimmers in your age group who are also going. Arizona Masters is a large CLUB spread out all over the state. Many swimmers, of different ages, go to Nationals each year. The more swimmers in a club, the more chances of getting on a relay. If you are still confused, ask your coach, or call Judy Gillies.

# SWIMMING THE DREAM

## A MESA MASTERS SWIMMER CONQUERS THE CATALINA CHANNEL

By June C. Hussey

It took 44-year old Mesa Aquatics Masters swimmer Kent Nicholas ten hours and 46 minutes to swim the 22 miles from shore to shore across the Catalina Channel on September 8-9, 2011. While most Arizonans were sound asleep in their warm beds, Kent was fulfilling a dream that began 12 years before when he completed his first marathon swim. Little did Kent know, when he set his long-range sights on swimming the Catalina Channel, that it would be such a surreal and unforgettable adventure.

Swimming all night, accompanied part of the time by three dolphins, under a nearly full moon, Kent focused on everything positive during his crossing. The conditions were by no means easy, but they were tougher on his crew than on him, he insists, and he knew they would be. The wind and swell was fierce enough to induce vomiting by more than a few participants on top of the waves, including Kent himself on the way over to the island. Their support was unwavering, nonetheless.

Without his crew of pace swimmers, kayakers and escort boat, Kent knows he never would have had the opportunity to watch, breathing left, the moon turn orange as it set over the ocean's horizon, nor to greet the sunrise to the sounds of Scottish bagpipes played by his hired boat pilot, Greg Elliott. Apart from his feedings at 20-minute intervals, it was the only time Kent stopped to tread water and simply savor the moment.

Kent was fortunate in many ways beyond his incredible support crew. He was fortunate to swim in

water that averaged 65 degrees, considered warm by channel standards. He was never cold nor did he experience any chafe, thanks to a thick coat of Vaseline applied to his neck before his swim by his wife, Candy.

Water wasn't blowing in my mouth, it was perfect. I kept telling myself I chose it, this is what I bargained for and I enjoyed it, I really did," he said a few days after his swim.

Pleasant surprises included the dolphins, which he first sensed by their chirping sounds. He wasn't sure at first if they were dolphins or whales he'd seen swimming in the channel the previous day. They stayed with him for a while, swimming beneath and around him during a time when his own escort swimmers were too nauseated to jump in.

Another pleasant surprise was the bioluminescence. He'd read all about it, but never realized how much it would delight him during his crossing.

The whole time, you see these swirling, glowing bubbles. It's like a very small fireworks show with every pull. It was constant. When I breathed, it went off my goggles down toward my chest. After a while you're used to it. Every once in a while I'd tune in and say to myself 'remember this,'" he said.

He also encountered plenty of kelp beds, especially at the start and finish. He described the sensation of swimming through them as a loofah scrub. He also swam through plenty of non-stinging

jellyfish shaped like cucumbers and boxes. He might have been alarmed had he not read about those, too.

It's obvious Kent was well prepared for this adventure, mentally, physically and intellectually. His teammates and coaches from Mesa Aquatics Masters sent him texts, emails and his pace swimmer Gia Kolcack assembled a book of inspirational messages, which he says he thought of often during his crossing. He also lauds members of the Catalina Swimming Federation for all their moral support, before and after his swim. "They are all really cool people, particularly Tina Neill" he said.

Two days after completing the crossing, Kent competed in the 3-mile Gatorman event at the La Jolla Roughwater Swim, shaving eight minutes off his time last year. His proudest moment, though, was watching his two kids swim the 250-yard event. Less than a week later, he'll be at Saguaro Lake for the third installment of the Arizona Open Water series put on by DCB Adventures.

Seems Kent can't get enough of open water.

Open water swimming is more of an expedition or adventure. It's not about heats, lanes and times. It's about experiencing swimming in its purest form," he explains.

His next big adventure? "Probably something tropical," he says. Maui Channel may be calling his name.

*June C. Hussey is Open Water Chair for Arizona LMSC.*

# MASTERS LONGCOURSE STATE CHAMPIONSHIPS SNAPSHOTS



*A great day for a meet*



*Friends even after a brutal fly race*



*I'll take that time!*



*Thanks Timers*



*Remember the sun screen*



*Everything is running smoothly*