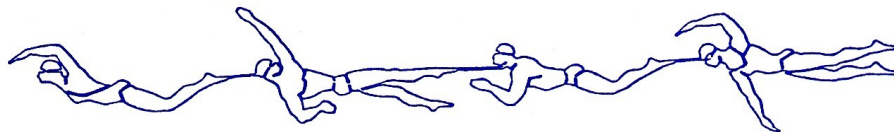


March/April
2011



SPMA MASTERS SWIMMING

SPMA 2010 Awards for Outstanding Contributions



Maurine Kornfeld was awarded the **2010 SPMA Swimmer of the Year**. Coach Mark Moore says: "My Most Wanted Swimmer is well deserving of this prestigious award".

Most Wanted? Several teams around Southern California were hoping to have Maurine in their ranks, but Mission Viejo Nadadores managed to charm Maurine into joining trunks in 2006.

Maurine is one of those vivacious fun-loving ladies who is truly inspirational to everyone around her. After a double knee replacement in 2009, Maurine made a full recovery with the help of swimming and soon returned to the her love of competing. Maurine goes to every swim meet, from local swim meets to Regional and National Championships, swimming a maximum number of events, and then joining her teammates in relays. Even though Maurine lives in West Los Angeles, she makes it to every special team event in Mission Viejo, some 60 miles away, not missing an opportunity to spend time with her teammates and friends.

Maurine currently swims in the 85-89 age group and had an impressive lineup of statistics in 2010 of 7 Relay World Records, 5 All-American Relays, 30 Top Ten Swims and 10 All-American swims. When we "grow up" we all wish we could be this lively, active, and loved by our teammates. Getting to know Maurine will make everyone's life a little bit richer.

Two additional awards were also presented at the SPMA Championships in December.

The **Jim Marcus Award** was presented to **Christie Ciraulo** in recognition of the outstanding contributions she has made to Masters swimming. Christie has helped our open water swims reach record participation since she took over the SPMA Open Water Committee a few years ago. She resurrected the Open Water points competition and has worked with all of our open water events to ensure compliance with USMS rules. She also coordinated publicity to attract participants, and provided information on the events for our newsletter. The Open Water points competition requires someone to tally the results from all of the open water events to determine the winners, as well as purchase awards so that they can be given to the swimmers. Also, Christie worked with new venues to add additional open water events to our schedule. She is a valued member of SPMA, and supports our efforts on the club, LMSC and National level.

The third award, **Steve Schofield Award**, was presented to **Trisha Commons** in recognition of her outstanding contributions to SPMA. Trisha has served as Quartermaster, Meet Coordinator, and Meet Awards Coordinator for over 20 years. She has also helped with registrations and has often filled in as lifeguard, meet marshal, referee, and announcer. Trisha was actually a friend of Steve Schofield for many years, and credits him with having taught her about the world of Masters swimming and SPMA. Few people are as dedicated to SPMA as Trisha is or as enthusiastic about doing things for the organization. Nowhere is this more evident than at swim meets where she is usually the first person to arrive on deck and the last one to leave.

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: Oceanucks
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
L.A.: Pool Open Water
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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Southern Pacific Masters Association

2011 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2011 Membership Application <input type="checkbox"/> Renewal	PLEASE PRINT CLEARLY				
	Your name on this form and on meet entry forms must be identical.				
	Last Name	First Name	Middle Initial		
	Mailing Address			Home Phone No.	
	City	State	Zip	Daytime or Cell Phone No.	
Date of Birth (required, must be 18 or over)			Age	Gender	Email Address (print in ALL CAPS)
CLUB (If left blank, you will remain with your previous club, or "unattached" if new)				Today's Date (must be after 11/1/10)	
<input type="checkbox"/> Check this box if you do not want any emails from USMS or SPMA, except regarding your registration.					
<input type="checkbox"/> I am a Masters coach		<input type="checkbox"/> I am a certified official		<input type="checkbox"/> I would like to volunteer for SPMA	
<input type="checkbox"/> I am a member of YMCA		<input type="checkbox"/> I am a member of USA Triathlon		<input type="checkbox"/> I am a member of USA Swimming	
Annual Fee: \$44 \$ _____ <i>Optional Donations:</i> \$1.00 (or \$ ____) to SPMA \$ _____ \$1.00 (or \$ ____) to USMS Endowment Fund \$ _____ \$1.00 (or \$ ____) to the International Swimming Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____ Make check payable to SPMA, Mail to: <div style="text-align: center;"> SPMA c/o Dan Wegner 3773 Price Ridge Ct Las Vegas, NV 89147 </div>		"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."			
		Signature _____ (required)			
Benefits of 2011 SPMA Membership					
<ul style="list-style-type: none"> • The opportunity to meet and train with some of the most experienced coaches and swimmers in the area. • The benefit of coaching and training with our member clubs throughout the country requiring USMS membership. • A subscription to USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership (\$8.00 of the annual dues is designated for the magazine subscription). • Liability insurance for your club and meet sponsors. • Secondary accident insurance. • Borrowing privileges from the SPMA videotape and book library. • SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming. • The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics. • Information and advice from the SPMA office to answer your swimming related questions or concerns. 					
2011 USMS Registration is valid through December 31, 2011					

**Call for Nominations:
2010 SPMA Coach of the Year**

by Errol Graham

There are over 80 registered swim clubs within Southern Pacific Masters, with some teams lucky enough to have more than one coach. But only one coach is honored each year with the title "Coach of the Year". You can be instrumental in bringing that recognition to your coach.

The selection criteria for the award are as follows: the Coach of the Year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments, including championships and national and world records; non-competitive club and individual accomplishments, including club size and growth, club participation, volunteering, and events run by the club; and the coach's service to SPMA and/or USMS, participation in clinics, and published works.

Even if your club is not a large one, you can still nominate that hard-working coach of yours who inspires you and motivates you to be a better swimmer. Many of the previously honored coaches come from smaller clubs.

To nominate your coach, provide a letter listing his or her accomplishments, and a maximum of four letters from your teammates supporting your nomination. Nominations should be submitted to the SPMA office by e-mail (pdf, Word, or text file) at registrar@spma.net, and must be received no later than April 15th, 2011. Total size for the file(s) must not exceed 1 MB per application. Please submit the application as one packet instead of numerous e-mails.

Please contact the SPMA office if you are not able to submit the application by e-mail or if you have any questions. The telephone number is (310) 564-6958.

SPMA Masters Swimming Records for SCM

	<u>Age</u>	<u>Club</u>	<u>Event</u>	<u>Record</u>
<i>Heckman, Dawn</i>	33	ROSE	800 Freestyle	SPMA, Nat, World
<i>McConica, Jim</i>	60	VCM	200 Freestyle	SPMA, Nat, World
			400 Freestyle	SPMA, Nat, World
			800 Freestyle	SPMA, Nat, World
			1500 Freestyle	SPMA, Nat, World
<i>Piemme, Frank</i>	85	LOST	200 Backstroke	SPMA, Nat, World
			50 Freestyle	SPMA, Nat
			50 Breaststroke	SPMA, Nat
			100 Breaststroke	SPMA, Nat
			200 Breaststroke	SPMA, Nat, World
			100 Ind. Medley	SPMA, Nat
<i>Simonton, Rita</i>	92	LOST	200 Ind. Medley	SPMA, Nat, World
			50 Backstroke	SPMA, Nat
<i>West, Steve</i>	38	NOVA	100 Backstroke	SPMA, Nat
			200 Breaststroke	SPMA, Nat, World

RELAY

Mixed 100+ 800 Freestyle Relay, ROSE
John Banks, Chad Durieux, Kathy Chung, Summer St Pierre, (World)

**Memories of Woody Bowersock
by Jurgen Schmidt**

Woody Bowersock was a person who was able to bond a friendship almost immediately through his outgoing personality and his interest in you. I got to know Woody back in 1984 when I retired and moved to Irvine, California. I had been in Masters swimming since 1973 and so it was a natural to get to meet Woody at the local swimming meets.

Woody lived part of his early life in Wisconsin. He moved to California and retired as a principal in a school district in Orange County. At that time, he was living in Orange, California. When he came to meets, he always brought fruit from his trees in his back yard to give to his friends.

Several years later he sold his home and bought a unit in what is now Laguna Woods, California. In 1986, Woody talked me into joining his swim group. This is where I got to know some of the other swimmers and got to swim on some record-breaking relays. The team consisted of Woody, Ernie van Horne, Bill Shott, Brian Windship, Ed Allen, and me.

I moved out of the area in 1989, but still kept in touch with Woody. At the Santa Barbara meet each year, Woody's wife Vera and Reg Richardson's wife used to hand out the ribbon awards. They would let you know in no uncertain terms that you should pick up your ribbons when results were posted and not wait until the end of the meet. Several years later, Woody would bring his wife to the meets in a wheelchair which included going up to St. George, Utah for the Huntsman Senior Games. Woody was always a loving husband, and was always concerned about his wife's welfare. She later passed away and Woody re-married.

The last few years made it difficult for Woody to get up to St. George. Many people would ask about him since he had made such a good impression on all who attended and officiated because of his swimming ability and the records he broke. Whenever you saw Woody he always had a new joke to pass on to all he came in contact with. He was a dear friend and I will miss him. Woody lived a good life and was able to compete in swimming almost to the end. He was always a leader and an inspiration to all of us.



1913-2010

Mission Viejo Masters

SCY Swim Meet

Sunday, March 20th, 2011

Sanction number: 331-005

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: From the north or south, take the I-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. No tennis parking on Marguerite allowed.

Entries: The pre-entry postmark deadline is Monday, March 14th. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events. Age on March 20th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to 4 individual events.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 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 allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2011 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; coach-mark@mastersmvnswim.org.

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, March 20, 2011

400 IM and 500 warm-up at 8:00 a.m.

500 starts at 8:30 a.m.

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

Additional warm-up after 400 IM

Event #3 will start no earlier than 11:00 a.m.

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle***
7. 200 yd. Medley Relay (men, women, or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women, or mixed)
15. **25 yd. Butterfly***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten consideration.**

UCLA Bruin Masters

SCY Swim Meet

Sunday, April 3rd, 2011

Sanction number: 331-006

Facility: Dirks Pool is an outdoor, 25yd by 52m competition pool. Eight additional lanes available for warm-up during competition. Located at Spieker Aquatics Center – 114 Easton Drive, Los Angeles, CA 90024.

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 the stop sign, turn right and park in Lot 11. Pay the parking machine, \$7/day exact change, \$10/day otherwise. There is no parking in the lot by the pool; it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends. Walk left out of Lot 11 down the hill towards Sunset Canyon Recreation Center. Spieker Aquatics Center will be on the right adjacent to Sunset Canyon Recreation Center.

Entries: Online entries are preferred. Online entry deadline is 6:00 PM Pacific Time Saturday, April 2nd. The paper pre-entry postmark deadline is Saturday, March 26th. On deck registration is permitted. 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 3rd determines age group for the meet. Swimmers are limited to four individual 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: 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. No Charge for the 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.

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 for purchase adjacent to the pool.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries and online entries after March 26th are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: UC Regents, mail consolidated entry card, copy of your 2011 USMS card and check to: Bruin Masters Meet, PO Box 204, Lake Forest, CA 92609.

Questions: Meet Director: Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Sunday, April 3, 2011

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 Swim Meet

Sunday, April 10th, 2011

Sanction number: 331-007

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

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 2nd, 2011. 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 10th 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 \$10.00 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 2011 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 10, 2011

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. Individual Medley
3. 200 yd. Freestyle Relay (Men, Women, Mixed)
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
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 yd. Medley Relay (Men, Women, Mixed)

*Most meets have online registration and prefer
that swimmers enter online. Please go to
<http://www.SPMA.net>
for the list of our current meets*

Santa Clarita Masters

SCY Swim Meet

Sunday, April 17th, 2011

Sanction number: 331-008

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, April 9th. 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 April 17th 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 \$5.00 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: \$25.00 per swimmer flat fee for online entries. \$30 flat per swimmer flat fee for mail-in entries. Deck entries allowed for a total of \$35.00.

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91351.

Questions: Meet Directors, Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

Sunday, April 17, 2011

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 20 minutes after event #1**
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
20. 800 yd. Freestyle Relay

La Mirada Armada

2011 SPMA SCY Regional Championship Meet

Friday, May 13th to Sunday, May 15th, 2011

Sanction number: 331-009

Facility: Splash Aquatic Center, 13706 La Mirada Blvd, La Mirada CA 90738. Splash is a 50-meter, all deep competition pool with a separate 25-yard warm-up pool and Colorado timing and 16 lane scoreboard.

Directions: Take I-5 to the Beach Blvd exit. Go north on Beach Blvd 2 miles to La Mirada Blvd, turn left. The Splash Aquatic Center is on the right, behind the La Mirada City Hall, about two miles. The swim parking lot is immediately adjacent to the pool. All parking is free.

Entries: Flat fee of \$45.00 if postmarked on or before Monday, May 2nd. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, May 2nd. All entries must be received by 6:00 p.m. on Monday, May 9th. Entries received after May 3rd will not appear in the meet program. No individual deck entries will be allowed. Age on May 15th 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 9th.

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.

Checks payable to: La Mirada Armada

Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Alina DeArmas, P.O. Box 63, Simi Valley, CA 93062. Send a SASE or stamped postcard for a return receipt.

Register online: www.spma.net and click on 2011 SPMA SCY Championships.

Questions: Call (626) 806-1153 or send an email to rshipherd@msn.com.

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

Friday, May 13, 2011
Warm-up at 10:30 a.m.
Meet starts at noon

Check-in for 1000 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 14, 2011
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 15, 2011
Warm-up at 7:15 a.m.
Meet starts at 8:30 a.m.

Check-in for the 1650 yd. Freestyle 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.

Hotel Information:

Holiday Inn Select (714) 739-8500

14299 Firestone Blvd, La Mirada, CA 90638

\$82 - \$99

Extended Stay America (714) 670-8579

4775 Firestone Blvd, La Mirada, CA 90638

\$89 - \$129

Residence Inn by Marriott (714) 523-2800

14419 Firestone Blvd, La Mirada, CA 90638

\$129 - \$179

Radisson - (562) 945-8511 or (800) 395-7046

7320 Greenleaf Avenue Whittier, CA 90602

\$119 - \$139

Thoughts on Training for Masters Swimmers

by Jessica Seaton, D. C.

Athletes show certain patterns as they age. I've observed that athletes in their early twenties can get away with a lot: they can train irregularly, train hard, injure themselves and bounce back pretty quickly. By the late twenties or early thirties a swimmer may experience a more or less serious injury which serves as the first "wake-up" call. If he or she gets good treatment, including rehabilitation exercises, future injuries to that area may be avoided. By the time athletes are in their late thirties they are beginning to understand that they are mortal. Irregular training, training too hard, training too little, all start making a bigger difference than they did ten years before. Poor training habits will lead to poor performance or to injuries (or both). By the time athletes are over forty they know they're not spring chickens anymore. Irregular training has more dire consequences, often leading more quickly to injury, and often of a more serious nature. This in turn leads to poor performance. It takes noticeably longer to heal and to get back up to one's former training level. As the years go on, all of this gets more pronounced.

With all those nice generalizations mentioned above, there is one caveat: we are all on our own physiological schedule. Some of the factors that affect how quickly one ages are: genetics, quantity and quality of exercise, nutrition, illness, habits such as drinking alcohol or smoking cigarettes, outlook and attitude, and stress. Although "stress" is a kind of catch-word now, it is very significant. Most of us have seen friends practically age right before our eyes when they are under a lot of stress, either from work, family, friends, or relationships.

By far the most studies on swimmers have been done on college swimmers in their late teens and early twenties. While they each have their own genetic make-up with their own biochemical and physiological individuality, they are still a rather homogenous group. Their lives are all rather similar with similar stress levels. Also, they are also all within a five year age group (18 to 23). A good training program for a twenty year-old college student might only lead to fatigue and poor performance in a forty-five year-old swimmer. A good program when life is easy and stress is minimal might cause one to fall apart when life is filled with stress. So each person may have different optimal workouts for different times of their life.

Metabolism is the sum of catabolism (the process by which living tissue is changed into energy and waste products of a simpler chemical composition) and anabolism (the process by which food or any simple substance is changed into more complex compounds living tissue). Metabolism is a process that is constantly going on, whether we're active or inactive. The rate at which substances are being broken down and rebuilt is known as metabolic rate. Basal metabolic rate is the rate of metabo-

lism when the body is at rest. We know that this rate slows down as we age. Something that I've noticed is that there appears to be a drop when one reaches the early forties. It seems that at that point, in order to maintain one's weight, one needs to eat less and/or exercise more. People in their sixties generally eat a lot less than people in their thirties. Often by then they've adapted to a slower metabolism.

Metabolism is affected by the amount of muscle mass one has.

Muscle mass begins to decline after 50, thus the basal metabolic rate also declines. The only way to slow this process down is weight training.

This same slowing of the basal metabolic rate affects tissue healing. Training is a process of overusing a tissue (muscle), causing it to break down, and then a rebuilding of the muscle as a reaction. As we get older, this process is slower. If you're training hard every day of the week, or several days in a row, you're really not giving your body time to rebuild. The result is that you simply end up being broken down. This may show up as being constantly tired, easily injured, or just plain crabby. Some people do well swimming four consecutive days before they rest. Others can only swim two days in a row. Some can swim five days in a row if they alternate easy and hard workouts.

A well-meaning, but uninformed coach may be encouraging you to do more than your body is able to do well. As Masters swimmers, we really need to listen to our own bodies. If you are feeling worn out or tired, that is your body telling you to take it easy. If you are under a lot of stress, your body's ability to repair itself may be impaired. Training hard during such times does not make sense and may very well lead to injury. However, easy to moderate workouts will help you to cope better with stress.

If you know that five years ago you were able to train a certain way, it doesn't necessarily mean that you can train that way now. If you are constantly fatigued, your form will suffer and you will be practicing sloppy and not perfect strokes.

If you need to be in the water five or six days per week for your mental health, then focus on kicking for a couple of those workouts. Most of us could use more kicking, and our shoulders could probably use the rest.

Dr. Seaton is a chiropractic orthopedist in private practice in West Los Angeles. She swims with West Hollywood Aquatics and is a member of the USMS Sports Medicine Committee. 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

March	6	Caltech SCY Swim Meet, Pasadena
	17	SPMA Committee Conference Call
	20	Mission Viejo SCY Swim Meet, Mission Viejo
April	3	UCLA SCY Swim Meet, Los Angeles
	10	UCI SCY Swim Meet, Irvine
	17	Santa Clarita SCY Swim Meet, Santa Clarita
	21	SPMA Committee Conference Call
May	28-5/1	USMS Spring SCY Nationals, Mesa, Arizona
	13-15	SPMA Spring Regional Championship, La Mirada

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

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 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)