



- Back at full practice schedule on Mondays at ASU
- No practice on Feb 13th
- Please remember to renew your USMS registration.
- Team bowling night took place on 16th Jan. More team events scheduled throughout the year. Maybe, we will go ice-skating.
- February is 'Best interval' month

FEBRUARY 2010

(coaching schedule subject to last minute changes)

S	M	T	W	T	F	S
	1 6:30 ASU Coach: Marty	2 6:30 Chris Town Coach: Marty	3	4 6:30 S. Mtn Y Coach: Trevor	5	6 4:30 ASU Coach: Kim
7	8 6:30 ASU No Coach - open swim !	9 6:30 Chris Town Coach: Gary	10	11 6:30 S. Mtn Y Coach: Trevor	12	13 No Practice ASU not available
14	15 6:30 ASU Coach: Kim	16 6:30 Chris Town Coach: Trevor	17	18 6:30 S. Mtn Y Coach: Kim	19	20 4:30 ASU Coach: Marty
21	22 6:30 ASU Coach: Gary	23 6:30 Chris Town Coach: Marty	24	25 6:30 S. Mtn Y Coach: Kim	26	27 4:30 ASU Coach: Trevor
28	1 6:30 ASU Coach: Christopher	2 6:30 Chris Town	3	4 6:30 S. Mtn Y	5	6 4:30 ASU

FUTURE EVENTS

- February 12-14 - Ski & Swim Weekend, Salt Lake City, UT 
- February 28th. Sun Devil Masters Invitational, Short Course Yards, Phx, AZ
- April 9-11 - Short Course State Championships, UA, Tucson, AZ
- May 1 - AZ Open water series - Saguaro Lake
- July 31 - August 7 - Gay Games VIII, Cologne, Germany 

PHOENIX SUNFISH

Co-Captains:	David Decker Kerrie Joseph
Treasurer:	Brian Douglas
Secretary:	Nick Urwiler

2010 LEADERSHIP

Congratulations to David, Kerrie and Nick as your 2010 team leaders and secretary. Brian has signed on for yet another year of fun, so he is obviously doing a great job.

Thank you to Ronnie, Paul and Jacob for their service last year!

FUNDRAISING

Bars

Thanks to all those who came out to **BS West** on Jan 20th month for shot night. We raised \$310!

We're hoping a night every 3months, so please come along when these are scheduled.

Ideas

Any ideas you have to raise funds for the team, please raise them with the leadership, even better if you can take the lead on a fundraiser, this really helps keep member subscription charges down.

Last year we raised over **\$2,000** through fundraising activities, as well as an additional **\$1,200** for local drowning

prevention charity work. Let's aim to beat that, this year.

Pride Weekend



When you volunteer for a four hour shift at pride, you can request the proceeds from your effort to be donated to the Sunfish. Just a handful of volunteers at the pride festival can make a big impact! Sign-up at <http://www.phoenixpride.org/home.cfm> under the "volunteers" tab, or contact John Marshall for more details.

More details to follow on the Sunfish's plans for pride 2010

Don't forget

To register with USMS

COACH'S CORNER : MARTY



Get Back In Shape

If you've been out of the water for more than three months and you're feeling "out of shape", there are some simple considerations to help you get back into the swing of things. Follow these easy guidelines and you'll minimize the pain and anguish of that "out of shape" feeling as you get back in the pool.

Step 1: Get on a schedule or habit. It does more harm to start & stop, start & stop. Pick one (or preferably two) nights each week that you'll attend workout. Stick With It. Put it on your calendar. Tell your friends in advance that it's your Sunfish night. Combine it with another activity (dinner/ drinks/ coffee/ movie) afterward.

Step 2: Come to practice, on time, for the entire workout. Warm-up & cool down properly. Do your 15 arm circles before you jump in the pool... do them SLOWLY.

Step 3: Start EASY. If you haven't swum in 6 months, even if you've done other exercise such as running or weight lifting, your muscles still are going to object when you put them through swimming paces. Concentrate on quality

of swimming, instead of speed of swimming. You'll be behind the folks that swam all winter... so what? No one's judging. At this point it's imperative that you regain a proper stroke, before the muscles re-develop strength with a bad stroke technique.



Step 4: STRETCH. Drink clear fluids (water). Stretch. Drink clear fluids. Stretch. I absolutely cannot stress this enough. Stretching and drinking water will help your muscles recover faster, and be far more useful tomorrow and the next time you show up at practice. Stretch before, during, and most importantly after workout. Set aside a full 5 minutes either during cool down or afterwards on deck or in the shower. Your shoulders, back, quadriceps and calves are going to scream the most, so give them plenty of stretching attention. You must stretch within 15-20 minutes of exercising, otherwise your muscles may lose their "warmth" and stiffen up, which is exactly what we're trying to avoid in the first place!

Step 5: Take deeper breaths. When recovering at the wall in between a

repeat or a set, exhale fully, inhale deeply, and hold that breath for a second longer than normal. This gives your lungs a chance to fully exchange CO₂ and Oxygen. You'll help train your lungs to be more efficient, which has all sorts of benefits.

Step 6: Monitor your progress. Keep track of your heart rate during workouts, and check it occasionally at rest. While your maximum rate may not go down, your performance should improve for the same effort. The time for your heart rate to lower after exercise will shorten in a few weeks of regular swimming. Also, keep track of how fast you swim for each stroke and distance from week to week.

The time it takes to fully feel "back in shape" depends a great deal on how long you've been out of swimming, whether you've done (or continue) any other complimentary exercise, and how dedicated you are to these helpful tips.



PUZZLE: REARRANGE THE FOLLOWING WORDS

[USMS Register](#) forget don't



SWIM MEETS

David & Jacob just participated in the 20th Annual Polar Bear meet in Tucson, swimming the 50M fly, 100M IM & 100M breaststroke, to name a few events.

Just before the holidays, Kerrie, Kim P, Kim, Raul, Jacob, David & Bill all took part in the Ron Johnson Invitational. For several of the group this was their first Swim meet. The whole group did fantastic, including entries in two mixed relay events.

NEXT MEET!

The next local meet will be the Sun Devils Invitational on Feb 28th which will take place at the Mona Plumber Aquatic center at ASU. We hope to have a big showing at the meet. Team co-captains will be handing out signup sheets at practice; if you miss one of these, details will be sent out via email as well. If you are unable to participate, do come along and show your support for fellow swimmers. We are generally the loudest group in terms of support for our teammates, let's keep that tradition going.