



20
22

MAR - APR



NEW COACH CERTIFICATION FOR SPMS

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

On February 5th and 6th, Bill Brenner conducted USMS Level 2 Coaches Certification, How to run Coach Clinics for Coaches, and a stroke clinic class in Glendale, California.

Please help me congratulate your new Level 2 Coaches in Southern Pacific Swimming: **Lisa Bove of CVMM, Daniel Broger Mackey of CCAM, Meredith Cranston of SPP, Tony Dual of RMDA, Jill Gellatly of CVMM, Arlette Godges UC33, Laurie Jobu of ROSE, Ashley Kremer of SPP, Brent Lamb UC33, Pat Luangeaktrakul of SPP, Richard Mignault of OTTR, Stephen Morris of LGB, Joelle Morphy of SPP, Kim Onisko of LBG, Nathan Osborne of SPP, Ming Robinson of NOVA, Nico Salvato of SPP.**

Some coaches took a second class and learned the fundamentals of running a Coached Stroke Clinic for swimmers. Those members are Lisa Bove of CVMM, Tony Dual of RMDA, Arlette Godges UC33, Ashley Kremer of SPP, Carly Miler of WH20, Kim Onisko of LBG, Ming Robinson of NOVA.



Sunday was a culmination of all that knowledge obtained by those coaches. During the highly attended Stroke Clinic course, they assisted Bill Brenner in directing swimmers on new drills and techniques. By the end of the clinic, swimmers left with further information for better swimming and some new friends in the pool.

A special thank you to **Coach Charles McPeak** for hosting these classes at one of his facilities.



FIRST SPMS POOL MEETS OF 2022 FOCUS ON TECHNIQUE PLUS SPEED!

Submitted by **ROBIN SMITH** | SPMS Vice Chair | vicechair@spmastersswim.org

The first two swim meets of 2022 are now completed and each meet forced swimmers to focus on both **stroke technique AND speed** in two different ways.

The GRA Pentathlon was held at Northview High School in Covina CA on Sunday January 30th. This Annual SPMS Meet had a new host this year and we thank **Golden Road Aquatics** for hosting their very first meet!

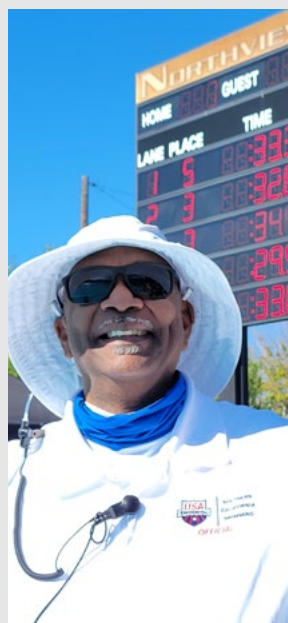
This was a Sprint Pentathlon and participants had to complete 50yds of each stroke in IM order (Fly, Back, Breast, and Free) plus a 100yd IM – “all legally” – in order to be considered for awards in their age group. There were 220 swimmers entered to try their hand at completing the Pentathlon in the lowest cumulative time. We had great weather, pancakes and bacon, a fun raffle, and some very fast swimming!

SilverPeak Performance also hosted their very first meet on February 19th and 20th – “The **Inaugural Stroke Specialist SCY Meet** at Glendale High School in Glendale, CA. Per Charles McPeak, Head Coach of SilverPeak Performance and one of the Meet Directors: “Swimmers all over the world have their favorite “niche” in swimming. Either you’re a sprinter, distance swimmer, IM’er, etc. At this meet, we want to find the Stroke Specialists. The Stroke Specialists will need to have a blend of sprinting and distance within them to have the lowest combined time within their age group in the stroke categories.” The 115 swimmers entered in the meet had a lot of fun competing in their Stroke Specialist category (Free, Distance Free, Back, Breast, Fly, and IM). And some swimmers competed in two categories! Congratulations to everyone!

SPMS would like to thank the two High School venues for permitting these Masters Swim Meets at their new facilities with COVID-19 mandates in place. We also applaud the meet hosts, volunteers, officials, and lifeguards who worked long hours to make these events successful. And we are grateful to all of the swimmers and coaches who participated in these meets to help get the 2022 SPMS swim meet season off to an excellent start! Thank you!

Our next meets are the **MVN SCY Meet on Sunday March 6th in Mission Viejo**, and the **CVMM 7th Annual Matt Biondi SCY Meet in Simi Valley on Sunday March 20th**. Please check the SPMS Upcoming Meet Calendar for information and entries:

<https://www.spmasterswim.org/meet-schedule/>





USMS COACHING AND STROKE CLINIC

Submitted by ARLETTE GODGES | Sports Medicine | SportsMedicine@SPMasterSwim.org

A couple weeks ago, I had the privilege to be part of a USMS coaching and stroke clinic. I learned so much, it is always surprising to me how much I learn from my patients, clients and participants. As a physical therapist, movement expert and athlete, my go to is performance. The patient, client and participant are also thinking performance, but, in reality we all need to think sustainability and wellness. If we think with that in mind, performance will follow. In THAT vein, my focus is shoulder health and sustainability.

As a Masters Swimmer you might be swimming an average of 3000yards per workout. That equates to about 3-4000 shoulder rotations per week. As we age our flexibility weans and our joint reach decreases. Let that sink in. Solution: flexibility is important and stroke technique essential.

If you are getting this newsletter in SPMS, chances are you are swimming with a USMS certified coach and a coach knowable of correcting your stroke to make it pain free and sustainable. Be willing to slow down the progress and take the drills to heart. Your shoulder will be grateful. 80% of swimmers will need to stop their training due to shoulder pain (guess what? Most of them are not College swimmers). It is important to know, that it is NOT normal to have shoulder pain as a swimmer. If we do have shoulder pain, it is due to poor alignment of the shoulder joint, or a-synchronous firing of essential shoulder girdle muscles due to poor mobility. The shoulder is an intricate joint held together by ligaments and relies on the orchestration of perfect muscle synchronicity (your rotator cuff). This can only happen with optimal flexibility of BOTH thoracic spine and shoulder. Here are 3 very effective ways to enhance mobility of the shoulder, so reach can be improved, impingements minimized and pain eliminated.

1. Foam roller: vertical on spine and do snow angles...SLOWLY
2. Foam roller: horizontal at what would be bra line for woman (men, use your imagination) and roll up/down; stop short of rolling lumbar spine and cervical spine
3. Stand in a door way and reach up to hook hands on the top of the from and lean into the stretch.....feel it in your "armpits"

As always, please feel free to email me for further suggestions/questions.





2021 GO THE DISTANCE

Submitted by DAVID JOHANSEN

The following swimmers broke SPMS records for their age group in the USMS 2021 Go the Distance event.



WOMEN 60 - 64

ISABEL ZIPPEL (MVN)

760.34 MILES



WOMEN 65 - 69

SUSAN HANSELL-SMUCK (VCM)

601.02 MILES



WOMEN 85 - 89

JACQUIE ANDERSON (KMAN)

371.89 MILES



MEN 65 - 69

ANDY SERETAN (UNAT)

1510.33 MILES

The following 2021 swimmers made (or broke their previous mileage) on the SPMS all-time TOP 10 list for their age groups.

Women



WOMEN 35 - 39

LEXIE KELLY (UNAT)

554 MILES



WOMEN 40 - 44

CALLIE PEAT (BGWM)

274 MILES



WOMEN 55 - 59

LINDA SIMONS (GRA)

670 MILES



WOMEN 60 - 64

SUZANNE DODD (CTM)

446 MILES



WOMEN 60 - 64

MARIE MARSTON (UNAT)

449 MILES



WOMEN 65 - 69

SHERRY KEIGHER (SBM)

550 MILES



WOMEN 65 - 69

ELIZABETH BOSCACCI (SBM)

373 MILES



WOMEN 65 - 69

MICHELLE MCCONICA (VCM)

321 MILES



WOMEN 75 - 79

BEVERLY MONTRELLA (MVN)

252 MILES

Men



MEN 60 - 64

BILL IRELAND (SCAQ)

584 MILES



MEN 65 - 69

CARL RIEGER (UNAT)

942 MILES



MEN 65 - 69

KENT SMALL (NOVA)

518 MILES



MEN 65 - 69

MICHAEL BLATT (VCM)

399 MILES



MEN 65 - 69

TOM HINSHAW (SBM)

381 MILES



MEN 70 - 74

STEPHEN STEDRY (ROSE)

555 MILES



MEN 70 - 74

JEFF GHAN (LVM)

215 MILES



MEN 80 - 84

ROBERT BERGSTROM (FMT)

200 MILES

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 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 free co-branded banner to display at your pool.

We have been visiting club websites. Please make sure your website is still functioning with easy to find contact information, schedule of workouts, cost of monthly dues, description of your membership, and other relevant information to keep the visitor engaged. Verify that USMS information on Club Finder is still accurate and relevant. Also, please view list of clubs on SPMS Website and make sure that the location stated is that of the pool and not the address of club contact. We don't want to mislead a possible new member as to what town the workouts are in.

A reasonable goal for 2022 might be to increase your club membership by 10% over the 2021 number by welcoming new swimmers to try out your workouts at no charge for a brief period of time and making 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 SPMS Grants that are available for clubs! Maybe you need funds to pay for volunteers to become certified coaches to help out on deck or maybe you need funds to hire a professional to set up a website for your club. You can find the grant application on our SPMS Website. Please use it if you need it!



STROKE SPECIALIST MEET

Submitted by CHARLES & KRIS MCPEAK | Silver Peak Performance

“SilverPeak Performance was honored and excited to host our first meet over the President’s Day Weekend. The theme was ‘Stroke Specialist’ with the idea being to compete in three events per stroke category and the lowest combined time is the award winner.

The categories were:

- Breaststroke - 50, 100, 200
- Butterfly - 50, 100, 200
- Backstroke - 50, 100, 200
- Freestyle - 50, 100, 200
- Freestyle Distance - 500, 1000, 1650
- IM - 100, 200, 400

115 swimmers competed over a two-day period at Glendale High School. The Stroke Specialist Award Recipients are listed below.

School. The Stroke Specialist Award Recipients are listed below. SPP would especially like to thank the following folks for their incredible support this weekend: Kenny Brisbin, Robin Smith, Chad Durieux, and the entire SPP family.

AGE GROUP

MEN'S BREASTSTROKE

18-24

Greg Lee - UC33

30-34

Antonio Escobar - SPP

40-44

Chad Durieux - ROSE

45-49

Rick Kim - SPP

55-59

Brendan Hickey - UC33

AGE GROUP

WOMEN'S IM

18-24

Caroline Flynn, SPP

30-34

Addison Kemp - SPP

40-44

Kylie Riley - VCM

AGE GROUP

MEN'S IM

35-39

Travis Bartosh - NOVA

50-54

Charles McPeak - SPP

60-64

Harlan Pinto - MELO

AGE GROUP

WOMEN'S DISTANCE FREE

18-24

Ariel Peterson - SPP

55-59

Linda Simmons - GRA

AGE GROUP

MEN'S DISTANCE FREE

35-39

Marc Costa Sitja - ROSE

50-54

Scott Blietz - CANY

55-59

Julio Cienega - ROSE

60-64

Frank Campbell - ROSE

AGE GROUP

WOMEN'S FREESTYLE

50-54

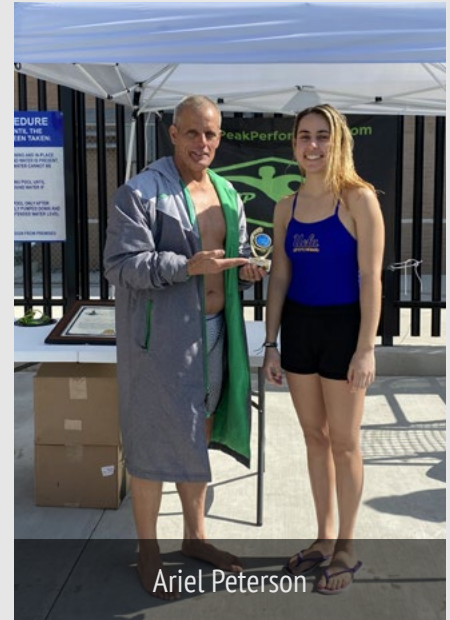
Nancy Leichter - ROSE

70-74

Carol Cracchiolo - ROSE



Antonio Escobar



Ariel Peterson

AGE GROUP

MEN'S FREESTYLE

30-34

Shane Petcavich - SPP

40-44

Erik Hartung - ROSE

50-54

Bob Balocchi - ROSE

55-59

Julio Cienega - ROSE

60-64

Tom Burke - GRA

65-69

Jim Caprio - SPP



Heather Lehr



Travis Bartosh

AGE GROUP

WOMEN'S BUTTERFLY

35-39

Julia Marin Yaseli de La P - ROSE

40-44

Helene Nehrebecki - DAM

AGE GROUP

MEN'S BUTTERFLY

18-24

Justice Kramer - UC34

40-44

Joshua Schwartz - ROSE

50-54

Ronald Scott - ROSE

AGE GROUP

WOMEN'S BACKSTROKE

18-24

Erica Weiland - SPP

25-29

Lauren Breuer - JAMM

55-59

Heather Lehr - SPP

60-64

Margaret Campbell - ROSE

70-74

Lynda Leopold - ROSE

AGE GROUP

MEN'S BACKSTROKE

35-39

Travis Bartosh - NOVA

60-64

James Chalkey - LVM



Susan Cushman



Lauren Breuer

UPCOMING SPMS EVENTS

MAR
06

MARCH 06 - SUNDAY

- 2022 Mission Viejo Masters March SCY Meet

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08

MARCH 08 - TUESDAY

- LMSC Volunteer Development 5:00 PM

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MARCH 17 - THURSDAY

- SPMS Committee Conference Call 7:30 PM

MAR
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MARCH 20 - SUNDAY

- CVMM Matt Biondi SCY Masters Classic Swim Meet

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MARCH 31 - APRIL 03

- 2022 MVN Fran Crippen Memorial Swim Meet of Champions

APR
07

APRIL 7 - 10

- IGLA 2022 Championships

APR
21

MARCH 17 - THURSDAY

- SPMS Committee Conference Call 7:30 PM

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For archived newsletters, please go

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