

March/April
2010



SPMA MASTERS SWIMMING

SPMA 2009 Swimmers of the Year Awarded

Southern Pacific Masters Swimming presented the Male and Female Swimmer of the Year awards at the Short Course Meters Championship in Long Beach in December.

The 2009 Female Swimmer of the Year is Ahelee Sue Osborn, Mission Viejo Nadadores (currently with Conejo Valley Multi-sport Masters). She set three USMS records at Short Course Yards Nationals in Clovis (100, 200 and 400 Individual Medley). She has two pending world records in the 100 Individual Medley and 200 Backstroke from the Short Course Meters Championships. In addition to her stellar swims, Ahelee is the Secretary of SPMA and chair of the Coaches Committee and a member of the USMS Coaches Committee. Ahelee doesn't limit herself to the pool, having competed in 7 Hawaii Ironman races and held the 35-39 age group record for 13 years, and swam the English Channel in 11 hours and 22 minutes in 2001.

The 2009 Male Swimmer of the Year is Jamie Fowler, Irvine Novaquatics Masters. This summer, at the SPMA Long Course Championship, Jamie set world records in the 200 and 400 Individual Medley and the 50 Backstroke. At Short Course Yards Nationals he set records in

the 100 and 200 Backstroke. At the Short Course Meters Championships Jamie has pending records in all the backstroke (50, 100 and 200) and individual medley events (100, 200 and 400). Jamie is a former All-American swimmer for USC, and the Pac-10 and NCAA champion in the 200 backstroke. He graduated in 1981 and quit swimming, joining Novaquatics about a year ago.

Congratulations to Ahelee and Jamie, SPMA Swimmers of the Year!



In this issue:

- 2010 SCY meet entry forms
- Swimmers and Shoulders, by Jessica Seaton

SPMA 2009 SCM Individual Record Breakers

The following SPMA members broke individual records in the 2009 Short Course Meters season in SPMA sanctioned events (relays to be reported at a later date):

Buyukuncu, Derya: 50, 100 Backstroke

Delgado, Felipe: 50 Freestyle

Denby, Kara: 100, 200 Individual Medley; 100 Freestyle

Fowler, Jamie: 100, 200, 400 Individual Medley; 50, 100, 200 Backstroke

Hochstein, Erik: 100, 200, 400, 800 Freestyle

Kerekjarto, Tamas: 100, 200, 400 Individual Medley; 100, 200, 400 Freestyle; 100, 200 Butterfly

Osborn, Ahelee Sue: 100 Individual Medley, 200 Backstroke

Shaffer, Mike G: 1500 Freestyle

Simonton, Rita: 200 Freestyle, 100 Breaststroke

Vayo, Louis D: 100 Individual Medley; 200 Backstroke

Von Hoffmann, Gerald: 200 Breaststroke

West, Steve: 50, 100, 200 Breaststroke

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

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

Jennifer Glensk (805) 434-1912, jglensk@charter.net, www.teamkman.org
Kass Flaig (805) 704-9797, kassflaig@hotmail.com, www.c2multisport.com
Chris Hansen (661) 654-2327, chansen6@csu.edu
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 Szejkowski (805) 238-5591, betco@yahoo.com, www.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, santamariawim@verizon.com, www.santamariawim.net

SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA
CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA Aquatics Club
SANTA BARBARA: UCSB Masters
SANTA BARBARA Masters
SANTA BARBARA: Oceanducks
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Conejo Valley Multisport Masters
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
Gregg Wilson (805) 252-6469, sbacmasters@gmail.com, www.sbaquatics.com
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
Jon Irwin (310) 658-7276, jirwin@earthlink.com, www.csaswim.com
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@conejovalleymultisportmasters.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, www.riomesaswimclub.com

LOS ANGELES (North)

CLAREMONT: The Claremont Club
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic 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
Jeff Conwell (661) 993-2868, jeffcc@canyons.org, www.canyons.org
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.pvmasters.com
Lance O'Keefe, lkeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

LOS ANGELES (Westside)

EL 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, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us
Susan Shore (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, www.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, www.meridiansportsclub.com
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com
Gerry Rodrigues (310) 432-3683, 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@socal.rr.com, www.southbayswimteam.org
Beverly Garman (949) 552-1710, ihaccoach@aol.com, www.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.manhattantcc.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: Circle City Aquatics
CORONA: Corona Aquatic Team Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
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
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com
Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, www.yucaipaswim.org

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
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@clubsports.com, www.renaissanceclubsport.com/aliso-viejo
Anthony Iacopetti (714) 369-9555, aiacopetti@occ.cccd.edu, www.coastmastersswimming.com
Todd Conrad (949) 858-4100 x257, cotocoyotes@gmail.com
Bill Jewell, (949) 466-6523, swimbill@sbcglobal.net, www.fastswim.org
Cindy Lim (714) 397-0132, cindyhlim@msn.com, www.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, www.mastersmvnswim.org
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, www.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, swimlasvegas@gmail.com, www.swimlv.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 _____							<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2">FOR OFFICE USE ONLY</th> </tr> <tr> <td>Amt Rec'd</td> <td>_____</td> </tr> <tr> <td>Date</td> <td>_____</td> </tr> </table>	FOR OFFICE USE ONLY		Amt Rec'd	_____	Date	_____
FOR OFFICE USE ONLY															
Amt Rec'd	_____														
Date	_____														
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____		Surcharge		\$ _____									
	1500/1650 • •	Total		\$ _____											

Include a copy of USMS card

Maximum FIVE Individual Events/Day

Include a copy of USMS card

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

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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Caltech Pentathlon SCY Swim Meet Sunday, March 7th, 2010

Sanction number: 330-005

Facility: 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, 8-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool.

Directions: 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 26th. Deck entries close at 9:15 a.m. sharp! Age on March 7th 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 2010 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 7, 2010

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

The 2010 TYR Swim Meet of Champions, to be held June 10-13, 2010 at Marguerite Recreation Center in Mission Viejo, will be dual sanctioned by USMS and USA Swimming. This means that Masters swimmers who make the (very fast) qualifying times for this meet can enter and swim with the big guys and gals, and your times will count for USMS Top Ten (whether you swim under your USA Swimming registration number or your USMS number) and world records (only if you swim under your USMS number). Please contact the SPMA office at (626) 296-1841 if you plan to swim in this meet.

Santa Clarita Masters SCY Swim Meet Saturday, March 20th, 2010

Sanction number: 330-006

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.

Directions: 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 13th. 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 20th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle and the 400 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 for online entries. \$24.00 per swimmer flat fee for mail-in entries. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your 2010 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; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com.

Saturday, March 20, 2010

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. 400 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

UCLA Bruin Masters SCY Swim Meet Sunday, April 18th, 2010

Sanction number: 330-007

Facility: UCLA's new Spieker Aquatics Center is a state-of-the-art, outdoor, all-deep water, 8-lane competition pool. Eight additional lanes available for warm-up.

Directions & Parking: Take the 405 Freeway to Sunset Blvd. Take Sunset east approximately 3/4 mile to Bellagio Road (just after the light at Veteran Blvd. and across from the Bel Air gate). Turn right into campus. Go to stop sign and turn left, pool will be on your right. Continue on down the hill for 1/4 block to SV Parking Lot. Pay the parking attendant (\$10.00). There is no parking in the pool lot, it is for UCLA permits only. NOTE: Parking enforcement *does* ticket on weekends!

Entries: The pre-entry postmark deadline is Saturday, April 10th. On deck registration is permitted. Online entries are available, check www.spma.net for the link. Deck entries for the 1000 yd. Freestyle will close at 8:30 a.m. and at 10:30 a.m. for all other events. Age on April 18th determines age group for the meet. Swimmers are limited to *four* events plus relays. There will be a limit of 8 heats for the 1000 yd. Freestyle.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1000 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 and swimming equipment vendors will be available close to the pool.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Bruin Masters Meet, P.O. Box 204, Lake Forest, CA 92609.

Questions: Christie Ciraulo, swimcap@roadrunner.com; Steve Najera, snajera@recreation.ucla.edu, (310) 206-1787. Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Sunday, April 18, 2010

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

1000 starts at 9:00 a.m.

1. 1000 yd. Freestyle
Additional warm-up after the 1000
Event #2 starts at 11:00 a.m.
2. 200 yd. Butterfly
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 200 yd. Freestyle Relay (Men, Women, Mixed; deck enter)
6. 100 yd. Breaststroke
7. 200 yd. Freestyle
8. 50 yd. Butterfly
9. 100 yd. Individual Medley
10. 200 yd. Backstroke
11. 50 yd. Breaststroke
12. 50 yd. Freestyle
13. 100 yd. Butterfly
14. 200 yd. Medley Relay (Men, Women, Mixed; deck enter)
15. 400 yd. Individual Medley
16. 100 yd. Backstroke
17. 200 yd. Breaststroke
18. 100 yd. Freestyle
19. 4 x 50 yd. T-shirt Relay (deck enter)

UC-Irvine Masters SCY Meet Sunday, April 25th, 2010

Sanction number: 330-003

Facility: UCI Pool is located on the UCI campus, an outdoor, 8-lane competition pool with a warm-up area.

Directions: *From the north*, take the Jamboree Rd. exit from I-405. Turn right on Jamboree Rd, left on Campus Dr., and right on West Peltason. The pool is ahead on the right. *From the south*, take the University Dr. exit from I-405. Turn left on University, left on Campus Dr., right on West Peltason. The pool is ahead on the right. Park in the Mesa Parking Structure at Mesa Rd and West Peltason (\$8.00 per day).

Entries: The pre-entry postmark deadline is Saturday, April 17th, 2010. Deck entries will close at 8:30 a.m. for 500 yd Freestyle, and at 10:00 a.m. for all other events. Age on April 25th 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 genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle.

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

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

Entry Fees: \$25.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Charlie Schober, UCI Crawford Hall, Irvine, CA 92697-4500.

Questions: Meet Director, Charlie Schober, (949) 824-7946, ctschober@uci.edu.

Sunday, April 25, 2010

Warm-up at 8:00 a.m.

500 yd. Freestyle starts at 9:00 a.m.

1. 500 yd. Freestyle
Additional warm-up after 500
Event #2 starts at 10:30 a.m.
2. 200 yd. Freestyle Relay (Men, Women, Mixed)
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Butterfly
12. 50 yd. Breaststroke
13. 100 yd. Individual Medley
14. 200 Medley Relay (Men, Women, Mixed)

Online entries are available for many of our meets. In some cases a discount is available for entering online, because it saves the meet host a lot of data entry! Please check www.spma.net for links to online entries.

Mission Viejo Nadadores

2010 SPMA SCY Regional and Southwest Zone Championship Meet

Friday, May 7th to Sunday, May 9th, 2010

Sanction number: 330-008

Facility: Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692.

Directions: 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 26th. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, April 26th. All entries must be received by 6:00 p.m. on Monday, May 3rd. Entries received after April 26th will not be appear in the meet program. Entry fee includes a meet t-shirt. No individual deck entries will be allowed. Age on May 9th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refund of entry fees after May 3rd.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card (meet t-shirt not included). Relay entries are \$12.00 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, except the 500, 1000, and 1650 yd. Freestyle which will be swum fastest to slowest. 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 all events. Check-in closes at 11:00 a.m. on Friday for the 1000 yd. Freestyle, 8:00 a.m. on Saturday for the 500 yd. Freestyle, and 8:00 a.m. on Sunday for the 1650 yd. Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: medals for 1st place, 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.

Meet Social: There will be a meet social on Friday, May 7th at 6:00 p.m. The cost will be \$25.00 per person. Additional information will be available at www.mastersmvnswim.org.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2010 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 2010 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/2010ShortCourseChamps.htm>

Friday, May 7, 2010

Warm-up at 10:30 a.m.

Meet starts at noon

Check-in for 1650 yd. Freestyle closes at 11:00 a.m.

1. 1000 yd. Freestyle (Women, Men)
2. Women's 200 yd. Backstroke
3. Men's 200 yd. Backstroke
4. Women's 100 yd. Breaststroke
5. Men's 100 yd. Breaststroke
6. Women's 100 yd. Freestyle
7. Men's 100 yd. Freestyle
8. 400 yd. Individual Medley (Women, Men)
9. 200 yd. Medley Relay (Women, Men, Mixed)
10. 400 yd Freestyle Relay (Women, Men, Mixed)

Saturday, May 8, 2010

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 500 yd. Freestyle closes at 8:00 a.m.

11. 500 yd. Freestyle (Women, Men)
12. Women's 100 yd. Backstroke
13. Men's 100 yd. Backstroke
14. Women's 200 yd. Butterfly
15. Men's 200 yd. Butterfly
16. Women's 200 yd. Freestyle
17. Men's 200 yd. Freestyle
18. Women's 50 yd. Breaststroke
19. Men's 50 yd. Breaststroke
20. Women's 100 yd. Individual Medley
21. Men's 100 yd. Individual Medley
22. Women's 50 yd. Butterfly
23. Men's 50 yd. Butterfly
24. 800 yd. Free Relay (Women, Men, Mixed)

Sunday, May 9, 2010

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 1650 yd. Free closes at 8 a.m.

25. 1650 yd. Freestyle (Women, Men)
26. 400 yd. Medley Relay (Women, Men, Mixed)
27. 200 yd. Free Relay (Women, Men, Mixed)
28. Women's 200 yd. Breaststroke
29. Men's 200 yd. Breaststroke
30. Women's 50 yd. Freestyle
31. Men's 50 yd. Freestyle
32. Women's 100 yd. Butterfly
33. Men's 100 yd. Butterfly
34. Women's 200 yd. Individual Medley
35. Men's 200 yd. Individual Medley
36. Women's 50 yd. Backstroke
37. Men's 50 yd. Backstroke

Relays: A swimmer may swim only one relay in each of events 9, 10, 24, 26, and 27.

Swimmers and Shoulders

By Jessica Seaton

Many swimmers come to my office complaining of shoulder pain. In general, swimmers with shoulder pain have both a swimming technique problem and a muscle imbalance or weakness.

Common technique problems that aggravate the shoulder include inadequate long axis rotation in the front crawl (freestyle) and backstroke. Since it is difficult for swimmers to judge for themselves whether they are rotating enough, I recommend that my patients seek advice of a good coach or have themselves videotaped. Poor head position may cause a neck and shoulder problem. The position of the hand entry may also be a factor. If the thumb enters first, the arm may be internally rotated too much. If the little finger enters first, the pull will be weak and ineffectual. Entering the water with the second or third finger would be ideal.

By performing a thorough examination, a sports medicine specialist will be able to determine whether or not the neck is involved in the shoulder pain or not. The exam should also be able to identify the weak muscles. In addition to giving exercises for the weak muscles, I also recommend exercises to strengthen the muscles of the shoulder that are active during most of the stroke cycle. For example, repeated shoulder shrugs, with or without weights, will work most of the muscles around the shoulder.

Dr. Jessica Seaton is a chiropractor in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for nearly 20 years. To set up a 90-minute shoulder clinic for teams with the team coach at pools throughout the city or an individual consultation, please contact her at 310.470.0282 or at JSeaton@aol.com or check out her website at www.drjessicaseaton.com

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

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

Santa Clarita Masters LCM Meet Sunday, May 16th, 2010

Sanction number: 330-010

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.

Directions: *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 8th. 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, 2010 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 for online entries, \$25.00 for mail-in entries. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2010 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.

Sunday, May 16, 2010

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

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
20 minute warm-up after 1500
2. 400 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. 400 m Mixed Medley Relay

Southern Pacific Masters Association Schedule

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March	7	Caltech SCY Pentathlon, Pasadena
	20	Santa Clarita SCY Swim Meet
April	18	UCLA SCY Swim Meet, Westwood
	25	UC-Irvine SCY Swim Meet
May	7-9	Southwest Zone and SPMA SCY Regional and Southwest Zone Championships, Mission Viejo
	16	Santa Clarita LCM Swim Meet
June	6	Mission Viejo LCM Swim Meet
	26	Las Vegas LCM Swim Meet (tentative)
July	2-3	San Luis Obispo LCM Swim Meet
	3	Mission Viejo LCM Relay Meet
	10	Santa Barbara LCM Swim Meet
	10	Balboa to Newport Pier-to-Pier 2 Mile Open Water Swim
	23-25	SPMA LCM Regional and Southwest Zone Championships, location to be determined
August	22	Pacific Open Water Challenge, 5K, 1 Mile, and 1/2 Mile
	28	Don Burns Corona del Mar 1 Mile Open Water Swim

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