

Sept/Oct
2013

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



Relay Quartet Rock the Swimming World

by

Tricia Holbrooks and Mark Moore

Most athletes have retired from competing by the time they reach 40, but there are four exceptional Masters swimmers who are going strong and keep on getting stronger. These veteran swimmers compete with the Mission Viejo Nadadores and continue to make waves in local, national, and even international swim meets. They are Jurgen Schmidt, Maurine Kornfeld, both of whom compete in the 90-94 age group, Rita Simonton, who competes in the 95-99 age group and the young'un, Frank Piemme, who competes in the 85-89 age group. All four hold individual World records and have designs on accumulating more awards in the future, and as a relay quartet, they are unconquerable. They are the proud holder of five World Relay records for the 360+ age group: 200 m Mixed Freestyle, 200 m Mixed Medley, 400 m Mixed Freestyle, 400 m Mixed Medley and the 800 m Mixed Freestyle.

Congratulations Frank, Maurine, Rita and Jurgen



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Frank Piemme is a native Californian, born in San Bernardino in 1925. He was raised in what was then the frontier San Joaquin Valley, and he learned to swim in the Feather River. He collected rattlers on the family homestead. Frank graduated Taft High School in oil country in Kern County, where his long swimming career began. After graduating in 1943, Frank headed south to Caltech in Pasadena, where he continued swimming. In 1945, Frank entered the Navy and still continued to swim.

After he graduated from the University of California he began working as an engineer which he did for 26 years. During the later years of his career, he joined the Egelmeister Swim Team in Denver. It was then that he realized what was missing in his life ... swimming! Within four years, Frank was nationally ranked in the 55-59 age group in the one-hour postal swim, and thus his Masters swimming career was launched. He has attended six World Masters swim meets in Japan, Australia, New Zealand, England, Germany and the United States.

Frank's accomplishments include "All-Star" recognition at age 62 and every year since then. At one time, he held 17 of 18 freestyle National and World Records for his age group 70-74. At age 85, Frank broke 15 of the 18 National Records in his age group. Frank has twice been the recipient of the SPMS Swimmer of the Year award. In 2004, Frank Piemme was inducted into the Internal Masters swimming Hall of Fame...way to go Frank

Maurine Kornfeld was born in 1921 and raised in Great Falls, Montana. Last June Maurine won 5 gold medals at the FINA World Masters Championships in Riccione, Italy swimming in the 90-94 age group. Maurine was goaded into attending the World Championships by her coach, Mark Moore, who showed her an article about a French swimmer who claimed to be the fastest in the world in Maurine's age group. The coach asked her, "Are you going to let her get away with this?" Maurine said "no" and went to Italy for the competition. According to Maurine, when she saw her adversary using a nose plug she knew she had it in the bag. She was right, and cleaned up in Riccione winning in the 800, 200, 100, and 50 meter Freestyle, as well as the 200 meter Backstroke.

Maurine's competitive streak began when her father, who used to take her swimming when she was a young girl, wouldn't let her beat him, and she became determined to outdo him in their swimming races. Maurine grew up and

attended college at the University of Chicago where she received two degrees in Social Work. A self-described professional volunteer, she didn't swim for many years and then in her sixties began to swim competitively. Maurine made up for lost time quickly and has amassed a plethora of titles and awards. She has 10 All-American listings including six in the 85-89 age groups and 3 in the 90-94 age group. She received the SPMS Swimmer of the Year award in 2010.

Maurine swims every day at 6:30 a.m., alternating between the Rose Bowl and at her local YMCA in Hollywood. She hopes to carry on her winning streak in 2014 at the FINA World Masters Championships to be held in Montreal, Canada.

Rita Simonton turned 95 this past June which gives her the opportunity to set new records in another age group. She has already set many World records in other age groups, something she does almost every time she enters the pool to race. The latest in a veritable treasure trove of records, awards, and achievements that she has accumulated over her years of competitive swimming, Rita has numerous All-American and USMS records. She has also been the Southern Pacific Masters Swimming Swimmer of the year on three occasions.

When she's not in the pool, Rita is always engaged in some kind of activity. She is an avid gardener, studies French at Golden West College, and frequently stays up late reading mystery novels. Asked to divulge the secret to her success in life, she tells you in a flash that it all comes down to one thing - swimming!

It all began when, at the age of 5, Rita would go swimming with her dad back in Rhode Island where she was born and raised. She showed her competitive spirit in high school winning a low board diving championship but stopped swimming after high school. She went on to marry and have a family and didn't swim competitively until she joined Masters in 1972, where she competed in the 55-59 age group. She started winning more and more often as time went on. Always humble, she observed that in the 65-69 age group there were fewer competitors and that she was getting "less slow." She won her first National title at age 65 and the rest, as they say, is history.

Relay Quartet Rock the Swimming World

by

Tricia Holbrooks and Mark Moore

Lest anyone get the idea that it's all just fun and games, Rita is a spirited competitor who has had to overcome adversity along the way. As a matter of fact, in the last year and a half she has undergone a hip replacement, was in a car accident, and had other health concerns. Each setback she has experienced has required plenty of hard work in order to regain her fitness level and her competitive edge. Rita's training involves a workout of at least a mile three times a week along with cross-training out of the pool. Although she has just "aged up" this year, she is already looking forward to competing and setting records in the "100 plus" age group. "After all, look at the times!" she said. Among other records she has her eye on the 50 meter Freestyle record held by a centenarian from Australia. That record is 5:10:84 which Rita figures she "could do with one hand."

Jurgen Schmidt was born in Hamburg, Germany in 1923. Jurgen has numerous USMS and World titles. He has over thirty All-American titles, many USMS awards, Top Ten achievements, All-Star Honors, and was twice the SPMS Male Swimmer of the Year.

Jurgen's swimming career began at the age of 13 when working on a farm in Indiana. The farm hands would go to

a lake after work to swim and cool off. Jurgen went along, but he could only dog paddle around. From the start, he loved swimming and a few years later became a lifeguard at Montrose Beach near his home in Chicago. His life-guarding days were interrupted by the war in 1942 when he enlisted in the Navy. He wound up competing on the Naval Team in swim meets and won championships in the 100, 200 and 400 meter Freestyle events.

He returned to the beach after the war, becoming the Mate in charge of the beach at Montrose. He had a successful career as a Controller in various corporations but did not do much swimming in those years. Then he started swimming with Masters forty years ago at the age of 50 and in 1984 swam for the Illinois Masters organization.

He retired to California to be closer to his grown children in 1989 and swam for the Ojai/Santa Barbara team for a time before coming to the Nadadores. Amazingly, after setting his two individual World records after a mile race, Jurgen said "I'm not tired." Jurgen trains religiously, keeps a written record of his daily training, and eats the same breakfast of oatmeal with walnuts, raisins and blueberries every day with his wife and biggest fan, Adrienne.

Awards Season

by Jax Cole

'Tis the season for SPMS awards. At the Short Course Meters Championship Meet each December the SPMS Awards committee presents plaques to the winners of four different awards: Male Swimmer of the Year, Female Swimmer of the Year, the Jim Marcus Award, and the Steve Schofield Award. This year, the meet will take place in City of Commerce December 6-8, 2013.

For many years, recipients of Swimmer of the Year have been the fastest swimmers in Southern Pacific Masters Swimming. To reflect the evolving values of the committee the Swimmer of the Year award now recognizes SPMS swimmers who have displayed exemplary commitment to Masters swimming, achieved personal success at SPMS swim meets and/or open water races, and have been an inspiration to others.

In order to be eligible for the Swimmer of the Year Awards, candidates must have been a member of SPMS in 2013 and competed in two or more SPMS swim events, which could be swim meets or open water races. Nominees for the Jim Marcus Award and Steve Schofield Award nominees must have been members of SPMS during the past year, but needn't have competed. Both awards celebrate outstanding commitment to service in Masters Swimming - Jim Marcus for contributions at the national level and Steve Schofield for committed service within SPMS.

Please submit nominations with a letter describing the swimmer's attributes to memberatlarge@SPMasterSwim.org
Nominations must be submitted by October 31, 2013.

To find out more, visit <http://www.spmasterswim.org/w/SPMS/awards/>



The 2013 Marriott USMS Summer Nationals was a tremendous and overwhelming success. All areas specific to meet operations ran very well. We are all pleased with the outcome and happy to see that all the swimmers had a great time. My goal as meet director was to see that all the swimmers were kept safe, and swam *fast!* I can say without a doubt that this meet was a memorable experience for all.

The success of the meet was due to the well-planned Local Organizing Committee (who worked on the meet over the last two years), support from the host swim club, and the many SPMS volunteers who committed their time to help staff the areas needed during the six days of the meet.

First, "Swimming in the OC" could only have succeeded with the hard work and dedication of the LOC volunteers. Second, the officials, coaches, meet personnel were great. The meet operations ran without any problems. We had very qualified and professional meet operational staff. Third, the financial support of local businesses and the USMS Sponsors. And, above all, "Swimming in the OC" - aka the 2013 Marriott USMS Summers Nationals ran itself - swimmers met up with old friends, swimmers met new friends, swimmers had fun, and most of all swimmers swam fast with over 73 records (USMS and World) broken.

The meet environment we created was one that allowed this to take place - the meet truly was a wonderful experience for all participants!

You can also view and order copies of videos from your events online here. http://takeitlive.tv/liveswim/?page_id=3928



**Gold Wave Masters Summer
SCY Swim Meet
Sunday, September 29, 2013**

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S020

Facility: Garces Memorial High School pool, 2800 Loma Linda Drive, Bakersfield, CA 93305

Directions: From the north or south, take I-99 to Hwy 178 East. Travel through downtown, exit at Union Ave. Go north. Proceed approximately two miles north. Turn right on Columbus St., left on Loma Linda, left on Monte Vista. Turn left into the Garces High School parking lot. The pool is straight ahead.

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 the meet referee. All events are timed finals. Age on September 29th determines age group for competition. Swimmers must be at least 18 years of age to compete.

Entries: The pre-entry postmark deadline is Saturday, September 21, 2013. Deck entries will close at 8:30 a.m. for 500 yd Freestyle, and at 10:00 a.m. all other events.

Entry fees: There is a \$25.00 flat fee per swimmer. For swimmers in relays only, the fee is \$5.00. Deck entries or online entries after September 21st are allowed for \$30.00 flat fee.

Seeding: All events will be deck seeded slowest to fastest, by entered time, with ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 500 yd Freestyle.

Relays: All relays will be deck entered. Relay fees are \$5.00 per relay, due upon entry. All relays must be submitted on SPMS relay forms, which will be available at the meet. For each relay swimmer not entered in individual events, a signed release must be submitted with the relay entry.

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

Checks payable to: The Gold Wave

Mail consolidated entry card, a copy of your 2013 USMS card, and check to The Gold Wave, c/o Dorothy Brelih, 10601 Hinderhill Drive, Bakersfield, CA 93312.

Questions: Meet Director, Dorothy Brelih, dotswims@gmail.com

Sunday, September 29, 2013

**500 warm-up at 8:00 a.m.
500 yd. Freestyle starts at 9:00 a.m.**

1. 500 yd. Freestyle (**check-in required**)

**Additional Warm-up after 500 ends
Event #2 starts no earlier 10:30 a.m.**

2. 200 yd. Individual Medley
3. 200 yd. Freestyle Relay (men, women, mixed)
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Butterfly
12. 50 yd. Breaststroke
13. 100 yd. Individual Medley
14. 200 Medley Relay (men, women, mixed)

**Mission Viejo Nadadores
Short Course Meters Masters Swim Meet
Sunday, October 6, 2013**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 333-S022

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 conduct of the meet should be directed to that person.

Entries: Pre-entry postmark deadline and early online registration: Saturday, September 28, 2013. Online registration is open until 6:00 p.m. on Friday, October 4, 2013. 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, 2013 determines age group for the meet. Swimmers must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, September 28, 2013 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 USMS 2013 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,

coachmark@mastersmvnswim.org.

Sunday, October 6, 2013

**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 ends
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**)

**UCLA Bruin Masters
SCM Swim Meet
Sunday, October 20, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S024**

Facility: UCLA's Spieker Aquatics Center – outdoor 52m x 8-lane, competition pool. Warm-up lanes are available.

Address: 114 Easton Drive, Los Angeles, CA 90095 – UCLA

Directions & Parking: *From the South:* Take 405 North to Montana Ave. (SUNSET BLVD EXIT IS CLOSED GOING NORTHBOUND ON 405). Off the ramp, take a left on Sepulveda Blvd and a quick right onto Montana Ave. Take Montana Ave to Veteran Ave. Go left on Veteran Ave. to Sunset Blvd. Turn right on Sunset Blvd, take your first right onto Bellagio Dr. At the second stop sign, take a left on DeNeve Dr. Go straight until you see Sunset Village (SV) Lot on your right.

From the North: Take 405 South to Sunset Blvd. Take a right on Bellagio Dr. At the second stop sign, take a left on DeNeve Dr. Go straight until you see Sunset Village (SV) Lot on your right. Use the pay station to purchase a daily pass at \$8.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on 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. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2013 determines the age group of the swimmer for the meet. Swimmers must be at least 18 years old to compete.

Entries: Pre-entry postmark deadline is Saturday, October 12. Online registration closes at 6:00 p.m. on Saturday, October 19. The 800 m Free will close at 40 entries max. Deck registration is permitted for this meet. Deck entries for the 800 m Freestyle, if spots remain, will close at 8:30 a.m. and at 10:00 a.m. for all other events.

Entry Fees: \$25.00 per swimmer flat fee for paper entries postmarked, or online entries received, by Saturday, October 12. Deck entries or online entries after Saturday, October 12 allowed for a total of \$35.00. Entry fees are non-refundable and non-transferable.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your USMS 2013 card, and check to: Bruin Masters Meet, P.O. Box 204, Lake Forest, CA 92609.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle *must* check in to be seeded.

Relays: 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.

Snack Bar: Food will be available adjacent to the pool and provided by a food truck. Additionally, there is a campus food court located in the center of campus which is a 15-20 minute walk.

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

**Sunday, October 20, 2013
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 ends

Event #2 will start no earlier than 10:30 a.m.

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

**Santa Clarita
SCM Masters Swim Meet
Sunday, November 10, 2013**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-S023**

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 Ruelther Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

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 December 31, 2013 determines the age group of the swimmer for the meet. Swimmers must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, November 2. Online entries deadline is Saturday, November 9 at 9:00 p.m. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries will be allowed on the day of the meet for a total of \$35.00.

Checks payable to: City of Santa Clarita

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

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. 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.

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

**Sunday, November 10, 2013
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 the 1500
2. 100 m Butterfly
3. 200 m Freestyle
4. 200 m Mixed Freestyle Relay (men, women, mixed)
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. 100 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 200 m Mixed Medley Relay (men, women, mixed)
17. 50 m Breaststroke
18. 200 m Backstroke

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

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@csu.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

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

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, thewinguy@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.csaswim.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

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

John Ries (909) 625-6791, tcswim@hotmail.com
Christine Maki (626) 641-5680, christine_dahlstrom@yahoo.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Tom Otto (661) 948-0057, ottolfixit@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, lokeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

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

Raine Kishimoto (818) 222-2782 x 110, lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymca.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, swamfred@aol.com, www.swam.us

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

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Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com
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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

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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

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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

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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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[http://www.spmasterswim.org/
w/SPMS/newsletter-archives/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

Southern Pacific Masters Swimming Schedule for 2013

<u>Date</u>	<u>Event</u>
Sept 10-14	USMS Annual Convention, Anaheim
Sept 19	SPMS Committee Conference Call
Sept 29	Gold Wave SCY Swim Meet, Bakersfield
Oct 6	Mission Viejo Nadadores SCM Swim Meet, Mission Viejo
Oct 17	SPMS Committee Conference Call
Oct 20	UCLA SCM Swim Meet, Los Angeles
Oct 31	SPMS Swimmer of the Year Nominations Due
Nov 2	Santa Clarita SCM Swim Meet, Santa Clarita

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



Alina de Armas, Dana Greene with Goby, and Mark Moore

For those walking around the pool deck at USMS Nationals in Mission Viejo, there weren't any optical illusions. While there were three service dogs in attendance at the meet, one stood out for his sheer size: a Chihuahua! This particular service dog's name is Goby. Goby has been trained specifically as a Medic-Alert dog for his handler, Dana Greene, who has a very severe anaphylactic allergy to latex as well as Crohn's Disease. To earn his "badge of merit" (a real badge that Dana has to carry as it is too large for Goby to wear), Goby underwent several months of intensive training using operant conditioning to train him to locate latex within ten feet of Dana. If he sniffs latex, he will pull Dana away (often pinning her to a wall – quite a sight to behold!), bark, and run in circles around Dana literally hog-tying her with his leash. In the event that Dana gets exposed to latex, Goby is trained to dial 911 on Dana's iPhone and to bring her an EpiPen. Of course, when folks hear that a Chihuahua can do this, they want a demonstration. This is something which Dana's swim team (Raleigh Area Masters) was treated to several months ago when a teammate accidentally put on a brand new latex swim cap very close to Goby. Dana was in the water and was roughly 25m away, and thus wasn't in any danger, but Goby didn't know that. Goby dialed 911, got out of his flexible kennel, and, with an EpiPen in his mouth, began swimming toward Dana in the pool. Dana reports that she wasn't in danger when she saw Goby, but could have drowned from laughing so hard.

Living with an anaphylactic allergy to latex is tough, especially for a swimmer, as well as in everyday life where other items cross-react with latex (avocado, shea butter, aloe, kiwi, chestnuts, etc.). As such, Dana credits Goby for enabling her to reclaim her life without fear. Swimming is her passion and with Goby by her side, she will continue to swim pool and postal events with Goby nearby watching over her.