



SPMS Honors **JURGEN SCHMIDT** with Lifetime Award

Submitted by Mark Moore (mvnswimcoach@gmail.com)

Jurgen Schmidt was presented with the SPMS Lifetime Achievement Award and Membership Award at the Mission Viejo swim meet on June 2nd, 2019

Jurgen joins former teammates Rita Simonton and Maurine Kornfeld who are also recipients of this distinguished award. The purpose of this award is to recognize lifetime achievement for outstanding accomplishments and dedication to Southern Pacific Masters Swimming.

Swimming achievements for Jurgen include the following:

- Top Ten achievements (941 individual, 71 relay)
- All-American Honors (24 years pool individual, 9 years pool relay, 10 years long distance individual)
- **USMS Records:**
(**Pool individual:** 17 lifetime, **Pool relay:** 9 currently held, 35 lifetime, **Long distance individual:** 1 currently held, 2 lifetime records)

In 2018 Jurgen was an inductee into the International Masters Swimming Hall of Fame making him the 4th relay member of the 5 World Records set in 2013 for the 360-399 year old Mixed Relays.

Teammates included Rita Simonton, Maurine Kornfeld, and Frank Piemme who are also IMSHOF Honorees.

[https://www.ishof.org/jurgen-schmidt-\(usa\).html](https://www.ishof.org/jurgen-schmidt-(usa).html)



Four years ago, Jurgen was featured in an ad that was part of Speedo's Fueled by Water campaign which showcased people who "love the water and celebrate their passions".

Jurgen has been competing in Masters swimming for 45 years. He is a true competitor who has broken world records and Masters records. Jurgen reminds us that swimming is a sport for life. Congratulations Jurgen!!!

Get the full experience here: <http://speedousa.com/fueledbywater>



The **Corona Del Mar Don Burns Open Water Swim** is scheduled three weeks later on Saturday August 3, 2019 at 10:00 AM at Corona Del Mar State Beach. The one-mile swim starts and ends on the beach at Tower 3 at Big Corona Beach just south of the jetty. This is a fun ocean swim and a great opportunity for family and friends who are in town for the USMS Summer Nationals in Mission Viejo which takes place the following week August 7th through 11th, 2019.

Link for more event information and registration:

https://www.clubassistant.com/club/meet_information.cfm?c=2313&smid=12018

SWIMWEAR REMINDER for USMS Sanctioned Open Water Swims: No fins, buoys, paddles, or other devices will be allowed. Swimwear (one suit in one or two pieces) shall be made from textile materials and not contain clasps or zippers. For both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles. Swim caps, nose clips, ear plugs, and wristwatches are allowed. Wetsuits are permitted in the Wetsuit Division **if the water temperature is not greater than 78 degrees Fahrenheit.**

For those of you training for the Newport Beach Pier to Pier or Don Burns Corona Del Mar swims, here are two pool logistics practices to simulate the race courses in the pool:

Newport Beach Pier to Pier (2 mile swim)

Warm-up choice (10 minutes)

2x50 kick (simulates running into the water)

3x100 swim

2x300 pull

6x100 swim (practice sighting on odd 100s)

3x200 pull

6x100 swim (practice sighting on even 100s)

2x300 pull

3x100 swim

2x50 kick (simulates running to finish line)

Cool-down choice (10 minutes)

Don Burns Corona Del Mar (1 mile swim)

Warm-up choice (10 minutes)

2x50 kick (simulates running into the water)

2x100 swim

3x200 pull

2x100 swim (practice sighting)

3x200 pull

2x100 swim

2 x 50 kick (simulates running to finish line)

Cool-down choice (10 minutes)

2019 SPMS Open Water Series: The NBOLA Annual OPEN WATER RACES

Submitted by Robin Smith, SPMS Open Water Chair (openwater@spmasterswim.org)

The 2019 SPMS Open Water Series continues this summer with two annual events hosted by the Newport Beach Ocean Lifeguard Association (NBOLA).

First up is the **Newport Beach Pier to Pier Open Water Swim** scheduled for Saturday July 13, 2019 at 10:00 AM. The two-mile swim starts on the beach at Tower M just north of the Balboa Pier, and goes north along the shore for approximately two miles, then finishes on the beach at Tower 20 just south of the Newport Pier near the Benjamin M. Carlson Lifeguard Headquarters.

Link for more event information and registration:

https://www.clubassistant.com/club/meet_information.cfm?c=2313&smid=12017



So why was Amanda motivated to write the grant? While lifeguarding at the PDAC, Amanda noticed that many of the adults who accompanied their children to the PDAC Water Park never entered the water and several of the adults only walked in the shallow end. After striking up conversations with various adults, she learned there was a dire need to offer adult swim lessons for residents in the Coachella Valley (East Riverside County). In fact, Amanda was so motivated to make a difference that she attended and paid for her Adult Learn To Swim (ALTS) certifications prior to the YMCA receiving the grant and became certified in both Levels I and II.

Amanda was aware of the tragic drowning statistics because her husband is a member of the Coachella Valley Search and Rescue Team. In 2017 five adults in the Coachella Valley suffered fatal drowning accidents and five additional drownings were non-fatal. Three of these five fatal drowning accidents and one of the non-fatal drownings were in the City of Palm Desert*.

Imagine how excited the employees of the YMCA were when the grant was received. Grant funds were used to pay for Alex Espinosa to attend the ALTS classes in San Diego to ensure an additional employee was available to teach the classes. The adult lesson fees were waived for one year which enabled 46 adults ages 23 to 70 to access this fantastic opportunity. Positive results were generated - one of the participants has an annual pass and uses the PDAC on a regular basis and several others are more confident when they attend the water aerobics classes in the deep end of the pool.

So how can you help? The grant window is currently open for 2020. SPMS members can help by participating in the Smarty Pants Vitamin Fitness Challenge events. Thank you Amanda Stone, Alex Espinosa, the PDAC and YMCA, USMS and SPMS members for making a difference.

**2017 statistics found on the Riverside County Government Site*

Swimming SAVES LIVES

Submitted by Diana Dolan LaMar, SPMS Fitness Chairperson (Fitness@SPMasterSwim.org)



While swimming at the Palm Desert Aquatic Center (PDAC) "I saw a sign in the window that piqued my interest. I immediately tracked down the Assistant Aquatics Manager, Alex Espinosa, to learn more about the adult swimming programs. I discovered that Amanda Stone, a former USMS swim coach, applied for the \$25,000 grant in 2018 which was awarded to the Palm Desert YMCA – operator of the PDAC.





SPMS Swimmers Excel at SPRING NATIONALS in Mesa, AZ

Submitted by Becky Cleavenger (memberatlarge@SPMasterSwim.org)

USMS Spring Nationals were held in scorching Mesa, AZ April 25–28, 2019. With 1990 swimmers ranging in age from 18 to 97 (our own Maurine Kornfeld), SPMS teams were well represented with 272 swimmers entered. SPMS athletes fared well in competition, with many athletes setting personal best times, placing in the medals (1st through 10th), and becoming national champions. In addition, three SPMS swimmers set USMS national records in individual events, including Katarzyna Wilk of Las Vegas Masters (50 Free), Carlo Travaini of Mission Viejo Nadadores (50 Breast, 100 IM), and Tracy Granger of Los Angeles Peninsula Swimmers (100 Fly).

SPMS National Champions:

Individual Events:

Amy Lubawy (LVM)

50 Free, 100 Free and 50 Fly

Jaclyn Taylor (LVM)	50 Breast
Joelle Beachler (LVM)	100 Breast and 200 Breast
Heidi Zuniga (MVN)	200 Fly
Katarzyna Will (LVM)	50 Free and 100 Free
Jill Gellatly (CVM)	200 Free and 200 IM
Kim O'Grady (ROSE)	1650 Free
Traci Granger (LAPS)	50 Free, 50 Fly, 100 Fly, 200 Fly, 100 IM and 400 IM
Bonnie Spivey (LAPS)	500 Free and 1650 Free
Christie Ciraulo (UCLA)	500 Free and 1650 Free
Ellen Shockro (ROSE)	1000 Free
Maurine Kornfeld (ROSE)	50 Free, 100 Free, 200 Free, 50 Back, 100 Back and 200 Back
Forrest Beesley (LVM)	200 Free, 100 Back and 200 Back
Nikita Bondarenko (WH20)	500 Free
Francois VanWynsberge (LVM)	50 Breast and 200 IM
Steven Van Deventer (WH20)	200 Breast
Mike Alexandrov (GRA)	100 Breast, 200 Breast and 400 IM
Billy Gaines (GRA)	500 Free
Christopher Gibson (WH20)	50 Back, 100 Back and 200 Back
Josh Davis (LVM)	50 Free and 100 Free
Dan Wegner (LVM)	200 Free and 500 Free
Steve West (NOVA)	200 Breast, 50 Fly and 200 IM
Mike Shaffer (VCM)	200 Fly
Carlo Travaini (MVN)	50 Breast, 100 Breast, 200 Breast, 100 IM
Tito Morales (UCLA)	200 Free, 200 IM and 400 IM
Bruce Williams (VCM)	50 Free, 50 Back and 50 Fly
Jeff Farrell (SBM)	50 Free, 100 Free and 100 IM
Clarke Mitchell (LVM)	50 Free, 50 Back, 100 Back, 200 Back, 50 Fly and 100 IM
Fred Leipziger (LVM)	50 Free, 50 Back and 50 Breast

Relays:

CVMM	(Women 45+ 200 Medley relay)
LVM	(Men 18+ 200 Medley relay)
VCM	(Men 65+ 200 Free relay)
VCM	(Men 65+ 200 Medley relay)
LVM	(Mixed 18+ 200 Free relay)
LVM	(Mixed 18+ 200 Medley relay)
LAPS	(Mixed 55+ 200 Free relay)
LAPS	(Mixed 55+ 200 Medley relay)

Team Results

At the team level, SPMS teams did very well in the meet, as shown in the table below which shows how SPMS local clubs fared in the overall local club standings.

USMS Spring Nationals SPMS Club Placement

Local Club Results Overall Results (top 20 of 260)

Club	# Swimmers	Placement
Las Vegas Masters*	61	2
*5th overall, including both regional and local clubs		
Rose Bowl Masters	49	7
West Hollywood Aquatics	27	10
Conejo Valley Masters	15	12
Los Angeles Peninsula Swimmers	13	14
Mission Viejo Masters	16	16
Ventura County Masters	7	18

Local Club Results Men's Results (top 20)

Las Vegas Masters	28	7
West Hollywood Aquatics	22	13
Ventura County Masters	6	17
Rose Bowl Masters	29	18
Golden Road Masters	13	19

Local Club Results Women's Results (top 20)

Las Vegas Masters	33	2
Conejo Valley Masters	10	3
Rose Bowl Masters	20	6
Los Angeles Peninsula Swimmers	6	18





Several Cal Poly SLO swimmers entered the meet, and it was both impressive and humbling to watch them swim, and to actually race the grueling 200 Fly and 400 IM.

San Luis Obispo is smack in the middle of wine country, so it only makes sense that the meet social was at the Stephen Ross Winery, which is owned by SLO Masters swimmers. We had a food truck dinner and of course, wine!



Swimmers get wet and wild at SPMS SCY REGIONAL CHAMPIONSHIPS

Submitted by Becky Cleavenger (memberatlarge@SPMasterSwim.org)

Held in San Luis Obispo May 17 through 19th, the SPMS regional championships meet hosted by the San Luis Obispo Masters was one for the record books! Not only were records set in the pool, but I think records for rainfall may have been set as well. The rain held off until Sunday afternoon, when it seemingly came down in buckets. Like postal workers, everyone persevered. The officials probably had the worst of it: the swimmers, well, they're going to get wet anyway. For the rain lovers, of which I am one, it was awesome!

As for records set in the pool, Bonnie Spivey inked two: Women's 60 - 64 1650 Freestyle on Friday and 100 Freestyle on Sunday. Way to make the most of a fast pool on a chilly weekend!





**U.S. MASTERS
SWIMMING**

2019 SUMMER NATIONALS

**MISSION
VIEJO**



Calling All Volunteers - NO PRIOR EXPERIENCE IS REQUIRED

Submitted by Mark Moore, Meet Director (mvnswimcoach@gmail.com)

Join us and get a front row seat! We are seeking lane timers for the Summer Nationals to be held in Mission Viejo August 7-11. **Each volunteer will receive a t-shirt and refreshments.**

Even with the majority of our members participating, we will need approximately 400 volunteers to make this event a success.

TIMING NEEDS:

DATES	1 ST SHIFT	2 ND SHIFT	3 RD SHIFT	4 TH SHIFT
Wednesday August 7	7:00am- 10:00am	9:30am- 12:30pm	12:30pm- 3:30pm	3:00pm- 6:00pm
Thursday August 8	7:00am- 10:00am	9:30am- 12:30pm	12:30pm- 3:30pm	3:00pm- 6:00pm
Friday August 9	7:00am- 10:00am	9:30am- 12:30pm	12:30pm- 3:30pm	3:00pm- 6:00pm
Saturday August 10	7:00am- 10:00am	9:30am- 12:30pm	12:30pm- 3:30pm	3:00pm- 6:00pm
Sunday August 11	7:00am- 10:00am	9:30am- 12:30pm	12:30pm- 3:30pm	3:00pm- 6:00pm

If you are interested and willing to volunteer for one or more shifts please email us by July 31.



Burning Questions

What is involved in getting meet information posted to the public and accepting entries?

This a great question as there are many moving parts to get to the point of "entries are now open". The first step is to submit a sanction request for the meet via the USMS site. This involves listing basic information and uploading a meet PDF form.

The Sanction Chair receives this request and then the work starts:

- 1) The Meet PDF Form is reviewed, changes/corrections are made, and, in some cases can take several revisions to reach the final version.
- 2) The SPMS Head Official works to staff both the Deck Officials and Administrative personnel. This can take some time to coordinate schedules of everyone involved.
- 3) The SPMS Treasurer sends the sanction invoice to the Meet Director. It can take from 24 hours to 3 weeks to receive payment.
- 4) The Registration system is set up with Club Assistant. Once complete it is sent to the Meet Director to review all information and test to make sure everything is correct.

Only once the final Meet PDF form has been approved, all officials are in place and confirmed, the Sanction Invoice has been paid, and Registration system has been approved, per USMS rules, are we allowed to approve the sanction and post the meet to the public. This entire process can take several weeks to coordinate and approve.

If you have any questions or if your team is ever interested in hosting a meet, please contact Sanctions@SPMasterSwim.org



These dual-sanctioned races also served as the Southern California Swimming Open Water Junior Olympics. The weather conditions were just beautiful – sunny and warm, with water temperatures on the cool side. There were 48 participants in the One Mile ocean swim on Saturday and 25 swimmers in the Three Mile event on Sunday. **The One Mile Swim will be the site of the 2020 USMS Open Water Sprint National Championships next year.** This was a great opportunity for participants to check out the course!

Link for information and registration for upcoming SPMS Open Water Races: <https://www.spmastersswim.org/open-water-schedule/>

Link for SPMS 2019 OW Series information: <https://www.spmastersswim.org/open-water-series/>



SPMS 2019 Open Water Series - SEAL BEACH AND SEMANA NAUTICA RACES

Submitted by Robin Smith, SPMS Open Water Chair (openwater@spmastersswim.org)

The first events in the SPMS 2019 OW Series are now in the books! The **50th Annual Seal Beach Rough Water Swim** started the season on Saturday June 22, 2019 at the Seal Beach Pier under cloudy skies and calm ocean conditions. Over 30 swimmers, along with their individual paddler escorts and lifeguard support, **re-created the original 5K race course** – swimming the roundtrip out to Esther Island (the man-made oil drilling platform) and back. Then it was time for the 124 participants to race the One Mile swim. The announcer, Scott Weir, had been part of all 50 races, both as a swimmer and announcer. He shared many memories of the Rough Water Swim through the years and interviewed several old timers from the early years of the event on the beach.

Next up were the **Semana Nautica Festival Ocean Swims** on Saturday and Sunday, June 29 and 30, 2019 off of East Beach in Santa Barbara.



ROLL IT OUT!

Submitted by Arlette Godges MS, PT, OCS, GCS

The 2019 Long Course Meters Championships are only a few weeks away, and are being hosted by our LMSC at the beautiful Marguerite Aquatic Center in Mission Viejo. As your SPMS Sports Medicine Chair, I am super excited to be representing the USMS Sports Medicine Committee with this year's booth. The theme of the booth will be "Roll it Out." I will be there most of Wednesday with some demos and to answer all questions you may have about this effective way of stretching and mobilizing soft tissues, as well as other structures. During the rest of the meet, I will be present at posted hours and will have education materials available for interested swimmers. There will be rollers, balls, and other devices available to try out and learn some new techniques.

Foam rolling and ball rolling are very effective therapeutic tools. Adding a rolling routine to your workout and life schedule will pay off with less pain, better sleep, ability to sustain a high level of activity, prevent injuries and excessive stresses and strains on joints and tendons. My education at Nationals will focus on swimmer-specific and easily accessible routines for all ages, with the goal of creating joint alignment and muscle balance to promote joint health and sustainability in your swimming performance.

Between now and Nationals, invest in a foam roller. If you are new to rolling, please choose the smooth kind and a softer type. If you are a more experienced roller, feel free to venture towards the more rigid and textured type of rollers. I always recommend a bigger circumference roller, and adding the smaller diameter one as you get more comfortable with the experience.

My favorite stretch for swimmers is the thoracic roll. Thoracic mobility is crucial for proper shoulder and rotator cuff action:

- Lay on a hard surface and place roller just below your shoulder blades (bra line for women)
- Fold hands together behind your head to support your neck
- Place your feet in a hook-lying position and lift your bottom off the floor
- Start rolling gently back and forth and stop in tight spots and give them extra attention by moving side to side

**I recommend against rolling lumbar spine and neck with this method. These areas can be targeted more effectively and safer with other tools.*

Come to the booth to learn about more techniques!

Looking forward to your visit at the Sports Medicine Booth in Mission Viejo! I'm excited to help you take care of your body and continue to swim pain free and fast!

Roll On.

LIGHT IN THE WATER

Submitted by Elisabeth Bartlett

Emmy-nominated "**Light in the Water**," the feature documentary about the empowering story of **West Hollywood Aquatics**, the first openly gay Masters swim team, is now streaming on iTunes, Amazon, and Vimeo. The filmmakers include members of West Hollywood Aquatics Lis Bartlett, James Cude, and Nathan Santell. The movie traces West Hollywood Aquatics from its founding to compete in the inaugural Gay Games in 1982, and follows the swimmers through the years as they dealt with the AIDS epidemic and on to the wedding of two of its members after marriage equality passes. Always going back to the theme of the water, this love letter to swimming offers archival footage and intimate interviews with members of the club providing a look through the lens to view the history of LGBTQ life in America

A television version of the film premiered on Logo TV last July, and it has now screened in more than 15 film festivals around the world, including Paris, Glasgow, Sydney, Kansas, and Palm Springs where it was voted "Best of the Fest" by audiences. In March it was nominated for a 2019 Daytime Emmy. You can find out more about the film at

www.lightinthewater.com



July 11th - 14th, 2019

Los Angeles Invitational Trojan Swim Club & **SOUTHERN CALIFORNIA SWIMMING**

This is a dual Sanctioned event located in Los Angeles, California

Click Below for the meet PDF:

<https://www.spmastersswim.org/c/8B6A80C/file/meets/2019/LAI.pdf>

August 7th - 11th, 2019



USMS SUMMER NATIONALS Located in Mission Viejo, California.

National event set here in SPMS. Even if you are not swimming, come out and volunteer.

Click Below for the meet information:

<https://www.spmastersswim.org/SPMS/newsletter-archives/>

JULY AND AUGUST Pool meets



July 7th, 2019

The 10th Annual **Patrick Moore Memorial Relay Swim Meet**

All relays offered including fun family relays, t-shirt relays and Watermelon Relays. A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund. Located in Mission Viejo, California.

Click Below for the meet PDF:

<https://www.spmastersswim.org/c/8B6A80C/file/meets/2019/MVNPMSRelayFinal.pdf>

Upcoming SPMS EVENTS



Jul 07th

The Patrick Moore Memorial Relay Swim Meet



Jul 11th - 14th

2019 Los Angeles Invitational



Jul 13th

Newport Beach Pier to Pier Two Mile Open Water Swim



Jul 15th - 31st

USMS Summer Fitness Challenge 2K Swim



Jul 19th

Legacy Triathlon Open Water Swim Competition in Long Beach, CA



Aug 03rd

Corona Del Mar Don Burns One Mile Open Water Swim



Aug 07th - 11th

2019 USMS Summer Nationals



Aug 15th

SPMS Committee Conference Call 7:30P

TOP TEN RECORDER CONTRACTOR BIDDING IS NOW OPEN

The Top Ten Recorder contractor bidding is now open. **All bids are due by August 31, 2019** and must be submitted to Diana LaMar, SPMS Fitness Chair, at Fitness@SPMasterSwim.org

This is a replacement position for the remainder of 2019 effective October 1, 2019 through September 30, 2020. Voting will take place via email on Thursday September 19, 2019 after the end of the SPMS Conference Call. Voting members shall consist of the elected officers of SPMS, one representative from each Member Club, the chairs of the SPMS standing committees, and any member who has attended more than half of the SPMS meetings in the previous 12-month period (reference Section IV of SPMS bylaws).

Qualified bidders are asked to be available that evening on the conference call to answer any questions.

Some of the job responsibilities for the Top Ten Recorder are:

1. Each season, responsible for compiling and maintaining annual Top Ten lists for all swimmers competing in sanctioned and recognized events within the SPMS region in Short Course Yards, Long Course Meters, and Short Course Meters competitions.
2. Each season, maintain and update the list of all SPMS top-ten records for each course, each age group, and each gender, for both individual and relay events.
3. Interact with the SPMS Executive Committee and Members, National Top Ten Recorder, National Registrar, SPMS Registrar, various SPMS and USMS competition directors, and individual swimmers regarding results and registration information, problems, or questions, in a timely and courteous manner.
4. Submit SPMS Top Ten lists to USMS along with the proper verification within the time limit as prescribed by USMS.
5. Other responsibilities as deemed necessary by the SPMS Executive Committee.

Include your contract amount (by month) and a short statement regarding your experience as it relates to this position. For further questions, contact the SPMS Fitness Chair, Diana LaMar, at Fitness@SPMasterSwim.org

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For archived newsletters, please go

<https://www.spmasterswim.org/newsletter-archives/>