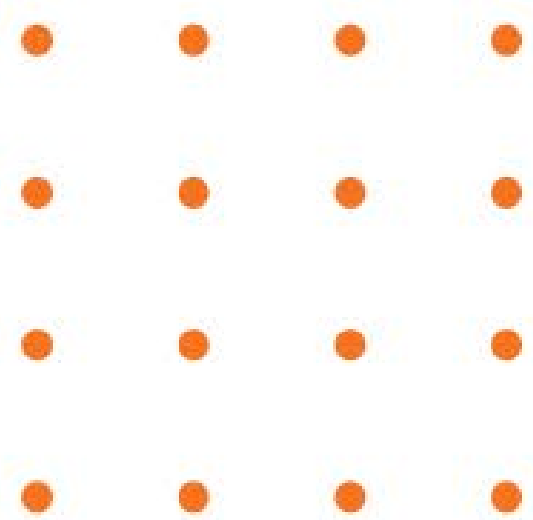




SPMMS

SOUTHERN PACIFIC MASTERS SWIMMING



NEWSLETTER
NOVEMBER - DECEMBER 2022





2022 SPMS REGIONAL CHAMPIONSHIPS

LONG BEACH CITY AQUATIC CENTER

DEC 2ND, 3RD & 4TH

Submitted by: *Ken Brisbin* }  ken@supersource.com

After a couple of years of not being able to host the 2022 SPMS Regional Championships the Long Beach Grunions are excited to invite you back to this meet. We have moved to a new venue, the recently completed state-of-the-art Aquatic Center on the Long Beach City College campus.

While this facility is outdoors, there is ample 2nd level covered seating including elevators if needed. If you don't want to sit in the stands, there is more deck space than you will need for all your friends, family, and team tents.

Along with all events being offered, you will experience the Long Beach Grunions friendly hospitality making this event the premier swim meet to attend.

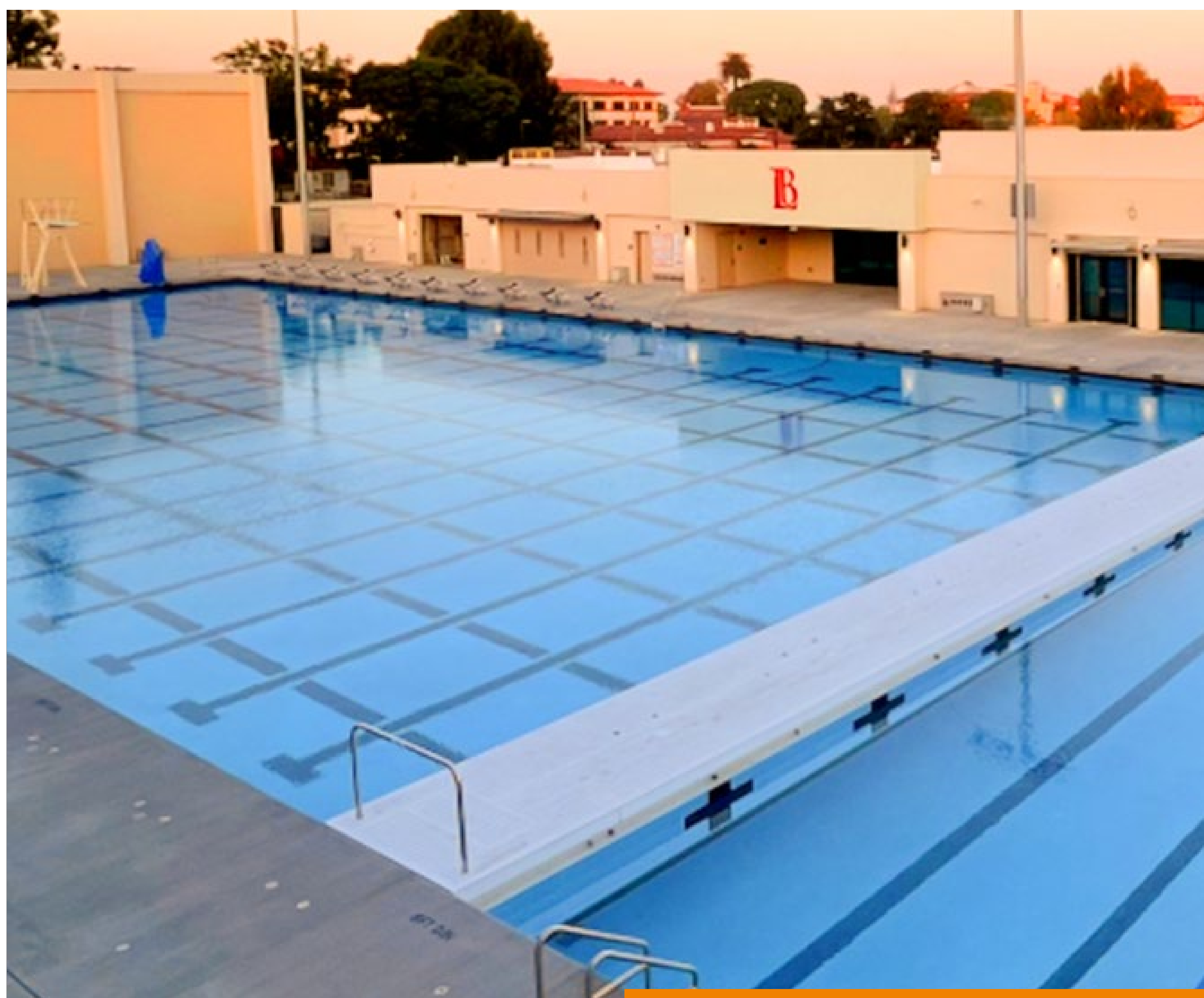
Host hotel and registration can be found here:

scmchamps.org

If you have any questions, please contact

Kenny Brisbin at ken@supersource.com

See you all in December





SPMS ANNUAL MEETING AND SWIMFEST

COME JOIN THE FUN!

Submitted by: *Robin Smith* }  ViceChair@SPMasterSwim.org

The 2022 SPMS Annual Meeting is scheduled for Saturday November 12, 2022 from 9:00AM to 3:00PM at the Golden West College Aquatic Center at Golden West College in Huntington Beach, CA. This meeting is open to all current members of Southern Pacific Masters Swimming.

This year, SPMS is rolling out a new in-person format for our Annual Meeting. There will be a Swimfest offered during the morning agenda! Members will be able to participate in a 40 minute swim practice for all abilities. This will be followed by opportunities for swimmers to learn and practice dives, turns, and stroke technique. Certified Coaches will be on-deck to lead, instruct, and assist participants with the various activities.

There is no charge for registration and there is lots of free parking

on campus during the weekend. Refreshments and Lunch will be provided. The Annual Meeting agenda after lunch will include our annual awards, and a guest speaker.

SPECIAL GUEST SPEAKER:

Jamal Hill, USMS Swimmer and Team USA Paralympian, 2020 Olympic Bronze Medalist in 50 Free. Holds multiple Para-Swimming American Records and USMS Top Ten rankings.

<https://www.teamusa.org/usparaswimming/athletes/Jamal-Hill>

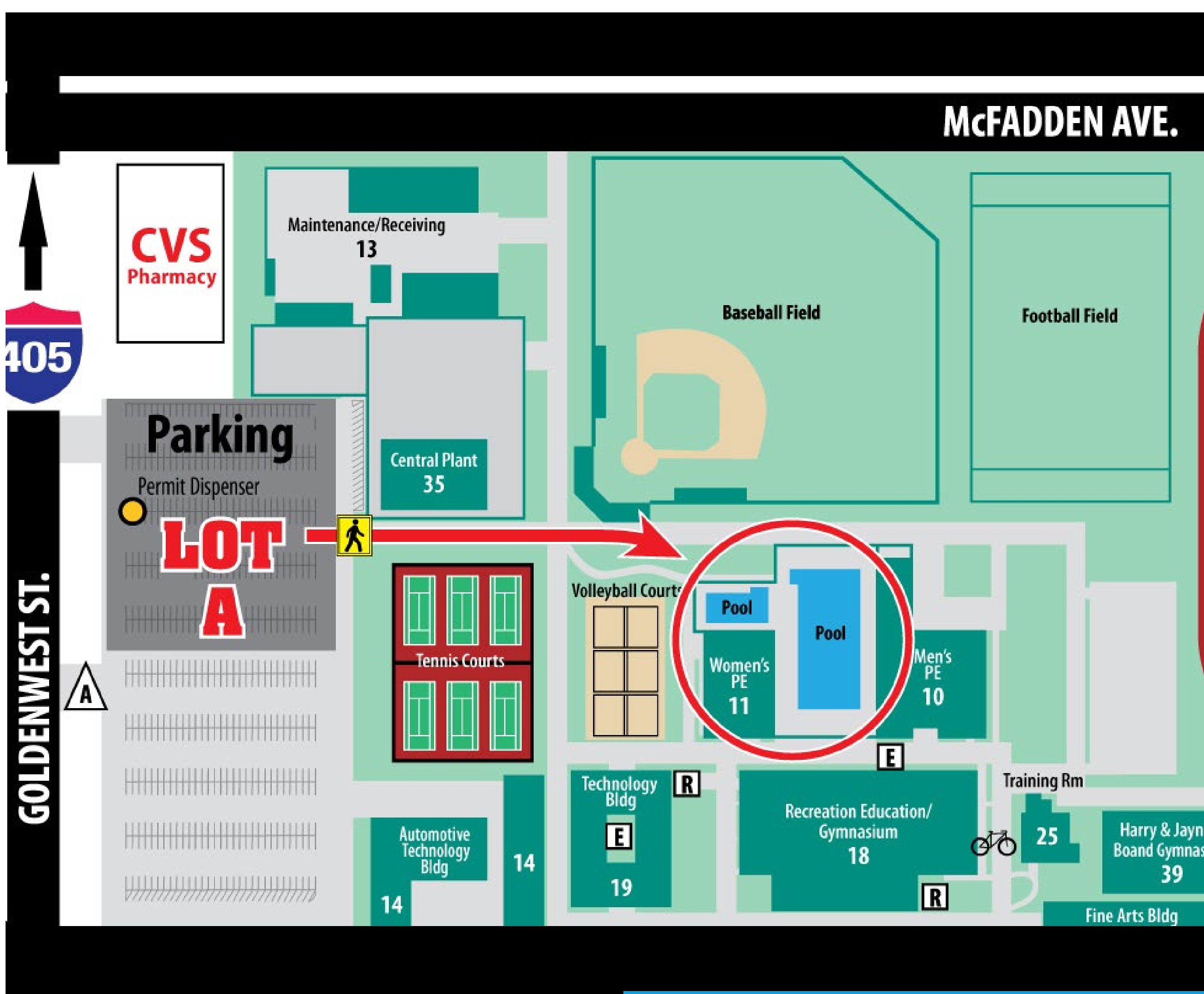
Meeting Registration is required. We need a count for refreshments, lunch, and the pool activities (lanes/on-deck coaches). Please RSVP in advance.

LINK FOR ANNUAL MEETING REGISTRATION:

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1781&cid=94068>

DIRECTIONS AND PARKING:

Golden West College is located at 15744 Goldenwest St, Huntington Beach, CA 92647. The campus is west of I-405 and bordered by Goldenwest St, Gothard St, W McFadden Ave, and Edinger Ave. Enter the parking lot off of Goldenwest St and park in the north end of the lot by the Tennis Courts toward the CVS Pharmacy. Parking is free. Follow the signs to the pool.





USMS AWARDS

2022

USMS AWARDS

Submitted by: *Becky Cleavenger* }  MemberAtLarge@SPMasterSwim.org

Each year U.S. Masters Swimming recognizes and celebrates the extraordinary efforts of our members beyond the water's edge. USMS's success is a result of the amazing contributions of our talented and dedicated volunteers. USMS presented its annual awards at the annual meeting, held in September in Denver, CO. Please congratulate the following SPMS volunteers who were recognized this year.

DOROTHY DONNELLY SERVICE AWARD

The award is presented annually to USMS registered individuals whose volunteer service has contributed to the growth, improvement, or success of U.S. Masters Swimming locally, regionally, and/or nationally

SPMS MEMBER AWARDED IN 2022:



DIANA DOLAN LAMAR

Diana Dolan Lamar

DIVERSITY, EQUITY & INCLUSION AWARD

The award recognizes individuals or clubs that create a diverse and inclusive environment in USMS, thereby making everyone feel empowered to bring their full, authentic, unique selves to the sport.

SPMS MEMBER AWARDED IN 2022:



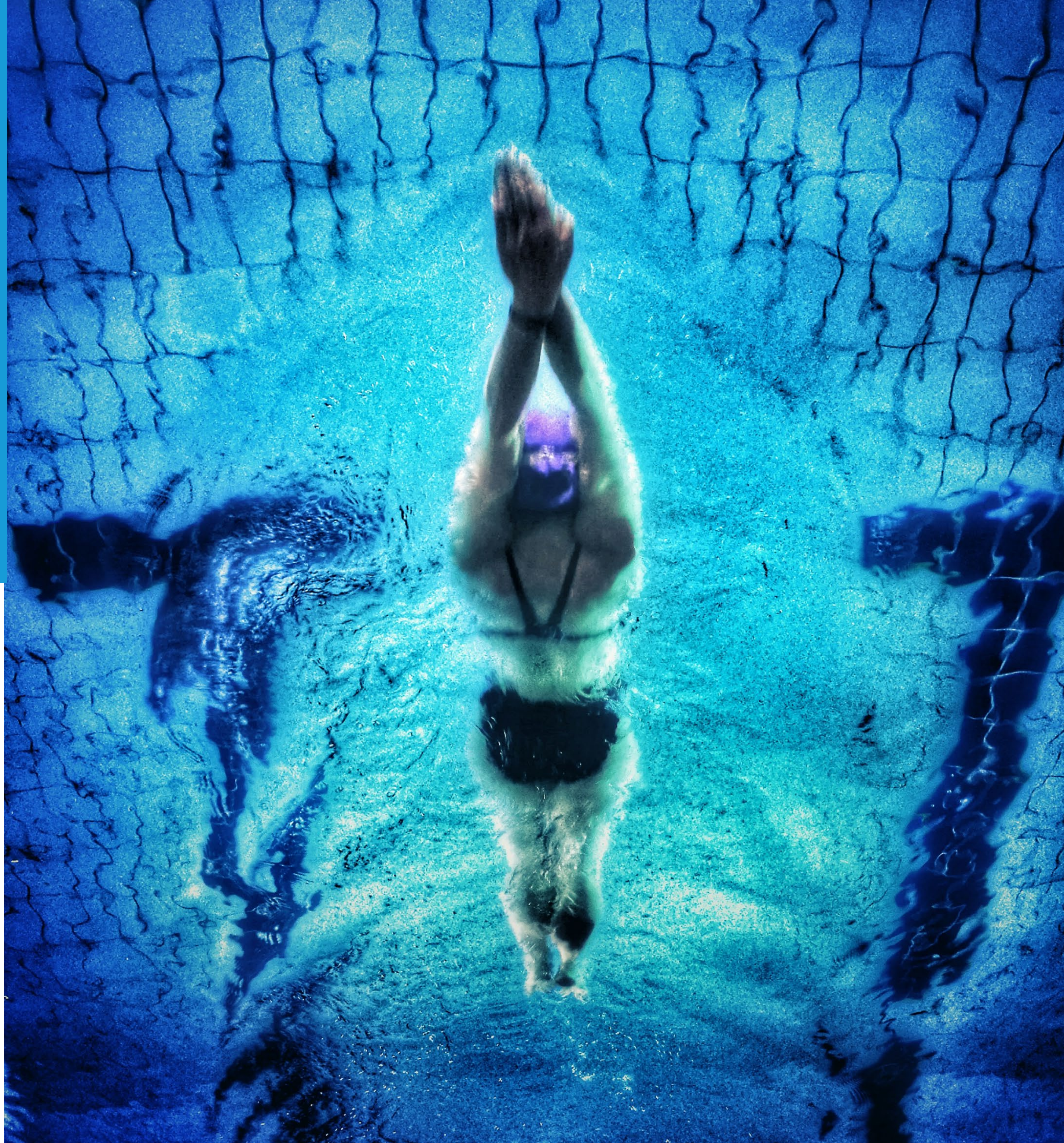
ROOK CAMPBELL

Rook Campbell



IGLA 2022 ORGANIZING COMMITTEE

Jon Bauer, Kenny Brisbin, James Ballard, Mary Church, Liz Carlin, Chad Young, James Carameta, Audrey Kim, Bart Parnes, Thomas Wilson, Adam Larson, Geoff Heuchling, Jessica Seaton



VIRTUAL CHAMPIONSHIP

Submitted by: *David Johannsen*

5,000 METER VIRTUAL CHAMPIONSHIPS

SPMS winners were:

65-69 WOMEN



STACEY WARMUTH (VCM)



1:12:16

75-79 MEN



LARRY RAFFAELLI (VCM)



1:46:26

Also placing in the Top 3 of their age groups were:



AARON AMPULA (MVN)



KURT DICKSON (GRA)

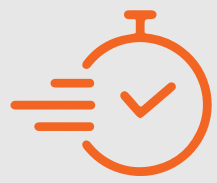
10,000 METER VIRTUAL CHAMPIONSHIPS

SPMS winners were:

65-69 MEN



DOUG KAJIWARA (CVMM)



2:24:45

75-79 MEN



LARRY RAFFAELLI (VCM)



3:57:56

Also placing in the Top 3 of their age groups were:



STACEY WARMUTH (VCM)



KURT DICKSON (GRA)



DAVID SHOSTAK (MVN)



MARKETING MATTERS! WE WANT TO HELP COACHES AND CLUBS!

Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

Please register to attend our upcoming SPMS Annual Meeting and Swim Fest on November 12 at Golden West College from 9 am to 3 pm.

Also sign up for the big USMS SCM Regional Swim Meet in Long Beach hosted by the Long Beach Grunions on December 2-4. Block your calendars and book your hotel to join this great swim event.

The SPMS Marketing and Club Development Committee is composed of Anita Cole and Karin Perissinotto.

We are looking for a social media coordinator to join our committee. Please don't be shy if you have talents and time for this new SPMS Volunteer position.

We want to help clubs grow their membership and help new clubs get started.

Please reach out to us if your Masters 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.

Please order a free USMS 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.

Coaches, please verify that contact information is accurate. We don't want to mislead a possible new member as to what town the workouts are in nor have invalid contact information.

My reasonable goal for 2022 was to increase membership by 10% over the 2021 number by clubs welcoming new swimmers to try out workouts at no charge for a brief period of time and making that first workout magical in any way possible.

Time is running out! This year is almost over! The USMS 30 Day Free Trial Membership Application Form is a great tool to grow membership.

Coaches, you might ask your youngest Masters Members to reach out to their college and/or high school swim teammates encouraging these swim friends to join your club.

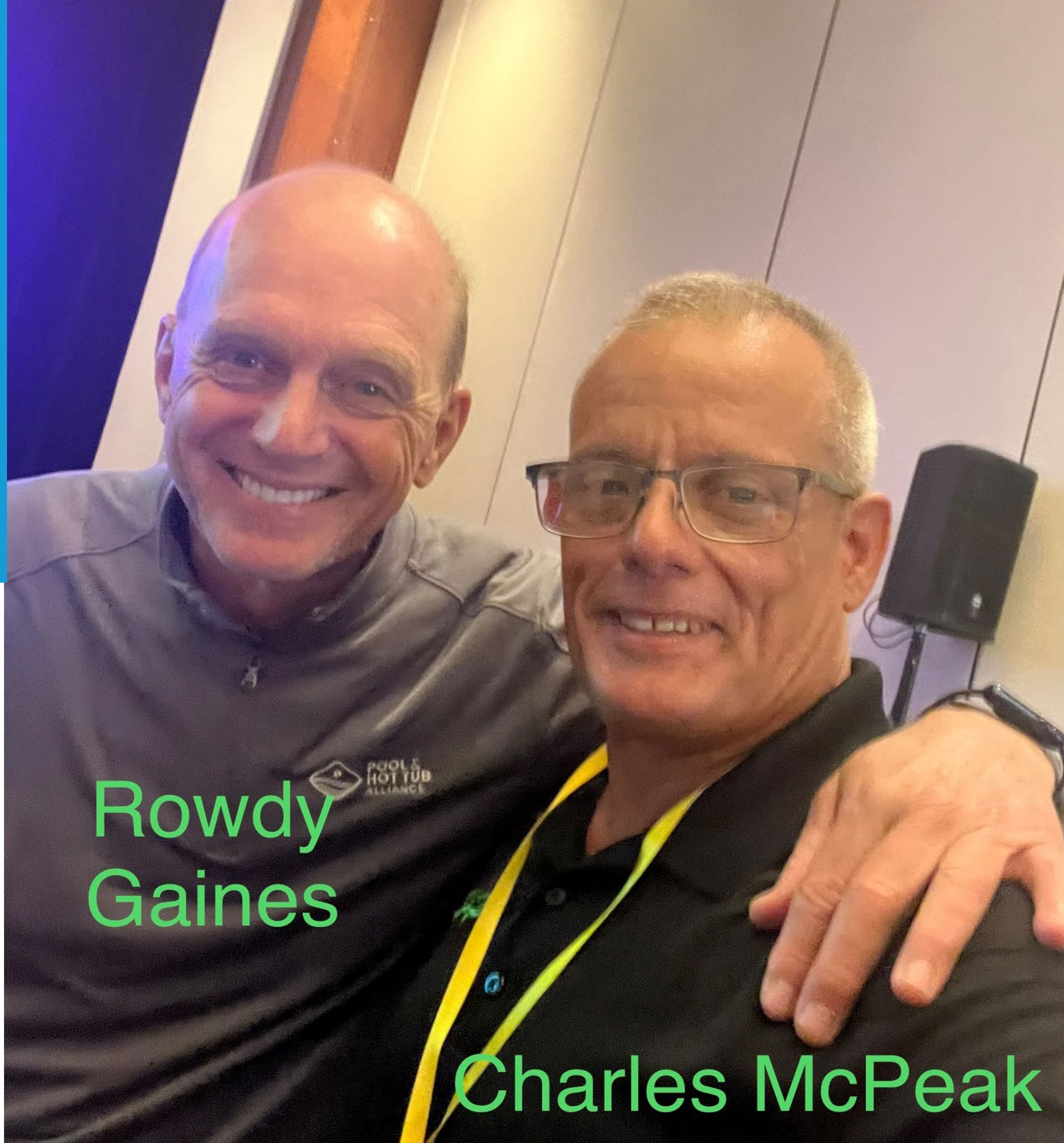
Don't forget about the SPMS Grants of \$1500 that are available for clubs! Maybe your club need funds to help host a swim meet or host a stroke technique clinic or pay for volunteer members to become certified coaches to help out on deck or maybe you need funds to hire a professional to set up a website for your club. You can find the grant application on our SPMS Website. Please use it if you need it! You can apply every year if you have legitimate financial needs.

We look forward to hearing from you.

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

Anita Cole

310-367-4606 call or text



Rowdy
Gaines

Charles McPeak

THE USMS NATIONAL COACH'S CLINIC (NCC) IN LAS VEGAS

Submitted by: *Charles McPeak*

The USMS National Coach's Clinic in Las Vegas was incredible, and I was honored to be part of this delegation for SPMS. Highlights included the pool session with Dr. Genadijus Sokolovas and, of course, getting to see Rowdy Gaines in person (not to mention incredible bonding time with Kenny, Bill Brenner, Nancy, and all the other coaches).

Here are a few highlights from coaches who were in attendance:

I'm writing these lines still riding on the high from the National Coaches Convention in Las Vegas. What a great experience! The bookends of this weekend were a very personal and intimate conversation with Olympic Medalist and broadcaster Rowdy Gaines, where he not only talked about his experiences but also led a great discussion about philosophy of coaching and ended with a great in-the-pool session on drills by the incredible Dr. G! In between those two great moments we listened to

wonderful talks about technique and about injury prevention, discussed about the purpose of what we do, and had the chance to network, meet and get to know great people who are taking master's swimming well beyond the pool.

—Coach Diego

Dean Hutchinson's presentation about drills and allowing swimmers the opportunity to change their stroke, based on their experiences and reflections of their video analysis confirmed my thoughts about how to teach, correct and coach swimmers. Every swimmer is different, and as such, each swimmer should feel their own way through the water, with some standard protocol and individual adjustments to prevent injury, rehab injury, and maximize stroke efficiency. I appreciated him sharing his background and his experiences as a college swimmer.

—Coach Teresa

Overall, the Clinic was great, it was just the right amount of time. I learned new things and met new coaches. I picked up technique drills I could implement right away. Cyndi Gallaher- Loved her presentation, fellow Bruin. I took away, "Would I like me to coach me today!" Really thinking about my persona when I walk on deck every day. Good reminder for me as I struggle with long-covid and energy at workout.

--Coach Nancy

Meeting and hearing Olympian Rowdy Gaines speak was a highlight while Dr G's expertise was incredibly insightful. Executing his freestyle and breaststroke drills was challenging and highly beneficial. I have successfully implemented these drills in my workouts and swimmers especially appreciate the biofeedback of the hand paddle drills. I'll be using the software he shared with us as well to formulate workouts based on specific goals (open water, triathlon).

I found Physical Therapist Dean Hutchison's standout technique videos and concise descriptions to be highly effective in pointing out common errors and corrections.

--Coach Yvonne

This is a very worthwhile event and I look forward to either duplicating it on the SPMS level next year or taking another amazing group of delegates to the national event.

Thanks to the SPMSC and Finance Committee for helping fund the travel and giving so many coaches the opportunity to experience this coaching experience. Definitely a highlight for me.





USMS MEMBERSHIP

Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

It is Novembership! That means it is time for you to renew your USMS Membership now! Grab your favorite credit card and click [HERE](#) now! Don't be shy. If you miss an old lane mate who has disappeared since the pandemic, give him or her a call.

If you have an old college swim team friend living nearby, send him or her a text to join USMS and hopefully your club. It is the best deal around. If a new member joins now he or she gets 14 months membership for the price of 12 months.

It is a good value at \$65. We want you and we hope you want us too! Please share your thoughts on what your USMS Membership means to you by emailing me back.

USMS MEMBERSHIP

<https://www.usms.org/join-usms/join-or-renew>

UPCOMING

SPMS EVENTS

NOV
06

NOVEMBER 06 - SUNDAY

2022 North County San Diego SCM Meet 8:00AM

NOV
12

NOVEMBER 12 - SATURDAY

2022 SPMS Annual Meeting

NOV
19

NOVEMBER 19 - SATURDAY

Early entry deadline SCM Champs, Long Beach 11:45PM

NOV
26

NOVEMBER 26 - SATURDAY

Entry deadline SCM Champs, Long Beach 11:45PM

DEC
02

DECEMBER 02, 03, & 04 | FRIDAY-SUNDAY

2022 SPMS Short Course Meters Championships

UPCOMING

SPMS EVENTS

EXECUTIVE COMMITTEE:



Chair: Ken Brisbin

chair@SPMasterSwim.org



Vice-Chair: Robin Smith

vicechair@SPMasterSwim.org



Treasurer: Kris McPeak

Treasurer@SPMasterSwim.org



Secretary: Diana LaMar

secretary@SPMasterSwim.org



Member At-Large: Becky Cleavenger

memberatlarge@SPMasterSwim.org



Membership Coordinator: Judi Divan

Membership@SPMasterSwim.org

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History and Archives Chair: Robert Mitchell
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Marketing Committee Chair: Anita Cole
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Meet Operations Chair: Ken Brisbin
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Open Water Chair: Christie Ciraulo
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Sports Medicine Chair: Arlette Godges
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Diversity and Inclusion Chair: Virgil Chancy
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Webmaster: Robert Mitchell

Webmaster@SPMasterSwim.org



For archived newsletters, please go

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