



## SPMA MASTERS SWIMMING

### Nominations for 2004-2005 SPMA Officers



Southern Pacific Masters Swimming will be electing officers for the 2004-2005 term at the annual meeting later this year. The positions of

**Nominations for officers for Southern Pacific Masters Swimming for the 2004-2005 term are due by September 8th to Shannon Sullivan, nageuse@spma.net, (805) 684-2048 (office)**

Chairman, Vice-Chairman, Secretary, Treasurer, and Member at Large will be decided. Our by-laws have the descriptions for these positions. The following have been slightly modified to make sense out of context, see the full by-laws at [www.spma.net](http://www.spma.net).

**Chairman:** The chairman shall preside at all meetings and shall execute all policies established by the committee. The chairman shall call special meetings when necessary. The chairman may appoint subcommittees as necessary.

**Vice-Chairman:** The vice-chairman shall be in charge of the scheduling of all swim meets, subject to confirmation by the committee, and the mailing of entry blanks. The vice-chairman shall act and preside as chairman in the absence of the chairman.

**Secretary:** The secretary shall be responsible for recording and keeping records of the business meetings of the committee. The secretary shall also be responsible for the mailing of agendas, meeting announcements and other materials to members of the committee and for the preparation and processing of all correspondence.

**Treasurer:** The treasurer shall have custody and be accountable for all funds of SPMA and shall disburse funds from the account upon approval or d-

rection by the committee. The treasurer shall prepare a monthly financial summary including all income and expenditure transactions of the preceding month and a summary of all the account activity including savings and investment accounts. The treasurer shall keep accurate records of all receipts and expenses and present the books for audit at the annual meeting. The treasurer shall acquire a surety bond for the faithful discharge of his duties at the expense of SPMA in a sum determined by the committee.

**Member at Large:** The member at large represents the members and is a liaison between the swimmers and the committee.

#### *In this issue:*

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### Veterans Swim at Long Beach by Steve Schofield

Recently I had the opportunity to put on a swim meet at the Long Beach Belmont Plaza pool for the handicapped veterans national games. What an eye opener! If you think Masters swimmers have spirit and dedication, you should see these veterans. They cheer and applaud for every swimmer from start to finish. But it is the effort and dedication by each swimmer that really grabs you

emotionally. They swim all four strokes and the IM at 25, 50, 100, and 200 yards. They start from the wall and are lifted in and out of the pool by lifters. They are separated into disability categories by the severity of their disability from 1A quadriplegic to level 6. There were 32 heats of intense competition showing the world what they have achieved in spite of what the world has handed them.

### 2003 Short Course Meters Meet Returns to Belmont Plaza in Long Beach

Long Beach Swim Club is pleased to announce that the 11th Annual Holiday Invitational will take place this year at Belmont Plaza Olympic Pool, which has been the long-time home of the meet. The meet, open to all registered Masters swimmers worldwide, will also be the Short Course Meters Championships for the Southern Pacific Masters Association.

The dates of the meet are Friday through Sunday, December 12-14, 2003. Friday's events will commence at 2:00 p.m. (warm-up at 1:00 p.m.), with the 1500 Freestyle, 400 IM and 800 Freestyle on the schedule. The entry form will be on-line in August. Requests for entry forms and/or questions may be e-mailed to Lucy Johnson, the Meet Director at [lucyj@uci.edu](mailto:lucyj@uci.edu).

# SWIM FOR LIFE!

## SANTA BARBARA, VENTURA, KERN, SAN LUIS OBISPO

ARROYO GRANDE: South County Aq Waves  
ATASCADERO: Kennedy Aquatics  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
CAMARILLO: Pleasant Valley Swim Club  
OJAI: Ojai Masters  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO: TRISLO Roadrunners  
SAN LUIS OBISPO MASTERS  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
SANTA MARIA SWIM CLUB  
SANTA PAULA: Heritage Valley Masters  
THOUSAND OAKS: Daland Masters  
VENTURA AQUATIC CLUB  
VENTURA COUNTY MASTERS

## NORTH LOS ANGELES COUNTY

GLENDALE: Adult Aquaphobia Swim Center  
GRANADA HILLS: CSUN Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS  
WOODLAND HILLS: Southwest Aq Masters

## SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ  
EL SEGUNDO MASTERS  
EL SEGUNDO: Play Hard Swim Hard  
HAWTHORNE: South Bay Swim Team  
HOLLYWOOD: Hollywood Wilshire YMCA  
LA: City of Los Angeles Masters  
LA: USC Trojan Masters  
LA DOWNTOWN & WEST: SCAQ  
LA MID WILSHIRE: Meridian Swim Club  
LA WEST: UCLA Bruin Masters  
LONG BEACH: Shore Aquatics  
LONG BEACH SWIM CLUB  
LONG BEACH: Beach Swim Club Masters  
LONG BEACH: Grunions  
RANCHO PALOS VERDES: Zenith Aquatics  
SANTA MONICA: SCAQ  
SOUTHGATE MASTERS  
TORRANCE: LA Peninsula Swimmers  
VENICE & WESTCHESTER: SCAQ  
WEST HOLLYWOOD AQUATICS

## ORANGE COUNTY

COAST MASTERS  
FOUNTAIN VALLEY: Typical Tropical Swim Cl.  
HUNTINGTON BEACH: Golden West Swim Cl.  
HUNTINGTON BEACH SWIM CLUB  
IRVINE NOVAQUATICS  
IRVINE: Sports Club  
IRVINE: UCI Masters  
MISSION VIEJO MASTERS  
NEWPORT BEACH MASTERS  
NEWPORT BEACH: Lifeguard Association  
NEWPORT BEACH: Pacific Coast Aquatics  
TUSTIN: SOCAL  
VILLA PARK: Orange Regional Comp. Aquatics  
YORBA LINDA: East Lake Eagle Rays

## SAN GABRIEL VALLEY, KERN, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS  
INDIO: Top Fin Aquatics  
LANCASTER: Oasis Masters  
LOMA LINDA/RIALTO: Inland Masters  
MURRIETA: TEAM Masters  
RIVERSIDE: Corona Swim Team  
TEMECULA: Inland Gold Aquatic Masters  
YUCAIPA: Masters of Yucaipa

## LAS VEGAS

HENDERSON Southern Nevada Masters  
LAS VEGAS: H2O Velocity- Las Vegas Masters

Mark Bennett (805) 478-0202; marben009@yahoo.com  
Jennifer Brown (805) 466-6775; jennicraig@tcsn.net  
Evelina Steele (661) 663-9884  
Keith Moore (661) 637-1403; www.bakersfieldswimclub.org  
Bruce Brown (805) 383-6927  
Malchia Olshan (805) 646-1091, gjaidar@aol.com  
Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com  
Roger Warnes (805) 544-2385; coachwtriso@aol.com; www.trislo.com  
Lynne Anderson (805) 541-2585; iswimslo@yahoo.com; www.sloseahawks.org  
Brandon Seider (805) 893-2505, brandon.seider@athletics.ucsb.edu  
William Robert (805) 966-9757  
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariaswim@aol.com  
Cindy Blatt (805) 524-5157; cmswm@aol.com  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net  
Ken Grey (805) 650-0400; gobuena@aol.com

Paul Lennon, (800) 200-SWIM, prlennon@earthlink.net  
Edward Lapporte (818) 667-6389, (818) 363-3858; elapporte@aol.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Gary Anderson (626) 397-4993; www.rosebowlaquatics.com  
Rob Harbo (661) 290-2204; pool: (661) 284-1470 or (661) 284-1471  
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

SCAQ Office (310) 390-5700; www.swim.net/scaq  
Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net  
Marcel Rinzler  
Kathy Davids (310) 643-6523, www.southbayswimteam.org  
Ricardo Espinoza (213) 639-7537; ricardoespinoza@ywcala.org  
Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
Lynda Gilbert (213) 626-1022 lyn\_swim@yahoo.com  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Timothy Sharpe (323) 954-1100  
Gerry Rodrigues (310) 645-5937; www.idyll.org/~henryh/bruinmasters  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Tom Trapp  
Beach Swim Club hotline (562) 597-9744  
Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com  
DeAnne Preyer (310) 372-3762  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com  
Michael Hamm (310) 993-4977; swimdude41@aol.com  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Carl Anhalt (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org

Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518  
Robert Sands (714) 969-1056; cwoof@msn.com  
Blair Roy (714) 894-6266, Rick Graves (714) 374-8705  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, Kim Hoesterey (714) 731-8067; www.novaquatics.com  
Matt Smith (949) 975-8400, mattsmith@thesportsclub.com  
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.uci.edu  
Mark Moore (949) 489-1847; m.w.moore@cox.net; mastersmvnswim.org  
Ronald Clark (949) 673-5278; vimclark@hotmail.com  
Jim Turner jturner@city.newport-beach.ca.us  
Mark Desmond (949) 733-0044  
Debra Cruze-Meyer (714) 285-9033; (714) 545-6452; decruzmyer@hotmail.com  
Mark Tiemey (714) 639-7531; Susan Spiewak (714) 633-4702  
Bill Peery (714) 779-0657

Anne Moorehead (760) 375-9390  
Veronica Duran (760) 564-5000; laquintamike@aol.com  
Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Mike Murphy (909) 382-6546; mdmswim@mindspring.com  
Debbie Mone (909) 461-6603; coachdebbie@nctimes.net  
Todd Wines (909) 359-5251; tr4eternity@aol.com  
Jana Clark (909) 600-4598; swimstbn@aol.com  
Don Harlan (909) 797-0824; ddharlan@eee.org

Frank Lowery (702) 260-8181 Dan Geary (702) 214-4210; flowery719@earthlink.net  
Keith Hughes (702) 592-7805; keith@h2ovelocity.com

# SPMA Competition Information and Instructions

**Rules:** Current USMS and SPMA rules will govern. You must be 19 years of age to compete in short course yard meets and age as of the last day of the meet determines age group for the meet. If your 19th birthday is before December 31, 2003 you may swim long course meter and short course meters meets, and your age group is determined by your age on December 31st. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in.

**Eligibility:** Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

**Affiliation:** A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

**Submitted Times:** Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on an SPMA consolidated entry card or a copy of an SPMA consolidated entry card (below). Do not mail in the meet entry form.

**Entry Confirmation:** To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

**Strictly Forbidden:** Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); smoking in any area where swimmers may be present.

**Open Water:** Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

## SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_ Male Female USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •								
	800/1000 • •								
	1500/1650 • •								

  

Meet _____	<b>FOR OFFICE USE ONLY</b> Amt Rec'd _____ Date _____
No. of events _____ x \$ _____ = \$ _____	
Surcharge \$ _____	
Total \$ _____	

Include a copy of USMS card

**Signature on back is REQUIRED!**

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

**ALL MASTERS** swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM, OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

**PLEASE SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

Is this your first Masters Meet?    Yes  
No

Non-SPMA swimmers please include your address:

Street: \_\_\_\_\_

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

City, State, Zip: \_\_\_\_\_

## 5th Annual Pismo to Avila Pier-to-Pier Swim Saturday, September 13th, 2003

Sanction number: 333-051

**Distance:** 6.2 miles

**Location:** Enter the ocean on the south side of the Pismo Beach Pier. Swim northwest, exiting the ocean on the west side of the Avila Beach Pier. Avila Beach is located 7 miles from San Luis Obispo. Expected water temperature 55-62 degrees. Each participant must arrange for their own escort. NO EXCEPTIONS. No Deck entries.

**Check-in:** Meet at Avila Beach on the sand just west of the Avila Pier. Check in at 6:45 a.m. Race instructions promptly at 7:30 a.m. Race begins at 8:00 a.m.

**Entries:** Registration forms are available at the website.

**Is this swim for me?** This swim event is only for those experienced in cold water and long distances in open water. If you are apprehensive about participating in this swim or about your ability to complete the distance, or are apprehensive about the water temperature, do not consider participating.

**Additional Information:** Dave Van Mouwerik, dave@avilaswimming.com, (805) 782-0612, www.avilaswimming.com and click on the "pier-to-pier" buoy.

## 2nd Annual American Mile Sunday, September 14th, 2003

Sanction number: 333-052

**Distance:** 1 mile swim on a triangular course.

**Location:** Salt Creek Beach is located off Pacific Coast Hwy (PCH) in Dana Point. The course is located south of Lifeguard Tower #3, directly below the Ritz Carlton Hotel. From the north: Take I-5 south to Crown Valley Pkwy, exit and turn right. Take Crown Valley Pkwy to the end and turn left on PCH and go 0.7 mi. Turn right at Ritz Carlton Rd and park in lot on left. From the south: Exit I-5 at PCH/Beach Cities exit and proceed north on PCH through Dana Point for 3.1 miles. Turn left at Ritz Carlton Dr, then right into the lot. Look for neon signs and walk through tunnel down to beach. Race is to the left of the guard towers. Parking is \$1 per hour, bring quarters or dollars.

**Fundraiser:** \$20 of every pre-race entry will support the Twin Towers Orphan Fund, for education and mental support of young victims of the September 11, 2001 tragedy. 100% of race day entries will go to this fund.

**Check-in:** Check in 8:30-9:30 a.m. Race begins at 10:00 a.m.

**Entries:** Pre-registration is \$30 and must be postmarked by Saturday, Sept. 6th. All pre-registrants will receive a commemorative embroidered bucket hat. Entries postmarked after Sept. 6th will be accepted, but no hat will be available. Race day registration is \$30. SPMA registration on race day is \$20 (late year registration fee). To enter, send a copy of your USMS card, an SPMA consolidated card, your hat size (S, M, L or XL) and your check payable to: Bert Bergen. Please write "American Mile" in the memo section. Mail to: Bert Bergen, 33321 Bremerton St. Dana Point, CA 92629.

**Awards:** Gift certificates for top 3 age group finishers. Special awards for fastest male and female, 10-49 and 50+.

**Additional Information:** Bert Bergen (949) 661-8360, bergenluau@cox.net.

## Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 19th, 2003

Sanction number: 333-031

**Directions:** Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27341 Trabuco Circle, Mission Viejo. From the north or south, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

**Entries:** Pre-entry postmark deadline: Saturday, October 11th. On deck registration is permitted. Age on December 31, 2003 determines age group for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2003. Deck entries will close at 8:45 a.m. for the 1500 and at 10:30 a.m. for all other events for events 2 to 8, and noon for all others.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers MUST check in to swim the 1500 m Freestyle and the 400 m Freestyle.

**Relays:** All relays will be deck-entered. Relay fees are \$2.00 per relay, due upon entry. For each relay swimmer that is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

**Snack Bar:** A snack bar will be available serving hot and cold food and drinks.

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries allowed for total of \$25.00.

**Checks payable to:** Mission Viejo Nadadores

Mail consolidated entry card and check to: Mission Viejo Nadadores—Paul Divan, 20 Las Pisadas, Rancho Santa Margarita, CA 92688.

**Questions:** Meet Director, Mark Moore (949) 489-1847; Meet Processing, Paul Divan, email: pauldivaniii@cox.net.

### Sunday October 19, 2003

1500 Warm-up at 8:00 a.m.

1500 Starts at 9:00 a.m.

1. 1500 m Freestyle (check in required)  
Additional warm-up after the 1500  
Event #2 starts at 12:00 noon
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 400 m Free Relay (men, women, or mixed; deck enter)
9. 200 m Medley Relay (men, women, or mixed; deck enter)
10. 50 m Breaststroke
11. 100 m Freestyle
12. 200 m Butterfly
13. 50 m Backstroke
14. 100 m Breaststroke
15. 200 m Freestyle
16. 400 m Individual Medley
17. 200 m Freestyle Relay (men, women, or mixed; deck enter)
18. 400 m Freestyle (check in required)

## UCLA Bruin Masters Short, Long Pentathlon & Free-athlon Saturday, November 8th, 2003

Sanction number: 333-032

**Directions & Parking:** UCLA Men's Gym Pool on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. The Men's Gym facility has had a several million dollar renovation with all new facilities. Take the 405 Freeway to Sunset Blvd. East. Take Sunset approx. 1 mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay \$7.00 parking fee. Ask for best lot to park in for Men's Gym. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement **DOES** ticket on weekends!

**Entries:** Pre-entry postmark deadline: Saturday, November 1st, 2003. On deck registration is permitted. Age on December 31, 2003 determines age group for the meet. You may swim at age 18 if your 19th birthday is on or before December 31, 2003.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Swimmers in the 800 freestyle **MUST** check in to be seeded.

**Snack Bar:** Food will be available at the campus food court located across from the pool.

**Relays:** No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer between legs. Bring a t-shirt to use. This is quite a comical event and loads of fun.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$20.00 for pre-entries or deck entries.

**Checks payable to:** UC Regents

Mail consolidated entry card, a copy of your USMS card, and check to: Bruin Masters Meet, P.O. Box 204, El Toro, CA 92609.

**Questions:** Meet Directors, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 702-9327. Meet Processing, Robert Mitchell, mitchellrobert@cox.net

### Saturday November 8, 2003

800 Warm-up at 8:00 a.m..

800 Starts at 9:00 a.m.

1. 800 m Freestyle  
Additional warm-up after 800  
Event #2 starts at 11:00 a.m.
2. 200 m Individual Medley
3. 50 m Butterfly
4. 100 m Freestyle
5. 50 m Backstroke
6. 100 m Breaststroke
7. 50 m Freestyle
8. 100 m Backstroke
9. 50 m Breaststroke
10. 100 m Butterfly
11. 100 m Individual Medley
12. 200 m Freestyle
13. 4 x 50 m T-shirt Relay (Deck enter)

## Southwest Masters Turkey Shoot at Pierce College Sunday, November 23rd, 2003

Sanction number: 333-033

**Directions:** Pierce College Pool, is an outdoor, 7lane competition pool with two 25-meter warm-up lanes. Pierce College Pool - 6201 Winnetka, Woodland Hills. Take the 101 Freeway to Winnetka. Exit at Winnetka and go north 1 mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

**Entries:** Age on December 31, 2003 determines age group for the meet. You may swim at age 18 if your 19th birthday is on or before December 31, 2003. 1500 deck entries will close at 8:45 a.m., all other deck entries at 11:30 a.m.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1500 m Freestyle and the 400 m Individual Medley.

**Relays:** All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer that is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. Event 8 is a rare 800 free relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

**Entry Fees:** \$1.50 per each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only the fee is \$5.00. NOTE that deck entrants will pay an additional \$5.00 entry charge.

**Checks payable to:** Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters, 7914 Sadring, West Hills, CA 91304.

**Questions:** Meet Director, Steve Schofield (818) 992-1820; Meet Processing, Robert Mitchell, mitchellrobert@cox.net.

### Sunday November 23, 2003

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check in required)  
Additional warm-up after 1500  
Event #2 starts at noon
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Free Relay (men, women, or mixed; deck enter)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Individual Medley
16. 200 m Relay (men, women, or mixed; medley or free; deck enter)

*Please read the general information on entering swim meets on the third page of this newsletter!*

# Psychophysiology of Swimming—It's Easy as ABC

by Mark Moore

Can swimming offer you any psychophysiological dimensions to your life? Well, I think it can, and simple stated, it's learning cognitive skills and **achieving better confidence (ABC)**. Over my years as a Masters coach, many swimmers have told me that working out on a regular schedule for at least 3 to 4 days a week helps them not only in physical ways but in psychological ways. Many swimmers say it will relax them. I like the ones who say it will bring them an element of fun in their life. My hard workers say it will bring them satisfaction of personal achievement. A few have told me that it brings them peace and freedom. And, a few even have said it enhances their creativity. Then there is my favorite, and the most important, the swimmers who say it gives them confidence in themselves. But that has only been a handful of swimmers over many years of coaching. Those are the ones that we need to identify and learn more about as coaches and swimmers.

Most of us already know that the sport of Masters swimming is great for total body fitness. Of course, individuals differ in how their social and emotional needs, as in any activity, dictate commitment and success. Go ahead and answer the following questions to see if you need a boost of confidence building in your swimming program that will use cognitive interventions as a means of promoting improved performance.

1. Are you dissatisfied with the condition and level of fitness you are in?
2. Do you believe in the importance of mental development as an aspect of your health?
3. Would you like to feel more vigorous and less tired at swim meets?
4. Would you like to experience moments of restful calm throughout the competition day?
5. Would you like to be more creative so that you can be more productive in practices?
6. Would you like to sleep more restfully and feel invigorated after workouts?
7. Would you like to be happier, more at peace with your swimming performance?



8. Does your job, a stressful social situation, or a swim meet frequently make you tense or up-tight?

If you answered yes to more than five questions, you just may need some sort of self-improvement in one of three areas - mental, personal, or life development. The major obstacles to improved performance are not always physical, but rather mental or emotional obstacles. For example, lapses in concentration, pre-performance anxiety, poor motivation, negative mental attitude, and choking under pressure. In other words, lack of confidence in oneself. And, yes, you guessed it, the ABC skills of swimming—**Achieving Better Confidence**.

Cognitive strategies can help improve your mental and personal development in several areas. First, goal planning, knowing what you want and where you are going is an essential success tool. Second, once the goals are in place, then focus and concentration follows. Next, mental visualization, the mind is one of the most powerful tools imaginable. By visualizing what you want you send out a signal that enables you to attract that very thing. Fourth, positive mental attitude, attitude will keep you away from achievement or forever refreshed by it. What does your attitude say about you?

This psychophysiological dimension might help you with useful mental strategies to enhance your physical and mental performance. The role that cognitive strategies play in influencing physical performance has been a major topic among sport psychologists and coaches for many years. Many athletes in a variety of sports refer to the importance of cognitive/mental skills training in their athletic performance.

For years sports psychologists and coaches have studied and applied simple and easy-to-use cognitive interventions as a means of facilitating sports performance. The general assumption is that cognitive interventions can help improve, and achieve greater control of pre-competitive arousal states and maintain greater focus on the task at hand. It's easy as ABC; it's all about building upon and **achieving better confidence**. I believe that improved confidence can be achieved through a series of steps that involve relaxation, stress management, positive thought control, mental and concentration skills, and a level of energy control. When put all together in a teaching progression and a regular weekly workout routine, the percentages are higher that one can build upon and **achieve better confidence (ABC)** and performance in ones swimming life.

*Mark Moore has been coaching age group, high school, and now Masters swimming for over 20 years. Currently, he is the Head Masters Coach for the Mission Viejo Nadadores and has been there for 8 years. His background is in Sport Psychology where he received his Masters at California State University, Los Angeles in Psychophysiology/Sport Psychology. He is working towards his certification and license through the Institute of Sport Psychology an APA accredited program. You can reach Mark at [m.w.moore@cox.net](mailto:m.w.moore@cox.net) if you have any questions.*

*The Mission Viejo Nadadores Masters are bidding for the 2005 USMS Long Course National Championships at the USMS Convention in mid-September. We wish them the best of luck for a successful bid!*

# SPMA Video Library Reviews by Linda Bamford

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## **Don Gambril's Gold Medal Series: Breaststroke (59 minutes)**

This video is much more than a visual aid to learn breaststroke. The setting for this video is a park bench conversation between Don Gambril and Olympic Gold Medal winner Steve Lundquist. Together they review multiple video clips taking the time to review all elements of a proficient breaststroke. Steve Lundquist has his own style of breaststroke and there is an in-depth conversation for the reasoning behind every element of his stroke. In addition to Steve's style, they review the strokes of several other world class breaststrokers, taking time to point out the differences and strategies used by other swimmers. As the video progresses strategies and drills are reviewed. This video provides high quality analysis on all levels. The video includes many, many drills to build proficiency on all levels. The tape is enlightening to the many acceptable variations of an efficient stroke.

## **Starts, Turns & Progressive Drills, by the Athletic Institutes (30 minutes)**

The video reviews starts and turns for all strokes. It gives clear concise video clips with commentary. The following starts and turns are covered: freestyle; backstroke turns (old style **only**); breaststroke; butterfly. The video is crisp and clear – The instructions are basic, and probably best for the beginner.

## **How Swimming Works, by Dr. Marty Hull, 1996 (67 minutes)**

This video is a research project presented in a documentary style. The research takes place at Stanford University using a Rocket

Overhead Cable; a Speed Assistance Towing System along with an underwater video camera. The video visually shows the amount of water a flat swimmer pushes and the importance of body roll to gain efficiency in the water. As the video progresses, the commentary continues to explore what makes a body roll, how the legs are involved and reviews the art of rapid rollover to avoid any significant drag. Video proves that synchronization of kick and roll are imperative to good stroke and increased swimming speed. Many drills are provided to help achieve proper roll, including vertical kicking drills. The end of the video gives details to purchase the Rocket Overhead Cable along with other teaching aids.

## **Don Gambril's Classic Series: Swimming Techniques (60 minutes)**

Everything you ever wanted to know about all the strokes. This video reviews the techniques and proficiency of several swimmers in each stroke; backstroke, breaststroke, fly and freestyle. The strokes of world class swimmers are dissected in each category, and velocity is charted on a full stroke cycle and well as individual portions of each stroke. As strokes are reviewed, the anatomy of the turns are also reviewed at race speed. Commentary points out the benefits of individual styles. All film sequences are filmed at race speed and then slowed down to review strokes in detail – freeze frames and commentaries allows the viewer a unique opportunity to learn from the best.

# Richard Quick's Winning Swimming Video Series by Michael Collins

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FINALLY! Richard Quick and his wife June have come out with a new swimming video series featuring the drills, exercises, and techniques he has used with his highly successful Stanford Swim Team (his athletes have included Jenny Thompson, Dara Torres, Misty Hyman, Shelly Ripple, Tara Kirk, Summer Sanders, and many other phenomenal athletes) Due largely to the influence of Bill Boomer and Milt Nelms, Quick's methods and focus of teaching stroke mechanics have changed significantly since producing the Swim Smarter-Swim Faster (SSSF) tape series in the early 90's that have been so popular for the last decade.

Since 1993 Quick's focus has been teaching swimmers from the "Inside Out" instead of from the "Outside In". In other words, the drills and exercises focus on Posture, Body Alignment or Maintaining The Line, and maintaining Balance, by using core body muscles BEFORE focusing on what the extremities (arms and legs) are doing.

Quick's new series goes into far more detail than the SSSF Series as well. In SSSF there were only two tapes. Part 1 spent about 10-15 minutes on each stroke, while tape two covered starts and turns. In Quick's Winning Swimming Series, he does a separate tape for each stroke and has an entire tape on the techniques needed to be faster underwater—An area largely ignored by many swimmers and coaches.

The last two tapes feature Richard's wife, June, who uses dry land exercises to build strength, flexibility and core stabilization that can be applied in the water. Learning to do it on land is an important step to mastering body position in the water that is often ignored by swimmers and coaches.

The tapes combine several methods for teaching:

1. Richard's detailed explanation as expert demonstrators do the drills.

2. Classroom theory using Milt Nelms outstanding hand drawn illustrations to diagram the desired body positions and movements.

3. Exercises demonstrated on land, drills demonstrated in the water and shown from both above and below the surface.

There are 10 tapes in the series: The Foundations of Posture, Line, & Balance; Winning Freestyle; Winning Backstroke; Winning Breaststroke; Winning Butterfly; Winning Walls - Underwater, the 5th Competitive Stroke; Winning Walls - Turns for All Strokes; Winning Starts; Swimalates - Pilates For Swimmers (June Quick); Swimmers' Shoulder: Prehab & Rehab (June Quick).

If you are a coach, swimmer, or parent who would like to understand more about how to swim correctly and see what the world's top swimmers do in order to become faster, then I would highly recommend viewing these tapes and incorporating the drills and exercises suggested.

The tapes are appropriate to just about any swimmer, although very young children may become a little bored or lose interest if they watch the entire tape in one sitting. I have used the tapes to show only one or two skills, and then take the swimmers to the pool to execute what they just saw. I have seen significant breakthroughs in the smoothness and lack of struggle in their swimming which has resulted in much faster times using less energy.

Anyone not applying the proven principles shown on these tapes will soon find themselves outdated and at a significant disadvantage to those that learn to master and apply the skills taught and demonstrated.

You can find them in the Swimming Videos section of the Swiminfo.com Swim shop at: [www.swiminfo.com](http://www.swiminfo.com) or by calling 1-800-352-7946 ext. 1.

## SPMA Officers

Chairman:

Wayne McCauley  
12841 Hawthorne Blvd. #302  
Hawthorne, CA 90250  
(310) 702-6393  
breastroker@usa.net

Vice-Chair:

Steve Schofield  
7914 Sadring  
West Hills, CA 91304  
(818) 992-1820  
spmasteve@aol.com

Secretary:

Mary Hull  
10415-2 Larwin Ave  
Chatsworth, CA 91311  
(818) 885-5934  
ai107@pacbell.net

Treasurer:

Jeff Moxie  
395 Stonebrook St.  
Simi Valley, CA 93065  
(805) 501-3883  
jeffmoxie@yahoo.com

At-large Member:

Errol Graham  
(323) 851-7171  
egraham@irell.com

SPMA Registrar and  
Swimming News Editor

Julie Heather  
957 N. El Molino Ave  
Pasadena, CA 91104  
(626) 296-1841  
registrar@spma.net

[www.spma.net](http://www.spma.net)

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# Southern Pacific Masters Association Schedule

\*\*Tentative date and/or location

August	
28**	SPMA Committee Meeting
September	
10-14	USMS Convention, San Diego
13	Pismo to Avila Pier-to-Pier Open Water Swim
14	American Mile, Dana Point Open Water Swim
October	
19	Mission Viejo SCM Meet
November	
23	Pierce College Turkey Shoot SCM Meet
December	
12-14	Belmont Plaza, Long Beach SCM Regionals

Only USMS Sanctioned Events are included in the above schedule. For a full listing of Southern California Open Water swims, including those not sanctioned by SPMA, visit [www.spma.net](http://www.spma.net)

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$6 charge for one tape (or book), \$8 for two, or \$10 for three. This covers the cost of the envelopes and mailing both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, & Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Backstroke from the Bottom Up (David Bottom)
- Freestyle from the Bottom Up (Dave Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- U. S. Swimming, Let's Talk Safety
- Quick—Championship Winning Freestyle
- Quick—Championship Winning Backstroke
- Quick—Championship Winning Breaststroke
- Quick—Championship Winning Butterfly
- Quick—Championship Winning Starts
- Quick—Swimalates: Pilates for Swimmers
- Quick—Championship Winning Walls: Turns for All Strokes
- Quick—Swimmers' Shoulder: Prehab and Rehab
- Quick—Posture, Line, & Balance: The Foundation of Championship Winning Swimming
- Quick—Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke