

# SPMS News

May/June  
2017



## 2016 SPMS Coach of the Year



The 2016 Southern Pacific Masters Swimming Coach of The Year award positively illuminated a handful of great coaches we have in the LMSC with you, the swimmers', glowing nominations of your coaches.

This year's award recipient knows no boundaries when it comes to being a highly involved U.S. Masters Swimming member with contributions to USMS coaches, writing articles, and giving presentations.

Additionally, our award recipient stays involved in the SPMS LMSC by helping get the word out about Masters Swimming with their own team, local area swimmers, coordinating a LMSC swim meet, and supporting & mentoring other local masters programs and their coaches.

Our SPMS Coach of The Year has grown their team numbers every year since team inception, helped develop highly competitive swimmers with national top 10 swimmers, national record breakers, FINA world masters record holders and everything in between.

Our SPMS Coach of the Year is a well-rounded U.S. Masters Swimming member that goes beyond contributions of her own club. Nancy Reno is the SPMS Coach of The Year for 2016.

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# 2017 Spring Nationals

*Great Job Everyone!*



*Road to Riverside...*



*FAST Swimming*



*Teammates!*



*Records Fall!*



*Relays!*

# 2017 Caltech Pentathlon Headlines ‘Road to Riverside’

The 2017 Caltech Pentathlon was held on a cool and cloudy Sunday morning, March 6. 230 swimmers got in a mid-season meet on the ‘Road to Riverside’ ahead of Short Course Nationals in late April. Swimmers competed for the title of fastest all-round sprinter, testing their ability by racing a 50 of each stroke plus the 100 IM, with the total times added together to determine the age group winners. The competitors ranged in age from 20 to 95, and came from teams in the greater LA area, San Diego, Las Vegas, San Francisco, and even Arizona and Washington States. Rose Bowl Masters was the largest club with 63 swimmers, followed by Ventura County Masters with 22 competitors. In all, 35 clubs had members swimming in the meet.



The brisk weather did not slow down some impressive swims, including four new national records. The Great Dame of swimming, Maurine Kornfeld, set three new records in the 95-99 age group. Maurine broke her own records in the 50 free, 1:00.53, and 100 I.M., 3:10.86, and also broke the 50 fly record by nearly 3 seconds with a time of 1:49.45. Mike Freshley also set a national record in the 75-79 age group, finishing the 50 breast with an impressive 34.58.

Brittany Parish (27) of Santa Barbara Masters was crowned fastest female of the meet. Parish had the fastest time in 100 IM, 1:04.49, in route to winning first place in the 25-29 age group. Elizabeth Vucinich (36) of West Hollywood Aquatics had the fastest times in the 50 fly, 28.34, and 50 back, 30.51, and finished first in the 35-39 age group. Rachel Weinstein (24) of Novaquatics Masters swam the fastest time in the 50 breaststroke, 33.12, and Alice Wong (25) of Caltech Masters had the fastest 50 free for the women, 26.63.

Taking the bobblehead trophy as the fastest male swimmer of the meet for the second year in a row was Alexander Aceino (25) of Golden Road Aquatics. Alexander had the fastest times in the 50 fly, 22.78, 50 free, 21.61, and 100 I.M., 54.27, winning the 25-29 age group. Alexander’s total time beat Nikola Delic (31) of West Hollywood Aquatics by a mere 0.95 seconds. Ralph Porrazzo (24) of Rosebowl Masters had the fastest 50 back time, 25.11, and finished first in the 18-24 age group. The fastest 50 breast swim of the day belonged to Steve West (44) of Novaquatics Masters, 26.56, as he won the 40-44 age group.



Thank you to everyone who helped to make the Pentathlon a success. We hope to see everyone back in Pasadena in 2018!

# 2017 Caltech Pentathlon



## Age Group Winners:

18-24: Lauren Turner (ROSE)	Ralph Porrazzo (ROSE)
25-29: Brittany Parish (SBM)	Alexander Aceino (GRA)
30-34: Stefanie Capizzi (ROSE)	Nikola Delic (WH2O)
35-39: Elizabeth Vucinich (WH2O)	Wayne Hwang (NOVA)
40-44: Julie Dusliere (JDAM)	Steve West (NOVA)
45-49: Nina Paddock (ROSE)	JR DeSouza (ROSE)
50-54: Nadean Hudson (VCM)	Kip Fulbeck (SBM)
55-59: Kim O'Grady (ROSE)	Bryant Lum (VCM)
60-64: Stacey Warmuth (VCM)	Michael Blatt (VCM)
65-69: Charlotte Davis (PSM)	Peter O'Keefe (UCLA)
70-74: Beverly Montrella (MVN)	George Carey (UC33)
75-79: ---	Mike Freshley (ROSE)
80-84: ---	Bob Best (SDSM)
85-89: ---	---
95-99: Maurine Kornfeld (ROSE)	---



# Records Fall at 4<sup>th</sup> Annual Matt Biondi Masters Classic



*Matt Biondi with Gabrielle Chang, Santa Barbara Masters, fastest woman in the 50-yard free*

freestyle (a split). The always inspirational Kornfeld lopped 11 seconds off the 95 – 99 age group national record in the 200-yard free.

Each year the fastest male and female in Biondi's signature event, the 50 freestyle, are honored with acrylic trophies and having their names and times inscribed on the perpetual plaque. This year's winners were Gabrielle Chang, 39, a Brazilian Olympian in 1996 and 2000 now representing Santa Barbara Masters, and Tony Cox, 26, representing Golden Road Aquatics, who also won the honor in 2016. Gabrielle and Tony both set meet records in their age groups.

CVMM appreciates the support of the SPMS and USMS community and hope to see even more swimmers at the 5th Annual Matt Biondi Masters Classic.

Conejo Valley Masters' 4th Annual Matt Biondi Masters Classic was held Sunday, March 19th, at California Lutheran University's the Samuelson Aquatic Center in Thousand Oaks. Over 230 swimmers representing 38 teams from near and far showed up ready to swim fast on the comfortably warm final day of winter. CVMM has received positive feedback about the friendly atmosphere, fast pool, snack bar, raffle baskets, and overall fun meet. We were honored to have three Olympians and 17 Olympic Trials qualifiers participate in the meet, including 3-time Olympian and winner of 11 Olympic medals Matt Biondi representing the US, Tryggvi Helgason from Iceland, and Gabrielle Chang from Brazil. It was also a pleasure to see so many families participate, including Matt and his Cal-bound son Nate who went head to head in the 100 free (Nate prevailed).

Over 50 meet records were set throughout the day, as were an impressive 2 American records set by Paralympian Jonathan Pierce and one USMS national record set by Maureen Kornfeld.

Pierce set American records in the 1650- and in the 1000-yard



*Jonathan Pierce, a Paralympian who set new American records in the 1000 and 1650 freestyle*

**UCLA Bruin Masters  
LCM Swim Meet  
Sunday June 11, 2017**

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

**Facility:** UCLA's Spieker Aquatics Center 114 Easton Drive, Los Angeles, CA 90095. The pool is an outdoor 52 meter with 8 lanes, all deep water competition pool. There will be lanes available for warm-up in the competition pool during the meet. In addition, there will be lanes available for warm-up at the Sunset Recreation Center Park pool which is located adjacent to Spieker from 8:45 a.m. to 10:00 a.m. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

**Directions & Parking:** Take the 405 to Sunset Blvd -East. Take Sunset Blvd approximately ¾ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$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. Age on December 31, 2017 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is June 7th, 2017. Online entries will close @ 11:59 p.m. on Wednesday, June 7, 2017. On deck registration is permitted. There will be a limit of 30 swimmers for the 800 m Freestyle. Deck entries for the 800 m Freestyle will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays.

**Entry Fees:** \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00. **Payment can be made by check or credit card only. Cash will not be accepted on the pool deck. 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: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

**Checks payable to:** "UC Regents". Mail consolidated entry card, a copy of your USMS 2017 card and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095. **Questions:** Meet Director: PENDING

**Sunday, June 11, 2017  
Warm-up at 8:00 a.m.  
Meet starts at 9:00 a.m.**

1. 800 m Freestyle
- Event #2 will start no sooner than 10:30 a.m.**
2. 200 m Individual Medley
3. 200 m Freestyle Relay (men, women, mixed)
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 200 m Medley Relay (men, women, mixed)
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 400 m Freestyle Relay (men, women, mixed)

**Santa Barbara  
LCM Swim Meet  
Friday June 30<sup>th</sup> & Saturday July 1<sup>st</sup>**

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

**Facility:** Los Banos Del Mar, 401 North Shoreline Drive, Santa Barbara, CA 93109. From the 101 Freeway going North, exit at Cabrillo Blvd. The off ramp is on the left. Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Drive at Castillo Street. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. From the 101 Freeway going south, exit at Castillo Street. Turn right onto Castillo Street. Castillo Street ends at Shoreline Drive and the pool is straight ahead. Turn right on Shoreline and the Harbor parking lot will be on your left. 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.

**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 meet referee. All events are timed final. Swimmers are limited to a total of not more than 5 individual events, not including relays. Age on December 31, 2017 determines age group for the meet. You must be at least 18 years of age to compete.

**Entries:** The pre-entry postmark deadline is Wednesday June 21, 2017. Online entries will close Wednesday, June 28th, at 11:59 p.m. Deck registration is permitted. Deck entries will close at 5:30 p.m. on Friday for the 1500 m Freestyle and 4:30 p.m. Saturday for all other events.

**Entry Fees:** \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$40.00.

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

**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: Ribbons for places 1 to 3. Relay: Ribbons for first place.

**Checks payable to:** Santa Barbara Swim Club. Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Erica Johnson, 321 Cuyler Harbor Drive, Camarillo CA 93012

Meet Administrator Alina de Armas 805-444-0317 [alina@dearmas.co](mailto:alina@dearmas.co)

**Director:** John Abrami: [coachab@sbswim.net](mailto:coachab@sbswim.net)

**Friday June 30th 2017  
Warm-up at 5:00 p.m.  
Meet starts at 6:00 p.m.**

1. 1500 m Freestyle

**Saturday July 1st 2017  
Warm-up at 1:30 p.m.  
Meet starts at 2:30 p.m.**

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

# USMS Masters Coach Certification

Los Angeles, CA

## USMS IS HOSTING A CLINIC COURSE FOR COACHES

**Saturday & Sunday, Aug. 26 & 27, 2017 Los Angeles, CA**

### CLASSROOM INSTRUCTION

Saturday 5-7:30 pm  
Fairfield Inn & Suites by Marriott  
Tustin Orange County  
15011 Newport Ave  
Tustin, CA 92780

#### What is it ?

- The USMS Clinic Course for coaches, instructs the Masters coach how to conceptualize, organize and deliver a stroke development clinic. The course consists of both a classroom and on-deck component. The registration for the clinic course is limited to 12 coaches per class.

#### Who should attend?

- Certified Masters coaches who want to develop the skills and resources necessary to host a successful stroke development clinic.

#### What are the prerequisites?

- You must be a Masters coach who has successfully completed Level 1, or higher, of the USMS Masters coach certification. Current USMS membership is also required.

### POOL INSTRUCTION

Sunday 8am-12 pm  
SPLASH La Mirada Regional  
Aquatics Center  
13806 La Mirada Blvd  
La Mirada, CA 90638

## USMS IS HOSTING A MASTERS COACH CERTIFICATION COURSE: LEVELS 1 AND 2

### Date

Saturday, August 26, 2017  
Check-In: 8:00-8:30 am  
Classroom: 8:30am-4:30pm

### Location

Fairfield Inn & Suites by Marriott  
Tustin Orange County  
15011 Newport Ave  
Tustin, CA 92780

#### Who should attend?

- Current full-time, part-time, or volunteer coaches who would like to explore the possibilities of coaching Masters swimmers as a profession
- Anyone interested in supporting their existing team and coach
- Anyone interested in starting a Masters program

#### What are the prerequisites?

- You must be a current USMS member

**Certification process:** Upon successful completion of the classroom coursework, including all required applications and successfully completed tests, each person will be awarded USMS Level 1 and 2 Masters Coach Certification. USAT members will also receive continuing education credits.

## REGISTRATION AND INFORMATION

[usms.org/content/cliniccourse](http://usms.org/content/cliniccourse)

Contact: Marianne Groenings – [mgroenings@usmastersswimming.org](mailto:mgroenings@usmastersswimming.org)

## REGISTRATION AND INFORMATION

[usms.org/content/coachcertsched](http://usms.org/content/coachcertsched)

Contact: Marianne Groenings – [mgroenings@usmastersswimming.org](mailto:mgroenings@usmastersswimming.org)

## Stroke Development and Improvement Clinic for Swimmers and Triathletes

Los Angeles, CA

#### Who should attend?

Anyone who wants to improve technique and learn drills that will enable you to continue to refine your stroke. All four strokes will be evaluated and corrected with the use of drills and coach instruction. Swimmers are not required to swim all strokes and may work on only those strokes they choose.

**Equipment:** Please bring your fins, suit, goggles, and towel. **Fins are important.**

**Without them many of the drills may be difficult. Fins help create buoyancy and mild propulsion.** If you have hand paddles, bring them too.

### DATE

Sunday, August 27, 2017  
Check-in: 8:15 am - 8:30 am  
Swim Clinic: 8:30 am- 12:00 pm

### LOCATION

SPLASH La Mirada Regional Aquatics Ctr  
13806 La Mirada Blvd  
La Mirada, CA 90638

## REGISTRATION AND INFORMATION

Contact: Marianne Groenings - [mgroenings@usmastersswimming.org](mailto:mgroenings@usmastersswimming.org)



**U.S. MASTERS  
SWIMMING**



# Welcome! New SPMS Club

Malibu Aquatics Foundation- MalibuCA

Coach Max Jaben

## SPMS Officers

Chair:

Mark Moore

[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

(949) 233-6521

Vice-Chair:

Ken Brisbin

[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

Treasurer:

Bob Eberwine

[treasurer@SPMasterSwim.org](mailto:treasurer@SPMasterSwim.org)

(949) 933-7100

Secretary:

Robin Smith

[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)

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Please go to:

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

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

## Swimmers of the Month

**Gary Meisels**

Conejo Valley Masters

Coach Nancy Kirkpatrick-Reno

Swimming Breakthrough: Freestyle 100 in under 1:25

*March 2017*

**Jennifer Batcheller**

Mission Viejo Masters

Coach Jeff Taylor

Exceptional Effort and Concentration at Practice

**Elizabeth Olsheim**

Mission Viejo Masters

Coach Tina Sanderson

Discipline in Practice and Competitive Spirit

*May 2017*

## Upcoming SPMS Events

Friday, May 12

**Green Valley Life Time Masters Invite**

[Registration](#)

Thursday, May 18

**SPMS Committee Conference Call**

[Information](#)

Saturday, May 20 to Sunday, May 21

**4th Annual SoCal Cup Open Water Championships**

[Registration](#)

Sunday, June 4

**7th Annual Coast 2 Coast Swim Challenge**

[Registration](#)

Sunday, June 11

**UCLA Masters Long Course Meters Swim Meet**

Thursday, June 15

**SPMS Committee Conference Call**

Saturday, June 24

**48th Annual Seal Beach Rough Water Swim**

[Registration](#)

Thursday, June 29 to Sunday, July 2

**Santa Barbara Masters Open Water Swim Camp**

[Information](#)

Friday, June 30 to Saturday, July 1

**Santa Barbara Long Course Meters Swim Meet**

[Registration](#)