



Are you ready for the 2020 SPMS OPEN WATER SEASON?

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

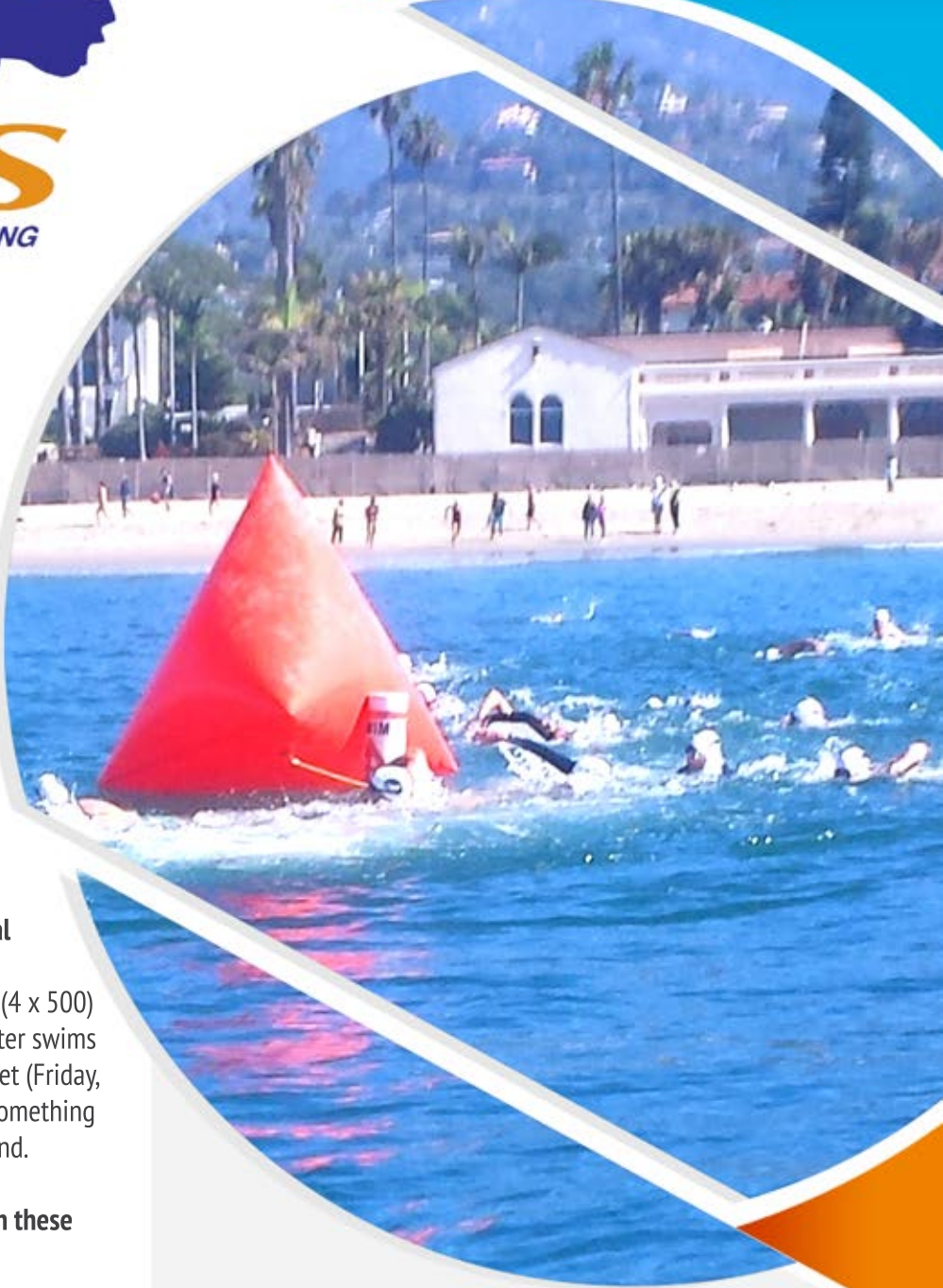
It is already spring and planning is well underway for this year's open water calendar!

This year, Santa Barbara will be hosting the **2020 U.S. Masters Swimming SPRINT Open Water National Championship**. The One Mile swim is scheduled for **Saturday June 20, 2020** and a fun Open Water Relay (4 x 500) is scheduled for **Sunday June 21, 2020**. The open water swims overlap with the Annual Santa Barbara LCM swim meet (Friday, June 19th and Saturday, June 20th), so there will be something for everyone over this National Championship weekend.

Event information and registration will be posted on these websites when available:

Santa Barbara 2020 OW Nationals Event webpage:
<https://www.teamunify.com/team/scssb/page/masters/open-water-nationals>

USMS 2020 Open Water Nationals webpage:
<https://www.usms.org/events/national-championships/open-water-national-championships/2020-open-water-national-championships>



In addition, we have the 51st Annual Seal Beach Rough Water Swim also scheduled for Sat June 20, 2020 at the Seal Beach Pier. Events include the 1 and 3 mile swims. This will be also a dual sanctioned event with Southern California Swimming/USA Swimming.

While the ocean water temperatures are still a little cool these days, it is a good time to practice some open water skills in the pool.

Here are some ideas:

1. Safety is key in any open water swim. Do you know how to tread water or to rescue yourself while waiting for the lifeguard or safety kayaker to assist you? Practice treading water and floating on your back in the pool. Practice treading water and take your goggles off and on.
2. Do you swim straight? Practice swimming with your eyes closed in the pool for a few strokes to see if you drift to one side of the lane. Practice good freestyle technique and learn to breathe comfortably on both sides. This will help you to maintain a straight line in the open water.
3. Sighting the course buoys and being able to see any landmarks is an important skill to practice. Two ways to sight are swimming “heads up water polo style” (also called Tarzan-style swimming) and “alligator sighting”. Alligator sighting involves lifting your head so only your eyes are above the water (like an alligator) before or after you breathe to the side.
4. Try swimming in the pool without touching the walls. A good set to try is 4x75 or 4x100 swim. Practice sighting on the first 25 of each rep and turn at the flags or before the ends of the pool. Take 10-15 seconds rest between each repeat. It’s harder than you think.

Be sure to check the SPMS 2020 Open Water Upcoming Schedule for links to Event Information including Open Water Clinics and confirmed Races. Here is the link:

<https://www.spmastersswim.org/open-water-schedule/>

Questions? - contact Robin Smith SPMS Open Water Chair – openwater@spmastersswim.org



Check out the upcoming **POOL OPEN WATER CLINIC in Irvine on March 28, 2020**

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

Are you a beginner to Open Water (OW) Swimming? Or, perhaps you are a highly experienced competitor and would like to brush up on race-specific open water skills.

NOVA Masters Swim Coach, Michael Collins, and Coveathlon Race Director, Natalie Barrad, along with other open water swimming coaches will be offering a series of **FREE Open Water Swimming Practices** at various beaches in Orange County starting this spring.

In order to participate in these OW practices, you must first attend the **Pre-Requisite POOL OPEN WATER CLINIC** on Saturday, March 28, 2020 at the William Woollett Jr. Aquatic Center located at Irvine High School, 4601 Walnut Ave, Irvine, CA 92604.



Current 2020 USMS Membership is required. Non-NOVA Masters swimmers are welcome. Note: One Day Event (OEVT) Registration will NOT be offered.

Link for more information and registration:

https://www.clubassistant.com/club/meet_information.cfm?c=1871&smid=13118



The Race CLUB MASTERS SWIM CAMP

Submitted by Becky Cleavenger (MemberAtLarge@SPMasterSwim.org)

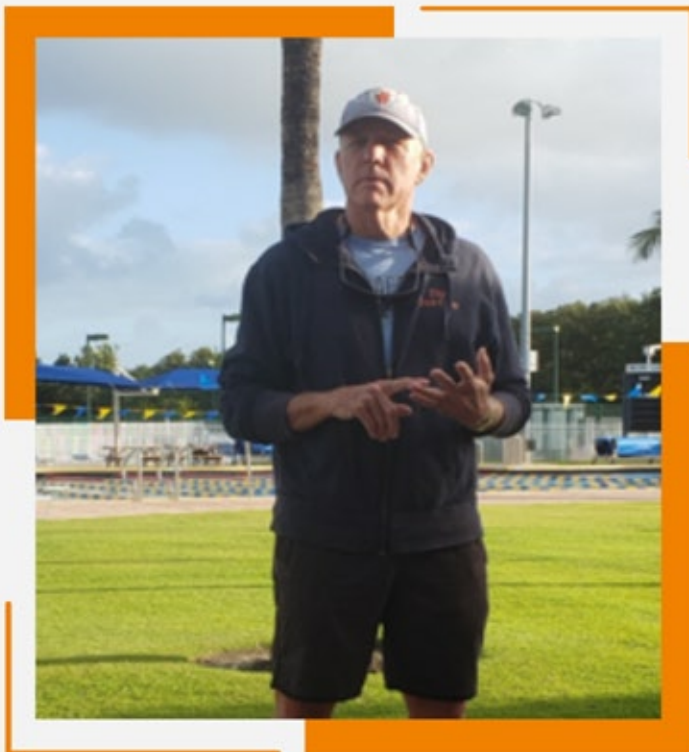
The Race Club entered into an official partnership with USMS in 2019 and is offering access to its online content and camps at a discount to Masters swimmers. The first of two Masters swim camps planned for 2020 was held in Islamorada, Florida, February 7 through 10.

Led by US Olympic medalist Gary Hall Sr. and Devin Murphy, the twice daily camp sessions focused on technique in all 5 strokes (underwater dolphin kick is considered the fifth stroke), as well as starts and turns, goal setting, stretching, strength training, dynamic warmup, and high intensity training.

Each session started with a classroom overview including detailed information on how and why to swim The Race Club way, with an emphasis on physics and analyses of elite swimmer's technique. In-pool or on-land sessions followed where we applied what we learned and were given feedback from both coaches. Each camper wore a headset in the water so we could be given real-time feedback while applying our classroom learnings in the pool which really helped us to do things correctly.

All 13 campers agreed that it didn't take long to realize the value of what we were learning. In fact, most of us were converts on the first day, and agreed that the camp was time and money well spent. Not only did we all learn a lot, we felt we could implement our learnings in our day-to-day swimming, helping us get faster (or as a few said to "get slower more slowly"), but that we could stave off injuries as well.

Islamorada, located in the Florida Keys, is beautiful and Gary and Devin couldn't have been nicer. The next Masters camp will be held in Coronado this September. You can find information at theraceclub.com or on the USMS website.



Gary Hall Sr.



Over the years, Ann and her husband had trained for fitness through swimming and they decided to join their team in 2016 at the Rose Bowl Masters meet. Ann found a spark for the competition and now, six years later, she is competing while pregnant at the 2020 Rose Bowl Masters meet.

“Anxiety leading up to the swim meet, yes, but I always feel there’s a level of anxiety to participate [in competition].” Jokingly, Ann added, “[I was] worried I would go into labor early and wouldn’t be able to participate,” expressing the spirited nature she has found with competitive swimming.

9 Months Earlier –

“It was hard to get pregnant and took us 6 years.” Also with in vitro being a factor, Ann heard various concerns from friends and family about exercising during her pregnancy. Some ‘non-swimming’ friends expressed concerns as they felt swimming is a big strain. Advice was to go for a walk and take it easy, not place the pregnancy at risk.

According to the SPMS Sports Medicine Chair, Arlette Godges, “What is often neglected is that exercise in the horizontal position places much less strain on the heart and lungs. Our cardiovascular system is much less stressed in horizontal than the vertical position. This has a direct and positive effect on keeping heart rate and blood pressure lower than doing any upright type of activities. In addition, the compression of water is a great addition to improving venous return and thus decrease swelling in lower extremities. Furthermore, swimming is non-impact, safe for pregnancy, and is not adding stress on pelvic structures of the body. Exercise is favored in pregnancy, and encouraged. It is of note, that it is suggested to stick with an exercise you have been doing and maintain a safe heart rate in the aerobic range. With twisting of trunk of the body and severe rotations of the spine, as well as inverting oneself is not recommended during pregnancy. We don’t do any of this in swimming, so it’s the choice exercise for the entire journey of becoming a Mother.”

“Ultimately, I [Ann] had to listen to my own body. I wanted to exercise, and swimming was my favorite form that was low stress on the body. I had to be aware and honest with myself; what I was truly capable of while carrying a child.” With the encouragement of her OB doctor, Ann optimistically gave her Masters swim practices a chance.

June was beguilingly hot with 114° temperatures and a humidity that southern California is not usually known for. The water at the Northview pool was temptingly cool to the touch and a dip of the toe. Usually ‘sick and tired from pregnancy’, Ann had to significantly decrease her yardage and speed during her first trimester.

Masters Swimmer SHARES HER PREGNANCY STORY

By Christine D. Maki, Head Coach of Competitive TriSwim Masters and Arlette Godges, SPMS Sports Medicine Chair

Human Interest Story -

“We all need each other’s stories to [ultimately] our stories and our lives,” Alysia Montaño told Runner’s World, November, 2019.

Masters Swimmer Shares Her Pregnancy Story

Ann had never been a competitive swimmer, but she enjoyed the water. In 2011, her husband suggested that she join him at the local Masters swim club, in Covina, CA, and ever since, Ann has been swimming with Competitive Tri-Swim Masters. She has made swimming a part of her lifestyle.

Swimming in the cool water was a relief and would prove to be of help with swelling in her extremities and the activity helped with sleeping. “[I] often found if I didn’t exercise, I couldn’t sleep well.”

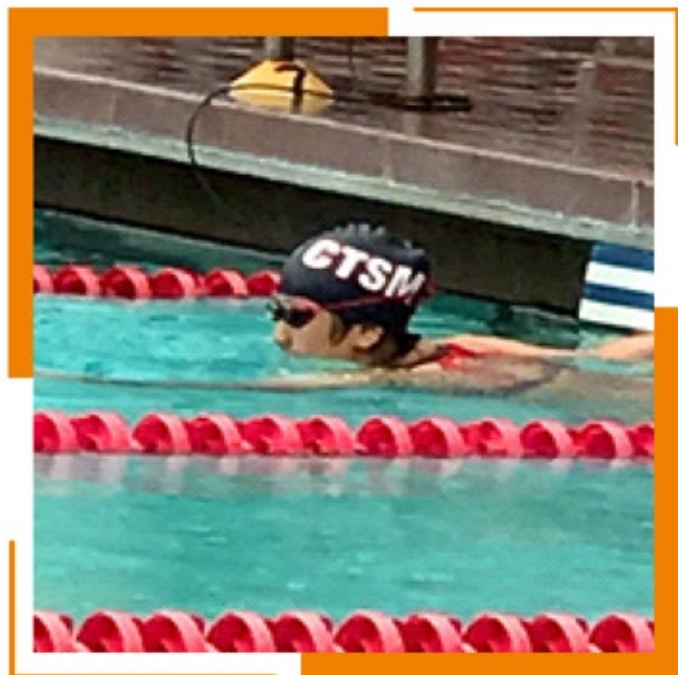
As the months have gone by Ann contentedly reported, “The relief of being in the water; to having free movement from the weight and cardio restrictions from the pregnancy, helped contribute to staying positive and happy while keeping up a healthy social routine with friendly faces at the pool.”

Rose Bowl Masters Meet -

Race day: With a humorous account Ann said, “I always feel like there is a level of anxiety before meets even when I had not been racing.”

At 37 weeks pregnant, Ann competed in the 100 Breaststroke and the 500 Freestyle. Ann placed 2nd in the 100 Breaststroke and gleefully reported, “I was 10 seconds faster than my [prudent] entry time!” As for the 500, Ann was able to start the race, but by 150 yards into the race a deep rumbling boomed from the sky and bouts of thunder sent the Rose Bowl Aquatics Center staff into full alert and activated their Emergency Active Plan (EAP) and all swimmers and were called from the pool.

With the thunder still letting its presence be known and a downpour of rain and eventually hail, the meet was concluded by canceling the last event, which was the 500. This still gives Ann a chance to swim the 500 at an upcoming meet, on February 23rd that is, IF baby is going to wait for full-term to meet her mom and dad along with her already established Masters Swimming family.



2020 USMS WINTER FITNESS CHALLENGE

Submitted by Mary Jury SPMS Fitness Chair (Fitness@SPMasterSwim.org)

Thanks to everyone who participated in the Winter Fitness Challenge! Don't forget to share any photos and success stories on the Facebook page:

<https://www.facebook.com/groups/FitnessSeries/>

We would love to see all the creative ways that folks completed the Winter Fitness Challenge.

Next up is the Summer Fitness Challenge, which is a 2K swim. A great opportunity to try your hand at open water swimming, if that suits you! You can find training and prep plans here:

<https://www.usms.org/events/fitness-events/fitness-series>

If you have an idea for a fitness type event, or if there is a fitness related aspect of Masters Swimming that you would like to see better reflected, please e-mail at: fitness@usms.org



SWIM WITH MIKE History

Swim With Mike – Helping physically challenged athletes find a new purpose in life through academic scholarships

Swim FOR Mike was held in 1981 as a swim-a-thon fundraiser on behalf of Mike Nyeholt, a three-time All-American USC swimmer who was paralyzed following a motorcycle accident. The event was conceived and spearheaded by Mike's lifelong friend and swim teammate, Ron Orr, who, along with friends, teammates, and family, organized the event. The intent was to raise funds to purchase an appropriately equipped van for Mike so that he could continue his professional career and adapt to his new life.

The event was extremely successful and raised more funds than needed for Mike's van. Mike made a visionary decision to establish Swim WITH Mike, the USC Physically Challenged Athletes Scholarship Fund, whose mission is:

to provide financial resources for advanced education that pave the way for physically challenged athletes to help overcome their tragedies and realize their full potential.

Initially, the scholarships were awarded to USC students. But, as the program gained national recognition, we began receiving many applications from nationally outstanding, deserving, qualified students wanting to begin – or continue – their advanced education to pursue their lifelong dreams of educational, professional, and personal success.

It just made sense to expand our Swim With Mike horizons and welcome scholarship recipients from universities across the nation to further our stated mission by increasing access for individual growth. In 2000 we proudly accepted our first recipients representing this new category – Sam Paneno, UC Davis Law School, and David Van Wagener, University of Texas Ph.D. program in Chemical Engineering.

Over the years, we continued to receive larger and larger numbers of applications from worthy, highly qualified aspiring scholarship recipients. The national expansion has proven to be a mutually rewarding experience as we support these extraordinary individuals who show incredible promise and success.

As elite athletes, Mike and Ron understood there is a special bond with all athletes, and what they all have in common is a need to achieve success. This is extremely well stated by another former elite USC swimmer, Dillion Connolly. Dillon had an accident in 2015 and is now a quadriplegic on a SWM scholarship pursuing an MBA at USC Marshall School of Business:

“I think something that all athletes have in common is that we are endorphin junkies and crave physical activity. Athletes rely on able bodies' activities for happiness and personal accomplishment. When that is taken away, saying it's “an adjustment” is a bold understatement. The injury takes away the ex-athlete's independence, their pride, their confidence, their physique, their dignity, their manual skills, and most everything they were ever good at. And, in many cases, the athlete will lose many friends, or their boyfriend, girlfriend, or spouse. I think it's amazing that Swim With Mike is around to give us something back, and I wish everybody knew how important an opportunity this is for the physically challenged recipients.”

So, on the occasion of our 40th anniversary, let's all rejoice with pride on the success of our 253 Swim With Mike scholarship recipients and their many meaningful accomplishments.

Swim On!

1981 **40** 2020



Swim with Mike

Physically Challenged Athletes Scholarship Fund



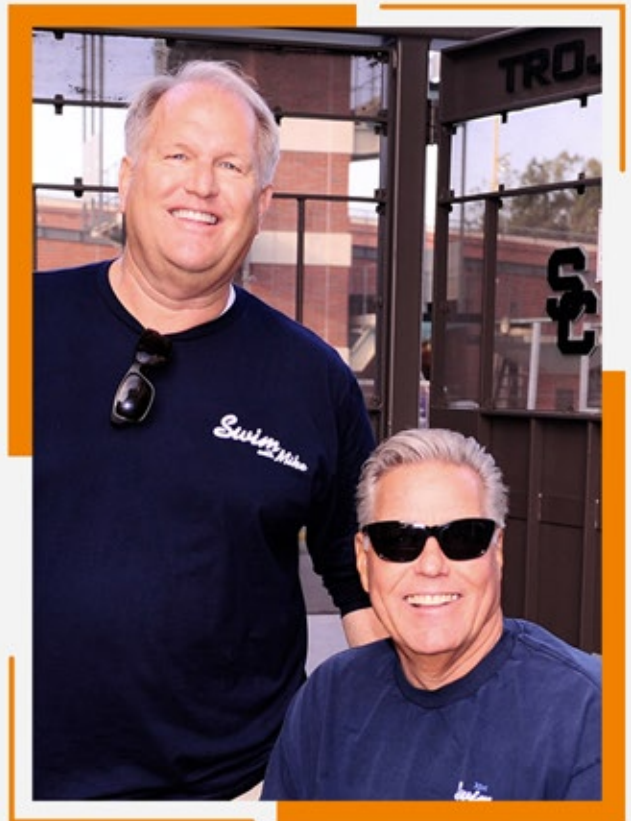
We are celebrating our 40th Anniversary this year!
Join us at the main event on April 4, 2020 at the USC Uytengsu Aquatics Center

8:00am – 2:00pm and campus parking is free!
Meet our scholarship recipients, their families and friends, our supportive community and see the USC Trojan Marching Band, Song Girls and more!

Join us for our Famous Swim With Mike BBQ, bid on extraordinary items at our Silent Auction, buy a Raffle ticket for amazing prizes, join the Swim Clinic for ages 13 and under, jump into the Masters Workout, watch the Diving Show, get a relaxing massage, visit our Archive Booth and watch our Wheelchair Basketball Tournament!

Something for everyone!

See you on April 4, 2020





Fabulous Las Vegas MASTERS SCY MEET AT UNLV

By Karin Wegner, LVM Meet Director

The 2020 Fabulous Las Vegas Masters SCY Meet at UNLV was indeed fabulous! We hosted our annual swim meet on the perfect day, Saturday, January 18, 2020, for celebration of the 20th Anniversary of our club Las Vegas Masters. We also celebrated Coach Victor Hecker's 60th anniversary of coaching the sport of swimming at all levels, learn-to-swim all the way to collegiate, Masters and elite. And on top of all that, it was Coach Vic's 85th birthday!

I am Karin Wegner, this meet's director, and I wish to say a huge thank you to all who helped us and joined us for the 2020 Fabulous Las Vegas Masters SCY Meet at UNLV.

Thank you to SPMS and USMS for guidance, support and inspiration. Thank you to our staff and volunteers for their time and dedication. Thanks to the fabulous adult swimmers for enjoying this sport with us in Vegas, where we can dress in costumes, take photos with Elvis, stick results on glittering poker cards, and feast on a buffet, all without leaving the pool deck!

So let's tell you about Elvis... Elvis x 2! We have a friend, Elvis on Stilts, who entertains swimmers and guests on the pool deck in 4 foot tall stilts. The layout of the UNLV pool and the upper deck of bleachers makes it that Elvis on Stilts can tell jokes to everyone on the first floor (pool deck) and 2nd floor at the same time! Our other Elvis was a lovely young lady, age 10, my daughter Eve Jordan, who wore the iconic Elvis white jumpsuit with sparkles and red scarf. Where else in the world can you swim with Elvis x 2 to entertain you?



Free food at our swim meet began with our Las Vegas Buffet of healthy items, many fresh fruits, and a special homemade snack mix. And then it was birthday/anniversary cake time! Pam Ivey brought two huge cakes to help us celebrate Coach Vic's 85th birthday, Las Vegas Masters 20th anniversary and Vic's 60th year coaching swimming. The grand finale of free food was our 20-ingredient salad bar. The theme of the salad bar was Coach Vic's favorite food (salad!) and 20 toppings to represent the 20th anniversary of Las Vegas Masters. Most of us ate cake before salad - who says you can't have dessert before dinner? And on another note, let me just emphasize here how much swimmers love free food at a swim meet!

Our Vegas swim meet partnered up for our fourth year with Sin City Classic, the world's largest LGBTQ Multi-Sport event. Sin City Classic adopted the Las Vegas Masters SCY Meet as their newest sport of swimming on a roster of 25 sports. I attended their opening registration party, handed out USMS and SPMS marketing items, and spoke to many men and women who swam as children, and wanted to know more about swimming as adults. I answered their questions about registering for USMS, joining a USMS club, swimming in fitness events and competitive events. They seemed inspired to get back in the pool and swim for life. Many of them told me they were motivated by the opportunity to swim in our Las Vegas Masters SCY Meet next year. I look forward to seeing them next year at UNLV on Saturday, January 16, 2021.



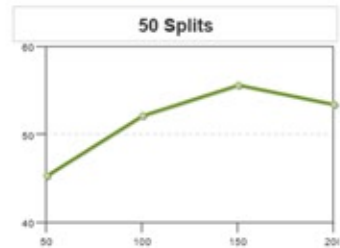
Our local Las Vegas and Henderson swimmers made a welcoming environment for our guests from the rest of SPMS, San Diego, plus new and old friends from Alaska, Arizona, Utah, Florida, Colorado, Idaho, Minnesota, Oregon, and Washington. All in all, we were 150 swimmers at UNLV on January 18th. We met some first-time swim meet participants, some fitness swimmers looking at new goals, and many experienced swimmers, having fun racing fast. The ages of swimmers at our Vegas meet ranged from 19 to 88, with largest participation in the age groups of 40-44 and 55-59. My favorite new friends were those who formed a super special exhibition relay consisting of swimmers from LBG, ORCA, QUAC and DSST. My favorite old friends are all the most excellent road-trippers from Rose Bowl Masters, under their fearless leader Chad Durieux. Thank you Chad for supporting all the SPMS meets!



I received so many compliments about our skilled professional staff, who ran an organized, high quality swim meet. It's really nice when people recognize the work that goes into running a sanctioned swim meet. Our meet admin referee for the past 15 years is Robert Mitchell. Our head referee for the past 4 years is Cheryl Pearson. Our new stroke and turn judges are Diana Dolan LaMar and Virgil Chancy. Our super lifeguards are Savannah McKie and Hayden Whiple. Our new announcer is Jarvis Marlow. This crew is the best!

Joanne Saul-Zachau (LVM)
200 Y Fly Heat 1 Lane 4 Finals

Distance	Cum	50s	100s
50	45.33	45.33	
100	1:37.51	52.18	1:37.51
150	2:33.18	55.67	
200	3:26.59	53.41	1:49.08
	Avg	51.65	1:43.30



As for meet results, I would like to make special mention of someone who is friends with (and a fan of) more swimmers in this world than anyone. Her name is Joanne Saul-Zachau. She swims for Las Vegas Masters, and if you didn't already know, she swam for Coach Victor Hecker 52 years ago as a little girl. Joanne found Coach Vic again when she wanted to join Masters swimming, and they've been together ever since. This year, at the young age of 61, Joanne decided to swim her first-ever 200 Butterfly, and she chose the Vegas meet to do it. Between her natural tenacity and Vic's excellent coaching, Joanne managed to hold a perfect stroke the whole way, and even descended the final 50! See image of her splits.

All other Vegas meet results were equally fantastic. We love seeing our guests put their results stickers on shiny gold and silver poker cards, which qualify swimmers for many large and small prizes. Our first-time competitors and the novice swimmers were brave. The fitness swimmers achieved new goals. The seasoned swimmers of all ages swam beautifully and had fun. Me personally, I set the goal of breathing once on the way down and twice on the way back in the 50 Free, and I did it! And now it's time to set a few new goals to achieve in Vegas... with Elvis... and free food... on Saturday, January 16, 2021! It doesn't get much better than this! **#swimforlife #lasvegasmasters #fablv-masters #usms #mastersswimming**



March & April **POOL MEETS**

March 7th, 2020

Caltech Pentathlon SCY Swim Meet

[Click Below for the meet PDF](#)

<https://www.spmastersswim.org/c/8B6A80C/file/-meets/2020/PentathlonSCYFINAL.pdf>

March 22nd, 2020

CVMM Matt Biondi SCY Masters Classic Swim Meet



[Click Below for the meet PDF](#)

https://www.spmastersswim.org/c/8B6A80C/file/-meets/2020/CVMM_Ken_Final.pdf

March 22nd, 2020

San Luis Obispo Dual Sanctioned Long Course Meters Swim Meet



[Click Below for the meet PDF](#)

<https://www.spmastersswim.org>

April 5th, 2020

UCLA Short Course Yards Swim Meet



[Click Below for the meet PDF](#)

<https://www.spmastersswim.org>

April 23rd - 26th, 2020

USMS National Short Course Yards Championships



[Click Below for the meet PDF](#)

https://www.clubassistant.com/club/form/register_now.cfm?c=2529&smid=12697

UPCOMING SPMS EVENTS



Saturday, March 7th

Caltech Pentathlon - held at Temple City High School



Sunday, March 15th

USMS Clinic Course for Coaches 9:15am - 11:30am
USMS Stroke Development Clinic 12:45pm - 5:00pm



Thursday, March 19th

SPMS Committee Conference Call 7:30pm



Friday, March 20th - 22nd

San Luis Obispo Long Course Meters Swim Meet



Sunday, March 22nd

CVMM Matt Biondi SCY Masters Classic Swim Meet



Saturday, April 4th

Swim with Mike Masters Workout 8:00am



Sunday, April 5th

UCLA Short Course Yards Swim Meet



Thursday, April 16th

SPMS Committee Conference Call 7:30pm



Thursday, April 23rd - 26th

USMS National Short Course Yards Championships

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