

July/August
2009



SPMA MASTERS SWIMMING

SPMA 2008 Coach of the Year: Nancy Kirkpatrick-Reno by Julie Heather



Nancy Kirkpatrick-Reno, a familiar face at SPMA meets, was selected from a group of very strong contenders for the 2008 SPMA Coach of the Year award.

As coach of one of the fastest growing programs in the country, Nancy supports her swimmers, and all of the other swimmers she encounters, whether or not they are members of her club, Conejo-Simi Aquatic Masters (CSAM). She paid her own way to USMS SCY Nationals in Clovis to volunteer her coaching skills to those swimmers not fortunate to have a coach travel to the meet.

CSAM started in 2007 with a handful of swimmers, and is now well over 100 strong, with a growing group of tri-athletes in addition to the pool swimmers. Nancy has had several swimmers in the USMS Top Ten rankings.



Nancy Kirkpatrick-Reno received her award at a CSAM practice. *Photo by Mary Hull.*



Nancy Kirkpatrick-Reno. *Photo by Ahelee Sue Osborn*

SPMA Coach of the Year Winners

- 2008 Nancy Kirkpatrick-Reno
- 2007 Vanessa Mesia
- 2006 Tom Boyd
- 2005 Victor Hecker
- 2004 Mark Moore
- 2003 Mark Moore
- 2002 Carole Shigaki
- 2001 Michael Collins
- 1999 Brandon Seider
- 1998 John Kocker
- 1997 Gerry Rodrigues and Rick Goeden
- 1996 Gary Reese
- 1995 Philip Hayman

In addition to coaching, Nancy is a member of the USMS Marketing Committee, the At-Large representative on the SPMA Executive Committee, and a certified ASCA coach. She was also instrumental in hosting the 2008 SPMA Long Course Meters Championships at Cal Lutheran University last August.

Nancy is a vocal advocate of Masters swimming, having been featured in the Los Angeles Times Health and Fitness section in January, 2009.

SPMA would like to thank Nancy for the enthusiasm, inspiration and generosity she exhibits to her swimmers, SPMA, and USMS. Congratulations!

In this issue:

- 2009 LCM meet entry forms
- 2009 Open Water Events
- "Anxiety, Depression and Exercise,"
by Jessica Seaton

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

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

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Kass Flaig (805) 704-9797, kassflaig@hotmail.com, c2multisport.com
Rafael Guijarro (661) 472-7246, rago2000@sbcglobal.net
Keith Moore, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org
Charles Pike (661) 395-4663, bakersfieldaquatics@yahoo.com, www.bakersfieldaquatics.org
Frank Piemme (805) 735-7574, conniefrank@verizon.net
Nancy Szejnkowski (805) 238-5591, betco@yahoo.com, northcountyaquatics.org
Philip Yoshida (805) 543-9515, office@sloswimclub.org, www.sloswimclub.org
Linda Stimson (805) 781-3488 x 17, sloaquatics@kennedyclubs.com, www.kennedyclubs.com
Mike Ashmore (805) 928-9655, santamariaswim@verizon.com, santamariaswim.net

SANTA BARBARA (South) and VENTURA

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

Martin Armstrong (805) 794-5525, kelpbedd@yahoo.com, www.ciyymca.org
Vic Anderson (805) 403-5425, delphis13@msn.com, channelislandmasters.blogspot.com
Rick Goeden (805) 646-6884, theswimguy@sbcglobal.net
Naya Higashijima (805) 893-2505, ucbsmasters@gmail.com
SB Swim Office (805) 966-9757, swimoffice@sbswim.org
Emilio Casanueva (805) 637-8331, emilio@zapallar.net
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@cnkinvestments.com, www.csaswim.com
Kevin Lane (818) 917-6930, klane1956ct@sbcglobal.net, www.dalandswim.com
Matt Warsaw (805) 660-2082, matt@southcoastaquatics.com, www.southcoastaquatics.com
Jason York (408) 821-5600, jason.e.york@gmail.com, www.buenaventuraswimclub.org
Toby Pety (805) 642-6674, tonthego0@sbcglobal.net, riomesaswimclub.com

LOS ANGELES (North)

CLAREMONT: The Claremont Club
LANCASTER: Oasis Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

Christine Dahlstrom-Maki (909)477-2011, christine_dahlstrom@yahoo.com
Tom Otto (661) 948-0057, ottofixit@hotmail.com
Suzanne Dodd (626) 449-7536, sdodd@ipac.caltech.edu
Chad Durieux (626) 564-0330, cdurieux@rosebowlaquatics.org, www.rosebowlaquatics.org
Matt Olaya (661) 305-9720, alphamaleswim@gmail.com, www.pymasters.com
Lance O'Keefe, lokeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims 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
Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymcala.org
Steve Najera (310) 206-1787, snajera@recreation.ucla.edu
Molly Larson (310) 456-2489 x272, mlanson@ci.malibu.ca.us, www.ci.malibu.ca.us
Gregg Gorgezelec (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.: Swimming Los Angeles
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
L.A.: Pool Open Water
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677, swim@swimcatalina.org, swimcatalina.org
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, meridiansportsclub.com
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com
Gerry Rodrigues (310) 702-9327, swimpro@pacbell.net
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: Long Beach Masters Swim
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 Gore (310) 643-6523, kdavids@social.rr.com, www.southbayswimteam.org
Beverly Garman (949) 552-1710, ihaccoach@aol.com, swimarmada.com
Sascha Bryon-Zwick (562) 426-7601 x1035, sbryanzwick@alpertsjcc.org, www.alpertsjcc.org
Cindy Summers (562) 416-6755, summerscm@hotmail.com
Robert Lynn (562) 644-3883, europeanhse@aol.com, www.shoreaquatics.com
Corey Lakin (562) 430-1073 x511, clakin@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us
Chuck Milam (310) 546-3601, cdmilam@hotmail.com, www.manhattancc.com
Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com
Debi Blair (310) 813-9656, info@lapsmasters.org, www.lapsmasters.org

INLAND EMPIRE

BEAUMONT Masters
CORONA: Circle City Aquatics
CORONA: Corona Aquatic Team Masters
MURRIETA: MESA Aquatic Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087, christy@nds-ca.net
Scott Gainey (949) 315-1013, coachgainey@gmail.com, www.ccaqswim.org
John Salvino (866) SWM-CRINA, coachsalvino@hotmail.com
William Segovia (951) 894-5588, administrator@mesaaquatics.com, www.mesaaquatics.com
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org
Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, yucaipaswim.org

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Club
IRVINE Novaquatics
IRVINE: UCI Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH Lifeguard Association
TUSTIN: SOCAL Aquatics
YORBA LINDA: East Lake Eagle Rays

Alex Isaly (949) 643-6700, alex.isaly@renaissanceclubsport.com, www.renaissanceclubsport.com/aliso-viejo
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Bill Jewell, (949) 466-6523, swimbill@sbcglobal.net, fastswim.org
Cindy Lim (714) 397-0132, cindyhl@msn.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
Mark Moore (949) 233-6521, swimoffice@mvnswim.org, mastersmvnswim.org
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, pacificcoastaquatics.org
Jim Turner (949) 644-3046, jturner@nbf.net, www.newportlifeguard.org
Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

LAS VEGAS

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

Frank Lowery (702) 400-2790, flowery719@cox.net, www.lowerymultisport.com
Victor Hecker (702) 247-7788, heckerrealstate@hotmail.com
Kara Robertson (702) 498-2316, araklv@hotmail.com, www.swimlasvegas.org
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.

Santa Barbara Masters Reg Richardson Memorial LCM Meet Saturday, July 11th, 2009

Sanction number: 339-016

The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 71st year! Learn more at www.semananautica.com. Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

Directions: From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

Entries: Pre-entry postmarked deadline: Thursday, July 2nd. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2009 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.

Relays: The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, 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: There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$10.00 charge.

Checks payable to: Santa Barbara Swim Club

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Santa Barbara Swim Club, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Santa Barbara Swim Club office (805) 966-9757, sbsc@sbswim.net. Meet Processing, Robert Mitchell, (949) 689-7946, mitchellrobert@cox.net.

Saturday, July 11, 2009

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

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

Newport Beach Lifeguards Balboa-Newport Pier-to-Pier Saturday, July 11th, 2009

Sanction number: 339-014

Distance: 2 miles

Location: Start from the beach next to the Balboa Pier. Swim to a buoy offshore, turn right shoulder to buoy, 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 \$25.00 (includes a T-shirt) and is due by Tuesday, July 3rd. Deck entries welcome. Register for both this swim and the August 29th Don Burns Corona del Mar swim for \$45.00.

To enter, send a copy of your 2009 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.

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

Semana Nautica Sports Festival Santa Barbara 6-mile Swim Sunday, July 12th, 2009

Sanction number: 339-025

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 wet-suits allowed.

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

Entries: Pre-registration is \$40.00 and entries must be received by Friday, July 3rd. No beach entries. T-shirts are \$15.00.

To enter, print and complete the entry form at www.semananautica.com or send a copy of your 2009 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.

I would like to thank Errol Graham for proofreading every issue of the newsletter with speed and efficiency!

*Julie Heather
Newsletter Editor*

Seal Beach Swim Club 37th Seal Beach Rough Water Swim Sunday, July 12th, 2009

Sanction number: 339-015

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 \$25.00 and must be postmarked by Friday, June 26th. Race day registration is \$30.00.

To enter, send a copy of your 2009 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

Long Beach Grunions Naples Island Swim Sunday, August 16th, 2009

Sanction number: 339-027

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 or in kayaks. All swimmers will be required to wear bright colored swim caps.

Entries: Pre-registration is \$25.00 and must be postmarked or completed online by Saturday, August 8th. Fee includes T-shirt designed for this event. Race day registration (or if postmarked after August 8th) is \$35.00. Online registration can be done at www.naplesislandswim.com.

To enter, send a copy of your 2009 USMS card, a completed SPMA consolidated card (indicate 1-mile or 3-mile and T-shirt size), with your check payable to: Long Beach Grunions. Mail to: 2009 Naples Island Swim, Bill Roberts, 2727 E. Mariquita St., Long Beach, CA 90803.

Awards: Wetsuits and/or neoprene caps are allowed, but swimmers wearing them are not eligible for awards.

Additional Information: Bill Roberts (562) 508-5837, naples@lbgrunions.com.

Don Burns Corona del Mar 1-mile Swim Saturday, August 29th, 2009

Sanction number: 339-018

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 (\$10.00 fee) 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 begins at 9:00 a.m. at Lifeguard Tower #3 (next to the jetty). The swim starts at 10:00 a.m.

Entries: Entries are \$25.00 and include a T-shirt. Additional T-shirts are \$10.00. Deck entries welcome.

To enter, send a copy of your 2009 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.



Swimmers enjoy the first long course meters meet of the season at Santa Clarita. Photos by Chris Lundie.

Conejo Simi Aquatics LCM Regional and Zone Championships

Cal Lutheran University, Samuelson Aquatics Center

Friday to Sunday, July 24th to 26th, 2009

Sanction number: 339-017

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 approximately 3 miles on the right.

Fees: Flat fee of \$40.00 if postmarked on or before Tuesday, July 14th. Entries postmarked or submitted after midnight on July 14th will be subject to a \$10.00 late fee. *All entries not received by 8:00 p.m. on Saturday, July 18th will be rejected. No individual deck entries will be 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, as well as the 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries received 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. on Friday for the 1500, 8:00 a.m. on Saturday for the 400 m Freestyle, 8:00 a.m. on Sunday for the 800 m Freestyle, and 9:00 a.m. on 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 consolidated entry card, copy of 2009 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, July 24, 2009

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, July 25, 2009

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, July 26, 2009

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.

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

Anxiety, Depression and Exercise by Jessica Seaton

Exercise has a proven effect on reducing anxiety and depression. Anxiety is essentially fear gone amok. Chronic stress can lead to a “free-floating sense of fear that morphs into anxiety.” Chronic stress and the concomitant release of cortisol strengthens the neural connections to and from the amygdala, the brain’s fear center. At the same time connections to the hippocampus are weakened, thus weakening one’s access to memory and context, and ultimately one’s grasp on reality.

Clinical anxiety disorder affects about 18% of the American population. It is both a physiological and psychological state that, in contrast to fear, does not have a specific triggering event. Whereas the reaction to fear is escape and avoidance, the physical reactions to anxiety may include those of fear as well as nausea, chest pain, heart palpitations, shortness of breath, stomach aches, fatigue, or headaches. In more extreme cases a person experiencing an anxiety or panic attack may also feel she is about to die or pass out. Others suffer from agoraphobia. Psychological symptoms of anxiety include feeling tense or jumpy, irritable, restless, apprehensive, “trapped in your mind,” having trouble concentrating, and fearing the worst. Cognitive misinterpretation of the situation and irrational dread are characteristic of anxiety.

Exercise has a calming effect on both anxiety disorder and normal feelings of anxiousness. The first randomized placebo controlled study of individuals with serious panic disorder was conducted in 1997. One third of the patients were put on an exercise program, one third were given clomipramine, an anti-anxiety medication, and one third were controls. At the end of ten weeks both the exercise and the clomipramine groups had improved significantly. The patients taking clomipramine experienced side-effects such as dry mouth, dizziness, tremors, erectile dysfunction, and nausea, whereas the exercise groups had the usual aches and pains associated with getting in shape. At a six month follow-up the fittest exercise patients had the lowest anxiety scores. In a 2005 Chilean study, students who exercised vigorously for 90 minutes three times per week showed reduced anxiety scores after nine months compared to students who only attended one 90-minute gym class.

Exercise builds confidence in your own coping ability. Panic attacks and exercise share some of the same symptoms such as shortness of breath. With regular exercise, the mind begins to associate those symptoms with exercise, which is safe, rather than with panic and feeling out of control, which is scary. Exercise gives you a sense of mastery and self-confidence.

Exercise calms both the body as well as the mind. After exercising your muscles are more relaxed. Through a feedback loop to the brain, relaxed muscles inform the brain that it too can now relax. Exercise increases serotonin, which has a calming effect, and increases brain levels of gammaaminobutyric acid (GABA), which helps interrupt obsessive feedback loops. A vigorously beating heart releases the hormone atrial natriuretic peptide (ANP), which has a calming effect on the body and reduces stress and

feelings of anxiousness.

Consistent and intense exercise is most effective in reducing anxiety. A single bout of exercise will temporarily reduce feelings of anxiety, but consistent exercise reduces anxiety in the long run. While mild exercise is effective, moderate to intense exercise is more effective.

Exercise is also a great tool for combating depression. Depression is a catch-all label for a great variety of signs and symptoms and feelings. These include unrelenting sadness, chronic unhappiness, eating too much or too little, sleeping too little or too much, helplessness or aggressiveness, listlessness, withdrawing from the world and friends.

Doctors in the United States tend to rely heavily on anti-depressant medications, but in Europe exercise is recognized as a first-line therapy for depression. Studies bear them out. In a 1999 Duke University study, 156 depressed patients were divided into three groups. One was given Zoloft, one was given exercise, and one was given a combination of the two. The exercise group walked or jogged at 70-85% maximal heart rate for 30 minutes three times per week. All three groups showed an equally significant drop in symptoms and about half of each group had no more symptoms of depression. Six months later the exercisers had significantly fewer relapses than the medication group. In other words, exercise was as effective as Zoloft and was better at preventing relapses. Other studies show that people who exercise tend to be less likely to develop depression, and are less neurotic and are more socially outgoing.

Exercise, like anti-depressant drugs affect the brain’s neurotransmitters without the drugs’ unpleasant side-effects or withdrawal symptoms. Exercise elevates norepinephrine and dopamine levels in the brain, ultimately leading to feelings of improved self-esteem, greater happiness, and improved attention. In addition it raises serotonin levels improving mood and self-esteem. Finally, exercise leads to greater happiness by altering the brain’s circuitry by building new pathways.

As with anxiety, some exercise is good, but up to a point, more is better. One bout of exercise can change a person’s mood right away, but to make longer term changes, you need to exercise consistently. Studies suggest that doing at least 30 minutes of moderate aerobic activity six days per week, or a total of three hours per week is most effective.

Even if you aren’t anxious or depressed, exercise can improve your mood. We all know that from swimming, don’t we? Masters swimming has the added benefit of social interaction, which helps in both depression and anxiety. For more information about the relationship between exercise, depression, and anxiety check out the book by John Ratey, M.D. *Spark: The Revolutionary New Science of Exercise and the Brain*, from which I drew a lot of the information in this article.

Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. She specializes in sports medicine, nutrition, and functional medicine. She has been swimming with West Hollywood Aquatics for more than 18 years. She can be reached at (310) 470-0282 or jseaton@aol.com, or at www.drjessicaseaton.com.

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July	5	Mission Viejo LCM Relay Meet
	9	SPMA Committee Conference Call
	11	Balboa to Newport Pier-to-Pier 2-mile Open Water
	11	Santa Barbara LCM Swim Meet
	12	Santa Barbara Semana Nautica 6-mile Open Water
	12	Seal Beach 1- and 3-mile Open Water
	24-26	SPMA LCM Regional Championships, Thousand Oaks
August	6-10	USMS LCM Nationals, Indianapolis
	16	Naples Island 1- and 3-mile swims, Long Beach
	20	SPMA Committee Conference Call
	29	Don Burns Corona del Mar 1-mile Open Water
September	19	Ocean Ducks Santa Barbara Pier-to-Pier 10-mile
October	4	Mission Viejo SCM Swim Meet
	24	UCLA SCM Swim Meet (tentative)
November	7	Santa Clarita SCM Swim Meet
	19	SPMA Annual Meeting
	22	Turkey Shoot SCM Swim Meet, Woodland Hills
December	4-6	SPMA SCM Regional Championships, Long Beach

For a complete and updated list of events, go to www.spma.net or call the SPMA office

SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a \$10.00 charge for borrowing up to three DVDs. 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 \$100.00 that will be held as a deposit until the DVDs 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 at (626) 296-1841, and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office.

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
- Go Swim, Backstroke with Jeff Rouse
- 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