

Jan/Feb
2013

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2012 Annual SPMS Awards

by
Jacquie Cole and Errol Graham

Each year we recognize SPMS members whose swimming achievements and contributions to Masters Swimming has knocked our socks off in and out of the pool. This year we implemented a policy of accepting nominations for the Swimmer of the Year awards. This proved to be beneficial because members nominated and submitted letters of support for many well-qualified candidates. Thank you to everyone who submitted a letter of support and nomination.

Female Swimmer of the Year for 2012:

Cynthia J. Lewis is a focused and highly-driven swimmer whose accomplishments are remarkable given the competitive nature of the women's 35-39 age group. CJ's coaches and teammates at NOVA Masters are full of praise for her, describing her as a constant source of inspiration to her teammates at workouts and at meets. They also applaud her humility, her grace, and her training ethic.



In addition to being a very fast swimmer, CJ shows versatility by competing in local meets, regional meets, and open water events. In 2012 alone, she set USMS records in the 50, 100, and 200 Breaststroke in short course yards and long course meters. CJ is ranked first in her age group in the short course yards 100 Fly and 200 IM as well as the breaststroke events. She also took first place overall in the women's division at the Don Burns 1-mile SPMS ocean swim and the 3-mile Naples Island swim this summer.

2012 Male Swimmer of the Year:

Dan Stephenson has been a force in USMS since the 1980s and, now in the 55-59 age group, he continues to set records at the local and national level. He recently moved to Southern California from Michigan and joined the Rose Bowl Masters. He competed at many SPMS and USMS meets this year, usually as a first-place finisher.



Dan has also proven himself able to handle the pressure of international meets. At FINA Worlds Masters in Riccione, Italy, he took 1st place in the 100 Free (58:15), 200 Free (2:08.25), 400 Free (4:34.05), and 5th place in the 50 Free. He was honored as an All-American this year with six Top Ten finishes in SCY and will probably place Top Ten for LCM.

Dan wrote and published a novel this year called "The Underwater Window" that increases awareness of national level swimming.

IN THIS ISSUE:

Photos from Regionals
SCY Swim Meet Forms
Coaches Clinic Recap
MORE article
2013 Registration Form
Places to Swim
Calendar of Events

continue on page 2

2012 Annual SPMS Awards

continued

Jim Marcus Award (presented to an SPMS swimmer who has made outstanding contributions to Masters Swimming):

We are proud to honor **Michael Heather** with this year's Jim Marcus Award for all that he has done for our sport over the years: Mike has been a Masters swimmer since 1976, has attended local Masters administrative meetings since 1982, served as Vice-Chair of SPMA from 1984 to 1992, and was then elected Chair of SPMA in 1992. He has been a meet director, designed medals for swim meets, written articles for USMS *Swimmer* magazine, and even engineered and constructed a special device to hold a bulkhead in position at the Belmont Plaza pool.

At the national level, Mike has served in various capacities every year since he started attending the USMS convention in 1986. In addition to volunteering on various committees, he served as Chair of the USMS Convention Committee for 14 years, USMS Vice-President of Community Services for 4 years, and is currently USMS Vice-President of Administration. On top of all that he has contributed, Mike continues to swim competitively and attends most SPMS meets.

Congratulations to all the recipients of this year's SPMS awards.



Fun Photos from SPMS SCM Championships in Long Beach, November 30 - December 2, 2012



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 6, 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 the finish of event #1

2. 200 yd. Freestyle Relay (Men, Women, 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)

Rose Bowl Masters
SCY Swim Meet
Saturday, February 9, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-003

Facility: Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up.

Directions: *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

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 February 9th determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, February 2, 2013. Deck registration is permitted. Deck entries will close at 8:00 a.m. You must be at least 18 to compete.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries and online entries after January 28th are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

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

Relays: All relays will be exhibition and deck entered at no cost.

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

Checks payable to: Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

Questions: Chad Durieux, cdurieux@rosebowlaquatics.org.

Saturday, February 9, 2013

Warm-up at 7:00 a.m.

Meet starts at 8:30 a.m.

1. 50 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 50 yd. Butterfly
5. 200 yd. Breaststroke
6. 100 yd. Individual Medley
7. 200 yd. Butterfly
8. 50 yd. Backstroke
9. 200 yd. Individual Medley
10. 50 yd. Breaststroke
11. 200 yd. Freestyle
12. 400 yd. Freestyle Relay (Men, Women, Mixed)
13. 200 yd. t-shirt relay

Las Vegas Masters
Vegas Free Play SCY Swim Meet
Saturday, February 16, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-005

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

Directions: From the I-15 Fwy., take the Flamingo Road exit (#38). Take Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

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 February 16th determines age group for the meet. You must be at least 18 to compete.

Entries: Online registration will close 11:59 a.m. Friday, February 15th, 2013. The pre-entry postmark deadline is Monday, February 11th, 2013. Deck entries will close at 12:30 p.m. for the first six events.

Entry Fees: \$25.00 per swimmer flat fee. Online entries after February 15 are \$35.00. Deck entries are \$35.00. For swimmers in relays only, the fee is \$5.00.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

Special Awards: Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be at least 21 years of age in order to get a VFP coupon.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Victor Hecker, (702) 247-7788; Robert Mitchell, (949) 689-7946. mitchellrobert@cox.net

Saturday, February 16, 2013

Warm-up at noon

Meet starts at 1:00 p.m.

1. 500 yd. Freestyle
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle (VFP)
7. 50 yd. Breaststroke
8. 200 yd. Individual Medley
9. 100 yd. Butterfly
10. 50 yd. Freestyle
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP)

Caltech Pentathlon

SCY Swim Meet

Sunday, March 3, 2013

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-006**

Facility: The Caltech facility is an outdoor, eight lane, 25 yard, all-deep pool with a separate 25 yard warm up pool. Address: 1201 E. California Blvd, Pasadena.

Directions: Take Hill Ave south from the 210 freeway. After 1.5 miles turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of the Brown Gym. Or take the 110 freeway north until it ends. Go 1 mile and turn right on California Blvd., 2 miles to Caltech. Parking is free on the weekends.

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. Age on March 3rd 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, February 23, 2013. Deck registration is permitted. Deck entries close at 8:15 a.m. sharp. NOTE: THE MEET START TIME IS ONE HOUR EARLIER THIS YEAR.

Entry Fee: \$25.00 flat fee per swimmer. Deck entry fee is \$35.00. Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Seeding: All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

Checks Payable To: Caltech Masters. Mail signed consolidated entry card, a copy of your 2013 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536. Meet Processing, Robert Mitchell, (949) 689-7946, mitchellrobert.cox@gmail.com.

Sunday, March 3, 2013

Warm up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 50 yd Butterfly
2. 50 yd Backstroke
3. 50 yd Breaststroke
4. 50 yd Freestyle
5. 100 yd Individual Medley

*Most meets have online
registration and prefer
that swimmers enter online.*

Please go to

<http://www.spmastersswim.org>

*for the list of our current meets and
online registration.*

Southwest Masters

SCY Swim Meet

Sunday, April 7, 2013

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-007**

Facility: Steven E. Schofield Aquatic Center at Pierce College is an outdoor pool that has been recently renovated. 6201 Winnetka Ave., Woodland Hills. A Colorado timing system and scoreboard will be available 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. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on April 7th, determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: Online entries will be used through Club Assistant. Online entries will close at 6:00 p.m. on April 6, 2013. Mailed entries must be received by April 2. On deck entries for the 500 yd Freestyle will close at 8:45 a.m. and at the conclusion of the 500 for all other events.

Entry Fees: \$25.00 per swimmer flat fee for online, ages 18-79. Swimmers 80+ are free. \$30.00 per swimmer flat fee for mail-in entries, ages 18-79. Deck, online, and mail-in entries after Saturday, March 30 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 required in order to be seeded for all events. SwimPhone.com online check in will be used.

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 6 is a men's, women's, mixed 200 yd. Freestyle Relay. Event 17 is a men's, women's, mixed, 200 yd. Medley Relay.

Awards: Individual: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place. Special award will be given to the fastest time in the 200 yd. IM with handicap. The handicap details will be available at the meet.

Checks payable to: Southwest Aquatic Masters
Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Robert Mitchell, ATTN: Pierce College Spring Meet P. O. Box 204 Lake Forest CA 92609-0204.

Questions: Fred Shaw (818) 710-2824, Deborah Hefter (818) 710-4234; Robert Mitchell, mitchellrobert.cox@gmail.com.

Sunday, April 7, 2013

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

500 starts at 9:00 a.m.

1. 500 yd. Freestyle
- Additional warm-up after 500 Events
#2 will start no earlier than 11:00 a.m.**
2. 100 yd. Individual Medley
3. 50 yd. Butterfly
4. 100 yd. Backstroke
5. 200 yd. Breaststroke
6. 200 yd. Freestyle Relay (Men, Women, Mixed; deck enter)
7. 50 yd. Freestyle
8. 100 yd. Butterfly
9. 200 yd. Backstroke

Break (10 min.)

10. 200 yd. Individual Medley (prize given to top time overall based on a handicap)
11. 50 yd. Breaststroke
12. 100 yd. Freestyle
13. 200 yd. Butterfly
14. 50 yd. Backstroke
15. 100 yd. Breaststroke
16. 200 yd. Freestyle
17. 200 yd. Medley Relay (Men, Women, Mixed; deck enter)
18. 400 yd. Individual Medley



SPMS Coaches Clinic a Success

by
Christine Maki



Despite the Los Angeles media hype of “Carmageddon 2”, the SPMS Coaches Clinic on September 29th still proved to be successful. Thirty attendees, volunteer presenters, and coaches came to the home of the Conejo Valley Multi-Sport Masters at Cal Lutheran University located in Thousand Oaks to share information and learn from each other.



Steve
Munatones
OW Source



Ingrid Miller
Fearless
Swimming



Steve Hyde
South Bay
Masters



Suzy Degazon
Polar HR
Monitors



Mark Moore
The Fitness
Workout



Nancy Reno
Masters &
Swim Meets

Leaders in the open water swimming community came to present on the importance of both swimmers and coaches obtaining knowledge and practicing the basics to the toughest levels of open water swimming competition. These experts in the field of open water swimming, promote safety through training; ensuring swimmers practice for the unexpected and striving to prevent the devastating consequences of under-training.

Additional professional presenters included:

Suzy Degazon (Polar Heart Monitors & Hammer Nutrition) who presented on monitoring the aquatic heart throughout a swimmers workout; Mark Moore, head coach of Mission Viejo Masters, who taught coaches not only how to calculate an athlete’s optimal heart rate but also how to utilize it in the “Fitness Workout” which uses the heart rate in lieu of the pace clock for training; and Nancy Reno, head coach of Conejo Valley Multi-Sport Masters, who presented on how to encourage Masters swimmers to attend and participate in USMS swim meets.

Thank you to all of our presenters and the SPMS Committee members Jacquie Cole and Anita Cole for presenting on Club Development and Club Marketing. Save the date for the 2013 SPMS Coaches Clinic scheduled for Saturday, October 12, 2013 (location TBD).



MORE: Motivation and Your Personal Record!

by

Ben Lovelace

As endurance athletes it is easy to turn our “off season” into an extended season. During the holidays, large American turkey dinners, company holiday parties, and cold breezy and bone-chilling mornings keep us off pool decks and avoiding our other modes of exercise in full. This hibernation practice often extends our off-season leading to a longer detraining period than we had initially expected. Walking hand-in-hand with our “personal recovery time” is one’s lack of *motivation* to get back to regular exercise patterns and the typical type ‘A’ schedule we often keep. So the question becomes: How do we break the cyclical patterns of not exercising during these winter months and get back to swimming, riding, and running with new vigor, excitement, and *motivation*?

Athletes looking to get back into the swing of things need to develop a plan. The best model I have come up with for endurance athletes is the M.O.R.E. plan! The MORE plan is both an acronym and a philosophy that successfully builds an exciting and stress-free framework to get athletes motivated for serious training. Simply the MORE acronym stands for: **Motivation, Off-Time, Research, Exercise**. While each aspect of the MORE plan is somewhat self-explanatory, it is important to dive into each aspect of the plan to truly understand the method and philosophy that will lead to an athlete’s overall motivation change.

M The **M** in the MORE plan stands for motivation for a number of reasons. First, athletes looking to regain excitement about their sport need something that motivates them to ‘dive’ head first into the early mornings swim training and the often pending second sport exercise session that follows midday or after a long day of work. The top three motivators that I have found both personally and while working with endurance athletes are **Materials** (i.e. Gear), **Movies**, and **Music**. Buying a new piece of gear or **Materials** such as new goggles, a new fun suit, or a waterproof MP3 player, can often excite an athlete to participate in practices that he/she hasn’t participated in for some time. In addition watching or listening to **Motivational Music** or **Movies** inspires an athlete to begin the training process with a full head of steam.

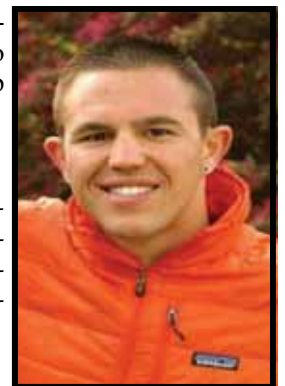
O The **O** in the MORE plan stands for off-time. **Off-time** or rest from the exercise sessions allows for our bodies to recover. Too often athletes get motivated to start training and burn themselves out in the first three weeks by trying to do too much. Schedule **Off-time** in your weekly workouts that incorporate something fun and different to allow your body and mind to recover. This practice will allow swimmers to avoid burn-out, keep motivation high, and allow for a successful transition into a bigger training volume in the months to come.

R The **R** in the MORE plan stands for **Research**. In this case research stands for any actions an athlete can take to organize, develop and structure their training/racing plan to make their season run smoothly. I like to start off by having my athletes create a document that lays out all the races that they plan to do, the various logistics for each race, and what they want to accomplish at each race. This process alone has the ability to motivate, excite, and inspire athletes to jump head first into training!

E The **E** in the MORE plan stands for **Exercise**. Exercise, as most of us know, can bring happiness to our lives! When looking to get motivated, participating in exercise is the first thing I encourage an athlete to do. At the beginning, exercise must be different than anything the athlete has previously done. If you are a 200 Freestyle swimmer, swim backstroke or breaststroke. If you are tired of the pool altogether, lift weights, go rock-climbing or attend a local yoga class. The idea here is to keep you moving through exercise, allow your brain to have a break from your typical exercise/event whilst strengthening the systems that are needed to support your sport. Going through this process will ignite the passionate fire deep inside you to re-establish your exercise training patterns and motivate you to begin a new season.

MORE The MORE philosophy, when put into practice, successfully results in athletes feeling more motivated than when they started. One aspect of the plan may contribute to an athlete’s motivation more significantly. However all aspects have the collective potential to motivate the athlete to the necessary level to begin a serious training schedule. As athletes, we must implement the **MORE** plan early and often (i.e. daily) to give ourselves a fighting chance against the relentless late dinners and social holiday gatherings that keep us off pool decks and far from hitting that personal record swim, bike or run time.

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 lifestyle. 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

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 Tri-Swim 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. Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
Pacific Palisades and Santa Monica Tower 26
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)

HAWTHORNE: South Bay Swim Team
LONG BEACH/LOS ALAMITOS: Long Beach Grunions
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
REDONDO BEACH - SCAQ
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 Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH Lifeguard Association
TUSTIN: SOCAL 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

Jennifer Glensk (805) 610-7573, jglensk@charter.net, www.teamkman.org
Kass Flaig (805) 704-9797, kassflaig@hotmail.com, www.c2multisport.com
Chris Hansen (661) 654-2327, chansen6@csusb.edu
Keith Moore, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org
Charles Pike (661) 395-4663, bakersfieldaquatics@yahoo.com, www.bakersfieldaquatics.org
Frank Piemme (805) 735-7574, conniefrank@verizon.net
Nancy Szejnkowski (805) 238-5591, betco@yahoo.com, www.northcountyaquatics.org
Philip Yoshida (805) 543-9515, office@sloswimclub.org, www.sloswimclub.org
Linda Stimson (805) 781-3488 x 17, sloaquatics@kennedyclubs.com, www.kennedyclubs.com
Mike Ashmore (805) 928-9655, santamariasmw@verizon.com, www.santamariasmw.net

Martin Armstrong (805) 794-5525, kelpbedd@yahoo.com, www.ciyymca.org
Vic Anderson (805) 403-5425, delphis13@msn.com, channelislandmasters.blogspot.com
Rick Goeden (805) 646-6884, theswimguy@sbcglobal.net
Gregg Wilson (805) 252-6469, sbacmasters@gmail.com, www.sbaquatics.com
Naya Higashijima (805) 893-2505, ucsmasters@gmail.com
SB Swim Office (805) 966-9757, swimoffice@sbswim.org
Emilio Casanueva (805) 637-8331, emilio@zapallar.net
Jon Irwin (310) 658-7276, jirwin@earthlink.com, www.caswim.com
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@conejovalleymultisportmasters.com
Kevin Lane (818) 917-6930, klane1956ct@sbcglobal.net, www.dalandswim.com
Matt Warshaw (805) 660-2082, matt@southcoastaquatics.com, www.southcoastaquatics.com
Jason York (408) 821-5600, jason.e.york@gmail.com, www.buenaventuraswimclub.org
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net, www.riomesaswimclub.com

John Ries (909) 625-6791, tecswim@hotmail.com
Christine Maki (626) 641-5680, covinamasterswimteam@yahoo.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Tom Otto (661) 948-0057, ottofixit@hotmail.com
Jeff Conwell (661) 993-2868, jeffc@canyons.org, www.canyons.org
Suzanne Dodd (626) 449-7536, srdodd@jpl.nasa.gov
Chad Durieux (626) 564-0330, cdurieux@rosebowlaquatics.org, www.rosebowlaquatics.org
Chris Georges (818) 794-0196, tritonswimntri@gmail.com
Lance O'Keefe, lkeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

Raine Kishimoto (818) 222-2782 x 110, lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymcala.org
SCAQ Office (310) 390-5700, www.swim.net/scaq
Erika Stebbins (310) 386-2712, estebbins@recreation.ucla.edu
Molly Larson (310) 456-2489 x272, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us
Gerry Rodrigues (310) 432-3683, www.tower26.com
Greg Walther (310) 288-6555 (team hotline), info@wh2o.org, www.wh2o.org
Fred Shaw (818) 347-1637, swanfred@aol.com, www.swam.us

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com
Patricia Mitchell (323) 563-5446, pmitchell@sogate.org

Kathy Davids Gore (310) 643-6523, kdavids@socal.rr.com, www.southbayswimteam.org
Mike Miranda (714) 808-9158, info@lbrunions.org, www.lbrunions.com
Beverly Garman (949) 552-1710, ihaccoach@aol.com, www.swimarmada.com
Sascha Bryon-Zwick (562) 426-7601 x1035, sbryanzwick@alpertjcc.org, www.alpertjcc.org
Cindy Summers (562) 416-6755, summerscm@hotmail.com
Robert Lynn (562) 644-3883, europeanhouse@aol.com, www.shoreaquatics.com
Chris Oeding (714) 478-3030, chris@vikingaquatics.com
Chuck Milam (310) 546-3601, cdmilam@hotmail.com, www.manhattancc.com
Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Jim Steinauer (310) 374-1263, info@lapsmasters.org, www.lapsmasters.org

Christy Arwood (951) 769-2087, christy@nds-ca.net
Scott Gainey (949) 315-1013, coachgainey@gmail.com, www.ccaqswim.org
John Salvino (866) SWM-CRINA, coachsalvino@hotmail.com
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com
Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, www.yucaipaswim.org

Alex Isaly (949) 643-6700, alex.isaly@clubsports.com, www.renaissanceclubsport.com/aliso-viejo
Anthony Iacopetti (714) 369-9555, aiacopetti@occ.cccd.edu, www.coastmastersswimming.com
Todd Conrad (949) 858-4100 x257, cotocoyotes@gmail.com
Bill Jewell (949) 466-6523, swimbill@sbcglobal.net, www.fastswim.org
Cindy Lim (714) 397-0132, cindyhlim@msn.com, www.goldenwestswimclub.com
Mike Collins (949) 338-6682, info@novamasters.com, www.novamasters.com
Charlie Schober (949) 824-7946, ctschober@uci.edu, www.masterswim.uci.edu
Corey Lakin (562) 430-1073 x511, clakin@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us
Mark Moore (949) 233-6521, swimoffice@mvnswim.org, www.masterswimswim.org
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, www.pacificcoastaquatics.org
Jim Turner (949) 644-3046, jturner@nbf.net, www.newportlifeguard.org
Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

Frank Lowery (702) 400-2790, flowery719@cox.net, www.lowerysmultisport.com
Victor Hecker (702) 247-7788, heckerrealestate@hotmail.com
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com
Melissa Gutierrez (702) 480-4321, mjvgutierrez@cox.net

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

Registrar and Webmaster:

Dan Wegner

registrar@spma.net

3773 Price Ridge Ct
Las Vegas, NV 89147

(310) 564-6958

Newsletter Editor:

Kim Thornton

newsletter@spma.net

SPMS Newsletter is
published six times a year.

Archived Newsletters can
be found at:

www.spmasterswim.org

Southern Pacific Masters Swimming Schedule for 2013

<u>Date</u>	<u>Event</u>
January 6	MVN SCY Swim Meet, Mission Viejo
January 10	SPMS Committee Conference call
January 20	Santa Clarita SCY Swim Meet, Santa Clarita
February 9	Rose Bowl SCY Swim Meet, Pasadena
February 10	US Masters Swim Coaches Certification, Mission Viejo
February 16	Las Vegas SCY Swim Meet, Las Vegas
February 20	SPMS Committee Conference call
March 3	Caltech Pentathlon Swim Meet, Pasadena
March 17	UCI SCY Swim Meet, Irvine
March 23, 24	Splash LCM Swim Meet, San Luis Obispo
April 7	Southwest Masters SCY Swim Meet, Woodland Hills

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 articles as well as pictures at each of the venues. In order to do this, we need your help with photos that have been 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!

