

March/April
2009



SPMA MASTERS SWIMMING



SPMA Award Winners

Several SPMA awards were handed out at the SPMA Short Course Meters Regionals held at the Belmont Plaza pool in Long Beach in December. Our overall Male and Female Pool Swimmers of the Year were Jurgen Schmidt and Rita Simonton who continuously break pool records (below).



to Mark Moore (below) who coaches at Mission Viejo which hosts several SPMA meets a year, and volunteers as the chair of the USMS Championship Committee, and is the current SPMA Vice Chair.



The final award handed out was a new award created to honor Steve Schofield. The award, which recognizes outstanding contributions to Masters swimming during the preceding year, was presented to Mary Hull, our current SPMA Chair (at right, with Trisha Commons). [Photos courtesy of Errol Graham]



The next award was the Jim Marcus Distinguished Service Award which was awarded

In this issue:

- 2009 SCY meet entry forms
- 2009 early LCM meet entry forms
- *Getting Ready for Nationals*, by Ahelee Sue Osborn
- *New rental fee for DVDs*

SPMA 2008 Short Course Meters Record Breakers

Derya Buyukuncu (NOVA, 30-34): 100 Back
Jenny Cook (SCAQ, 50-54): 100 Breast, 200 Breast, 200 Fly, 100 IM, 200 IM
Jeff Farrell (SBM, 70-74): 50 Free, 100 Free
Traci Granger (LAPS, 50-54): 50 Fly
Erik Hochstein (SCAQ, 40-44): 50 Free, 100 Free, 200 Free, 100 IM, 200 IM, 400 IM
Ahelee Sue Osborn (NOVA, 50-54): 200 Back
Jurgen Schmidt (LOST, 85-89): 800 Free, 1500 Free
Mike Shaffer (VCM, 40-44): 400 Free, 800 Free
Rita Simonton (GWSC, 90-94): 50 Free, 100 Free, 200 Free, 400 Free, 800 Free, 1500 Free, 50 Fly, 100 IM, 200 IM
Walt Pfeiffer (MVN, 95-99): 50 Fly, 100 Fly, 200 IM, 400 IM
Men's 200 Free Relay (SCAQ, 160-199): Hochstein, Andriole, Beach, Wegner
Mixed 400 Free Relay (SCAQ, 120-159): Beach, Bronson, Cook, Hochstein
Men's 800 Free Relay (VCM, 240-279): McConica, Raffaelli, Gruber, Kerns
Men's 400 Medley Relay (VCM, 240-279): McConica, Kerns, Derr, Raffaelli

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
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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Keith Moore; bsc@bakersfieldswimclub.org; www.bakersfieldswimclub.org
Frank Piemme (805) 735-7574; conniefrank@verizon.net
Nancy Szejkowski (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

CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA: UCSB Masters
SANTA BARBARA Masters
SANTA BARBARA: Oceansucks
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; channelislandmasters.blogspot.com
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Naya Higashijima (805) 893-2505; ucsmasters@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 Warshaw (805) 660-2082; matt@southcoastaquatics.com; www.southcoastaquatics.com
Jason York (408) 821-5600; jason.e.york@gmail.com; www.buenaventuraswimclub.org
Toby Petty (805) 642-6674; tonthego00@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

Christine Dahlstrom-Maki (909)477-2011; christine_dahlstrom@yahoo.com
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; www.rosebowlaquatics.org
Kelsey Leckovic (818) 491-8743; pvmasters@live.com; 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
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
Steve Najera (310) 206-1787; snajera@recreation.ucla.edu
Molly Larson (310) 456-2489 x272; mlarson@ci.malibu.ca.us; www.ci.malibu.ca.us
Gregg Ogorzelec (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
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.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: 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@socal.rr.com; www.southbayswimteam.org
Beverly Garman (949) 552-1710; ihaccoach@aol.com; swimarmada.com
Sascha Bryon-Zwick (562) 426-7601 x1035, sbryanzwick@alpertjcc.org, www.alpertjcc.org
Cindy Summers (562) 416-6755; summerscm@hotmail.com
Robert Lynn (562) 644-3883; europeanhouse@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@lpsmasters.org, www.lpsmasters.org

INLAND EMPIRE

BEAUMONT Masters
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
John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 265-1454; msmone@msn.com; 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
Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com
Bill Jewell, (949) 466-6523; swimbill@sbcglobal.net; fastswim.org
Cindy Lim (714) 397-0132; cindyhlim@msn.com; goldenwestswimclub.com
Mike Collins (949) 338-6682, info@novamasters.com; www.novamasters.com
Charlie Schober (949) 824-7946; ctschobe@uci.edu; www.swimucis.com
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@nbfed.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; heckerrealestate@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 _____ | | | | | | FOR OFFICE USE ONLY | |
| | 800/1000 • • | No. of events _____ x \$ _____ = \$ _____ | | | | | | Amt Rec'd _____ | |
| | 1500/1650 • • | Surcharge \$ _____ | | | | | | Date _____ | |
| | • • | Total \$ _____ | | | | | | | |

Include a copy of USMS card

Signature on back is REQUIRED!

Include a copy of USMS card

fold..... fold

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

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

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

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

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

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

**Caltech Pentathlon
SCY Swim Meet
Sunday, March 8th, 2009**

Sanction number: 339-004

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 27th. Deck entries close at 9:15 a.m. sharp! Age on March 8th 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 2009 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 8, 2009

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

**Santa Clarita Masters
SCY Swim Meet
Saturday, March 21st, 2009**

Sanction number: 339-006

Directions: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. *From the north*, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. *From the south*, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, March 14th. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m.; all other deck entries close at 11:00 a.m. Age on March 21st 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 and the 500 yd. Freestyle.

Relays: All relays will be deck entered. Relay fees are \$4.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

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

Checks payable to: City of Santa Clarita. Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors, Chris Lundie, (661) 286-4088, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

Saturday, March 21, 2009

1650 warm-up at 8:00 a.m.
1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)
Additional warm-up after 1650
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 500 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 200 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 100 yd. Individual Medley
17. 50 yd. Breaststroke
18. 200 yd. Backstroke
19. 200 yd. Mixed Medley Relay

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

UCLA Bruin Masters Short Course Yards Swim Meet Saturday, April 4th, 2009

Sanction number: 339-008

UCLA Student Activities Center Pool (formerly the Men's Gym Pool) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area.

Directions & Parking: Take the 405 Freeway to Sunset Blvd. East. Take Sunset approx. one mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay the parking fee (\$9). Ask for best lot to park in for SAC. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement *does* ticket on weekends!

Entries: The pre-entry postmark deadline is Saturday, March 28th. On deck registration is permitted. Deck entries for the 500 yd. Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. Age on April 4, 2009 determines age group for the meet. You must be at least 18 years of age to compete.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 500 yd. Freestyle *must* check in to be seeded.

Relays: No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

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

Entry Fees: \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: UCLA Bruin Masters Meet, P.O. Box 204, El Toro, CA 92609.

Questions: Christie Ciraulo, swimcap@roadrunner.com; Steve Najera, snajera@recreation.ucla.edu, (310) 206-1787. Meet Processing, Robert Mitchell, mitchellrobert@cox.net

Saturday, April 4, 2009

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

500 starts at 9:00 a.m.

1. 500 yd. Freestyle

Additional warm-up after the 500

Event #2 starts at 10:30 a.m.

Deck entries due for 200 yd. Free Relay

2. 200 yd. Individual Medley

3. 200 yd. Freestyle Relay (men, women, mixed)

4. 50 yd. Backstroke

5. 100 yd. Butterfly

6. 200 yd. Freestyle

7. 100 yd. Backstroke

Deck entries due for 200 yd Medley Relay

8. 50 yd. Freestyle

9. 100 yd. Breaststroke

10. 200 yd. Medley Relay Relay (men, women, mixed)

11. 100 yd. Freestyle

12. 50 yd. Butterfly

13. 50 yd. Breaststroke

14. 100 yd. Individual Medley

Getting Ready for Nationals

By Ahelee Sue Osborn

As a combination coach and active swimmer, I find myself looking *forward* almost daily. How many times have you looked ahead since New Year's to find ways to evaluate progress of goals for the year? Team goals, individual goals you work to assist in accomplishing, and your own personal goals?

More than likely, we're all similar in simply trying to get through the day and hold it all together. Can you fit in a swim practice in addition to work and other family obligations? Perhaps you didn't make your workout today or even one swim practice in weeks! It isn't too late to find your determination and use some willpower to get back on track.

Take a moment to remember how it felt plotting out the goals for 2009. Was it not a bit thrilling to plan getting into good swim shape? Or moving up a lane, sharpening up stroke technique, or dropping a few pounds? Perhaps entering a big event such as SPMA Short Course Yards Championships or even the California-hosted USMS Nationals in Clovis, the California 70.3 triathlon or another SoCal tri or open-water swim event?

At this point in the training game, the season's endurance building phase of most programs is ending. The good news is that by diligently sharpening up technique, starts and turns, and racing skills, an athlete can be ready for these big upcoming events more dramatically than might be imagined.

High quality swimming in practices and in events makes a swimmer *fast*! Getting out to a one-day SPMA meet and swimming five events is possibly the highest quality available training to prepare for upcoming championship events. It is training/polishing, and not the final meet of the season and should be approached in this way.

There are three remaining meets (Caltech, Santa Clarita and UCLA) before the SPMA and USMS Championships, and all can be entered on race day. It is very possible that swimming these one-day meets, participating in five events, with long warm-ups and warm-downs is more valuable than slogging through a 2500-4000 yard low intensity swim practice. Coach's call!

One of the great Masters swimming realizations is that megayardage training isn't necessary to swim fast! Ask Jason Lezak, Dara Torres or most any champion Masters swimmer.

Taper is not a word used much longer in Masters swimming. With the condensed Masters practice yardage, it is better described as **Meet Prep**. A full week with a change in focus from practice with longer sets, to specific racing practice sets. Swimming that is shorter, with more intensity and rest.

My best tip to "Race-Prep" for the big meet? Train the components of specific races: The start, first lap, first half of the race, second half of the race, turns, underwater kicking, streamlining, the finish, and specific race strategy practiced as a broken swim.

Coaches, swimmers, get your revved up! The championship meets are coming soon!

SPMA SCY Regional Championships in Mission Viejo — Friday, April 24th to Sunday, April 27th.

USMS SCY National Championships in Clovis, CA — Thursday, May 7th to Sunday, 10th (online entry deadline: April 9)

Ahelee Sue Osborn is the SPMA Coaches Committee Chair, and coaches for Irvine Novaquatics. She can be reached at aheleesue@gmail.com.

Mission Viejo Nadadores

2009 SPMA SCY Regional Championship Meet

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

Sanction number: 339-008

Directions: Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite.

Entries: Flat fee of \$45.00 if postmarked on or before Monday, April 13th. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, April 13th. All entries must be received by 6:00 p.m. Monday, April 20th. No individual deck entries will be allowed. Age on April 26, 2009 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 4 individual events per day. There will be no refund of entry fees after April 20th.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$10 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 500, 1000 and 1650 yd. Freestyle and 400 yd. Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1650 yd. Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check in: Positive check-in is required for 500, 1000, and 1650 yd. Freestyle and 400 yd. Individual Medley. All other events will be pre-seeded. Check-in closes at 3:00 p.m. Friday for the 1650 yd. Freestyle, noon on Saturday for the 1000 yd. Freestyle, and noon on Sunday for the 400 yd. IM and 500 yd. Freestyle.

Awards: Individual: SPMA medals for places 1 to 3 and SPMA ribbons for places 4 to 6 for each age group and gender. Relays: SPMA medals for 1st place, SPMA ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Mission Viejo Nadadores Masters/Mark Moore, PMB #391 25108-B Marguerite Pkwy, Mission Viejo, CA 92692. Send a SASE or stamped postcard for a return receipt.

To register online, go to www.spma.net or www.mastersmvnswim.org and click on 2009 SPMA SCY Championships.

Questions: Call 949-489-1847 or send an email to Mark Moore, m.w.moore@cox.net. For hotels, information, and directions go to www.mastersmvnswim.org.

Snack Bar: A complete hot and cold snack bar will be available.

Online Entries (and additional information):

<http://mastersmvnswim.org/2009ShortCourseChamps.htm>

Friday, April 24, 2009

Warm-up at 10:30 a.m.

Meet starts at noon.

Check-in for 1650 yd. Freestyle closes at 3:00 p.m.

1. Women's 200 yd. Breaststroke
2. Men's 200 yd. Breaststroke
3. Women's 100 yd. Butterfly
4. Men's 100 yd. Butterfly
5. Women's 50 yd. Backstroke
6. Men's 50 yd. Backstroke
7. Women's 200 yd. Individual Medley
8. Men's 200 yd. Individual Medley
9. 800 yd. Freestyle Relay (Women, Men, Mixed)
10. 1650 yd. Freestyle (Women, Men)

Saturday, April 25, 2009

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 1000 yd. Freestyle closes at noon.

11. Women's 200 yd. Butterfly
12. Men's 200 yd. Butterfly
13. Women's 100 yd. Backstroke
14. Men's 100 yd. Backstroke
15. Women's 200 yd. Freestyle Relay
16. Men's 200 yd. Freestyle Relay
17. Women's 100 yd. Freestyle
18. Men's 100 yd. Freestyle
19. Mixed 200 yd. Medley Relay
20. Women's 100 yd. Breaststroke
21. Men's 100 yd. Breaststroke
22. Women's 50 yd. Butterfly
23. Men's 50 yd. Butterfly
24. Women's 100 yd. Individual Medley
25. Men's 100 yd. Individual Medley
26. 400 yd. Medley Relay (Women, Men, Mixed)
27. 1000 yd. Freestyle (Women, Men)

Sunday, April 26, 2009

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 400 yd. IM and 500 yd. Free closes at noon.

28. Women's 200 yd. Freestyle
29. Men's 200 yd. Freestyle
30. Women's 200 yd. Medley Relay
31. Men's 200 yd. Medley Relay
32. Women's 200 yd. Backstroke
33. Men's 200 yd. Backstroke
34. Women's 50 yd. Breaststroke
35. Men's 50 yd. Breaststroke
36. Mixed 200 yd. Freestyle Relay
37. Women's 50 yd. Freestyle
38. Men's 50 yd. Freestyle
39. 400 yd. Individual Medley (Women, Men)
40. 400 yd. Freestyle Relay (Women, Men, Mixed)
41. 500 yd. Freestyle (Women, Men)

Relays: A swimmer may swim only one relay in each of events 9, 26, and 40

San Luis Obispo Masters Long Course Meters Swim Meet Saturday, April 25th, 2009

Sanction number: 339-009

Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 8-lane course with seven lanes for competition and one lane for warm-up/warm-down.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Entries: The pre-entry postmark deadline is Saturday, April 18th. Deck entries will close at 12:30 p.m. or 30 minutes before the start of the meet, whichever is later. Age on December 31, 2009 determines age group for the meet. You must be at least 18 years of age 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. 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: Ribbons for places 1 to 3. Relay: Ribbons for first place.

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

Checks payable to: SLOSC

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: San Luis Obispo Spring Splash, PO Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

Saturday, April 25, 2009

Warm-up following Age Group Meet

Event #1 starts no earlier than 1:30 p.m.

1. 400 m Freestyle
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Freestyle
5. 50 m Breaststroke
6. 200 m Medley Relay (Men, Women, Mixed)
7. 100 m Butterfly
8. 50 m Freestyle
9. 100 m Breaststroke
10. 50 m Backstroke
11. 100 m Freestyle
12. 200 m Individual Medley
13. 200 Freestyle Relay (Men, Women, Mixed)

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

Santa Clarita Masters LCM Meet Sunday, May 17th, 2009

Sanction number: 339-010

Directions: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. *From the north*, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. *From the south*, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, May 9th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at 11:00 a.m. Age on December 31, 2009 determines age group for the meet. You must be at least 18 years of age 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 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$4.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

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

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors, Chris Lundie, (661) 250-3771, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com.

Sunday, May 17, 2009

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

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 starts at noon
2. 200 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 200 m Mixed Medley Relay

Southern Pacific Masters Association Schedule

SPMA Officers

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| March | 8 | Caltech Pentathlon SCY Swim Meet, Pasadena |
| | 21 | Santa Clarita SCY Swim Meet |
| April | 4 | UCLA SCY Swim Meet |
| | 24-26 | SPMA SCY Championship Swim Meet, Mission Viejo |
| | 25 | San Luis Obispo LCM Swim Meet |
| May | 7-10 | USMS SCY National Championships, Clovis, California |
| | 17 | Santa Clarita LCM Swim Meet |
| June | 7 | Mission Viejo LCM Swim Meet |
| | 27 | Las Vegas LCM Swim Meet |
| July | 5 | Mission Viejo LCM Relay Meet and NQ Time Trials |
| | 11 | Balboa to Newport Pier-to-Pier 2-mile Open Water |
| | 12 | Seal Beach 1- and 3-mile Open Water |
| | 12 | Santa Barbara LCM Swim Meet |
| | 24-26 | SPMA LCM Regional Championships, Thousand Oaks |
| August | 6-10 | USMS LCM Nationals, Indianapolis |
| | 29 | Don Burns Corona del Mar 1-mile Open Water |
| September | 19 | Oceanducks 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 |
| | 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, check 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 charge for 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 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 (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
- 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

NEW: \$10 flat rental fee for up to 3 DVDs!