

Sept/Oct
2016

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



SPMS and South West LCM Zone Championships

August 5-7, 2016

Congratulations to all the swimmers who swam at the 2016 SPMS and SW Zone Championships in Mission Viejo. Rose Bowl was 1st place; Golden Road was 2nd and Mission Viejo took 3rd place. Final results, team scores, and individual age group high point winners are posted. Twenty-four World Records are pending from the meet and will be final shortly. Over 300 swimmers, 39 teams and 16 LMSCs from all over the country attended the meet.



IN THIS ISSUE:

- Meet Forms*
- Fitness*
- Sports Medicine*
- Swimmer of the Month*
- Upcoming Awards*
- Coaches Clinic*
- Calendar of Events*

Great Photos of the SPMS and South West LCM Zone Championships

Compliments of Zoom Photograph



TAKE YOUR MARK...



Friendly chatter before the race



Encouraging words before the race....!



Friends after the race....!



At your last swim meet, you may have seen a young lady wearing a bright orange shirt, blue knee pads, carrying a big camera running around the deck; that was me - Zoom's Photographer and Founder, Karrena Amado. I'd like to introduce myself and Zoom. Photographing exclusively action swimming, Zoom is the premier action photography company for swimming in Los Angeles.

The combination of expertise of sports photography with my 14 years of competitive swimming experience leads to the creation of images that capture the spirit swimmers in an artistic and powerful way. From four year olds to Masters athletes to Olympians, Zoom captures the essence and beauty of swimmers in their element. Some of my favorite images are of athletes just as they're exiting the pool after a race; their exhaustion, determination, disappointment, confidence, and pride emanate in these moments, and I'm so happy to share them.

Team Zoom also includes my husband and Co-Founder, Dan Amado, who provides our clients with the best customer care possible, and a team of Photographers. Since 2014 we have been providing professional action photography services to swimmers and their families at meets throughout the Los Angeles area.

We are excited to have been included at the SPMS and Southwest Zone Summer Championships in Mission Viejo in August where athletes were able to register to have professional photos around the pool and during competition. It was inspiring, as always, to see competitors of all ages and levels swimming together and enjoying the community they have created around their common love for the sport.

Swimming is an individual sport, but a large part of the enjoyment of swimming is created by the team, community, and loved ones who are there for support. Usually Zoom is at Age Group meets where parents support their kids, and it's wonderful seeing the roles reversed at Masters meets where the energy is fantastic and the athletes are a constant inspiration.

Team Zoom looks forward to providing our services at the more Masters meets including this December at the SPMS Short Course Meters Championships in Commerce, California and next April at the 2017 USMS and International Championships in Riverside, California.

If you'd like to include Zoom at your next meet, contact us, and we'll make it happen! Keep an eye out for your favorite photographers, in our bright orange Zoom shirts, at your next meet and remember to register before your race to have professional photos of you or your athlete in action!

All our best,

Zoom

424-465-4300 | info@myzoomphotos.com
www.MyZoomPhotos.com | [Instagram.com/Zoom_SwimPhotos](https://www.instagram.com/Zoom_SwimPhotos) | [Facebook.com/Zoom.SwimPhotos](https://www.facebook.com/Zoom.SwimPhotos)



2016 Nadadores 1 and 2 Mile Rough Water Swim (Wetsuit and Non-Wetsuit Divisions)



Salt Creek Beach in Dana Point, CA
Sunday, September 18, 2016
8:00am

Online registration closes at midnight (Pacific time) on Friday, September 9th.

Hosted by *Mission Viejo Nadadores Masters*

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. 336-W004

Date: Sunday, September 18, 2016

Start Time: 8:00 am and 9:00 am

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

Finish Time: 8:30 am and 10:00 am

Race Distances: 1 and 2 Mile

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 1 mile first wave start, then all proceeding wave start (fast to slow)

9:00am 2 mile first wave start, then all proceeding wave start (fast to slow)

Course:

1 and 2 mile 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.

Eligibility: All swimmers must be registered with USMS for 2016 or foreign equivalents. You must submit a copy of your 2016 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 **WILL NOT** 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 \$45.00 (paper entry \$50.00) if received before midnight (Pacific Time) on Friday, September 9th, 2016. \$60.00 for both races. (Includes event t-shirt for early registrations)**
- **\$55.00 (paper entry \$60.00) if received between September 10 and September 16th, 6:00pm.**
- **Day-of-Race fee \$75.00. One-Event (OEV) USMS registration membership is not available.**
- **Fee includes refreshments, cap, and awards, plus (t-shirts for early entries only)**
- **Incomplete entries will not be processed.**
- **ONLINE ENTRIES ARE PAID BY CREDIT CARD TO CLUBASSISTANT.COM EVENTS.**

Awards: Ribbons will be awarded to the top 3 men & women in each age group and division. (Wet Suit and Non-Wet Suit) 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. [Safety Plan and General Safety](#) and [Thermal Plan for Cold Water Swims](#)

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

Santa Clarita Masters SCM Swim Meet Sunday, September 25, 2016

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-019

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 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 the meet referee. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2016 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, 17, 2016. Online entries deadline is Wednesday, September 21, at 11:59 p.m. Deck entries for the 1500 m Freestyle will close at 8:30 a.m.; all other deck entries close at the conclusion of the 1500 m Freestyle.

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 at 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 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, there is a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

Checks payable to: City of Santa Clarita. Mail consolidated entry card, a copy of your USMS 2016 card, and a check to: Santa Clarita Aquatic Center, c/o Lance O'Keefe, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91350.

Questions: Meet Director, Taryn Flatt, 661-250-3763, tflatt@santa-clarita.com
Meet Admin: Alina deArmas, alina@dearmas.co

Sunday, September 25, 2016

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1500 m Freestyle (**check-in required**)

Event #2 will not start before 10:30 a.m.

2. 100 m Butterfly
3. 200 m Freestyle
4. 200 m Mixed Freestyle Relay
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
17. 50 m Breaststroke
18. 200 m Backstroke

Turkey Shoot at Pierce College SCM Masters Swim Meet Sunday, November 20, 2016

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-Pending

Facility: Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills. 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: 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 the meet referee. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2016 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, November 12, 2016. On-line entry deadline is Wednesday, November 16, 2016 at 11:59 p.m. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events.

Entry Fees: \$30.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 12 is allowed for a total of \$40.00.

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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. Relays are free. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

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

Checks payable to: Southwest Aquatic Masters Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Southwest Masters Turkey Shoot, P.O. Box 204, Lake Forest, CA 92609-0204.

Questions: Deborah Hefter, hfterdj@piercecollege.edu, (818) 710-4234.

Meet Admin: Alina deArmas, alina@dearmas.co

Sunday, November 20, 2016

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 800 m Freestyle

**Additional warm-up after 800 m Freestyle
Event #2 will start no sooner than 11:00 a.m.**

2. 200 m Individual Medley

3. 50 m Freestyle

4. 100 m Butterfly

5. 200 m Breaststroke

6. 100 m Backstroke

7. 200 m Butterfly

8. 50 m Breaststroke

9. 800 m Freestyle Relay (**men, women, mixed**)

10. 100 m Individual Medley

11. 200 m Freestyle

12. 50 m Butterfly

13. 50 m Backstroke

14. 100 m Breaststroke

15. 100 m Freestyle

16. 200 m Backstroke

17. 200 m Freestyle Relay (**men, women, mixed**)

18. 200 m Medley Relay (**men, women, mixed**)

19. 400 m Individual Medley

The Pool Check-off Challenge for Fitness and Fun!!!

Perhaps you have heard of the “Check-off Challenge” - swimming all 18 pool events and an open water swim on your own and/or in a meet and “checking them off” throughout the calendar year. For those of you who fear butterfly or who can’t swim all the strokes legally, you can still complete the Pool Check-off Challenge while improving your fitness and having fun!!!



As a reminder, the 18 pool events include: 50 of each stroke, 100 of each stroke, 200 of each stroke, 100, 200, and 400 IM, and 500 yd/400 m free, 1000 yd/800 m free, and 1650 yd/1500 m free. The order of strokes in Individual Medley (IM) is butterfly-backstroke-breaststroke-freestyle. For planning purposes, the total distance of all 18 events equals 5250 yards or 4800 meters.

Some Helpful Hints:

-Organize the 18 events into the different strokes and/or distances based on how much time you have to swim and how much mileage you want to cover. You can also complete this as a challenge in one practice if you have the time (up to 2+ hours).

-Schedule in a few events to check-off during your warm up and cool down. Or warm up and cool down as usual and include some of the events during the main portion of your workout.

-As this is for fitness and fun, feel free to use kickboards, fins, pull buoys, paddles, and snorkels to complete the various events. For example: Use fins to kick or swim the fly and/or IM events, Use your pull buoy and/or paddles to complete the 500 yd free, Use your snorkel to swim the 1000 yd or the 1650 yd free.

-Take as much rest as you want to or need to. And go ahead and time yourself if you like. The goal is to “Just do it” and to have fun!

Here are some ideas for breaking up the events between practices:

#1	#2	#3	#4
1650 yd/1500 m free	200 Free	500 yd/400 m free	1000 yd/800 m free
	400 IM	200 fly	100 breast
	50 back	100 back	100 fly
	50 breast	200 IM	100 free
	100 IM	200 breast	
	50 free		
	50 fly		
	200 back		
1650 yds/ 1500 m (1 event)	1100 yds / 1100 m (8 events)	1200 yds / 1100 m (5 events)	1300 yds / 1100 m (4 events)

And in case you were wondering, it’s not too late to sign up for the USMS Check-off Challenge. You will receive a swim cap, towel and certificate to help you “check-off” your events. For information:

<http://www.usms.org/fitness/content/checkoff>

-Submitted by Robin Smith, SPMS Fitness Chair

Choose Wisely to Prevent and Promote Health

The summer is closing and fall is almost upon us. That means that kids are returning back to school and the seasonal holidays are going to be closing in upon us. What also seems to be looming is that change in the weather. So why is it that this time of year tends to breed what has now been termed the “flu season?” What to do to avoid that season? Well you may be thinking that the flu inoculation will help but then again maybe not.

Whether you subscribe to the vaccination idea or not there are plenty of ways to stave off those pesky ailments naturally. We in the health industry call it prevention... you might have heard of it! Here are some of the ways you can potentially skip those seasonal blues and sniffles.



First is to get plenty of water. Lots of interesting things are happening to water these days. Alkaline water seems to have some benefit for a couple of reasons: First, it helps to alkalize your body, this is cool because even cancer has a tough time getting established in even a slightly alkaline system; alkaline water also tends to absorb better into the body and help regulate chemical balancing, and it excretes good too. Avoid tap water with high chlorine or fluoride amounts, records you can get from your local water supplier. A good rule of thumb is to divide your weight in half and that is the minimum amount of water you drink, in ounces, per day.

Vitamins are another; with a nutrient deficient food supply all around us we are now turning to the vitamin industry for some pretty big answers. Vitamin C does so much more than just stave off scurvy (we can't say it cures it because the FDA said so ~cryptic huh). Not only does Vitamin C provide excellent immune function but also decreases glaucoma, cancer, connective tissue diseases, and promotes bone, skin and even blood vessel health. High doses over moderate periods of time are just fine; and here is the cool part, it is really, really, really, really hard to overdose on vitamin C. Personally I am just fine using upwards of 8000 mg myself a 180 lbs male with good looks. A good rule of use is to watch for diarrhea, if that occurs you might be using too much Vitamin C, just do not confuse that with your body getting rid of junk.



Vitamin D is seriously being looked at these days; it is even being said that Melanoma's are attributed to a lack of Vitamin D in the skin layers. It is being suggested that a person without sufficient sunlight would use between 8000 IU and 12000 IU; this would then allow you to get enough Vitamin D to the upper skin layers. Sunlight is therefore recommended and about 2 hours of moderate sunlight each day will build your Vitamin D levels up. That is lucky for many of us who have outdoor pools to swim in! Vitamin D is also responsible for stabilizing and supporting signaling pathways that increase antioxidant production. In addition, it is very good for bone health, calcium, iron, magnesium, phosphate, and zinc regulation; that is a lot of minerals. Any way you look at it Vitamin D is a



powerful antioxidant and cancer fighter. You can use it to really kick some butt during the cold and flu season. Dark Leafy Greens, yep your mother was pretty smart, somehow my parents got really smart when I turned about 25. They always told me eat your veggies, and that turned out to be sound advice. Those veggies and fruits are a very important part of getting your body to react properly. They also help alkalize your system just like alkaline water. Eat what you like and try to get as organic as possible. It is so worth it.

As always if you are unsure seek some professional advice. Obviously you cannot avoid *not being sick* forever but you can prevent many, many other seasonal ailments. Good luck out there and choose wisely.

Dr. Kyle Durieux, B.Sc.,D.C.

“ExpectMiracles”

Cell: (435) 574-9993

Office: (435) 688-0444

Email: doctor@simplyhealthchiropractic.com

Web: simplyhealthchiropractic.co

Congratulations to *SPMS CLUB SWIMMER OF THE MONTH* Recipients

Swimmer	Club	Coach	Reason
Jul-16			
Roger Anderson	Conejo Valley Masters	Nancy Kirkpatrick-Reno	Most Improved Open Water Swimmer
May-16			
Becky Cleavenger	Conejo Valley Masters	Nancy Kirkpatrick-Reno	Excellent performance SCY Nat's Ten Top Ten Swims
Apr-16			
Helen Wang	Henderson Aquatics	Devonee McCary	One of very few going to meets!
Karin Wegner	Las Vegas Masters	Vic Hecker	Helped LVM win SPMS Regionals!
Lorraine Bashsam	Competitive Tri-Swim Masters LLC	Christine D. Maki	Completed the entire 1-1/2 practice of 200 I.M.'s
Pak Him Lai	Brickhouse Multisport	Amanda Stone	Commitment to Consistency!
Mar-16			
Christopher Lee	Conejo Valley Masters	Nancy Kirkpatrick-Reno	Displaced by SoCalGas Co. Never missed Workouts
Jan-16			
Niki Stokols	Conejo Valley Masters	Nancy Kirkpatrick Reno	Consistent Effort, Improvement, Team Support
Dec-15			
Leslie Monroe	Conejo Valley Masters	Nancy Kirkpatrick Reno	Excellent Improvement in Swimming and Triathlon
Nov-15			
Vickie Olney	Conejo Valley Masters	Nancy Kirkpatrick Reno	Excellent improvement and Dedication to Workouts
Oct-15			
Suzanne Baird	Conejo Valley Masters	Nancy Kirkpatrick Reno	Consistent Effort, Attendance and Improvement
Sep-15			
Claire Scullion	Mission Viejo Masters	Coach Tina	Consistent, trains smart and a great attitude
Doug Custodio	Fort Irwin Sand Sharks	Jodie Grimm	Completion of first open water (rough water!) swim
Lou Silbermann	Desert Olympic Tritons	Coach Ben Hobbins	89 years old young, 'Spirit Of Tritons' SMPS Icon
Mark Losinski	Conejo Valley Masters	Nancy Kirkpatrick Reno	Remarkable time improvements 1st Top Ten USMS time
Aug-15			
John Fiedler	Swim Dude Academy	Dan Halladay	Official Team Speaker & Anchor of the Middle Lane
Maggie Conway	Fort Irwin Sand Sharks	Jodie Grimm	Best Workout Attendance and Tireless Work Ethic
Mark Losinski	Conejo Valley Masters	Nancy Kirkpatrick Reno	Mark has dropped dozens of seconds on this times
Sunday Servey Tomlin	Piranha Swim Team	Amanda Stone	10 Second Time drop in 100 Free
Tami Barrera	Mission Viejo Masters	Mark Moore	Workout Attendance & Daily Doubles twice a week
Toni Caylor	Brickhouse Multisport	Amanda Stone	Commitment to Consistency!

SPMS AWARD SEASON IS JUST AROUND THE CORNER!

You can find details on all our SPMS Awards on the SPMS website under Awards. The 2016 Annual SPMS Awards coming up that we need your nominations for are listed below with a brief description.

The 2016 Award Committee Chairperson is Nancy Kirkpatrick-Reno; she is also our SPMS Executive Board Member at Large if you have any questions about the awards process. Her contact information is: MemberAtLarge@SPMasterSwim.org

Male and Female Swimmer of the Year - Nominations must be received on or before October 31, 2016.

The criteria for this award are: Swimmer must be a member of SPMS during the year and must have competed in at least two SPMS meets or SPMS sanctioned open water events during the time period being considered.

Nominations can be made by any SPMS swimmer or SPMS club in the form of a written statement based on the criteria on the website. Please include a detailed list of swimming accomplishments. Nominations and a maximum of four supporting letters should be submitted by email to the SPMS Member at Large. This award is presented at the SPMS Short Course Meters Championships.

Jim Marcus Award – Nominations must be received on or before September 30, 2016.

The purpose of this award is to express special thanks to the individuals or groups who have made significant contributions to Southern Pacific Masters Swimming.

The criteria for the award are the individual or group has maintained current SPMS registration for the last five years and they have made significant contribution or effort toward the conduct, leadership, or support of Southern Pacific Masters Swimming.

Nominations may be made by any registered SPMS member using the SPMS Nomination Form and listing the criteria above and submitted to the Awards Chair by the published deadline.

Selection will be made by the SPMS Awards Committee and the award is announced at the SPMS Short Course Meters Championships and presented at the SPMS Annual Meeting. There may be multiple awards given each year.

Steve Schofield Distinguished Service Award- Nominations must be received on or before September 30, 2016.

The purpose of this award is to recognize outstanding long term service to Southern Pacific Masters Swimming. The criteria for the award require the recipient has maintained a SPMS registration for the last ten years and has consistently demonstrated outstanding service to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of masters swimming at the club, local and national level.

Nomination may be made by any registered SPMS member using the SPMS nomination form and listing the criteria above and submitted to the Awards Chair by the deadline. Nomination form is on the SPMS website under the various award descriptions.

Selection will be made by SPMS Awards Committee at the first meeting following the nomination deadline. The award shall be announced at the SPMS Short Course Meters Championships and presented at the Southern Pacific Masters Swimming Annual Meeting.



The SPMS Coaches Clinic is presented to all of our LMSC coaches to learn, network, and build camaraderie during a day that is all about the coach. Coaches and swimmers are invited to attend. All must pre-register for the clinic, and must be USMS members. See fees below. Sunday, September 11, 2016 8:00 AM - 3:00 PM.

The SPMS Coaches Clinic will consist of:

- 8:00 – 8:45 AM Swim workout (optional)
- 8:45 – 9:30 AM Continental breakfast
- 9:30 – 10:15 AM First Lecture: Coach Jeff Julian of Rose Bowl Aquatics - How to write workouts & their purpose
- 10:15 – 10:30 AM Break and next lecture set-up
- 10:30 – 11:15 AM Second Lecture: Coach Mike Gautreau of Covina Aquatics - Energy systems & How To Train Them
- 11:15 – 11:30 AM Break and next lecture set-up
- 11:30 – 12:15 PM Third Lecture: Coach Victor Hecker of Las Vegas Masters- Seasonal/Yearly planning
- 12:15 – 12:30 PM Break and lunch set-up
- 12:30 – 1:15 PM Lunch
- 1:15 – 3:00 PM On Deck Lecture: Coach Chad Durieux of Rose Bowl Masters - Technical Training: Drills & Equipment

The goal of the SPMS Coaches Clinic is to help our coaches start the 2016-2017 swim season off with a fresh start and workout focus in recharging your swim practice programs and energizing your swimmers with new knowledge and workouts.

Come and join us for one or two sessions; or stay for the entire clinic.

Pre-Register for this Clinic: Registration is now open to the entire LMSC ... for coaches and swimmers too! Registration closes on September 9, 2016 at 11:59pm Pacific time. Begin registration at the bottom of this page.

This clinic is for USMS members only. To join or renew USMS membership, [click here](#).

Fee: Clinic Registration Fee is \$10.00 payable by credit card to "ClubAssistant.com Events".

Location:

Rose Bowl Aquatics Center
360 N Arroyo Blvd, Pasadena, CA 91103

Sanctioned by Southern Pacific Masters Swimming LMSC for USMS, Inc.

Questions: Contact Christine Maki at Coaches@SPMasterSwim.org

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Ken Brisbin

vicechair@SPMasterSwim.org

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

(949) 933-7100

Secretary:

Robin Smith

secretary@SPMasterSwim.org

Member At-Large:

Nancy Kirkpatrick-Reno

memberatlarge@SPMasterSwim.org

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Newsletter Editor:

newsletter@SPMasterSwim.org

For archived newsletters,
Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
Sept 11	SPMS Coaches Clinic
Sept 15	SPMS Committee Conference Call
Sept 18	Salt Creek Rough Water Swim
Sept 25	Santa Clarita SCM Swim Meet
Oct 20	SPMS Committee Conference Call

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

SPMS CLUB SWIMMER OF THE MONTH AWARD

Coaches and Swimmers did you know that August 2016 marks one year since SPMS created an Award for Club swimmers? This award was created for SPMS Swim Club Coaches to award to a swimmer on their team each month. Selection of the swimmer is up to the Club Coach. It's a simple process click on the link below, input the name of your swimmer and a beautiful certificate is created for you to present to your swimmer.



Congratulations to the swimmers who have received the award in its first year. Don't see your club represented?

Please remind your coach of its availability.

<http://www.spmasterswim.org/w/SPMS/club-swimmer-of-the-month-award/>