

March/April
2004



SPMA MASTERS SWIMMING

Call for Nominations: 2003 SPMA Coach of the Year by Wayne McCauley



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

Swimmers, it's time to give credit to that person who helped you reach those lofty goals you set for yourself over the last year—be they winning a National Championship, finishing your first open water swim, completing an entire workout, or losing those pounds you put on over the holidays!

You know who I'm talking about: that slave-driver on the deck, that merciless counter of seconds and repetitions: Your Coach !!!

Every once in a while, it's nice to be recognized by one's peers as having brought something special, something extra to the table. Perhaps you have a coach who has made a difference in your training, in your competition, in your life. Perhaps your coach has spent extra time working on some part of your swimming that makes you just a little bit better because of it. Now is your chance to tell your coach "Thank you." Round up your teammates and start talking it up!! Just being nominated by one's swimmers brings a real sense of satisfaction to a coach.

The selection criteria is as follows: The Coach of the Year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments including championships and world records; and non-competitive club and individual accomplishments including club size and growth, club participation, volunteering, and events run by the club; and the coach's service to

SPMA, USMS and other Masters organizations, participation in clinics, and published works.

To nominate your coach, provide a letter listing his or her accomplishments and a maximum of four letters from your teammates supporting your nomination.

Nominations are due by March 31, 2004 and should be submitted to the SPMA office by email (PDF, Word, or text file) at registrar@spma.net. Please contact the SPMA office if you are not able to submit by email or if you have any questions. The telephone number is (626) 296-1841.

Criteria can be found online at <http://www.spma.net/coachyearspecs.htm>

Recent SPMA Coaches of the Year

2002	Carole Shigaki
2001	Michael Collins
1999	Brandon Seider
1998	John Kocker
1997	Gerry Rodrigues and Rick Goeden
1996	Gary Reese
1995	Philip Hayman

SPMA Members Set Short Course Meters Records

The following Southern Pacific Masters Swimmers re-wrote the short course meters record book during the 2003 season:

Woody Bowersock: 50, 100, 200, 800 freestyle; 50, 100, 200 backstroke

Paul Carter: 50, 100 butterfly

Erik Hochstein: 200, 400, 800 freestyle

Karen Melick: 50, 100, 200 breaststroke

Maxine Merlino: 50 butterfly; 200 individual medley

Walt Pfeiffer: 50, 100, 200 butterfly; 100, 200, 400 individual medley, 100, 200 breaststroke

Rita Simonton: 50, 100, 200, 400, 800, 1500 freestyle

Coast Masters 360+ 200 medley relay (Madeleine Miller, Maxine Merlino, Walt Pfeif-

fer, Woody Bowersock)

Many of the records listed above were broken more than once by the same person during the season. In addition, many SCM records were set by swimmers from other areas in our meets.

In this issue:

- *USA Swimming Conference on Sports Medicine Highlights, by Jessica Seaton*
- *Madeleine Miller, Coast Masters (1910-2003), by Maurine Kornfeld*
- *San Luis Obispo, NEW long course meters meet, May 16th, 2004*

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ARROYO GRANDE: South County Aq Waves
ATASCADERO: Kennedy Aquatics
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
CHINA LAKE AQUATICS MASTERS
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO: TRISLO Roadrunners
SAN LUIS OBISPO MASTERS
SANTA MARIA SWIM CLUB

Alan Freeman (805) 4580989; alanfreeman@digitalputty.com
Jennifer Brown (805) 466-6775; jennicraig@tcsn.net
Evelina Steele (661) 663-9884
Keith Moore (661) 637-1403; www.bakersfieldswimclub.org
Anne Moorehead (760) 375-9390
Matt Brown (805) 239-3013; swimnca@aol.com; www.northcountyaquatics.com
Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com
Brian Alderman (805) 543-9515; slocoachbrian@aol.com; www.sloseahawks.org
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariasmw@aol.com

SANTA BARBARA (South) and VENTURA

CAMARILLO: Pleasant Valley Swim Club
OJAI: Ojai Masters
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
SANTA PAULA: Heritage Valley Masters
THOUSAND OAKS: Daland Masters
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

Bruce Brown (805) 383-6927
Malchia Olshan (805) 646-1091, gjaidar@aol.com
Jeremy Kipp (805) 637-0732; kipp11@juno.com
William Robert (805) 966-9757
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) 644-1735; gobuena@aol.com

LOS ANGELES (North)

GLENDALE: Adult Aquaphobia Swim Center
GRANADA HILLS: CSUN Masters
LANCASTER: Oasis Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS

Paul Lennon, (800) 200-SWIM, prlennon@earthlink.net
Edward Lapporte (818) 667-6389, (818) 363-3858; elapporte@aol.com
Tom Otto (661) 948-0057; ottolfixit@hotmail.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Gary Anderson (626) 397-4999; gmandersonla@msn.com; www.rosebowlaquatics.com
Doug Botton (661) 250-3771; dbottom@santa-clarita.com; pool: (661) 284-1470

LOS ANGELES (Westside)

CULVER CITY: SCAQ
EL SEGUNDO MASTERS
EL SEGUNDO: Play Hard Swim Hard
LA WEST: UCLA Bruin Masters
SANTA MONICA: SCAQ
VENICE & WESTCHESTER: SCAQ
WEST HOLLYWOOD AQUATICS
WOODLAND HILLS: Southwest Aq Masters

SCAQ Office (310) 390-5700; www.swim.net/scaq
Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net
Marcel Rinzler
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
SCAQ Office (310) 390-5700; www.swim.net/scaq
SCAQ Office (310) 390-5700; www.swim.net/scaq
Casey Schick (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

HOLLYWOOD: Hollywood Wilshire YMCA
LA: City of Los Angeles Masters
LA: USC Trojan Masters
LA DOWNTOWN & WEST: SCAQ
LA MID WILSHIRE: Meridian Swim Club
SOUTHGATE MASTERS

Ricardo Espinoza (213) 639-7543; 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) 710-5248; aquanatureboy@hotmail.com
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team
LONG BEACH: Shore Aquatics
LONG BEACH Swim Club
LONG BEACH: Beach Swim Club Masters
LONG BEACH: Grunions
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, www.southbayswimteam.org
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
Shari Twidwell (310)937-3535; shari@zapswimming.com
Michael Hamm (310) 993-4977; swimdude41@aol.com

INLAND EMPIRE

INDIO: Top Fin Aquatics
LOMA LINDA/RIALTO: Inland Masters
MURRIETA: TEAM Masters
RIVERSIDE: Corona Swim Team
TEMECULA: Inland Gold Aquatic Masters
YUCAIPA: Masters of Yucaipa

Veronica Duran (760) 564-5000; laquintamike@aol.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
Laurie Odum (909) 790-9126; bobodlum@aol.com

ORANGE COUNTY

COAST MASTERS
FOUNTAIN VALLEY: Typical Tropical Swim Cl.
FULLERTON: Fullerton Comp. Aquatics
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

Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
Robert Sands (714) 969-1056; cwoof@msn.com
Pete Snyder (714) 992-7128; plschneid@yahoo.com
Rick Graves (714) 892-7711 x55129; (714) 425-5657
Buddy Belshe (949) 362-4727
Mike Collins (949) 338-6682; mcollins@multisports.com; www.novaquatics.com
Matt Smith (949) 975-8400, mattsmith@thesportsclub.com
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.masterswim.uci.edu
Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org
Ronald Clark (949) 673-5278; vimclark@hotmail.com
Jim Turner (949) 640-5350; nadineturner3@cox.net
Mark Desmond (949) 733-0044; markdesmond@highhopes.ws
Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com
Mark Tierney (714) 639-7531; mtierney@msn.com
Bill Peery (714) 701-9440; wpeery@elvca.com

LAS VEGAS

HENDERSON Southern Nevada Masters
CITY OF LAS VEGAS MASTERS

Frank Lowery (702) 400-2790; Dan Geary (702) 6178130; flowery719@earthlink.net
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com

SPMA Competition Information and Instructions

Rules: Current USMS and SPMA rules will govern. 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. Age as of the last day of the meet determines age group for the meet. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31, 2004 you may swim long course meters and short course meters meets during 2004.

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 a SPMA consolidated entry card or a copy of a 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 _____	
No. of events _____ x \$ _____ = \$ _____	FOR OFFICE USE ONLY Amt Rec'd _____ Date _____
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, INCLUDING ALL 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, 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."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes

No

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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

**Mission Viejo Nadadores
SCY Swim Meet
Sunday, March 21st, 2004**

Sanction number: 334-005

Directions: Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo. From the North or South, take 5 Fwy. to the Alicia Pkwy exit in Mission Viejo. Go east to Trabuco Road. Turn right on Trabuco to Marguerite Pkwy. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, turn into the driveway for pool parking. There will be no parking in the tennis lot on Marguerite.

Entries: The pre-entry postmark deadline is Monday, March 15th, 2004. Age on March 21, 2004 determines age group for the meet. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1650 and at 11:30 a.m. for all other events.

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 1650 yd. Freestyle and the 500 yd. Freestyle.

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

Snack Bar: Hot and cold drinks, snacks, and food will be available.

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

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

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card and check to: Mission Viejo Nadadores, Steve Quan, 24042 La Chiquita Dr., Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; m.w.moore@cox.net. Meet Processing, Steve Quan, srquan@cox.net.

Sunday March 21

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check in required)
Additional warm-up after 1650
Event #2 starts at noon
2. 200 yd. Freestyle
3. 50 yd. Butterfly
4. 100 yd. Backstroke
5. 200 yd. Medley Relay (men, women, or mixed)
6. 200 yd. Individual Medley
7. 50 yd. Breaststroke
8. 100 yd. Freestyle
9. 100 yd. Butterfly
10. 50 yd. Backstroke
11. 200 yd. Freestyle Relay (men, women, or mixed)
12. 100 yd. Breaststroke
13. 50 yd. Freestyle
14. 100 yd. Individual Medley
15. 200 yd. Fun Fin Relay
16. 500 yd. Freestyle (check in required)

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

**UCLA Bruin Masters
SCY Meet at Sunset Canyon Pool
Saturday, April 3rd, 2004**

Sanction #334-006

Directions & Parking: UCLA Sunset Canyon Pool. 405 Fwy to Sunset Blvd east. Take Sunset approximately 1 mile to Bellagio. Turn right into campus. Left at first stop sign, De Neve Drive. Right at first stop sign, Sunset Canyon. Pull around circle and purchase parking at cashier, then park in lot. FREE parking is available on Veteran Ave (100 yards west of Bellagio), a 5-7 minute walk to the pool.

Entries: The pre-entry postmark deadline is Saturday, March 27th, 2004. Age on April 3rd determines age group for the meet. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 500 yd. Freestyle and at 10:00 a.m. for all other events.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. The Meet Director reserves the right to require swimmers to swim 2 to a lane in the 500 freestyle.

Relays: Relay fee is \$2.00 per relay. Event #12, the 4x50 "T-shirt" relay is a no-charge, fun event! Each member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

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

Awards: Individual UCLA medals for places 1st to 3rd except relays. Relays receive SPMA ribbons.

Entry Fees: \$20 entry fee per swimmer. Relay only swimmers pay \$10. Make checks payable to UC Regents, mail consolidated entry card and check to: P. O. Box 204, El Toro, CA 92609-0204. To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Requested." NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Questions: Meet Director, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 702-9327; Meet Processing, Robert Mitchell, MitchellRobert@cox.net

Saturday April 3

Warm-up 8:00 a.m.

Meet starts at 9:00 a.m.

1. 500 yd. Freestyle
The 500 will be limited to 80 entrants.
Add'l. warm-up after 500; event #2 starts at 10:30 a.m.
2. 200 yd. Freestyle Relay
3. 200 yd. Individual Medley
4. 100 yd. Butterfly
5. 200 yd. Freestyle
6. 100 yd. Backstroke
7. 50 yd. Freestyle
8. 100 yd. Breaststroke
9. 100 yd. Freestyle
10. 50 yd. Butterfly
11. 100 yd. Individual Medley
12. T-shirt Relay

**SCAQ's Loyola Marymount University
Swim Meet & Beginner's Clinic
Sunday, April 18th, 2004**

Sanction #334-007

BEGINNER'S CLINIC: will be held concurrent with, but in a separate area from the swim meet. Coaches will instruct swimmers on competitive strategy and stroke technique and will assist at block for clinic event swims. A time will be set aside to practice race dives off the blocks with coaches assisting. Clinic events are designated for beginners only please. Any swimmer may participate in clinic but only registered 2004 USMS/SPMA swimmers may swim in numbered sanctioned swim events (see below).

Directions: Loyola Marymount University. Outdoor 25 yd x 50 m. pool. FROM THE NORTH: Take 405 Fwy to Howard Hughes Pkwy exit. Go right off the ramp to Sepulveda Blvd. Turn left and go to 80th Street (approx. 1.5 miles). Turn right and continue to Loyola Blvd. Turn right and park in lot on the left. Pool is across Loyola Blvd. behind the Burns Recreation Center Building. FROM THE SOUTH: Take the La Tijera Blvd exit. Turn left onto La Tijera Blvd. Continue on La Tijera for approx. 1 mile to W. 83rd St. and turn right. Continue on W. 83rd St. approx. 1.5 miles and turn right onto Loyola Blvd. Follow directions above. See map: <http://swim.net/scaq/pools/>

Rules: Maximum of 5 individual events. 500 freestyle deck entries are due at 8:30 a.m., other deck events by 9:30. All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. At the discretion of the Meet Director, events may be modified or cancelled for the general benefit of the participating swimmers. SPMA ribbons 1st to 3rd in individual events.

Entry Fees: \$25 per swimmer flat fee. Pre-entries must be postmarked by Saturday, April 10th. Deck entries are \$30. Make check payable to SCAQ and mail with consolidated entry card and a copy of your 2004 USMS registration card to SCAQ, P.O. Box 66425, Los Angeles, CA 90066
Questions: Call the SCAQ Office at (310) 390-5700.

- 1 500 yd. Freestyle (Starts at 9:00 a.m.)
- * **Clinic instruction begins at 9:00 a.m.**
- 2 200 yd. Medley Relay (Starts at 10:30 a.m.)
- 3 200 yd. Individual Medley
- 4 50 yd. Freestyle
- * **Beginner 50 yd. Freestyle (Clinic event)**
- 5 100 yd. Breaststroke
- 6 50 yd. Backstroke
- 7 100 yd. Butterfly
- 8 100 yd. Freestyle
- * **Beginner 50 yd. Breaststroke (Clinic event)**
- * **Beginner 50 yd. Backstroke (Clinic event)**
- * **Beginner 50 yd. Butterfly (Clinic event)**
- 9 200 yd. Backstroke
- 10 200 yd. Butterfly
- 11 50 yd. Breaststroke
- 12 100 yd. Backstroke
- 13 50 yd. Butterfly
- * **Beginner 100 yd. Freestyle (Clinic event)**
- 14 200 yd. Freestyle
- 15 100 yd. Individual Medley
- 16 200 yd. Breaststroke
- 17 400 yd. Free Relay (Deck enter only)
- * **Beginner's 200 yd. Free Relay (Clinic event)**

**University of California-Irvine
SCY Regional Championships
April 30, May 1-2, 2004**

Sanction #334-008

Directions: UC Irvine's Anteater Aquatics Center, Irvine, CA. From I-405 southbound take 73 south, exit at University Dr. Turn left, go north 1/2 mile to California. Turn right on California, then left onto Academy, left again onto W. Peltason and left on Mesa Rd. (past the pool). From I-405 northbound, exit at Bison, turn right (north) then turn left at the signal (W. Peltason), then right at the stop sign (also W. Peltason), and left at Mesa Rd. Park in the Mesa Parking Structure. Exit the parking structure at the SW corner, and take the walkway between the Bren Center and the tennis courts. The pool will be on the left. Alternative parking is available in Lots 6 and 6a. Parking is \$5.00 per day. Some meters are available (15 minutes for 25¢). **Posted parking restrictions are enforced at all times.**

Friday, April 30

Warm-up 4:00 p.m., meet starts at 5:00 p.m.

1. Mixed 1000 yd. Free
2. Women's 400 yd. Ind. Medley
3. Men's 400 yd. Ind. Medley

Saturday, May 1

Warm-up 8:00 a.m., meet starts at 9:00 a.m.

- | | |
|------------------------------|--------------------------------|
| 4. Men's 200 yd. Free | 16. Men's 50 yd. Free |
| 5. Women's 200 yd. Free | 17. Women's 50 yd. Free |
| 6. Men's 50 yd. Fly | 18. Men's 200 yd. Back |
| 7. Women's 50 yd. Fly | 19. Women's 200 yd. Back |
| 8. Men's 100 yd. Back | 20. Men's 100 yd. IM |
| 9. Women's 100 yd. Back | 21. Women's 100 yd. IM |
| 10. Mixed 200 yd. Free Relay | 22. Men's 200 yd. Med. Relay |
| 11. Mixed 200 yd. Med. Relay | 23. Women's 200 yd. Med. Relay |
| 12. Men's 200 yd. Breast | 24. Mixed 400 yd. Free Relay** |
| 13. Women's 200 yd. Breast | 25. Women's 1650 yd. Free* |
| 14. Men's 100 yd. Fly | |
| 15. Women's 100 yd. Fly | |

Sunday, May 2

Warm-up 8:00 a.m., meet starts at 9:00 a.m.

- | | |
|--------------------------------|--------------------------------|
| 25. Men's 500 yd. Free | 35. Men's 50 yd. Breast |
| 26. Women's 500 yd. Free | 36. Women's 50 yd. Breast |
| 27. Men's 50 yd. Back | 37. Men's 100 yd. Free |
| 28. Women's 50 yd. Back | 38. Women's 100 yd. Free |
| 29. Men's 100 yd. Breast | 39. Men's 200 yd. IM |
| 30. Women's 100 yd. Breast | 40. Women's 200 yd. IM |
| 31. Men's 200 yd. Fly | 41. Mixed 400 yd. Med. Relay** |
| 32. Women's 200 yd. Fly | 42. Mixed 800 yd. Free Relay** |
| 33. Men's 200 yd. Free Relay | 43. Men's 1650 yd. Free* |
| 34. Women's 200 yd. Free Relay | |

*Limited to the first 40 entries

**Women's, Men's and Mixed seeded together. Swimmers may swim only one relay per event number.

Entries: Flat fee of \$35.00 if postmarked on or before Saturday, April 10th, 2004. Add \$10.00 late fee for all entries postmarked on or after April 11th. All entries must be RECEIVED by Friday, April 23rd, 2004. NO INDIVIDUAL DECK ENTRIES ARE ALLOWED. Swimmers who plan to swim in relays only may do so for a \$10.00 fee. Swimmers are limited to entering and swimming a total of 8 individual events for the entire meet (no more than 5 per day), plus relays. All fees are non-refundable. Receipt of entry will NOT be verified by phone. Send a SASE or stamped postcard for return receipt. Mail entries, entry card, proof of registration, and fees (payable to UC Regents) to: Masters Swimming, UCI - Crawford Hall, Irvine, CA 92697-4500.

Questions: Meet Director, Lucy Johnson, lucyj@uci.edu

USA Swimming Conference Highlights, Part II by Jessica Seaton

This is the second part of the highlights from the USA Swimming Conference on Sports Medicine and Sports Science that was held in September 2003.

A Comparison of Body Density and Center of Buoyancy in Competitive Swimmers and Full Body Suits was presented by Richard Hinrichs, Ph.D., Arizona State University. Previous studies had shown that the Speedo Fastskin suit decreased the passive drag effect in the water. This current study looked at full-body suits by Adidas, Arena, Nike, Speedo, and TYR, and compared them to a normal lycra suit (Speedo). Except for Adidas, all were full-body suits without arms. The Adidas suit had arms. All the suits were bought, not donated. The subjects consisted of 14 males and 16 females, with ages ranging from 18 to 36 years. All were swimmers.

The researchers first studied how the suits affect buoyancy in general. In men, all suits except the TYR were more buoyant than a conventional suit for the first minute. After 2 minutes only the Adidas, and Arena were more buoyant than the conventional suit, but less so than they were during the first minute. For women there was less variation than for the men. These suits were about one tenth as buoyant as a wet suit.

The second area the researchers explored had to do with a shift in the center of buoyancy. If the gravitational force and the center of mass are off center, the swimmer's feet tend to sink. Conversely, the closer together these are, the better one floats. Anecdotally many swimmers remark that their legs feel like they are floating in the suits with legs. For the men, who in general don't float as well, TYR was the only suit that provided an advantageous shift in the center of buoyancy. Women usually float better than men. The only suit that showed a significant statistical advantage for the women was the Adidas.

Strength, Power, and Swim Performance was presented by Joel Stager, Ph.D. Joel Stager runs the Counsilman Research Lab at Indiana University, the best known swimming research facility in the country. He presented some of the results of a seven-year study focusing on sprinting, especially the 50 free-style. Some of the highlights from his exciting and detailed talk included:

- Power (force times distance over time) per stroke is the strongest determinant of maximum swimming velocity.
- Men and women are similar in how they apply power per stroke, but men have more power and therefore faster velocity.
- Power differences between individual swimmers are more important for men in their swimming performances. Non-power measures account for more of the differences in women's performances.
- Body composition, as far as percentage fat, is not important as far as sprint performance (a correlation was not found). However, muscle mass is important: more muscle is positively correlated with more power, especially for men.
- Vertical jump ability does not correlate well as a velocity predictor.
- Boys and girls start differing a lot in their power by age 13 or 14.

- Taller swimmers with longer arms are generally faster, but more so for men than for women.
- Kicking may be more important than we think.
- Dry land strength training did not necessarily result in an increase in power in the water. Working with the research center's modified power rack did increase in-water power. However, this training only starts becoming effective at age 14 for girls and at 15 for boys.
- The problem with training in a drag suit is that the swimmer usually alters the stroke and swims more slowly. This defeats the purpose of the training, because to swim fast, the swimmer has to practice fast swimming.

Science and Medicine in Research and Training was presented by Jack Daniels, Ph.D. Dr. Daniels was a very entertaining speaker, with many stories related to his years as an Olympic athlete, coach, and scientist. He began by talking about what makes a champion: great ability (anatomical, biomechanical, and physiological) and high intrinsic motivation. Beyond these qualities, an athlete needs opportunities, such as facilities, competition, equipment, the ability to travel, direction from a positive coach, and good program. He explained that at some point you get as fit as you're going to get. After that, getting faster means improving your economy in the water (technique). In contrast to running, swimmers must expend a lot of energy to swim faster. Conversely, a swimmer only needs to slow down a little in order to save a lot of energy.

The purposes of training are: 1. to increase the available energy (better vascularization of the muscles; stronger heart), 2. improve speed (power, technique); 3. improve economy (technique); and 4. improve endurance. Every workout should have a purpose, i. e., improving endurance, speed, or economy.

Training and competing require focusing on the task at hand (concentration). Dr. Daniels encouraged swimmers to trust success and question defeat, and he cautioned that one learns more from losing a race than winning one. Accept your very best as your norm. As a final ingredient of success, Dr. Daniels mentioned luck!

Disordered Eating—Psychology versus Nutrition, Clinical Implications, and Identification and Coping Strategies for Coaches was presented by Kristen Martin and Rebecca Morgan, M.D. These speakers work primarily with female college students, but emphasized that disordered eating begins before college. While it is not primarily a problem of Masters swimmers, it may have been a problem for some when they were younger, or they may be the parents of a child with a potential eating disorder. Eating disorders, such as anorexia nervosa or bulimia, begin as disordered eating. Disordered eating can be any irregularity, from avoiding certain foods (i.e., carbohydrates), to eating only one meal per day. There is a spectrum from disordered eating to eating disorders. USA Swimming published a booklet on eating disorders/disordered eating authored by a task force of health professionals involved in swimming.

Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. She swims with West Hollywood Aquatics and is chair of the USMS Sports Medicine Committee. She can be reached at (310) 470-0282 or jseaton@aol.com.

Frank Piemme Inducted into Masters Swimming Hall of Fame

On January 26, 2004 Frank Piemme was inducted into the International Masters Swimming Hall of Fame (IMSHOF) in Fort Lauderdale. A retired mechanical engineer, since 1980, he has competed in five age groups (55-59 through 75-79) and set 49 Masters world records, primarily in freestyle and butterfly. Frank is a member of Santa Barbara Masters. Frank was the SPMA Swimmer of the Year in 2000 and 2002.

Madeleine Miller, 1910-2003 by Maurine Kornfeld

With the death of Madeleine Miller in November 2003, at the age of 93, Masters swimming and Coast Masters lost one of its most stalwart swimmers. Madeleine was acclaimed by SPMA as Swimmer of the Year for 2000, and wrote the record book for the 90-94 year old women's age group in the breaststroke events. She set USMS records in all long course meters breaststroke events that year.

Madeleine had swum with Masters in New Jersey before moving to Southern California. She was a self-taught swimmer, never having had a lesson in her life. She took up swimming when her children were grown and attended her last swim meet in Mission Viejo, where she resided. Madeleine was part of a 360+ world record-setting Coast Masters relay team in both of her last two swim meets, one long course and one short course meters.

When most seniors were hanging up their knitting needles, Madeleine was reaching out for new things. In her eighties and beyond, attended painting classes and was especially drawn to, and adept at, Chinese brush painting. She sang in a senior chorus, volunteered and participated in other community senior activities. Swim meets were always brightened up when Madeleine came wearing her bright rose, broad-brimmed straw hat and her engaging warm smile. We will miss them both and mourn her passing.

Swim meets were always brightened up when Madeleine came wearing her bright rose, broad-brimmed straw hat and her engaging warm smile. We will miss them both and mourn her passing.

'Doc' Counsilman, 1920-2004

James Edward 'Doc' Counsilman passed away in early January after suffering from Parkinson's disease for many years. Doc was recognized as one of the greatest coaches in swimming history, having trained Mark Spitz, Jim Montgomery, Gary Hall, John Kinsella, and many others. He made a science out of swimming and contributed in many ways to our sport. Doc competed at the age of 75 at the USMS Nationals in 1996 at DeAnza College in Cupertino, along with many of his former swimmers.



San Luis Obispo Masters Central Coast Classic LCM Meet Sunday, May 16th, 2004

Sanction number: 334-021

Directions: San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stop light), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take first left onto Laurel Lane and left onto Southwood Dr. (1st stop sign). Swim Center is one block at end of road, on the right. SLO Swim Center is an outdoor 8-lane 50-meter by 25-yard competition pool.

Entries: The pre-entry postmark deadline is Wednesday, May 5th, 2004. Age on December 31, 2004 determines age group for the meet. On deck registration permitted. Deck entries will close at 8:30 a.m. for the 1500 m Freestyle and at 11:30 a.m. for all other events.

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, 400 m Individual Medley, and the 400 m Freestyle.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 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.

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

Checks payable to: San Luis Obispo Swim Club (SLOSC)
Mail consolidated entry card and check to: SLO Swim Club-Central Coast Classic, Attn: Brian K. Alderman, P. O. Box 142, San Luis Obispo, CA 93401.

Questions: Meet Director, Brian Alderman (805) 543-9515. Meet Processing, Rich O'Neil.

Snack Bar: Hot and cold drinks, snacks, and food will be available.

Sunday, May 16, 2004

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. 200 m Freestyle

3. 50 m Butterfly

4. 100 m Backstroke

5. 200 m Medley Relay (men, women, or mixed)

6. 200 m Individual Medley

7. 50 m Breaststroke

8. 100 m Butterfly

9. 100 m Freestyle

10. 50 m Backstroke

11. 200 m Freestyle Relay (men, women, or mixed)

12. 100 m Breaststroke

13. 50 m Freestyle

14. 400 m Individual Medley (check in required)

15. 200 m Freestyle Relay (men, women, or mixed)

16. 400 m Freestyle (check in required)

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

Member At-large:

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

SPMA Office, Registrar, and Swimming News Editor

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

www.spma.net

SPMA Swimming News is published six times a year as an insert in the bi-monthly SWIM Magazine, for swimmers registered with Southern Pacific Masters Swimming.

©Southern Pacific Masters Swimming

Southern Pacific Masters Association Schedule

March	7	Caltech Pentathlon SCY Swim Meet
	11	SPMA Committee Meeting, Long Beach
	21	Mission Viejo SCY Swim Meet
	26-28	Southwest Zone Championships, Univ. of Arizona
April	3	UCLA SCY Swim Meet
	18	SCAQ SCY Swim Meet at Loyola
	22-25	USMS SCY Nationals, Indianapolis
	30, May 1-2	SPMA SCY Regionals, Univ. of Calif-Irvine
May	16	San Luis Obispo LCM Swim Meet
	29	Las Vegas LCM Swim Meet at Desert Breeze Pool
June	12	Santa Clarita LCM Swim Meet
July	10	Santa Barbara LCM Swim Meet
	31, Aug 1-2	SPMA LCM Regionals & SW Zone Champs, Mission Viejo
August	12-15	USMS LCM Nationals, Savannah, GA

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 (David 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 Butterfly
- Quick-Championship Winning Breaststroke
- 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