



20
22

JAN-FEB



SPMS VOLUNTEERS RECOGNIZED AT ANNUAL MEETING

Submitted by [BECKY CLEAVENGER](#) | MemberAtLarge@SPMasterSwim.org

The Southern Pacific Masters Swimming (SPMS) annual meeting was held November 4th in Pasadena. The Annual Meeting is when SPMS approves its' budget for the following year. Open to all SPMS members, it is also the time we recognize volunteers for outstanding service to the local masters swimming community.

STEVE SCOFIELD AWARD

The purpose of the Steve Scofield Award is to recognize outstanding long term service to SPMS. It is presented annually to a volunteer who has maintained current SPMS registration for the last ten years and has consistently demonstrated outstanding service to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, local and national level. **The 2021 honoree is Anita Cole, avid swimmer and long-time chair of the Marketing Committee.**

JIM MARCUS AWARD

The purpose of this award is to express special thanks to individuals

or groups who have made significant contributions to Southern Pacific Masters Swimming. To be considered, one must have maintained current Southern Pacific Masters Swimming registration for the last five years and shall have made significant contributions or effort toward the conduct, leadership, or support of Southern Pacific Masters Swimming. **The 2021 honoree is Alina de Armas.**

CONTRIBUTOR OF THE YEAR AWARD

The purpose of this award is to recognize outstanding contributions to Masters Swimming during the year preceding the year in which the award is presented. To be considered, the member must have held current Southern Pacific Masters Swimming registration during the year under

consideration and have demonstrated outstanding contributions to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, local or national level(s) during the year under consideration. **The 2021 honoree is David Johannsen.**

OPEN WATER CONTRIBUTOR OF THE YEAR

The SPMS Open Water Service Award honors individuals who have made significant service contributions to promoting and building excellence in USMS open water swimming in the following ways: Embodies the USMS mission, vision, goals, and objectives through open water swimming service; contributes to open water notably in several roles (i.e., USMS Open Water/Long Distance national committees, LMSC open water/long distance chair, event and/or safety director, official, coach, clinician, and/or volunteer); contributes to open water notably at different levels of USMS; or demonstrates extraordinary measurable service achievement and impact. **The 2021 honoree is Paul Szuszkiewicz.**

SWIMMERS OF THE YEAR

This annual award recognizes the male and female SPMS swimmers who have displayed exemplary commitment to masters swimming, achieved personal success at SPMS swim meets and/or open water events, and have been an inspiration to others. TO be considered, the nominee must have been a member of SPMS during the year under consideration and have competed in at least two SPMS meets or SPMS-sanctioned open water events during the time period under consideration.

The 2021 swimmers of the year are Doug Kajiwara, Conejo Valley Masters, and Beverly Montrella, Mission Viejo Masters.



DOUG KAJIWARA, CONEJO VALLEY MASTERS

MAURINE KORNFELD AWARD

This new award was inspired by Maurine Kornfeld, who at age 99 continues to inspire and impress the masters swimming community. Maurine is a once in a generation wonder who has established a high standard for sportsmanship, humility, joy, positivity, and encouragement of others through her commitment to lifelong fitness through swimming. This is a merit based, rather than annual, award. **The honoree of the inaugural Maurine Kornfeld Award is Maurine herself.**



BEVERLY MONTRELLA, MISSION VIEJO MASTERS.



MAURINE KORNFELD



LONG BEACH GRUNIONS

KENNY BRISBIN RECOGNIZED BY USMS

Submitted by **BECKY CLEAVENGER** | MemberAtLarge@SPMasterSwim.org

USMS recognized our current Vice Chair, and Chair-elect Kenny Brisbin for his contributions at the National level. The Ted Hartz USMS Staff Appreciation Award recognizes individuals who have demonstrated excellence in assisting and supporting the national office in their mission and professional duties of servicing, promoting, and building the membership. As this year's recipient, Kenny demonstrated leadership and enthusiasm in helping to create a meaningful partnership between the USMS Coaches

Committee and the national office. His work on the virtual coaches certification task force helped create the best path forward for USMS's new online level 1 coaches certification course. Kenny and the USMS Coaches Committee he chairs also provided valuable input as USMS created COVID-19 resources for clubs and coaches. Congratulations Kenny, and thank you for all you do.

MARKETING MATTERS!

WE WANT TO HELP COACHES & CLUBS

Submitted by **ANITA COLE** | Marketing@SPMasterSwim.org

The SPMS Marketing and Club Development Committee is composed of Anita Cole, Kris McPeak, Megan Johnston, and Karin Perissinotto. We are available 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 free marketing materials. We have free stickers, decals, caps, and luggage tags. These items make excellent goodie bag stuffers for new members. Stickers should be left at the pool offices to promote Masters Swimming. Please order a club branded banner to display at your pools. Please make sure your website is still accurate and the USMS information on Club Finder is still accurate and relevant.

A goal for 2022 is to increase your club membership by 10% by welcoming new swimmers to try out your workouts at no charge for a brief period of time and make that first workout magical in any way that you can.

Email us if you just want to share ideas during this stressful time of Covid-19 or if we can help you in any way. Don't forget about the grants that are available!

We look forward to hearing from you.

Marketing@SPMasterSwim.org



HOW TO SUCCESSFULLY ACHIEVE YOUR GOALS IN THIS NEW YEAR

Submitted by **ROBIN SMITH** | SPMS Vice Chair | Robin coaches and swims for Irvine Novaquatics Masters.

We are now in the early days and weeks of 2022 and many of you are thinking about what you would like to accomplish this year. Some are using the SMART or SMARTER formula to write goals. And others are using the 5-Ws. The important thing is to start by writing them down.

As a brief review, **SMART** stands for **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-Bound. While **SMARTER** adds **E**valuated and **R**eviewed to the end of the SMART Acronym. The **5-Ws** come from journalism and writing – **Who, What, When, Where, and Why**.

As we know, just writing your goals down doesn't make them automatically happen. Here are some questions and points to consider as you are formulating your goals this year:

1. **What is your life purpose?** Are your goals relevant and in alignment with your life path? Corporate goals are usually in alignment with the Mission and Vision of the Company. Your personal goals should be in alignment with your life mission and vision.
2. **Set no more than 3-5 goals.** Having too many goals will make it overwhelming to try to achieve any of them during the year. Are your goals within reach? Even "stretch goals" should be realistic and attainable.
3. **Write your goals down and read them out loud.** "Seeing" your goals and "hearing" your goals helps to make them "real."
4. **Post your goals** where you will see them as a **visual reminder every day** of what you want to accomplish.
5. **Commit.** Truly believe in yourself. "I can do this!"
6. **Envision** exactly how you will **FEEL** when you have achieved your goal(s). Picture yourself in the moment. How are you going to celebrate? Actually feel your emotions. Do this visualization when you see and read your goals each day.
7. **Review and evaluate** your goals every 3 to 4 months. Life changes, especially these days, and your goals may need to be re-adjusted accordingly. Businesses review corporate and department goals quarterly and make changes as needed. Personal goals should be reviewed on a regular basis and be adjusted as well.

Remember to **COMMIT** to your goals and **BELIEVE** in yourself. And remember to **ENVISION** exactly how you will **FEEL** in the moment. Congratulations! You did it!



SPMS MEET UPDATES EXCITING NEWS

Submitted by **KEN BRISBIN** | Chair@SPMasterSwim.org

2022 is bringing in great news. SPMS is returning to local competition at our pools. Please make sure and check the SPMS website for details. Here are just a few in the works.



January 30th

- 2022 Golden Road Aquatics SCY Pentathlon Meet



February 19th/20th

- 2022 SilverPeak Performance - SCY Meet



March 6th

- 2022 Mission Viejo Masters March SCY Meet



March 20th

- CVMM Matt Biondi SCY Masters Classic Swim Meet

WITHOUT NCAA ACTION, THE EFFECTS OF LIA THOMAS CASE ARE AKIN TO DOPING

Submitted by **VIRGIL CHANCY** | Diversity and Inclusion | DiversityInclusion@SPMasterSwim.org

<https://www.swimmingworldmagazine.com/news/without-ncaa-action-the-effects-of-lia-thomas-situation-are-akin-to-doping/>

UPCOMING SPMS EVENTS

JAN
30

JAN 30 - SUNDAY

- 2022 Golden Road Aquatics SCY Pentathlon Meet

FEB
05

FEB 05 - SATURDAY

- USMS Clinic Course for Coaches 9:15A-11:30A
- USMS Level 2 Masters coach Certification 9:15A-11:30A

FEB
06

FEB 06 - SUNDAY

- Stroke Development Clinic for swimmers 9:15A-11:30A

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