

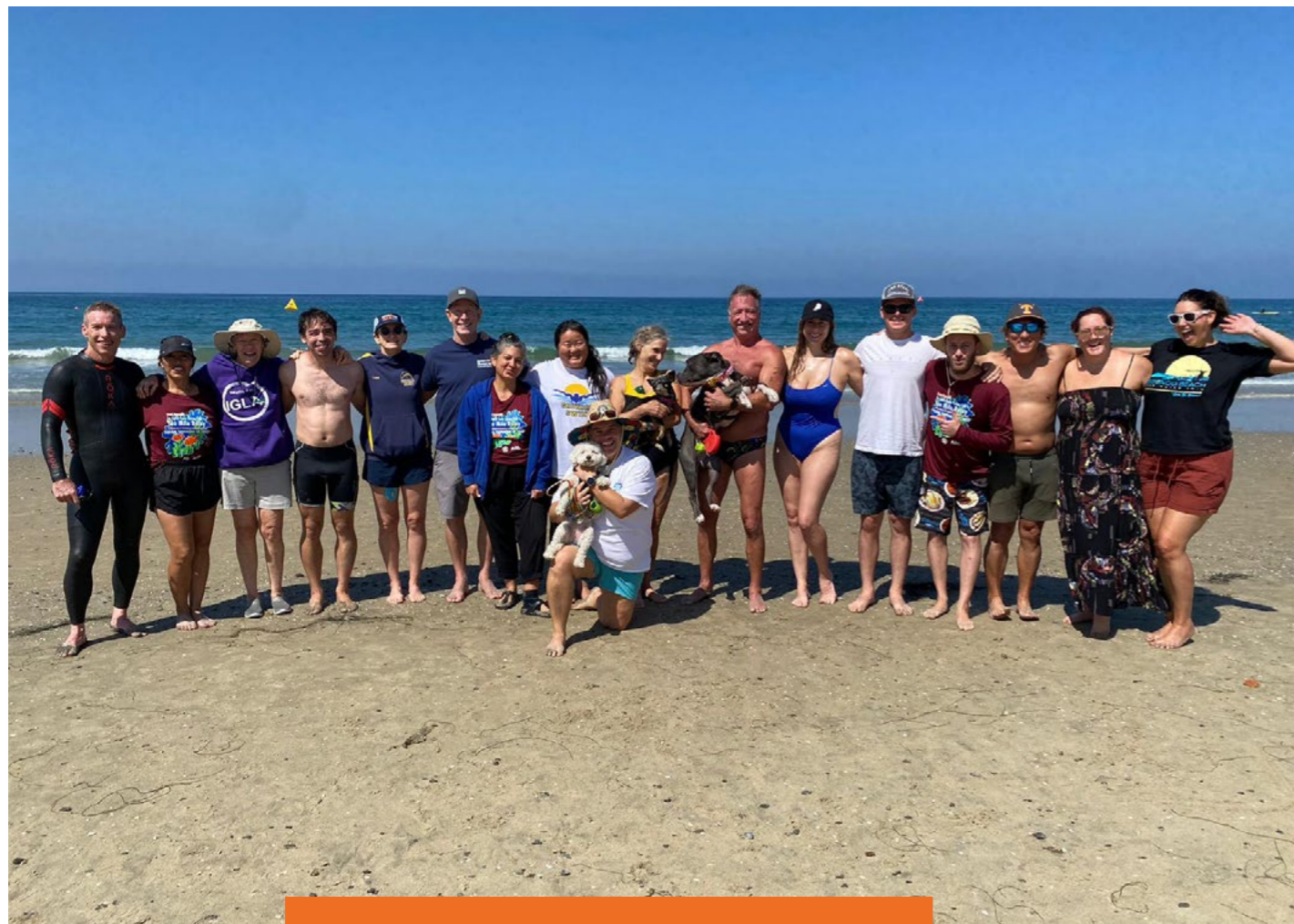


SPMMS
SOUTHERN PACIFIC MASTERS SWIMMING

NEWSLETTER

NOV-DEC 2023





ON TRYING NEW THINGS

Submitted by: *Melissa Jasso*

► The open water La Jolla Relay Race in San Diego occurred this past September with dozens of swimmers from all over the country in attendance. The ten-mile-long relay race can be completed by solo swimmers or on a team of up to five people. Although unaffiliated with SPMS, the annual charity event is an opportunity for swimmers to connect with other teams and athletes. As someone new to swimming culture, the race was special for me because it was my first time participating in an athletic competition of any kind.

I heard of the event through my Master's team, The Long Beach Grunions, but had no intention of registering because I had never swum more than a few yards in open water. My teammate, Laura Serna, knew I was interested in trying open water swimming and so when the time came to fill team slots, she insisted that I was a strong enough swimmer. "Do it," she commanded. Before my brain had a chance to convince me otherwise, I said yes. I reached out to the open water crew within the Grunions and was welcomed with open arms.



The next week I joined the crew for what was to be my first open water swim and longest swim duration ever: three miles! Previously, the most I had done was a mile in the pool. Liz Carlin, who organizes most of the swims, gave me a safety and equipment run-down before we headed off. There were boats, rowers, and sea life (oh my!), but under Liz's guidance and advice, I survived. After the swim, Liz and Laura were all the more confident that next month's relay race would be a breeze. Despite their confidence in me, I was still nervous about competing. A thousand "what ifs" plagued me: What if I start to drown and no one notices in the chaos of the race? What if I'm the slowest and my team resents me? In the weeks leading up to the event, I had to constantly remind myself that I was strong and healthy, having practiced in open water with my team as often as I could and swimming consistently four days out of the week. Still, my teammates repeatedly had to reassure me that the event was "just for fun."

On the day of the race, the atmosphere of the crowd was vibrant and casual. The air buzzed with excitement as beachgoers and racers intermingled, enjoying the California sun. The conditions were perfect for an open water swim: 72°F water temp., minimal chop, and excellent visibility. "This will be fun," I thought as I joined in on the socialization and camaraderie. However, my fears resurfaced when there was a mix up with our team's check-in. Each team was given a bag with our numbers and swim caps, but for some reason there was a mix up and we had to track down ours. Consequently, the kick-off was a bit scrambled, which bungled the handoff between the first swimmer on our team and me. I got in the water late and it felt as if all my fears were coming true. Frazzled and hurried, I continued forward and did the only thing I could and what I went there to do: I swam.

My absolute favorite thing about swimming (and why I'm so in love with it) is its ability to quiet my brain. Everything else melted away because I was forced to concentrate on my form, breathing, and destination. The fear, the anxiety, the frenzy was washed away and my focus and resolve intensified with each stroke. Twenty-seven minutes later I got out of the water and passed the finish line confident and proud that I did the best I could. For the first time in my life, I could call myself an athlete! The rest of the race was all the fun my teammates had promised. My only regret was that I couldn't stay longer to hang out with everyone.

My goal in sharing my experience is to encourage swimmers to continually try new things and to be comfortable with being uncomfortable. As adults, it is often easier (and simpler) to stick with what we're comfortable with. After all, we have so many stressors in our lives that doing something uncomfortable sounds like the least appealing thing on the planet. This year I have pushed myself to try more new things than I ever have in my life. Each time, without fail, I have had to fight through some really uncomfortable fears and moments. Some of the new things I've tried have not gone well (like fantasy football and gardening), but I know if I stop trying new things I'll stop growing. The relay race was my baby step into open water events, and they always say that the first step, small or otherwise, is always the hardest. I am grateful to Liz, Laura, and my team for their guidance and positive peer pressure. My message to all swimmers is to continue to push yourself out of your comfort zone and to be the kind hand that helps your fellow swimmers out of theirs.





Anita Cole wearing the USMS Fall Fitness swim cap and swimming the mile!

OCT 25TH -FIRST- EVER PROGRESSIVE MILE SWIM EVENT!

Submitted by: *Lucila Davius* {  Secretary@SPMasterSwim.org

► Event Overview

The Progressive Mile Swim event held on October 15, 2023, saw participation from 13 swimmers. This report provides an overview of the event's attendance, payments, and recommendations for future improvements.

Attendance

- A total of 20 participants registered for the event, but only 8 attended.
- Out of the 8 attendees, 5 paid the \$10 registration fee in cash on the event day, while the remaining 3 participants paid through USMS for the Fall Fitness Mile Challenge.

- Additionally, 5 individuals who did not pre-register attended the event, bringing the total number of participants to 13.

Volunteers

- On the day of the event, we received a pleasant surprise of 4 volunteers who contributed to its smooth execution.

Post-Swim Refreshments

- After completing the challenging swim, all participants were provided with refreshments, including bagels, coffee, donuts, cookies, and more, which everyone greatly appreciated.

Recommendations if the event were to become an annual event

- Even though it was only 13 attendees, it is recommended to rent the pool from 9-11 am, instead. This will help decrease the facility fees immensely.

- Consider implementing an online pre-payment system to encourage more members who register to attend the event.

In conclusion, despite lower attendance than expected, the Progressive Mile Swim event on 10/15/23 was a success, with 13 dedicated swimmers and the invaluable support of two volunteers. By implementing the suggested improvements, future events have the potential to attract more participants and provide an even better experience for all involved.



Melyssa Jasso and niece volunteering



Patricia Benites accomplishing her personal goal in finishing the 1650 swim



Chad McRae - Volunteered!



Pool manager, pool lifeguard, and McRae enjoying the shade and event festivities



JOIN UNIDOS MASTERS SWIM TEAM

AND DIVE INTO DIVERSITY, EQUITY, AND INCLUSION

Email: membership@unidosmastersswimteam.org

Phone: 562-204-6383

Submitted by: *Lucila Davius* }  Secretary@SPMasterSwim.org

► In a concerted effort to promote diversity, equity, and inclusion in the world of swimming, Unidos Masters Swim Team is embarking on an exciting journey towards its restart in January 2024. We are calling upon passionate individuals who believe in these ideals to join us in our mission.

Unidos Masters Swim Team is committed to increasing the representation of Black, Indigenous people, and People of Color (BI-POC) in United States Masters Swimming (USMS).

Membership Recruitment: In October, Unidos Masters Swim Team initiated membership recruitment strategies, including

online advertising and local canvassing efforts. However, we've made some strategic adjustments to boost our outreach efforts.

Online Advertising: While our initial online advertising approach had its challenges, we are committed to refining our strategy to reach a wider audience in the future.

Local Canvassing: We have begun engaging in local canvassing efforts, which have shown promising results in connecting with potential members on a personal level. We are currently in the process of reaching out to LA City Parks and Recreation centers and plan to visit them in the coming weeks.

Banner at Van Ness Aquatic Center: Our prominent banner at the Van Ness Aquatic Center will enhance our visibility in the local swimming community, creating a lasting impact on our recruitment efforts.

Strategic Shift for November and December: To enhance our recruitment and build momentum, Unidos Masters Swim Team has decided to temporarily pause lane rentals in November and December. This shift aligns with significant opportunities for growth and awareness.

• **New Year's Resolutions:** As we resume lane rentals in January, we will tap into the New Year's resolution season, encouraging individuals to make swimming a part of their healthy lifestyle choices.

• **USMS's "Try Masters Month":** Unidos Masters Swim Team supports USMS's "Try Masters Month" initiative in January. We aim to leverage this nationwide campaign to introduce more people to the joys of Masters Swimming.

Our future outlook is promising, as we take this time to reevaluate our strategies, fine-tune our approach, and develop compelling marketing materials to bolster our recruitment campaign.

Unidos Masters Swim Team remains dedicated to creating an inclusive environment for swimmers of all backgrounds, and we believe in the power of unity and diversity within the sport.

Unidos Masters Swim Team's commitment to diversity, equity, and inclusion is unwavering. We have learned valuable lessons from our October recruitment efforts and are poised for success with a refined approach. Join us in our mission to promote a more inclusive and diverse swimming community by becoming a member today.

For more information or to get involved, contact us at membership@unidosmastersswimteam.org or call 562-204-6383. Together, we can make a significant impact on the world of swimming and inspire positive change within USMS.





MARKETING MATTERS

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

► The cornerstone of successful amazing Masters Swimming is inclusivity: It is important for everyone to be warmly welcomed with friendship, support, fun, with some coached swimming along the way!

Swimmers enjoy amazing aging. Club lane mates support each other at the wall and elsewhere. Each club develops its own personality largely determined by the coach or coaches on deck as well as the roster of swimmers. Each club needs to establish

some goals and a flow chart of how to get there.

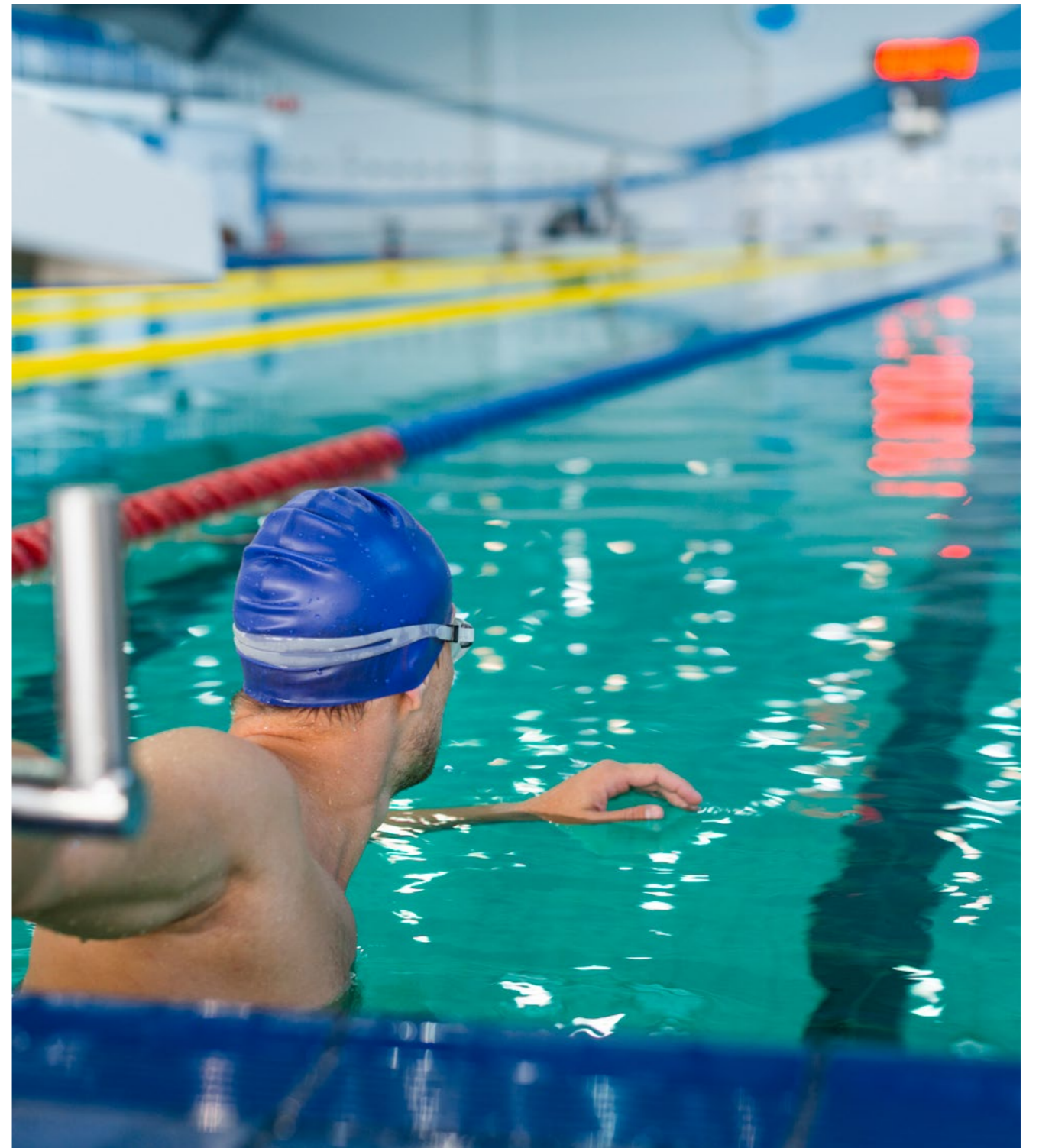
Coaches or other club leaders, SPMS Luggage Tags and Swim Caps are available upon request. You can grab a supply at the November 16 SPMS Annual Meeting with Awards Social with a free Italian Dinner at Pinocchio's Pizza Restaurant located at 1449 N Lake Ave in Pasadena. Let me know how many of each item you would like to claim. If you are not attending this fun and free social event, just email your request with name, number

of items, and physical mailing address to me, Anita Cole, at email below.

My committee members, Lucila Davies, Ralph Porrazzo, and I, are available to help coaches and club leaders reach their goals.

TAG US ON INSTAGRAM: Please send photos to our instagram account via direct messages or tag [@spmastersswimming](https://www.instagram.com/spmastersswimming) in all your posts! This increases visibility of SPMS online! Ralph thanks you!

Contact us soon!





JOB OPPORTUNITY ANNOUNCEMENT MASTERS ASSISTANT COACH & DIRECTOR OF OPERATIONS

SUMMARY:

Under the direction of the Masters Head Coach, the Masters Assistant Coach & Director of Operations is responsible for the organization, management, overseeing club-related daily operations and administrative duties, and providing high quality coaching.

GENERAL RESPONSIBILITIES:

- Provide assistance and information for all new athletes and to the program regarding team tryouts, practice schedules, and registration set-up with the RBAC;
- Coach adult swimmers with a competitive background ages 18 and older;
- Assist the Head Coach in coaching and coordinating structured workouts for the team;
- Promote and expand the team membership through team building and a positive attitude;
- Attend and assist at all scheduled Masters Swim Team competitions, events and activities;
- Attend all team meetings and coach's meetings;
- Teach, instruct, and correct swimmers at every opportunity;
- Assist the Head Coach with overseeing and managing registration fees for all athletes and programs;

PREFERRED QUALIFICATIONS:

- Applicant must be 18 years of age as required by the US Masters Swimming;
- Experience or background in competitive coaching and swimming;
- Knowledge and use of Social Media to help communicate with the swimmers;
- High School Diploma or equivalent; and
- Current First Aid and CPR or Coaches Safety Training

ANTICIPATED ANNUAL PAY RANGE:

- \$25 to \$35 per hour



To Apply: Visit www.rosebowlaquatics.org/employment. For inquiries about this opportunity, please contact HR@rosebowlaquatics.org.



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All employees and applicants are evaluated on the basis of their qualifications, consistent with applicable state and federal laws, without regard to race, color, ancestry, sex (which includes pregnancy, childbirth, breastfeeding and related medical conditions), sexual orientation, gender identity and/or expression, age, religious belief, national origin, marital status, physical or mental disability, medical condition, genetic information, military or veteran status, or other protected basis, all as defined by applicable laws. We are committed to providing equal employment opportunities for all.

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SPMS CLUB SWIMMER OF THE MONTH NOMINATION!

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



SPMS JUST RECEIVED A NOMINATION FOR AN SPMS CLUB SWIMMER OF THE MONTH:

Swimmer Name: **JACK MCCANN**
Coach Name: Kim Onisko & Kenny Brisbin
Coach Email: ken@supersource.com
Club: LBSC
Reason: Always positive and motivational at practice



SPMS JUST RECEIVED A NOMINATION FOR AN SPMS CLUB SWIMMER OF THE MONTH:

Swimmer Name: **EMIL HALCHEV**
Coach Name: Chad Durieux
Coach Email: cdurieux@rosebowlaquatics.org
Club: ROSE
Reason: Great Attitude in workouts and open water!



SPMS JUST RECEIVED A NOMINATION FOR AN SPMS CLUB SWIMMER OF THE MONTH:

Swimmer Name: **BRUCE MCCLEAVE**
Coach Name: Mark Moore
Coach Email: coachmark@mvnadadores.org
Club: MVN
Reason: Swam first OW - 1 Mile - 4th Place at OW National

UPCOMING SPMS EVENTS

**NOV
05**

NOVEMBER 05 - SUN

- San Diego Masters SCM Meet

**NOV
09**

NOVEMBER 09 - THU

- Building a Code of Conduct for your LMSC, Club or Facility to Support ALL Participants

**NOV
16**

NOVEMBER 16 - THU

- 2023 SPMS Annual Meeting, Social and Awards Event

**NOV
17**

NOVEMBER 17 - 19 | FRI - SUN

- SLOS Pumpkin Pie Invite (dual sanction meet)

**NOV
18**

NOVEMBER 18 - 19 | SAT - SUN

- Ron Johnson Invitational/SW Zone SCM Championships

**DEC
01**

DECEMBER 01 - 03 | FRI - SUN

- SPMS SCM Championships hosted by LB Grunions

SPMS OFFICERS

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chair@SPMasterSwim.org



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