

May/June

2014

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2013 SPMS Coach of the Year is Mark Moore

by

MVN Swimmer

Mission Viejo Masters is truly the *Mark of Excellence!*



2013 was a banner year for the swim team. Hosting the 2013 USMS LCM National and Open-Water Championships was a challenging undertaking. While mobilizing hundreds of volunteers, Mark was the guiding hand. He has a unique gift of not micromanaging, which allows the coaches and volunteers to utilize their gifts and talents.

On the deck, Coach Mark guides his swimmer to their goals. Mark developed numerous national champions, world record holders and team champions while at the same time fostering

a personal goal of lifetime fitness and a pure enjoyment for the sport of swimming. Mark hosts 3 to 5 swim meets a year while giving swimmers more opportunities to race. The team growth has been steady and healthy.

Mark offers 5 workouts per day and 3 more on weekends. He welcomes all new swimmers with equal enthusiasm whether they are a past Olympian or brand new to our sport. Mark supports our sport on a national and local level. He is currently the chair of SPMS. In his many administrative endeavors and continuing education goals, Mark attends or organizes clinics for coaches and athletes while bringing in mentors and experts in the fields of open water, pool swimming, strength, nutrition, and triathlons.

Mark Moore defines the qualities that make a world class Masters coach with his love of the sport, dedication to his athletes, leadership in Masters swimming and humbleness in his outstanding accomplishments!

CONGRATULATIONS to Mark Moore

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Fun and Fast Times at the Inaugural Matt Biondi SCY Classic

by

Nancy Reno

Sunday, March 23, was the perfect day for a swim meet. Not only was the weather fantastic, but the setting was idyllic as over 200 swimmers converged at the park-like setting of the Rancho Simi Pool for the Inaugural Matt Biondi SCY Masters Swim Meet.

For the first meet the Conejo Valley Multisport Masters hosted, the organizing committee endeavored to put on a special event in order to pay appropriate respect to the legacy of CVMM member and 11-time Olympic medalist Matt Biondi. Feedback received during and after the meet suggests that the inaugural event achieved that goal.

CVMM received many emails and dozens of comments indicating participants really enjoyed the meet. They came from as far away as Illinois. We are very pleased that a memorable experience was provided for the swimmers.

Words and thoughts:

“This meet was one of the most pleasant and best organized meets I have been to. Now that I have experienced the real thing and improved my times and won while looking at bouquet of flowers (what a great idea), I have but words of praise and admiration for your accomplishment. You've made so many people happy today. Please give my best regards to Matt. He is a wonderful, gentle person.” Sarah Condor, Czech Olympian.

“It really was a wonderful experience yesterday!! Thank you so much for a well-run, exciting, enjoyable, fun meet. I really had a

good time as did the entire Triton team. Can't wait to see the videos and photos! Again, excellent job running a fantastic meet!” Helene, Triton Swimming and Triathlon Team.

“It wa a lovely meet and lots of fun. Play it again next year!” Maurine Kornfeld, National Champion.

“5 star meet! Best non-national meet I've attended. – Mimi Willard.

The Rancho Simi pool is a beautiful venue, offering swimmers, their families and spectators a park like setting. A large LED display streamed photos and videos submitted by participants, as well as footage from some of Matt's gold medal and world record setting performances. Additional highlights of the meet include swag bags for each participant, plaques for the fastest man and woman in the 50 free, a 1-hour private swim clinic with Matt Biondi, Take it Live streaming with video available after the meet, a well-stocked snack bar, a raffle of swimming related items and a special “bag tag” awards for first through third in each event.

Florida hosts the annual Rowdy Gaines Masters Classic, named in honor of the 3 time Olympic gold medalist. CVMM strived to provide a similar event for west coast swimmers. Given the great participation and positive reception for the inaugural meet, CVMM's vision for the annual event is to offer a top-notch meet in a great location that exceeds swimmers' and spectators' expectations.



Mario Marshall of SCMC



Leah Tourtellotte of CVMM



2014 3rd Annual Nadadores 2.4 Mile Rough Water Swim (Wetsuit and Non-Wetsuit Divisions)

Salt Creek Beach in Dana Point, CA
Saturday, May 17, 2014
8:00am



Hosted by *Mission Viejo Nadadores Masters*

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. Sanction #334-W003

Date: Saturday, May 17, 2014

Start Time: 8:00 am (Sharp)

Location: Salt Creek Beach, 33333 S Pacific Coast Hwy, Dana Point, CA 92629 (Parking is \$1.00 an hour)

Finish Time: 9:30 am

Race Distance: 2.4 miles

STARTS/FINISH

The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

RACE DAY TIMELINE

7:00am Check-in opens on beach

7:40am Mandatory Safety Meeting

8:00am 2.4 mile first wave start

8:05am 2.4 mile all proceeding wave start (fast to slow)

Course

2.4 mile (1.2 mile X 2 loop) course marked with colored buoys. Swimmers will swim in a clockwise direction. The event will start on the beach approximately 20 feet from the water's edge and finish on the beach marked with flags through the chute at the computer-timing chip pad.

Eligibility: All swimmers must be registered with USMS for 2014 or foreign equivalents. You must submit a copy of your 2014 USMS card or foreign equivalent with mail in entries, and bring a copy of your current registration to day of registration with on-line entries. Wetsuits are allowed and will be scored separately and will not be eligible for awards.

Rules: USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration for a \$15 fee plus the race fee will be available.

Conditions: Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and OC Lifeguards will make this decision. There will be no refund.

Entry Fee:

- **The early online entry fee is \$30.00 (paper entry \$35.00) if received before midnight (Pacific Time) on Friday, May 2.**
- **\$35.00 (paper entry \$40.00) if received between May 3 and May 16, 6:00pm.**
- **Day-of-Race fee \$50.00.**
- **Fee includes refreshments, electronic timing, and cap.**
- **Incomplete entries will not be processed.**
- **ONLINE ENTRIES ARE PAID BY CREDIT CARD TO CLUBASSISTANT.COM EVENTS.**

Chip Timing: Each swimmer will be given a timing chip to wear under the swim cap during the race to provide accurate times and finish places. Results and awards will be available within 30 minutes of the last swimmer finishing. Timing provided by One Time Racing.

Awards: Ribbons will be awarded to the top 3 men & women in each age group. Age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90. Awards will be presented within 30 minutes of the last swimmer finishing. Results will be posted at www.nadadoresroughwaterswim.org and USMS.org.

Safety – Our Primary Concern: For safety reasons, participants should be adequately trained for competition. Previous experience is required and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the required time of 2 hours will be removed from the course.

For more information please contact Mark Moore via email at coachmark@mastersmvnswim.org or via phone at 949-233-6521. Visit our Facebook Group at Nadadores Rough Water Swim. More event information and on-line registration available at www.nadadoresroughwaterswim.org



masters

Nadadores Rough Water Swim at Salt Creek

ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE POSTMARKED BY May 10, 2014.**

Include a copy of your 2014 USMS membership card, signed liability release and make checks payable to:

Mission Viejo Nadadores, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92692

To register online: www.nadadoresroughwaterswim.org

Saturday, May 17, 2014

NAME:	DOB:	AGE:	GENDER: M/F
ADDRESS:	CITY	STATE	
ZIP:	PHONE:		
EMERGENCY CONTACT:		PHONE:	
EMAIL ADDRESS:			
Please enter your membership number and team affiliation: USMS: _____			Team Abb. _____
(a copy of your USMS membership card is required to enter)			
HEALTH CONCERNS: _____			
EVENT CHOICE:	2.4 Mile	2.4 Mile Wetsuit	
OPEN WATER EXPERIENCE: (list 2013 events/times)			

Early Paper Entry (\$40.00 Late)		\$30.00	
One Day Event Membership Fee		\$15.00	
Day-of-Race Fee		\$50.00	
TOTAL COST:			

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

PRINTED NAME _____ AGE _____

SIGNATURE _____ DATE _____

**Santa Clarita Masters
LCM Swim Meet
Sunday, May 18, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S032**

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2014 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entry Fees. The pre-entry postmark deadline is Saturday, May 17. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at 10:45 a.m. \$25.00 per swimmer for online entries, \$30.00 for mail-in entries. Deck entries allowed for a total of \$35.00.

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

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required but encouraged, 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 \$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 2014 USMS card and check to: Santa Clarita Aquatic Center, c/o Lance O'Keefe, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

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

Sunday, May 18, 2014

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

Event #2 will not start earlier than 11:00 a.m.

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

**Mission Viejo Nadadores
LCM Swim Meet
Sunday, June 1, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S034**

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. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2014 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries or online entries after Monday, May 26, 2014 will be allowed for a total of \$35.00. Online entries close at 6:00 p.m. Pacific time on Saturday, May 31, 2014.

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

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

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: 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 2012 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 27474 Casta Del Sol, Unit#2, Mission Viejo, CA 92692.

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

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

Sunday, June 1, 2014

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

1500 Freestyle starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)
2. 400 m Individual Medley (check-in required)

Additional warm-up after 400 IM

Event #3 will start no earlier than 10:30 a.m.

3. 400 m Freestyle (check-in required)
4. 200 m Freestyle
5. 50 m Butterfly
6. 100 m Backstroke
7. 200 m Breaststroke
8. 200 m Medley Relay (men, women, or mixed)
9. 200 m Individual Medley
10. 200 m Butterfly
11. 50 m Breaststroke
12. 200 m Backstroke
13. 100 m Freestyle
14. 100 m Butterfly
15. 50 m Backstroke
16. 200 m Freestyle Relay (men, women, or mixed)
17. 100 m Breaststroke
18. 50 m Freestyle
19. 100 KICK (kick board will be provided)

SAN LUIS OBISPO SWIM CLUB



2014 FIRECRACKER Masters Meet



Sanctioned by Southern Pacific Masters Swimming for USMS: 334-S035

Location: Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures.

Warm-Up: Fri: 12:00pm; Sat & Sun (2nd session): no less than 45 minutes after the completion of the 1st session

Meet Start: Fri: 1:00pm; Sat & Sun (2nd session): no sooner than 45 minutes after the completion of the 1st session

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd.(4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Entries: Fill out a SPMA Consolidated entry card (*can be found on page 6 of this meet sheet*). Age on December 31, 2014 determines age group for the meet, you must be at least 18 years old to compete. **The pre-entry postmark deadline is Wednesday, June 25th**. Deck entries for Friday's events will close at 12:30pm. If the sessions remain split, deck entries for Saturday & Sunday's events will close 30 minutes prior to the start of the 2nd session. ****If sessions are combined, Deck entries for Friday's events will close at 12:30pm. And deck entries for Saturday's and Sunday's events will close at 9:00 a.m.**

Seeding: All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined. Women's and men's events will be combined when entries allow. Check-in will be required for all events.

Relays: Relays can be deck entered. Relay fees are \$5.00 per SPMS relay due upon entry. *For each relay only 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: Awards will be given on Request. Individual: Ribbons for places 1st – 3rd, all age groups. Relays: 1st place.

Entry Fees: \$25.00 per swimmer flat fee if you enter by the postmark deadline of Wednesday, June 25th. Deck entries allowed for a total of \$35.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: SLOSC

Mail consolidated entry card, a copy of your 2012 USMS card, and check to:
San Luis Obispo Masters Firecracker, P. O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org

PLEASE NOTE: This is a combined USA Masters and USA Swimming Competition. ****If entries warrant, the sessions may be combined.** Please check the meet website at www.sloswimclub.org one week prior to see if the meet will be combined. ***If entries are combined a complete *combined* event list is available on (page 4) of this meet sheet.**

A complete meet event list is available on (Page 3) of this meet sheet. Masters only events are listed below.

FRIDAY - July 4

Women	EVENT	Men
3	100 BREAST	4
7	100 FREE	8
13	100 BACK	14
18	800 FREE	19

SATURDAY - July 5

Women	EVENT	Men
33	50 FLY	34
38	50 BACK	39
43	50 BREAST	44
47	200 FREE	48
52	M/W/MIXED 200 FREE RELAY	52
55	400 IM	56

SUNDAY - July 6

Women	EVENT	Men
69	100 FLY	70
72	50 FREE	73
78	200 IM	79
85	M/W/MIXED 200 MEDLEY RELAY	85
89	400 FREE	90

***If Saturday & Sunday sessions are combined:** the meet start will be 9:30am on both days, with warm-up at 8:30am. Please check www.sloswimclub.org one week prior to the meet for session information.

MISSION VIEJO NADADORES
5th Annual PATRICK MOORE MEMORIAL
Relay LCM Meet
Sunday, July 6th, 2014
9:00 a.m.

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 334-S033

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund

Facility: Mission Viejo Pool is an outdoor, 25yd. by 50m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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

Eligibility: Open to any current 2014 USMS/USA registered swimmer. Age on December 31, 2014 determines age group for the meet.

Entry Deadline: Relay cards for event 1 is due by 8:30 a.m., 2 to 5 are due by 9:30 a.m., events 6 to 9 by 10:00 a.m., and events 10 to 13a by 10:30 a.m. Age on December 31, 2014 determines age group for the meet. You must be at least 18 to compete.

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

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

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

Family Relays Rules: Must have at least one adult (18+) on the relay and two swimmers under 18. At least two members must be from the same family. (2 families can swim together) Swimmers under must be a USA-S member.

Entry Fees: SPMS members: \$30.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2014 USMS card. \$10.00 per swimmer under 18.

Family BBQ: – around 12:30 after the meet. (Hamburgers/Hot dogs, chips, and watermelon)
 Cost: \$5.00 per person.

Online Entries: Sign-up early at www.spma.net
 Questions: Meet Director, Mark Moore,
 (949) 489- 1847; coachmark@mastersmvnswim.org



Order of Events
9:00am Start

1. Women, Men or Mixed 800 m. Freestyle Relay
2. Women 400 m. Medley Relay
3. Men 400 m. Medley Relay
4. Women 200 m. Freestyle Relay
5. Men 200 m. Freestyle Relay

10 minute Break
5A - 4 x 50 Freestyle Family Relay

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

10 minute Break
9A - 4 x 50 Wet T-shirt Family Relay

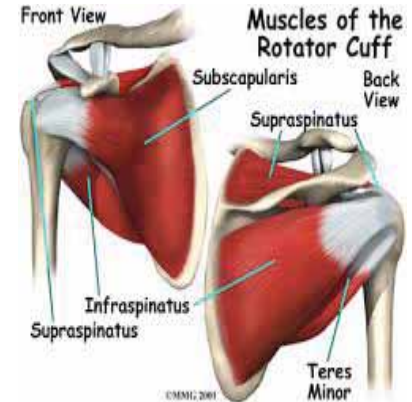
10. Mixed 400 m. Freestyle Relay
11. Women 200 m. Medley
12. Men 200 m. Medley Relay
13. Mixed 400 m. Medley Relay

15 minute Break
13A - 4 x 50 Watermelon Family Relay

Shouldering Shoulders

Many swimmers deal with shoulder problems. Many times with some simple intervention or even changes in how you move your shoulder you can avoid costlier routes of correction (like surgery or painful therapy). Usually when a swimmer comes to me with a shoulder injury it is because of years of bad habit movements. You may think butterfly is bad but I find freestyle to be the worst for shoulders.

Traditionally four muscles have taken the blame for most shoulder injuries, they are known as the S.I.T.S. muscles (or the rotator cuff muscles). These include the Supraspinatus and Infraspinatus muscles, the Teres minor muscle and the Subscapularis muscle. What most do not realize is that there are actually upwards of 19 muscles that have attachments and connection with the shoulder and its movement. I have even noticed that “rotator cuff tears” can and do resolve themselves with some proper care. I find that swimmers tend to be just a little different in the muscles that they injure.



The 3 most common injuries that I see as a practitioner that are easily managed for swimmers are Bicep tendonitis (especially at the shoulder joint itself); superior-anterior partial dislocations (or in medical terms subluxation) of the shoulder joint itself; and, contracture of the pectoralis muscles (usually the pec major).

Stretching is a simple way to avoid both pec contracture and bicep tendonitis. Proper massage therapy also can really help as well. Bear in mind we said proper and therapy. Find someone with good credentials. Did you know that stretching does not acutely reduce injury and may decrease your acute strength (a subject for another day)? A good rule of thumb when stretching (or really anything health related) is that **CONSISTENCY TRUMPS INTENSITY**. Stretch tight muscles for 2x 30 seconds at a pain threshold of about 4-5 out of 10. There is no need to force the stretch at the risk of injuring the muscles. Doing this 2 times daily will slowly but surely reduce the onset of the bicep tendonitis and contracture of the pecs.

For “pain” in these areas I recommend ice. I know there is stuff out there against it, but I have seen by experience, that by using it wisely, icing will really help; ice, not heat. I suggest icing for 30 mins on / 60 mins off / 30 mins on; once a day is good. Twice is better (4 hours apart). You are going to want to use ice in a plastic bag and **put it right on the skin** at area of pain. Ice in a bag works the best, little to no risk of frostbite or freezer burn; you can use an icepack, but they tend to stay colder longer and the risks of frostbite and freezer burn increase dramatically. Yes, it is going to be cold, and then it might feel hot, then painful, but in about 25 minutes that area will go numb at the site... ahhh. That is the sweet zone for healing. Don’t go over 30 minutes. No further benefit for healing has been found beyond that point.

There are only two ways to relieve anterior subluxation of the shoulder that I have found. First is, interlock the fingers behind the back tightly so that the wrists are touching, squeeze the shoulder blades together and stretch with straight arms towards the floor. This simultaneously stretches the pec muscles whilst pulling the joints in the proper direction. The shoulder may “pop” or “click” which is usually not a bad thing. Second, it just might be smarter to find a good sports chiropractor/physician and tell them what is going on and have them move the shoulder back into position. Yes, it may take a few times. Remember consistency trumps intensity!

Of course always, when in question or doubt, consult with a properly trained sports physician or sports therapist. Well that is just a snippet of information about shoulders, and we will explore some more as seen above later.

Until later... Keep on Swimming!

DR. KYLE DURIEUX, B.SC., D.C.

“EXPECT MIRACLES”

Cell: [\(435\) 574-9993](tel:4355749993)

Office: [\(435\) 688-0444](tel:4356880444)

Email: doctor@simplyhealthchiropractic.com

Web: simplyhealthchiropractic.com

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org
(949) 233-6521

Vice-Chair:

Eileen Span

vicechair@SPMasterSwim.org
(540) 327-1597

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org
(949) 933-7100

Secretary:

Robin Smith

secretary@SPMasterSwim.org

Member At-Large:

Jacque Cole

memberatlarge@SPMasterSwim.org
(562) 754-9856

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org
3773 Price Ridge Ct
Las Vegas, NV 89147
(310) 564-6958

Swim Meet Services

Coordinator:

Trisha Commons

swimmeets@SPMasterSwim.org
(805) 405-1076

Newsletter Editor:

Kim Thornton

newsletter@SPMasterSwim.org

For archived newsletters,
Please go to:

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



Southern Pacific Masters Swimming Schedule for 2014

<u>Date</u>	<u>Event</u>
May 15	SPMS Committee Conference Call
May 17	Salt Creek Rough Water Swim
May 18	Santa Clarita LCM Swim Meet
June 1	MVN LCM Swim Meet
June 14	Las Vegas LCM Swim Meet
June 14	Seal Beach Rough Water Swim
June 19	SPMS Committee Conference Call
July 4-6	SLO Firecracker LCM Swim Meet
July 6	Patrick Moore Memorial LCM Relay Meet

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

A Picture is Worth a Thousand Words

Please send me photos for the upcoming 2015 printed calendar. I am collecting photos of all types from all swim clubs to decorate our next SPMS calendar. Action shots, group photos, photos from meets, photos from parties, any photo you are willing to share will be considered. The photos make the calendar interesting. Photos of both open water and pool events are welcomed.

Please email photos to me at marketing@SPMasterSwim.org

Thanks for your help in making this calendar project a success.

Anita Cole

SPMS Marketing

