

July/August  
2006



## SPMA MASTERS SWIMMING



### Jim McConica: Swimmer of the Year

by Tim Hedrick

Jim McConica of the Ventura County Masters has been named the recipient of the SPMA Swimmer of the Year award based on his strong performances in 2005. New to the 55-59 age group, McConica smashed an astonishing 16 world records during 2005. Jim was presented his award by SPMA Vice-Chair Steve Schofield and Board Director Trisha Commons during the 2006 Short Course Regionals meet in Santa Clarita.

McConica's 16 world records, just slightly less than half of all of the individual records available in the age group, were in the 200, 400, 800, and 1500 free, 200 back, 200 fly, and 200 and 400 IM events in both short and long course meters pools. McConica was also named one of 12

World Masters Swimmers of the Year for 2005 by Swimming World magazine.

All of the accolades aside, lifelong Ventura resident McConica is these days enjoying the fruits of his labor - a sparkling new community park and swim complex that his team, the Buenaventura Swim Club and Ventura County Masters, now call home. That is where he trains regularly twice a day, and for which he continues to lead the community fundraising drive. For his efforts, his VCM and BSC teammates have bestowed upon him more than once one of their highest unofficial honors and one that continually makes him smile - the Lane Two Swimmer of the Day (a.m. session). When McConica is the subject, the expectations, and the results, are a little bit higher.

### Victor Hecker: SPMA Coach of the Year

Victor Hecker, coach of the Las Vegas Masters, has been named the 2005 SPMA Coach of the Year.

Each year, under Hecker's leadership, the Las Vegas Masters host two swim meets and travel to regional and national competitions. His group includes recreational swimmers, triathletes, and competitive swimmers, all of whom benefit from his coaching.

Hecker has been coaching for more than four decades, yet incorporates new research and techniques into his workouts. His swimmers note his positive attitude and enthusiasm when he's on deck. His workouts range from predictable to unusual: The 100 yard zig-zag up and down the entire length of the pool always draws comments. He works with competitive swimmers to set goals and knows the importance of discerning the differences in each athlete and coaching to them, while

at the same time coaching the whole team.

The club's website states that "the goal of coaching is to guide, inspire and empower every athlete to realize and develop his or her potential."

Hecker coaches the Las Vegas Masters as a volunteer, receiving no financial compensation for the many early mornings on deck. His 'payment' comes from watching his swimmers exceed personal goals they never thought were possible.

Congratulations, Victor Hecker!

#### *In this issue:*

- 2006 LCM Regional and Zone Meet Information
- 2006 Open Water Swim Information
- Basic Exercise Physiology, by Jessica Seaton
- 2004-2005 Relay All-Americans

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

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

ATASCADERO: Team K-man  
Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org  
BAKERSFIELD: Golden Wave Masters  
Lance Cansdale (661) 654-2327; lcansdale@csub.edu  
BAKERSFIELD SWIM CLUB  
Keith Moore (661) 324-6026; www.bakersfieldswimclub.org  
PASO ROBLES: North County Aquatics  
Spencer Szejnkowski (805) 239-3013; spencersz@yahoo.com; northcountyaquatics.com  
SAN LUIS OBISPO MASTERS  
David Prodanovich (805) 543-9515; sloswimclub@sbcglobal.net; www.sloseahawks.org  
SAN LUIS OBISPO: Kennedy Club Masters  
Jennifer Griffin (805) 781-3488 x17; jenniferg@kennedyclubs.com  
SANTA MARIA: Santa Maria Swim Club  
Mike Ashmore (805) 928-9655; santamariaswim@verizon.net  
VALYERMO: slowtwitch.com  
Mark Montgomery (310) 990-1400; montyman007@hotmail.com, slowtwitch.com

## SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island  
Vic Anderson (805) 403-5425, delphiss@worldnet.att.net  
OJAI: Ojai Masters  
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net  
SANTA BARBARA: UCSB Masters  
Jeremy Kipp (805) 637-0732; jeremykipp@cox.net  
SANTA BARBARA MASTERS  
Jon Bishop (805) 886-0050; jonbishop71@yahoo.com  
THOUSAND OAKS: Conejo Simi Aquatics  
Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com  
THOUSAND OAKS: Daland Masters  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
VENTURA AQUATIC CLUB  
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net  
VENTURA COUNTY MASTERS  
Steve Witcher (805) 644-4752; switch1049@aol.com  
VENTURA: Rio Mesa Masters  
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## LOS ANGELES (North)

LANCASTER: Oasis Masters  
Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
PASADENA: Caltech Masters  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
PASADENA: Rose Bowl Masters  
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org  
SANTA CLARITA MASTERS  
Doug Botton (661) 250-3766; dbottom@santa-clarita.com; pool: (661) 250-3766

## LOS ANGELES (Westside)

CALABASAS: Calabasas Tennis & Swim Center  
Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com  
EL SEGUNDO MASTERS  
City of El Segundo (310) 524-2700 x2738  
LA WEST: UCLA Bruin Masters  
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
WEST HOLLYWOOD AQUATICS  
Mark Umbach (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org  
WOODLAND HILLS: Southwest Aq Masters  
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

## LOS ANGELES (Central and South)

LA: City of Los Angeles Masters  
Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
LA: Ketchum-Downtown YMCA  
Maritza Arevalo (213) 639-7436; martizaarevalo@ymcala.org  
LA: Los Angeles Swim Club  
Timothy Sharpe (310) 710-5248; tsharpe@hw.com  
LA (various locations): SCAQ  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
LA MID WILSHIRE: Meridian Swim Club  
Vanessa Mesia (310) 729-2971; mesiaullrich@juno.com; meridiansportsclub.com

## LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team  
Kathy Davids (310) 643-6523, www.southbayswimteam.org  
LONG BEACH: Alpert JCC  
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertsjcc.org, www.alpertsjcc.org  
LONG BEACH: Shore Aquatics  
Robert Lynn (562) 644-3883, european.house@aol.com, www.shoreaquatics.com  
CARSON/LOS ALAMITOS: Long Beach Grunions  
Eric Grubb (714) 547-9553; info@lbgrunions.com; www.lbgrunions.com  
MANHATTAN BEACH: Magnum Masters  
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattance.com  
RANCHO PALOS VERDES: Zenith Aquatics  
Shari Twidwell (310) 937-3535; shari@zapswimming.com  
TORRANCE : LA Peninsula Swimmers  
Beth Overstreet (213) 896-5632; beth.ford@mindspring.com

## INLAND EMPIRE

CHINO: Chino Valley YMCA Masters  
Terry Callies (909) 597-7445; julie.cvyymca@verizon.net  
CORONA: CHAWP  
Gregory Salvinski (626) 524-8924; greg@chawp.com; chawp.com  
MURRIETA: MESA Aquatic Masters  
Debbie Mone (951) 265-1454; msmone@msn.com  
WINCHESTER: Play Hard Swim Hard  
Marcel Rinzler  
RIVERSIDE: Riverside Aquatics Assn.  
Eric Tanner (951) 313-9274; er\_tanner@charter.net  
YUCAIPA: Masters of Yucaipa  
Joan Holmes (909) 446-1030; stephen\_joan\_holmes@yahoo.com  
WALNUT: Mt. San Antonio Masters  
Francis Neric (562) 713-4555, fneric@mtsac.edu

## ORANGE COUNTY

COAST MASTERS  
Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518  
FULLERTON: Cal State Univ-Fullerton  
Alex Nieto (714) 906-3039; split4me@hotmail.com  
FULLERTON: Community Competitive Aquatics  
Pete Snyder (714) 992-7128; staffwww.fullcoll.edu/psnyder  
FULLERTON: FAST Masters Team  
Kevin Perry (714) 871-9616; kperry@earthlink.net, fastswim.org  
HUNTINGTON BEACH: Golden West Swim Cl.  
Elizabeth Bray (714) 596-2327; elizabeth@ebray.net  
HUNTINGTON BEACH SWIM CLUB  
Buddy Belshe (949) 362-4727  
IRVINE NOVAQUATICS  
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com  
IRVINE: UCI Masters  
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.masterswim.uci.edu  
MISSION VIEJO MASTERS  
Mark Moore (949) 380-2552; swimoffice@mvnswim.org; mastersmvnswim.org  
NEWPORT BEACH: Pacific Coast Aquatics  
Mark Desmond (949) 595-8824; markdesmond@highhopes.ws  
NEWPORT BEACH: Team TYR  
Jeni Buys (949) 706-9991; gojeni@aol.com  
SAN CLEMENTE: San Clemente Swim Masters  
Rod Snyder rdsnyder4@cox.net  
TUSTIN: SOCAL Aquatics  
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com  
VILLA PARK: Orange Regional Comp. Aquatics  
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com  
YORBA LINDA: East Lake Eagle Rays  
Bill Peery (714) 701-9440; widepe@yahoo.com

## LAS VEGAS

HENDERSON Southern Nevada Masters  
Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net  
CITY OF LAS VEGAS MASTERS  
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com  
LAS VEGAS: Viva Las Vegas Masters  
Keith Hughes (702) 592-7805; keith@h2ovelocity.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 _____						<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">FOR OFFICE USE ONLY</th> </tr> <tr> <td>Amt Rec'd</td> <td>_____</td> </tr> <tr> <td>Date</td> <td>_____</td> </tr> </table>		FOR OFFICE USE ONLY		Amt Rec'd	_____	Date	_____
FOR OFFICE USE ONLY															
Amt Rec'd	_____														
Date	_____														
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____		Surcharge		\$ _____									
	1500/1650 • •	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: \_\_\_\_\_

**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 8th, 2006**

Sanction number: 336-023

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 68th year! Learn more at [www.semananautica.com](http://www.semananautica.com). Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

**Entries:** Pre-entry postmarked deadline: Thursday, June 29th. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2006 determines age group 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.

**Relays:** The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, 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:** There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$10.00 charge.

**Checks payable to:** Santa Barbara Swim Club

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Barbara Swim Club, P. O. Box 4125, Santa Barbara, CA 93140.

**Questions:** Santa Barbara Swim Club Office (805) 966-9757, [mastersmeet@sbswim.org](mailto:mastersmeet@sbswim.org). Meet Processing, Robert Mitchell, (949) 689-SWIM, [mitchellrobert@cox.net](mailto:mitchellrobert@cox.net)

**Saturday, July 8, 2006**

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle

Additional warm-up after 1500 m Freestyle

Event #2 starts at 11:00 a.m.

2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 200 m Butterfly
7. 50 m Breaststroke
8. 100 m Backstroke
9. 200 m Freestyle
10. 100 m Butterfly
11. 50 m Backstroke
12. 200 m Breaststroke
13. 50 m Butterfly
14. 200 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed; deck enter)

**2004-2005 Relay  
All-Americans**

**Coast Masters:** Dick Westerfield, Walter R Pfeiffer, Robert W Christians, Woody W Bowersock

**Los Angeles Peninsula Swimmers:** Jane E McCall, Kirsten F Bartholomew, Laurie Ayoob, Traci S Granger, Duncan McBride, Kenneth Shoor

**Long Beach Grunions:** Drew Giacobe, Kevin Clark, Charles Sandlin, Enrique Ochoa, Jacqueline Cole, Paige Welch, Neal Hanlin, Erik Scollon, Mike Capasso, Stephen Segreto, Thomas Boyd, Erik Nielson, Brian Kremers

**Mission Viejo Masters:** Jennifer A Batcheller, Ellyn M Cahill, Tami J Engel, Wendy Theders, Andrew M Garcia, Jiajia Wang, Steven G Litchfield, Arianna R Gardner, Serra L Kelley, Melinda H McClure, Kristine Palle, Jean Marie Garayburu, Mary L Woods, Sara A Radecki, Kelly M Wilkings, Justin Sandvig, Lisa Augerson, Brooke Martin, David Schmidt, Michael Jacob, Brendan Herlihy, Jennifer Connellan, Alicia Thornton, Amy Simpson

**Irvine Novaquatics:** Lucia M Minervini, Nina P Jordan, Debbie E Sutherland, Elizabeth P Deschenes, Brandy S Bounds, Kathleen Barris, Fiona C Petersen, Margaret J Reilly, Tord E Benner, Gerard Von Hoffmann, Paul V Carter, Steve D Sutherland, Ryan E Chapman, Tim P Shumate, Michael D Collins, Patrick J Dideum, Frank A Wasko, Felipe Delgado, Michele R Brown, Bernie Zeruhn, Brian C Pharris, Tracy L White

**South West Aquatic Masters:** David Strybel, Steven E Schofield, Parry O'Brien, Franz L Wise,

**Team TYR:** Rich E Saeger, Michael J Ruffner, Brad A Hibbard, Dan Wegner, Dean T Quintal

**UCI Masters:** Carrie L Gowan, Sara M Showalter, Ashley N De Paul, Aleah M Amr, Mai Tajima, Cherise A Carper

**UCLA Bruin Masters:** Julia Voitovitsch, Michelle K Phillips, Gina M Battaglia, Heather V Shannon

*Summer is here...please make  
sure to use sunscreen,  
sunglasses, and hats!*

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

# Mission Viejo Nadadores

## 2006 SPMA Regional and Southwest Zone LCM Championships

### Friday to Sunday, July 14th to 16th, 2006

Sanction number: 336-024

**Directions:** Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite.

**Fees:** Flat fee of \$40.00 if postmarked on or before Wednesday, July 5th or online entries completed before midnight on July 5th. Entries postmarked or submitted after midnight on July 5th will be subject to a \$10.00 late fee. *ALL ENTRIES WILL BE REJECTED IF NOT RECEIVED BY 8:00 p.m., Tuesday, July 11th.* On-line entries are encouraged. *NO INDIVIDUAL DECK ENTRIES ARE ALLOWED.* Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

**Seeding:** Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

**Timing:** Electronic timing will be used. The meet hosts will make every effort to provide one timer for each lane. Swimmers from all clubs are expected to assist with timing. Clubs may be assigned lanes for timing, based on the number of their swimmers participating in the meet. Swimmers in the next heat should assist by stepping forward and pushing a timing system button for the finish of the swimmer in the preceding heat.

**Check-in:** Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM.

**Awards:** Individual: Custom medals for places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Relays: Custom medals for 1st place, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 teams, based on combined scoring for men and women, individual events plus relays, including mixed relays.

**Entries:** Mail entry card, copy of USMS card, and check (payable to Mission Viejo Nadadores) to: MVN Masters Swimming, 25108-B Marguerite Parkway PMB #391, Mission Viejo, CA 92692. Receipt of entry will *NOT* be verified by phone. Send a SASE or stamped postcard for return receipt. On-line entries will be accepted at [www.mastersmvnswim.org/2006SWZone.htm](http://www.mastersmvnswim.org/2006SWZone.htm).

**Social Event:** MVN is planning a meet social at Casta Del Sol Golf Course across the street from the pool on Saturday evening. Enjoy steak, chicken, or pasta in a relaxing environment with music. Tickets are \$15 and limited to 75 people.

**Questions:** Call (949)489-1847 or send an email to Mark Moore: [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org)

#### Friday, July 14th

**Warm-up at 2:00 p.m.**

**Meet starts at 3:00 p.m.**

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men)

#### Saturday, July 15th

**Warm-up at 7:00 a.m.**

**Meet starts at 8:00 a.m.**

Check-in for the 400 m Freestyle will close at 7:30 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay\* (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Ind. Medley
15. Men's 200 m Ind. Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay\* (Women, Men, Mixed)
19. 800 m Freestyle Relay\* (Women, Men, Mixed)

#### Sunday, July 16th

**Warm-up at 7:00 a.m.**

**Meet starts at 8:00 a.m.**

Check-in for the 800 m Freestyle will close at 7:30 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

**\*Relays:** A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at [www.spma.net](http://www.spma.net).

**Newport Beach Lifeguards  
Balboa-Newport Pier-to-Pier  
Saturday, July 8th, 2006**

Sanction number: 336-031

**Distance:** 2 miles

**Location:** Start from the beach next to the Balboa Pier.

Swim to a buoy offshore and then up the coast to a buoy just off the Newport Pier. Round the buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

**Check-in:** Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

**Entries:** Pre-registration is \$20 (includes a T-shirt) and is due by Wednesday, July 5th. Race day registration is \$25. Souvenir T-shirts are \$10.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

**Additional Information:** Nadine Turner, nadine-turner3@cox.net; 949-640-5350; www.newportlifeguard.org

**Santa Barbara  
Semana Nautica 6-mile  
Sunday, July 16th, 2006**

Sanction number: 336-032

**Distance:** 6 miles

**Location:** Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach, carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers ONLY! Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

**Check-in:** Registration is at 7:30 a.m. The swim starts at 9:00 a.m.

**Entries:** Pre-registration is \$30 and entries must be received by Tuesday, July 11th. No beach entries. T-shirts are \$15.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

**Additional Information:** Jane Cairns, (805) 886-8123, janeswims@juno.com

**Seal Beach Swim Club  
37th Seal Beach Rough Water Swim  
Saturday, July 15th, 2006**

Sanction number: 335-035

**Distance:** 1-mile and 3-mile events.

**Location and directions:** Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

**Check-in:** Check-in starts at 6:30 a.m. for the 3-mile swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check in is by 8:00 a.m. with an approximate 9:30 a.m. start time.

**Entries:** Pre-registration is \$25 and must be postmarked by Friday, July 30th. Add \$5 if postmarked after June 30th and on race day. The Original Seal Beach RWS T-shirt is available for \$12 with pre-entry or \$15 on race day.

To enter, send a copy of your USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

**Additional Information:** Maria Fattal, (562) 430-1092; www.sealbeachswimclub.org

**Don Burns  
Corona del Mar 1-mile Swim  
Saturday, August 26th, 2006**

Sanction number: 336-034

**Distance:** 1 mile from the Corona del Mar jetty to the secluded cove of Little Corona and back.

**Location:** From the north: Take Hwy 73 to MacArthur Blvd. and follow it to Pacific Coast Hwy. Turn left to Marguerite Parkway. Turn right on Marguerite then right again at Ocean Blvd. This will take you to a large driveway down to the city parking lot on the beach (\$10) or park on the street and walk down. From the south: Take Hwy 73 to Newport Coast Rd. Turn left and follow it to Pacific Coast Hwy. Turn right to Marguerite Parkway and follow directions above.

**Check-in:** Registration is at 9:15 a.m. at Lifeguard Tower #3 (next to the jetty). The swim starts at 10:00 a.m.

**Entries:** Entries are \$25 and include a T-shirt. Additional T-shirts are \$10.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A., c/o Nadine Turner, One Giverny, Newport Coast, CA 92657.

**Additional Information:** Nadine Turner, (949) 640-5350, nadine-turner3@cox.net.

**Naples Island Swims  
Sunday, July 30th, 2006  
CANCELLED**

For a complete list of open water events in the Southern California area, including those not sanctioned by SPMA, visit:

***www.spma.net***  
*Click on Ocean Events*

# Basic exercise physiology as it relates to training

by Jessica Seaton

Training is an integral part of every workout. Understanding the physiology will help you tailor your routine to your swimming goals. Your training will depend on whether you are training for sprints, middle distance events, or even open water swims. How you train will be affected by your level of fitness when you start out, your genetic make-up, and how much time you can devote to swimming. The goal of a training program is to improve performance by affecting structural, functional, and psychological changes in response to specific demands. These changes are referred to as *adaptations*.

The body responds to a demand, or an exercise *overload*, by adapting. If more strength is required for a particular task, the body will ideally respond by building stronger muscles. If more endurance is required, the body will improve its ability to provide oxygen and nutrients to the muscles while optimizing the muscle's ability to utilize them. Conversely, if you always swim the same workout with the same amount of effort, you're not going to get any faster.

An adaptive physiological response is a two-step process: (1) an initial breakdown in structure and function, *catabolism*, occurs, which sets in motion (2) *anabolism*, the repair and rebuilding phase. Together, anabolism and catabolism, are referred to as *metabolism*. In a healthy training program, a balance is created. If not enough time and rest or proper nutrients are provided, catabolism may dominate, and overtraining occurs. Aside from hereditary factors, age can affect how a swimmer responds to training. The metabolism is slower and as a result, the repair process is also slower. Whereas a younger swimmer may respond to a particular overload in training, an older swimmer may end up broken down with too little time to recover before the competition, or, even worse, injured. Older swimmers need to replace some quantity with quality. However, each swimmer has to discover what the ideal quantity is for him or her.

One of the cornerstones of training is the concept of *specificity*. Your body adapts in a very specific way to the type of overload to which it is exposed. If your workouts consist mainly of freestyle, your freestyle will benefit and your breaststroke won't.

The most important aspects of pool training are:

1. Technique
2. Endurance
3. Power
4. Psychological factors

## 1. Technique

All the endurance, power, and mental toughness will not make up for poor technique. In swimming technique is more critical than in running, because of the water resistance. A slight shift in body rotation or elbow angle can mean more power with each stroke and less drag, and therefore faster times. Good technique is also crucial in preventing injuries. Technique is improved by doing drills, evaluation (by video taping and/or an observant coach), and practicing good technique.

## 2. Endurance

All swimming events require some degree of endurance, with 50s requiring very little and 1500s requiring more. Your endurance will be determined by how long your body, usually meaning your muscles, but it may also be your heart, or even your spine, can continue to do a particular activity. Muscles require energy to perform. The energy is provided to muscles in the form of adenosine triphosphate, or ATP.

During the first 4 to 6 seconds, most of the ATP is from the breakdown of creatine phosphate. This energy pathway is known as the ATP-CP system, providing more power than other systems. Those athletes who are supplementing their diet with *creatine* are trying to boost their performance by increasing the available energy during the first few seconds. If creatine is going to have a positive effect on performance, it would be during these first 6 seconds. The research has been mixed in regards to swimming and creatine, and any if anyone would benefit, it would be sprinters. After 6 seconds, energy from the ATP-CP dimin-

ishes greatly, with power output decreasing by about a third, and is negligible by 20 seconds. A swimmer can make the most of these first 5 seconds by working on his or her breakout stroke.

After about 5 seconds, the muscles primarily use glycogen (long chains of glucose molecules) for energy and to recycle ATP. This can occur with oxygen, aerobically, or without oxygen, anaerobically. Anaerobic metabolism kicks in first, and is able to produce energy faster than aerobic metabolism. It is the dominant energy system in events shorter than a minute. Lactic acid is a byproduct of anaerobic metabolism. Some of it is transported out of the muscle, with the remaining contributing to muscle fatigue.

Aerobic metabolism uses oxygen and glycogen (carbohydrate) to provide energy and replenish ATP. It is a slower process than anaerobic metabolism. Aerobic metabolism provides about 20% of the energy in events between 20 and 30 seconds, a little more than 50% in events 1.5 to 3 minutes, and close to 80% in events lasting 15 or 20 minutes. During the first 10 minutes of aerobic metabolism, most of the energy is from the breakdown of glycogen and glucose. After 10 minutes, fat begins to be broken down and converted to glucose. By 20 minutes approximately 7% of the energy is coming from fat. At 3 hours, more energy is coming from fat than glycogen. Breaking down fat is the slowest way to get energy.

You need to use both the anaerobic and aerobic systems for most swimming events. Swimmers should remember that your body can only sustain an all-out effort for about 30 seconds. This is because all-out effort uses the anaerobic system. For events long than 30 seconds you should pick a speed that can sustain, using both aerobic and anaerobic systems. If you are a distance swimmer, more of your training should be directed toward endurance. This will include long swims, or short rest-moderate distance repeats, swimming at 70-80% perceived exertion, utilizing the aerobic system. If you are a sprinter, being able to swim ten 100s on a short rest interval won't contribute much to your speed, although it could help your endurance. You will need to add in some short all-out efforts (90-100% effort) with longer rest, so that the efforts are truly all-out. Sprinters can benefit from some endurance training and distance swimmers from sprint training.

## 3. Power

Strength and speed both contribute to power. Dryland training with weights is one way to improve power by increasing strength. Power can also be improved by increasing speed, by swimming short distances all-out. Examples are: swim the first half of a 25 hard, working on the breakout stroke, or swim 12 yards easy and sprint into the wall. Good starts and turns also depend on power. Jumping drills and squats are two dryland exercises that can contribute to more powerful starts and turns.

## 4. Psychological

Focus and drive are important both in workouts and during competition. If you are preoccupied and can't concentrate on your swimming, even the most terrific workout will seem like a chore and pointless. You will get the most out of a workout if you find something to focus on in each practice, be it technique or sprint ability. Swimming in meets prior to a big competition also helps you to adapt psychologically to competition. As Masters swimmers, we need to pay to our bodies and our minds. If we're not swimming well, then we also need to look at our life outside the pool. If we're swimming well, then we must be doing something right!

Good luck to those competing in Chicago at the Gay Games and those competing in Stanford at the FINA Masters World Championships!

*Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics since 1990. She can be reached at (310) 470-0282 or jseaton@aol.com.*

## SPMA Officers

Chairman:

Wayne McCauley  
4001 Inglewood Ave. Ste 101-256  
Redondo Beach, CA 90278  
(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  
mary@spma.net

Treasurer:

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

Member At-Large:

Connie Barrett  
57 Le Mans  
Mission Viejo, CA 92692  
(949) 215-2754  
connieb@cb-design.net

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

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

©Southern Pacific Masters Swimming

## Southern Pacific Masters Association Schedule

July	8	Santa Barbara LCM Swim Meet
	8	Balboa-Newport Pier-to-Pier 2-mile Open Water Swim
	13	SPMA Committee Conference Call
	15	Seal Beach 1- and 2-mile Open Water Swims
	14-16	SPMA LCM Regionals and Zone Championships, Mission Viejo
	16	Santa Barbara Semana Nautica 6-mile Open Water Swim
	<del>30</del>	<del>Long Beach Naples Island Open Water Swims CANCELLED</del>
August	6-11	FINA World Masters Championships, Stanford, California
September	13-17	United States Aquatic Sports Convention, Dearborn, MI
October	1	Mission Viejo SCM Swim Meet
	14	UCLA SCM Swim Meet
November	4	Santa Clarita SCM Swim Meet
	19	Pierce College Turkey Shoot SCM Swim Meet
December	1-3	SPMA SCM Regional Swim Meet, Long Beach Grunions

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 the tapes are not returned. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. All titles below are VHS format videos unless followed by "DVD." Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Titles available for rental include:

- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- 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)
- 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)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- 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-Championship Winning Walls: Turns for All Strokes
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Quick-Swimalates: Pilates for Swimmers
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, and Balance: The Foundation of Championship Winning Swimming
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt) DVD
- Go Swim, Butterfly with Misty Hyman DVD
- Go Swim, Freestyle and Backstroke Drills DVD
- Go Swim Breaststroke with Dave Denniston DVD
- Go Swim Breaststroke with Amanda Beard DVD
- Go Swim Breaststroke Turns & Pullouts with Dave Denniston DVD
- Go Swim Breaststroke Drills with Staciana Stitts and Dave Denniston DVD