



# NADADORES MASTERS

## The annual POLAR BEAR CHALLENGE

Submitted by Diana Lamar | Secretary@SPMasterSwim.org

The Mission Viejo Nadadores Masters Swim Team kicked off the 2021 swim season on December 4th with the annual Polar Bear Challenge.

More than 80 MVN swimmers participated in this enticing swimming event held from December 4, 2020 to January 4, 2021. With the intention of motivating swimmers during the chilly month of December as well as acting as a positive and encouraging challenge to keep the pounds off through the holiday season, this was a unique way of encouraging swimmers to register for the upcoming 2021 USMS season because a current USMS membership is required to participate. The \$20 entry fee provided a beautiful long-sleeve t-shirt, and swimmers were definitely motivated to meet the challenges provided by Coach Mark.



### GOLD MEMBERS

38 swimmers (17+ workouts)

28 ZIKOVA, ALENA

26 ZIPPEL, ISABEL

25 AHMADI-KASHANI, MAGID

24 FURUKAWA, PATRICIA

24 TOBIN, JAMES

23 MCKINZIE, MICHAEL

23 KORNER, JESSICA

23 WALTON, BRUCE

23 PRIETO SANJUAN, RAFAEL

22 RIVERA, KENDREA

21 KLOET, NICOLE

21 DOLAN LAMAR, DIANA

21 MONTRELLA, BEV

21 STUART, MARGARET

20 MITCHELL, ROBERT

20 AMPULA, AARON

20 PRICE, ROSEMARY

19 RAMADAN, ZEYAD

19 FREITAS, STEPHEN

19 ZAWISTOSKI, LISA

19 TSE, KEN

18 FUJIMOTO, ANDY

18 DEMAURO, BILL

18 GIBSON, MIKE

18 FLATMAN, ASHLEY

18 ALWAN, MARY ANN

18 JANSEN, CYNTHIA

18 WOOLARD, ROBERTA

17 CURRY, CHARLES

17 WALKER, FRANK

17 AMBROSIO, IRVING

17 PINEDO, ALEX

17 CRANDALL, KRISTIN

17 MAY, MEREDITH

17 PINEDO, DEBORAH

17 STUART, IAN

17 TSE, STACY

17 MOORE, BARBARA

13 DUNBAR, ERICA

12 GRIFFIN, JANIS

12 BATCHELLER, JEN

12 BORZONE, SUZANNE

12 LADD, LORNA

12 CORRAO, JOANNE

At the conclusion of this annual event, a fun MVN party occurs to celebrate the participants and winners; however, this year, a virtual celebration was held and prizes were awarded on the pool deck. Congratulations to Alena Zikova for being awarded the **NADADORES GRAND POO BEAR**. She swam 28 days of 28!!!



In January and February, MVN challenged swimmers to compete in the annual USMS One Hour Postal National Championships on three different Wednesdays. While one could hear groans from the swimmers, over 1/3 of the present workout swimmers participated.



Mission Viejo Masters swimmer Bev Montrella set a new National Record for the 1 Hour Postal National Record in the 75-79 age group. Bev swam 3,700 yards, shattering the previous record of 3,550 yards. Bev has been a member of MVN for over 13 years and is an inspiration to all Nadadores.

Way to go, Bev, and Congratulations!!!

## SILVER SILVER MEMBERS

7 swimmers (15-16 workouts)

16 PETERSON, MARLOW

15 HOULDSWORTH, DUNCAN

15 SMITH, LAURA

15 HOPE, GARY

15 KOLKA, SCOTT

15 LOVE, KATHY

15 BORZONE, RAY

## BRONZE BRONZE MEMBERS

12 swimmers (12-14 workouts)

14 PETERSON, DEANNA

13 DOWDLE, THOMAS

13 FRANKEL, JONATHAN

13 VILLANUEVA, FRANK

13 BUGBEE, CAILYN

13 WILLIAMS, PAMELA



Other Exciting January news - Mission Viejo Nadadores Masters swimmers Jessica Korner and Zeyad Ramadan were awarded SPMS Club Swimmer of the Month in January! Both were consistent with their workout attendance, overall improvement, and their effort during workouts!

Despite the cold weather in January, the month concluded with a surprise guest coach appearance on Friday, January 22, 2021 which delighted all of the swimmers.



MVN currently hosts 30 workouts per week. Interested members should contact Coach Mark Moore below; not the guest coach pictured above.



## Go the DISTANCE

Submitted by David Johannsen (davidswim@johaninc.com)

Top 10 lists have been updated for Annual Miles and 5 Year Age Group Miles. The Top 30 Women and Men have also been updated for their lifetime miles (2007-2020).

The Top 10 Women and their lifetime miles are:



**LEXIE KELLY**  
9,710.04 miles



**LYNN KUBASEK**  
8,307.28 miles



**NIKI STOKOLS**

5,781.46 miles



**SUZANNE DODD**

5,582.80 miles



**JEAN CARLSON**

5,425.34 miles



**JACQUIE ANDERSON**

4,574.07 miles



**LOIS GOODMAN**

4,572.61 miles



**KRISTINA NEILL**

4,517.28 miles



**NIKKI TAKARABE**

4,394.46 miles



**CHARLEY YOUNG**

4,340.73 miles



**JIM MCCONICA**

8,851.45 miles



**STEPHEN STEDRY**

5,587.36 miles



**BILL IRELAND**

5,364.49 miles



**CARL RIEGER**

5,292.64 miles



**MICHAEL BLATT**

5,145.92 miles



**RICH KATZ**

4,684.31 miles



**GLENN PINER**

4,478.13 miles



**MICHAEL HURE**

4,357.55 miles

The Top 10 Men and their lifetime miles are:



**ANDY SERATAN**

9,740.50 miles



**TIMOTHY MARTIN**

9,363.83 miles



## 2021 USMS 1-HOUR EPOSTAL NATIONAL CHAMPIONSHIP HOSTED BY OREGON MASTERS SWIMMING

If you are having challenges with finding pool time to swim for one hour straight, consider speaking with the lifeguards and the aquatics management at your local pool about the possibility of being able to use the facility to swim your 1-Hour ePostal National Championship Event.

- Identify the public health orders and requirements currently in place at your state/county/local level especially regarding swimming.
- Identify the COVID-19 Safety Protocols in place at the specific aquatics facility regarding use of the lap swimming lanes or other use of the pool.
- Your proposal should include an explanation of the 1-Hour ePostal National Championship requirements (e.g. 60 minutes of swimming time, the need to have an individual present to time/count/record the swim, etc.), a plan to meet the specific safety requirements, and address any revenue issues.

### Here are some talking points to consider:

- Can the timer/counter/recorder also reserve a lane (in addition to the swimmer)? This person would not swim, but would have to be on the deck physically distanced with a face covering (and would have to meet any other safety protocols at check-in just like the swimmers). This would still meet the capacity limits for the facility and offer revenue for the “unused lane”.
- Can the swimmer and the timer/counter/recorder reserve a double session with permission to be in the water for the 60 minutes? (This would be through the “break time” between sessions that is used for enhanced sanitization protocols). Perhaps the swimmer can be assigned to a specific lane to reduce any interference with these procedures and other swimmers.
- Will the facility consider renting one or two lanes for up to two hours for the swimmer and timer/counter/recorder? Perhaps other swimmers might also want to participate as well, so more lanes could be reserved for two hours.

And finally, if your Club is planning to swim the event as a group and has already identified a facility, please reach out to other Masters swimmers in your area, if drop-ins or visitors are allowed. This would give the opportunity for additional swimmers to be able to take part in the event, as well as being a potential way to generate revenue for your club.

## USMS 1-Hour ePostal EXTENDED to March 31, 2021

Submitted by Robin Smith | Open Water Chair and member of the USMS Long Distance Committee ([OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org))

As pools continue to re-open across the country, USMS has recently decided to extend the 2021 USMS 1-Hour ePostal National Championship for an additional month through March 31, 2021. Link for more information and event registration (Individual and Relays):

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1308&smid=13499](https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=13499)



Obviously, if you are swimming a more aerobic, distance themed workout, you will swim more yards per time slot. A sprint workout will yield less yardage, or at least it should. Why? Training fast twitch fibers to optimally perform requires them to rest between max efforts. For the open water swimmers, it's not all about maximizing your distances on every swim, but being able to vary speed, turnover and kick as you train to become a more efficient aerobic swimmer.

A quick look at muscle fibers. We all have three types - fast twitch, slow twitch, and mixed fibers (those are the ones we can train to be fast or slow twitch). Fast twitch fibers are our sprint fibers, that mostly make up our mover muscles in our arms and legs. Our slow twitch fibers make up the muscles in our postural system. We are genetically predisposed to more or less fast/slow twitch. This is why some athletes are organically better at fast and short distances and others excel at long distances and are able to maintain a steady effort. Typically, sprinters have larger muscle mass than long distance athletes. This is due to the natural response of the muscle fibers to training. When muscle fibers are trained correctly, performance is optimized and soreness and delayed fatigue are minimized.

## Here are sample workouts

Open Water-optimizing slow twitch endurance and efficiency

1. Swim comfortably for 5-10 min.
2. Kick it up alternating 5 minutes with increased stroke cadence and increased kick cadence
3. Fall back into your normal stroke x10 min

Repeat

Pool- optimizing fast twitch speed and recovery

Sprint workout (adjust intervals as appropriate, example based on :27/:28 and around :59-1:03 from a push)

21x50 (7x3x 50 1st on 60 butterfly kick on back, 2<sup>nd</sup> swim build on 45, 3<sup>rd</sup> all out 100% effort)

OR:

12x100 (3x4 100s)

#1 50 kick on back/50 swim on 1:45

#2 100 swim on 1:30

#3 all out from a push-round 1 100, round 2 100 broken at 50 for 5 sec, round 3 broken at 25 and 75 for 5 sec each.

I will focus my articles in the next few newsletters on optimizing training for your muscles. This keeps it fun and you will improve and experience less lingering fatigue and delayed muscle soreness.

Here is to creative and happy pod workouts!

## Optimize your TRAINING

Submitted by Arlette Godges | Sports Medicine Chair  
(SportsMedicine@SPMasterSwim.org)

We have found a new normal and new routines, whether grabbing lanes together at a pool during sign up, or meeting at the beach for an Open Water swim, we have our training dialed in to our daily and weekly routines. The fact we don't have locker rooms, showers, need a temperature check at the pool gate, and most need to do weekly sign ups, no longer seems an inconvenience, or a foreign concept. However, many swimmers are making up their own workouts and have had limited opportunity to have coached workouts from trained coaches.

What I have noticed on various pool decks and talking to many swimmers in the Masters community is a need to use every second of the 45/50/60min workout times. Of course, we want to optimize our time in the lane we scored. Optimizing your workout does not mean how many yards or meters you could possibly fit into that time slot.



## Recapturing independence through education.

# Swim With Mike

Forty years ago, USC All-American swimmer Mike Nyeholt was paralyzed in a motorcycle accident that not only changed his life but led to the formation of the nationally renowned Swim With Mike program that changed the lives of hundreds of physically challenged athletes throughout the country. The Physically Challenged Scholarship Fund provides scholarships to athletes whose lives had been affected as a result of a tragic accident or illness.

Each year since 1981, with the exception of 2020 because of the pandemic, fundraising campaigns and other events have been held at USC and other locations helping to raise the donations that have kept the program thriving. One of our favorite parts of Swim With Mike is the Masters Workout led by Olympians and Olympic Coaches. Just wait till next year!

More than \$25 million has been raised over the years, including \$4 million in endowment resources, enabling us to fund 55 scholarships during this pandemic school year.

**“Special thanks and congratulations to all our recipients and their families, both current and alumni, who continue to inspire us with their incredible strength and fortitude in overcoming their own personal tragedies and who, through advanced education, will achieve their lives’ full potential”**

**- Mike Nyeholt**

With the current uncertainty of holding in-person events for 2021, we are making plans to hold a virtual event at noon on Saturday, April 10, 2021 highlighting the Swim With Mike fundraising campaigns throughout the country. This is where you come in.

Please do what you can. Swim wherever you can find water. A theme of 40 for 40 years. 40x25s, 40x100s, 40x200s or whatever inspires you to raise funds or donate to this wonderful cause. Your generosity will continue to bring hope and the gift of independence to young people to overcome adversity through education.

Thank you!

## **Our Mission**

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.

Join the virtual event at: [www.swimwithmike.org](http://www.swimwithmike.org)

For questions contact: [swimwithmike@gmail.com](mailto:swimwithmike@gmail.com)



## **We want to help Coaches & Clubs**

The SPMS Marketing and Club Development Committee is composed of Anita Cole, Kenny Brisbin, Megan Johnston, and Karin Perissinotto. We are here to help coaches; we want to help clubs grow their membership.

Please reach out to us if your Masters Club needs assistance in setting up club social media platforms or if your club could use marketing materials like brochures, stickers, decals, caps, or keychains to make up goodie bags for new members or need brochures to leave in pool offices for prospective members.

Email us if just want to share ideas during this stressful time of Covid-19.

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



# Upcoming SPMS Events



Thursday, March 18<sup>th</sup>  
SPMS Committee Conference Call 7:30P



Saturday, April 10<sup>th</sup>  
Swim with Mike Masters Workout 8:00A



Thursday, April 15<sup>th</sup>  
SPMS Committee Conference Call 7:30P

# SPMS Officers

## Executive Committee:



**Chair: Mark Moore**  
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**Vice-Chair: Ken Brisbin**  
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**Secretary: Diana LaMar**  
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## Committee Chairs:



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**Coaches Chair: Christine Maki**  
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