



## SPMA MASTERS SWIMMING

### Steve Schofield Awarded SPMA Distinguished Service Award by Julie Heather



When swimmers think of SPMA, they think of Steve Schofield (Southwest Aquatic Masters) and his white pith helmet. He is a welcome fixture at every swim meet, committee meeting, and national convention. I say welcome because he is like a father figure to all of us, a mentor, someone we are always happy to see.

Steve has held every leadership position in Southern Pacific Masters Association, but most importantly he has developed others to continue his legacy in Masters swimming. Over several decades he has used his teaching skills to bring forth the abilities of others. Although Steve has served SPMA as Chairman for twelve years, he has also mentored others, including Bonnie Adair, Michael Heather, and Wayne McCauley into this position. He has gently nudged so many others into SPMA committee positions, and then into USMS committee positions. His love of the sport of swimming just rubs off on everyone.

Steve leads by example; he is truly tireless in his dedication to Masters swimming both on a local level and national level. He was one of the founders of the Masters Aquatics Coaching Association and he has spent thousands of hours over the last twenty years working on national committees. His accomplishments in Masters swimming are truly mind-numbing. Steve is an excellent role model, and if he can find the time, so should we!

Steve Schofield exemplifies the qualities of sacrifice, perseverance, and dedication to improving the health and objectives of Masters swimming.

**National Offices:** Coaches Committee Chairman (1990-1991).

**National Committee Service:** Open Water Committee member (19 years); Coaches Committee member (8 years); Championship Committee member (2 years); Legislation Committee member (6 years); attended every USMS Convention since 1983.

**Zone and LMSC Contributions:** Southwest Zone Chairman (1992-1997); SPMA Chairman (1983-1991; 1993-1994; 1998-2001); SPMA Vice Chairman (1992 and 2002-present); SPMA Secretary (1994-1997).

**Other Contributions:** SPMA Championship Meet Director (10 times, SCY, LCM, & SCM); Masters Swimming Coach (18 years); Founding member of MACA (Masters Aquatics Coaching Association); Meet director for annual Turkey Shoot Meet (past 20+ years).

In addition to all of the service above, Steve has been



Steve Schofield accepts the Distinguished Service Award from Trisha Commons. Photo by Mary Hull.

a competitor at Masters meets for nearly 30 years. He was a Long Distance All-American in 1984, 1986, 1987, 1988, and 1992. He has owned and operated three pools running swim schools that have taught over 14,000 people to swim over the years. These accomplishments make it clear why SPMA awarded the Distinguished Service Award to Steve Schofield. Thanks, Steve!



Steve, with his wife Kathy, thank SPMA for the Distinguished Service Award, while Coach Mark Moore holds a collage of photos from Steve's swimming career. Photo by Mary Hull.

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# SWIM FOR LIFE!

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

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Mike Ashmore (805) 928-9655; santamariaswim@verizon.net  
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## SANTA BARBARA (South) and VENTURA

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## LOS ANGELES (North)

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## 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  
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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  
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LONG BEACH: Shore Aquatics  
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CARSON/LOS ALAMITOS: Long Beach Grunions  
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## INLAND EMPIRE

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WINCHESTER: Play Hard Swim Hard  
Marcel Rinzler  
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Joan Holmes (909) 446-1030; stephen\_joan\_holmes@yahoo.com

## ORANGE COUNTY

COAST MASTERS  
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FULLERTON: Community Competitive Aquatics  
Pete Snyder (714) 992-7128; staffwww.fullcoll.edu/psnyder  
FULLERTON: FAST Masters Team  
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## LAS VEGAS

HENDERSON Southern Nevada Masters  
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LAS VEGAS: Viva Las Vegas Masters  
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# 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: \_\_\_\_\_

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

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

## Southwest Masters Turkey Shoot at Pierce College Sunday, November 19th, 2006

Sanction number: 336-044

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

**Entries:** The pre-entry postmark deadline is Saturday, November 11th. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 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 800 m Freestyle and the 400 m Individual Medley.

**Relays:** All relays will be deck entered. Relays are free. 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. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

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

**Entry Fees:** \$3.00 per each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** Southwest Masters

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

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

### Sunday November 19, 2006

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

800 starts at 9:00 a.m.

1. 800 m Freestyle (check in required)  
Additional warm-up after 800  
Event #2 starts at 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Free Relay (men, women, mixed; deck enter)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Individual Medley
16. 400 m Relay (men, women, mixed; medley or freestyle; deck enter)

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

## Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 20th, 2007

Sanction number: 337-001

**Location and Directions:** Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up. From the I-15 Fwy., take the Flamingo Road exit (#38). Take the Flamingo Road west 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

**Entries:** The pre-entry postmark deadline is Monday, January 15th, 2007. Deck entries will close at 12:30 p.m. for the first six events. Age on January 20th determines age group for the meet. You must be at least 18 to compete.

**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 yd. Freestyle and the 400 yd. Individual Medley.

**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.

**Special Awards:** Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be 21 years of age in order to get a VFP coupon.

**Entry Fees:** \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** Southwest Masters

Mail consolidated entry card, a copy of your 2007 USMS card, and check to: Las Vegas SCY Meet, 7914 Sadring Ave., West Hills, CA 91304.

**Questions:** Meet Director, Victor Hecker, (702) 247-7788; Meet Entries, Steve Schofield (818) 992-1820.

### Saturday, January 20, 2007

Warm-up at noon

Events start at 1:00 p.m.

- A. 200 yd. Mixed Medley Relay (VFP-1)
  1. 500 yd. Freestyle
  2. 100 yd. Individual Medley
  3. 50 yd. Butterfly
  4. 100 yd. Backstroke
  5. 200 yd. Freestyle
  6. 50 yd. Breaststroke
- B. 200 yd. Mixed Freestyle Relay
  7. 100 yd. Butterfly
  8. 50 yd. Freestyle (VFP-2)
  9. 50 yd. Backstroke
  10. 400 yd. Individual Medley
  11. 100 yd. Breaststroke
  12. 100 yd. Freestyle (VFP-3)

## Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: [www.simastersswim.org](http://www.simastersswim.org)

New Mexico: [www.zianet.com/pdjang/nmms/index.htm](http://www.zianet.com/pdjang/nmms/index.htm)

Arizona: [www.arizonamasters.org](http://www.arizonamasters.org)

# Long Beach Grunions

## 2006 SPMA SCM Championships

### December 1-3, 2006

Sanction number: 336-045

**Directions:** The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803. Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

**Fees:** Flat fee of \$40.00 if postmarked before Friday November 10th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Friday, November 10th. Entries received after November 12th will not appear in the meet program. All entries MUST be RECEIVED by 6:00 p.m. Wednesday, November 22nd. No individual deck entries are allowed. Age on December 31 determines age for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 22<sup>nd</sup>. Relay entries are \$10 per relay.

**Seeding:** All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 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 by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

**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:** Due to the anticipated large number of swimmers, positive check-in is required for all events. Phone check-in is available for the 1500 Freestyle from 8:00 to 9:30 a.m. and for the 400 IM and 800 Freestyle from 8:00 a.m. until 11:00 a.m. on December 1st by calling (714) 273-8793 during those hours.

**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 eight teams, based on combined scoring for men and women, individual events plus relays.

**Entries:** Mail entries, SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylyn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt. On-line entries accepted at [www.lbgrunions.com](http://www.lbgrunions.com) starting September 15th.

**Questions:** Call (714) 273-8793 or send an email to Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com). For hotels, information, and directions, go to [www.lbgrunions.com](http://www.lbgrunions.com) and click on "Swim Meets."

#### Friday, December 1st

**Warm-up 9:00 a.m.,**

**Meet starts at 10:00 a.m.**

*Check in for 1500 m Freestyle closes at 9:30 a.m.*

1. 1500 m Freestyle (Women, Men)  
*Check in for 400 IM closes at noon.*
2. Women's 400 m Individual Medley
3. Men's 400 m Individual Medley  
*Check in for the 800 m Freestyle closes at 1:00 p.m.*
4. 800 m Freestyle (Women, Men)

#### Saturday, December 2nd

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

**Meet starts at 9:00 a.m.**

5. Women's 200 m Freestyle
6. Men's 200 m Freestyle
7. Women's 50 m Butterfly
8. Men's 50 m Butterfly
9. **200 m Freestyle Relay (Women, Men, Mixed)**
10. Women's 100 m Backstroke
11. Men's 100 m Backstroke
12. Women's 100 m Breaststroke
13. Men's 100 m Breaststroke
14. Women's 200 m Butterfly
15. Men's 200 m Butterfly
16. **200 m Medley Relay (Women, Men, Mixed)**
17. Women's 50 m Freestyle
18. Men's 50 m Freestyle
19. Women's 200 m Individual Medley
20. Men's 200 m Individual Medley
21. **400 m Freestyle Relay (Women, Men, Mixed)**

#### Sunday, December 3rd

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

**Meet starts at 9:00 a.m.**

*Check in for the 400 m Freestyle closes at 8:30 a.m.*

22. Women's 400 m Freestyle
23. Men's 400 m Freestyle
24. Women's 100 m Butterfly
25. Men's 100 m Butterfly
26. Women's 50 m Breaststroke
27. Men's 50 m Breaststroke
28. Women's 200 m Backstroke
29. Men's 200 m Backstroke
30. **400 m Medley Relay (Women, Men, Mixed)**
31. Women's 100 m Freestyle
32. Men's 100 m Freestyle
33. Women's 200 m Breaststroke
34. Men's 200 m Breaststroke
35. Women's 50 m Backstroke
36. Men's 50 m Backstroke
37. Women's 100 m Individual Medley
38. Men's 100 m Individual Medley
39. **800 m Freestyle Relay (Women, Men, Mixed)**

**Relays:** A swimmer may swim only one relay in each of events 9, 16, 21, 30, and 39.

For more information on host hotels and on-line entries, visit [www.lbgrunions.com](http://www.lbgrunions.com)

# USMS Convention Highlights by Julie Heather

SPMA sent a large delegation to the USMS Convention in Dearborn, Michigan from September 13-17, 2006. By any measure, this group made a positive impact on USMS. Here are some highlights that are of particular interest to SPMA swimmers. [For additional highlights, see *USMS Swimmer*.]

**Finance:** Although a \$5 increase in the portion of dues allocated to USMS was proposed, the Finance Committee, led by Jeff Moxie (DSSM), recommended that the increase be delayed until the 2008 registration year, and this was accepted by the House of Delegates.

**Coaches:** The Coaches Committee continues to offer a snooper-loan program which is available to any USMS-registered club or individual. Future goals for this committee include beginning an on-going communication with all USMS-registered coaches, getting more coaches to share their expertise on the pages of *USMS Swimmer*, and more swimmer clinics throughout the country. Mo Chambers (SBM) will be chairing this committee for 2007.

**Championship:** This committee, led by Mark Moore (MVN), presented the 2008 National Championships bids which were awarded to Austin, Texas (SCY) and Mt. Hood, Oregon (LCM). The committee also approved increases in the National Qualifying Times (NQTs) for both 2007 Championships. There will be a graduated fee schedule for entering the LC Nationals in Woodlands, Texas, varying from \$40 for entering 7 weeks prior to the meet, \$45 between 7 and 5 weeks, up to \$80 for 4 to 5 weeks before the meet.

**Registration:** USMS is continuing to work on an online registration capability for membership. They hope to have this up and running sometime early next year. Due to the varying fee structure of LMSCs, this process is slightly more complicated than for an organization with one fee nationwide.

**Fitness:** The Fitness Committee awarded bids for a variety of fitness events, including the Check-Off Challenge, Virtual Swim Series, and 30-Minute Swim.

**Recognition and Awards:** Three SPMA members were awarded the prestigious Dorothy Donnelly Service Award (see separate article), and WH2O was awarded the Newsletter of the Year Award.

**Legislation:** New rules were approved that clarify that it is considered unsporting conduct to knowingly provide false information on your membership application or meet entry.

## SPMA Members Receive Dorothy Donnelly Service Awards

Connie Barrett (MVN), Mo Chambers (SBM) and Tom Boyd (LBG) were recipients of 2006 Dorothy Donnelly Service Awards. As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers who give of their time, talent, and expertise to help all phases of our programs. Among those volunteers there are some whose service stands out in it's scope, it's impact on the program, and the numbers of USMS members who have benefited from their efforts on the local, regional, and national level.



*SPMA delegates to the 2006 USMS Convention from left to right: Mo Chambers, Steve Schofield, Errol Graham, Allen Highnote, Julie Heather, Tom Boyd, Wayne McCauley, Michael Heather, Mark Moore, Shannon Sullivan, Bill Bearden (New Mexico delegate), and Jessica Seaton. Not pictured: Jeff Moxie, Mary Hull, Trisha Commons, and Lucy Johnson.*

**Long Distance:** Bids for postal and open water championships were discussed and accepted, all are east of the Mississippi. We need to encourage west coast bidders for these events!

**Rules:** USMS has put into place rules that will allow swimmers who will be 18 by the start of a National Championship meet, but not by the entry deadline, to enter and swim in that meet. A rule proposal to add 25 yard/meter events for swimmers 75 years or older as official events did not pass.

**Executive Committee:** Both Michael Heather (MVN) and Julie Heather (UNAT) are on the USMS Executive Committee, which met for nearly two days before the start of convention to take care of USMS business.

**Club Development Task Force:** Julie Heather (UNAT) has been tasked with leading a new club development task force. There is a lot of interest in providing tools and support to USMS clubs, and this task force will address these issues.

**LMSC Workshops:** Delegates were able to choose from five workshops, including one on using the survey results, presented by Tom Boyd (LBG). Wayne McCauley (MVN) lent his hand to a very successful Chairman's Roundtable workshop.

**Southwest Zone:** Tom Boyd (LBG) stepped down as Zone Representative since he is taking over as chair of the USMS Marketing Committee. Mary Hull (SWM) was elected for the remainder of his term. The zone voted to discontinue zone championships for 2007, and encourage all LMSCs in the zone to publicize meets taking place in other LMSCs in our zone.

## Dan Adams (WH2O) Wins USMS Newsletter of the Year Award



Each year, United States Masters Swimming bestows an award for the best newsletter of the year to a club or an LMSC (local Masters swimming committee). The award is always presented at the annual USMS convention, and it was announced there that West Hollywood Aquatics' newsletter led the finalists this year by "producing a consistent, quality layout, appealing to a broader audience by presenting more of its aquatic family. The newsletter brings people together to create a greater sense of community - even across different sports. A cross-aquatic community develops by covering pool competitions, open water swims, and water polo matches. Bringing together the ideals of community and fitness in a clear and fluid newsletter made this year's winner stand out among the rest". Congratulations to Dan Adams, this year's editor of the West Hollywood Aquatics newsletter. This was actually the second time that West Hollywood Aquatics has won this award, having previously won in 2001. An archive of the WH2O newsletters can be found on their website, [www.wh2o.org](http://www.wh2o.org).



*Mo Chambers (SBM) with Wayne McCauley. Photo by Shannon Sullivan.*

# Southern Pacific Masters Association

## 2007 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association  <b>2007 Membership Application</b> <input type="checkbox"/> Renewal Previous number if known: _____  <input type="checkbox"/> New Registration	<b>PLEASE PRINT CLEARLY</b>			
	<b>Your name on this form and on meet entry forms must be identical.</b>			
	Last Name	First Name	Middle Initial	
	Mailing Address			Home Phone No. (    )
	City	State	Zip	Daytime Phone No. (    )
	Date of Birth Month/Day/Year	Age	Sex	Email Address (print in ALL CAPS)
CLUB (If left blank, you will remain with your previous club, or "unattached" if new)			Today's Date	
Emergency Contact (optional)			Phone No. of emergency contact	
<input type="checkbox"/> Opt out of SPMA-NEWS email list (check this box if you would only like SPMA to use your email address to contact you about questions or problems with your membership)				
<input type="checkbox"/> I am a coach		<input type="checkbox"/> I am a certified official		<input type="checkbox"/> I would like to volunteer for SPMA
<b>Annual Fee: \$35</b> \$ _____  <b>Optional Donations:</b> \$1.00 (or \$____) to SPMA    \$ _____ \$1.00 (or \$____) to USMS Endowment Fund                \$ _____ \$1.00 (or \$____) to the International Swimming Hall of Fame \$ _____ <b>TOTAL ENCLOSED</b> \$ _____	"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."			
<b>Make check payable to SPMA,</b> Mail to:  <div style="text-align: center;"> <b>SPMA</b>  <b>c/o Julie Heather</b>  <b>957 N. El Molino Ave.</b>  <b>Pasadena, CA 91104</b> </div>	<b>Signature</b> _____			

### Benefits of 2007 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership (\$8.00 of the annual dues is designated for the magazine subscription).
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA office to answer your swimming related questions or concerns.

**Help SPMA keep costs down by sending in your registration form now. We won't have to invoice you, and you will have uninterrupted delivery of the USMS magazine and the SPMA newsletter.**

**2007 USMS Registration is valid through December 31, 2007**

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# Southern Pacific Masters Association Schedule

November	4	Santa Clarita SCM Swim Meet
	16	SPMA Annual Meeting, SPMA Office, Pasadena
	19	Pierce College Turkey Shoot SCM Swim Meet, Woodland Hills
December	1-3	SPMA SCM Championships (Belmont Plaza, Long Beach)
January	20	Las Vegas SCY Swim Meet
February	11	East Lake Eagle RAYS SCY Swim Meet, Yorba Linda
March	4	Caltech Pentathlon, Pasadena
	25	Mission Viejo Nadadores SCY Swim Meet
April	14	UCLA SCY Swim Meet (tentative)

For a complete and 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. Send requests to the SPMA office. Titles available for rental include:

DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim Breaststroke with Dave Denniston
- Go Swim Breaststroke with Amanda Beard
- Go Swim Breaststroke Turns & Pullouts with Dave Denniston
- Go Swim Breaststroke Drills with Staciana Stitts and Dave Denniston
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)

VHS format:

- Swim Smarter/Swim Faster (Quick & 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