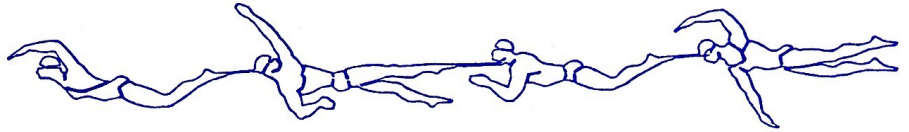


July/Aug
2011



SPMA MASTERS SWIMMING

Two Outstanding SPMA Award Winners of 2010

Two of SPMA's most prestigious awards were presented at the SPMA SCY Championships in La Mirada on May 14th. The first of these to be announced was the Male Swimmer of the Year for 2010, which was won by **Jim McConica** of Ventura County Masters.



Already a recipient of this honor for his swimming achievements in 2005, Jim had another outstanding year in 2010 having won nine national and world records in his age group (60-64), four in Long Course Meters (200 Free, 400 Free, 1500 Free, and 200 Back) and five in Short Course Meters (200 Free, 400 Free, 800 Free, 1500 Free, and 200 Back) as well as a national and world record as part of the 400m Medley Relay in the Men's 240-279 age group. Jim also set a national record in the one-hour postal swim in the 55-59 age group, and in the 800-yard Freestyle Relay in the 55+ age group.

In addition, Jim's swimming accomplishments include a first place (55-59) in the Semana Nautica Open Water Series for the 3-mile ocean swim and a third place overall, as well as a third place overall for the 6-mile swim. Perhaps his proudest moment in 2010 was being part of the Ventura Deep Six Ocean Challenge, a relay of six swimmers who swam on a 4 1/2-day, 202-mile relay from Ventura to Santa Barbara and then to La Jolla, thereby surpassing the 78-mile world standard.

Jim was once again recognized as a U.S. Masters Swimming All-American for his excellence in swimming for 2010, marking the 45th time he has earned this honor.

Congratulations, Jim, on a fantastic swimming year.

The second award was for Coach of the Year for 2010, which was presented to the well-rounded and inspirational SPMA Coach **Ken Brisbin** of the Long Beach Grunions.

SPMA had a good selection of nominations. Swimmers from across the Southland submitted to the Coach of the Year Selection Committee a number of inspirational letters, nominating their individual coaches for their training and instructional skills, as well as the impact they make on the lives of their swimmers. As requested by our SPMA chair and listed on the SPMA website, nominations were to be submitted in accordance with the SPMA award criteria listed on the SPMA website.

As the Coach of the Year Selection Committee read through the multiple letters of nominations, each nominated coach was found to have demonstrated outstanding coaching qualities, which made all of them worthy contenders. Beyond the outstanding coaching qualities, our 2010 Coach of the Year recipient, Ken Brisbin, has not only contributed to his team, but has also contributed his leadership attributes to SPMA and USMS.



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team KMAN
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

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

LOS ANGELES (North)

CLAREMONT: The Claremont Club
COVINA: Covina Aq. Assn: Masters Swimming
L.A. Van Nuys: SCAQ
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

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Pac Palisades, Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

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

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

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: SOCIAL Aquatics
YORBA LINDA: East Lake Eagle Rays

LAS VEGAS

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

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Louis Boehle (909) 657-7758, louisboehle@mac.com

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Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymcala.org
SCAQ Office (310) 390-5700, www.swim.net/scaq
Erica Stebbins (310) 206-1787, estebbins@recreation.ucla.edu
Molly Larson (310) 456-2489 x272, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us
Bryan Libit (310) 288-6555 (team hotline), info@wh2o.org, www.wh2o.org
Fred Shaw (818) 347-1637, swamfred@aol.com, www.swam.us

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com
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Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com
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Victor Hecker (702) 247-7788, heckerrealestate@hotmail.com
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com
Melissa Gutierrez (702) 480-4321, mjvgutierrez@cox.net

**SNAPSHOT
OF
SPMA 2011 SCY SEASON**



SPMA members who set records in SPMA-sanctioned events during the 2011 Yards season are:

<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Event</u>	<u>Records</u>
Heckman, Dawn	33	ROSE	1000 Freestyle	SPMA, National
McConica, Jim	60	VCM	1000 Freestyle	SPMA, National
Moses, Ed	30	ROSE	100 Breaststroke	SPMA, National
			200 Breaststroke	SPMA, National
Saeger, Rich	47	UNAT	200 Backstroke	SPMA, National
Strand, Robert	65	ROSE	100 Breaststroke	SPMA, National
			200 Breaststroke	SPMA, National

Relay:

Men's 55+ 800 Freestyle Relay: Glenn Gruber, Hubie Kerns, Jim McConica, Michael Blatt, (VCM)

Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday, July 9th, 2011

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-014

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

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

Entries: Pre-entry postmarked deadline: Thursday, June 30th. On deck registration permitted. Online registration will be available. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2011 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.

Relays: The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, a signed liability release must be submitted with the relay entry.

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

Entry Fees: There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries or online entries after July 1st allowed for \$35.00.

Checks payable to: Santa Barbara Swim Club

Mail: consolidated entry card, a copy of your 2011 USMS card, and check to:

Santa Barbara Swim Club

PO Box 4125

Santa Barbara, CA 93140.

Questions: Santa Barbara Swim Club Office (805) 966-9757, swimoffice@sbswim.net

Saturday, July 9, 2011

Warm-up at 8:00 a.m.

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

1. 1500 m Freestyle

Additional warm-up after 1500 m Freestyle

Event #2 starts at 11:00 a.m.

2. 100 m Freestyle

3. 100 m Breaststroke

4. 200 m Individual Medley

5. 50 m Freestyle

6. 200 m Butterfly

7. 50 m Breaststroke

8. 100 m Backstroke

9. 200 m Freestyle

10. 100 m Butterfly

11. 50 m Backstroke

12. 200 m Breaststroke

13. 50 m Butterfly

14. 200 m Backstroke

15. 400 m Relay (Medley or Freestyle; men, women, or mixed; deck enter)



2011 Southern Pacific Masters Swimming Long Course Championship Meet



Marguerite Aquatic Complex, Mission Viejo

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-015

Dates of Meet: August 12-14, 2011

Warm-up: 12:00pm on Friday, 7:30am on Sat/Sun

Entries Due: Friday, July 29, 2011

Meet Start Time: 1:00pm on Friday, 9:00am on Sat/Sun

-
- POOL:** 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.
- COURSE:** The *MARGUERITE AQUATIC COMPLEX POOL* is an outdoor, 25 yard x 50 meter pool with 8 long course swimming lanes. Daktronics Timing system will be in place for electronic timing with touchpads at both ends of the pool. Restrooms with showers are available.
- RULES:** USMS rules will govern. Current SPMA meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Swimmers are limited to a total of 7 individual events for the entire meet, not including relays but not more than 5 per day. Age on December 31, 2011 determines the age group of the swimmer for the entire meet.
- WARM-UP:** USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during these times except into the designated sprint lane(s). **Warm-up rules will be announced and posted.** Warm-up in the competition pool will be available for one hour prior to the start of each session. There will be warm-up/warm-down lanes available throughout the meet in the adjacent 5-lanes 25-yard pool.
- ELIGIBILITY:** All competitors must hold current USMS registration or have other acceptable proof of current Masters swimming registration (i.e. FINA Masters). Competitors must be 18 years of age or over with age calculated on December 31, 2011.
- AFFILIATION:** A swimmer's club affiliation as stated on their USMS registration card will apply throughout the meet, except that a swimmer may unattach at any time.
- SEEDING:** All events (except the 1500, 800, 400 Freestyle and 400 IM), will be pre-seeded, men and women separately, slowest to fastest. **Absolutely, positively no individual deck entries or late entries will be accepted.**
- CHECK-IN:** The 1500 and the 800 events will be limited to the first 75 entries for each event and will run slowest to fastest, ages and sexes combined. Positive check-in is required for the 1500, 800, 400, and the 400 IM. Check-in will close at 12:30pm on Friday for the 1500 Freestyle and 400 IM, 7:30am on Saturday for the 400 Freestyle, 8:00am on Sunday for the 800 Freestyle. Online check-in may become available. Go to www.SPMA.net in early August to find links to online check-in for this meet.
- RELAYS:** A swimmer may swim only once in each relay event (400 and 800 Freestyle Relay, and 400 Medley Relay). Relay fees (\$10.00) are payable at the time relays are entered, either by cash or by check (payable to MVN). All relays must be submitted on a SPMS relay form. (Incomplete, incorrect, or illegible relay forms will be rejected.) A USMS-registered swimmer may enter the meet to swim only relays **before the start of the meet** (event 1), by paying the \$10.00 relay-only entry fee, and by signing the meet entry form. Check-in deadlines for relays will be announced at the meet.
- AWARDS:** SPMS medals for individual places 1st – 3rd, SPMS ribbons for places 4th – 6th, for each age group and gender will be awarded. 1st place relay teams will receive custom medals, SPMS ribbons for 2nd and 3rd places. Male and female high point awards for each age group will be awarded. Team awards for each team finishing 1-8 will be awarded.
- SCORING:** 9-7-6-5-4-3-2-1 points for places 1-8 in each age group. Double points for relays.
- ENTRIES:**
- **Online registration is encouraged.** Online registration is available at https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=3133. Online entries completed by 11:59pm on July 29, 2011 are a flat \$40.00 entry fee. Online entries completed July 30 through 8:00pm on August 5 are a flat \$50.00 entry fee.
 - **Paper/mailed entries** that are postmarked on or before July 29, 2011 are a flat \$40.00 entry fee. Paper/mailed entries received between July 30 and 8:00pm on Friday, August 5 are a flat \$50.00 entry fee. Use the official paper meet entry form. Read all instructions and fill out the form completely.
 - **ALL ENTRIES WILL BE REJECTED IF NOT RECEIVED BY 8:00pm, Friday, August 5.**
 - All events must include an entry time. "NT" is not accepted.
- FEES:**
- **Entries received by July 29, 2011 are a flat entry fee of \$40.00.** Late entries by August 5, 2011 are a flat entry fee of \$50.00. Relay fees are \$10.00 per relay (payable upon relay entry submission). Relay-only swimmer entry fee is \$10.00.
 - Online registration fees can be paid by Visa, MasterCard or Discover and are charged by "ClubAssistant.com Event Billing."
 - Paper/mailed entry fees are payable by check to Mission Viejo Nadadores.
 - Mail check and meet entry form with copy of 2011 USMS card to:

Mission Viejo Nadadores Masters/Mark Moore
PMB #391 25108-A Marguerite Parkway
Mission Viejo, CA 92692
- QUESTIONS:** Contact Coach Mark at (949)489-1847 or email at coachmark@mastersmvnswim.org.
- SNACK BAR:** A complete hot and cold snack bar will be available.

www.mastersmvnswim.org

2011 Southern Pacific Masters Swimming

Long Course Championship Meet

Marguerite Aquatic Complex, Mission Viejo

A Swimming Legend Joins SPMA

by Errol Graham

EVENT SCHEDULE

(Women's / Men's)

Friday, August 12, 2011

Warm-up 12:00 noon

Meet Starts 1:00 pm

- (1 / 2) Mixed 1500 m Freestyle
- (3 / 4) Mixed 400 m Individual Medley
- (5) 400 Freestyle Relay (W, M, X)

Saturday, August 13, 2011

Warm-up 7:30 am

Meet Starts 9:00 am

- (6 / 7) Mixed 400 m Freestyle
- (8 / 9) 200 m Butterfly
- (10) 800 m Freestyle Relay (W, M, X)
- (11/12) 50 m Freestyle
- (13/14) 200 m Breaststroke
- (15) Mixed 200 m Freestyle Relay
- (16/17) 100 m Backstroke
- (18/19) 50 m Butterfly
- (20) 200 m Medley Relay (W, M)
- (21/22) 100 m Breaststroke
- (23/24) 200 m Freestyle

Sunday, August 14, 2011

Warm-up 7:30 am

Meet Starts 9:00 am

- (25/26) Mixed 800 m Freestyle
- (27/28) 200 m Individual Medley
- (29) 400 m Medley Relay (W, M, X)
- (30/31) 100 m Freestyle
- (32/33) 50 m Backstroke
- (34) 200 m Freestyle Relay (W, M)
- (35/36) 100 m Butterfly
- (37/38) 50 m Breaststroke
- (39) Mixed 200 m Medley Relay
- (40/41) 200 m Backstroke

HOTEL INFORMATION

Fairfield Inn by Marriott
27082 Towne Center Dr
Foothill Ranch, CA
(949) 582-7100
\$99.00 per night.

Hilton Garden Inn
26328 Oso Pkwy
Mission Viejo, CA
(949) 859-4000
\$99.00 per night



There can't be too many swimmers who have broken a world record at their first Masters swim meet and even fewer who have broken two. But then there aren't too many swimmers like Janet Evans. This swimming icon, who won three Olympic gold medals at the 1988 Games in Seoul, and a gold and silver in Barcelona in 1992, recently swam in her first competition since the 1996 Summer Olympics in Atlanta.

Janet's swims took place at the Fullerton FAST Long Course Swim Meet on June 11th. Her first swim that day was the 400m Freestyle and she finished with a time of 4:23.82, besting the previous world record (4:28.24) for the 40-44 age group which was set in 2002. Later that day Janet swam her best event, the 800m Free, and shattered the previous record of 9:24.77 with a time of 8:59.06.

We are very proud to welcome Janet to Masters swimming competitions, and we look forward to more great swims from her as she looks toward a run at the 2012 Olympics in London.



**Newport Beach Lifeguards
Balboa-Newport Pier-to-Pier
Saturday, July 16th, 2011**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-203

Distance: 2 miles

Location: Start from the beach next to the Balboa Pier. Finish on the beach next to the Newport Pier.

Swim to a buoy offshore, turn right shoulder to buoy, and then up the coast to a buoy off the Newport Pier. Round right shoulder around buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters.

It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

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

Entries: Pre-registration is \$30.00 (includes a T-shirt) and is due by Tuesday July 12, 2011.

Beach entry available for \$30.00.

Register for both the Newport Pier-to-Pier Swim and the August 28th Don Burns Corona del Mar swim for \$50.00.

Enter: Send a copy of your 2011 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Application and Additional Information available:

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

**Don Burns
Corona del Mar 1-mile Swim
Saturday, August 27th, 2011**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-204

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

Directions: *From the north:* Take Hwy 73 to MacArthur Blvd. and follow it to Pacific Coast Hwy. Turn left to Marguerite Avenue. Turn right on Marguerite then right again at Ocean Blvd. This will take you to a large driveway down to the city parking lot on the beach (\$10.00 fee) or you can park on the street and walk down. *From the south:* Take Hwy 73 to Newport Coast Rd. Turn left and follow it to the Pacific Coast Hwy. Turn right to Marguerite Parkway and follow directions above.

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

Entries: Pre-registration is \$30.00 (includes a T-shirt) and is due by Tuesday, August 23, 2011. Additional T-shirts are \$10.00. Deck entries are welcome.

Enter: Send a copy of your 2011 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Application and Additional Information available:

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

NEW APPROACHES TO ASTHMA AND SWIMMING

by Jessica Seaton, D.C.

Twenty million Americans have asthma, many of them swimmers. Swimming is often recommended to asthmatics because of the moist air, horizontal position for easy oxygen disbursement, and because of its cardiovascular and pulmonary benefits.

What is asthma?

Asthma is a chronic inflammatory airway and lung disease. It is characterized by airways that are sensitive to environmental changes, spasms in the airways, airflow obstruction, wheezing, labored breathing, chest tightness, and coughing. Exercise-induced asthma is a type of asthma brought on during or sometimes after strenuous exercise such as swimming hard. Other signs and symptoms of exercise-induced asthma include excessive sputum production with exercise, excessive shortness of breath during a workout, fatigue, poor performance, stomach ache, sore throat with exercise, decreased exercise endurance, and feeling out of shape. Swimmers with asthma may not always be aware that they have exercise-induced asthma.

What are the triggers for asthma?

Allergies, respiratory infections, heartburn or reflux, obesity, exposure to irritants and air pollutants, emotional stress, anxiety, dry air and dehydration may all act as triggers. Swimmers need to keep in mind that aspirin, ibuprofen and other non-steroidal anti-inflammatories may also trigger asthma symptoms.

Chlorine itself is not a trigger, but chloramines, which are formed when chlorine combines with organic matter in the water, and chloroform can act as airway irritants. Pool environments with high levels of chloramine and that smell like chlorine are more likely to be a problem. Indoor pools may have poor ventilation that can contribute to the pool environment triggering an asthma attack.

Swimmers may want to think twice about taking non-steroidal anti-inflammatories during the stressful time of an indoor pool competition. This combination of triggers could result in an episode of exercise-induced asthma.

What is the conventional treatment for asthma?

Most medical doctors will prescribe an inhaler to relieve acute symptoms. It is not uncommon to see swimmers at Masters competitions using an inhaler for short acting relief from asthma symptoms. However, using an inhaler when you don't suffer from asthma is not a good idea. The side effects of inhaled medications include rapid heartbeat, irregular heartbeat, nausea, and dizziness.

Although asthma medication has not been shown to be performance enhancing, those Masters swimmers with asthma competing with USA Swimming, not USMS, must pay particular attention to the list of banned drugs. Most asthma drugs are banned unless one has a Therapeutic Use Exemption (TUE).

Can food allergies affect asthma?

Hidden allergies, which are allergies that don't show up on skin tests, and food sensitivities can trigger asthma attacks. About 40% of adults have food sensitivities and many of them are unaware that they do. Patients with asthma attacks may find relief by following a diet that eliminates grains, milk, eggs, chocolate, fish, and other less commonly eaten foods. This elimination diet may also help people with allergies to dust and other inhalants.

Food allergy also contributes to exercise-induced asthma. Eating a trigger food within one to two hours before or even after strenuous workout or competition may result in an asthma attack. Wheat, milk, celery, tomato, shellfish, chicken, nuts, apples, peaches, grapes, lettuce, potato, and fennel may be triggers.

The most effective way to determine whether you have food sensitivities is to follow a diet eliminating the most common trigger foods for a period of three to eight weeks, and then reintroducing them one by one. This is best done under the supervision of a knowledgeable health care provider familiar with nutrition therapy, as reintroducing food may cause

a serious asthmatic attack.

What other foods or additives have been implicated?

Sulfites, which are preservatives used in some foods and some medications, affect five to ten percent of asthmatics. Sulfites are found in dried fruits, some fruit juices, wine, pickled foods, molasses, and in some processed foods. Vitamin B12 supplements may decrease sensitivity to sulfites.

Monosodium glutamate (MSG), found typically in Asian foods and wherever an ingredient is listed as hydrolyzed vegetable protein and in any glutamate-containing foods, may cause a serious asthmatic attack in those with severe asthma. MSG is also a major trigger for migraine headaches.

People with asthma may be sensitive to other additives, including tartrazine (FD&C Yellow #5), other food colorings, sodium benzoate, and the histamine found in some wines and foods.

One study found that those with exercise-induced asthma improved significantly when put on a low sodium diet. Other studies have shown the benefit of eating a diet with no refined sugar and frequent small meals, or following a strict vegan diet with very limited grains, or avoiding trans fatty acids.

What kind of nutritional supplements may be beneficial?

Several studies have shown that asthmatics are low in magnesium, as is 50% of the US population. Several asthma medications also deplete magnesium. In addition to relaxing bronchial muscles, magnesium also has an anti-inflammatory effect. Limited studies have shown that asthma sufferers can benefit from taking 400 mg per day of magnesium along with a diet containing 100-200 mg per day of magnesium for at least six months. Magnesium may also help swimmers with leg or foot cramps.

Vitamin C in doses ranging from 500 mg to 2,000 mg per day has been shown to decrease the frequency of asthma attacks. Taking 2,000 mg of vitamin C one hour before exercising can decrease exercise-induced asthma. Swimmers should begin with lower doses and see how they feel in the water. They can always take more vitamin C if they need to. I would not recommend combining vitamin C with any NSAID.

Other supplements that may be of help, especially in those who are deficient, include vitamin B6, vitamin B12, selenium, and potassium. Selenium-rich foods include Brazil nuts, sunflower seeds, fish, shellfish, meat, poultry, eggs, and mushrooms. Potassium-rich foods include papaya, prune juice, cantaloupe, honeydew melon, banana, raisins, mango, kiwi, orange, and pear. The fatty acids found in fish are anti-inflammatory and could be beneficial for asthmatics. High quality fish oil does not contain mercury or organic pollutants, which can be problematic with whole fish. People with aspirin sensitivity or a fish allergy should not take fish oil. As with all supplements, people on blood thinners need to discuss taking anything with their medical doctor.

Green algae (*Dunaliella bardawil*) is high in natural beta-carotene and has been shown to protect against decline in pulmonary function found in those with exercise-induced asthma. Carotenoids in general are very good antioxidants and are found in orange-colored fruits and vegetables, as well as spinach, kale, and collard greens. Anti-inflammatory herbs and vitamin D will make the body less susceptible to an allergic and inflammatory reaction and may be beneficial as well.

What else may help people with asthma?

Several studies have shown that chiropractic manipulation can improve breathing and quality of life in children and adults with asthma. Swimmers may also want to cross-train by doing yoga, as many studies have shown that yogic breathing techniques (pranayama) also help those with asthma.

Jessica Seaton, D.C. is a chiropractor in private practice in West Los Angeles. She has been in practice for over 20 years and practices sports medicine and functional medicine. She has been swimming with West Hollywood Aquatics for over 20 years. She can be reached at (310) 470-0282 or JSeaton@aol.com.

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SPMA Swimming News
is published six times a
year.

Southern Pacific Masters Association Schedule for 2011

July 9	Reg Richardson Memorial LCM Swim Meet, Santa Barbara
July 9	Seal Beach Rough Water Swim
July 10	Santa Barbara 6-mile Rough Water Swim
July 16	Balboa to Newport Beach Pier-to-Pier Rough Water Swim
July 21	SPMA Conference Call
Aug 12-14	SW Zone LCM Championship, Mission Viejo
Aug 18	SPMA Conference Call
Aug 27	Don Burns 1-mile Rough Water Swim Corona del Mar

For a complete and updated list of events go to www.spma.net

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