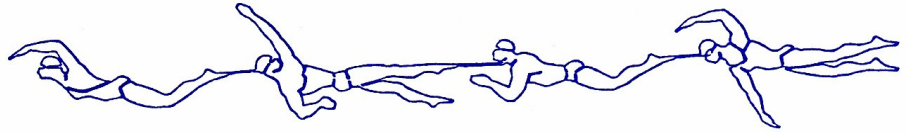


March/April
2006



SPMA MASTERS SWIMMING

Call for Nominations: 2005 SPMA Coach of the Year by Wayne McCauley

It is time again to honor the coaches who stand out on deck in the early morning or late evening hours, in the cold and rain, or heat of the sun. We'd like to accept nominations for the 2005 SPMA Coach of the Year award. The winner's nomination will be forwarded to the USMS Coaches Committee for consideration as USMS Coach of the Year for 2005.

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 are 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; 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/or 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, 2006 and should be submitted to the SPMA office by email (pdf, Word, or text file) at registrar@spma.net. Total size for the file(s) must not exceed 1 MB per application. It would be appreciated if it is submitted as one packet, instead of numerous emails. 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>

Previous SPMA Coach of the Year Winners

2004 Mark Moore
2003 Mark Moor
2002 Carole Shigaki
2001 Michael Collins
1999 Brandon Seider
1998 John Kocker
1997 Gerry Rodrigues and Rick Goeden
1996 Gary Reese
1995 Philip Hayman

In this issue:

- 2006 Short Course Yard meet entry information
- Review of Go Swim breaststroke videos by Wayne McCauley
- 2006 FINA Masters World Championships by Shannon Sullivan
- Updated Video and DVD listing (back page)

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO MASTERS
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club
VALYERMO: slowtwitch.com

Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org
Lance Cansdale (661) 654-2327; lcansdale@csub.edu
Keith Moore (661) 324-6026; www.bakersfieldswimclub.org
Doug Livengood (805) 239-3013; livengood@sbcglobal.net; northcountyaquatics.com
David Prodanovich (805) 543-9515; slowswimclub@sbcglobal.net; www.sloseahawks.org
Jennifer Griffin (805) 781-3488 x17; jenniferg@kennedyclubs.com
Mike Ashmore (805) 928-9655; santamariasmw@verizon.net
Mark Montgomery (310) 990-1400; montyman007@hotmail.com, slowtwitch.com

SANTA BARBARA (South) and VENTURA

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

Vic Anderson (805) 403-5425, delphiss@worldnet.att.net
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Jeremy Kipp (805) 637-0732; jeremykipp@cox.net
Jon Bishop (805) 886-0050; jonbishop71@yahoo.com
Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
Steve Witcher (805) 644-4752; switch1049@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
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org
Doug Botton (661) 250-3766; dbotton@santa-clarita.com; pool: (661) 250-3766

LOS ANGELES (Westside)

CALABASAS: Calabasas Tennis & Swim Center
EL SEGUNDO MASTERS
EL SEGUNDO: Play Hard Swim Hard
LA WEST: UCLA Bruin Masters
WEST HOLLYWOOD AQUATICS
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Marcel Rinzler
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
Mark Umbach (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)

LA: Ketchum-Downtown YMCA
LA: Los Angeles Swim Club
LA (various locations): SCAQ
LA MID WILSHIRE: Meridian Swim Club

Maritza Arevalo (213) 639-7436; martizaarevalo@ymcala.org
Timothy Sharpe (310) 710-5248; tsharpe@hw.com
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: Alpert JCC
CARSON/LOS ALAMITOS: Long Beach Grunions
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, www.southbayswimteam.org
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertsjcc.org, www.alpertsjcc.org
Eric Grubb (714) 547-9553; info@lbgrunions.com; www.lbgrunions.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Beth Overstreet (213) 896-5632; beth.ford@mindspring.com

INLAND EMPIRE

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

Julie Potocki (909) 597-7445; julie.cvmca@verizon.net
Gregory Salvinski (626) 524-8924; greg@chawp.com; chawp.com
Veronica Duran (760) 564-5000; laquintamike@aol.com
Debbie Mone (951) 265-1454; msmone@msn.com
Joan Holmes (909) 446-1030; stephen_joan_holmes@yahoo.com

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: Lifeguard Association
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
SAN CLEMENTE: San Clemente Swim Masters
TUSTIN: SOCAL Aquatics
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; kperrysswim@earthlink.net, fastswim.org
Elizabeth Bray (714) 596-2327; elizabeth@ebray.net
Buddy Belshe (949) 362-4727
Mike Collins (949) 338-6682; mcollins@multisports.com; www.novaquatics.com
Lucy Johnson (562) 431-0052, lucyj@uci.edu; www.mastersswim.uci.edu
Mark Moore (949) 380-2552; swimoffice@mvnswim.org; mastersmvnswim.org
Jim Turner (949) 640-5350; nadineturner3@cox.net
Mark Desmond (949) 595-8824; markdesmond@highhopes.ws
Jeni Buys (949) 706-9991; gojeni@aol.com
Rod Snyder rdsnyder4@cox.net
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Bill Peery (714) 701-9440; widepe@yahoo.com

LAS VEGAS

HENDERSON Southern Nevada Masters
CITY OF LAS VEGAS MASTERS
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
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

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.

Caltech Pentathlon SCY Swim Meet Sunday, March 5th, 2006

Sanction number: 336-001

Directions: The Caltech facility is an outdoor, eight-lane, 25-yard, all deep pool with a separate 25-yard warm-up pool. 1201 E. California Blvd, Pasadena. Take Hill Ave south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. North until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech. Parking is free on weekends.

Entries: The pre-entry postmark deadline is Friday, February 24th, 2006. Deck entries close at 9:15 a.m. sharp!

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

Entry Fees: \$20 flat fee per swimmer. Deck entries are allowed for \$30. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: Caltech Masters

Mail consolidated entry card, a copy of your 2006 USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave, Pasadena, CA 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536.

Sunday, March 5, 2006

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

SPMA 2005 Short Course Meters Record Breakers

The following SPMA members broke World or USMS National records during the 2005 SCM season:

Brian Alderman (SBM) *50 butterfly*

Woody Bowersock (CM) *50 backstroke*

Traci Granger (LAPS) *50 butterfly*

Jim McConica (VCM) *200, 400, 800 and 1500 freestyle, 200 and 400 individual medley, 200 butterfly, 200 backstroke*

Oswaldo Quevedo (UNAT) *50 butterfly*

Mike Shaffer (VCM) *400, 800 and 1500 freestyle*

Bernie Zeruhn, Gerard Von Hoffmann, Paul Carter, Tim Shumate, *NOVA 160-199 400 medley relay*

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

SPMA Swimming News, March/April 2006

Mission Viejo Nadadores SCY Swim Meet Sunday, March 26th, 2006

Sanction number: 336-004

Directions: Mission Viejo Pool is an outdoor, 25 yd. by 50 m competition pool at the 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. No tennis parking on Marguerite allowed.

Entries: The pre-entry postmark deadline is Monday, March 20th, 2006. Deck registration is permitted. Deck entries will close at 8:00 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 \$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 a total of \$30.00.

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2006 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 26, 2006

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

500 starts at 8:30 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)

**UCLA Bruin Masters
SCY Meet at the Student Activity Center
Saturday, April 8th, 2006**

Sanction number: 336-005

Directions & Parking: UCLA Student Activity Center (formerly the 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 31st, 2006. Age on April 8th 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. 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. 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.

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. Make checks payable to UC Regents, mail consolidated entry card, a copy of your 2006 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 8, 2006

Warm-up at 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

Get Ready for the XI FINA World Masters Championships

by Shannon Sullivan

On behalf of the Local Organizing Committee, we would like to welcome all of you, and your families, to the Bay Area this summer for the XI FINA World Masters Championships 2006 in Stanford, California. Swimmers, water polo players, divers, synchronized and open water swimmers from North, Central and South America, Africa, Europe, Russia, China, Japan, Australia and New Zealand will be competing at the magnificent Avery Aquatic Center in Palo Alto.

The training schedule begins Tuesday, August 1st with the Opening Ceremonies for all disciplines commencing on Thursday, August 3rd. Swimming competition is August 4th until 10th, water polo August 6th to 10th, with the Closing Celebrations for both on August 10th. Friday, August 11th will be highlighted by a 3 km open water swim in Alameda Bay, and a special event, the Escape from Alcatraz swim, is scheduled for August 12th.

The training schedule for diving and synchronized swimming begins August 11th, with the 1 and 3 meter springboard competition August 13-15, platform August 16th, technical routines August 13-14, free routines and solos August 15th, free routines and duets August 16th, and free trios and teams August 17th. The Closing Celebrations for all sports will be on August 17th.

If you have not already registered, please visit the official website at www.2006FINAMasters.org. There you will find detailed information regarding the competition registration specifics, entry forms, air, hotel and car rates, local transportation and touring, special events and sponsorship benefits.

Please note that you can change your entry times up until the deadline June 3rd.

You must be affiliated with a club. If you are unattached, and would like to compete in this meet, you can swim as a member of team SPMA. This club will have no relays and no fees (except the regular registration or transfer fees that apply to all members). It exists to satisfy the requirements that swimmers must compete for a club.

So get going, get training, and get up to Stanford for what we hope will be the best World Championships ever!

See you there!

Santa Clarita Masters SCY Regional Championships April 21-23, 2006

Sanction number: 336-006

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 Golden Valley Rd. Turn left onto 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: Flat fee of \$40.00 if postmarked before Monday, April 10th. Add a \$10.00 late fee for all entries *postmarked* after Monday, April 10th. All entries *must be received* by 6:00 p.m. Friday, April 14. **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 received (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 2006 USMS card, and check payable to City of Santa Clarita to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors, Doug Botton, (661) 250-3771, dbotton@santa-clarita.com; Jon Terwilliger, jonterwilliger@gmail.com. Mike Coash, (661) 250-3760, mcoash@santa-clarita.com.

Friday, April 21, 2006

Warm-up at 2:00 p.m., meet starts at 3:00 p.m.

1. 1650 yd. Freestyle (men, women)
2. Women's 400 yd. Individual Medley
3. Men's 400 yd. Individual Medley

Saturday, April 22, 2006

Warm-up at 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 23, 2006

Warm-up at 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.

New Additions to the SPMA Library by Wayne McCauley

SPMA has four new breaststroke DVDs from Go Swim. They are: *Breaststroke with Dave Denniston*; *Breaststroke with Amanda Beard*; *Breaststroke Drills* (Staciana Stitts and Dave Denniston) and *Breaststroke Turns & Pullouts*. So many choices and most of us have so little time.

I have been described as a breaststroke guru, having seen almost every breaststroke video produced over the last 25 years and, as an American Swim Coaches Level 5 coach, USMS National Champion and All-American in breaststroke I study this stroke with great care. These are among the best videos ever produced with water so clear you can see every movement. Each focal point is illustrated from multiple angles, and slow motion and freeze frame are used with great effect. But what really makes these DVDs special are the athletes used and the techniques demonstrated by these great breaststroke swimmers.

If I had to pick just one breaststroke video to view, my choice would be *Breaststroke with Amanda Beard*. She demonstrates better than any swimmer ever the importance of streamlining, with her stroke returning to the basics we were all taught, i.e., pull, kick and glide. She streamlines so well during the glide that she took as many as ten strokes less than her competitors during the last fifty of the 200 meters when she broke the world record. This DVD teaches the six key focus points in less than 30 minutes, so you will not get distracted or bored. She admits there are portions of her stroke that are not conventional or perfect, but work for her. As a coach, I feel Staciana Stitts had better form, but Amanda used her better streamlining to win both the 100 and 200 meters breaststroke at the 2004 Olympic Trials, and set the World Record in the 200.

Men may feel more comfortable with the style of *Breaststroke with Dave Denniston*. In general,

men are just not as flexible as Amanda, and Dave Denniston employs the same six key focus points with a slightly different perspective. His technique is near perfection in every aspect of the stroke, so overall you may copy better technique from this DVD. There is also some additional demonstration of turns, making this the best value if only viewing one DVD.

Now if your primary stroke is breaststroke and you love new drills, *Breaststroke Drills* with Staciana Stitts and Dave Denniston is perfect. Many of these drills are refinements of the Total Immersion body dolphin drills, but explained better and certainly with the best technique ever shown on DVD. One of my favorite drills had been swimming body dolphin breaststroke one length underwater. But watching it swum underwater upside down was a new treat! This is the perfect DVD for coaches and breaststroke nuts.

Breaststroke Turns & Pullouts uses five steps to learn fast turns and a powerful pullout. I highly recommend this to anyone who has trouble with these important parts of breaststroke. Forty percent of a 200-yard breaststroke is composed of pullouts and turns. Many seconds can be made up by improving this part of your stroke.

Go ahead and check these DVDs out, you will enjoy them and learn at the same time. Better yet, purchase the ones you like best, and share them with your coach and teammates. These DVDs will help you enjoy swimming breaststroke.

Wayne McCauley is the SPMA Chairman and an ASCA Level 5 Coach

SPMA Committee Sets Meetings for Year

The SPMA Committee has set the schedule of meetings for 2006. We will have three in-person meetings supplemented by conference calls. Additional conference calls may be scheduled if needed.

- March 23rd, Sherman Oaks
- May 11th, Conference Call
- July 13th, Conference Call
- August 24th, Long Beach
- November 16th, Pasadena, Annual Meeting

All members are welcome to attend meetings. Please contact the SPMA Office for additional information.



Long Beach Grunions hard at work at the registration table during the Short Course Meters Championships in December at Belmont Plaza. [Photo by Connie Barrett.]

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Southern Pacific Masters Association Schedule

March	5	Caltech Pentathlon SCY Swim Meet
	23	SPMA Committee Meeting, Sherman Oaks
	26	Mission Viejo SCY Swim Meet
April	8	UCLA SCY Swim Meet
	8-10	SCY Zone Championships, La Jolla
	21-23	SPMA SCY Regional Swim Meet, Santa Clarita
May	11-14	USMS SCY Nationals, Coral Springs, Florida
	11	SPMA Committee Conference Call
June	24	Las Vegas LCM Swim Meet
July	8	Santa Barbara LCM Swim Meet
	13	SPMA Committee Conference Call
	15-16	Mission Viejo LCM Regional and Zone Swim Meet
August	6-11	FINA Masters World Championships, Stanford, California

For a complete, updated list of events, check 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