

May/June
2012

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2011 SPMS Coach of the Year - Mary Lombard

by Errol Graham

Mary Jackson Lombard has been coaching one of the newest Masters teams in SPMS since 2009. A lifeguard and swim instructor for 12 years, she has been building up the Los Alamitos Masters (LALM) swim team through her love of swimming and drive to help her swimmers build confidence in their swimming. She inspires her swimmers to want to improve and converts her creativity into steady success for her swimmers.

Los Alamitos Masters had only a handful of members when Mary started coaching them. Membership at LALM is growing and their lanes are filling up due to the great coaching they are getting. They now have many triathletes on their team, and their team has doubled their workout times and days in the past two years to keep up with the demand.

Coach Mary is fair about giving equal attention to all of the athletes without playing favorites. According to one of her swimmers, “she can read our energy and respects the fact that we give what we can in each workout. There are days when she pushes me so darn hard I’m practically bursting at the seams with endorphins on the way home from practice and feel totally alive”.

Mary specializes in helping swimmers who are just starting out as Masters swimmers with technique and endurance and has earned the respect of her swimmers with her engaging personality, work

ethic, insightful guidance, and sensitivity. She is tough, supportive, creative, motivating, and instructive. In addition, she strives to obtain optimum workout times that are convenient for swim club members, organizes events for the team including social meetings and celebrations, organizes practices in the Naples Bay to accommodate open water practice, and encourages swimmers to compete in local Masters swim meets.



Congratulations, Mary, on being honored with the SPMS Coach of the Year Award

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OJAI Masters Swim Team

Wins the Southwest Zone SPMS SCY Championship

Santa Clarita, April 2012

by Sheri Ann Cate

The Ojai Masters Swim Team, coached by Rick Goeden, took home the first place honors at the Southwest Zone and SPMS Short Course Yards Regional Championship Meet at Santa Clarita on April 14 and 15th. Forty clubs with a total of 376 swimmers participated in the meet.

With a diverse team of 52 participating swimmers ranging in age from 20 to 87, Ojai scored 1844 points; besting the field by 332 points. The strength of Ojai's win was provided by the team's 34 women swimmers. Between the men and the women Ojai fielded 33 relays.

Goeden, who has been coaching the Ojai Masters for 25 years now, designated this meet as an 'all hands on deck' venture. Many of the swimmers were veterans of the swim meet scene, but for some it was their first-ever meet. Goeden teaches an ongoing technique class three days a week which introduces newcomers to Masters swimming. Some of these technique class graduates started out barely being able to make it from one end of the pool to the other. From this 'square one' some have gone on to qualify for nationals.

In the weeks preceding the meet Ojai swimmers spent extra time working on starts and turns. Goeden spent many hours working and re-working relays (whenever someone had to drop out due to illness) in order to maximize each swimmer's unique contribution while at the same time maximizing points for the team. The outcome and the fun had by all proved to be well worth the effort!



Southwest Zone SPMS SCY 2012 Championship High Point Winners

18 - 24

Women - Lauren Dakin, CVMM

Men - Alec Alders, ROSE

25 - 29

Women - Deborah Hefter, SWM

Men - Eric Carlson, ROSE

30 - 34

Women - Elizabeth Vucinich, WH20

Men - Chad Durieux, ROSE

35 - 39

Women - Tanya MacLean, NOVA

Men - Kelly Karren, Swim Utah

40 - 44

Women - Wenke Seider, OJAI

Men - David Sumner, MVN

45 - 49

Women - Becky Cleavenger, CVMM

Men - Tryggvi Helgason, SCMC

50 - 54

Women - Bonnie Spivey, MVN

Men - Bill Ireland, SCAL

55 - 59

Women - Kerri Lumbert Gentry, Unat

Men - Donald Graham, PNA

60 - 64

Women - Alta Stengel, SDSM

Men - Hubie Kerns, VCM

65 - 69

Women - Beverly Montrella, MVN

Men - Rick Goeden, OJAI

70 - 74

Women - Jeanne Little, MVN

Men - Mike Freshley, SDSM

75 - 79

Women - Mitnee Duque, OJAI

Men - Bob Best, SDSM

80 - 84

Women - NA

Men - Frederick Hoppe, SDSM

85 - 89

Women - NA

Men - Frank Piemme, LOST

90 - 94

Women - Maurine Kornfield, MVN

Men - NA

Congratulations Swimmers

**Santa Clarita Masters
LCM Meet
Sunday, May 6th, 2012**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 332-008**

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

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 is available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday April 28th. On-line entries are due at midnight on April 30th. Deck entries for the 1500 m Freestyle will close at 8:45a.m.; all other deck entries close at 11:00 a.m. Age on December 31, 2012 determines age group for the meet. You must be at least 18 years of age to compete. Swimmers are limited to entering a total of 5 individual events.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1500 m Freestyle and the 400 m Freestyle.

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

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

Entry Fees: \$20.00 per swimmer for online entries, \$25.00 for mail-in entries. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2012 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 Director: Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

Sunday, May 6, 2012

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

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)

20 minute warm-up after 1500

2. 400 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (**check-in required**)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 400 m Mixed Medley Relay

**Mission Viejo Nadadores
LCM Swim Meet
Sunday, May 20th, 2012**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 332-010**

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.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2012 determines age group for the meet. You must be at least 18 years of age to compete. Swimmers are limited to entering a total of 5 individual events.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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 400 and 1500 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered on SPMS 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after May 14th are allowed for a total of \$35.00. Online entries close at 6:00 p.m. on May 19th, 2012

Checks payable to: Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2012 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, May 20, 2012

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

1500 starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)

Additional warm-up after 1500

Event #2 will start no earlier than 11:00 a.m.

2. 400 m Individual Medley (check-in required)
3. 200 m Freestyle
4. 50 m Butterfly
5. 100 m Backstroke
6. 200 m Breaststroke
7. 200 m Medley Relay (Men, Women, or Mixed)
8. 200 m Individual Medley
9. 200 m Butterfly
10. 50 m Breaststroke
11. 200 m Backstroke
12. 100 m Freestyle
13. 100 m Butterfly
14. 50 m Backstroke
15. 200 m Freestyle Relay (Men, Women, or Mixed)
16. 100 m Breaststroke
17. 50 m Freestyle
18. 400 m Freestyle (check-in required)

**UC-Irvine Masters
LCM Swim Meet
Sunday, June 3rd, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 332-016

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).

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2012 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

Entries: The pre-entry postmark deadline is Saturday, May 26th, 2012. Deck entries will close at 8:30 a.m. for 800 m Freestyle, and at 10:00 a.m. for all other events.

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 800 m. and 400 m. Freestyle.

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

Awards: Individual: SPMS ribbons for places 1 to 3. Relay: SPMS 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 2012 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, June 3, 2012

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 noon

2. 200 m Freestyle
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Medley Relay (men, women, or mixed)
6. 200 m Individual Medley
7. 50 m Breaststroke
8. 100 m Butterfly
9. 100 m Freestyle
10. 50 m Backstroke
11. 200 m Freestyle Relay (men, women, or mixed)
12. 100 m Breaststroke
13. 50 m Freestyle
14. 400 m Individual Medley (check-in required)
15. 400 m Freestyle (check-in required)

**Las Vegas Masters
LCM Swim Meet
Saturday, June 16th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 332-011

Facility: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Lanes will be available for warm-up.

Directions: From the I-15 Fwy., take the Spring Mountain Rd West exit. Turn west on Spring Mountain Road and go 4 ½ miles to the pool.

Entries: Pre-entry postmark deadline: Saturday, June 9th. On deck registration permitted. Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:00 p.m. for the remaining events. Age on December 31, 2012 determines age group for the meet. You must be at least 18 years of age to compete.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.**

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, on SPMS relay forms available at the meet. 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after June 9th allowed for a total of \$35.00.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, a copy of 2012 USMS card, and check to: Las Vegas LCM Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Meet Director, Victor Hecker (702) 247-7788. Meet Entries: Robert Mitchell, mitchellrobert@cox.net.

Saturday, June 16, 2012

Warm-up at noon

Meet starts at 1:00 p.m.

1. 400 m Freestyle (check-in required)
2. 50 m Butterfly
3. 100 m Freestyle
4. 100 m Backstroke
5. 200 m Freestyle
6. 50 m Breaststroke
7. 100 m Butterfly
8. 50 m Freestyle
9. 50 m Backstroke
10. 200 m Individual Medley
11. 100 m Breaststroke
12. 200 m Medley Relay
13. 200 m Freestyle Relay

MISSION VIEJO NADADORES
PATRICK MOORE MEMORIAL LONG COURSE RELAY MEET
SUNDAY, JULY 1ST, 2012
9:00 A.M.

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-012
(A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund)

Facility: Mission Viejo Pool is an outdoor, 25yd. by 50m 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.

Eligibility: Open to any current 2012 USMS/USA registered swimmer. Age on December 31, 2012 determines age group for the meet. You must be at least 18 to compete.

Entry Deadline: Relay cards for events 1 to 5 are due by 8:30 a.m., events 6 to 9 by 9:00 a.m., and events 10 to 13 by 10:00 a.m.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$12.00 per SPMS relay due upon entry.

Awards: 1st place medals, ribbons 2nd - 3rd place.

Family Relays Rules: must have at least one adult (18+) on the relay and two swimmers under 18. At least two members must be from the same family. (Two families can swim together) Swimmers under 18 must be a USA-S member.

Entry Fees: SPMS members: \$25.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2012 USMS card.

Family BBQ: – around 12:00 after the meet. (Hamburgers/Hot dogs, chips, and watermelon)
Cost: \$5.00 per person.

Online Entries: Sign-up early at www.spma.net

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



Order of Events

1. Women 400 m. Medley Relay
2. Men 400 m. Medley Relay
4. Women 200 m. Freestyle Relay
5. Men 200 m. Freestyle Relay

10 minute Break
4 x 50 Freestyle Family Relay

6. Women 400 m. Freestyle Relay
7. Men 400 m. Freestyle Relay
8. Mixed 200 m. Medley Relay
9. Mixed 200 m. Freestyle Relay

10 minute Break
4 x 50 Wet T-shirt Family Relay

10. Women 200 m. Medley
11. Men 200 m. Medley Relay
12. Mixed 400 m. Freestyle Relay
13. Mixed 400 m. Medley Relay

15 minute Break
4 x 50 Watermelon Family Relay



2012 Southern Pacific Masters Swimming Long Course Championships August 10-12, 2012



Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 332-015

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

Directions: Take I-5 Freeway 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. Street parking is available between marked and posted signs.

Rules: USMS rules will govern. Current SPMS 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 31st, 2012 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 at any time 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.

Entries: Online registration is encouraged. Online entries completed by 11:59pm on Friday, July 27th, 2012 are a flat \$45.00 entry fee. Online entries completed July 28th through 11:59pm on Monday, August 6th are a flat \$60.00 entry fee. **Paper/mailed entries** that are postmarked on or before Friday, July 27th, 2012 are a flat \$45.00 entry fee. Paper/mailed entries received between July 28th and Monday, August 6th is a flat \$60.00 entry fee.

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 an 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.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 400, 800, and 1500 m Freestyle and also the 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 60 entries at the discretion of the meet director. 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 when possible.

Check-in: Positive check-in is required for all events. Check-in closes at 8:00 a.m. on Saturday for the 400 m Freestyle, and at 8:00 a.m. on Sunday for the 800 m Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

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

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Mark Moore, 33055 Dolphin Ct, San Juan Capistrano, CA 92675

To register online, go to www.spma.net, and click on 2012 SPMS Long Course Championships.

Questions Meet Director, Mark Moore, (949) 489-1847, m.w.moore@cox.net

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

EVENT SCHEDULE

(Women's / Men's)

Friday, August 10, 2012

Warm-up starts at 12:00 noon

Meet starts at 1:00 p.m.

- (1 / 2) Mixed 1500 m Freestyle
- (3 / 4) Mixed 400 m Individual Medley
- (5) 400 m Freestyle Relay (Women, Men, Mixed)

- (18/19) 50 m Butterfly
- (20) Mixed 200 m Medley Relay
- (21/22) 100 m Breaststroke
- (23/24) 200 m Freestyle

Saturday, August 11, 2012

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

- (6 / 7) Mixed 400 m Freestyle
- (8 / 9) 200 m Butterfly
- (10) 800 m Freestyle Relay (Women, Men, Mixed)
- (11/12) 50 m Freestyle
- (13/14) 200 m Breaststroke
- (15) Mixed 200 m Freestyle Relay
- (16/17) 100 m Backstroke

Sunday, August 12, 2012

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

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

Out of Town Competition

by Jessica Seaton, D.C.

Competing in Masters pool meets or open water events out of town can be a lot of fun. In addition to meeting new people and the challenge of competing in a different environment, out-of-town events give one a chance to explore a different environment. Along with the fun and excitement come challenges.

If you're competing in an event in your own time zone, most of your challenges will be related to travel and a new environment. Travelling for longer periods of time can make you stiff and tired. To overcome the travel-related stiffness, I recommend going for a swim after you arrive. If the competition or open water venue is not available or easily accessible, then use the hotel pool or an available public pool. Swim enough so that you're loosened up, but not enough so that you're even more tired. While you'll probably still get hungry at the same times you usually get hungry, you'll have to make a more concerted effort to remain hydrated, especially if you're flying, as airplanes have very dry air. If you don't hydrate well on the flight, you might find yourself cramping in the pool. As before any competition, eat foods that you are comfortable with and used to eating. The night before your event is not the best time to try Indian food for the first time or any other food for the first time! Sometime before you go to sleep, I also recommend taking the time to do your usual stretching routine, focusing on breathing and your body. Relax before you go to bed so that you get a good night's sleep.

All living beings, including algae and plants, have internal clocks that establish a physiological rhythm. The exact mechanism is still being explored, but various proposed mechanisms include a genetic influence on the production of proteins sensitive to changes in light and darkness. Various studies have been performed looking at the optimal times for swimming fast. The consensus is that early evening is the optimal time for fast swimming and the worst time seems to be early morning, especially prior to 8 a.m. Research has also found that these optimal times may vary 65 minutes in either direction depending on whether you're a morning or an evening person. Morning people also secrete significantly more adrenaline in the morning than do evening types, probably giving them a slight advantage. Most Masters meets or events start in the early morning, around 8 or 9 a.m. While that is not the optimal time for speed for anyone, it will be worse if you're used to swimming at night and waking up later. Prior to a meet in your time zone, you might want to get up earlier and swim in the mornings in the days or weeks leading up to the competition.

For meets that are in a different time zone, the challenges are greater, especially for those of us travelling from the West Coast. A meet that starts at 8 a.m. on the East Coast is, in effect, starting at 5 a.m. West Coast time. It also means waking up at our equivalent of 3 a.m. to get ready, have breakfast, get to the pool, and warm up. Strategies to deal with an East Coast event could be to start re-setting your internal clock while still on the West Coast. That could mean waking up at 5 a.m. and exposing yourself to light at that time and then going to an early swim practice. It would also mean having your meals earlier than you usually do. It might not be possible to eat all your meals three hours earlier, but even an hour earlier will start getting you on the new time zone. If you're finding that going to sleep an hour earlier is difficult, you can try taking 5 mg melatonin (a hormone naturally excreted by your pineal gland in your brain) about a half hour before you'd like to go to sleep. Once you're in your new time zone, continue taking melatonin for three days.

If you're travelling abroad and the time difference is more than 3 hours, getting up early here is not going to help adjusting to the time difference. If you're an evening swimmer, attending a few morning practices may help you get used to what it feels like to swim with morning stiffness, but it's not going to reset your clock. When you arrive at your destination, eat your meals at normal mealtimes, even if you're not hungry. This will help reset your gastrointestinal clock. You might find you need to eat prunes or use a mild laxative, such as an herbal laxative tea, to get your bowels moving. A caffeinated beverage in the morning can also help with re-setting your internal clock. Depending on your travel plans, swimming on the day of your arrival or, if that's not possible, the next day will help speed up this adaptation. You might need to nap, but you should try and keep your naps to no longer than an hour. 5 mg of melatonin a half hour before you'd like to go to sleep will also help. Continue this for three days.

Some people take a sleeping pill on overnight flights, such as from Los Angeles to Paris. While it can ensure at least a few hours of sleep, I would caution you that you may wake up feeling extremely stiff. I would not recommend using melatonin along with a tranquilizer or sleeping pill. While alcohol generally makes people sleepy, it ultimately can disrupt your sleep and cause you to wake up several hours after you fall asleep. With all the challenges of trying to get a good night's sleep in a different time zone, I suggest drinking a minimal amount of alcohol, if any, to make sure you get a good night's sleep.

How long it takes one to adapt to being in a different location or time zone varies from individual to individual. As we get older, adjusting to the time change may be more challenging. The rule of thumb is that it takes people as many days to adapt as the hours are in the time difference. So travelling from Los Angeles to London, with an 8-hour time difference, could take about a week until you feel completely normal. It is, however, easier for the body to adapt to travel going west than it is to travel going east.

I have always enjoyed competing in out-of-town meets, including meets abroad. While I follow the guidelines I've mentioned above, I also know that there are many elements involved with travel that cannot be controlled such as delayed flights, delayed baggage, carrying luggage, and walking much more in the destination city than I do in Los Angeles. If I want to compete in a meet where I feel more in control of the elements so that I can get my best possible times, I'll swim in a local meet, or at least one in my time zone. If I travel to a meet out of town, I know that I can look forward to a good competition, meeting new people, seeing interesting places, and having an adventure as well as knowing that being in a different location also means having to deal with jet lag and the challenges of being in a different time zone.

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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
SAN FERNANDO: Triton Swimming and Triathlon Team
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 Aquatics 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
LONG BEACH: Viking Aquatics/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
LOS ALAMITOS
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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www.spmasterswim.org

Southern Pacific Masters Swimming Schedule for 2012

<u>Date</u>	<u>Event</u>
May 6	Santa Clarita LCM Swim Meet
May 17	SPMS Committee Conference Call
May 20	Mission Viejo LCM Swim Meet
June 3	UCI LCM Swim Meet
June 21	SPMS Committee Conference Call
June 30 - July 1	SLO LCM Swim Meet
June 30	Seal Beach Rough Water Swims
July 1	Mission Viejo LCM Relay Meet
July 14	Santa Barbara LCM Swim Meet
July 14	Balboa to Newport Pier-to-Pier Open Water Swim
July 19	SPMS Committee Conference Call
Aug 10-12	SPMS LCM Championships at Mission Viejo
Aug 14	Nadadores 2.4 mile Rough Water Swim at Salt Creek
Aug 16	SPMS Committee Conference Call
Aug 18 (tentative)	Naples Island 1 & 3 Mile Open Water Swims
Aug 25	Don Burns Corona del Mar Open Water Swim

For a complete and updated list of events go to www.spmasterswim.org

A Call to all Clubs, Coaches and Swimmers,

SPMS is looking for new and exciting ways to improve our Newsletter. We would appreciate and are asking for your help to accomplish this.

If anyone has a personal interest story about their club or a swimmer and would like to share, this would add another level of interest for our readers.

Also, each season SCM, SCY, LCM and Open Water, we would like to highlight the events with an articles as well as pictures taken at each of the venues. In order to do this, we will need your help with photos that will be taken by your team.

Action, group or funny snapshots would be great. Remember to be complimentary in the photos that you want to share.

It would be appreciated if one team member would be designated to send the pictures with venue, date and names of the individual(s) in the photos.

Please send your photos and any suggestions and/or questions to:
newsletter@spma.net

Thank you in advance for your help!

In swimming,
Kim Thornton
SPMS Newsletter Editor