

Nov/Dec
2012

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



SPMS 2012 Open Water Series Competition

by
Tanya MacLean

Thank you to everyone who participated in making 2012 a safe and fun open water season. We had high levels of participation in all the open water series events with participants from all areas covered by SPMS and beyond. Overall top 3 results per age group are outlined below. Female and male high point winners were Hubie Kerns and Veronica Hibben.



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Deadline November 15, 2012

High Point Winners 2012

19-24 Female

Carri Cook (LBSU)

25-29 Female

Lexie Kelly (UNAT)

30-34 Female

Jessica Krick (CTM)

35-39 Female

Tanya MacLean (NOVA)

35-39 Male

Craig Gutjahr (UNAT)

40-44 Female

Vanessa Mesia (MSCM)

40-44 Male

James Bergen (MVN)

45-49 Female

Melissa Latt (SCAQ)

45-49 Male

Bryan Buck (UCI)

50-54 Female

Lynn Kubasek (NOVA)

50-54 Male

Bill Ireland (SCAQ)

55-59 Female

Veronica Hibben (UCLA)

55-59 Male

James Hardie (UNAT)

60-64 Female

Carol Hayden (MVN)

60-64 Male

Hubie Kerns (VCM)

75-79 Male

Bill Cooke (SCAQ)

For all results and rules go to:

<http://www.spmasterswim.org/w/SPMS/open-water-series/>

Open water series event details for 2013 will be posted on the SPMS website.

2012 Global Open Water Swimming Conference

by

Tanya MacLean and Steve Munatones



Swimmers from around the world convened on September 22nd at the Queen Mary in Long Beach for the 2012 Global Open Water Swimming Conference, International Marathon Swimming Hall of Fame Induction Ceremony, and World Open Water Swimming Awards.

Keynote speakers included Diana Nyad and Craig Dietz. Diana Nyad is a previous International Marathon Hall of Fame Inductee and 2011 World Open Water Swimmer of the Year. Craig Dietz is an inspirational swimmer who has overcome being born without arms or legs to participate in multiple open water swims.

Other speakers included Olympic gold medalist and International Swimming Hall of Fame inductee Greta Anderson, Olympic 10K gold medalist and English Channel record holder Trent Grimsby, the Big River Man Martin Strel, International Ice Swimming Association founder Ram Barkai, Ocean Recovery Alliance and Project Kaisei co-founder Doug Woodring, FINA Technical Open Water Swimming Committee member Dr. Khwaja Aziz, and Professor of Art and Com-

munication at the University of Huddersfield Dr. Lisa Stansbie. Panels at the conference included discussions of open water safety, the 2012 London Olympics, mass participation swims, the 2016 Rio Olympics and jellyfish.

2012 World Open Water Swimming Awards were handed out to Jamie Patrick of the United States for World Open Water Swimming Man of the Year, to Pilar Geijo of Brazil for World Open Water Swimming Woman of the Year, and Lt. Colonel Nejib Belhedi of Tunisia for World Open Water Swimming Performance of the Year.

International Marathon Swimming Hall of Fame inductees included 2008 Olympic 10K marathon swim gold medalist Larisa Ilchenko of Russia; 2008 Olympic 10K marathon swim gold medalist and leukemia survivor Maarten van der Weijden of the Netherlands; teacher, poet and endurance athlete Sri Chinmoy of India; marathon swimmer, coach and administrator Ned Denison of Ireland; open water competitor and administrator Chris Green of the United Kingdom; channel swimmer David Parcells of the United States; the 36-year running Faros Maraton Swim; open water marathon swimming organization; the Irish Long Distance Swimming Association; and United Nations Swimming Ambassador and marathon swimmer Marcos Diaz of the Dominican Republic.



The next day swimmers participated in a charity swim raising funds for Swim Across America at Marine Stadium in Long Beach. Swim Across America is a charity dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events. The swim course was a replica of the 2012 London Olympic open water swim course. Swimmers were given the option to swim distances ranging from 100m, 800m, 1.5K, 5K and 10K. Almost 400 swimmers participated in the event including 41 people who swam the 10K swim.

For further information regarding future swims go to <http://www.swimacrossamerica.org>.

**Mission Viejo Masters
SCM Swim Meet
Sunday, November 4th, 2012**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 332-020**

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

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

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the meet should be directed to that person.

Entries: Pre-entry postmark deadline and early online registration: Saturday, October 27, 2012. Online registration is open until 6:00 p.m. on Friday, November 2, 2012. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 10:00 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2012 determines age group for the meet. You must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, October 27, 2012 allowed for a total of \$35.00. Meet entry fees are non-refundable and non-transferable.

Checks payable to: Mission Viejo Nadadores

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.

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 \$5.00 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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

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

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

Sunday, November 4, 2012

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

1500 starts at 8:00 a.m.

1. 1500 m Freestyle (**check-in required**)
Additional warm-up after the 1500
Event #2 starts no earlier than 10:30 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (Men, Women, Mixed)
10. 200 m Individual Medley
11. 200 m Medley Relay (Men, Women, Mixed)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle (check-in required)

**Turkey Shoot at Pierce College
SCM Swim Meet
Sunday, November 18th, 2012**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 332-023**

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

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

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Entries: The pre-entry postmark deadline is Saturday, November 10. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2012 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 12 allowed for a total of \$35.00.

Checks payable to: Southwest Aquatic Masters

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 800 m Freestyle and the 400 m Individual Medley.

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

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

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

Sunday, November 18, 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 the 800
Event #2 starts no earlier than 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Freestyle Relay (Men, Women, Mixed)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Relay (Men, Women, Mixed medley or freestyle)
16. 400 m Individual Medley

Long Beach Grunions

2012 SPMS Short Course Meters Championships

November 30th – December 2nd, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-024

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

Directions: Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo Ave. Then turn left on Redondo to Ocean Blvd., left on Ocean to Termino, right on Termino, and park only in the southeast lot. All day parking passes will be available at the meet.

Fees: Flat fee of \$45.00 if entered online or postmarked by Monday, November 12th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries postmarked (or entered online) after Monday, November 12th. Entries received after November 12th will not appear in the meet program. All entries must be received by 6:00 p.m. on Monday November 19th. No individual deck entries are allowed.

Entries: Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. There will be no refund of entry fees after November 19th. Age on December 31st, 2012 determines age group for the meet.

Relays: Relay entries are \$10.00 per relay. All relays will be deck entered. A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event No. 1), by paying the \$10.00 relay-only entry fee (which does not include a meet T-shirt) and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

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 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: Positive check-in is required for all events. Swimmers may check in at www.SwimPhone.com or in-person at the meet.

Check-in is available for the 1500 m Freestyle and will close at 8:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 1:00 p.m. on Friday

Check-in for the 400m Freestyle will close at 8:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 8:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event, except that check-in will close at 11:00 a.m. for all remaining Saturday and Sunday events.

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

Entries: Register online at www.lbgrunions.org, click on "Swim Meets," then on "Register." Or mail an SPMS entry card, copy of your 2012 USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

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

Friday, November 30, 2012

Warm-up 8:00 a.m., Meet starts at 9:00 a.m.

Check in for 1500 m Freestyle closes at 8:30 a.m.

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

20. *200 m Medley Relay (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

Sunday, December 2, 2012

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.

Check in for the 800 m Freestyle closes at 8:30 a.m.

Saturday, December 1, 2012

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.

Check in for the 400 m Freestyle closes at 8:30 a.m.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. 400m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke
15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly

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

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

**Mission Viejo Masters
SCY Swim Meet
Sunday, January 6, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-002**

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: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 4 individual events, not including relays. Age on January 6th determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, December 29, 2012. 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.

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

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 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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 33055 Dolphin Ct., San Juan Capistrano, CA 92675

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

Questions: Meet Director, Mark Moore (949) 489-1847;

coachmark@mastersmvnswim.org.

Sunday, January 6th, 2013

Warm-up at 7:30 a.m.

Meet 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, 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, 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 considerations.

**Santa Clarita Masters
SCY Swim Meet
Sunday, January 20, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-004**

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 is available in both upper and lower parking lots.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on January 20th determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, January 12, 2013. Deck registration is permitted. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. You must be at least 18 to compete.

Entry Fees: \$25.00 per swimmer flat fee for online entries. \$30.00 per swimmer flat fee for mail-in entries. Late entries and deck entries allowed for a total of \$35.00.

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

Checks payable to: City of Santa Clarita.

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Santa Clarita Aquatic Center, c/o Lance O'Keefe, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91350.

Questions: Meet Directors, Lance O'Keefe, (661) 250-3767,

lokeefe@santa-clarita.com.

Sunday, January 20, 2013

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. Freestyle Relay (Men, Women, or Mixed)
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 500 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. Medley Relay (Men, Women, Mixed)
20. 800 yd. Freestyle Relay (Men, Women, Mixed)

Tapering for Competition and Your Next PR!

by

Ben Lovelace

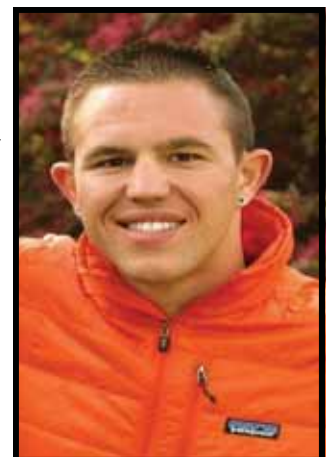
Days and weeks prior to competition athletes often reduce training stimulus to sharpen their form for race day. The simultaneous reduction in volume and frequency assists athletes psychologically and physically to perform at their highest level come gun time. This practice is often referred to as the taper or taper period. While the practicality behind the taper period in training is fairly straightforward, the implementation of a successful taper within an athlete's competitive season is a learned task. While variations of the taper are unique to each athlete, a few foundational principles are necessary ingredients for a successful taper and race day success.

Endurance athletes, triathletes, and swimmers all rely on high amounts of volume to obtain the physiological stimulus necessary to compete at the highest level. With that said, swimmers and triathletes specifically need a practiced tapering protocol that successfully reduces muscle fatigue, which subsequently increases muscular power and strength. In order to illustrate this principle clearly, Trinity and colleagues from the University of Texas at Austin measured maximal power and performance in swimmers going through 3 different tapering protocols from year to year¹. Over a three-week taper, the authors observed maintained maximal arm power, maintained torque and an increase in swim performance in the high intensity group compared to low intensity group¹. Comparatively, the low intensity group experienced a drop-off in all three measures over the course of three weeks¹. The findings suggest that athletes looking to compete at the highest level without experiencing detraining or a reduction in maximal arm power and torque should practice high intensity tapering in order to reduce the deleterious effects of reducing training volume and frequency.

A Masters swimmer or triathlete looking to take advantage of this protocol should work with their coach to appropriately reduce (40-60%) training volume, slightly reduce training frequency to 80% of peak volume, while maintaining intensity leading into competition². It is clear a 8-14 day taper is most appropriate for multisport or competitive single sport athletes and if a successful taper is carried out an approximate 3% increase in sports performance can be anticipated in response to a taper².

1. Trinity, J.D., Pahnke, M.D., Sterkel, J.A., Coyle, E.F. Maximal Power and Performance during a Swim Taper. International Journal of Sports Medicine. Vol 29. PP 500-506. 2008.
2. Bompa, T.O., Haff, G, G. Periodization: Theory and Methodology of training. Human kinetics publishing. 5th edition. 2009. Chp 7 Peaking in competition. PP 191.

Ben Lovelace is a certified Health and Fitness Specialist through the American College of Sports Medicine and a local triathlon coach in the San Gabriel Valley. His undergraduate degree and masters degree are both in exercise physiology and human performance with a concentration in human bioenergetics. Ben enjoys coaching athletes of all levels and working with people to live a happier healthier life-style. You may contact him at: lovelace.ben@gmail.com





2013 Membership Application

All 2013 memberships expire on December 31, 2013

Renewal – my last USMS number was _____
 New registration



Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City		State	Zip	Phone
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
Club or Unattached				Today's Date (required)

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach
 Certified Official

I am a member of: YMCA
 USA Triathlon
 USA Swimming

	FULL-YEAR FEES (if joining between Nov. 1, 2012, and Aug. 31, 2013):	END-OF-YEAR FEES (if joining between Sep. 1, 2013, and Oct. 31, 2013):
US Masters Swimming full-year fee (\$33) or end-of-year fee (\$28) plus LMSC (local governing body) fee (\$13.00):	\$ 46.00	\$ 36.00
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to my LMSC:		
Total:		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year.

USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

WAIVER: 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 ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature (required): _____ **Date** _____

Please make check for total fee plus any donation amounts payable to: Southern Pacific Masters Swimming

Mail check and completed form to: SPMS Registrar Dan Wegner
 3773 Price Ridge Ct
 Las Vegas, NV 89147

SPMS Officers

Chair:

Errol Graham

chair@spma.net

(213) 683-5821

Vice-Chair:

Mark Moore

vicechair@spma.net

(949) 233-6521

Treasurer:

Bob Eberwine

treasurer@spma.net

(310) 766-5328

Secretary:

Robin Smith

secretary@spma.net

Member At-Large:

Jacque Cole

memberatlarge@spma.net

(562) 754-9856

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Archived Newsletters can be found at:

www.spmastersswim.org

Southern Pacific Masters Swimming Schedule for 2012 and 2013

<u>Date</u>	<u>Event</u>
Nov 4	MVN SCM Swim Meet, Mission Viejo
Nov 15	SPMS Committee Annual Meeting, Long Beach
Nov 16-18	SLO SCY Swim Meet, San Luis Obispo
Nov 18	Pierce College SCM Swim Meet, Woodland Hills
Nov 30-Dec 2	SPMS SCM Championship Swim Meet, Long Beach
Jan 6	MVN SCY Swim Meet, Mission Viejo
Jan 20	Santa Clarita SCY Swim Meet, Santa Clarita
Jan 27	UCI SCY Swim Meet, Irvine
Feb 9	Rose Bowl SCY Swim Meet, Pasadena
Feb 10	US Masters Swim Coaches Certification, Mission Viejo
Feb 16	Las Vegas SCY Swim Meet, Las Vegas

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

A Call to all Clubs, Coaches and Swimmers

Every year the SPMS Swimmer of the Year Awards are presented at the SCM Championships at Belmont Plaza. Awards will be given to one male and one female swimmer. Both of them must have demonstrated a remarkable effort or swimming achievement during 2012. Last year's recipients were chosen for their record-setting speed. This year we are not only looking for candidates who win every race but we are also considering those swimmers who stand out for their courage, determination, abilities to overcome adversity, sporting conduct, or spirit. These people are dedicated to their training at workouts and competition, and are an inspiration to other swimmers.

The candidates must be registered with SPMS and must have competed in at least two SPMS competitions during 2012, swim meets or open water events.

To nominate one of your teammates, 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 SPMS office by e-mail (pdf, Word, or text file) at registrar@spma.net, and must be received no later than November 15th, 2012. 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 SPMS 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.

We look forward to receiving your nominations.

Sincerely,

Jacque Cole