

SPMS News

January-February
2017



In This Issue:

SCM Championships

Masters Swimmers

Upcoming Meets

New SPMS Clubs

Swimmers of the Month

USMS Membership Renewal

SPMS Awards

2016 SW Zone/SPMS SCM Championship Meet



December 2-4, 2016

hosted by the Long Beach Grunions

SW Zone/SPMS SCM Championships December 2-4, 2016



The SPMS SCM Championships were held Dec, 2,3,4. This year was one of the largest meets in many years with over 500 swimmers. Participants came from 14 different states consisting of 58 different clubs. Even with this large number of participants we were able to stay ahead of the time line due to the great volunteers and officiating staff. As of this writing there are 17 potential National/World Records and numerous personal bests so congratulations to all who swam.

1st Place - Las Vegas Masters 2268pts

2nd Place - Golden Road Aquatics 1929pts

3rd Place - San Diego Swim Masters 1923.5pts

4th Place Team - Rose Bowl Masters 1831pts

5th Place Team - Conejo Valley Masters 661pts

I want to give special thanks to my team, The Long Beach Grunions. We could not put on such a well-organized meet without the dedication of the team, their family and friends who volunteered to work the three days.

Hope to see you all next year.

-Coach Kenny



SW Zone/SPMS SCM Championships
December 2-4, 2016



see more photos here: takeitlive.tv

Profile of a Masters Swimmer

featuring Jerome Smith



After suffering a heart attack six years ago, Jerome Smith's heart only pumps at 34 percent of a healthy one. But that hasn't kept the 73-year-old from blasting away at SCAQ Masters swim workouts. And now he plans to compete in his first swim meet in 15 years.

Smith said he is looking forward to completing a goal, as well as the experience of swimming against himself and the clock.

After his 2009 heart attack in Bikram Yoga, Smith went three minutes without a pulse. But one week later he was back in the water.

And his healthy lifestyle will go far in keeping him out of the ambulance; a Mayo Clinic study showed that only by moving at your VO2 max (the maximum volume of oxygen that an athlete can use) does your body generate certain metabolic enzymes and hormones that are so beneficial to health and longevity. It goes back to our genetics for survival: we needed something extra to escape the lions and tigers and bears. Oh my!

"It's so good for you," Smith said. "But it only happens when you push yourself to the max. Anyway, it seems to be working well for me. God knows I hate doing anything at a slow, plodding pace."

So get out and get moving today! Start the blood pumping for healthy heart. You can join Jerome at one of his regular workouts at Southern California Aquatics. We hold workouts all over the L.A. area including the Westside, the Valley, South Bay and downtown. Come out for a swim today! Swim.net, SCAQ@SWIM.net.

Masters Swimmer for a Good Cause

featuring Tiffany McQueen

Tiffany swims with the Fort Irwin Sand Sharks out of Fort Irwin, CA and she is doing a Will Swim For Food fundraiser swim to help Desert Manna end hunger and homelessness in the Greater Barstow Area. She has pledged to swim one mile around Santa Cruz Wharf in 50F water without a wetsuit on January 14, 2017.

Desert Manna is a center of services for low-income men, women, and children – both transient and local residents of the Greater Barstow Area. Thanksgiving and Christmas holidays are a time of focused support and increased demand to help the members of our community who are less fortunate and lack the resources to enjoy the holiday season. Desert Manna also secures and redistributes shelf stable and perishable foods to 25 other area nonprofit organizations to operate their programs throughout the Victor Valley and Los Angeles Metropolitan areas.



[Read the Desert Dispatch Article Here](#)

[Click Here to help Tiffany "Swim Gypsy" McQueen reach her goal of raising \\$3000 for Desert Manna.](#)

**Las Vegas Masters
SCY Swim Meet
Saturday, January 14, 2017**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Las Vegas Municipal Pool, 431 E Bonanza Rd, Las Vegas, NV 89101. Near Fremont Street casinos. Indoor 50-meter by 25-yard pool. 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: I-15 Fwy Northbound (from CA), take exit 43 for D Street. Keep right at the fork toward D Street. Turn right on D Street. Turn left onto W. Bonanza Rd. The pool will be on the right.

Rules: Swimmers must be USMS members registered for 2017 OR must pay a One-Event Membership fee of \$18*. 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 meet referee. All events are timed final.

Swimmers are limited to a total of 5 individual events, not including relays. Age on January 14, 2017 determines age group for the meet. You must be at least 18 to compete.

*Per rule 201.1.3.B, One-event registrants (non-members of USMS) must be considered "Unattached" and agree to be governed by the rules and regulations of USMS, except that their times shall not be considered for Top 10 tabulation and national or world records, All-American status, or any other USMS special awards. One-event registrants shall be identified as such in the meet results.

Entries: The pre-entry postmark deadline is Jan 7, 2017. Online entries will close Wednesday, January 11, 2017 at 11:59pm. Deck entry is permitted until 10:30am for events 1-6 and 12pm for events 7-18. We encourage deck entry processing "paperless and cashless" on a computer at the pool. Bring your credit card, cash, or check.

Entry Fees: \$35 per swimmer flat fee. For swimmers in relays only, the fee is \$10.00. Non-members of USMS must purchase a One-Event Membership for \$18.

Seeding: Swimmers will be seeded in heats according to entry time, regardless of age and gender. Heats will be ordered slowest to fastest. Positive check-in is required for the 500 Free and encouraged for all events. Check-in will be available on SwimPhone.com beginning at 8pm on January 13. Positive Check-In for the 500 Free closes at 10:30am.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay Team entries are free (\$0). 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: Heat winner prizes. Individual: Ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Checks payable to: Coach Victor Hecker. Mail consolidated entry card, a copy of your 2017 USMS card, and check for \$35 to 9961 Spider Creek Ct, Las Vegas, NV 89149 by January 7, 2017.

Questions: Meet Director: Karin Wegner LVMswimming@gmail.com; Meet Admin: Robert Mitchell

Food & Beverage: Las Vegas Masters will provide free water bottles and small snacks (ie granola bars). Other items are available from vending machines on site.

Saturday, January 14, 2017

Warm-up at 10:00am

Meet starts at 11:00am

- | | |
|--------------------------------|--------------------------------|
| 1. 500 yard Freestyle | 10. 50 yard Freestyle |
| 2. 200 yard Mixed Medley Relay | 11. 50 yard Backstroke |
| 3. 100 yard Individual Medley | 12. 400 yard Individual Medley |
| 4. 50 yard Butterfly | 13. 100 yard Breaststroke |
| 5. 100 yard Backstroke | 14. 200 yard Mixed Free Relay |
| 6. 200 yard Freestyle | 15. 100 yard Freestyle |
| 7. 50 yard Breaststroke | 16. 200 yard Butterfly |
| 8. 200 yard Individual Medley | 17. 200 yard Backstroke |
| 9. 100 yard Butterfly | 18. 200 yard Breaststroke |

Piranha Masters-Palm Springs, CA
SCY Swim Meet
Saturday, January 28, 2017

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #PENDING

Facility: Palm Springs Swim Center 405 S. Pavilion Way Palm Springs, CA 92262 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 10E exit Hwy111, Left on Ramond Rd, Left on Sunrise, Right on Baristo

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 January 28, 2017 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark is Monday, January 23, 2017, and online entry deadline is 11:59 p.m. on Wednesday, January 25, 2017. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1650 yd. Freestyle and at 10:00 a.m. for all other events.

Entry Fees: \$30.00 per swimmer flat fee. You may enter a maximum of 5 events. Deck entries are allowed for \$40.00 flat fee. Relays are free.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 and 500 yd. Freestyle.

Relays: All relays will be deck entered. 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.

Checks payable to: Piranha Swim Team

Mail consolidated entry card, a copy of your 2017 USMS card, and check to: Alina de Armas, PO BOX 63, Simi Valley, CA 93062 alina@dearmas.com (805) 444-0317

Questions: Meet Director Jeff Conwell, admin@piranhaswimteam.org (760) 318-SWIM

Saturday, January 14, 2017

Warm-up at 7:30 am

1650 yd Freestyle starts at 8:30 am

1. 1650 yd Freestyle
2. 400 IM

Additional warm-up after Event #2

Event #3 starts no earlier than 11:30 am

3. 200 yd. Freestyle
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Individual Medley
7. 200 yd. Freestyle Relay (Men, Women, Mixed)
8. 100 yd. Backstroke
9. 50 yd. Freestyle
10. 100 yd. Breaststroke
11. 200 yd. Medley Relay (Men, Women, Mixed)
12. 100 yd. Freestyle
13. 50 yd. Butterfly
14. 50 yd. Breaststroke
15. 100 yd. Individual Medley
16. 500 yd. Freestyle

**Rose Bowl Masters
SCY Swim Meet
Saturday, February 11, 2017**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

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. 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: 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 11, 2017 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, February 4th 2017. Online entries are due Wednesday, February 8th 2017 @11:59 p.m. Deck registration is permitted. Deck entries will close at 7:30 a.m. You must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries February 11th 2017 are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$10.00. Relays are Free of charge.

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

Relays: All relays will be deck entered at no cost and are due at before event 6, the 100 IM.

Awards: Individual: Rose Bowl ribbons for places 1 to 3. Relays: Rose Bowl ribbons for first place.

Checks payable to: Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2017 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.

Admin: Maureen Lennon, maureen@lennonassociates.com

**Saturday, February 11, 2017
Warm-up at 7:00 am - 8:20 am
Meet starts at 8:30 am**

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

*find and ask people not from your team to help you complete a 8 x 50y relay, winners get a prize!

*there are no 100s in our meet but you can request a 100 split on 200s then just finish the race.

**Caltech Pentathlon
SCY Swim Meet
Sunday, March 5, 2017**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

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. 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 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 5, 2017 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 25, 2017. Online entries will close Wednesday, March 1, 2017 @11:59 pm. Deck registration is permitted. Deck entries close at 8:15 a.m.

Entry Fee: \$30.00 flat fee per swimmer. Deck entry fee is \$40.00. 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 2017 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

Questions: Meet Director, Suzanne Dodd, 626-449-7536, srdodd@jpl.nasa.gov Meet Administrator: Robert Mitchell, SwimWorks@gmail.com

**Sunday, March 5
Warm-up at 8:00 am
Meet starts at 9:00 am**

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

Welcome! New SPMS Clubs

2016 New Clubs

Aquatic Capital of America (ACOA)
Long Beach, CA, Lucy Johnson

Divining Water For Life (DW4L)
Pasadena, CA, Tselane Gardner

Equinox Masters (EQX)
Redondo Beach, CA, Niecia, Staggs

Kidz Aquatic Master Swim Club (KASC)
Canoga Park, CA, Janine Yoder

North County Aquatics (NCAQ)
Paso Robles, CA, Heather Moffitt

STAR Aquatics Club (STRR)
Temecula, CA, Tyson Ormonde

Swordfish Masters Swimming (SWRD)
Los Alamitos, CA, Nathanael Najarian

Team Rebel Masters (TRW)
Henderson, NV, James Reitz

Westlake Athletic Club (WAC)
Westlake Village, CA, John Sutcliffe

2016 New Clubs

Anyone Can Swim (ACS)
Long Beach, CA, Allen Highnote

Paseo Club Masters Swim (PCM)
Valencia, CA, Marcus Slaton

Playa Vista Swimming (PVM)
Marina Del Rey, CA, Peter Ford

Swimmers of the Month

July 2016

Andre Harmse
Competitive Tri-Swim Masters LLC
Coach Christine D. Maki
34th birthday swam 34 miles of CTSM practices+

August 2016

Patty George
Mission Viejo Masters
Coach Mark Moore
Improvement, Team Support, and Outstanding Effort

September 2016

Renee McDonough
Conejo Valley Masters
Coach Nancy Kirkpatrick-Reno
Commitment to Technique & Positive Team Spirit
Elaine Eddinger
Long Beach Grunions
Coach Kenny Brisbin
Excellent Improvement

October 2016

Jim Elowitt
Conejo Valley Masters
Coach Nancy Kirkpatrick-Reno
Great Improvement in Speed and Endurance

Ken Umholtz
Ojai Masters
Coach Rick Goeden
Dedication and Meet consistency

November 2016

Duran DesBaillets
Conejo Valley Masters
Coach Nancy Kirkpatrick-Reno
Consistent Workout Effort and Marked Improvement

Tiffany McQueen
Fort Irwin Sand Sharks
self coached
21 open water swims (14 marathon swims) in 2016

December 2016

Ronald Durkee
Los Alamitos FINS
Coach Janice Akins
Herculean Efforts and Accomplishments



2017 Membership Application

All 2017 memberships expire on December 31, 2017

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/yyyy) | Age | Sex (circle) M F | E-mail address | |
| Club or Unattached | | | | |
| Signature (required) | | | | Today's Date (required) |

RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach Certified Official

| | FEES (if joining between Nov. 1, 2016, and Oct 31, 2017): |
|--|---|
| US Masters Swimming full-year fee (\$41) plus LMSC (local governing body) fee (\$13.00): | \$ 54.00 |
| 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 where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check for total fee plus any optional donations/purchases payable to: **Southern Pacific Masters Swimming**
- 3) Mail check and completed forms (both Pages 1 and 2) to:

**SPMS Registrar Dan Wegner
 3773 Price Ridge Ct
 Las Vegas, NV 89147**



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

| | | | | |
|----------------------------------|------------|----|------------------------|----------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yyyy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | Date Signed | |

2016 SPMS Award Recipients



Jim Marcus Appreciation Award
Christine Maki (Competitive Tri-Swim Masters)

Steve Schofield Distinguished Service Award
Bob Eberwine (South Bay Swim Team)

Contributor of the Year Award
Sherry Brooks (Mission Viejo Masters)

Open Water Contributor of the Year Award
Sherry Brooks (Mission Viejo Masters)



SPMS Annual Meeting November 2016



Attendees: Chair – Mark Moore (Mission Viejo Masters); Vice Chair – Ken Brisbin (Long Beach Grunions); Treasurer – Bob Eberwine (South Bay Swim Team); Secretary – Robin Smith (Novaquatics Masters); Member at Large – Nancy Kirkpatrick-Reno (Conejo Valley Masters); Newsletter Editor – Tami Barrera (Mission Viejo Masters); Top Ten Recorder – Kim Thornton (Novaquatics Masters); Awards Chair – Nancy Kirkpatrick-Reno (Conejo Valley Masters); Coaches Chair – Christine Maki (Competitive Tri-Swim Masters); Fitness Chair – Robin Smith (Novaquatics Masters); Marketing/Program Development Chair – Anita Cole (Long Beach Grunions); Meet Operations Chair – Ken Brisbin (Long Beach Grunions); Sports Medicine Chair – Kyle Durieux (Rose Bowl Masters); Mary Hull (South West Aquatic Masters) – Southwest Zone Chair; Becky Cleavenger (Conejo Valley Masters); Jax Cole (Long Beach Grunions); Trisha Commons (South West Aquatic Masters); Chad Durieux (Rose Bowl Masters); Leah Ferrassoli (Santa Clarita Masters Club); Errol Graham (West Hollywood Aquatics); Deanna Koehler (Conejo Valley Masters)

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Please go to:

<http://www.spmasterswim.org/w/>

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



Upcoming SPMS Events

January 1 - February 28

Speedo USMS 1-Hour ePostal National Championship

[Registration](#)

Saturday, January 14

Las Vegas Masters SCY

[Registration](#)

Thursday, January 19

SPMS Committee Conference Call

[Information](#)

Saturday, January 28

Palm Springs SCY

[Registration](#)

Saturday, February 11

Rose Bowl SCY

Sunday, February 12

Palm Desert Senior Games

Sunday, March 5

Caltech Pentathlon