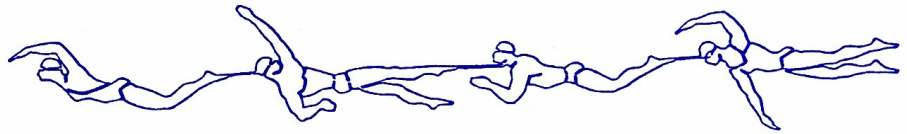


September/October  
2006



## SPMA MASTERS SWIMMING

### An International Swimming Adventure

by Glenn Gruber



As I sat on the examining room table waiting for the doctor, I gazed around the room trying to find something familiar. My doctor had recently moved the Asthma Center to a new location and I finally saw something I recognized, a photo of Nancy Hogshead with her Olympic medal. She had written a note of thanks to Dr. G for his help in getting her asthma under control so that she could compete at the highest competitive levels. It was nice to see that picture again as I always enjoyed seeing it at Dr. G's old office.

When the doctor came into the room, we exchanged pleasantries. As I was newly retired, he wanted to know what I was going to do with my time. I told him the many things I had planned - woodworking, gardening, swimming, travel. In fact, my wife and I would be leaving on April 24th for a month in Europe. He asked if I would be competing while in Europe. I hesitated but said, probably not. There would be a meet in Berlin, the German National Masters Championships, but I didn't think I would enter. He couldn't believe it. He told me that I should enter the meet; it would be fun. And so the seed was planted.

When I arrived home I mentioned the conversation with Dr. G to my wife. She immediately said "of course you should go!" I went to the meet web site on line, struggling with the German, but was finally able to translate most of the text. (The meet director, Michael Zimmer, translated into Michael room, Zimmer being the German word for room!) It was less than a month before the meet and knowing how our national championship meets close entries at least a month prior to the meet start, I wasn't sure I had enough time. With much struggle, I e-mailed a letter in German to Michael Room, I mean, Michael Zimmer, and, of course, he wrote back to me in perfect Eng-

lish. There would be no problem registering for the meet. All I needed was to e-mail him my name, date of birth, events to be swum and entry time...that's it. Oh, and when you get to Berlin, pay the 10 Euros to enter the meet. That was way too easy. No USMS



card, no entry card, no signature, no passport number, just come and swim. Cool.

On Saturday, April 22, I swam at Short Course Regionals in Santa Clarita, but knew I couldn't swim on Sunday as our plane left LAX at 6:00 a.m. on Monday morning and we had much to do before departure. We arrived in Zurich on April 24th and drove to Fussen in Germany where we visited King Ludwig's Neuschwanstein Castle. According to the Guide to Swimming, there was a 25-meter pool in Fussen where I could keep my competitive edge. We found the venue but it seemed way too quiet. I walked up the stairs to see a sign that said "Geschlossen" (closed); the pool had been abandoned! Oh well, the best laid plans...so we went and had a good German beer.

The next day we drove to Wurzburg which my wife and I have visited several times. She taught there in the 1960s for the Department of Defense Overseas Schools and it is our favorite German town. I did find a place to swim, a 50-meter pool, and as I arrived to swim, a Masters group was getting ready to begin their workout. I asked if I could join in. The coach took one look at me and said no problem and put me in lane 1. I jumped in and half way down the

Continued on the seventh page→

#### *In this issue:*

- 2006 Short Course Meters meet information
- SPMA purchase 15 new DVDs, review of backstroke DVDs by Allen Highnote



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; dbotton@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@alpertjcc.org; www.alpertjcc.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) 214-9593; beth.ford@mindspring.com

## INLAND EMPIRE

CHINO: Chino Valley YMCA Masters  
Terry Callies (909) 597-7445; julie.cwymca@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@mmtsac.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  
Marie Girouard (702) 461-5354; mjvgutierrez@cox.net

# SPMA Competition Information and Instructions

**Rules:** Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

**Eligibility:** Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

**Affiliation:** A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

**Submitted Times:** Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

**Entry Confirmation:** To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

**Strictly Forbidden:** Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any watch in competition; and smoking in any area where swimmers may be present.

**Open Water:** Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

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

## SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_ Male Female USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____						Amt Rec'd _____	
	1500/1650 • •	Surcharge _____ \$ _____						Date _____	
	• •	Total _____ \$ _____							

Include a copy of USMS card

**Signature on back is REQUIRED!**

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

**ALL MASTERS** swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

**PLEASE SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

Is this your first Masters Meet?    Yes  
No

Non-SPMA swimmers please include your address:

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

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

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

## Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 1st, 2006

Sanction number: 336-041

**Directions:** Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27341 Trabuco Circle, Mission Viejo. From the north or south, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

**Entries:** Pre-entry postmark deadline: Saturday, September 23rd. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. 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 and the 400 m Freestyle.

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

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

**Snack Bar:** A snack bar will be available serving hot and cold food and drinks.

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries allowed for total of \$30.00.

**Checks payable to:** Mission Viejo Nadadores

Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

**Questions:** Meet Director, Mark Moore (949) 489-1847, coachmark@mastersmvnswim.org.

### Sunday, October 1, 2006

1500 warm-up at 7:00 a.m.

1500 starts at 8:00 a.m.

1. 1500 m Freestyle (check-in required)  
Additional warm-up after the 1500  
Event #2 starts at 11:00 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (men, women, mixed; deck enter)
10. 200 m Individual Medley
11. 200 m Medley Relay (men, women, mixed; deck enter)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle (check-in required)

## UCLA Bruin Masters Short Course Meters Swim Meet Saturday, October 14th, 2006

Sanction number: 336-042

**Directions & Parking:** UCLA Men's Gym Pool (now called the SAC, Student Activities Center) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. The Men's Gym/SAC has had a several million dollar renovation with all new facilities. 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 \$8.00 parking fee. Ask for best lot to park in for SAC. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement DOES ticket on weekends!

**Entries:** Pre-entry postmark deadline: Tuesday, October 10th. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 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. Swimmers in the 800 m Freestyle MUST check in to be seeded.

**Relays:** No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. For each relay swimmer who is not entered in individual events, a fee of \$5 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.

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

**Entry Fees:** \$25.00 per swimmer flat fee (pre-entry or deck entry).

**Checks payable to:** Aquatic Management Services

Mail consolidated entry card, a copy of your USMS card, and check to: Bruin Masters Meet, P.O. Box 204, El Toro, CA 92609.

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

### Saturday, October 14, 2006

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

800 starts at 9:00 a.m.

1. 800 m Freestyle  
Additional warm-up after the 800  
Event #2 starts at 10:30 a.m.
2. 200 m Freestyle Relay (men, women, mixed; deck enter)
3. 200 m Individual Medley
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 100 m Breaststroke
10. 100 m Freestyle
11. 50 m Butterfly
12. 50 m Breaststroke
13. 100 m Individual Medley
14. 4 x 50 m T-shirt Relay (deck enter)

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

**Santa Clarita**  
**Short Course Meters Swim Meet**  
**Saturday, November 4th, 2006**

Sanction number: 336-043

**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:** The pre-entry postmark deadline is Saturday, October 28th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500. 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 and the 400 m Freestyle.

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

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

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

**Checks payable to:** City of Santa Clarita

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

**Questions:** Meet Directors: Mike Coash, mcoash@santa-clarita.com, (661) 250-3760

**Saturday, November 4, 2006**

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)

Additional warm-up after the 1500

Event #2 starts at noon

2. 200 m Mixed Freestyle Relay

3. 100 m Butterfly

4. 200 m Freestyle

5. 100 m Breaststroke

6. 50 m Freestyle

7. 200 m Individual Medley

8. 400 m Freestyle (check-in required)

9. 100 m Backstroke

10. 50 m Butterfly

11. 100 m Freestyle

12. 50 m Backstroke

13. 50 m Breaststroke

14. 100 m Individual Medley

15. 200 m Mixed Medley Relay

**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)

## Long Beach Grunions SPMA SCM Championships December 1-3, 2006

Sanction number: 336-045

The Long Beach Grunions are once again hosting the SPMA Short Course Meters Championship Meet at the Belmont Plaza Olympic Pool in Long Beach from December 1st to 3rd. They are hard at work to make the meet even better than last year and are hoping to have 500 swimmers compete this year. Swimmers are expected from all over the United States and commitments have already been received from teams in Ohio, Utah, and Arizona with interest from teams in Florida, Michigan, and Northern California. The goal is to make this the fastest and best short course meters meet in the United States. On-line meet entry information will be available at the Grunions' web site at [lbrunions.com](http://lbrunions.com). The order of events and some of the meet information appears below and the complete meet entry form will be available in the next newsletter.

**Fees:** Flat fee of \$40.00 if postmarked before Friday November 17<sup>th</sup>, 2006. Entry fee includes a meet T-shirt.

**Awards:** Individual: SPMA medals for places 1 to 3, and SPMA ribbons for places 4 to 6 for each age group and gender.

**Social event:** The Grunions hope to be able to have a social on Saturday evening and are working with local facilities to assure that they can handle the anticipated crowd. Look for more information in the November/December newsletter.

**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.lbrunions.com](http://www.lbrunions.com) and click on "2006 SCM Regionals."

### Friday, December 1, 2006

#### Warm-up 10:00 a.m., Meet starts at 11:00 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 400 m Individual Medley
3. Men's 400 m Individual Medley
4. 800 m Freestyle (Women, Men)

### Saturday, December 2, 2006

#### 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. \*400 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. \*800 m Freestyle Relay\* (Women, Men, Mixed)

### Sunday, December 3, 2006

#### 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. 200 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. \*400 m Freestyle Relay\* (Women, Men, Mixed)

## Three New Backstroke DVDs Reviewed by Allen Highnote

It does not matter if you are new to swimming or are an All-American, watching swimming videos is a simple way to improve your technique.

My favorite stroke by far is backstroke. This stroke just seems to come more naturally for me.

I recently viewed three great backstroke videos and picked up something new from each. They were: *Eddie Reese on Backstroke*; *Swimming Faster Backstroke with David Marsh and Kim Brakin*; and *Swimming Faster the Auburn Way: Training and Race Strategies for Backstroke with Kim Brakin*.

When I watch videos, I try to accomplish three things. First, I visualize that I'm the person doing the demonstrating. This helps me visualize what good technique should feel like without actually doing it. Second, I listen to the narrator to understand the mechanics of the stroke or drill. I usually take notes and have to rewind a lot. And third, I try to emulate the video in my swim practice. If at all possible, I watch the video several times as I always find something I missed.

The Eddie Reese video on backstroke is a great all-round video. At the beginning of the video he says, "I'm a firm believer that swimming faster is fun." Wow, I can't think of any better motivation than having fun. Of the three videos I saw, I liked this one the most. I found it the easiest to visualize what a proper stroke should feel like. I especially liked the part of the video that shows common stroke problems and drills to correct them.

Nate Dusing, 2001 NCAA Swimmer of the Year and 2000 & 2004 Olympian demonstrates his incredible backstroke in this video. Due to its narrative style, it is jam-packed with drill after drill that will help improve anyone's stroke.

A significant amount of time is spent on perfecting underwater kickouts. This is the underwater butterfly kick that should be used off of every wall including the start. I believe that once a good stroke is developed, the underwater kickout and proper streamline is the easiest way to reduce your time.

In the next video, *Swimming Faster Backstroke with David Marsh and Kim Brakin*, David Marsh and Kim Brakin from Auburn University break down backstroke into its basic components. Kim does an excellent job of explaining the stroke in easy-to-understand terms. She has Bryce Hunt, 2004 Olympic backstroke, demonstrate his fantastic stroke. She explains every aspect of his stroke starting with his kick and adding in one-by-one: body rotation, arm recovery, hand entry and catch, underwater pull, and hand exit. It is evident that attention to detail is high on Auburn's priorities. As a result, this video is slightly more analytical than the Eddie Reese video. Note: In May 2006, Kim became head coach of the women's swimming program at University of Texas. Eddie Reese is head coach of the men's program there.

One of the aspects of backstroke Kim spends a lot of time on is tempo. This is more of an advanced topic but it can greatly improve your speed. Be careful not to sacrifice stroke technique for tempo. If your stroke falls apart, reduce the tempo to be more efficient in the water.

The third video, *Swimming Faster the Auburn Way: Training and Race Strategies for Backstroke with Kim Brakin*, is definitely geared toward coaches and experienced competitors. It breaks down Auburn's swimming season into segments and explains how their training changes as the season progresses. This is a great video to help build a season-long training plan with specific goals in mind. Kim breaks down their season into five specific sections: aerobic building, aerobic overload, race intensity work, quality work, and taper. She gives a detailed description of what to focus on during each phase and really makes it clear how to plan a swimming season.

I think watching videos is one of the easiest and most enjoyable ways to improve your stroke. Rent some swimming videos and go have some fun trying out what you have learned.

To borrow videos from the SPMA Library see the instructions on the back page of the newsletter!

Allen Highnote has been a swimmer since age 11 and competes as a 40-44 year old in Masters swimming. He swims and coaches with the Long Beach Grunions.

## International Swimming, continued from first page

pool it was evident that I was in the wrong lane, so the coach moved me over to the "fast" lane. Well, the fast lane was also too slow but we made do. Later I discovered that this was a team of triathletes on their swim day. Of course, we all know that triathletes are frequently not the very best swimmers, hence I looked pretty good to them. In any case, it was good to get back into the water after five days on dry land. I was hoping that conditioning from Regionals would carry me for a few more days. My event, the 400 long course meter freestyle, was three days away.

On Saturday I boarded a train in Wurzburg for the four hour train ride to Berlin, and the train was *full*. Most passengers were on their way from Munich to attend the German league soccer championship game between Munich and Berlin. There was much drinking going on but nothing out of hand. Upon arrival in Berlin, fans of their respective teams formed groups and began chanting and singing their team songs with much boisterous gusto. The train station, called "am Zoo," was indeed a zoo. I hightailed it out of there and caught a cab to my "hotel." One of the disadvantages of registering for the meet so late was that there were no rooms available in Berlin. It was a big weekend and as



the thousands of soccer fans descended on Berlin, rooms were at a premium. The good news, however, was that there was a room available 200 meters from the swimming venue; the bad news was that it was in a youth hostel! I registered at the front desk and paid my 18 Euros which was cheap! I got to the room at 6:00 p.m. and there were six bunk beds with five people already asleep in them. I knew this was a bad sign. Sleeping at 6:00 p.m.? They were all twenty-somethings and I knew that if they were sleeping at this early hour, they would be up all night.

I walked over to the swimming venue and had a chance to get in the pool and do a warm-up, then had some dinner and got back to the hostel at 9:00 p.m. The room was empty. I got into bed and hoped I could fall asleep. At about 11:00 p.m., the first "roommate" returned. This went on until 4:00 a.m. - people coming in, people going out, people turning on lights, people talking. I had one ear and one eye open all night. At 6:00 a.m., I crawled out of bed and made my way down to breakfast and then over to the pool. I was *exhausted*!! It was one of the worst nights of "sleep" ever. I got into the pool and felt awful. I tried to tell myself that on other occasions when I have felt bad, I have done well - like when I flew to Hawaii for the '02 Nationals, got to the hotel at 1:00 a.m. and had to swim the 500 first thing the next morning - and swam a personal best. But this was different. No matter how much I tried to tell myself it would be okay, my body said "NO."

The Germans surely know how to run a swim meet. The pool was a

beautiful indoor 10-lane, no-gutter facility with a diving well for warm-up and warm-down. The officials all wore white and actually marched into their respective positions at five minutes before the start of the meet which, as you might imagine, started promptly at 9:00 a.m. The scoreboard was at the far end of the pool and on either side of the scoreboard were many flags - Germany, France, Italy, Israel, United States and others. I thought it was very cool that they were displaying the flags of the country of each swimmer in the meet.

When the women's heats concluded, the winner of each age group was announced over an easy-to-hear P.A. system. They had set up an awards area with a podium for first, second and third under the scoreboard. Each age group was called and each medal winner climbed the podium, was given a certificate, and a medal was draped around her neck. I thought that this was a really nice way to run a championship meet. Of course with only 700 swimmers, it is easier to do that. The men's 400 freestyle started as soon as the women's awards ceremonies were done. The heats were by age group and I had the middle lane of the fifth heat. I had done my homework prior to the competition and knew the meet results from the prior year's meet. Many of the same names were on the heat sheets. I had the second fastest entry time seeded in lane 6 and was swimming next to a swimmer in lane 5 who was Top Ten World LCM at 100, 200 and 400 meters freestyle. To my left and right were swimmers who had also entered very good times. However, I was the unknown to them.

Just as the fourth heat started, I walked over to my competitors and offered my hand to wish them a good swim. Soon we were called to the blocks. I was glad that I had watched previous heats closely and knew that the starter was very quick on the start. The command was given "auf die Plätze" and bang, we were off. The cool water felt good on my body but knowing there were 400 meters to swim, I didn't want to take it out too hard. Nevertheless, at the end of the first 50 meters from my point in lane 6, I could see lane 4 was more than a body length in front. Not time to panic yet as it was early in the race. At the end of one hundred meters, I was in 6th place. As we hit the turn at the 150 mark, I remember thinking that any medal would be nice. At 200 meters, I had moved up to 5th place but was still three seconds behind the leaders. At 300 meters, I was fourth and definitely feeling every one of those two hours of sleep I had gotten the night before. I came out of the last turn stroking and kicking as hard as I could to make it home. I had caught the pack but was still slightly behind. With about 25 meters to go, I thought - I didn't come all this way to get second place! I put my head down, gave it all I could and lunged to the wall. I looked up at the scoreboard and to my relief, saw my name in first place. WOW! I crawled out of the pool and flopped into the warm-down pool trying to loosen down. When the men's heats were completed some 45 minutes later, we, too, had our awards ceremony. I congratulated Frank Heschbacher and Wolfgang Hopp on their fine swims and asked if they were going to Worlds at Stanford. Frank said he was and we said "auf wiedersehen" and hoped that we might have a chance to do it again in August.

The train trip back to Wurzburg was peaceful and uneventful. I had a chance to view the beautiful countryside and to reflect on a fun and rich swimming experience in Berlin. My wife met me at the train station and presented me with a beautiful red rose, a wonderful touch to end a wonderful day of Masters competition.

We then spent the next three weeks exploring northern Italy and southern France. I was able to get in about six swims with the locals in Venice and Rapallo in Italy and in Carcassonne in France. A week after our return I went to see my asthma doctor - not because I needed treatment, but to say thank you for pushing me to partake in an international swimming adventure.

## 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

September	13-17	United States Aquatic Sports Convention (Dearborn, Michigan)
October	1	Mission Viejo SCM Swim Meet
	14	UCLA SCM Swim Meet
November	4	Santa Clarita SCM Swim Meet
	16	SPMA Annual Meeting, SPMA Office
	19	Pierce College Turkey Shoot SCM Swim Meet
December	1-3	SPMA SCM Regional Swim Meet (Belmont Plaza, Long Beach)

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:

### 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)
- Swimming Faster: Starts (Marsh, Bracklin,

### 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