

January/February
2007



SPMA MASTERS SWIMMING



Why Register Now? by Julie Heather, SPMA Registrar

Here are some reasons why you register with USMS for 2007:

- This is the last issue of *USMS Swimmer* and the SPMA newsletter that you'll get with your 2006 registration.
- You won't miss out on all the summer meets and open water events.
- You'll make your club happy, and they won't have to keep reminding you that they need you to register for insurance purposes.
- You can enter the Hour Swim and get the new year off to a good start.
- You can enter the Las Vegas Swim Meet and have fun there.
- You can rent some of the new DVDs from the

- SPMA library (see back page of the newsletter).
- You can work off all those extra calories that you consumed over the holidays.
 - I told you to do it now...

Here are a couple of the commonly asked registration questions:

Can I register online? Not yet, we're actively working on it and hope to implement it sometime during the next calendar year. Don't wait for it!

Can I send you a check directly from my online banking? Yes, but.... We still need your registration form! So send in the form and put a note on it that the check is arriving separately. This is very important, or the form will be bounced back to you for payment. If it is not clear from the check that it goes to your registration, make sure to put your name in the memo area. You can mail in your form, scan it and send it to me as a *legible* jpg or pdf file, or fax it (during normal business hours) to the SPMA office.

The information on my card is incorrect, what do I do? First, take an extra 30 seconds and write clearly when filling out your form. Since I sometimes can't read the handwriting, I often have to use the name on the check as a clue. Those return address stickers are great - if you've got them, feel free to use them on your form! I still got it wrong? Give me a call or send me an email with the correct information. If the error is in your name or birth date I'll send a new card, if your address is wrong I'll correct it in the database so your magazine gets to you. You can cross off the incorrect address on your card and write in the new one.

I gave my form to my club but I haven't received my card yet? Give me a call or send an e-mail and I'll be glad to check and see whether or not I've received your form. Perhaps your address was not correct (see reference above about writing legibly). But most likely, your form is still residing on your coach's clipboard; so a gentle reminder to forward it to the SPMA office might dislodge it.

In this issue:

- *FINA Sports Medicine Lecture Highlights*, by Jessica Seaton
- *Short Course Yards Meet Entry forms for January and February*
- *Complete Pool Meet competition schedule for 2007*

E-mail Insights by Julie Heather

The usernames swimmers select for their e-mail addresses are very often related to swimming. Since I find them so amusing I decided to share some of them with you. All domains have been deleted to protect the guilty.

There's always the *joeswims*, *janeswimr* and similar, but there are also a lot of inventive selections. A few advertise their love of swimming: *ssswimmin*, *swimmingonly*, *n2swimng*, *h2oswim3* and *h2ohappyfeet*. A few might wish to be elsewhere: *surfandswim*, *scrappysurfer*, and *hydropolo*.

There are those that want to advertise their specialty: *backstroke58*, *breastroker*, *butterflyer23* and even a *fly2back*. I couldn't find any freestylers, though.

Some want to advertise their speed, *spdyswimmr* and *swimstud*, or lack thereof: *iswimslo* and *waterwimp*. Others let us know their age (*oldswmr*) or location (*swimln4*).

Swimandfish, *h2obuggg*, *lilwaterbeetle* and *fishswimfast* all pay homage to our aquatic relations, while *aquatic_dude*, *aquaman003*, *aquagirl007*, and *theswimguy* all stick with the homo sapiens.

We've certainly got some triathletes, including *irun2*, *i_am_ironman30*, and *swimbkrun42*, but I would be interested to know where this *swimbkbeer* does his triathlons.

I'm *goneswimming71* and hope I don't need *aquarescue*.

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

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

SANTA BARBARA (South) and VENTURA

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

LOS ANGELES (North)

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

LOS ANGELES (Westside)

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

LOS ANGELES (Central and South)

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

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team
Kathy Davids (310) 643-6523, www.southbayswimteam.org
LONG BEACH: Alpert JCC
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertsjcc.org, www.alpertsjcc.org
LONG BEACH: Shore Aquatics
Robert Lynn (562) 644-3883, european.house@aol.com, www.shoreaquatics.com
CARSON/LOS ALAMITOS: Long Beach Grunions
Eric Grubb (714) 547-9553; info@lbgrunions.com; www.lbgrunions.com
MANHATTAN BEACH: Magnum Masters
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattance.com
RANCHO PALOS VERDES: Zenith Aquatics
Shari Twidwell (310) 937-3535; shari@zapswimming.com
TORRANCE : LA Peninsula Swimmers
Beth Overstreet (213) 214-9593; beth.ford@mindspring.com

INLAND EMPIRE

CHINO: Chino Valley YMCA Masters
Terry Callies (909) 597-7445; julie.cvyymca@verizon.net
CORONA: CHAWP
Gregory Salvinski (626) 524-8924; greg@chawp.com; chawp.com
MURRIETA: MESA Aquatic Masters
Debbie Mone (951) 265-1454; msmone@msn.com
RIVERSIDE: Riverside Aquatics Assn.
Eric Tanner (951) 313-9274; er_tanner@charter.net
TEMECULA: Temecula Masters Aquatics
David Vannice (951) 760-9130; swmrdave@verizon.net
WALNUT: Mt. San Antonio Masters
Francis Neric (562) 713-4555, fneric@mtsac.edu
WINCHESTER: Play Hard Swim Hard
Marcel Rinzler
YUCAIPA: Masters of Yucaipa
Joan Holmes (909) 446-1030; stephen_joan_holmes@yahoo.com

ORANGE COUNTY

COAST MASTERS
Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (323) 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@ebay.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; ctschobe@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 Amt Rec'd _____ Date _____	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							
	1500/1650 • •	Surcharge _____ \$ _____							
	• •	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.

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). Continue west on Flamingo Road for 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 Tuesday, January 16th, 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 or older 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.simasterswim.org

New Mexico: www.zianet.com/pdjang/nmms/index.htm

East Lake Aquatics Short Course Yards Meet Sunday, February 18th, 2007

Sanction number: 337-002

Location and Directions: East Lake RCII Pool, 5700 Village Center Dr., Yorba Linda, CA 92886. Outdoors at East Lake Village RCII pool in Yorba Linda. East Lake Village RCII pool is a 25-yd. outdoor rim-flow design with six competition lanes and a three-lane warm-up area. Take the 91 Fwy to Imperial Hwy off-ramp. Take Imperial Hwy north to La Palma Ave. Turn right to Fairmont Ave. Turn left to Village Center Dr. Turn right and proceed past one stop sign to pool on right side of street.

Parking: *Please do not park in the gym/pool parking lot!* Please park on Village Center Drive and not in the neighborhood next to the pool. Parking is open on Village Center Drive on both sides of the street except directly in front of the pool marked by signs.

Entries: The pre-entry postmark deadline is Saturday, February 10th. Deck entries will close at 8:45 a.m. for the 1650 yd. Freestyle and at 11:30 a.m. for all other events. There will be a four heat limit on the 1650. Age on February 18th 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 1650 yd. Freestyle.

Relays: All relays will be deck entered. 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. There are no additional fees for relays.

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

Entry Fee: \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: East Lake Village.

Mail consolidated entry card, a copy of your 2007 USMS card, and check to: Mike Pawloski, 20436 Via Navarra, Yorba Linda, CA 92886.

Snack Bar: A snack bar will be available on site for water, Gatorade, and energy snacks.

Questions: Meet Director, Mike Pawloski (714) 779-8430, BonusPak@earthlink.net; Meet Processing, Robert Mitchell (949) 689-7946, MitchellRobert@cox.net

Sunday, February 18, 2007

1650 Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle
Additional warm-up after 1650
Event #2 starts at noon
2. 50 yd. Breaststroke
3. 100 yd. Freestyle
4. 50 yd. Backstroke
5. 100 yd. Individual Medley
6. 50 yd. Butterfly
7. 400 yd. Freestyle Relay (Men, Women, or Mixed)
8. 100 yd. Backstroke
9. 200 yd. Individual Medley
10. 50 yd. Freestyle
11. 100 yd. Breaststroke
12. 100 yd. Butterfly
13. 200 yd. Freestyle
14. 200 yd. Medley Relay (Men, Women, or Mixed)

Caltech Pentathlon SCY Swim Meet Sunday, March 4th, 2007

Sanction number: 337-003

Location and Directions: 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. Take Hill Avenue 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 23rd. Deck entries close at 9:15 a.m. sharp! Age on March 4th 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.

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: \$20.00 flat fee per swimmer. Deck entries are allowed for \$30.00. 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 2007 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 4, 2007

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

Is Your Birth Date Correct?

USMS clarified a portion of their rule book to state that "Knowingly providing false information including name, date of birth, age or gender on USMS membership applications or meet entries" is considered unsportsmanlike conduct. Mistakes do happen, and sometimes registrars cannot read the hastily completed registration form. So, if your birth date is not correct, please contact the SPMA Office as soon as possible to rectify the error. Fairness dictates that we have accurate ages for all members. In addition, your registration is also your application for insurance coverage under USMS, and if you ever need to file an insurance claim under the USMS policy, this will be your way of determining that the membership is yours and not another John Smith's.

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

Southwest Masters SCY Swim Meet at Pierce College Sunday, March 18th, 2007

Sanction number: 337-004

Directions: 6201 Winnetka Ave., Woodland Hills. Pierce College Pool, is an outdoor, 8-lane competition pool with three warm-up lanes. 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, March 10th. Entries for the 1000 yd. Freestyle will close at 8:45 a.m. and at the conclusion of the 1000 for all other events. Age on March 18th 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 1000 yd. Freestyle and the 400 yd. 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 yd. 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.

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 2007 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 March 18, 2007

1000 warm-up at 8:00 a.m.

1000 starts at 9:00 a.m.

1. 1000 yd. Freestyle (check-in required)
Additional warm-up after 800
Event #2 starts at 11:00 a.m.
2. 50 yd. Butterfly
3. 100 yd. Backstroke
4. 200 yd. Breaststroke
5. 50 yd. Freestyle
6. 100 yd. Butterfly
7. 200 yd. Backstroke
8. 800 yd. Free Relay (men, women, mixed; deck enter)
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. 200 yd. Butterfly
12. 50 yd. Backstroke
13. 100 yd. Breaststroke
14. 200 yd. Freestyle
15. 400 yd. Individual Medley
16. 400 yd. Relay (men, women, mixed; medley or freestyle; deck enter)

FINA Worlds Sports Medicine Lecture Highlights by Jessica Seaton

The USMS Sports Medicine Committee conducted a series of lectures at the FINA Masters World Championships at Stanford University this past summer. Two of the lectures I attended were on training, and one specifically on sprint training.

Mike Bottom is the current co-Head Swim Coach at UC-Berkeley. Prior to that, he coached at USC. For the past eleven summers, he has coached an international sprint team. In the past three Olympiads, 9 of the 18 medals in the men's 50 and 100 freestyle have been awarded to swimmers coached by him. He is an Olympian and was on a world record 400 freestyle relay team. He gave a very entertaining presentation, and joked that sprinters look young and healthy due to the endorphins, whereas distance swimmers look tired and worn out. He made six important points:

- Drilling is the most important part of a workout. Nothing is more crucial than swimming correctly. He recommends doing a few fast swims and then drilling for recovery. To do drills correctly, it is important to tighten your core and use your legs. He described some drills, such as variations on the swordfish drill.
- He likes to use whatever equipment is available for drills and to get a sense of swimming fast. He mentioned specifically using snorkels and fins.
- He felt that it is important to feel good about what you are doing. That is why he advocates sprinting, which releases endorphins and makes you feel good.
- He emphasizes kicking.
- He believes it is important to swim fast every day, but not for long. He feels that two or three 50s are enough, as long as they are really fast. He works on dives with his swimmers once a week. On other days, he might work on turns. Anything not included in those limited fast swims is considered recovery.
- The amount of distance one swims is irrelevant. It is far more important to swim correctly than to focus on yardage.

Joel Stager, Ph.D. gave the perspective of an exercise physiologist who researched swimming and swim training. Stager is also a coach and an accomplished Masters swimmer. He stated that one cannot train optimally for distance and sprints at the same time. Training can be considered a

stimulus that then evokes a response, which occurs during recovery. For example, sprinting stresses the muscles which are then repaired and thereby strengthened during the recovery phase. A good recovery is important for evoking the right response. Part of a good recovery includes post-workout nutrition, such as recovery drinks. If the stimulus is sprint training and proper stroke technique, then your body will adapt to that in recovery. Over-training can occur if you allow yourself insufficient recovery.

Stager said that training can result in three outcomes: enhanced speed, increased endurance, and faster recovery. Enhanced speed and increased endurance are mutually exclusive.

According to Stager, the four most important aspects of sprint training are:

- Power (which includes muscle mass and strength);
- Distance-per-stroke training;
- Turn-over (tempo training);
- Kicking (which is often not emphasized enough).

The swimmer's kicking speed and sprinting speed are well correlated. Kick needs to be short amplitude, high frequency kicking.

He stated that endurance training builds psychological tolerance for that kind of swimming, trains the cardiovascular system, and can encourage biomechanical efficiency. As training sets, he recommends over-distance sets and short rest interval sets.

Stager also presented an annual training plan:

1. Aerobic phase (training in preparation for training): 6-8 weeks
2. General training: 6-8 weeks
3. Event specific training (it is good to compete during this phase, and it is better to be over-rested than over-trained): 4-8 weeks.
4. Taper (rest and recovery): 1-2 weeks for women, longer for men.

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

**Mission Viejo Nadadores
SCY Swim Meet
Sunday, April 1st, 2007**

Sanction number: 337-005

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 26th. 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. Age on April 1st determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to five individual 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 2007 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.

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

Sunday, April 1, 2007

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. 25 yd. Freestyle*
7. 200 yd. Medley Relay (men, women, or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. 25 yd. Breaststroke*
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women, or mixed)
15. 25 yd. Butterfly*
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. 25 yd. Backstroke*
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

*25 yd. events are not recognized by USMS and will not be submitted for Top Ten consideration.

Mark your Calendars!

January	18	SPMA Committee Conference Call
	20	Las Vegas SCY Swim Meet
February	11	East Lake Eagle RAYS SCY Swim Meet, Yorba Linda
March	4	Caltech Pentathlon SCY Swim Meet, Pasadena
	18	Pierce College SCY Swim Meet
	22	SPMA Committee Conference Call
April	1	Mission Viejo Nadadores SCY Swim Meet
	20-22	SPMA SCY Championship Swim Meet, Santa Clarita
May	5	UCLA SCY Swim Meet
	10	SPMA Committee Conference Call
	17-20	USMS SCY Championship Swim Meet, Federal Way, Washington
June	9	Las Vegas LCM Swim Meet
July	7	Santa Barbara LCM Swim Meet
	12	SPMA Committee Conference Call
August	3-5	SPMA LCM Championship Swim Meet, Mission Viejo
	10-13	USMS LCM Championship Swim Meet, The Woodlands, Texas
	23	SPMA Committee Conference Call
September	26-30	USMS Convention, Anaheim
October	7	Mission Viejo SCM Swim Meet
	13	UCLA SCM Swim Meet
November	3	Santa Clarita SCM Swim Meet
	15	SPMA Committee Annual Meeting and Elections
	18	Pierce College Turkey Shoot SCM Swim Meet, Woodland Hills
	30-12/2	SPMA SCM Championship Swim Meet, Long Beach

The Open Water calendar has not yet been finalized. If your club would like to host an open water event, please contact the SPMA office!

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Southern Pacific Masters Association Schedule

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For a complete and 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 DVD or video* 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 (626-296-1841), and we'll discuss which videos would best fit your needs. 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 and 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, Pileczuk)

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