

March/April  
2005



## SPMA MASTERS SWIMMING

### Endless Summer of Swimming Long Course Nationals at Mission Viejo in August



Get ready, get set, take your mark! Looks who's coming to town this summer...

Mission Viejo Nadadores Masters are proud to be the host of the 2005 USMS Long Course National Championships. Over five days this August, Masters swimmers from around the United States and the world will compete for top billing in all strokes and distances.

*MYTH: I'm not fast enough to swim in Nationals, that's only for the elite!*

*TRUTH: USMS rules allow swimmers to enter three individual events without meeting any time standards, with the exception of the 800 and 1500 m freestyle events.*

The Long Course Nationals will be held at the Marguerite Aquatic Center in Mission Viejo, August 11-15. In its long history, the Aquatic Center has been the site of numerous USA Swimming Championship Meets.

Make sure to reserve Friday evening for the "California Beach Party" social at the beautiful Mission Viejo Lake. Enjoy lakeshore dining, live entertainment, and the magnificent Mission Viejo summer evening. The menu will feature a variety of delectable BBQ entrees, salads, and desserts.

Meet Director Mark Moore, coach of the Nadadores Masters, notes the benefits this meet will have for Southern Pacific Masters Swimming: "This is a great opportunity for all swimmers and clubs in our organization in Southern California to come together and participate, by swimming or volunteering in some way. Help us make this National Championship Meet a first-class experience for everyone."

Now is the time to get in shape and get ready for this meet. Get in fine racing form by entering some of our many scheduled meets. For more information contact the Mission Viejo Nadadores coach and meet director, Mark Moore, coach-mark@mastersmvnswim.org. Additional information can be found at [www.mastersmvnswim.org](http://www.mastersmvnswim.org).

#### *In this issue:*

- SCY Regional Championship meet entry
- SPMA Spring Swim Clinic information
- Wet Email Usernames

### SPMA Members Set Short Course Meters Records

Woody Bowersock: 50 and 1500 Freestyle, 50 and 100 Backstroke

Paul Carter: 400 Individual Medley, 50 Butterfly

Traci Granger: 50 Butterfly

Rita Simonton: 100 and 1500 Freestyle

Paul Smith: 200 Individual Medley, 50 Butterfly

Santa Barbara Masters: 200 Freestyle Relay (Frank Piemme, Grace Altus, Ruth Baar, and Jurgen Schmidt)

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

## **SAN LUIS OBISPO, SANTA BARBARA (North) and KERN**

ARROYO GRANDE: South County Aq Waves  
ATASCADERO: Team K-man  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO: TRISLO Roadrunners  
SAN LUIS OBISPO MASTERS

Alan Freeman (805) 458-0989; alanfreeman@digitalputty.com  
Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org  
Lance Cansdale (661) 664-2327; lcansdale@csu.edu  
Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org  
Doug Livengood (805) 239-3013; livengood@sbcglobal.net; northcountyaquatics.com  
Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com  
David McDevitt (805) 543-9515; swimcoachdjm@yahoo.com; www.sloseahawks.org

## **SANTA BARBARA (South) and VENTURA**

CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
THOUSAND OAKS: Daland Masters  
VENTURA AQUATIC CLUB  
VENTURA COUNTY MASTERS  
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com  
Malchia Olshan (805) 646-1091, malchiao@yahoo.com  
Jeremy Kipp (805) 637-0732; kipp11@juno.com  
Jon Bishop (805) 886-0050; jbishop@musicacademy.org  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
Bob Anderson (805) 654-6400 ext.1345; banderson@vccd.net  
Ken Grey (805) 644-1735; gobuena@aol.com  
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## **LOS ANGELES (North)**

LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS

Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Justin Davis (626) 203-6259; jdavis@rosebowlaquatics.org; www.rosebowlaquatics.com  
Doug Botton (661) 250-3766; dbotton@santa-clarita.com; pool: (661) 250-3766

## **LOS ANGELES (Westside)**

EL SEGUNDO MASTERS  
EL SEGUNDO: Play Hard Swim Hard  
LA WEST: UCLA Bruin Masters  
WEST HOLLYWOOD AQUATICS  
WOODLAND HILLS: Southwest Aq Masters

Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net  
Marcel Rinzler  
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
Brett MacKnight (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 (various locations): SCAQ  
LA MID WILSHIRE: Meridian Swim Club

Ricardo Espinoza (213) 639-7543; ricardoespinoza@ywcala.org  
Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Vanessa Mesia (310) 729-2971; mesiaullrich@juno.com; meridiansportsclub.com

## **LOS ANGELES (South Bay)**

HAWTHORNE: South Bay Swim Team  
LONG BEACH Swim Club  
CARSON/LOS ALAMITOS: Long Beach Grunions  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, www.southbayswimteam.org  
Tom Trapp  
Eric Grubb (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com  
Shari Twidwell (310)937-3535; shari@zapswimming.com  
Suzanne Schwarz (310) 534-2449; Suzanne.schwartz@earthlink.net

## **INLAND EMPIRE**

CHINO: Chino Valley YMCA Masters  
CORONA: CHAWP  
INDIO: Top Fin Aquatics  
MURRIETA: TEAM Masters  
YUCAIPA: Masters of Yucaipa

Julie Potocki (909) 597-7445; julie.cvmca@verizon.net  
Gregory Salvinski (626) 524-8924; greg@chawp.com  
Veronica Duran (760) 564-5000; laquintamike@aol.com  
Debbie Mone (909) 461-6603; coachdebbie@nctimes.net  
Denise Hoyt (909) 7958038; djhoyt@adelphia.net

## **ORANGE COUNTY**

COAST MASTERS  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH: Golden West Swim Cl.  
HUNTINGTON BEACH SWIM CLUB  
IRVINE NOVAQUATICS  
IRVINE: UCI Masters  
MISSION VIEJO MASTERS  
NEWPORT BEACH MASTERS  
NEWPORT BEACH: Lifeguard Association  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH: Team TYR  
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  
Kevin Perry (714) 871-9616; kperry@earthlink.net  
Elizabeth Bray (714) 892-7711 x55129; summalove@aol.com  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com  
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.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) 888-1268; markdesmond@highhopes.ws  
Jeni Buys (949) 706-9991; gojeni@aol.com  
Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com  
Mark Tierney (714) 639-7531; mtierney@socal.rr.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) 617-8130; flowery719@cox.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 for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

**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); use of any watch in competition; and 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.

*Check out our website  
www.spma.net  
for up-to-date information*

## 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 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____						Amt Rec'd _____	
	1500/1650 • •	Surcharge \$ _____						Date _____	
	• •	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

Non-SPMA swimmers please include your address:

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

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

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

## Mission Viejo Nadadores SCY Swim Meet Sunday, March 20th, 2005

Sanction #335-005

**Directions:** Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. From the north or south, take the I-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:** The pre-entry postmark deadline is Monday, March 14th, 2005. Deck registration is permitted. Deck entries will close at 8:45 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 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 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

**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.

**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 a total of \$30.00.

**Checks payable to:** Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2005 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #175, Mission Viejo, CA 92692.

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

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

### Sunday March 20, 2005

400 IM and 500 warm-up at 8:00 a.m.

500 starts at 9:00 a.m.

1. 500 yd. Freestyle (check-in required)
  2. 400 yd. Individual Medley (check-in required)  
Additional warm-up after 400 IM
- Event #3 will start no earlier than 11:00 a.m.
3. 200 yd. Freestyle
  4. 50 yd. Butterfly
  5. 100 yd. Backstroke
  6. 200 yd. Medley Relay (men, women, or mixed)
  7. 200 yd. Individual Medley
  8. 50 yd. Breaststroke
  9. 100 yd. Freestyle
  10. 100 yd. Butterfly
  11. 50 yd. Backstroke
  12. 200 yd. Freestyle Relay (men, women, or mixed)
  13. 100 yd. Breaststroke
  14. 50 yd. Freestyle
  15. 100 yd. Individual Medley
  16. 200 yd. Fun Fin Relay
  17. 1000 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 Men's Gym Pool Saturday, April 2nd, 2005

Sanction #335-006

**Directions & Parking:** UCLA Men's Gym Pool on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. Take the 405 Freeway to Sunset Blvd. east. Take Sunset approx. one 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:** The pre-entry postmark deadline is Saturday, March 26th, 2005. Age on April 2nd 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 two to a lane in the 500 yd. Freestyle.

**Relays:** Relay fee is \$2.00 per relay. Event #14, 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 on the deck. 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 medals for places 1 to 3 except relays. Relays receive SPMA ribbons.

**Entry Fees:** \$20 entry fee per swimmer. Relay only swimmers pay \$10. Deck entries are \$30. Make checks payable to UC Regents, mail consolidated entry card, a copy of your 2005 USMS card, and check to: P. O. Box 204, El Toro, CA 92609-0204.

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

### Saturday April 2, 2005

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.

Additional warm-up after 500

event #2 starts at 10:30 a.m.

2. 200 yd. Freestyle Relay
3. 50 yd. Breaststroke
4. 200 yd. Individual Medley
5. 100 yd. Butterfly
6. 50 Backstroke
7. 200 yd. Freestyle
8. 100 yd. Backstroke
9. 50 yd. Freestyle
10. 100 yd. Breaststroke
11. 100 yd. Freestyle
12. 50 yd. Butterfly
13. 100 yd. Individual Medley
14. 200 yd. T-shirt Relay

**SCAQ's Loyola Marymount University  
Swim Meet & Beginner's Clinic  
Sunday, April 17th, 2005**

Sanction #335-007

**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 the blocks for clinic event swims. Time will be set aside before the meet begins 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 2005 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 St. (approx. 1.5 miles). Turn right and continue to Loyola Blvd. Turn right and park in the 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:** 500 yd. Freestyle deck entries are due at 8:30 a.m., other deck events by 9:30 a.m. 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.

**Awards:** SPMA ribbons for places 1st to 3rd in individual events.

**Entry Fees:** \$25 per swimmer flat fee. Pre-entries must be postmarked by Saturday, April 9th. Deck entries are \$35. Make check payable to SCAQ and mail with consolidated entry card and a copy of your 2005 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)

# SPMA Spring Swim Camp

Sanction #335-061

**Hosted by : Mission Viejo Nadadores Masters**

March 18-20, 2005

A three-day swim camp for Masters swimmers, open water swimmers, triathletes and fitness swimmers wishing to improve their technique. Come to the beautiful Mission Viejo Nadadores aquatic center and experience three days of learning, workouts, socializing and fun with four very accomplished coaches and fellow swimmers. The Swim Camp will culminate in a swim meet where clinic attendees will have a chance to get a timed swim (optional) and try out what they have learned at the clinic. Enjoy the facility, swimming, friends, good food and social occasions during the Swim Camp.

## Topics Covered:

- Winning Freestyle
- Rhythmic Breaststroke
- Efficient Backstroke
- Faster Fly
- Individual Stroke Analysis
- Above Water Videotaping and Stroke Review
- Underwater Water Videotaping and Stroke Review
- Open Water Tricks and Race Strategies
- Triathlete-swimmer concerns
- Dry-land Exercises for Strengthening
- Stretching for Flexibility
- Workout Design
- Coaching Pointers

## Coaching Staff:

**Mark Moore:** Camp Director, Mission Viejo Masters Head Coach and 2004 SPMA Coach of the Year - BA Psy., MA Sport Psychology, ASCA Level 4 certification.

**Karlyn Pipes-Neilsen:** Camp Leader, Swim Coach & Motivational Speaker. Karlyn has over 15 years of extensive Masters coaching experience and holds hundreds of swimming records.

**Wayne McCauley:** SPMA Chairman, Nationally and internationally ranked swimmer for 18 consecutive years. National Champion and All-American titles in breaststroke. Holds the highest American Swimming Coaches Association's Level 5 certification.

**Nadine KM Day:** BS Ed, MPT. USMS Individual Medley World record holder, USMS record holder in several distance swims, Olympic trial qualifier, years of coaching experience with background in education and physical therapy.

Space is limited in order to ensure that everyone gets plenty of coaching attention! Online registration available through Active.com. For more information and sign-up instructions, please visit [www.mastersmvnswim.org](http://www.mastersmvnswim.org) or [www.spma.net](http://www.spma.net).

**Saddleback College Aquatics**  
**SCY Regional Championships**  
**April 22-24, 2005**

Sanction #335-008

**Directions:** 28000 Marguerite Pkwy. Mission Viejo, CA 92692. From the North or South on the I-5 Fwy. exit Avery. Turn east on Avery, cross Marguerite Parkway, and go left into the Avery entrance. Turn right on College Drive East. Pool is located on left side past the gym. Parking is available in Lots 4 and 7.

**Entries:** Flat fee of \$35.00 if postmarked before Monday, April 4, 2005. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Monday, April 4. All entries MUST be RECEIVED by 6:00 p.m. Friday, April 15. **No individual deck entries are allowed.** Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Swimmers are limited to entering a total of eight individual events for the entire meet and no more than five individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

**Seeding:** All individual events plus the 400 and 800 yd. relays will be seeded and swum slowest to fastest. The 200 yd. relays will be seeded by age group. Men and women will be seeded together for the 500, 1000 and 1650 yd. Freestyle and 400 yd. Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1650 yd. Freestyle may be limited to the first 50 entries at the discretion of the meet director.

**Timing:** Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

**Check-in:** Check-in is required for the 500, 1000 and 1650 yd Freestyle and the 400 yd. Individual Medley.

**Awards:** Individual: SPMA medals for places 1 to 3 and SPMA ribbons for places 4 to 6 for each age group and gender. Relays: SPMA medals for 1st place, SPMA ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top six teams, based on combined scoring for men and women, individual events plus relays.

**Entries:** Mail SPMA entry card, copy of your 2005 USMS card, and check payable to "Saddleback College Aquatics Foundation" to: SPMA SCY Championships, c/o Mark Moore, 25810-B Marguerite Parkway, #391, Mission Viejo, CA 92692.

**Questions:** Mark Moore, Meet Director, (949) 489-1847 or m.w.moore@cox.net.

**Friday, April 22**

Warm-up 4:00 p.m., meet starts at 5:00 p.m.  
1. 1650 yd. Freestyle (men, women)  
2. Women's 400 yd. Individual Medley  
3. Men's 400 yd. Individual Medley

**Saturday, April 23**

Warm-up 8:00 a.m., meet starts at 9:00 a.m.  
4. Women's 500 yd. Freestyle  
5. Men's 500 yd. Freestyle  
6. Women's 50 yd. Butterfly  
7. Men's 50 yd. Butterfly  
8. Women's 200 yd. Freestyle Relay  
9. Men's 200 yd. Freestyle Relay  
10. Women's 100 yd. Backstroke  
11. Men's 100 yd. Backstroke  
12. Women's 200 yd. Freestyle  
13. Men's 200 yd. Freestyle  
14. Women's 100 yd. Individual Medley  
15. Men's 100 yd. Individual Medley  
16. Mixed 200 yd. Medley Relay  
17. Women's 200 yd. Butterfly  
18. Men's 200 yd. Butterfly  
19. 400 yd. Medley Relay (men, women or mixed)\*  
20. Women's 50 yd. Freestyle  
21. Men's 50 yd. Freestyle  
22. Women's 100 yd. Breaststroke  
23. Men's 100 yd. Breaststroke  
24. 400 yd. Freestyle Relay (men, women or mixed)\*

**Sunday, April 24**

Warm-up 8:00 a.m., meet starts at 9:00 a.m.  
25. Mixed 1000 yd. Free  
26. Women's 100 yd. Butterfly  
27. Men's 100 yd. Butterfly  
28. Women's 50 yd. Breaststroke  
29. Men's 50 yd. Breaststroke  
30. Women's 200 yd. Backstroke  
31. Men's 200 yd. Backstroke  
32. Women's 200 yd. Medley Relay  
33. Men's 200 yd. Medley Relay  
34. Women's 100 yd. Freestyle  
35. Men's 100 yd. Freestyle  
36. Women's 200 yd. Breaststroke  
37. Men's 200 yd. Breaststroke  
38. Mixed 200 yd. Freestyle Relay  
39. Women's 50 yd. Backstroke  
40. Men's 50 yd. Backstroke  
41. Women's 200 yd. Individual Medley  
42. Men's 200 yd. Individual Medley  
43. 800 yd. Freestyle Relay (men, women, or mixed)\*

\*For events 19, 24 and 43 each swimmer may swim on only one relay (men, women, or mixed) per event.

## Santa Clarita Masters LCM Meet Sunday, May 8th, 2005

Sanction #335-021

**Directions:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Placerita Canyon Rd. Turn left under the bridge. Turn right on Sierra Hwy. Turn left on Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

**Entries:** The pre-entry postmark deadline is Saturday, April 30, 2005. Deck entries for the 1500 m Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on December 31, 2005 determines age for the meet.

**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 who 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.

**Entry Fees:** \$15.00 per swimmer flat fee. Deck entries allowed for a total of \$25.00.

**Checks payable to:** City of Santa Clarita. Mail consolidated entry card, a copy of your 2005 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

**Questions:** Doug Botton, (661) 250-3771, dbottom@santaclarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santaclarita.com.

### Sunday, May 8, 2005

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 Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 200 m Mixed Medley Relay

## Wet E-mail Usernames

by Julie Heather, Registrar

As registrar, in the course of processing registrations I often get a chuckle out of the usernames that swimmers choose for their e-mail addresses. A couple of years ago I printed a list and actually overheard people talking about it at a meet. So, back by popular request, updated with new addresses:

aquaman003  
beachbum2286  
breastroker  
fishswimfast  
fly2back  
flyswimmy  
getfitforyou  
h2obuggg  
h2ohappyfeet  
h2oswim3  
ilovethesea  
iswimsl0  
jimmcswim  
justswimjenn  
megster2swim  
n2swimng  
**n2zh2o ←my favorite**  
oceanswimmer  
oldswmr  
poolfoolla  
surferbum2000  
swimandfish  
swimbike\_run  
swimchicke  
swimer2  
swimfast  
swimgirl2000  
swimmingonly  
swiminsun4fun  
swimrboy  
swmbkrun42  
sloswimmer  
spdyswimmr  
triguyla  
waterdancer2  
waterwimp



Michael Heather, Mark Moore and Julie Heather (SPMA Registrar) discuss upcoming Long Course Nationals. Photo by Connie Barrett.

## SPMA Officers

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# Southern Pacific Masters Association Schedule

March	6	Caltech Pentathlon SCY Swim Meet
	20	Mission Viejo SCY Swim Meet
April	2	UCLA SCY Swim Meet
	17	SCAQ Loyola SCY Swim Meet
	22-24	SPMA SCY Regional Swim Meet, Saddleback
May	8	Santa Clarita LCM Swim Meet
	19-22	USMS SCY Nationals, Ft. Lauderdale, Florida
June	11 or 12	San Luis Obispo LCM Swim Meet (tentative)
July	9	Santa Barbara Masters LCM Swim Meet
August	11-15	USMS National LCM Swim Meet, Mission Viejo

For a complete, updated list of events, check [www.spma.net](http://www.spma.net) or call the SPMA office

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one tape or DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Tapes must be brought to the post office for return due to USPS security requirements. 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, and 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)
- 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)
- 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, and Balance: The Foundation of Championship Winning Swimming
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- American Red Cross Swimming and Diving Skills
- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD