

September/October  
2010



## SPMA MASTERS SWIMMING



### Chad Durieux: 2010 Coach of the Year by Connie Barrett

Coach Chad Durieux of Rose Bowl Masters has been awarded the SPMA Coach of the Year, and is being nominated by SPMA for consideration as the USMS Coach of the Year.

At the age of 18, Coach Chad started spending his summers coaching swimming. Three years ago, he moved to Pasadena and joined Rose Bowl Aquatics to coach Masters swimmers.

Under the skilled hand of Chad's leadership since 2007, his team, the Rose Bowl Masters, has enjoyed a number of accomplishments. These include high placement at Southwest Zone Regional meets, 85 USMS Top Ten swims in 2009, nine #1 USMS swims, and three USMS World Records. Chad is also invested in the growth and nurture of his team, bringing the Rose Bowl Masters to its current 200 members. Chad doesn't only coach, he is also an active swimmer and competitor. He placed 2nd at the 2010 Caltech Pentathlon while bringing and coaching another 40 members to the meet.

Robert Strand, a world record holder and a Swimming Hall of Fame inductee, and J.R. De Souza, an Olympian from Brazil, both agree with the rest of the Rose Bowl Masters: "Coach Chad makes swimming and competition a lot of fun."

Throughout 2009, five days a week, Coach Chad led 30-minute stroke clinics which included many vital aspects of swim training, such as: stroke technique, turns, starts, drills, and video analysis. He would even get in water with the swimmers and offer personal technique demonstrations.

On January 16th Chad organized the first SPMA competition to take advantage of the recent FINA recognition of long course distance relays. Even a cold and drizzly day couldn't dampen the cheers and excitement as Chad's swimmers set 42 FINA World Records.

Laura Brown says: "This past winter, my appreciation of Chad reached a pinnacle. A swimmer gets the coveted Polar Bear Club T-shirt if they sign in for 17 practices after Christmas. Seeing 4 lanes full of swimmers show up day after day in heavy rain (and even hail!) made me realize that we work out with Chad for much more than a T-shirt. He's built a really special program at the Rose Bowl—one no one wants to miss."

Glenn Gruber, a long time member and a 2007

national champion in 100 yd. Freestyle says: "I have been swimming competitively for 37 years...This is the first time I have received actual coaching. Chad made corrections in my stroke as a result of underwater filming, and led discussions on how to improve technique and correct bad habits. He has given me a number of gentle and sometimes not so gentle reminders on stroke improvements. His coaching resulted in my swimming several lifetime bests, at the age of 60!"

John J. Uribe, a relative newcomer praises Coach



Coach Chad Durieux with his award at the Mission Viejo SCY Championship meet. Photo: Laura Brown

Chad: "(he) didn't know that at the time he invited me to Masters practices I had absolutely zero experience in Masters or competitive swimming. When you work out at the practice, you work out! But, along with tough workouts is the tremendous sense of humor and excellent people skills that Coach Chad possesses, and uses to create an atmosphere of camaraderie."

Gamze Kircalioglu-Uribe, a runner who turned to swimming after an injury says: "I watched the workout, and said 'I can't do this, I don't know the strokes or flip-turns', not to mention the workouts looked pretty intense. Coach Chad got me in the water while allaying my fears and concerns with his encouragement, warmth and positive energy. I became so confident that within four months I attempted and finished a 10,000 meter swim."

Congratulations, Coach Chad!

### Short Course Yards Record Breakers

SPMA members who set records in SPMA-sanctioned events during the 2009-2010 short course yards season are:

Cook, Jenny (UCLA): 100 Breaststroke

Denby, Kara (CSAM): 50 and 100 Freestyle; 100 and 200 Individual Medley; 50 Breaststroke

Piemme, Frank (LOST): 50, 100, 200, 500, 1000 and 1650 Freestyle; 50 and 100 Butterfly; 50, 100 and 200 Breaststroke; 50 and 100 Backstroke; 100 and 200 Individual Medley

Ventura County Masters 800 Free Relay: Jim McConica, Hubie Kerns, John Derr and Glenn Gruber

### In this issue:

- Short Course Meters meet sheets
- LCM Relay World Record Breakers

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

## SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man  
BAKERSFIELD: Gold Wave Masters  
BAKERSFIELD Swim Club  
LOMPOC: Lompoc's Other Swim Team  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO Masters  
SAN LUIS OBISPO: Kennedy Club Masters  
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk, jglenesk@charter.net, www.teamkman.org  
Rafael Guizarro (661) 205-9763, rago2000@sbcglobal.net  
John Kraetsch, (661) 303-4382, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org  
Jeff Storie (805) 875-2703, j\_storie@ci.lompoc.ca.us  
Nancy Szejnkowski (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, santamariaswim@verizon.com, www.santamariaswim.net

## SANTA BARBARA (South) and VENTURA

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

Nick Wichowski (805) 484-0432, nick.wichowski@ciymca.org, www.ciymca.org  
Vic Anderson (805) 403-5425, delphis13@msn.com, channelislandmasters.blogspot.com  
Rick Goeden (805) 646-7213, theswimguy@sbcglobal.net  
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net  
SB Swim Office (805) 966-9757, swimoffice@sbswim.org  
Debbie Miles-Dutton (805) 893-7616, dolphin@essr.ucsb.edu, http://recreation.sa.ucsb.edu/aquatics  
Gardner Howland (865) 567-8989, ghowland@csaswim.com, lhancock@csaswim.com, www.csaswim.com  
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@conejovalleymultisportmasters.com  
Matt Warsaw (805) 660-2082, matt@southcoastaquatics.com, www.southcoastaquatics.com  
Jason York (805) 650-0400, jason.e.york@gmail.com, www.buenaventuraswimclub.org

## LOS ANGELES (North)

CLAREMONT: The Claremont Club  
COVINA: Covina Aq. Assn: Masters Swimming  
LANCASTER: Oasis Masters  
PALMDALE: Canyons Aquatic Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SAN FERNANDO: Matador Triathlete Club  
SAN FERNANDO: Triton Swimming and Triathlon Team  
SANTA CLARITA Masters  
WALNUT: Faster Masters Swim Team

John Ries (909) 625-6791, tccswim@hotmail.com  
Christine Maki (626) 641-5680, covinamastersswimteam@yahoo.com  
Tom Otto (661) 946-7537, ottofixit@hotmail.com  
Jeff Conwell (661) 993-2868, jeffcc@canyons.org, www.canyons.org  
Suzanne Dodd (626) 449-7536, sdodd@ipac.caltech.edu, www.its.caltech.edu/~swimclub/swim.html  
Chad Durieux (626) 564-0330, chadurieux@rosebowlaquatics.org, www.rosebowlaquatics.org  
Emily Rogers (425) 220-5417, emilynicolerothers@yahoo.com  
Emily Rogers (425) 220-5417, emilynicolerothers@yahoo.com  
Lance O'Keefe, lokeefe@santa-clarita.com, pool: (661) 250-3767  
Louis Boehle (909) 657-7758, l.d.boehle@gmail.com

## LOS ANGELES (Westside)

L.A. WEST: UCLA Bruin Masters  
WEST HOLLYWOOD Aquatics  
WOODLAND HILLS: Southwest Aq Masters

Erika Hansen Stebbins (310) 386-2712, estebbins@recreation.ucla.edu  
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. DOWNTOWN: 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, coachgerry@yahoo.com  
Patricia Mitchell (323) 563-5753, 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  
MANHATTAN BEACH: Magnum Masters  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE : LA Peninsula Swimmers

Mike Miranda, (714) 808-9158, info@lbgrunions.com, www.lbgrunions.com  
Kathy Gore (310) 643-6523, southbayswimteam@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  
Teresa Pasucuzzo (562) 438-7539, teresapasucuzzo@verizon.net, www.longbeachswimclub.com  
Kristin Barth-Kredell (562)331-1344, lbshoreswim@yahoo.com, www.shoreaquatics.com  
Chuck Milam (310) 546-3601, cdmilam@hotmail.com, www.manhattancc.com  
Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com  
Brian K Johnson (310) 612-1065, info@lapsmasters.org, www.lapsmasters.org

## INLAND EMPIRE

BEAUMONT Masters  
CORONA: Corona Crocodiles  
RIVERSIDE: Riverside Aquatics Assn.  
RIVERSIDE, TEMECULA: Riverside Co. YMCA Masters  
TEMECULA: City of Temecula Masters  
TEMECULA Swim Club  
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087, christy@nds-ca.net  
John Salvino (866) 403-3219, coachsalvino@hotmail.com  
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org  
Dorothy Thomas (909) 633-8304, waterdancer2@yahoo.com  
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org  
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com  
Jason Bradbury (951) 505-3973, 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  
LADERA RANCH Masters  
LOS ALAMITOS Masters  
MISSION VIEJO Masters  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH Lifeguard Association  
SAN JUAN CAPISTRANO: Capo Masters  
SAN JUAN CAPISTRANO: Multisports Orange County  
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) 858-2790, cotocoyotes@gmail.com, www.cotocoyotes.com/masters.html  
Bill Jewell, (949) 466-6523, swimbill@sbcglobal.net, www.fastswim.org  
Cindy Lim (714) 397-0132, cindyhlim@socal.rr.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  
Evan Forbes (949) 370-0568, e\_forbes@cox.net  
Corey Lakin (562) 430-1073 x511, clakin@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us  
Mark Moore (949) 233-6521, coachmark@mastersmvnswim.org, www.mastersmvnswim.org  
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, www.pacificcoastaquatics.org  
Jim Turner (949) 644-3046, jturner@nbfed.net, www.newportlifeguard.org  
Coach Bee (949) 636-1655, info@capomasters.com, www.capomasters.com  
Mike Collins (949) 338-6682, info@multisportsoc.com, www.multisportsoc.com  
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, www.VegasSwimming.com  
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com  
Melissa Gutierrez (702) 480-4321, marie@summerlinmasters.com, www.summerlinmasters.com

# 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

**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

Non-SPMA swimmers please include your address:

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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

## Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 3rd, 2010

Sanction number: 330-029

**Facility:** Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes.

**Directions & Parking:** From the north or south, take the 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

**Entries:** Pre-entry postmark deadline: Saturday, September 25th. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2010 determines age group for the meet. You must be at least 18 years old 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 \$2.00 per relay, due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

**Snack Bar:** A snack bar will be available serving hot and cold food and drinks.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries or online entries after September 25th allowed for a total of \$35.00.

**Checks payable to:** Mission Viejo Nadadores

Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

**Questions:** Meet Director, Mark Moore (949) 489-1847, coachmark@mastersmvnswim.org.

### Sunday, October 3, 2010

1500 warm-up at 7:00 a.m.

1500 starts at 8:00 a.m.

1. 1500 m Freestyle (check-in required)  
Additional warm-up after the 1500  
Event #2 starts at 11:00 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (Men, Women, Mixed; deck enter)
10. 200 m Individual Medley
11. 200 m Medley Relay (Men, Women, Mixed; deck enter)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle (check-in required)

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

## UCLA Bruin Masters Short Course Meters Swim Meet Sunday, October 24th, 2010

Sanction number: 330-030

**Facility:** UCLA's new Spieker Aquatics Center is a state of the art, outdoor, all-deep water, 8-lane competition pool. Warm up is available behind the bulkhead.

**Directions & Parking:** Take the 405 Freeway to Sunset Blvd. Take Sunset east approximately ¾ 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, October 16th. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. Age on December 31, 2010 determines age group for the meet. You must be at least 18 years old to compete.

**Seeding:** All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m 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 not be available within close proximity to the pool. There is a campus food court located in the center of campus which is a 15-20 minute walk.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries or online entries after October 16th allowed for a total of \$35.00.

**Checks payable to:** UC Regents

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

**Questions:** Meet Director, Erika Hansen Stebbins (310) 386-2712, estebbins@recreation.ucla.edu, Meet Processing: Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

### Sunday, October 24, 2010

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

800 starts at 9:00 a.m.

1. 800 m Freestyle  
Additional warm-up after the 800  
Event #2 starts at 10:30 a.m.
2. 200 m Individual Medley
3. 200 m Freestyle Relay (Men, Women, Mixed; deck enter)
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 200 m Medley Relay (Men, Women, Mixed; deck enter)
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 100 m Individual Medley
15. 4 x 50 m T-shirt Relay (deck enter)

**Santa Clarita**  
**Short Course Meters Swim Meet**  
**Sunday, November 7th, 2010**

Sanction number: 330-031

**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, October 30th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500. Age on December 31, 2010 determines age group for the meet. You must be at least 18 years old 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. Relays are free! For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**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. \$25.00 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 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, Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

**Sunday, November 7, 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 the 1500
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. 100 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

*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](http://www.spma.net) for links to online entries.*

**Southwest Masters**  
**Turkey Shoot at Pierce College**  
**Sunday, November 21st, 2010**

Sanction number: 330-032

**Facility:** Pierce College Pool is an outdoor pool that has been newly renovated. 6201 Winnetka Ave., Woodland Hills. It is anticipated that a new timing system scoreboard will be installed in time for the meet.

**Directions:** Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

**Entries:** The pre-entry postmark deadline is Saturday, November 13th. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. Age on December 31, 2010 determines age group for the meet. You must be at least 18 years old 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 800 m Freestyle and the 400 m Individual Medley.

**Relays:** All relays will be deck entered. Relays are free. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

**Entry Fees:** \$20.00 per swimmer flat fee for online entries. \$24.00 per swimmer flat fee for mail-in entries. Deck entries and online entries after November 13th allowed for a total of \$30.00.

**Checks payable to:** Southwest Aquatic Masters  
Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Mary Hull (818) 885-5934; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

**Sunday, November 21, 2010**

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

800 starts at 9:00 a.m.

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

# World Record Setting Relays

The following **Rose Bowl Masters** (ROSE) relays set long course meters records during an intersquad meet in January (FR=free relay, MR=medley relay, W=women, M=men, X=mixed):

W100-119 400 FR: C. Saito, A. Azuma, E. Shdo, E. Wood  
W100-119 800 FR: A. Azuma, E. Shdo, E. Wood, C. Saito  
W100-119 400 MR: A. Azuma, E. Shdo, C. Saito, A. Bolton  
W120-159 400 FR: M. Ekizian, C. Simmons, A. Bolton, J. Keenan-Boline  
W120-159 800 FR: M. Ekizian, C. Simmons, A. Bolton, J. Keenan-Boline  
W160-199 400 MR: L. Hilger, C. Simmons, E. Wood, J. Keenan-Boline  
W200-239 400 FR: E. Shockro, J. McMahon, L. Hilger, J. Heather  
W200-239 800 FR: E. Shockro, J. McMahon, L. Hilger, J. Heather  
M120-159 400 FR: C. Durieux, S. Thomas-Fitch, S. Paxton, D. Skelly  
M120-159 800 FR: C. Durieux, S. Thomas-Fitch, S. Paxton, J. Berman  
M120-159 400 MR: S. Paxton, S. Thomas-Fitch, C. Durieux, P. Hixson  
M160-199 400 FR: B. Day, M. Cavanagh, M. Durkin, P. McGinley  
M160-199 400 FR: J. Berman, P. Hixson, J. Sayre, J. Kreger  
M160-199 800 FR: P. McGinley, J. Sayre, M. Cavanagh, M. Durkin  
M160-199 800 FR: W. Epping, J. Kreger, D. Skelly, P. Hixson  
M160-199 400 MR: P. McGinley, B. Day, J. Sayre, M. Cavanagh  
M160-199 400 MR: J. Dougherty, M. Durkin, J. Kreger, D. Skelly  
M200-239 400 FR: L. Caron, W. Uchiyama, W. Hitch, T. Soderstrom  
M200-239 400 FR: J. Olson, R. Harrison, D. Strybel, G. Andruk,  
M200-239 800 FR: L. Caron, W. Hitch, W. Uchiyama, S. Lowe  
M200-239 800 FR: T. Soderstrom, B. Day, G. Andruk, D. Goode  
M200-239 400 MR: R. Harrison, W. Uchiyama, D. Strybel, L. Caron  
M200-239 400 MR: W. Hitch, T. Soderstrom, J. Olson, G. Andruk,  
M240-279 400 FR: P. Wisner, G. Langendoen, T. Ettinger, J. Stacey  
M240-279 800 FR: T. Ettinger, J. Stacey, P. Wisner, G. Langendoen  
M240-279 400 MR: G. Langendoen, P. Wisner, S. Lowe, T. Ettinger  
X100-119 400 FR: E. Wood, C. Durieux, E. Shdo, S. Thomas-Fitch  
X100-119 800 FR: E. Wood, E. Shdo, S. Thomas-Fitch, C. Durieux  
X100-119 400 MR: E. Shdo, C. Durieux, E. Wood, S. Thomas-Fitch  
X120-159 400 FR: A. Azuma, C. Saito, S. Paxton, P. Hixson  
X120-159 800 FR: S. Paxton, A. Azuma, C. Saito, P. Hixson  
X120-159 400 MR: A. Bolton, C. Saito, S. Paxton, D. Skelly  
X160-199 400 FR: C. Simmons, J. Keenan-Boline, J. Sayre, P. McGinley  
X160-199 800 FR: D. Skelly, A. Bolton, J. Berman, J. Keenan-Boline  
X160-199 800 FR: J. Sayre, L. Hilger, C. Simmons, P. McGinley  
X160-199 400 MR: A. Azuma, J. Keenan-Boline, P. Hixson, W. Uchiyama  
X160-199 400 MR: L. Hilger, P. McGinley, C. Simmons, J. Sayre  
X200-239 400 FR: J. Heather, A. Bolton, G. Langendoen, W. Uchiyama  
X200-239 400 FR: L. Brown, L. Hilger, W. Epping, D. Goode  
X200-239 800 FR: L. Brown, J. Heather, T. Soderstrom, L. Caron  
X240-279 400 FR: S. Lowe, E. Shockro, J. McMahon, P. Wisner  
X240-279 800 FR: E. Shockro, P. Wisner, J. Stacey, J. McMahon

The following **Mission Viejo Nadadores** (MVN) relays set long course meters records during an intersquad meet in February:

W120-159 400 MR: K. Vagi, R. Olsen, M. Schreder, J. Batcheller  
W160-199 400 FR: K. Richell, T. Dobbs, R. Olsen, J. Batcheller  
W160-199 800 FR: P. George, K. Richell, T. Dobbs, R. Olsen  
W200-239 800 FR: R. Smith, G. Uthus, G. Dargan, D. Raboin  
W200-239 400 MR: K. Richell, T. Dobbs, R. Smith, G. Uthus  
W280-319 400 FR: B. Montrella, J. Little, M. Kornfeld, J. McCleave  
W280-319 800 FR: B. Montrella, J. Little, M. Kornfeld, J. McCleave  
W280-319 400 MR: M. Kornfeld, B. Montrella, J. McCleave, J. Little  
M120-159 800 FR: R. Bracamonte, R. Barrero, D. Houldsworth, S. Gunnell  
M160-199 800 FR: A. Nissen, B. Olson, J. Henry, J. Bright  
X120-159 400 FR: R. Olsen, J. Batcheller, S. Gunnell, R. Barrero  
X120-159 400 MR: D. Houldsworth, R. Bracamonte, R. Olsen, J. Batcheller

X200-239 400 MR: J. McCleave, G. Uthus, B. Olson, P. Albright  
X240-279 400 MR: J. Little, B. Kotzbach, G. Fowler, R. Karbownik  
X280-319 800 FR: M. Kornfeld, B. Montrella, M. Colonnese, D. Stewart  
X280-319 400 MR: B. Montrella, M. Colonnese, D. Stewart, M. Kornfeld  
X280-319 400 FR: M. Kornfeld, B. Montrella, M. Colonnese, D. Stewart

## 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](http://www.simastersswim.org)

New Mexico: [www.zianet.com/pdjang/nmms/index.htm](http://www.zianet.com/pdjang/nmms/index.htm)

Arizona: [www.azlmsc.org](http://www.azlmsc.org)

## Swim Las Vegas Slam the Dam Open Water Swims Saturday, October 2nd, 2010

Sanction number: 330-026

**Distance:** 8K point to point, 1.2-mile, and 2.4-mile events.

**Location:** Lake Mead National Recreation Area, Boulder City, Nevada. Water temperature averages between 72°-78°.

**Directions:** Lake Mead NRA is 21 miles outside of Las Vegas. Take Nevada Hwy/US-93 south to Lake Mead NRA. Turn west at Lakeshore Rd/NV-147 W/NV-166 N. 8K swimmers will start at the Sunset View/Scenic Overlook turnoff 10 miles into the park. Other distances travel 2.4 miles into the park, turn right at Boulder Beach Special Events Beach. There is a \$5.00 fee to enter the park.

**Check-in Times:** Check-in for the 8K is from 5:00 a.m. to 6:15 a.m. 8K swimmers and their mandatory kayak escorts are required to carry kayaks 1/4 mile down a well-marked dirt path to the start. 8K race begins at 6:30 a.m. Check-in for the 1.2-mile and 2.4-mile events open at 6:00 a.m. The 2.4-mile event starts at 7:30 a.m. The 1.2-mile event starts at 9:30 a.m. Swimmers registered for the Grand Slam (8K + 1.2-mile) or Super Slam (2.4-mile + 1.2-mile) events must be at Boulder Beach 15 minutes prior to the start of their next event or will not be allowed to swim. Course closes at 10:00 a.m. for the 8K and 11:00 a.m. for the 1.2-mile and 2.4-mile swims.

**Entries:** Entry fees are \$60.00 for the 8K, \$50.00 for the 2.4-mile, \$40.00 for the 1.2-mile, \$90.00 for the Grand Slam, and \$80.00 for the Super Slam. The deadline for receipt of all discounted entries is August 1st. Entry fees increase by \$15.00 after August 1st.

To enter, send a copy of your 2010 USMS card, an SPMA consolidated card, T-shirt size, and distance to: Swim Las Vegas, 2605 Shakespeare Rd, Las Vegas, NV 89108 with checks payable to Swim Las Vegas. Online registration can be done at [www.slamthedam.com](http://www.slamthedam.com).

**Awards:** Each swimmer will receive a swim cap, T-shirt, finishers award, and refreshments. Wetsuits are allowed, but swimmers wearing them are not eligible for awards.

**Additional Information:** Kara Robertson, (702) 498-2316, [swimlasvegas@gmail.com](mailto:swimlasvegas@gmail.com), [www.slamthedam.com](http://www.slamthedam.com).

# Long Beach Grunions

## 2010 SPMA Short Course Meters Championships

### December 3rd - 5th, 2010

Sanction number: 330-033

**Facility:** The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803.

**Directions:** Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

**Fees:** Flat fee of \$45.00 if postmarked before Monday, November 15th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries *postmarked* (or entered on-line) after Monday, November 16th. Entries received after November 16th will not appear in the meet program. All entries *must be received* by 6:00 p.m. Monday, November 23rd. No individual deck entries are allowed. Age on December 31st determines age group for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 23rd. Relay entries are \$10.00 per relay.

**Seeding:** All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m 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 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m 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:** Due to the anticipated large number of swimmers, *positive check-in is required for all events*. Telephone check-in is available for the 1500 Freestyle from 7:00 to 8:30 a.m. on Friday. Check-in for events 2 to 7 will close at 1:00 p.m. Swimmers may check in for these events at the meet or by calling (714) 273-8793 prior to 1:00 p.m. Check-in for the 400 m Freestyle will close at 8:30 a.m. Saturday, and check-in for the 800 m Freestyle will close at 8:30 a.m. Sunday. Check-in will close one hour prior to the anticipated start of an event, except that check-in will close at 11:00 a.m. for all remaining events.

**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.

**Entries:** Register online at [www.lbgrunions.org](http://www.lbgrunions.org), click on "Swim Meets," then on "Register." Or mail an SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

**Questions:** Call (714) 273-8793 or send an email to Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com). For hotels, information, and directions, go to [www.lbgrunions.org](http://www.lbgrunions.org) and click on "Swim Meets."

#### Friday, December 3, 2010

**Warm-up 8:00 a.m., Meet starts at 9:00 a.m.**  
Check in for 1500 m Freestyle closes at 8:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. \*800 m Freestyle Relay (Women, Men, Mixed)

#### Saturday, December 4, 2010

**Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.**  
Check in for the 400 m Freestyle closes at 8:30 a.m.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. 400m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke

The event order will be changing. Check the SPMA website or contact the meet director for the corrected order of events.

15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
20. \*200 m Medley Relay (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

#### Sunday, December 5, 2010

**Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.**  
Check in for the 800 m Freestyle closes at 8:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 100 m Butterfly
26. Men's 100 m Butterfly
27. Women's 50 m Breaststroke
28. Men's 50 m Breaststroke
29. \*400m Medley Relay (Women, Men, Mixed)
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. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 100 m Individual Medley
37. Men's 100 m Individual Medley
38. \*200 m Freestyle Relay (Women, Men, Mixed)

\*Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.

## SPMA Officers

Chair:  
Errol Graham  
(213) 683-5821  
errolg14@hotmail.com

Vice-Chair:  
Mark Moore  
33055 Dolphin Ct.  
San Juan Capistrano, CA 92675  
(949) 233-6521  
m.w.moore@cox.net

Secretary:  
Vacant

Treasurer:  
Bill Sive  
777 Euclid Ave. #A  
Long Beach, CA 90804  
spmatreasurer@usms.org

Member At-Large:  
Rob Dumouchel  
239 S Elm St #20  
Arroyo Grande, CA 93420  
robdumouchel@gmail.com

Webmaster:  
Chris Lundie  
20850 Centre Point Pkwy.  
Santa Clarita, CA 91350  
(661) 510-1403  
clundie@santa-clarita.com

SPMA Office, Registrar, and  
Swimming News Editor (until Sept.  
30, 2010):

Julie Heather  
957 N. El Molino Ave.  
Pasadena, CA 91104  
(626) 296-1841  
registrar@spma.net

[www.spma.net](http://www.spma.net)

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## Southern Pacific Masters Association Schedule

September	9	SPMA Committee Conference Call
	15-19	USMS Convention, Dallas, TX
October	2	Lake Mead Slam the Dam 8K, 1.2-Mile and 2.4-Mile Open Water Swims
	3	Mission Viejo SCM Swim Meet
	21	SPMA Committee Conference Call
	24	UCLA SCM Swim Meet
November	7	Santa Clarita SCM Swim Meet
	18	SPMA Committee Conference Call
	19-20	San Luis Obispo SCY Swim Meet
	21	Turkey Shoot SCM Swim Meet
December	3-5	SPMA SCM Championships, Long Beach

For a complete and updated list of events, go to [www.spma.net](http://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 and make checks payable to "SPMA."

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