

The World's Foremost Authority on Adult Swimming

SWIM

M A G A Z I N E

The Official Magazine of
U.S. Masters Swimming



\$3.95
SEPT/OCT 2004
VOLUME XX
NUMBER 5

Fab "Tri" Trio

PILATES: Sharpen Your Swimming Senses

TRISCHA ZORN
Masters Swimmer and
Seven-time Paralympian

Traveling? Don't Forget to Swim



Visit SWIM's Website
www.SwimInfo.com

Tribal Etching. New for 2005

speedo 



AMANDA BEARD
Olympic Gold Medalist



HOW FAST IS MICHAEL PHELPS? SEE FOR YOURSELF.



The 2004 World Swimming Championships (25m) is coming to Indianapolis. In a city known for speed, America's best, including Jenny Thompson, Lindsay Benko, Michael Phelps, Josh Davis and Ed Moses, will take on the world October 7-11, 2004 just six weeks after their Olympic conquests. Join us in one of the most acclaimed arenas in America, Conseco Fieldhouse, for this explosively charged event. See water catch fire.

Tickets on sale now

A limited number of Splash Zone seats still available. For tickets call 1-800-HI-FIVES or visit Ticketmaster.com. For more information visit WORLDSWIM2004.com.



Contents

September/October

2004

A Lap around the World

By *Karen Chase*. Life can be so much more exciting when you have the opportunity to swim away from home. It's a great way to get a unique view of a place and its culture when you look at it through your goggles!

14



Photo by Karen Chase

Cover Story

Blinded by the Light

18 By *Bill Volckening*. Seven-time U.S. Paralympian Trischa Zorn, a visually-impaired Masters swimmer from Indy SwimFit, credits swimming for many of the skills that are now part of her life, such as dedication, determination, discipline and time management.

Got Water, Get Fluid

24 By *Hermine Terhorst*. Relax, be soft, go with the flow and get fluid. Let your bones do the work instead of working too hard with your muscles. Improve your swimming with Pilates.

Triathletes Among Us

28 By *Kari Lydersen*. The three female triathletes who represented the United States at the Olympic Games in Athens—Susan Williams, Barb Lindquist and Sheila Taormina—were all elite swimmers in the “first phase” of their competitive careers.

The Gift Is That We Can

34 By *Tito Morales*. The big picture of Masters swimming is that we swim not only because we derive a tremendous amount of pleasure from swimming, but because—just like amputees Dom Aiello and Paul Cook—we can.

Articles

6

Editor's Note

8

Just Add Water

9

Swim for Fitness

11

Sports Medicine

21

USMS
World Championships

31

Triathlon Tips
for Beginners

38

Technique Tip

41

USMS News

42

Calendar

43

On the Market

46

Splashes

SWIM Magazine (ISSN 1082-8486/USPS 741-250) is published bi-monthly by Sports Publications, Inc., 228 Nevada St., El Segundo, CA 90245. Periodicals postage paid at El Segundo, Calif., and additional mailing offices.
POSTMASTER: Send address changes to SWIM Magazine, 228 Nevada St., El Segundo, CA 90245.

Copyright 2004 Sports Publications, Inc. All rights reserved. Reproduction without written permission is strictly prohibited, including Masters newsletters. Base subscription rate \$16.00. Manuscripts and photographic submissions must be accompanied by self-addressed, stamped envelope. Send manuscripts, letters and photographs to Phillip Whitten, Editor-in-Chief, P.O. Box 20337, Sedona, AZ 86341. SWIM Magazine reserves the right to edit any submission accepted for publication.

DON'T GIVE INTO THE PRESSURE. GET RID OF IT.

Barracuda's patented Positive Pressure frames adapt to the shape of your face, delivering leak-proof protection without the eye-popping pressure and raccoon rings of conventional goggles. Stop cinching down the straps and try on a pair of Positive Pressure goggles today. **Feeling is believing.**



THE ULTIMATE™



THE STANDARD™



BARRACUDA USA

WWW.BARRACUDAUSA.COM

1 800 547 8664

United States
Australia
Germany



We Are Family

by Phillip Whitten

In July, I had the pleasure of attending the U.S. Olympic Trials in Long Beach, Calif. More than 100,000 spectators were thrilled by the virtuoso display of speed swimming put on by 1,000 or so of America's elite—the fastest of the fast—who each were competing for one of just 43 spots on the 2004 U.S. Olympic team.

As a Masters swimmer, I was delighted with the Olympic team-making swims of Masters swimmers Gary Hall Jr. and Rachel Komisarz, as well as the efforts that weren't quite quick enough by 1988 Olympian Trina Radke, Peggy Gross, Sabir Muhammad, Aaron Ciarla and Jessica Foschi.

I also enjoyed watching the performances by Masters-age athletes, including 30-somethings Jenny Thompson, Chad Carvin, Josh Davis, Jeff Rouse and others. In every case, I invited these great swimmers to join us in Masters when they finally retire from the ranks of the elite.

The Trials, however, were more than just the USA's quadrennial, gut-wrenching ordeal at which the full range of raw human emotion—literally, from agony to ecstasy—is on display. The Trials also served as an in-gathering of the clan that forms the swimming community.

Now, "community" is a word I look upon with great suspicion, much as I do such words as "professional." These are words whose meaning has been stretched so far that they have lost any real meaning, or—as in the case of "professional"—come to signify something entirely different than their original meaning. Ah, but that's a rant for another day.

Anyway, when I hear the word, "community," most often I find myself cringing as in, "He's a leader of the black community," or "The AIDS community demands...."

These are not communities! The first consists of a group of people, arbitrarily defined by skin color, who are as diverse in their backgrounds, education, aspirations, political orientation and what-not as any other group of arbitrarily-defined folks. The second consists of a group of people who either share a disease or are the loved ones of a person having the disease.

In contrast, swimmers constitute a genuine community—an international community that encompasses people of all ages, from learn-to-swim toddlers, through age-groupers, collegians, Olympians and on to Masters.

It was amazing to see how many Masters swimmers there were in Long Beach. And it was fun to watch 40- and 50-year-old physicians, executives and engineers build up the courage to talk to a Brendan Hansen or an Amanda Beard and come away saying, "Wow, what a nice person he/she is." And why not? We're all family.

Yes, we vary in age, race, nationality, sex, religion, educational status, occupation, political viewpoint and so on. But we all share a love of swimming—a love that contributes to shaping who we are as human beings. And we all share the values that swimming invariably inculcates in our very souls.

That's why race, religion, politics, language—all the social categories that divide people—do not divide us. That is why we are a community.

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. Always check with your physician prior to beginning any exercise program.

SWIM Magazine is the official publication of the United States Masters Swimming, Inc. and an official publication of the American Swimming Coaches Association.



On the Cover, Trischa Zorn
Photo by Peter H. Bick

EDITORIAL AND PRODUCTION
P.O. Box 20337, Sedona, AZ 86341
(928) 284-4005 • (928) 284-2477 fax
e-mail: editorial@swiminfo.com
Website: <http://www.SwimInfo.com>

Publisher

Richard Deal
e-mail: dickd@swiminfo.com

Chief Executive Officer

Brent Rutemiller
e-mail: brent@swiminfo.com

Editor-in-Chief

Phillip Whitten
(602) 522-0778 • e-mail: philw@swiminfo.com

Senior Editor

Bob Ingram
e-mail: bobi@swiminfo.com

USMS Editor

Bill Volckening
e-mail: billvolckening@usms.org

Fitness Editor

Scott Rabalais

Technical Advisor

Glenn Mills

Contributing Editors

David Costill, Ph.D. • Michael J. Stott

Art Director

Karen Deal
e-mail: karend@swiminfo.com

Production Assistant

Judy Jacob
e-mail: judyj@swiminfo.com

Advertising Production Coordinator

Betsy Houlihan
e-mail: betsyh@swiminfo.com

**MARKETING,
ADVERTISING, SUBSCRIPTIONS AND
ADMINISTRATION**

228 Nevada St., El Segundo, CA 90245
(602) 522-0778 • (602) 522-0744 fax

Subscriptions

Pennye Monk • ext. 104
e-mail: subscriptions@swiminfo.com

Sponsorship Coordinator

Sarah Tolar
e-mail: saraht@swiminfo.com

Assistant Merchandise Manager

Read Boon
e-mail: readb@swiminfo.com

Advertising and Marketing

Toni Blake • (310) 379-2278
e-mail: tonib@swiminfo.com

One Tempo, Kim Miller • (602) 418-2102
kimm@swiminfo.com

Printer

Schumann Printers, Inc. Printed in the U.S.A.

The New Symbol for Racing Goggles

V-120

*Low resistance goggles for the swimmer
who competes for fractions of a second.*



*Hydrodynamic eyecup reduces
drag by 47%!*

(compared to our regular sized V-600 goggles)

TUSA

VIEW Series

www.tusa.com Made in Japan

Just Add Water

Masters at Olympic Trials

Masters swimmers were a major presence at the U.S. Olympic Trials in Long Beach in July—competing, giving out awards to the first- and second-place winners, broadcasting on TV, working in the press room and (mostly) cheering in the stands.

One group that had bought a box behind lane 4 wore “USA Masters Swimming” T-shirts (from the World Championships in Hamburg), hoping to get noticed by the NBC television cameras.

There were organized Masters workouts most mornings, with the number of participants growing day-to-day (until the very end). Current USMS president **Dr. Jim Miller** and immediate past president **Nancy Ridout** were among the daily participants. After workout, Masters would gather in a local café to have breakfast together and compare notes about the 2004 Olympians they’d met.

Congratulations to the two USMS members who made the U.S. Olympic team:

- **Gary Hall Jr.**, who at 29, is the oldest American male to make the team since **Duke Kahanamoku** in 1924. Gary won the 50 meter free (21.91) and was third in the 100

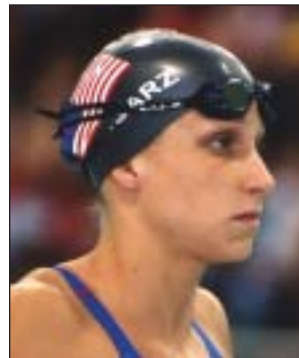
(49.16), earning himself a spot on the 400 free relay squad.

- **Rachel Komisarz**, 27, who won the 100 fly in a lifetime best 58.77. Rachel will also swim on the USA’s 400 medley relay team.

At 31, **Jenny Thompson** is the oldest member of the U.S. team. Jenny, a third-year medical student, has been a national team member since 1987, when she was 14. This will be her final year of competition. Besides Jenny, nine other swimmers over the age of 25 made the team.

Several other USMS members competed at Trials, including **Aaron Ciarla**, 27; **Peggy Gross**, 35; **Sabir Muhammad**, 28; **Jessica Foschi**, 23; and **Trina Radke**, 33. Radke was a member of the 1988 Olympic team.

Among the over-25 finalists or semi-finalists who are not (yet) Masters were **Jeff Rouse**, 34; **Erika Hansen**, 34; **Josh Davis**, 31; **Chad Carvin**, 30; and **Dave Denniston**, **Lindsay Farella**, **Pam Hansen**, **Misty Hyman** and **Kristy Kowal**—all 25.



Rachel Komisarz

Photo by Bill Collins

Masters were everywhere in presenting awards, too. Presenters included **Jeff Farrell**, **Rowdy Gaines**, **Brian Goodell**, **Dr. Gary Hall**, **Don McKenzie**, **Glenn Mills** and **Mark Spitz**.

Jeff Farrell Stories

Speaking of **Jeff Farrell**, he had a family connection to perhaps the most improbable of 2004 U.S. Olympic team members. **Jeff** is the uncle of 17-year-old **Caroline Bruce** of Wichita, Kan. Swimming in lane one in the 200 breast, **Bruce** came storming from fourth place at the final turn to finish second behind **Amanda Beard**. Must be them good family genes.

And speaking of **Jeff** again, here’s an encouraging vignette about **Jeff** and **Jenny Thompson**. When the two freestyle champions were being introduced, the person introducing them began explaining to **Jenny**: “In 1960, **Jeff**...” Before he could finish the sentence, **Jenny** said: “I know who you are. You’re a legend! What a pleasure to meet you.”

Who says young people don’t know their swimming history?



Swim *for Fitness*.....

Everything You Ever Wanted To Know

KNOWING HOW TO REST

Precious Seconds

By Scott Rabalais

Only 25 yards to go...keep my stroke long...legs are getting heavy...six strokes to the wall...don't look up...need to breathe...three strokes, two, one...

You've made it to the wall, finishing the seventh 100-yard repeat in a set of 10 x 100. Your interval is 1:30, which means you have no more than 90 seconds to swim 100 yards, rest, then start it all over again. And the coach is keeping an eye on your times and has demanded that all swimmers keep an even pace through the set. Your repeats have been held in the 1:19-1:21 range, but keeping the times there for the final three swims looks to be a daunting task.

Your ability to maintain or improve on your pace in this situation will have much to do with how you spend the time resting between 100-yard repeats. While these short rest periods are the

physically restorative breaks during the set, they're also an opportunity for productive mental and physical exercises.

Getting Your Rest

If you are swimming at or near your physical limit, you are experiencing labored breathing as you touch the wall. Relax and allow your breathing rate to decrease on its own; do not force yourself into irregular or deep breathing patterns.

In situations that allow you extended rest periods, talking and socializing is more than encouraged. However, when your rest period is only 10 seconds, excessive talking can interfere with your ability to breathe, recover and, ultimately, maintain your pace in a set. Save the chatter for after the set or workout, when you will have more time—and breath—to talk about the set!

In particular, watch your breathing during the last two or three seconds before pushing off into the next repeat. Synchronize the breaths so that you will submerge your body immediately after inhaling without significantly changing your breathing rate.

Watching the clock as it approaches your send-off time and anticipating your breathing rate is much like anticipating your last few freestyle strokes as you approach a flip turn. It's all about timing and keeping your breathing in rhythm with your actions.

The arms and shoulders should be kept in the most relaxed position possible during the rest period. Avoid lifting up both forearms to hang on the wall, as this can add to shoulder fatigue. Instead, if in deep water, place one hand on the wall and allow both arms to hang loosely. If in shallow water, keep the body low in the water, a more weightless position that will keep your body accustomed to the water temperature.

Should you encounter muscle stiffness in some area of your body, it may be advisable to perform a quick stretch as you recover on the wall. For example, if you experience tightness in a triceps muscle, bob underwater two or three times, maintaining your breathing rate, as you stretch your triceps over your head. Your ability to stretch between repeats will be largely dependent on the time between swims and whether such activity will take away

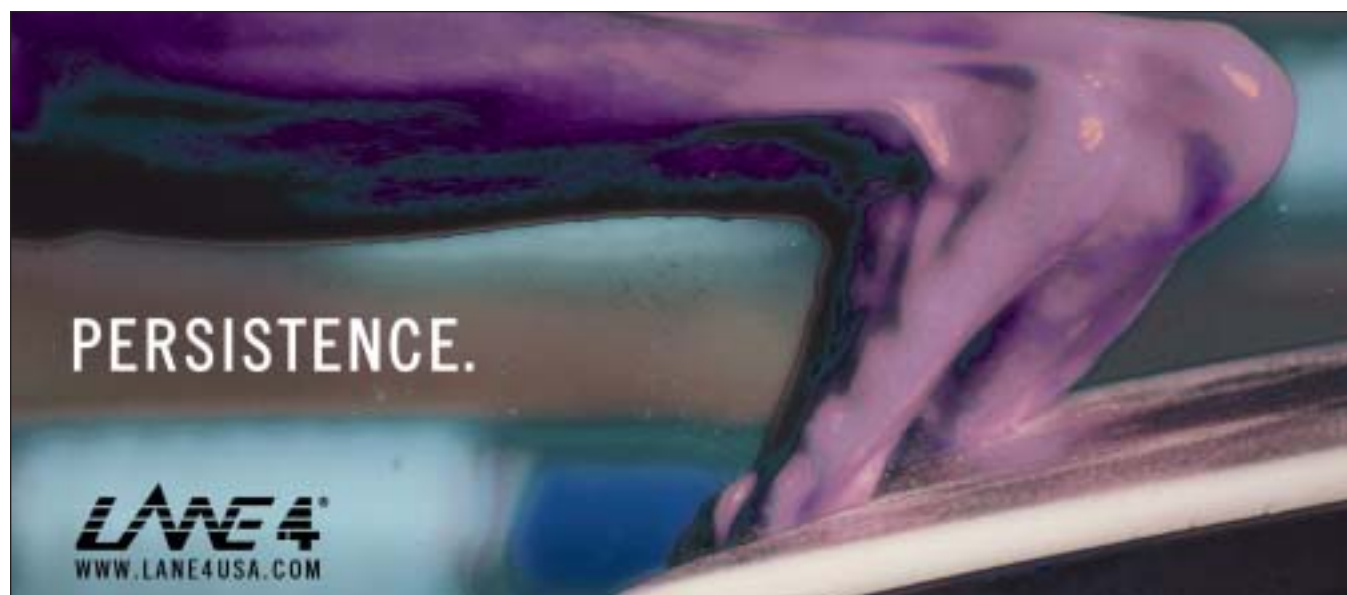




Photo by Tito Morales

As you start each repeat, have something in mind on which to focus. Your goal may be time-oriented, or it may reflect technique or effort.

from your ability to perform during the next repeat.

Thinking Fast

As your hand touches the wall at the end of a repeat, a few mental calculations and evaluations—all of which should take just a few seconds—should begin:

- **Determine your repeat time.** You may need to recall what the clock read when you left on the previous repeat and do a little subtraction to calculate your time. Don't wait until you touch the wall to begin the math; as you are approaching the wall, begin to consider what time you will see when you finish the repeat.

- **Evaluate your repeat time.** Were you surprised by your time? Was it faster or slower than expected? In what way should you improve or adjust your efforts on the next repeat based on the previous one?

- **Set a goal for the next repeat.** Your goal may be time-oriented, or it may reflect technique or effort. As the set becomes more challenging, your

goal may be to keep the same time for the next 100-yard swim. Or, perhaps your streamlines are falling apart on your turns, and you wish to improve them. Maybe you want to swim the first 50 slightly slower and the second 50 a little faster. As you start each repeat, have something in mind on which to focus.

- **Be prepared.** Always think ahead, and know when it will be time for you to push off the wall. Don't just follow those around you, as they may be off of the interval or miscounted their number of swims. Be precise and accurate in your send-off, moving to submerge one second before the intended send-off time so that you are actually pushing off exactly on the send-off time. Structured sets demand structured thinking, particularly when there are a half-dozen swimmers in your lane!

Calibrating Emotions

Let's say you've made it to No. 10, the last repeat of the set. Your best 100 time during the set is 1:19, and

you know you can improve on that with a little extra effort. So, use your final rest period to rev your emotional engines and psyche yourself up for a great finish. A little self-talk (mentally, please) can go a long way toward improving your performance. Be your own cheerleader, and consider a quick "shout-out" for your teammates!

During other parts of the set, you may have to keep the emotions in check. For example, early in the set, Speedy Sally is swimming next to you at the same pace, but on the fourth 100, she takes off and goes a 1:17. While you may want to be competitive and decide between 100s to go with her, you also consider maintaining your current pace so that you can get through the set in a consistent manner. You know your limits, and you don't want to test them too early.

When on the wall between swims, stay mentally positive. Ignore the comments from swimmers who complain or talk negatively about the set. Keep your focus squarely on what you wish to accomplish, taking one repeat at a time, all the while aware of the overall task at hand.

For the Team

By staying on top of your game during rest periods, you will allow those around you to train more effectively as well. By keeping quiet during short-rest intervals, others will not feel obligated to carry on conversations with you that will compromise the focus of both swimmers. If you leave at the proper send-off time, those behind you will be able to stay on schedule as well. And, the better you perform by maintaining or improving your pace, the better those around you are likely to perform.

When you follow these suggestions, waiting for you at the wall will be a reward that is near and dear to every hard-working swimmer—*more rest!*

Scott Rabalais is a collegiate and Masters coach in Savannah, Ga. He is the fitness editor for SWIM and serves as vice president of USMS.

Sports *Medicine*

Tips for Improving Your Lifestyle

EATING DISORDERS

Problem Can Be Dangerous, But Treatable

By Jane Moore, M.D.

Katie is a 28-year-old Masters swimmer who participates in six practices per week and an occasional meet, but is constantly concerned about her weight.

Last month, Katie decided to start running because swimming didn't seem to be helping her lose weight. She also does weightlifting three times a week.

Disordered eating is the term used to describe a spectrum of behavior ranging from restricted food intake and excessive weight control methods to classic eating disorders such as anorexia and bulimia. Actual eating disorders—including *anorexia nervosa*, *bulimia nervosa* and *binge-eating syndrome*—have clearly defined, clinical definitions.

Athletes in sports involving appearance, endurance and weight classifications are at special risk of developing disordered eating

habits. Female athletes are particularly at risk, however, male athletes can also suffer from disordered eating.

Risk factors for the development of eating disorders include the pressure to optimize performance and/or modify appearance; psychological factors, including low self-esteem, poor coping skills, perceived loss of control, perfectionism, obsessive compulsive traits, depression, anxiety, past sexual or physical abuse; and underlying chronic diseases related to body weight such as diabetes.

Disordered eating often starts with a desire to lose a few pounds to improve performance or to look better. If the result is met with positive reinforcement, it may progress to a full-blown eating disorder.

What is an eating disorder?

When a person consumes fewer calories than the actual requirement for daily activities, the result is an energy drain. This situation may arise when a person inadvertently consumes insufficient calories, but it occurs more often when an athlete slips into a pattern of restrictive eating to lose weight in an attempt to improve appearance or performance.

Anorexia nervosa refers to a situation in which the individual's body weight is 15

percent or more below normal. It also refers to obsessive fear of fatness, abnormal body image (a thin person thinks she is fat) and amenorrhea (lack of normal menstrual periods).

There are two types of anorexia. First is the restricting type with no binge-eating or purging. The other is the binge-eating/purging type with binge-eating, self-induced vomiting or misuse of laxatives, diuretics or enemas. A person with binge-eating/purging anorexia will remain seriously underweight.

Binge-eating is defined as recurrent episodes during which a person eats a larger amount of food in a specific period of time (such as two hours) than most people would eat during the same time period and similar circumstances. There is also a sense of lack of control during the episode. In binge-eating syndrome, a person has episodes of binge-eating that do not meet all of the criteria for diagnosis of bulimia.

Bulimia is defined as binge-eating at least two times a week for at least three months with loss of control over eating and purging (self-induced vomiting; use of diet pills, laxatives or enemas; and excessive exercise to lose weight). Self-evaluation is unduly influenced by body shape and weight.



VICTORY.
GET IN THE FAST LANE.

LANE 4
WWW.LANE4USA.COM

Sports *Medicine*

Bulimia is divided into a purging type with regular self-induced vomiting or misuse of laxatives, diuretics or enemas and a non-purging type in which the compensatory behaviors consist of fasting or excessive exercise rather than purging behaviors. People with bulimia may be normal weight, overweight or underweight.

Why are eating disorders dangerous?

Disordered eating is one part of the female athlete triad, which also includes amenorrhea and osteoporosis (loss of minerals, especially calcium, from bone with increased risk of fractures). Any physically active woman who undereats, overexercises—or both—can be at risk of developing the complications of the female athlete triad.

Other results of disordered eating may include dehydration, fatigue, poor concentration, lack of motivation, depression, electrolyte imbalances, mood swings, poor sleep and subpar workouts or perfor-

mances. Later effects can be iron-deficiency anemia, loss of lean muscle mass, overuse injuries and stress fractures plus early osteoporosis.

People with untreated anorexia or bulimia may die prematurely from heart problems, electrolyte imbalances, suicide or other health disorders.

What are the symptoms of eating disorders?

Katie almost never eats breakfast. She is frequently too busy at work to eat lunch. Last year, she stopped eating meat to decrease the amount of fat in her diet. She doesn't eat potatoes or white rice, and avoids sweets.

People with anorexia may frequently be too busy to eat meals or may “forget” to eat meals. They may have a very limited diet with avoidance of all fat, eating only a very limited number of different foods, or a very unbalanced eating style. They are

excessively lean or show very rapid weight loss.

A person with bulimia may use appetite suppressants or laxatives. Frequent trips to the bathroom, especially immediately after eating, allow self-induced vomiting. The self-induced vomiting results in swollen parotid glands that produce a chipmunk-like appearance of the cheeks. Bulimics often exercise compulsively beyond a sensible training program. They may have wide fluctuations in weight.

What can I do if I think my friend or I have an eating disorder?

If an eating disorder is suspected, the individual involved should be strongly encouraged to seek medical attention. There are a wide variety of medical problems that can masquerade as eating disorders. These include thyroid disorders, cancers, chronic infection, immunodeficiency, diabetes, adrenal disease and inflammatory bowel disease.

Zoomers

**THE ORIGINAL
HIGH SPEED
TRAINING FIN.**

NOW BROUGHT TO YOU BY **FINIS**
888.333.4647 WWW.FINIS.COM

Screening questions can be used to determine the need for investigation of an eating disorder:

- Have you been on a diet in the past year?
- Do you think you should be dieting?
- Are you dissatisfied with your body size?
- Does your weight affect the way you think about yourself?
- Do you make yourself sick because you feel uncomfortably full?
- Do you worry that you have lost control of how much you eat?
- Have you recently lost more than 14 pounds in a three-month period?
- Do you think that you are too fat, even though others say you are too thin?
- Would you say that food dominates your life?

A thorough physical examination should be performed with laboratory tests to rule out medical illnesses. Evaluation of bone density may also be performed.

Increasing food intake to increase the

body weight as little as 2-3 percent is usually adequate to restore the body's energy balance. However, many times a reluctance to consume adequate calories results from low self-esteem, negative body image and high self-criticism.

To address these factors, treatment is best approached by the use of a multidisciplinary team, including a medical doctor, a registered dietician and a psychologist. Family members, coaches and close friends may also be involved.

Katie decides to schedule an appointment with her family doctor. She reports feeling tired and lacking energy. After a physical exam, the doctor orders blood tests. About a week later, Katie returns to discuss the results. The doctor says, "You weigh only 102 pounds even though you are 5-feet, 7-inches tall. That computes to a body mass index of 16, which is seriously underweight. Normal BMI is 18.5 to 24.9. That would be 118 to 159 pounds

for your height. You are anemic with low iron levels."

Katie is diagnosed with anorexia nervosa, restricting type. She agrees to begin seeing a psychologist for counseling as well as a registered dietician for nutrition advice. She will return to her physician once a month for follow-up.

Where can I learn more about eating disorders?

- National Association of Anorexia Nervosa and Associated Disorders (ANAD), P.O. Box 7, Highland Park, IL 60035; (847) 831-3438; www.anad.org.

- The National Eating Disorders Association, 603 Stewart St., Suite 803, Seattle, WA 98101; (206) 382-3587; www.nationaleatingdisorders.org.

Jane Moore, M.D., is a family practitioner in a private practice in Tacoma, Wash. She is a member of the USMS Fitness Committee and the USMS Sports Medicine Committee. Dr. Moore is also the 2002 co-recipient of the Ransom Arthur Award, along with her husband, Hugh.



Zoomers

**UNRIVALED
FIN TECHNOLOGY
FOR OVER A DECADE.**

PATENTED FIN BLADE IS DESIGNED TO COMPENSATE FOR VARIOUS DEGREES OF ANKLE FLEXIBILITY, PROVIDING THE MAXIMUM PROPULSION.

NOW BROUGHT TO YOU BY **FINIS**
888.333.6647 WWW.FINISINC.COM

A Lap around the World

Life can be so much more exciting when you have the opportunity to swim away from home. It's a great way to get a unique view of a place and its culture when you look at it through your goggles!

Story and photos by Karen Chase

It should be listed as one of the grounds for my divorce. Whenever or wherever I travel, I must stay at a hotel with a pool. Only a fellow dedicated swimmer or an especially accommodating travel agent could understand. Which is why only my travel agent and I are still together. But that's OK. It's probably best for all of us.

Because of my obsession, I have swum in four countries and on five Caribbean islands, including the forbidden island nation of Cuba.

So grab your passport, strap on your swimsuit and take the plunge with me as we take a quick lap around the world.

First Stop: Cuba

The first stop on our itinerary is Cuba, where I had the scariest swim and the most intense workout of my life. I was in Havana in January of 1998, covering the Pope's visit for ABC News and staying at what was considered the most posh hotel in the city, the *Havana Libre*.

When I arrived at my Havana hotel after a long flight from New York, I was dying to take the plunge to shake off my jet lag and be as sharp as possible on the air, so the very first thing I unpacked was my swimsuit. Being a serious swimmer, I wore a serious suit: a one-piece, full-coverage, tank suit—a suit considered conservative in the U.S. And I had a huge beach towel wrapped around me, from neck to knee. But you'd have thought I was wearing a see-through string bikini, considering the way I was treated!

As I tried to walk through the lobby to



The Havana Libre hotel in Cuba certainly fit the American definition of luxurious, with a sweeping, well-appointed lobby, cathedral ceilings, marble floors and a beautifully landscaped pool.

the pool, I was stopped by an armed guard. (We're talking side-arm, as in small rifle!) I smiled (the international symbol for "don't shoot me!") He did not—smile nor shoot. He also didn't speak English, and was obviously angry at me. He roughly took my arm and hauled me over to one of the women at the front desk who spoke what apparently passed in her world for English.

"You not go through hotel like that," she said wagging her finger at me, a stern look on her face.

"Like what?" I asked, keeping the armed guard firmly locked within my peripheral vision at all times.

"You not dressed!" she said.

"You mean my bathing suit?" I asked incredulously, reaching out from under my towel to point at myself.

"Yes," she said, obviously relieved that I finally understood the heinous nature of my crime.

"This is Cuba," the guard piped up sarcastically, suddenly finding his English, and summing up the situation in surprisingly clear, concise terms.

The woman explained that I could not parade through the lobby to the pool in a bathing suit. I had to go around the back. Which I did. Followed by the guard the entire way. He never once



When I joined a suburban Washington, D.C. health club in Alexandria, Va. (The Center Club), I often swam next to the late Senator Strom Thurmond. He swam at least twice a week, always did the breaststroke, and lived to be 100.

smiled. He looked like he never had. In his entire life. And I did the fastest workout of my life, followed by what I considered some of my best reporting.

City's Locker Rooms

During my travels, I've also found you can tell a lot about a city by what people talk about in the pool's locker room. In Washington, D.C., all they talk about is politics; in New York, it's money; and during a presidential trip to California, with then-President Ronald Reagan, the regional locker room talk was all about intimate relationships.

I discovered this during a rare day off for the White House press corps. Because the president and First Lady were vacationing at their Santa Barbara ranch, they promised not to break any news, so reporters got a break, too, and I chose to spend mine in as much water as I could find. Fortunately, it was not hard to find a health club in the area that had more than enough of what I was

FOR ADVANCED COMPETITIVE SWIMMERS, FIN BLADE IS 5-6% STIFFER THAN BLUE ZOOMERS. WILL NOT FAIL!

NO KICK? THIS IS THE ONE FOR YOU. EXCELLENT PROPULSION AT A SUSTAINABLE LEVEL OF FORCE.

Zoomers

SIMPLY NO SUBSTITUTE.

NOW BROUGHT TO YOU BY **J.FINIS**
888.333.8647 WWW.FINIS.COM

A Lap around the World

looking for, along with a few things I wasn't.

After emerging from a beautiful outdoor lap pool wrapped in the embrace of a cozy forest setting, I hopped into the poolside hot tub. But things didn't really heat up until I headed into the ladies' locker room, and from inside a bathroom stall, overheard a white-hot exchange between two women breathlessly talking about a third woman who had apparently walked in on her boyfriend sleeping with another woman.

"She was blind with rage!" the first woman gushed. "So she grabbed the gun on the dresser and shot them both!"

"Dead?" asked the second woman.

"Very," the first confirmed.

I held my breath inside the stall, convinced I'd just heard a murder confession of some sort, and hoping my pounding heart had not betrayed my presence as a witness.

"Then they had the nerve to go to a commercial!" the first woman complained, angrily.

They'd been talking about a soap opera. It was good to exhale.

When I lived in the Washington, D.C. area, I swam at the infamous Watergate Hotel, where visiting celebrities often stayed and swam, including hair stylist



In the Caribbean, it's tough to swim hard in a gorgeous, lagoon-style pool, with sand on the bottom, palm trees surrounding it, a summer breeze blowing, and the sound of steel drums pulsing lazily in the background.

Vidal Sassoon. Hair was supposed to be his life, but, amazingly, he did *not* wear a swim cap. His company slogan used to be, "If *you* don't look good, I don't look good." But, just between us, he didn't look so good. His hair looked more than a little bit damaged. Perhaps he should

have worn a cap.

I also swam next to Mr. Rogers, who I found out later, was an avid daily swimmer. His wife said he did it to counter his love of chocolate. By the way, he did look good. His swim stroke was as beautiful as his smile.

Later when I joined a suburban Washington, D.C. health club in Alexandria, Va., I often swam next to the late Senator Strom Thurmond. He swam at least twice a week, always did the breaststroke, and lived to be 100.

Crystal Blue Persuasion

In the Caribbean, the living is easy and the pace is a lot slower, including the pace of your workout. It's tough to swim hard in a gorgeous, lagoon-style pool, with sand on the bottom, palm trees surrounding it, a summer breeze blowing, and the sound of steel drums pulsing lazily in the background. However, there have been some frightening exceptions for me.

During what started out as a leisurely swim in a pool on the island of St. Martin, I suddenly felt the need for speed, when I spotted a *huge* crab crawling around at the bottom, right in the middle

DARTSWIM

The world's best as never seen before.

Underwater,
crystal clear,
and on your
computer.

www.dartswim.com

DARTFISH

USA SWIMMING

of my flip turn. I scrambled to the end of the pool and simultaneously vaulted out onto the ledge and screamed, "Oh, my God!"—scaring the bejeebers out of the nearby pool cleaner who wondered what in the world my problem was.

When I told him about the Buick-sized beast on the bottom, he tried to stifle his laughter as he gently explained, "It happens all the time. They get thirsty and confused."

I had another too-close-for-comfort encounter with nature during a swim on Grand Cayman Island. After I finished an early morning workout in the beachside pool, I couldn't resist the crystal blue persuasion of the completely deserted ocean off Seven Mile Beach. I would have it all to myself. Or so I thought.

I jumped eagerly into the breathtakingly blue water and dived down about three feet to do some impromptu snorkeling, savoring my solitude, and having the time of my life for about 35 delicious seconds before I realized I was not alone. (*Cue the "Jaws" theme.*) Just ten feet from me, gliding along effortlessly in the clear water, seemingly suspended above the powder-white sand, was a big blue fish—about four feet long—with what looked like a sword on its nose.

I didn't stick around long enough to get a better look at him because I knew he was a much better swimmer than I—

and might be hungry. I froze for only a split second before butterflying back to shore. (And I didn't even know I could swim butterfly!) I found out later it was a hound fish, which is a member of the barracuda family. A family I have no desire to get to know.

Back Home in New York City

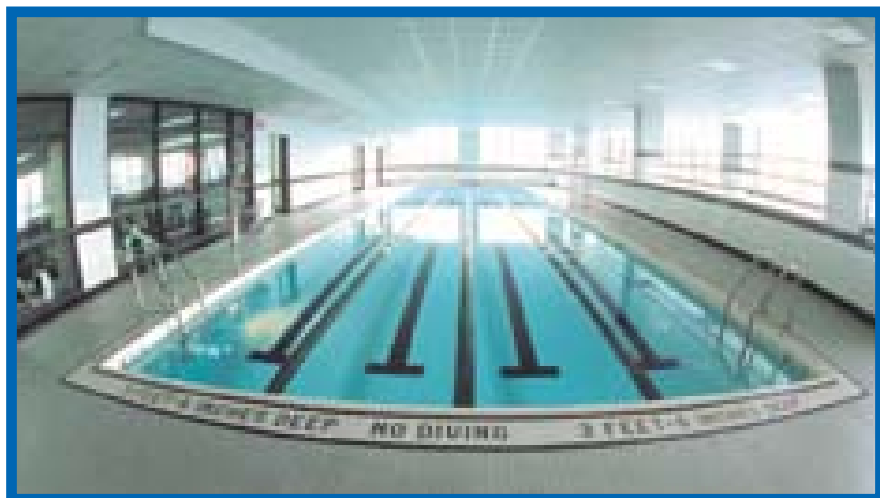
Speaking of barracudas, I now live and swim in New York City, a place I have often called the courtesy capital of the world. People are very nice on the inside (you'll have to trust me on this one), but edgy, angry, competitive and hurried on the outside.

It's the nature of the beast: keeping up with the breakneck pace is part of the price of living in such a great city. The ambitious attitude spills out onto the sidewalks and into the pool. And it's true. If you can make it across the pool here, you can make it anywhere.

It's always extremely busy and crowded here, both in the water and on dry land, and there are sharks constantly circling waiting to strike. To survive, you've got to keep moving, just like them. (It keeps you in tip-top shape!) And keeps you constantly ready to take your next lap, around the world.

Karen Chase, an anchorwoman for ABC News in New York, is a lifelong fitness swimmer.

I now live and swim in New York City (below: All-Star Fitness Center). The ambitious attitude of its people spills out onto the sidewalks and into the pool. If you can make it across the pool in New York, you can make it anywhere.



Train at Home!



Train more effectively in your own Endless Pool.

With your own convenient Endless Pool, train as much as you want, any time you want, on your schedule.

No traveling, no crowded pools, no heavy chlorine. Just your own 8' x 15', technologically advanced "counter current" pool, where you swim against a smooth current, infinitely adjustable to any speed or ability—allowing you to achieve your training goals.

The Endless Pool is simple to install, economical to maintain and fits easily indoors or out.



"The current forces you to be more streamlined in your stroke production."

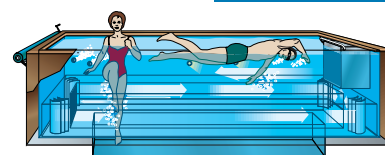
- **Rowdy Gains**
3-time Olympic Gold Medal Winner

"The pool's flow is enough for me to do all of my aerobic and endurance training."

- **Sheila Taormina**
Olympic Gold Medal Winner

"The combination of a floor mirror and an underwater camera provides a really powerful learning tool."

- **Terry Laughlin**
Founder, Total Immersion



THE WATER CURRENT MOVES... YOU SWIM OR EXERCISE IN PLACE

For a free DVD or Video
CALL TOLL FREE
1-800-233-0741, Ext. 3158
www.endlesspools.com/3158



**200 E Dutton Mill Rd.,
Dept. 3158, Aston, PA 19014**



Blinded by the Light

Seven-time U.S. Paralympian Trischa Zorn, a visually-impaired Masters swimmer from Indy SwimFit, credits swimming for many of the skills that are now part of her life, such as dedication, determination, discipline and time management.

By Bill Volckening

Trischa Zorn is full of surprises.

Last summer, Zorn, a visually-impaired Masters swimmer from the Indy SwimFit Masters club, surprised many people by swimming in the USMS One-Mile Open Water Championship at the Eagle Creek Reservoir in Indianapolis.

Legally blind swimmers rarely participate in open water swims, but that was beside the point. The popular, ebony-eyed swimmer, born without irises, had another big surprise. Zorn showed up with a light blue-green iris in her right eye.

Later in the year, the six-time U.S. Paralympian would reveal another major surprise—she was coming out of retirement to train for the 2004 Paralympics in Athens, Greece.

Elite Competition

Zorn, who recently turned 40, is no stranger to success. She almost qualified for the 1980 U.S. Olympic Team in the 200 meter backstroke, finishing only hundredths of a second behind Linda Jezek, Sue Walsh and Libby Kinkead at the Trials.

“I swam for the Mission Viejo Nadadores Swim Team from the age of 10 to 18,” said Zorn. “Swimming under coaches like Bev Montrella, Pat Burch, Larry Liebowitz, Terry Stoddard and Mark Schubert was a very valuable experience.” Mission Viejo was the dominant swimming club in the United States at the time.

“The program had a very competitive and intense atmosphere that challenged all swimmers to push themselves to the ultimate level. The experience taught me several life skills that have crossed over to my academic and professional career, such as discipline, dedication, determination and, most importantly, time management. We pushed each other in workouts, and it

was nice swimming with other athletes who had the same goals and desires.”

Zorn was a four-time NCAA Academic All-American while attending Nebraska on an academic scholarship, and she was the first visually impaired athlete to earn an NCAA Division I scholarship. Having won 54 medals—including 41 gold, nine silver and four bronze—she is the most decorated athlete for any sport in the history of the Paralympic movement. She has also held multiple world records in her disability class in backstroke, breaststroke, individual medley and relay events.

Blinded by the Light

Zorn was born with aniridia, a congenital, genetic eye condition that is typically bilateral. The condition is caused by a dysfunction in the PAX6 gene, the gene responsible for eye development, which causes the eye to stop developing prematurely.

Because the iris of a fully developed eye functions by opening and closing like the aperture of a camera, individuals born without irises do not have the physical capacity to focus and control the amount of light entering the eyes.

The pupils remain wide open, no matter how bright the lighting conditions. In effect, this condition is similar to the feeling of walking out of a dark movie theatre into blinding sunlight—although the eyes do not adjust to the change in lighting conditions.

Eye-Opener

The only treatment for aniridia is a surgery involving a synthetic iris implant, which reduces the amount of light entering the eyes.

Zorn, born without irises, had surgery in April 2003 for a synthetic iris and lens in her right eye (photo at left), then received her second implant four months later.

(Photo courtesy of Price Vision Group, www.pricevisiongroup.com)

"I learned about the artificial iris procedure on the local news," said Zorn, who received her implants from internationally recognized ophthalmic surgeon, Dr. Francis W. Price Jr.

"They were reporting the first artificial implant that Dr. Price performed. After hearing about the procedure, I called Dr. Price's office to make an appointment to see if I would qualify as a candidate for the FDA study and procedure."

She qualified, and received her first synthetic iris and lens, which came from Holland, in April 2003. She received her second implant in August 2003.

"Typically, if both eyes are going to have artificial implants, the time period between surgeries is six months," said Zorn. "However, my surgeries were four months apart due to my school schedule and training."

The procedure takes between two-and-a-half to three hours in length, and the recovery can actually be up to a year! However, Zorn was out of the water only six weeks for each surgery. According to Zorn, there wasn't too much pain—only some swelling and bruising of the eye.

Although the procedure effectively reduced the area of exposed pupil, the whole experience has been an eye-opener for Zorn. Before the surgery, she could only see objects that were a few feet in front of her. Although her vision has improved from 20/1100 to 20/850, it does not change her classification for Paralympics competition. The surgery's main purpose was to help cut down glare from light coming into the eyes, but the synthetic irises gave the eyes a natural appearance.

"People who knew me really saw a significant difference right away," said Zorn. "Being able to see one eye with an iris and one eye without an iris was very interesting. We were able to see the transformation of what the final results were going to look like. People who had not seen me in a while and didn't know that I had the surgery noticed something different, but couldn't figure it out until I told them what I had done."

Bonked?

Many visually impaired competitive swimmers are accompanied by an assistant who carries a long pole with a tennis ball attached on the end of the pole. This apparatus is called a "tapper" or "bonker"—and it is used to gently tap the swimmer during the approach to the wall. Even though Zorn could only see objects a few feet in front of her, she has done most of her swimming without assistance.

"I usually don't have anyone tap me on the head," said Zorn, "but there have been a few times that I had this assistance due to cloudy water, poor lighting or conditions in which it was difficult to see the wall."

Out of Retirement

Zorn retired from swimming after the 2000 Paralympic Games in Sydney. She originally had no plans to attend the Paralympics in Athens, and entered law school at Indiana University School of Law, Indianapolis, in the fall of 2001. Consequently, she did very little swimming because of her academic schedule.

"In the fall of 2002, I decided to start swimming again," said Zorn—"not for competition, but for stress relief and to have another outlet outside of school."

About nine months later, after participating in the One-Mile Open Water Championship "as a workout," she found herself in Edmonton, Canada, at the Canadian National Championships for the Disabled, where she qualified for the U.S. Paralympic Team Trials.

"The Edmonton meet was the motivation and the inspiration for me to make the commitment to train full time, and to make public that I was coming out



Photo by Peter H. Bick

“Each time I get in the water to race, it’s a new experience,” says Zorn. “It is not so much anymore about winning medals or doing a best time. My focus is to have fun while swimming my races and to enjoy the moment.”

of retirement to train for Athens,” said Zorn. “I realized in Edmonton how much I really did miss the challenge and the competition of swimming.”

Enjoying the Moment

The decision to come out of retirement and participate in one final Paralympic Games has given Zorn time to reflect on her competitive swimming experience. As she reaches the end of an incredibly fulfilling Paralympic experience, she looks back to the 1980 U.S. Olympic Trials with an enlightened perspective.

“At the time of the meet, it was disappointing not to make the team,” said Zorn. “After the Trials, I had time to reflect on my experience. I realized that I did the best I could, and I built my swimming future from that experience. As I grew older, I became more aware that swimming is just one part of the equation in my life. Each time I get in the water to race, it’s a new experience. I come away from each race with something positive.

“It is not so much anymore about winning medals or doing a best time every time I get in the water,” added Zorn. “My focus is to have fun while swimming my races and to enjoy the moment. This new attitude has been very beneficial for me during the Trials and, hopefully, will continue through Athens.”

Victory Lap

Athens will be Zorn’s final victory lap in the Paralympics. After she returns home from Athens, swimming will still be a big part of her life, but the priorities will shift toward professional goals.

“I am interested in several areas of law right now,” said Zorn. “Having taught school for eight years, juvenile law is very interesting to me. I am very passionate about this area of study. On the other hand, my sports background has given me an interest in the sports/entertainment area, such as trademark and copyright law. I still have another year in school, so I have some time left to decide what I finally would like to practice.”

Zorn’s plans also include focusing on Masters swimming, but she also anticipates the freedom she will gain by dropping the heavy commitment to swimming.

“One of my goals is to maintain a healthy lifestyle and continue swimming with the great group of people involved with Indy SwimFit. I also hope to give back to the sport of swim-

HOW THEY SWIM: Trischa Zorn

Sample Workout

Courtesy of Kris Houchens

Head Coach, Indy SwimFit Masters

Meters	Set	Work	Stroke	Pace
400	1 x 400 on 8:00	Warm-up	S FR	2:00
300	3 x 100 on 2:00	50 drill + 50 swim	D FR Mix	2:00
2,800	2x {1 x 100 on 2:00 {1 x 100 on 1:45 {1 x 100 on 2:00 {2 x 100 on 1:40 {1 x 100 on 2:00 {3 x 100 on 1:35 {1 x 200 on 5:00 {1 x 300 on 4:30	EZ FAST PACE EZ FAST PACE EZ FAST PACE EZ FAST PACE	S FR S FR S FR S FR S FR S FR S FR S FR	2:00 1:45 2:00 1:40 2:00 1:35 2:30 1:30
100	1 x 100 on 2:00	EZ	S FR	2:00
400	8 x 50 on 1:20	KICK (Descend Interval :05/50)	K FR	2:40
400	1 x 400 on 8:00	Warm-down	S FR	

Total: 4,400 Meters



Photo by Peter H. Bick

ming, either through coaching or mentoring other swimmers, be it age-groupers or Masters swimmers.”

The future may be uncertain, but one thing’s for sure: with the positive traits she has developed through swimming—dedication, determination and discipline—it will be no surprise to see Trischa Zorn rise to the top.

Bill Volckening is USMS editor for SWIM Magazine.

Arrivaderci, Riccioni

Italy was a beautiful setting for the 10th FINA World Masters Championships, in which there were many outstanding performances as well as lessons to learn for future competitions.

Story and photos by Pete Andersen

Of all the places in the world, Italy's Riccioni is certainly among the most special—especially when it comes to attracting world-class aquatic competition. Consider:

The *Stadio de Nuoto di Riccione* complex boasts two 50-meter, 10-lane pools—one indoor and one outdoor. It also includes separate indoor 25-meter, 6-lane warm-up pools. Wait, there's more! How about a huge diving well with complete 10-meter tower and multiple 1-meter and 3-meter Duraflex springboards?

It's all here. It was a perfect setting for the 10th FINA World Masters Championships, held June 2-13, and I was fortunate enough to compete at the event. Following are some of my observations:

Heart of a Champion

In addition to the swimming competition, a gala event was held to honor the first-ever Masters swimmers to be inducted into the International Swimming Hall of Fame. It

was done with class, and all of the honorees were certainly deserving of the honor. In fact, many of the honorees continued their winning ways in the pool.

At the natatorium, I met up with Jane Asher of Great Britain at the awards stand. Candidly, she “borrowed” a fifth gold medal from one of my former Indiana University swimming teammates, Tom Geiman, while waiting for the official results to be posted. Tom, who swims for Garden State Masters in New Jersey, was another story. He came to the meet hoping to win a gold in the 50 or 100 meter fly, but, instead, walked away with four golds and a silver.

As usual, Lois “Kivi” Nochman won her full complement of gold medals. A couple of years ago, she had a setback to her health and was not certain if she could continue competing at a world-class level. When I commended her on her performances and asked her how and why she persevered through that time, she answered, “You can never get enough! Why stop now?”

I guess we all are driven to compete for various reasons, and winning really reinforces that competitor-within-us to

continue to try harder to ensure the next victory. This is the heart of a champion.

That little voice speaks to us when others would prefer to put out less in practice. It says, "You're a champion, not a quitter." So you take it up a notch. If my brain tries to change my workout based on how I feel when I'm tired, I just trigger in this phrase: "The deal is" And then I repeat to myself what I intended as my goal before the practice began.

It always seems that I make new friends whenever I go to a "big meet." I believe that is what's unique to Masters swimming. Friendships—some

worldwide—are forever bonded by the commonality of competitive swimming.

One such person was Scott Lautman, a former assistant swimming coach at the University of Washington, who happened to be staying at our hotel.

He came to Italy to get the men's 50-54 200 meter fly world record, but missed it by only 6-tenths of a second—despite our cheering section that included Bill Muter, a former 50 meter fly world record holder and gold medalist in the 200 meter IM.

I learned that Scott is also a world-class marathon swimmer, and later

should have won the open water swim, having "finished" first. However, according to Muter—who also placed second in his age group—an Italian slapped Scott's hand as he touched the board that was hung above the finish line, so the Italian was awarded the gold. Hometown officiating, I guess.

Few Complaints, But...

There were actually few complaints about the meet. One was about a particular Italian starter who would start the race when he saw the prominent Italian swimmer begin his movement.

Another concerned the staging of heats. Normally, I do not get upset at meets because they are supposed to be friendly competitions in which we help each other to do his or her best. But the men's outdoor 50 free was a disaster for the first 40 heats or so.

One older Italian lady could aptly be described as the real "cog in the wheel." Even though the big tent had five rows for five heats to be staged prior to entry into the pool area, and another tent was capable of holding two more heats at the starting end with one heat up on the blocks, this did not happen.

After entering the tent, the swimmers went directly to the pool. An older Italian lady "helper" held up everything by triple-checking each person's picture ID.



There were close finishes in the men's 60-64 breaststroke competition—Israel's Gershon Shefi (above left) won the 200 by 3-tenths of a second, while Illinois Masters' Pete Andersen (above right) took the 50 by 4-tenths.

Scott Lautman (right), a former assistant swimming coach at the University of Washington, came to Italy to get the men's 50-54 200 meter fly world record, but missed it by only 6-tenths of a second.



The officials checked each swimmer's ID going into the tent, then again going into the pool and again down at the blocks. This totally disrupted any kind of pre-race focus any swimmer might have had.

For my own heat—No. 27 or so—I had planned not to breathe in my race so I could cut maybe 4-5-tenths of a second off my time. But after we were finally released to go to our blocks after the triple-ID check, I noticed there were no heats in the tent. The heat before ours was one-third of the way down the pool, and several in my heat were already at the blocks with half of us still scrambling to get there.

It is hard to hold your breath for a 50 much less after walking fast for 25 meters to get to your block, ripping off your T-shirt and ID badge, slapping on your cap, mounting the block and still trying to hold out your hand to the starter to get him to wait until you can put on your goggles.

We train over a year for a race that lasts less than 30 seconds, then some Italian meet director can't get it right by simply holding up the start until the heats are staged properly.

The real sad part is that these big meets require about a dozen FINA officials from all over the world to be at the meet to ensure proper meet etiquette. However, I noticed two FINA officials sitting under an umbrella, shielding themselves from the sun,

watching this major foul-up in meet conduct, yet doing nothing.

Well, I must say that I had some words for the meet director so that the following heats would run more smoothly. I was overheard by some FINA officials, and was asked not to raise my voice.

This kind of mistake cannot be made at the next World Championships to be held at Stanford University in California. We must keep the competitors informed of what heat is in the water, with a request that only heats (x through y) be in the staging area.

The indoor pool staging area was a blivet. There were 300 people in a dressing room—that could accommodate maybe 50—trying not to miss their heat (because no one knew what heat was in the water when standing out in the hallway). Yet there was plenty of room to watch the heats from behind the blocks. The timers had heat sheets, and they could have easily communicated with the swimmers as to which heats were in the water. From behind the blocks, the swimmers could also check the scoreboard.

Still A Fun Meet

OK, enough of the sour grapes. It was still a fun meet.

Ken Frost, another IU teammate of mine, was outtouched in the men's 60-64 200 meter breast by Gershon

Shefa from Israel. Shefa set a world record, winning by 3-tenths of a second with a fast lunge at the finish.

Four years ago, Tamalpais Masters' Frost was second in all three breaststrokes, and I knew he was not going to be denied this time around. But the breaststroke is my event, too, and I beat him in the 50 by a mere 4-tenths of a second. It was a good swim for me—just 9-tenths off my world record.

Fortunately, there's a happy ending to the story: Ken led all the way in the 100 and captured that elusive gold medal.

Bob Olson, still another Indiana teammate who now swims for Tamalpais Masters, had a great meet. After finishing second in the men's 60-64 100 free (Bob was seeded 11th), he came back to win gold in the 50 free.

It was also fun to get to know Ken Kimball and his lovely wife, Barbara, who stayed at our hotel. I realize Ransom Arthur got the ball rolling with Masters swimming, but Ken should be given credit, too. It was wonderful listening to the stories of how Masters swimming came about through the efforts of people like Arthur, Kimball and June Krauser.

As a final note, I must also mention Will Rauch. He has only been swimming competitively for three years, although he crosstrains in soccer and other sports. He is second in the world in several 65-69 distance freestyle events despite being at the high end of his age group.

To me, this is what Masters swimming is all about. You are never too old to get in shape and make a difference in your body composition. That excuse of "I am too old or too fat" doesn't hold water. Where there is a "Will," there is a way (pun intended).

Swimming Masters is all about personal discipline and lasting friendships through competition. That was never more evident than at this year's World Championships in Italy.

Dr. Pete Andersen, SWIM Magazine's and Swim-Info.com's special correspondent at this year's Masters World Championships, swims for Illinois Masters.



Will Rauch (opposite page, far right) has only been swimming competitively for three years, but he ranks second in the world in several men's 65-69 distance freestyle events despite being at the high end of his age group.

Four years ago, Ken Frost (left) of Tamalpais Masters was second in all three breaststrokes. This time around, competing among men 60-64, he took home two silvers and that elusive gold medal in the 100 breast.

Got Water,

By Hermine Terhorst

Relax, be soft, go with the flow and get fluid. Let your bones do the work instead of working too hard with your muscles. Improve your swimming with Pilates.

Get Fluid

Photos by Gary Hromada

Demonstrated by Hermine Terhorst and John Morales

Imagine the following scenario: an athlete walks on the deck for the first time to give Masters swimming a “tri” (pun intended). The enormous quads of the athlete meet the coach 15 feet before the handshake. The handshake attached to an arm with bulging biceps is bone-crushing, not to mention the abuse the tendons and ligaments suffer. After recovering from the encounter, the coach directs the athlete to the lane dubbed, “The Rock Quarry.”

As a Masters coach, I regularly encounter this comical scenario. The (try)-athlete hopes to get “faster” at the shortest and most frustrating of the three disciplines...or a beginner is trying out Masters for the first time.

He’ll come to the pool looking tough and prepared with his fists clenched (however, a fist drill is not a defense for the start of a triathlon or open water swim—it is a balance drill). His muscles seem to be rippling as if to say, “I can work hard and swim fast and do 3,000 with the best of them—gimme yardage and gimme strength.”

What this driven soul really needs is for me to convince him to relax, be soft, go with the flow—*get fluid*—and turn his rocks (muscles) into butter.

How? The answer is Pilates.

Photo #1: Kidney Roll

Roll back and forth from the top of the spine (below the neck) to the sacrum. This move helps you realize the “holding” along the spine and is great for undulation. You will feel very tight the first few times it is done. Hermine is on the lower end of the move; John pushes his feet toward the pressure (ground) to move along the roll.

Bony Alignment

Pilates is a series of exercises done on the floor or with specialized equipment that teach you to move from your core (aka, bony alignment). Joseph Pilates originally came up with these exercises to reteach injured World War II soldiers. Using inhalation and exhalation plus the hinges and levers that are so simply designed in your body, a person learns to move freely again—“like a child”—without all the unnecessary “holding” that is often encouraged in many other forms of exercise.

In addition to coaching Masters, I also teach Pilates. This is what I try to teach:

Pilates is “core” work. What is your core? It is your bony alignment.

To move your bones, they need to be in their proper alignment, cueing your muscles to activate—not the other way around.

To help my swimmers picture this, I

like to use a military analogy: I call the bone “the general” and the muscle “the private.” If you want the job done right the first time, go to the general—he knows which private will be best for the job! Now, if you ask the private, he’ll grab a couple of his buddies to help him (taking more energy and time) to do the same job.

In order to cue your body to work from your “bony alignment,” a series of exercises (see accompanying photos) can be performed to help unhook the habits learned from years of “workin’ out”—by “out,” I mean that which is farthest away from the core, the muscle.

I believe that “your strength is in your length”—i.e., the length of your bones. To keep them as long as possible also requires long muscles. “Holding” a muscle during exercise shortens the muscle and prevents the hinges and levers (bones and sockets) from moving swiftly and freely.

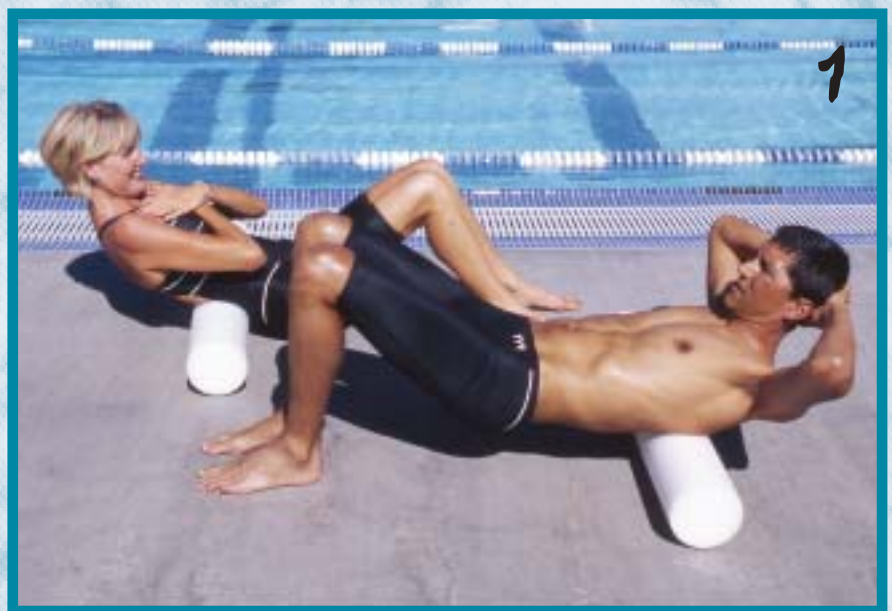


Photo #2: Sit on Top

Sit on top of the roll with the hands facing the roll 18 inches behind the back (as demonstrated by John). Push into pressure (ground) with hands, and roll head toward knees (as shown by Hermine). This move helps to open your hips and hamstrings, allowing for flowing circular turns.

Rocks Sink

Here's another visual image I tell my Pilates clients: at the bottom of a stream, you generally find all manner of rock—big and small. They have one thing in common: they *sink*. Butter and oil float to the surface, they are soft—even *sensual*—as are all things fluid.

You have a choice with your muscle presentation in the water:

- You can be soft and fluid, and remain flowing on the surface, or
- You can try hard and muscle your way through the water and push past any support the water pressure may have offered you.

This is not unlike a beginning couple taking a dancing lesson (sorry, guys), but the woman is sure to back-lead (muscle her way into the step) and miss the support of her slower-on-the-uptake partner.

In swimming, the “lead” is the water—you gotta leave your soft hand out in front long enough to feel the lead (water). Hold the feet of the “new” swimmer, and it's like trying to hold up a “fighting” bag of rocks—with no feel for the rhythm or the water. In contrast, holding the feet of an advanced swimmer is like holding butter.

Therefore, be the “stream”(line)—we are 65 percent fluid, and we should re-

Photo #3: Shin Roll

With knees on top of the roll, hands push into pressure (John). Keep your hips high and bring your knees toward your head (Hermine). This exercise builds strength through your core, aligns the lower leg and ankle and leaves you with the feeling that you are literally rolling your lower half into alignment.

Photo #4: Pelvic Push

“All movement comes from the hips”—this exercise demonstrates that statement perfectly. Imagine that you are doing a breaststroke or fly pull, and push your hips into the pressure (ground). Drive forward, always keeping your hips first.



Photo #5: Hang Ten and Pike-Ups

This exercise is the No. 1 core/swimming move. Hang on your ten toes—literally—on the roll, maintain for a few seconds and let your ankles hang forward (John). To move into the pike-up position, push down with your feet and straighten your legs simultaneously (Hermine). Let your pelvis be the “hinge” and your legs the “lever,” and move up and down via the roll.

main so as much as possible. Keep the stream moving in a line (your bony alignment) across the water’s edge (on top, not on the bottom).

The soft tissue of your body (that which is not bone) is the “fluid” part. Fluid is sensual and powerful. When you “muscle” your way through the water, it is like taking your fluid (muscles), putting it in the freezer and swimming with ice (hard muscles)—with many of the same properties as the rocks at the bottom of a stream.

Two Drills

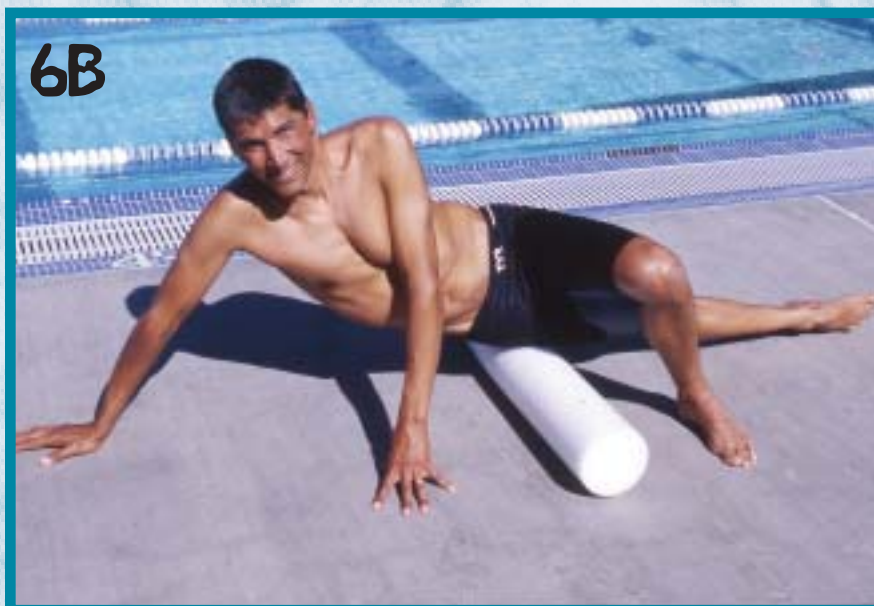
A couple of drills to emphasize these principles would be the “butter drill” and “Indian in the Forest” drill. I tell my swimmers that they are an Indian swimming in the river, and the Redcoats are comin’ for ’em, so they must be as quiet as the “Indian in the forest.” Many of my swimmers will roll their eyes when they hear this, but if done correctly, it is effective.

However, some swimmers can still maintain their rocklike formations even while trying to be quiet, so we move on to the “butter drill.”

Before pushing off the wall, do a whole body shakedown (advanced swimmers do this all the time), go into your Zen mode of swimming, relax each and every muscle and stay that way as you swim. Getting the coach to turn off the lights when swimming indoors gives a feeling of solitude and mystery. If out-

Photos #6A and 6B: Thigh Roll

Lie in a perfect streamline position with the roll at your hip joint (Photo #6A). All of your weight should be on the floor side of your body. Push your hand into pressure (ground), and your upper leg will glide along the roll (Photo #6B). Do not fold forward at the waist, even though your body will try to do this—“waist” not, want not!



Photos #7A and 7B: Balance on the Roll

Photo #7A shows the incorrect alignment of the ribs and spine. John's ribs are flared, instantly reducing the amount of lung capacity just from bad bony alignment. Photo #7B shows Hermine instructing John to "knit his ribs together," allowing the "width" of his ribs to be in his back. This is where the greatest lung capacity is, enabling full respiration.

Balancing on one foot with one knee lifted and the arms on the body teaches the muscles surrounding the spine to relax. This allows for the ultimate spine line balance. Imagine the movements of a fish or a cat. Move from your core (hips, bones and heart).

doors, try swimming just before or just after the sun comes up. Please note that for fingers and toes to be "soft," *everything* on the way there has to be "soft" as well.

Butter Floats

The beginning swimmer is like a sponge, wanting to learn everything there is to learn in order to swim better. Unfortunately, many believe that working hard and swimming lots of yardage is the answer to "swimming better."

I encourage all of you hoping to do your first triathlon, first open water swim or first Masters workout to begin in the slow lane. Learn to relax first, and everything else you have to learn (balance, feel for the water, anchoring, flip turns, etc.) will flow right through you. Be the butter!

Included are some Pilates exercises that will help you learn to relax. Many of the drills and exercises teach the muscles to stop working so hard (the American way) and let the bones do the work. Besides, there is no man-made fiber as strong as bone, given its elastic meshing qualities. The hips, where all movement originates, have the densest bone mass in your body. Put 2 and 2 together, and you get Elvis in your Pelvis.

These exercises and drills, demonstrated by myself and John Morales, are most beneficial to accessing the strong sensual side of ourselves.

Hermine Terhorst is the head swimming coach of Santa Rosa Masters in northern California as well as a Masters swimmer, swim parent of three daughters and a Pilates trainer. John Morales, who practices Pilates, is one of Coach Terhorst's swimmers.



TRIATHLETES AMONG US

The three female triathletes who represented the United States at the Olympic Games in Athens—Susan Williams, Barb Lindquist and Sheila Taormina—were all elite swimmers in the “first phase” of their competitive careers.

BY KARI LYDERSEN

As a teenager, Susan Williams was an elite swimmer with U.S. Swimming, setting a junior national record in the 200 fly along with various regional records while living in Southern California and Hawaii. At the University of Alabama, she continued swimming, but didn't see much improvement.

She went on to grad school at the University of Colorado in Boulder, thinking her competitive career was over. But just for fun, she decided to try a triathlon in nearby Longmont, Colo., since she had been running for fitness and biking for transportation.

“I had fun, and got hooked on it,” said Williams, now 35.

The rest is history.

At press time, she was preparing to represent the United States in the triathlon at the Olympics in Athens, with various championship titles under her belt.

All three members of the women's U.S. Olympic triathlon team were elite swimmers in the first phase of their competitive careers before picking up biking and running and rising to the top of the triathlon world.

Sheila Taormina, 35, will be competing in her second Olympics in triathlon, after taking sixth in the event at Sydney in 2000 and winning gold as a member of the U.S. 800 free relay at the 1996 Olympics in Atlanta.

Barb Lindquist, 35, makes her Olympic debut in the triathlon after a swimming career that included gold and silver medals in the Pan-Pacific and Pan-American Games as a middle-distance freestyler, as well as an NCAA team championship in 1989 while competing

for Stanford University.

“When I retired from swimming, I didn't think I'd ever compete again, at least not on an international level,” said Lindquist. “I even moved to a town (Alta, near Jackson, Wyo.) with no indoor pool. I didn't swim for a few years.”

But she did ride her bike and do trail runs, so when she heard a friend was doing a triathlon in 1993, she thought, “I can do that.” She finished third in that race—the Spudman in Burley, Idaho—and decided to take up training for triathlons.

“I think I missed that structure—being able to train for something,” she said.

By 1998, she was named the U.S. Olympic Committee's Triathlete of the Year. She was ranked No. 1 coming into the 2000 Olympic Trials, but had to pull out early in the race due to problems with the heat.

She says she gets motivation from her husband, Loren Lindquist, who is a fellow triathlete and cyclist. In fact, the two met while on a bike ride, and their first date was to compete in the Vernal Dinosaur Triathlon in 1995.

SETTING THE STAGE

The fact that swimmers have dominated the triathlon is interesting, considering that swimming is—by time as well as distance—the shortest segment of a triathlon.

Williams and other triathletes attribute this to several factors.

For one thing, though swimming is the shortest part of a triathlon, it plays a crucial role in setting the stage for the whole event since it is the first leg of the

race. Taking an early lead after the swim gives those athletes a huge psychological and physical advantage going into the biking portion of the triathlon because they won't have to fight crowds in the transition area or on the road.

Lindquist points out that World Cup rules (which also govern the Olympics) allow drafting in biking, “so you need to get out well so you'll have someone to bike with. When I started, there were



GET YOUR FEET WET AT SWIMINFO.COM

several girls who were good swimmers, so then we would draft off each other and take turns leading the pack on the bike. We could turn a 30-second lead (over the rest of the pack) into a three- or four-minute lead.”

Additionally, you could say that swimming is a harder sport to pick up quickly than running or biking since it entails being comfortable in the water and developing technique that can take years to perfect.

“Swimming is very technique-oriented, and a swimmer has a mentality that technique is very important,” said Lindquist. “When I started doing the other sports, I had that in mind, so I wasn’t just slogging through the miles.”

Swimmers are known for their intense work ethic and their history of putting in long, hard hours of training. So the grueling workout schedule necessary to succeed in triathlon is no surprise to a swimmer, and the endurance base they have developed over years of swim training carries over nicely to running and biking.

Williams trains five to six hours most days, with recovery days of only an hour or two thrown in. She takes a day off just once every 10 days, according to her coach, Siri Lindley, a former world champion triathlete herself.

Williams lives in Littleton, Colo. with her husband, Tim, and their 3-year-old daughter, Sydney, but spends most of the week in Boulder training with the 11-person team that Lindley coaches.

“It’s kind of like the swimming environment, where people are pushing you all the time,” said Williams.

MORE THAN ATHLETICS

Though her achievements in both triathlon and swimming are voluminous, Williams’ life has been marked by a lot more than athletics. After getting her master’s degree in aerospace engineering from the University of Colorado, she worked with Lockheed Martin Aerospace Corporation as an engineer. In 1999, she married Tim Williams, also an engineer at Lockheed Martin, and in January 2001, she gave birth to Sydney,

with whom she was actually pregnant during the 2000 Olympic Trials.

“It wasn’t exactly planned, but it was the best thing that ever happened to me, and I had a chance to try again (for the Olympics),” she said. “She knows I’m going to Greece, and that this is Mom’s job. Some of her first words were ‘wet-suit’ and ‘running.’”

For a while, Williams was juggling motherhood, her work at Lockheed and training.

“It was too much—one of them had to go,” she said. “So I stuck with the one (between engineering and training) that was most fun.”

Though she had never biked seriously before her first triathlon, cycling turned out to be Williams’ best sport.

“I probably could have been a better cyclist than swimmer if I’d started younger,” she said. “My biking as a kid just consisted of riding around the neighborhood, and in Boulder, I would take rides into the little towns in the hills.”

She plans to keep training and competing for about a year after the Olympics—

BARB LINDQUIST AND SHEILA TAORMINA



TRIATHLETES

“There are some races I haven’t done yet that I’ve been wanting to do.” Then Williams may have more children, and she wants to stay involved in the triathlon world through coaching.

She notes that triathlon is a perfect sport for swimmers or other athletes to take up as their career when their “first” sport is winding down. It offers a way to capitalize on all the training one has done previously while opening up new challenges and chances for improvement.

“I was swimming my best when I was 15 or 16, and in college, I didn’t improve at all,” Williams said. “It’s so nice to be in a sport where I can still see improvement.”

A NEW OPPORTUNITY

Like Williams and Lindquist, Taormina thought her racing days were over before triathlon gave her a new avenue for competition. After being rejected for the USA Swimming’s Resident Team, she returned to her hometown of Livonia, Mich., where her age group swim coach, Greg Phill, convinced her to keep training with his team of junior high and high school-aged kids—because “we have water in the pool, and you have a dream.” She wound up winning Olympic gold in the 800 free relay in Atlanta.

In 1998, she entered a “Splash ’N Dash” swim-and-run event in Whitmore, Mich. with her brother—just for fun. She won, and later decided to try a triathlon. She ended up winning the



SUSAN WILLIAMS

women’s race in the Waterloo Triathlon in Ann Arbor, Mich. later that summer.

Race director Lew Kidder recognized her potential and offered to help her train for free. She quickly began making waves on the national and international scenes, with a victory in the Pacific Grove International Triathlon in 1999 and top-three finishes in various races around the world that year and in the years to follow.

Her large, closely-knit family has been behind her all the way. At the 1996 Olympics, she had 25 family members in attendance, and in Sydney in 2000, there were 22. They raised money for the trip by selling Taormina T-shirts.

Taormina runs her own motivational speaking business when she isn’t training. She also coaches a Masters swim club and serves as commissioner of the city of Livonia’s parks and recreation department.

Lindquist says that when she first competed in triathlons, the competition wasn’t as strong, and the competitors didn’t have to be long-time swimmers to compete well. Now, she says—perhaps because of the influence of swimmers such as herself, Williams and Taormina—there are scores of top swimmers competing in triathlons.

“Now, if you’re not an *awesome* swimmer, you better at least be a *great* swimmer,” she said. “The swimmers have really changed the dynamics of the whole sport.”

Kari Lydersen, a contributing editor of SWIM Magazine, writes for the Washington Post.

**StrechCordz
Breaststroke Machine**
(S108) \$53.95*

Improves Stroke, Strength and Endurance!

- **Unique StrechCordz Breaststroke Machine is used for outward and inward sweep in breaststroke pull!**
- **Offers excellent dry-land training for age-groupers to master swimmers, with five resistance levels!**
- **To learn more about all our innovative StrechCordz swim training products, call us or view us online!**

*Suggested retail price. © 2004 NZ MFG LLC, Tallmadge, OH 0409SM

800-886-6621 • www.nzmf.com

JUST “TRI” IT!

Ever thought about taking up triathlon? As you'll find out, it's the perfect sport for swimmers. Here are some training tips for those swimmers who'd like to get started in triathlons.

BY KARI LYDERSEN

As U.S. Olympic triathlon team members Sheila Taormina, Barb Lindquist and Susan Williams all demonstrate, triathlon is a perfect sport for swimmers. Most swimmers have run or biked at some point in their lives—even if it is just jogging to stay in shape in the off-season or biking to get from one place to another.

“If swimmers are used to training 10,000 meters a day, it’s not a big stretch for them to train for a triathlon,” said Siri Lindley, who won the triathlon World Championships in 2001 and now coaches Williams.

DON'T OVERTRAIN

Williams, 35, said that even though she hadn’t run or biked seriously before taking up triathlon, the new training came easily to her. However, she noted that swimmers making the transition into triathlons need to be careful not to overtrain, especially since they are not used to the high-impact nature of running.

“Running can be so hard on your body, you really need to ease into it,” she said. “As a swimmer, your joints aren’t as tough. I got some stress fractures at first. Some swimmers make the transition really easily, but others—like some breast-strokers—have knees that can’t handle it.”

Lindquist added that “you have to change your whole hip structure. You’ve been trained to have this very tight structure to do these small flutter kicks, but, instead, you have to learn how to make your strides long and loose.”

Williams also said that swimmers shouldn’t be intimidated by thinking they need a world-class, expensive bike to compete. “I always say it’s the engine that makes the difference, not the bike,” she said. “If you want to be competitive, I definitely recommend a road bike as opposed to a mountain bike, but you don’t need to spend thousands of dollars. I got my first bike for about \$300, and rode that until I turned pro.”

A GOOD COACH IS CRITICAL

She advises that finding a good coach with experience com-



Photo by Patrick Vielcanet, Vandystadt

peting in triathlons and training other triathletes is critical. Lindley’s group includes Williams and about 10 other triathletes, both male and female. Though they train as a group, their programs are somewhat individualized.

“I don’t just write up a program and say this is how you’re going to train regardless of how you feel,” Lindley said. “If she wakes up and is totally exhausted, we’ll give her a rest day.”

“We take it week by week,” added Williams.

Williams usually does all three sports per day, with some days including five to six hours of intense workouts and others focused on recovery, for a total of about 25 to 30 hours of training per week.

“Sometimes I might just do an hour easy run for recovery,” she said. “Other days I’ll work hard in all three.”

Lindquist (maiden name, Metz) said she trains five to 10 hours more per week than she did when she was swimming. She trains in a pool three days a week, bikes and runs six days a week and swims in an Endless Pool (an aquatic treadmill) in her home three days a week for recovery.

JUST "TRI" IT!

"As a swimmer, you put in a lot of hours staring at the black line on the bottom of the pool, so I learned how to challenge myself and entertain myself," she said. "I really use that in triathlon, where there's also a lot of hours involved."

DIFFERENCES IN TRAINING

Lindley said most triathletes don't taper or rest much for competitions. Their resting schedule would be similar to that of many distance swimmers, but different than a typical sprinter.

"My philosophy is that you train all through the season and get as ready as you can, then you have one or two weeks where the volume comes down dramatically, but you still keep the intensity way up," said Lindley.

Lindquist agreed. "I've got the half-week taper down," she said. "There are a couple really important races each season, but each one has prize money, so if you go, you want to do well."

Williams swims mainly in the pool, with some lake swims when possible. Her pool training is similar to what a Masters swimmer would do, with speed sets and endurance work.



Photo by Jamie Squire, Allsport

However, while a Masters swimmer's years of training and racing in the pool is undoubtedly beneficial for triathlon, the swimmer may have to change some ways of training and racing.

"When I was a swimmer, I would always negative-split everything," said Williams. "But in triathlon, the faster you get out, the easier life will be for you. So I had to change my way of swimming."

Kari Lydersen, a contributing editor of SWIM Magazine, writes for the Washington Post.

Details of legendary proportions



- Misty Hyman, Jeff Rouse, Dave Denniston
- Our DVDs feature world class swimmers with impeccable technique.
- Learn the things *they* do...that *you* can do TODAY!

Visit us for DVDs, drills, practices, articles, video clips, clinics, and answers to your swimming questions.

GO SWIM!

www.goswim.tv

Your complete supplier of medals, trophies, and awards since 1978.

SWIMMING



...medals, trophies, recognition products and awards you'll present with pride, to participants who will be truly proud to receive them.

Ask a sales representative to send a free catalog or visit our web site.

www.maxmedals.com

MAXWELL
MEDALS & AWARDS

1296 Business Park Drive
Traverse City, MI 49686

E-mail: maxwell@maxmedals.com

1-800-331-1383



Go to *SWIM Magazine's* website, <http://www.SwimInfo.com>, click on the September SwimInfo Interactive icon located on our home page and you'll be able to vote in our monthly poll and read the following stories that will give you even more coverage of your favorite sport.

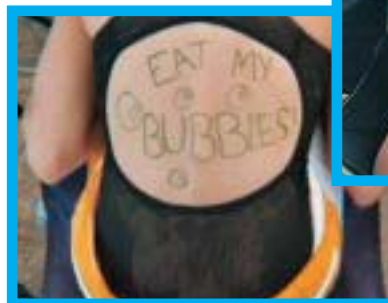
- Complete event-by-event coverage of the Olympics—from prelims to finals
- Comparative splits (finals) for each event
- Interviews with the top swimming stars of the Olympics
- SwimInfo TV



PARTING SHOTS CONTEST

Vote for your favorite photo!

Our sister publication, *Swimming World Magazine*, distributed disposable cameras to swimming teams that recently competed in the BEST Invitational in Phoenix, Arizona. Many pictures were taken and developed; now it's your turn to participate in the action. Go to <http://www.swiminfo.com> to choose your top three favorite photographs—whether it's the wackiest, craziest photo you've ever seen or simply the most picturesque! SwimInfo.com will tally the votes. The winning photo (the one with the most votes) from this contest may appear in a future issue of *Swimming World Magazine*.



The Gift Is That **WE CAN**

The big picture of Masters swimming is that we swim not only because we derive a tremendous amount of pleasure from swimming, but because—just like amputees Dom Aiello and Paul Cook—we can.

By Tito Morales

Inspiration in the realm of Masters swimming takes on many forms.

There is, of course, the inspiration which emanates from admiring the skills and devotion of such stalwarts as Graham Johnston and Gail Roper.

There is, too, the indomitable spirit of those such as Woody Bowersock, Dorothy Riordan and James Triolo, who, in their 90s, continue to demonstrate that an athlete's competitive juices need never abate.

And then there are cases such as Dominick Aiello and Paul Cook.

Most in the swimming community have probably never heard of Aiello or Cook. They are not former Olympians. They've never set any world or national age group records, and it's doubtful they ever will. One would be hard-pressed, in fact, to even locate their names in the various USMS rankings.

Aiello, 69, and Cook, 77, though, embody everything which is great about Masters swimming. They swim because they're passionate about the water. They race because they insist on testing themselves and relish in the camaraderie that organized competition brings. And while both of them would surely scoff at such a suggestion, their ability to inspire transcends even those who perform their way onto the cover of this magazine.

The Aiello Way

Dom Aiello, who now lives in Gilbert, Ariz., grew up in the rough sections of Manhattan's Little Italy. He was only 9 years old when his doc-



“When I swim, I do it because I’m capable and able to do it,” says Dom Aiello. “I’m not looking to beat anybody. If I can do better on my time, fine. If I can’t, well, that’s fine, too. The most important thing I look for is just to get in and finish the race.”

tors discovered cancer. That’s when his left leg was amputated below the knee.

“It was alive with one leg, or dead with two,” he says matter-of-factly, with a bold, endearing accent that distinguishes many New Yorkers from

everyone else in the world.

Others’ lives may have been tipped off balance by such misfortune. Aiello, though, was not about to let the loss of a limb slow him down. As soon as he felt comfortable with his artificial limb—an unwieldy affair that he describes as being tantamount to getting strapped into parachute gear—he took to the streets with his buddies and resumed immersing himself in every sport from stickball to handball to gymnastics and even boxing.

“Coming from the neighborhoods I came from, I had no choice,” Aiello explains. “Everybody did sports—all throughout the year.”

As it turned out, stepping into the ring with a prosthesis would become pretty much emblematic of Aiello’s entire approach to life.

“I was the only guy with one leg, but nobody ever treated me that way,” he says. “Everything was done on a normal basis with me.”

When Aiello’s family moved to Brooklyn, he taught himself how to swim in the local pools, then quickly

made a beeline to such beaches as Coney Island and Rockaway, where he spent as much time as possible in the ocean.

Aiello discovered that he was a natural in the water. There was nothing at all competitive about his swimming

in those early days. He would simply venture out into the open water to bask in the sense of freedom that came with his new pursuit.

“Swimming came easily for me,” he says. “It was the only thing I could do where I didn’t have to use my prosthesis.”

As he matured and his life evolved, though, Aiello drifted away from the sport. He married Carmen, now his wife of 41 years; they had a son; and the three of them settled into a busy East Coast life as he slowly built a career as an iron worker. There was simply no time for swimming.

However, that’s not to say that Aiello’s passion had been completely erased from his consciousness. Every so often he would be reminded of the sense of calm he discovered as a child, and he secretly vowed that one day he would get back into swimming.

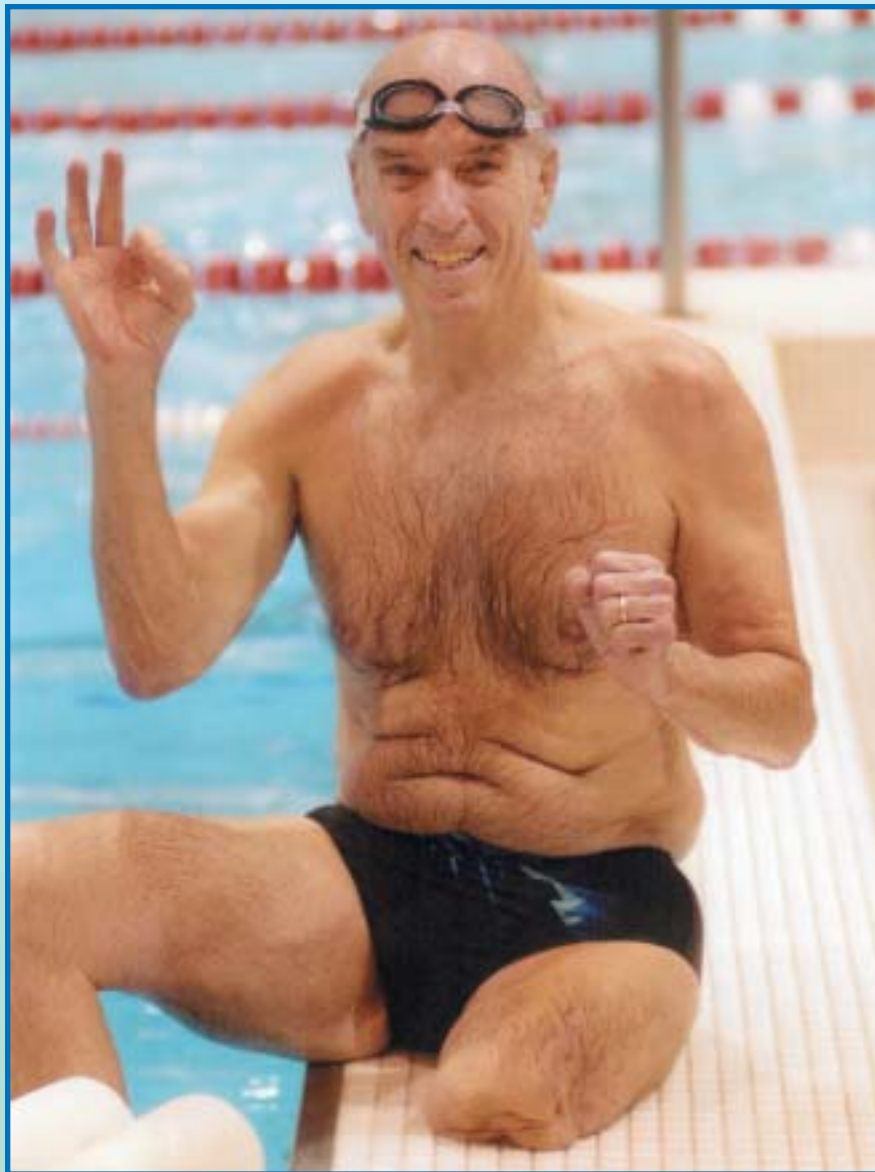
“When I would travel and we would go over a bridge, I would look down and see myself in that water,” he says. “I always visualized myself in the water.”

Opening A New Door

Unlike Dom Aiello, Paul Cook never swam as a youngster. His pursuits while growing up in suburban Massachusetts were instead highlighted by running cross-country and wrestling. An accomplished athlete, he was captain of his team at Williams College in the former sport, and successfully grappled his way to the semifinals of the national championships in the latter one.

Cook married Sally, now his wife of 52 years, and the couple had two children. The family dropped roots in Wellesley, and Cook pursued a business life in the world of sureties.

Husband and wife became avid tennis players, and the lifestyle proved an ideal fit. Cook and his doubles partner performed well in tournaments throughout New England. When he wasn’t working on his footwork and volleys, Cook would often retreat to the countryside to enjoy another passion—bird hunting.



“I’ve played a lot of sports, but I’ve never been in one where I’ve felt so good afterward as I do with swimming,” says Paul Cook. “I feel so invigorated. My whole body just feels as if it’s alive.”

“But it all came to an end 15 years ago when I was out hunting with a good friend of mine, and I had a defective gun,” Cook relates.

In 1989, just as he was on the verge of a well-deserved retirement, Cook stumbled while hunting, his trigger-sensitive shotgun hit the ground butt-first and discharged. The next thing he knew, his left knee had been completely obliterated.

Today Cook recounts the accident with a touch of levity. At the time, though, what happened was anything but light. His hunting companion fashioned a tourniquet, then quickly darted

off to seek out assistance. As Cook lay fully conscious on the ground, slowly losing what would eventually amount to some 15-20 pints of blood, he gazed up at a picturesque blueness punctuated by beautiful white clouds and wondered if that sky would be the last image he would ever see.

Cook somehow survived the accident, but not without having to have his left leg amputated above the knee.

“If they’d saved the knee, I’d probably still be playing tennis,” Cook says, referring to how he just might still be able to pivot and maneuver on the court with a below-the-knee prosthesis.

USMS PUBLICATIONS

2004 Rule Book** (available 1/1/04)	\$ 8.00	_____
2004 Mini Rule Book (available 1/1/04)	\$ 3.00	_____
Places to Swim**	\$ 9.00	NA _____
(Now only available on USMS Website)		
Building a Successful Masters Club**	\$ 6.00	_____
on CD (booklet no longer available)		
Masters Open Water Manual**	\$ 7.00	_____
USMS Luggage Tag	\$ 2.00	_____
USMS Decals	4/\$ 1.50	_____
	100/\$20.00	_____
USMS Stickers	4/\$ 1.50	_____
	100/\$20.00	_____
USMS Posters (download and/or print out from USMS website as of Jan. 2004)		NA _____
Promotional Brochures S.A.S.E. w/.37 postage*		_____
"Could I be a Masters Swimmer?"		
Planners S.A.S.E. 5 x 7 w/.60 postage*		_____
USMS 100 Sheet Sticky Note Pads	1/\$ 3.00	_____
	2/\$ 5.00	_____
National Top Ten Times/National & World Records**		_____
3 Issues -1 year (SCY, LCM, SCM)	\$15.00	_____
6 Issues -2 years	\$30.00	_____
Single Issue	\$ 7.00	_____
Pre Pay Phone Cards S.A.S.E. w/.37 postage		_____
USMS Thank You Notes	5/\$ 2.00	_____
	10/\$ 3.50	_____
	24/\$ 8.00	_____

* request postage costs for quantities from USMS National Office

** available online at the USMS website (www.usms.org)

Make check payable to USMS:

Amount enclosed: _____

(Postage is included unless otherwise noted.)

Canadian orders add \$1 per item and \$3 for TT Sub.,

Foreign orders add \$2 per item and \$8 for TT Sub.)

Send to: USMS National Office

P.O. Box 185, Londonderry, NH 03053-0185

Phone: (800) 550-SWIM Fax: (603) 537-0204

e-mail: USMS@usms.org

Name: _____

Phone: _____

Address: _____

City: _____

State: _____ Zip: _____

As it was, though, tennis was out of the question.

"The first thing you do when something like this happens is you shut the door on stuff you can't do," Cook explains. "There's no sense in moping about it."

He was 62 years old, a lifelong athlete, and he wasn't about to have survived such a traumatic ordeal just to spend the rest of his life as an invalid. As he continued his demanding rehabilitation, someone suggested he might enjoy swimming. The activity was as foreign to him as flying is to a turtle.

But he figured he had nothing to lose by trying....

A Passion Revisited

Dom Aiello, coincidentally, was also 62 when he wandered into a YMCA in Long Island. Recently retired, he and his wife had bought a house in the neighborhood. As he was mulling over such details as initiation fees, monthly dues and locker facilities, he found himself on the deck of an 8-lane, 25-meter pool.

"As soon as I saw that water, I joined," Aiello recalls, his voice still turning giddy while describing the moment.

But it'd been some four decades since Aiello had last swum with any type of regularity. What if things were different now. Could he possibly unearth the emotions he'd discovered as a boy?

"I almost dropped dead the first time I crossed that pool," he confesses with a laugh.

However taxing that initial effort proved to be, though, he was not about to back down from the undertaking. That had never been the Aiello way. Besides, he found the experience completely exhilarating. Within a week he'd worked himself up to 25 laps. And, after five months, he was regularly covering a mile-and-a-quarter in a session.

A friend passed along some information about an upcoming competition, the Long Island Senior Games, and suggested to Aiello that he might enjoy the atmosphere. Not surprisingly, Aiello

was game. He signed up for the 50, 100 and 200 freestyle events.

When the gun went off for Aiello's first-ever race, he leaped from his precarious position atop the block and quickly realized that instead of diving out like everyone else, he was plunging straight down like an anchor! And, as if that weren't enough, the unsophisticated pair of trunks he was wearing wound up at his knees!

Undeterred, though maybe a tad crimson, Aiello immediately purchased a pair of jammers and decided that maybe water starts might be wiser. He recovered from his inauspicious debut to earn a gold and silver medal in his final two events, and he hasn't looked back since—earning many top finishes in local and regional competitions.

Aiello found early on that he enjoyed competing, and while the awards he's accumulated have been nice, they're not really what motivate him.

"When I swim, I do it because I'm capable and able to do it," he explains. "I'm not looking to beat anybody. If I can do better on my time, fine. If I can't, well, that's fine, too. The most important thing I look for is just to get in and finish the race."

Aiello has turned himself into a distance swimmer, in part, because he is at a disadvantage when it comes to his turns. While others flip-turn, he's forced to do an open turn—and with not much of a push-off to show for it.

"It's tiresome," he admits, but without complaint. "Every time I hit the wall, I've got to gear it up again."

He and Carmen relocated to Arizona and, if anything, the move to the desert continued to draw out even more love for the sport. One year, for instance, he accumulated 108 miles in the pool, and in 2003 he competed at the USMS Nationals in Phoenix.

"I never felt out of place there, and nobody ever made me feel out of place," Aiello says. "If anything, it was, 'Hey, congratulations. Great swim.' You'd be surprised at how many people come up to me and say, 'That was great.'"

Truth be told, though, Aiello is more impressed by the accomplishments of

swimmers such as Roper and Johnston than he is by anything he's been able to pull off.

"I don't think I inspire them," he insists. "They inspire me. When I see what some of them can do, that's inspirational to me."

The Youth of Old Age

"I've played a lot of sports, but I've never been in one where I've felt so good afterward as I do with swimming," says Paul Cook. "I feel so invigorated. My whole body just feels as if it's alive."

Once Cook discovered the pool, he decided to set goals for himself. It was a struggle for him to complete even one length, but he made a game of his efforts.

"I told myself, 'If I can swim one second faster each time I come out here, that'd be a good challenge.' I enjoyed it."

He crossed paths with Tom Lyndon, one of the coaches at New England Masters, and Lyndon was more than happy to teach Cook some of the basics. Lyndon, it would turn out, would be just the first of many seasoned swimmers who would volunteer tips.

"There are a heckuva lot of nice people doing this," Cook says. "They really give you an awful lot of suggestions and help. It's very heartwarming."

Almost overnight, the former tennis player was becoming an aquatic convert. He swims using a pull-buoy and, as his strength and endurance continued to improve with each passing week, he decided it might just be fun to extend himself even further by competing in a few local races.

"I wanted to swim against people who were good swimmers," he explains. "I wanted to test myself."

Cook was thrilled to see that he was, as he chuckles, "in the swim" against others in his age bracket, and the novice who debuted while in his early-60s has been attending meets and placing well ever since.

"I'm no great shakes at it," Cook says modestly, "but I've been having a ball. I feel as if I'm in the youth of my

old age."

Cook fully expects to be disqualified in many of the competitions he enters, since rules often prohibit the use of flotation devices, but he could care less about such technicalities.

"It isn't really a question in my mind of whether you win a lot," he says. "It's more, 'Do you have fun doing it?' And then there's the sense of accomplishment and physical well-being that comes with it."

He enjoys getting personal bests, but he insists that the highlight of his new favorite sport is the relationships he's developed with the other athletes.

"People in swimming just have a wonderful attitude."

Cook, like Aiello, swims without his prosthesis. Both men have embraced distance freestyle, and their favorite events are the 500 and the 1650. He, too, starts his races in the water, and he laughs about how when the pistol sounds, it always seems to him as if he's initially competing against breaching whales because of the splash their dives generate.

Cook's self-taught proficiency is such that one year he placed eighth in the demanding one-hour postal swim. And his enthusiasm for the sport is so

contagious that he's even coaxed his wife into the pool, albeit non-competitively.

"I've learned a lot of new things since I've lost my leg," says Cook. "The accident gave me an opportunity to try new things. I don't know what I'd do without swimming. I'd be lost."

A Lesson to Be Learned

Masters swimming, like most athletic endeavors, is largely about overcoming adversity. Much of it, though, ranges from the trivial: "I'm not sure if I feel like working out tomorrow morning"—to the self-induced: "What if I can't get within a football field of my PR?"

Aiello and Cook's approach to the sport, though, is not only refreshing; it's a reminder that it's far too easy to get caught up in the little things when it comes to enjoying one of life's greatest gifts.

The big picture is that we swim not only because we derive a tremendous amount of pleasure from swimming, but because—just like Dom Aiello and Paul Cook—we can.

Tito Morales, a novelist and free-lance writer, is a Masters swimmer who competed collegiately for the University of California at Berkeley.

Swim Better, Faster, Easier!

With Total Immersion



800-609-SWIM**www.totalimmersion.net**

Books, Videos, DVDs, Weekend Workshops Year-Round & Nationwide

New-Age Breaststroke Turn



Photo by Tim Morse

Dave Denniston

Keeping the eyes and head down throughout the breaststroke turn will help you turn faster and will yield more power off the wall.

By Glenn Mills

Photos by Glenn Mills

Demonstrated by Dave Denniston

You've learned the "new" wave-style breaststroke. But have you taken your breaststroke turns into the 21st century? Dave Denniston's turns are as fast as a high-speed internet connection. Click and go. They helped earn him a 1999 NCAA championship, a spot on the 2003 World Championship team, and, at the 2004 Olympic Trials, a fourth- and sixth-place finish in the 100 and 200 breast. Here Dave demonstrates his technique for a quick, sharp and lethal turn-around in breaststroke.

As the stroke has changed, so has the breaststroke turn. The days of looking toward the sky to get turned around are gone; the future is here. Keeping the eyes and head down throughout the breaststroke (and butterfly) turn helps keep the body in a better position to spin quickly. If you throw your head back, you push the spine in the wrong direction. If you keep your eyes and head down, you can hold your body in a tighter ball.

Photos #1 and 2—The Approach

Dave wants to hit the wall with his arms extended, his eyes down and his energy moving forward. He starts planning his approach at the flags, adjusting his strokes so that he lands fully extended at maximum speed. He uses the lines on the bottom of the pool to tell him where the wall is. This kind of balanced and streamlined alignment helps him carry all of his momentum into the wall.



**Photos #1 and 2—
The Approach**



**Photos #3 and 4—
The Touch**

Photos #3 and 4—The Touch

As his hands touch the wall, Dave's eyes are still glued on the bottom of the pool. Instinct (and years of habit) tells you to throw the head back and to look *up*. Don't do it. Do *not* move your head. Think through this step of the turn, and practice it very slowly at first, because it can either make—or break—your transition.

Photos #5 and 6—The Tuck

Release the turning hand as soon as you start the tuck, and shoot your elbow to your side. Keep fighting that old instinct to look up. Instead, keep your eyes focused on the bottom, and look at your knees coming forward. Having reference points—places to focus your eyes—throughout the turn will help you keep the eyes down. First reference point: look for the "T." Second reference point: find the corner where the wall meets the bottom. Third reference point: look for your knees.

Photos #7 and 8—The Roll

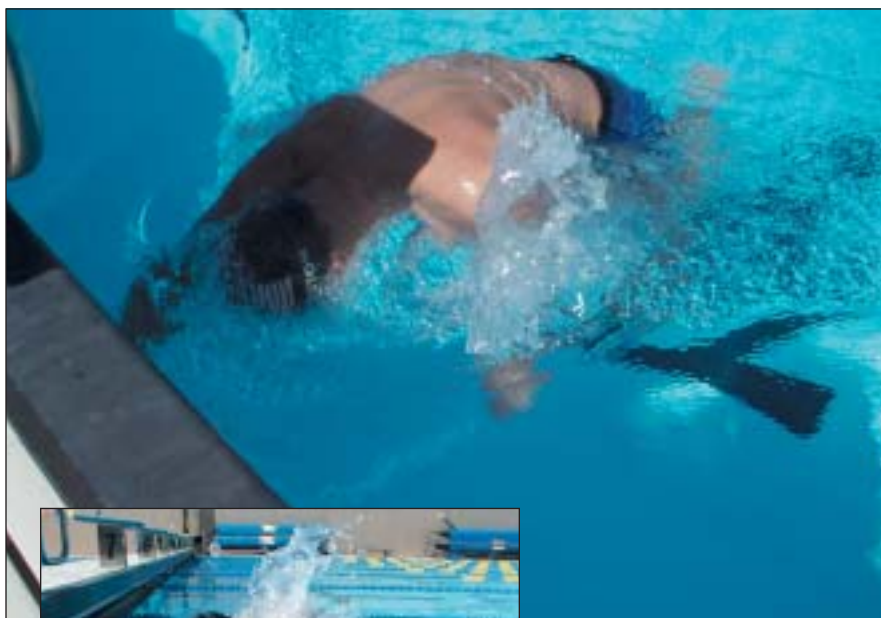
Watch Dave's eyes as he releases the other hand and rolls back into the turn. You'll want to look *up* at this step, but, again, fight the urge and give yourself another reference point. Keep your eyes down, and look toward the wall where you placed your hand.



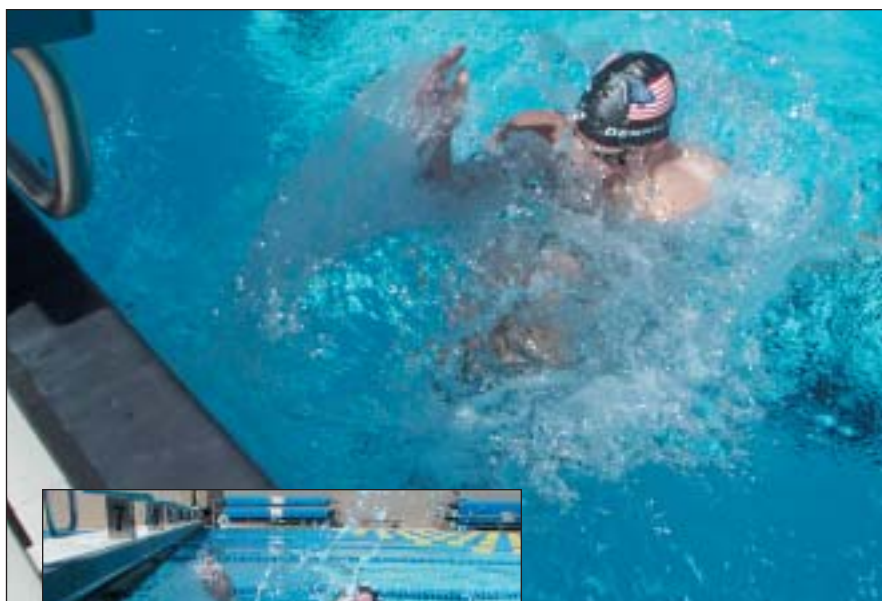
By now you're wondering, "Where do I breathe?" Same place the great freestylers breathe—in the "trough." If you execute this turn with enough speed, your shoulders, neck and head will shield the water from rushing in, and you'll be able to get ample air (with practice).

The trick is keeping the eyes down, and focusing them on something other than *up*. By keeping the eyes down, you send more momentum into the wall, and you can roll your body into a tighter ball. Both these things will help you turn faster and will yield more power off the wall.

Glenn Mills is SWIM Magazine's technical advisor. Check out his website at www.goswim.tv.



**Photos #5 and 6—
The Tuck**



**Photos #7 and 8—
The Roll**

EXCLUSIVE OFFER

Subscribe To *Swimming World* or *Swimming Technique* TODAY!

and get the Best of Past Olympic *Swimming World* magazines
FREE AT SWIMINFO.COM

Just by renewing at www.SwimInfo.com you will be able to download and read the top Olympic issues from the 60's, 70's, 80's, 90's and 2000 on your computer screen. What better way to get ready for the 2004 Summer Olympic Games in Athens, Greece!!



SPECIAL BONUS OFFER

By renewing your *Swimming World* today you qualify for a FREE membership to SwimInfo.com's Premium Section.

Swimming World Magazine Back Issues On-line

Complete Magazines
in PDF Format



Subscribe or Renew now to
download 12 Olympic issues!

(Archived issues are available for a one time,
per year license fee.)

FREE BONUS!

12 Past Olympic Issues of
Swimming World magazine



Coming Soon!

Exclusive News Stories

SwimInfo Swim Shop
Premium Member Specials

Tips on Technique Library

Cyber Coach

SwimInfo Interactive

Free Downloads

Swimming Technique Magazine Back Issues On-line

Complete Magazines
in PDF Format



Subscribe or Renew now to
download 12 Olympic issues!

(Archived issues are available for a one time,
per year license fee.)

Sponsors Provide Value!

USMS membership has many advantages, and now there's a new benefit. The USMS national sponsors are now offering special "featured items" on the USMS home page. These items are available to USMS members for great prices.

Simply click on any item you desire, and you will be directed to the USMS national sponsors section. There, you may then click on "All Featured Items" to see the entire list of available items provided by our sponsors.

Participating sponsors include Adolph Kiefer, Arena, Barracuda, Circle City Swimwear, Endless Pools, FINIS, H₂O Velocity, Kast-A-Way Swimwear, MBNA, NIKE, Speedo, TYR and Ultra Swim.

Support our USMS national sponsors. Check out the "featured items" on the USMS website today!

Letter from the President: New Beginnings

In the swimming community, fall offers an opportunity for new beginnings. Short course season is just starting, and for most athletes, those early winter goals probably seem far away.

Well, it's not as far away as it may seem. Fall provides a golden opportunity to set your sights higher. Whether it's a major stroke overhaul, a pledge to start your new cross training routine, or a revised set of time goals—now is the time to focus on your new beginning.

Stroke changes are usually awkward and laborious, but the beginning of a new season is an opportune time to try swimming slower for a while before adding power and speed. Facilitating stroke changes often requires an improvement in core strength, core stability and the link between the core and the stroke. Stroke drills are the first building blocks, and the most difficult stroke drills are probably the most valuable. If you find yourself struggling with a drill, it may be an in-

dication of a true weakness in the stroke.

Cross training is a great way for swimmers to build the strength necessary to facilitate stroke changes—and core strength is a key element of cross training. Not only is core strength a key to faster times, but it also improves the stability and strength of the spine.

Weight-bearing exercise is important for joint health and bone density. Strong, flexible muscles around the knee and hip make the joints healthier. Because muscles absorb impact four times more effectively than bones, even arthritic joints will perform more efficiently if the supporting muscles are improved. The type of exercise required to achieve this balance must be individualized and must take into account the individual's joint history and exercise goals.

Time goals should be established early in the season. Are you pushing for a better One-Hour swim or an improved 50 freestyle? Is that IM in good order except for one stroke? Assure your success at the end of the year by setting your sights on those objectives early! Discuss these goals with your coach. The coach can help set up your training plan.

This fall, USMS is also assessing its goals, standards and horizons. Your local delegates are just now returning from a convention that will lead to a new organizational structure to serve you better and to expand your opportunities in swimming.

It is an exciting time for us because our 2006 FINA World Masters Championships and the first Masters Pan-American Games are now taking shape.

As we complete another successful year, I am privileged, honored and thrilled to help provide you with new opportunities and goals to enhance your swimming experience.

*Dr. Jim Miller, President
United States Masters Swimming*

USMS Sponsors and Logo Licensees

United States Masters Swimming would like to thank the following sponsors and logo licensees for their continued support:

Adolph Kiefer
(1-800-323-4071,
www.kiefer.com)



Arena (1-877-88-Arena,
www.teamarena.com)



Barracuda
(1-800-547-8664,
www.barracudausa.com)



Circle City Swimwear
(1-800-669-7946,
www.circlecityswimwear.com)



Endless Pools
(1-800-233-0741, www.endlesspools.com)



Finis
(1-888-333-4647,
www.finisinc.com)



H₂O Velocity
(www.h2ovelocity.com)



Hasty Awards
(1-800-448-7714,
www.hastyawards.com)



Hy-Tek Sports Software
(1-866-456-5111, www.hy-teklltd.com)



Kast-A-Way (1-800-543-2763,
www.kastawayswimwear.com)



MBNA (1-800-833-6262)



NIKE (see your local NIKE distributor)



Speedo (1-800-4-SPEEDO,
www.speedo.com)



TYR Sports, Inc.
(www.tyrsport.com)



Ultra Swim
(www.chattem.com/
products/ultra.asp)



Upcoming Meets and Events

For complete
USMS Calendar of Events
go to:
<http://www.usms.org>

NATIONAL

May 15-September 30
USMS 5 & 10K Postal
Championship PST-LD
Bruce Hopson (314) 588-8066
bhopson@swbell.net

September 1-October 31
USMS 3000/6000 Yard Postal
Championship PST-LD
Bob Bruce (541) 317-4851
bobbruce13@attglobal.net

REGIONAL MEETS

BREADBASKET

November 7
Northfield Pentathlon
St. Olaf College, Northfield, MN SCY
Brian Cohn
bdcohn@charter.net

COLONIES

September 25
Sunfest 1K, 3K, 5K Open Water Swims
Atlantic Ocean, Ocean City, MD OW
Grace Ratliff (301) 885-1473
sunfestswimmg@comcast.net

November 6
Yonkers SC Fall Invitational
Mark Twain JHS
Yonkers, NY SCY
Lisa K. Baumann (516) 294-7946
aquafitinc@aol.com

November 20-21
Virginia Masters Fall Invitational
Newport News, VA SCY
Charles Cockrell (757) 865-6250
cockrell@usms.org

DIXIE

September 18
1000 Yds, 1.2 Mi, 2.4 Mi Swims
Gulf of Mexico
Panama City Beach, FL OW
Rob McDonald (850) 249-0858
rm1160@knology.net

GREAT LAKES

September 11
2.5K & 5K Big Shoulders Swims
Lake Michigan, Chicago, IL OW
Peggy Dempsey (773) 775-5687

October 23-24
GRIN Fall Classic
Indianapolis, IN SCM
Cheryl Gettelfinger (317) 846-2727
Cgettelfinger@worldnet.att.net

NORTHWEST

September 11
Patriot Games (SCM)
Camas, WA
Bert Petersen
petersen@exchangenet.net

October 6-8
Huntsman World Senior Games
St. George, UT SCM
Bill King (970) 453-4218
(phone & fax)
loretbil@colorado.net

Colonies—Debbie Morrin-Nordlund
301-474-8382 Colonies@usms.org

Dixie—Rob Copeland
678-817-1602 Dixie@usms.org

Great Lakes—Mike Lemke
502-452-9180
GreatLakes@usms.org

Northwest—Doug Garcia
509-332-1621
douggarcia@usms.org

Oceana—Joan Alexander
925-370-2046 Oceana@usms.org

South Central—Marcia Marcantonio
830-612-3100 aquahaus@ev1.net

Southwest—Lucy Johnson
562-705-1057

USMS NATIONAL OFFICE and ZONE REPS

National Office Administrator

Tracy Grilli, P.O. Box 185
Londonderry, NH 03053-0185
603-537-0203 Fax: 603-537-0204
E-mail: usms@usms.org

For additional information about Masters swimming programs in your area, contact:

ZONE COMMITTEE
Zone Chair
Lynn Hazlewood 703-435-2180
lynhzld@usms.org

Breadbasket—Marcia Anziano
303-355-5330
Breadbasket@usms.org

10K for the USA (6.2 Miles)



September 11, 2004
Intercoastal Waterway
Atlantic City, NJ

Sid Cassidy, 311 Montpelier Ave., Egg Harbor Township, NJ 08234
609-653-0939, sacassidy@comcast.net

Part of the 2004 FINA Marathon Swimming World Cup Event. Masters division available for qualified Masters; www.acacswim.org; Sanctioned by DV LMSC. More information may be obtained from Delaware Valley LMSC Open Water Chair Delia Perez at dgperez@erols.com.

Are you an experienced long distance open water swimmer looking for an extraordinary challenge? Check out the 10K open water event hosted by Sid Cassidy and the Atlantic City Beach Patrol. The Masters event is held in conjunction with the USA Swimming FINA Marathon World Cup event, and it is open to serious competitors only. Atlantic City features a variety of excellent accommodations, including the extraordinary boardwalk casinos. So, if you're looking for a great swim and some fun on the side, this event is a sure bet!

OCEANA

September 12
Whiskeytown Lake 1 & 2 Mi Swims
Redding, CA OW
Terry Misslin (530) 221-5550
tmisswimr@aol.com

October 3
SAC SCM Sprint Pentathlon
Sacramento, CA SCM
Andrew Brennan (916) 923-5174 (e)
revols@earthlink.net

October 8-10
Pacific Masters Swimming SCM Champs
Walnut Creek, CA SCM
Debbie Santos (925) 521-0522
swim4wc@netscape.net

SOUTH CENTRAL

September 18
Star Masters Pentathlon Meet
Round Rock, TX SCY
Mark Parshall
mparshall@swbell.net

SOUTHWEST
September 25-26
SCM Meet
Tempe, AZ SCM
Katy James (480) 897-6411
katyjameswims@hotmail.com

October 3
Mission Viejo Nadadores Masters SCM Meet
Mission Viejo, CA SCM
Mark Moore (949) 233-6521
m.u.moore@cox.net

On the Market

Cho-Pat®
PRODUCTS FOR ACTIVE LIFESTYLES

Great Ideas For Swimmers...

The Upper-Arm Strap is recommended for swimmers and other sports enthusiasts who may develop discomfort or pain in the upper arm due to strain or overuse. Sizes: XS - L



Upper-Arm Strap

www.cho-pat.com • 1-800-221-1601

**AVAILABLE NOW...
ON LINE GIFT CERTIFICATES**



**Visit Our Website And Enter To...
WIN FREE SWIM STUFF!***

New prizes every week!
WWW.SWIMTOWIN.COM

World's Best On-line Swim Catalogue!

- Speedo
- TYR
- Nike Swim
- Barracuda
- Fins
- Zoomers
- Swimsuits
- Goggles
- TUSA®
- Corrective Lens Goggles
- Caps
- Sandals

Online gift certificates
*No purchase necessary.

**When you're ready to go fast...
Go Swim**



www.goswim.tv

Visit us for free online swimming support, and to preview our new Misty Hyman and Jeff Rouse DVDs.

www.sprintaquatics.com
1 (800) 235-2156

All Your Swimming Needs.

The best swimming equipment is always available from Sprint.



Vertex Training Fins • Silicone Caps • Silicone Goggles

Sprint Aquatics

HYDRO HAS SOLVED THE COMFORT PROBLEM

hydro Training Finz



FIRST IN COMFORT, PERFORMANCE DURABILITY AND VALUE
(949) 646-8611
WWW.HYDROSPORTZ.COM

OPEN AN **ICOACHSTORE** TODAY!

Coaches, teachers, non-profit organizations and clubs can open their own online store within minutes and begin generating revenue. Virtual Stores Worldwide, Inc. (VSW) provides the full infrastructure needed to succeed in e-commerce. Visit our site, view a sample store and learn more!

IT'S FREE!

- Personalize Your Store Name
- Customize Your Message
- Create An Income Source • Build Equity

For more information e-mail us at custserv@vswstores.com or call us toll free at 877-521-5002

© 2000 Virtual Stores Worldwide, Inc. All Rights Reserved

Small but effective!

	1x	6x	9x	12x
1/6 page	\$635	\$575	\$550	\$510
1/9 page	\$380	\$345	\$330	
1/12 page	\$245	\$220	\$210	

For advertising opportunities, call Toni Blake
310-379-2278
Fax: 310-376-7175
E-mail: tonib@swiminfo.com

www.swimcaps4less.com

Silicone Team Caps

\$5.49

2 COLOR PRINTING
FREE SET UP
FREE DELIVERY

1-800-417-7821

SwimMuse.com

Art Prints, Mugs, T-Shirts and More!



swimmuse.com
Your Place for Swim and Music Art



Check out SwimInfo's Premium Section

News

Top Stories
Past Stories
Swimmers of the Year
2003 Meet Schedule
Saving Our Sport

Articles

Swimming World
SWIM Magazine
Swim Technique

Swim Shop

What's New
Specials
"Gift Ideas"
All Closeout Items
Apparel
Athlete Posters
Back Issues - Swim World
Back Issues - Technique
Books - All Swimming
Books - Motivational
Books - Nutrition/Health
Diving - Books & Videos
Dryland/Stretch/Strength
Fins/Monofins
Goggles
Magazines - RENEW
Magazines - SUBSCRIBE
Multimedia/CD
Paddles/Buoys/Kickboard
Skin/Hair/Healthcare
Timing/Watches/Monitors
Training Equipment
Triathlon & Open Water
Videos - Dryland
Videos - Swimming
Waterpolo
Master Product List

SWIMINFO

THE WORLD'S LEADING INDEPENDENT RESOURCE FOR SWIMMING



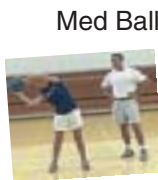
The World's Leading Independent Resource for Swimming

Go to SwimInfo.com to look for weekly price specials.

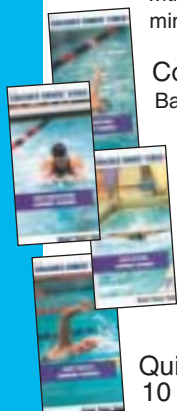
Summer 2004 Olympic Training Must-Haves



**Bottom of Form
Top of Form**
2004 Olympic Trials Poster
Official poster of the 2004 US Olympic
Team Trials. **P2004OT \$20.00**



**Med Ball Madness:
Ultimate Medicine Ball
Workout**
67 different exercises to enhance athletic performance! McClellan, who has trained hundreds of athletes to success at all levels including Olympic, NHL, and NFL - level athletes, provides the most innovation and effective medicine ball exercises ever - and they can be modified to work with any athlete, in any sport, at any level! 44 minutes. 2003 **VCPG2091 \$39.95**



Coaches Choice Videos Collection
Basic Backstroke Technique 48 minutes
VCC362837 \$39.95
Breaststroke Technique 52 minutes
VCC360130 \$39.95
Butterfly Technique 46 minutes
VCC359837 \$39.95
Basic Freestyle Technique 51 minutes
VCC361038 \$39.95

Quick Instruction Series: 10 Video Set

This offer features both the Championship Winning Swimming Series by Richard Quick, Stanford University Head Women's Swimming Coach, 3X Olympic Coach, 12 NCAA Team Championships, 5X NCAA Coach of the Year, Milt Nelms, World-renowned coach, clinician, and artist/illustrator and the June Quick Two-Pack by June Quick, Licensed Physical Therapist, Certified Athletic Trainer, Certified Pilates Instructor, and Stanford Swimming consultant.
VCPS2018 US \$384.95



Misty Hyman Baby Doll T-shirt
The official Misty Hyman Baby Doll T-shirt. Features light blue trim and small "Mistyfly" logo on chest. Made out of 100% cotton, pre-shrunk and ready to ship! Available in youth and adult sizes.
DSMISTY-BCAP \$19.95



Ian Thorpe - Beneath the Suit DVD



Ian Thorpe - Beneath the Suit DVD, is the foremost interactive profile of the world renowned swimmer. A sports info-tainment product that provides an accurate, informative and "holistic" insight into one of the greatest swimming champions of all time - Ian Thorpe. The DVD also contains an Ian Thorpe screen saver and wallpapers for your PC or Mac computer. 75 Minutes
CDITBS US \$29.95

ZOOMER Fins



Short bladed fins specifically designed to improve swimming technique, and ankle flexibility, leg strength and cardio conditioning. Available in two stiffnesses. Blue for poor ankle flexibility, Red for swimmers with good ankle flexibility. **ZOOM \$24.95**

14 Steps to Mental Toughness A COACH'S AND ATHLETE'S GUIDE TO DEVELOPING THE MIND OF A CHAMPION

Dr. Goldberg's 14 STEPS will help you lift the level of your training and take your game to the next dimension. The skills, exercises and stories are specifically designed for you so that you can easily hand tailor them to your own training and sport. 6 Audio Set.
A14SMT \$85.95



Turn Drills With Coach Frank Busch

Coach Frank Busch shares all the drills practiced at the University of Arizona training facilities to help their team improve turns for every stroke. Busch shares a complete breakdown, analysis and turn drill specific for each: the butterfly, backstroke, breaststroke and freestyle.
VCP1535 \$37.95



Waterproof Kids DVD

Waterproof Kids will help parents teach children of all ages—6 months old to teens and young adults—how to swim in a fun and positive way. Working in Open Water.
BWPK \$14.95



www.swiminfo.com
1-800-352-7946 x 1

All credit cards are processed through the Internet using Verisign and are completely protected by the latest Verisign data encryption technology.



SWIMINFO

Videos, Books and Products

GO TO SWIMINFO.COM TO LOOK FOR WEEKLY PRICE SPECIALS

Hot Summer Books



Nothing But The Best

By Don Talbot. Don Talbot's story is unique – for over fifty years he has been the coach to almost every gold medalist and great name in Australian swimming.

Talbot has also been pivotal to Australia's rise in standing as a nation of highly competitive swimming champions. Still, he's come under fire for both his coaching methods and his run-ins with the swimming bureaucracy. A fascinating read.

BNBTB

\$29.95

Four Champions One Gold Medal

By Chuck Warner. 1999. 204 pages.

Descriptive, prescriptive and inspirational, this book recounts—step-by-step—the road taken by four world-class athletes in quest of Olympic gold: Americans Tim Shaw, Brian Goodell and Bobby Hackett, and Australian Steve Holland.

BFOUR

\$19.95

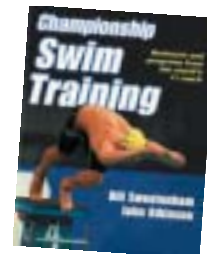


Championship Swim Training

By Bill Sweetenham and John Atkinson. 2003.

312pp. Whether you're a coach looking to build or supplement your program or a swimmer seeking to improve your technique and time, you'll benefit from swim coaching legend Bill Sweetenham's proven methods for improving performance in the backstroke, butterfly, breaststroke, freestyle, and individual medley. **BCST**

\$22.95



Beyond Winning - \$15.95

Psychology For Swimmers - **\$13.95**

Swimming: Character and Excellence - **\$31.95**

Aquatic Games - **\$26.95**

By A Fraction Of A Second - **\$16.95**

Swim Coaching Bible - **\$23.95**

Sports Nutrition Guidebook - **\$18.95**

In Fitness And In Health - **\$18.95**

Endurance Sports Nutrition - **\$20.95**

Swimming Fastest - **\$46.95**

Auburn Swimming Faster 11 Video Series –

Complete Set \$379.95

EXCLUSIVE AT SWIMINFO.COM!

SWIMINFO IS THE OFFICIAL AND EXCLUSIVE DISTRIBUTOR OF THE AUBURN SWIMMING FASTER SERIES PRODUCED BY CHAMPIONSHIP VIDEO PRODUCTION

The 11 Video Series Includes:

Swimming Faster Butterfly **\$39.95**

This video is enhanced with demonstrations by former Auburn All-American butterflyer Demerae Christianson, along with underwater footage and slow motion segments throughout. 67 minutes. **CVMSFBF**



Swimming Faster Backstroke **\$39.95**

Coach Marsh begins this six-part video with a full stroke overview of All-American backstroke technique demonstrator, Bryce Hunt and follows with an overview of the stroke components. 57 minutes. **CVMSFBA**

Swimming Faster Breaststroke **\$39.95**

Throughout the video, underwater footage and slow motion replay combine to greatly enhance Marsh's exceptional instruction. **CVMSFBR**

Swimming Faster Freestyle **\$39.95**

Fast freestyle has truly been the cornerstone of Auburn Swimming. In this 4-part video, Marsh shares the drills, skills and techniques that have guided his Auburn swimmers to unparalleled success. **CVMSFFR**

Training/Race Strategies for Breast and Fly **\$39.95**

In this seven-part video, Coach Marsh begins with an overall seasonal planning segment for training all mid-distance stokers. 55 minutes. **CVMSRACEBRBF**

Training/Race Strategies for Backstroke **\$39.95**

Auburn Assistant Coach Brackin shares the five phases of a season she uses with her backstrokers. Throughout the training phases, Brackin relates how a shorter high school season would fit into the seasonal plan. 48 minutes.

CVMSRACEBA

Training/Race Strategies Sprint Freestyle **\$39.95**

This video offers a candid look at virtually every aspect of the Auburn Sprinting Program. 55 minutes.

CVMSPRINT

Training/Race Strategies for Mid/Distance **\$39.95**

Auburn Assistant Coach Crocker shares the training and race strategies for the 400 and up. He begins with "Distance Training Basics" that reflect his overall success and experience that he incorporates into training his group. **CVMSDIST**

Training/Race Strategies for IM **\$39.95**

In this video, Marsh begins with a breakdown of the seasonal training plan for the 200 and 400 IM which he develops from the taper back to the beginning of the season. 51 minutes. **CVMSIM**

Swimming Faster Starts for All Strokes **\$39.95**

Marsh, Pilczuk and Brackin share the tools to generate maximum speed from the start itself through the breakout. 38 minutes. **CVMSTART**

Turns for all Strokes **\$39.95**

With expert demonstration provided by Auburn NCAA 200 IM Champion Lionel Moreau, and underwater and slow motion footage of each skill, "this video is the swimming coach's encyclopedia for teaching turns!" 76 minutes. **CVMSTURN**

Splashes

Seen on Deck

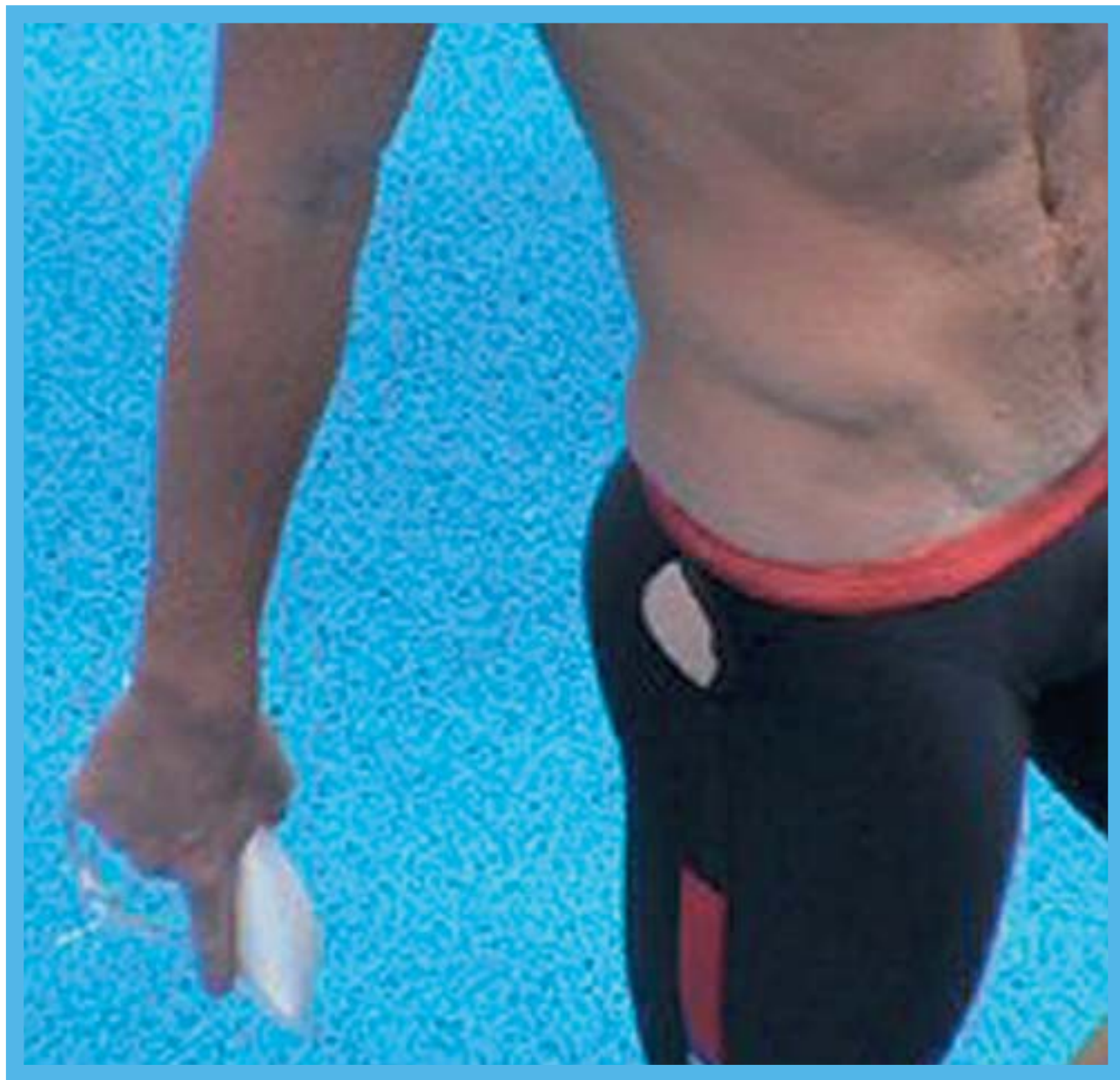


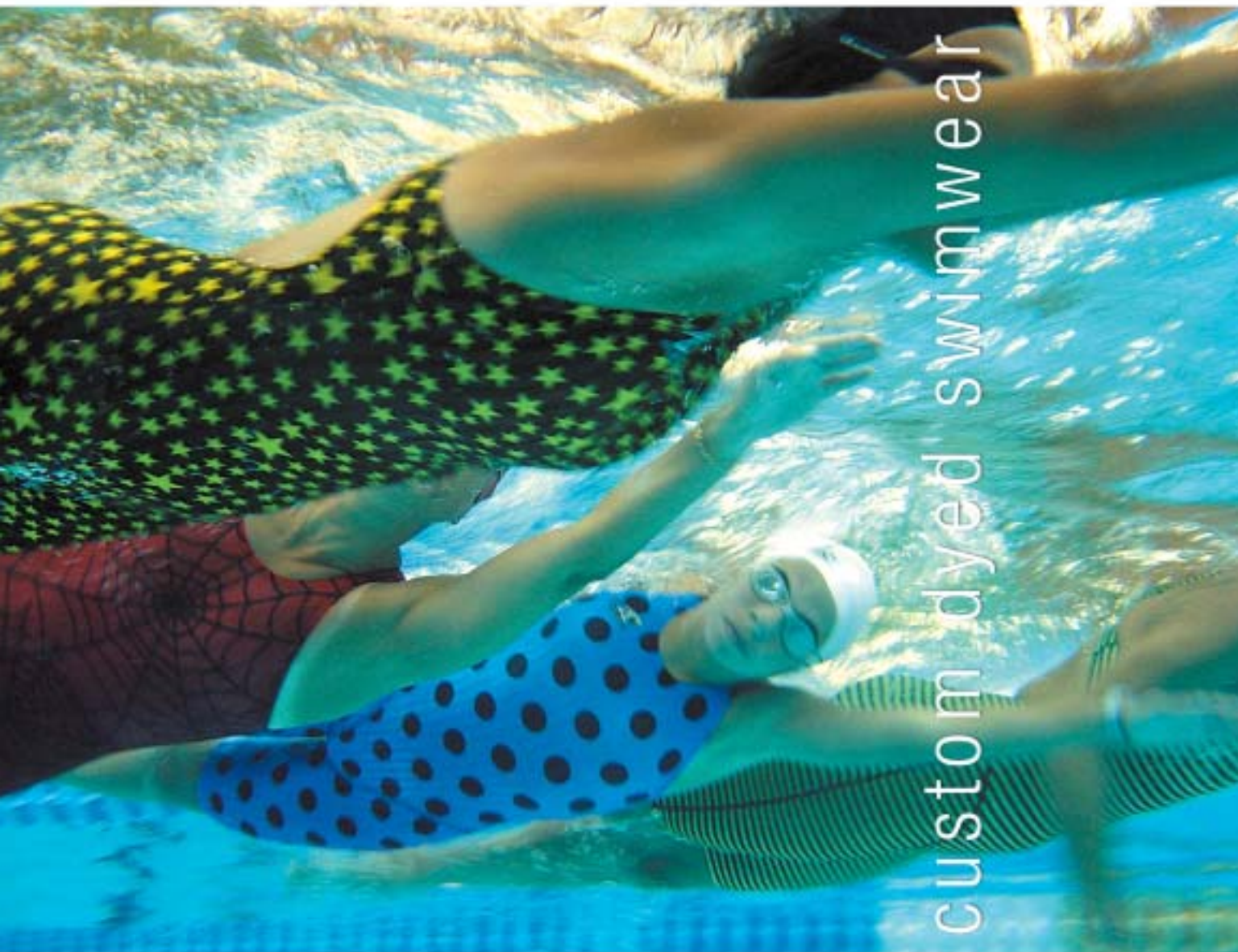
Photo by Mike Collins

Hol(e)y suit, Batman! How much do swim suits *really* matter? Apparently, not as much as many swimmers believe.

In the prelims of the men's 100 meter backstroke at the U.S. Olympic Trials, top qualifiers Lenny Krayzelburg and Aaron Peirsol appeared to go out of their way to make a point: *no matter what I am wearing, I am going to win.*

"Hi-tech body suit, old nylon suit, fur coat? It doesn't matter," they seemed to be saying. "You can't beat me!"

Lenny posted the fastest time of the morning, 54.91, wearing a traditional-cut Speedo suit. Peirsol, who touched in 54.93, wore a new NIKE jammer—but it had holes at the hips on both sides (above).



custom dyed swimwear

1.877.718.9403
www.agonswim.com
info@agonswim.com