

July/August
2008



SPMA MASTERS SWIMMING

Vanessa Mesia: 2007 SPMA Coach of the Year by Mary Hull



Vanessa Mesia, coach of the Meridian Swim Club has been honored with the 2007 SPMA Coach of the Year Award. The award was presented at the SPMA Short Course Yards Regional Championships in April.

Since she began coaching the Meridian Swim Club in August of 2004, the small team has grown to more than double its size, and Vanessa has turned it into a consistently competitive team among larger, more established teams in Southern California.

Vanessa encourages all of her team members no matter their level of ability. She meets with each of her swimmers individually and discusses their swimming goals with them.

Vanessa always shows support for her team whether it be one swimmer at a meet or the entire team at a workout. She knows the chronology of progress of every team member, keeping logs of times and splits from every swim meet since she began coaching.

Vanessa is always trying to learn new coaching techniques, and her focus and dedication to her sport and the team has brought a great sense of sportsmanship and team spirit to the group that makes each member feel valuable to the team as a whole.

Congratulations, Vanessa, for being an enthusiastic, inspiring coach who has shown swimmers at all levels of ability that they can reach their personal goals, and that they can have fun while reaching their goals as well.

New DVDs added to SPMA Library

The following new DVDs have been added to the SPMA Lending Library. For rental procedures and information, please see the last page of the newsletter. When submitting your DVD(s) requests, it is best to provide alternate selections in case the DVDs you want are out on loan. Alternatively you can indicate that you prefer to wait for all to be available.

Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming

Becoming a Faster Swimmer: Butterfly (Tom Jager)

Becoming a Faster Swimmer: Freestyle (Tom Jager)

Freestyle Made Easy: Total Immersion

Backstroke for Every Body: Total Immersion

Better Fly for Every Body: Total Immersion

Breaststroke for Every Body: Total Immersion

Schedule Changes:

The Santa Barbara long course meters meet scheduled for July 12th has been canceled. There will be a long course meters relay meet at Mission Viejo on Sunday, July 13th.

In this issue:

- *LCM meet entry information*
- *Open Water entry information*
- *Attention Coaches! by Ahelee Sue Osborn*
- *Your First Meet, by Michael Heather*

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

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD SWIM CLUB
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO MASTERS
SAN LUIS OBISPO: No. SLO Masters
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk (805) 434-1912; swimcoach@teamkman.org; www.teamkman.org
Rafael Guijarro (661) 472-7246; rago@sbcglobal.net
John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org
Jeff Storie (805) 875-2703; j_storie@ci.lompoc.ca.us
Spencer Szejkowski (805) 237-0654; spencersz@yahoo.com; northcountyaquatics.org
Philip Yoshida (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org
Kass Flaig (805) 704-9797; kassflaig@hotmail.com
Mike Ashmore (805) 928-9655; santamariasmw@verizon.com

SANTA BARBARA (South) and VENTURA

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

Vic Anderson (805) 403-5425, delphis13@msn.com
Rick Goeden (805) 646-6884; thewinguy@sbcglobal.net
Naya Higashijima (805) 893-2505; ucsmasters@gmail.com
SB Swim Office (805) 966-9757; swimoffice@sbswim.org
Nancy Kirkpatrick-Reno (818) 469-9972; www.csaswim.com
Kevin Lane (818) 917-6930; klane56ct@sbcglobal.net; www.dalandswim.com
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com
Jason York (805) 289-9298; jason.e.york@gmail.com; www.buenaventuraswimclub.org
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

LANCASTER: Oasis Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA MASTERS

Tom Otto (661) 948-0057; ottolfixit@hotmail.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org
Amy Lau (818) 523-3981; amylau@earthlink.net; www.pvmasters.com
Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3767

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
L.A. WEST: UCLA Bruin Masters
WEST HOLLYWOOD AQUATICS
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
Joel McKenna (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. : Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677; swim@swimcatalina.org; swimcatalina.org
SCAQ Office (310) 390-5700; www.swim.net/scaq
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com
Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.com
Patricia Mitchell (323) 563-5446; pmitchell@sogate.org

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Beach Swim Club
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com
Kathy Davids (310) 643-6523, kdavids@socal.rr.com; www.southbayswimteam.org
Beverly Garman (949) 552-1710; ihaccoach@aol.com
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertjcc.org, www.alpertsjcc.org
Cindy Summers (562) 597-9744; summerscm@hotmail.com
Matthew Mitchell (818) 398-1048; mattymitchell@mac.com; www.shoreaquatics.com
Jo'el Fitzpatrick (562) 7952628, jfitzpatrick@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattancc.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Debi Blair (310) 813-9656; info@lapsmasters.org, www.lapsmasters.org

INLAND EMPIRE

CORONA: Corona Aquatic Team Masters
MURRIETA: MESA Aquatic Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
WALNUT: Buzzards Peak Masters
YUCAIPA: Masters of Yucaipa

John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 461-1577; msmone@msn.com; mesaaquatics.com
Eric Tanner (951) 313-9274; ertanner@gmail.com
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org
Francis Neric (562) 713-4555; fneric@mtsac.edu
Jason Bradbury (951) 845-7458; ystcoach.jason@verizon.net; yucaipaswim.org

ORANGE COUNTY

COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH SWIM CLUB
HUNTINGTON BEACH: Golden West Swim Club
IRVINE NOVAQUATICS
IRVINE: UCI Masters
IRVINE: The Sports Club/LA
LADERA RANCH MASTERS
MISSION VIEJO MASTERS
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
NEWPORT BEACH Lifeguard Association
SAN CLEMENTE: San Clemente Swim Masters
SAN JUAN CAPISTRANO: Capo Masters
TUSTIN: SOCAL Aquatics
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com
Bill Jewell, (949) 466-6523; swimbill@sbcglobal.net; fastswim.org
Buddy Belshe (949) 362-4727
Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com
Mike Collins (949) 338-6682, info@novamasters.com; www.novamasters.com
Charlie Schober (949) 824-7946; ctschobe@uci.edu; www.masterswim.uci.edu
Dan Schoen (949) 975-8400 x6204; danschoen@thesportsclub.com; thesportsclubla.com
Evan Forbes (949) 370-0568; e_forbes@cox.net
Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org
Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org
Jeni Buys (949) 706-9991; gojeni@aol.com
Jim Turner (949) 644-3046; jturner@nbfd.net; www.newportlifeguard.org
Rod Snyder (949) 366-1630; rdsnyder4@cox.net
Belinda Eschenwald (949) 636-1665; ironbee@cox.net; www.capomasters.com
Debra Cruze-Meyer (714) 639-1913; debra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Mike Pawloski (714) 372-6273; bonuspak@earthlink.net

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
Melissa Gutierrez (702) 480-4321; 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 pacing device 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 _____								
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							FOR OFFICE USE ONLY	
	1500/1650 • •	Surcharge \$ _____							Amt Rec'd _____	
	• •	Total \$ _____							Date _____	

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 LCM Relay Meet Sunday, July 13th, 2008

Sanction number: 338-027

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: This will be a deck entered meet. Entry cards for events 1 to 4 are due by 8:45 a.m., events 5 to 8 due by 10:00 a.m., events 9 to 12 by 10:30 a.m., and events 13 to 15 by 11:00 a.m. Age on December 31, 2008 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.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$10.00 per relay due upon entry.

Awards: SPMA ribbons for first through third place.

Entry Fees: \$15.00 per swimmer surcharge.

Swimmers must complete a consolidated entry card and provide a photocopy of their 2008 USMS card.

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, July 13, 2008

Warm-up at 8:30 a.m.

Meet starts at 10:00 a.m.

1. Women's 400 m Medley Relay
2. Men's 400 m Medley Relay
3. Women's 200 m Freestyle Relay
4. Men's 200 m Freestyle Relay
5. Women's 400 m Freestyle Relay
6. Men's 400 m Freestyle Relay
7. Women's 200 m Medley Relay
8. Men's 200 m Medley Relay
10 minute break
9. Women's 800 m Freestyle Relay
10. Men's 800 m Freestyle Relay
15 minute break
11. Mixed 400 m Medley Relay
12. Mixed 200 m Freestyle Relay
13. Mixed 400 m Freestyle Relay
14. Mixed 200 m Medley Relay
10 minute break
15. Mixed 800 m Freestyle Relay

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

Attention Coaches!

by Ahelee Sue Osborn

I recently returned from the most amazing swimming travel experience which centered around a circuit of Masters Championship Swim Meets! It began after the SPMA Short Course Yards Regionals in April where I was privileged to watch Vanessa Mesia receive her award for SPMA Coach of the Year.

The next day, I flew to Perth, Australia for the FINA Masters World Championships. SPMA was well represented there, and it was exciting to see so many people swimming so fast.

Upon arriving back in the USA, I only had a one-day turnaround before heading off to Austin, Texas for the USMS Short Course National Championships. I was a little bleary-eyed at first, but the fast swimming in the University of Texas pool kept me very alert. Once again there were many SPMA swimmers at the meet, and coach/swimmer Tracey Granger from LAPS set several new national records.

These travel and multi-day meets offer great opportunities to get to know teammates and other Masters swimmers and teams in a way that is nearly impossible at our one-day meets at home. Try to build a team and hit the road. Sometimes the water is bluer and faster on the other side!

Who is your coach? The personality instructing you from the pool deck? The latest DVD ordered off the internet? The lane mate with the beautiful butterfly stroke? Or perhaps do you coach yourself?

In SPMA, it is estimated we have over 100 coaches in and around the pools. The SPMA Committee would like to get to know these coaches better and find ways to help them build their Masters swim programs.

At the SPMA Long Course Regional Championships August 1st to 3rd in Thousand Oaks at Cal Lutheran College, we will host a reception for all SPMA coaches, and interested swimmers, after the final event concludes on Saturday. It will be an opportunity to meet each other casually and offer a presentation of ideas from a successful SPMA coach.

Also, a look forward to begin planning ways to improve our SPMA from the coach's point of view. I invite you to join us, whether you coach 300 or 25 swimmers or even just yourself. Please drop me an e-mail if you plan on attending so that we can make proper space arrangements.

The month of May was Coaches Appreciation Month. By the time this newsletter hits, it will be July. My hope is that you, as the Masters coach, have been celebrated for your love of the sport and your swimmers. And you are ready to go into the summer long course season with goals to assist your swimmers in building their fitness in our favorite element, the water!

Ahelee Sue Osborn is the SPMA Coaches Committee chair and assistant coach for NOVA Masters in Irvine. She can be reached by e-mail at ahelee@novamasters.com

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

Conejo Simi Aquatics LCM Regional Championships

Cal Lutheran University, Samuelson Aquatics Center

Friday to Sunday, August 1 - 3, 2008

Sanction number: 338-025

The Samuelson Aquatics Center at Cal Lutheran University is an outdoor, 25 yard x 50-meter pool with 8 swimming lanes and an electronic score board with Daktronics timing system. Seven lanes will be used for competition, and one for warm-up and warm-down during the meet.

Directions: Cal Lutheran University is located off the 23 North Freeway from the 101 at Thousand Oaks. Exit 23 North at Olsen, turn left (west) and the University pool is approx 3 miles on the right.

Fees: Flat fee of \$40.00 if postmarked on or before Tuesday, July 22nd. Entries postmarked or submitted after midnight on July 22nd will be subject to a \$10.00 late fee. *ALL ENTRIES WILL BE REJECTED IF NOT RECEIVED BY 8:00 p.m., Saturday, July 25th. NO INDIVIDUAL DECK ENTRIES ARE ALLOWED.* Check www.spma.net for availability of online entries. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

Seeding: Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

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

Entries: Mail entry card, copy of 2008 USMS card, and check (payable to Conejo Simi Aquatics) to: Conejo Simi Aquatics, Meet Administrator Bev Pierson, c/o 935 Calle Collado, Thousand Oaks, CA 91360. Receipt of entry will *NOT* be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: Meet director: Bev Pierson (805) 376-3042, beverly.pierson@gmail.com.

Friday, August 1, 2008

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

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

1. 1500 m Freestyle (Women, Men)

Saturday, August 2, 2008

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle will close at 8:00 a.m.

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

Sunday, August 3, 2008

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 800 m Freestyle will close at 8:00 a.m.

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

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

**Seal Beach Swim Club
37th Seal Beach Rough Water Swim
Saturday, July 12th, 2008**

Sanction number: 338-032

Distance: 1-mile and 5-kilometer events.

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

Check-in: Check-in times vary with event. Check-in starts at 6:30 a.m. for the 5K swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check-in is at 8:00 a.m. with an approximate 9:30 a.m. start time.

Entries: Pre-registration is \$25 and must be postmarked by Friday, June 27th. Race day registration is \$30.

To enter, send a copy of your 2008 USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

Additional Information: Maria Fattal, (562) 430-1092; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org

**Newport Beach Lifeguards
Balboa-Newport Pier-to-Pier
Saturday, July 19th, 2008**

Sanction number: 338-031

Distance: 2 miles

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

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

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

Entries: Pre-registration is \$30 (includes a T-shirt) and is due by Tuesday, July 8th. Register for both this swim and the August 25th Don Burns Corona del Mar swim for \$50.

To enter, send a copy of your 2008 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Additional Information: Nadine Turner, (949) 640-5350; nadineturner3@cox.net; www.newportlifeguard.org

**Semana Nautica Sports Festival
Santa Barbara 6-mile Swim
Sunday, July 13th, 2008**

Sanction number: 338-033

Distance: 6 miles

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

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

Entries: Pre-registration is \$40 and entries must be received by Monday, July 7th. No beach entries. T-shirts are \$15.

To enter, print and complete the entry form at www.semananautica.com or send a copy of your 2008 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

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

**Long Beach Grunions
Naples Island Swim
Sunday, July 27th, 2008**

Sanction number: 338-034

Distance: 1-mile Classic and 3-mile Challenge

Location: Alamitos Bay, near 5437 E Ocean Blvd., Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-69°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

Check-in: Check-in begins at 7:00 a.m. and closes at 8:45 a.m. The 1-mile Classic starts at 9:00 a.m. and the 3-mile Challenge starts at 9:20 a.m., Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line. Swimmers with wetsuits are allowed but will not be eligible for awards. 3-mile swimmers are encouraged to bring paddlers on paddleboards. No personal kayaks will be permitted to accompany swimmers. All swimmers will be required to wear bright colored swim caps, which will be provided.

Entries: Pre-registration is \$25 and must be postmarked by Saturday, July 19th. Fee includes T-shirt designed for this event. Race day registration (or if postmarked after July 19th) is \$30. An alternate entry form can be found at www.spma.net/naples2008.

To enter, send a copy of your 2008 USMS card, a completed SPMA consolidated card (indicate 1-mile or 3-mile and T-shirt size) or the alternate entry form, with your check payable to: Long Beach Grunions. Mail to: 2008 Naples Island Swim, Bill Roberts, 1066 Roswell Ave # 302, Long Beach, CA 90804.

Awards: Medals 1st to 3rd in each age group in each race.
Additional Information: Bill Roberts (310) 200-3016, billr0073@yahoo.com.

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

www.spma.net

Click on Open Water & Long Distance

Your First Meet* *Or why did I let my coach talk me into this? by Michael Heather

If you have spent any time with a swim coach, you will know that occasionally he (or she, I will use the masculine for brevity) becomes much more friendly than normal. This is a condition that is precipitated by the oncoming event of a swim meet, and he is trying to recruit new, fresh faces to join the fun and social atmosphere of the event. It is not a war or judgment day to be avoided at all costs, it is a party, relative to many other athletic events that cost more and demand more time. And you get to run around with hardly anything on and jump into the water any time you want!

For the sake of this article, we will assume that you have acquiesced, perhaps under extreme duress, to enter and swim at your very first swim meet. Congratulations! Perhaps you will only swim on a relay because you do not yet have the internal fortitude or daring to actually race by yourself. That's okay, because there isn't anything more fun than relays! Once you have become part of a relay team, it is a very short step to start racing by yourself to test your training and endurance and create personal goals for which you can strive.

The process is simple, but can be daunting to a beginner, partly because of the terminology, and partly because of the routine that must be followed to enter a meet successfully. If you follow these steps, you will have no problem entering a meet in SPMA. First lesson, learn acronyms of swimming and your surroundings. Southern Pacific Masters Association (SPMA) is a local organizing group created by and working for United States Masters Swimming (USMS). There are about 57 such groups like this around the country. SPMA sanctions the local meets and other swimming events that you will want to enter or attend. The following will help you enter a swim meet.

In our newsletter and emails there are informational meet announcements that describe the events to be offered, the date and time the meet starts, and where the meet will be held. If you are fortunate enough to train at a pool that holds swim meets, you are money ahead! You will not have to drive far to an unknown pool, and will be comfortable in the water since it will be familiar. If not, don't worry, there are directions included in all of the meet announcements, and most have more information online, either at www.spma.net or the meet host website.

The next step is to fill out the entry card. This is called a "consolidated entry form," and has several lines of information (such as name, birthdate, and USMS number) to fill out as well as boxes to complete to indicate the events you will be swimming.

Find the corresponding box to fill in the event number and your estimated entry time. An entry time is used to organize the particular

Don Burns Corona del Mar 1-mile Swim Saturday, August 23rd, 2008

Sanction number: 338-035

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

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

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

Entries: Entries are \$30 and include a T-shirt. Additional T-shirts are \$10. Deck entries welcome.

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

Additional Information: Nadine Turner, (949) 640-5350, nadineturner3@cox.net.

event into "heats," since the pools do not have enough lanes to accommodate everyone all at once who desires to swim the same event. This way you'll be competing against people that are nearest to you in speed. If you have no idea at all how fast you may swim the event, do it in workout and enter that time.

Most local meets are one day affairs, meaning that all of the events will be contested in one session on one day. For safety and to keep meets manageable, USMS rules allow you to enter and swim up to a maximum of 5 individual events per day. Relays do not count as individual events, so you can also swim in those if you wish. Read the meet information carefully, sometimes the meet hosts limit the number of individual events available in order to make the meet run more quickly or because there is a time limit at the facility, and the host is trying to be equitable for all of the swimmers entered.

Many meets have a single entry fee, which allows you to enter any number of events (up to 5) for the same amount. Other meets charge a fee for each event, plus a surcharge. Either way, you need to determine what amount you owe for the entry and indicate that on the lines provided. Next read and sign the waiver. This is a legal form that USMS requires to be signed before any entry can be accepted. Make a copy of your USMS registration card and include it with your check and the entry card in an envelope to mail to the meet host or processor. You have successfully entered the meet!

On the day of the meet don't forget your swimsuit, goggles and towel. A folding chair and some sun block (if the meet is outdoors) will help too. Double check the directions and print out a map if you need one, or consult a paper map if that is how you roll. Allow enough travel time to arrive about one hour before the meet starts, so you will have time to warm up and familiarize yourself with the facility, especially the water temperature, clarity and walls. Check in with the clerk of course if the meet is being deck seeded. If you are unsure, ask at any table that looks like someone is doing some meet-related work.

You have warmed up and found yourself a spot to sit and prepare for the meet ahead. You will notice that a large group of people have congregated around one person trying to put pieces of paper on a wall, window, or bulletin board. Anywhere between 10 minutes and an hour before your event the heats will be posted. You will want to check the listing to find out which heat and lane you are to report to for your events. It may be a good idea to write the information down on a piece of paper or your hand for quick reference. Usually an announcement will be made when events are starting and the heats and event numbers will be posted on the display board for the timing system, if one is being used. It is up to you to keep track of the heats as they go by. If you miss your event you won't be able to make it up. Although meet hosts want to be as flexible as possible, they cannot be held responsible if you are having a conversation with someone and miss your heat.

You need to be prepared for your heat before it is announced, because that is often less than one minute before it will start. If you want to warm up a little more, get into the warm-up lanes and swim a little, watching the display for information about the upcoming heats. For short events, such as 50 or 100 yards (or meters) you will want to start making your way to the blocks 4 or 5 heats in advance of yours, making sure you have your goggles and cap, if you use one. It is easier to wait a couple of heats behind the blocks than to run the entire length of the pool screaming to the starter that this is your heat.

Sometimes the announcer will have called your name and lane assignment while the previous heat was in the water, but it is good to check with the timers (as long as they are not busy starting or ending a heat) to see if your name is on the list they have on a clipboard. You are called to the blocks by the starter blowing a series of short blasts on a whistle.

This means step up on the block. If you want to start in the water or on the edge of the pool, let the starter know, and he will give you instructions on what to do and when. The starter will confirm that all of the blocks are being used and call out lane numbers if someone has not shown up for the heat. Next is a long whistle blast, indicating that you are to step to the front of the block with at least one foot on the forward edge. Next he will call out, "take your marks," at which time you move to your starting position and hold it until you hear a gun blast, beep or some other noise that indicates the beginning of the race. Dive in and go! You are now a competition swimmer.

After your race, check the posted results. You may be pleasantly surprised to find out how well you've done in your age group!

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Southern Pacific Masters Association Schedule

July	10	SPMA Committee conference call
	12	Seal Beach 1 mile and 5K Open Water Swims
	13	Mission Viejo Long Course Relay Meet
	13	Santa Barbara 6 mile Open Water Swim
	19	Newport Pier-to-Pier 2 mile Open Water Swim
	27	Long Beach Naples 1 and 3 mile Open Water Swims
August	1-3	SPMA LCM Regional Championships, Thousand Oaks
	14-17	USMS LCM National Championships, Mt. Hood, Oregon
	23	Corona del Mar 1 mile Open Water Swim
September	24-28	USMS Convention, Atlanta, Georgia
October	5	Mission Viejo SCM Swim Meet
	25	UCLA SCM Swim Meet
November	8	Santa Clarita SCM Swim Meet
December	5-7	SPMA SCM Championship Swim Meet, Long Beach

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 DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD* that will be held as a deposit until the DVD(s) are returned. This check will not be cashed unless the DVDs 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, Freestyle with Karlyn Pipes-Neilsen
- 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, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion