



SPMMS
SOUTHERN PACIFIC MASTERS SWIMMING

NEWSLETTER

JAN-FEB 2024





REGOGNIZING OUTSTANDING MEMBERS

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

► SPMS Volunteers Recognized at Annual Meeting

The Southern Pacific Masters Swimming (SPMS) annual meeting was held November 16th at Pinocchio's restaurant in Pasadena. The Annual Meeting is when SPMS approves its budget and swim meet bids 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.

The following volunteers were recognized at the annual meeting:

STEVE SCOFIELD AWARD

DIANA DOLAN LAMAR

Diana Dolan Lamar

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.

Diana Dolan Lamar has left an indelible mark on Masters Swimming through her active involvement in USMS committees and her former role as SPMS secretary. Her leadership is further highlighted by her pivotal role in leading or participating in several SPMS committees which have led to valuable new initiatives and changes such as the 2022 Annual Meeting and Swimfest, showcasing a commitment to the betterment of the Masters Swimming community. Diana is always willing to step up and contribute on every conceivable level, embodying the spirit of this distinguished award.

JIM MARCUS AWARD

ROBIN SMITH

Robin Smith

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.

Robin Smith is a member of USMS board and also serves as the Vice Chair and has long served in many roles as an SPMS volunteer. This has enabled her to accumulate an encyclopedic knowledge of both organizations and she certainly knows how to get things done. Robin attends all sanctioned open water events and ensures safety and execution guidelines are followed so all participants, not just SPMS members, are safe. She played a key role in planning and executing USMS Spring Nationals in Irvine, helping out at every level, including coaching and lap counting. As a coach at Irvine Nova, Robin makes sure she is up to date on adult swimming techniques, which not all younger coaches understand, to make sure her swimmers learn proper technique and don't get injured. Robin exhibits all of the qualities of a good and endeared coach, who quietly works in the background, whether team level, national level, or USMS level, to help better Masters swimmers' lives.

CONTRIBUTOR OF THE YEAR AWARD

LYNN FAHEY

Lynn Fahey

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.

Lynn Fahey has made significant contributions to promoting masters swimming. She has shared her accomplishments in meets and open water events, as well as her day-to-day struggle to get a swim workout in despite a challenging business travel schedule, to her 1,765 followers on social media. She has extensively documented her swimming journey through almost-daily vlogs and posts, through which she shares the joy of Masters Swimming. The fact that she shares her struggles and how she overcomes them is inspirational and conveys a "we can do this together" message.

Lynn's drive for personal growth is truly contagious, and her thoughtful reflections on her experience inspire all swimmers who engage with her. She works closely with the photographer @masterssportsameraguy on Instagram, sharing gorgeous photographs of many SPMS members at meets. These excellent photographs have the potential for massive outreach as they are viewed by Masters swimmers and Instagram users alike.

Through the extensive documentation of her training, competitive events, and day to day thoughts on swimming, Lynn has harnessed the power of social media with the unintended but undeniable outcome of promoting Masters Swimming.

OPEN WATER CONTRIBUTOR OF THE YEAR

CHRISTIE CIRAULO

Christie Ciraulo

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.

Christie Ciraulo serves as the SPMS Open Water Chair and has taken on the role with her typical zeal and high standards. Christie has provided outstanding contributions to promoting and building excellence in USMS open water swimming. She has leveraged her drive, energy, communication, and persuasion skills in reaching out to and working with event organizers to get their open water swimming events sanctioned and professionally and safely executed. Christie routinely displays leadership and positive promotion of our sport and exemplifies the qualities we all hope every SPMS volunteer will strive for.

SPMS Swimmer and Coach of The Year Recognized at Short Course Meters Championships

SPMS also recognizes the swimmer and coach of the year at the end-of-year Championships meet. This year was no different, and two members who excelled in their roles were celebrated for their successes and contributions to Masters swimming.

SWIMMER OF THE YEAR

CHRISTIE CIRAULO

Christie Ciraulo

This annual award recognizes the 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. The 2023 Swimmer of The Year, Christie Ciraulo, has done these things and much more.

Christie officially joined West Hollywood Aquatics (WH2O) in the first year of the pandemic and was immediately recognized by the head coach and the teammates as a positive force both in and out of the water. She quickly became a tremendous source of inspiration to swimmers of all ages, both in the pool and open water. This is not only based on her numerous wins and records, but also her commitment to training and the relentless pursuit she has to better herself, and the support, inclusiveness and encouragement she offers to others.

Just a few examples of Christie's dominance in the pool include her six World Records, five first place Nationals finishes, and six individual wins and two relay golds with WH2O relays at LCM Southwest Zone Championships. In open water swimming, Christie won her age group in both the Mile Sprint and 5K Long Distance races at the USMS National Open Water Championships in Mission Viejo. She finished first in her age group in the Balboa to Newport Pier-to-Pier and the Don Burns Corona del Mar One Mile swims. She also took home age group first places in

Hermosa to Newport Pier-to-Pier swim and Santa Monica One Mile swim. Christie was the first woman out overall in the inaugural MPSF Open Water Masters Championship 1K in Long Beach and second woman overall in the 4K Bermuda 'Round the Sound.

Not only has Christie had a truly remarkable year of swimming, she gives selflessly as SPMS Open Water Chair, and most importantly, she is an inspirational and motivating teammate and representative of the Masters Swimming mission.



Christie Ciraulo



Christie Ciraulo with WH2O head coach, Kiley Ames.

2023 SPMS COACH OF THE YEAR:

MARK STORI, SANTA BARBARA MASTERS

Mark Stori

In the realm of competitive swimming, leadership is not merely about steering a team. It is about transforming challenges into opportunities and forging a path to unprecedented success. Mark Stori, who assumed the role of Head Coach of Santa Barbara Masters since March, 2022, epitomizes this ideal. Charged with the mission of revitalizing communication channels within the organization, Mark not only met but exceeded expectations with remarkable speed and efficiency.

In the inaugural 12 months of his tenure, Mark propelled the team onto a trajectory of rapid growth, achieving milestones that were once distant dreams. With his nurturing guidance, unwavering

commitment, and steadfast support, the team not only set numerous SPMS, National, and World Records but showcased an exceptional performance at the Spring Nationals in Irvine. Thanks to his push, the team boasted a remarkable turnout of over 60 entrants at nationals, securing an impressive 6th place team ranking.

Beyond the pool, Mark has extended his influence by hosting insightful clinics. These sessions were not only a testament to his dedication but also a platform for both Masters and Collegiate swimmers to glean practical applications for their goals in the pool.

What sets Mark apart is not just his coaching prowess, but his enduring connection to the sport. A Masters swimmer and coach since 1990, he brings a wealth of experience, knowledge, and a personal touch that has left an indelible mark on his swimmers.



Mark Stori with Arlette Godges



MUSCLES; NOT JUST SEXY BUT ESSENTIAL TO HEALTHY AGING

Submitted by: *Allette Godoyes* | SportsMedicine@SPMasterSwim.org

▶ When we think of organs in our body, we generally think of stomach, heart, liver, etc. We certainly do not think of skeletal muscle being our largest organ in the body. This has been an oversight in the science and research of longevity. The role skeletal muscle plays is progressively gaining more attention in the roam of disease prevention and active aging. We think of muscles to be important in supporting our skeletal structure, providing postural integrity and movement. That is accurate, but

there is a lot more to the skeletal muscle and that aspect is the point in this article.

Muscles are made up of muscle cells and each of these cells are made up of building blocks that affect so much more than just contraction and movement. Muscle cells have a high number of Mitochondria, these little “power plants” inside our cells have gained much attention in the study of healthy and active aging.

Simply stated, the more we have the more glucose we can store, the less likely we become insulin resistance and the better our cell communication. Healthy cell communication maintains better DNA expression (healthy cell duplication without errors) and maintains healthy Telomere length (longer cell life). Skeletal muscle aging is defined by deterioration of muscle cell structure AND cellular function. When this occurs, we have less mitochondria (less power, less ability to store and use glucose), we increase our intra-muscular lipid (fat), this all puts us at a state of increased inflammation and increased oxidative stress (more difficult to fight disease, increased recovery time, less power, and muscle mass loss), in addition, our cells loose power to signal and we are less likely to trigger healthy autophagy (natural cell death) which leads to increased senescent cells; more inflammation and less resistance to aging degenerative diseases.

So, how do we support a healthy muscle as we age and continue to benefit from all the phenomenal cellular functions in healthy muscle cells? As this is an article to raise awareness, not a cell biology class, the key is to keep your Mitochondria happy, healthy, and well nourished.

It may surprise you, but both men and women loose 3-5% of

muscle each decade after 30. This is accelerated as our hormones dip in our late 40 and 50's. The answer is to add weight training to your weekly workout plan. 2-3 x is optimal and lifting at 75-90% of your max will give you the best results. Getting started with a sustainable and suited to your ability plan, may require the guidance of a physical therapist, trainer or other professional. My recommendation is to make sure this person has knowledge of training people of your age category. As we have Birthdays our tendon integrity, and other responses change and how we lift needs to be adapted (not necessarily how heavy we lift). Increasing your muscle mass, adding muscle fibers and/or increasing size will add mitochondria and improve all the benefits gained by having more muscle mass. Of course, increased muscle mass equals increased strength, increased strength trained correctly equals increased power and speed. Ultimately, a great benefit to being a swimmer.

In closing, it is of great metabolic benefit to hit the weight room, add muscle mass and prepare for healthy aging. Along the journey you will gain the obvious benefits of strength, speed and good looks.

Follow for more @ageupwell





SCM REGIONAL CHAMPIONSHIP MEET

Submitted by: *Ken Brisbin* | Chair@SPMasterSwim.org

▶ On the 1st, 2nd, and 3rd of December, we experienced excitement as over 400 swimmers from various states made a big splash, showcasing their talent. The event wasn't just about participation; it was a record-breaking spree, with twenty-five World and National Records being shattered! This was a testament to the incredible skill and dedication of the participants.

The weather was our ally, offering perfect conditions for the event. Even so, we had a cozy warming tent set up, a popular spot for many participants to relax and recharge between their races.

The Grunions, our enthusiastic hosts, outdid themselves in organizing this spectacular meet. Their passion and excitement were infectious, creating an atmosphere of friendly competition and unbridled enthusiasm. As records were broken and personal bests were achieved, the true spirit of the event shone through. It was not just about winning but about the joy of swimming.

We sincerely hope that you enjoyed attending this meet as much as we enjoyed hosting it. The energy, the cheers, and the triumphant moments in the water were truly unforgettable.

2023 MEN SHORT COURSE METERS CHAMPIONSHIPS

18 - 24 MEN - INDIVIDUAL SCORES

1st	Hurtubise, Marcel	117 Points
2nd	Saraf, Baibhav	85 Points

25 - 29 MEN - INDIVIDUAL SCORES

1st	Pastel, Aidan	108 Points
2nd	Shi, Eric	94 Points

30 - 34 MEN - INDIVIDUAL SCORES

1st	Fischer, Brandon	117 Points
2nd	Porrazzo, Ralph	109 Points

35 - 39 MEN - INDIVIDUAL SCORES

1st	Morris, Jeffrey	110 Points
2nd	Escobar, Antonio	91 Points

40 - 44 MEN - INDIVIDUAL SCORES

1st	Gibson, Christopher	120 Points
2nd	Dmytrow, Robert	111 Points

45 - 49 MEN - INDIVIDUAL SCORES

1st	Sinel, Craig	117 Points
2nd	Popko, David	108 Points

50 - 54 MEN - INDIVIDUAL SCORES

1st	Shenfeld, Brad	113 Points
2nd	Sumner, David	108 Points

55 - 59 MEN - INDIVIDUAL SCORES

1st	Magee, Mark	116 Points
2nd	Sullivan, Scot	114 Points

60 - 64 MEN - INDIVIDUAL SCORES

1st	Morales, Tito	110 Points
2nd	Helgason, Tryggyi	108 Points

65 - 69 MEN - INDIVIDUAL SCORES

1st	Morales, John	110 Points
2nd	Stephenson, Dan	100 Points

70-74 MEN - INDIVIDUAL SCORES

1st	Modjeska, Mark	97 Points
2nd	Foote, John	96 Points

75-79 MEN - INDIVIDUAL SCORES

1st	Selna, Mike	120 Points
2nd	Miller, Rick	111 Points

80-84 MEN - INDIVIDUAL SCORES

1st	Burns, Richard	120 Points
2nd	Andersen, Peter	108 Points

85-89 MEN - INDIVIDUAL SCORES

1st	Smethurst, Everett	40 Points
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90-94 MEN - INDIVIDUAL SCORES

1st	Mitchell, Thomas	120 Points
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2023 WOMEN SHORT COURSE METERS CHAMPIONSHIPS

18 - 24 WOMEN - INDIVIDUAL SCORES

1st	Becraft, McKinley	117 Points
2nd	Ramin, Melika	80 Points

18 - 24 WOMEN - INDIVIDUAL SCORES

1st	Winkler, Brigitte	117 Points
2nd	Liang, Susanna	91 Points

30 - 34 WOMEN - INDIVIDUAL SCORES

1st	Tavcar, Alja	117 Points
2nd	Stacy, Jessica	107 Points

35 - 39 WOMEN - INDIVIDUAL SCORES

1st	Capizzi, Stefanie	114 Points
1st	Kisacik, Seda	114 Points

40 - 44 WOMEN - INDIVIDUAL SCORES

1st	Higlett, Lex	120 Points
2nd	Kurteeva, Anastasia	117 Points

45 - 49 WOMEN - INDIVIDUAL SCORES

1st	Hodges, Lesley	117 Points
2nd	Collins, Astrid	108 Points

50 - 54 WOMEN - INDIVIDUAL SCORES

1st	Mcclafferty, Christine	117 Points
2nd	Konopka, Beata	99 Points

55 - 59 WOMEN - INDIVIDUAL SCORES

1st	Reynolds, Ellen	120 Points
2nd	Godges, Arlette	115 Points

60 - 64 WOMEN - INDIVIDUAL SCORES

1st	Cleavenger, Becky	120 Points
2nd	Delozier, Anna	117 Points

65 - 69 WOMEN - INDIVIDUAL SCORES

1st	Hibben, Veronica	120 Points
2nd	Ganze, Cathy	113 Points

70 - 74 WOMEN - INDIVIDUAL SCORES

1st	Val, Laura	120 Points
2nd	Jaunzeme, Andra	117 Points

75 - 79 WOMEN - INDIVIDUAL SCORES

1st	Levinrad, Jan	117 Points
2nd	Smith, Diane	105 Points

80 - 84 WOMEN - INDIVIDUAL SCORES

1st	Higlett, Lex	60 Points
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**2023 SHORT COURSE METERS CHAMPIONSHIPS
TEAM RANKINGS**

PLACE	TEAM	POINTS
1st	Rose Bowl Masters	3,948
2nd	San Diego Swim Masters	3,270.50
3rd	Novaquatics Masters	2,948
4th	West Hollywood Aquatics	2,679.50
5th	Conejo Valley Masters	2,400
6th	Long Beach Grunions	1,732
7th	Cmac Masters	987.50
8th	Mission Viejo Masters	986
9th	Las Vegas Masters	903
10th	Oregon Masters	895.50





SPMS OPEN WATER SERIES REOPENS WITH A SPLASH!

Submitted by: *Christie Ciraulo* | ✉ OpenWater@SPMasterSwim.org

▶ With four USMS sanctioned swims sponsored by SPMS this past summer, we were able to reinstate the SPMS Open Water Series.

Congratulations to High Point Winners, Christina Calarco, 35-39, MVN, and Christie Ciraulo, 70-74, WH20. They tied for Female High Point, winning their respective age groups in all four races and scoring a perfect 88 points. Congrats also go to Tim Burke, 65-69, WH20, who scored 84 points to earn Male High Point.

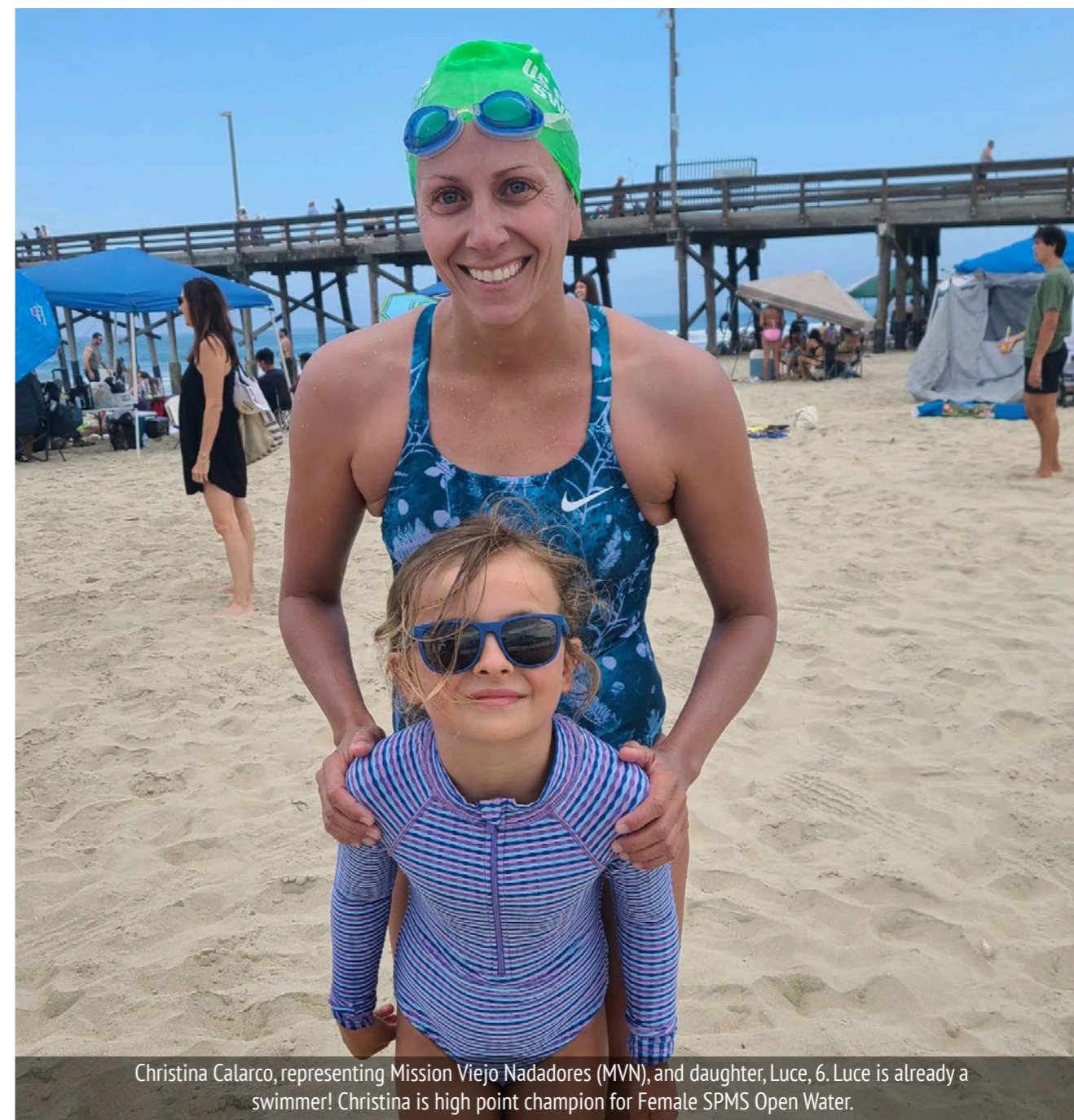
"I actually have always loved the ocean," said Christina, 38, MVN. "I'm from Nevada, but given the opportunity, I headed to the beach. I have always been pretty comfortable in the open water. I've had the opportunity to swim in Nor Cal and Lake Tahoe, and I also swam for UC Irvine, which located me near to the Orange County beaches."

After swimming in college, Christina took a break from

swimming and started her family. Her daughter, Luce, 6, has already started pool swimming. But recently, Christina was able to get back in the water and start training.

"Open water racing has renewed my interest in swimming and competing. It's so different than swimming in the pool. I committed to swimming all four SPMS races because I wanted a goal for training. I loved the Lake Mission Viejo swims. The Long Distance National Championship was my first 5K and I'm looking forward to the next one – maybe even take on some longer swims next summer."

To qualify to participate in the SPMS Open Water Series, a swimmer must have swum at least three of the four SPMS sponsored swims. Only participants who are registered to SPMS qualify for the series. There were many swimmers who swam one or two of the four races, and therefore, did not qualify to earn points. Take a look at the listings below and see how you would have scored if only you'd swum three races! Next summer, plan to get in the open water with your teammates and splash your way to victory!



Christina Calarco, representing Mission Viejo Nadadores (MVN), and daughter, Luce, 6. Luce is already a swimmer! Christina is high point champion for Female SPMS Open Water.

2023 SPMS OPEN WATER SERIES RESULTS

Thank you to all of the swimmers who participated in our 2023 Open Water Series. If you are on the list below, congratulations, you placed in our 2023 SPMS Open Water Series.

35-39 FEMALE

1st	Christina Calarco (MVN)	88 Points
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45-49 FEMALE

1st	Elizabeth Carlin (LBG)	46 Points
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50-54 FEMALE

1st	Laura Isabel Serna (LBG)	50 Points
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65-69 FEMALE

1st	Joanne Saul-Zachau (LVM)	60 Points
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70-74 FEMALE

1st	Christie Ciraulo (WH20)	88 points *
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*Female High Point (Ends in a TIE!)

50-54 MALE

1st	Michael Lucero (GRA)	52 Points
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55-59 MALE

1st	David Bolt (NOVA)	41 Points
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65-69 MALE

1st	Tim Burke (WH20)	84 Points**
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** Male High Point

The four races included:

JULY 29, 2023

The NBOLA Balboa to Newport Pier-to-Pier Two Miles

AUGUST 26, 2023

The NBOLA Don Burns Corona Del Mar One Mile

SEPTEMBER 16, 2023

The USMS Open Water National Long Distance 5K

SEPTEMBER 17, 2023

The USMS Open Water National Sprint Distance One Mile





RADA OWEN FOR THE LOVE OF SWIMMING

Submitted by: *Christie Ciraulo* | ✉ OpenWater@SPMasterSwim.org

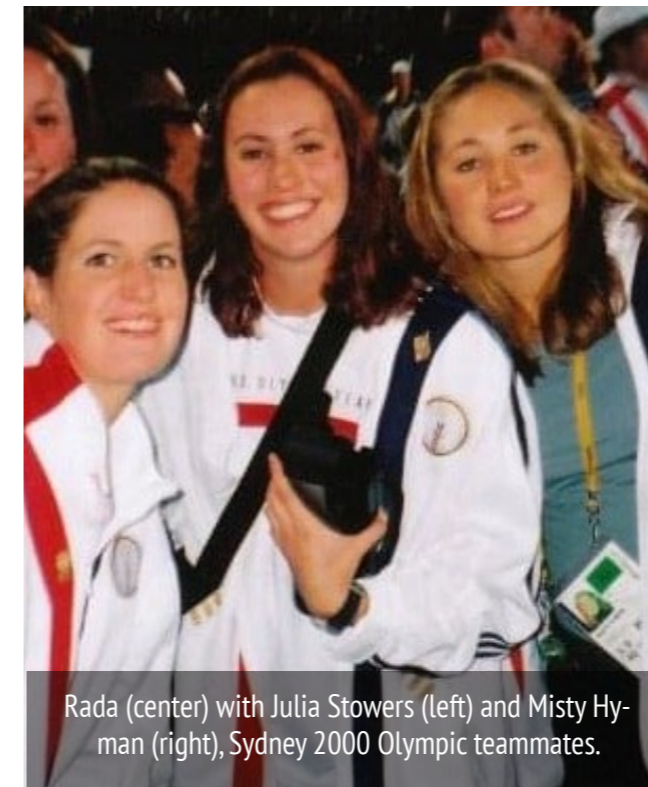
► She identifies as a swim coach and swimming instructor. That comes up in conversation over and over. She's also an Olympian. That seems to take a back seat to her vocation of teaching her love of swimming to others.

How so?
"Yes, I have an Olympic rings tattoo. We all went and got them together. It's kind of faded. I keep meaning to get it removed and

a new, brighter one applied, but I never seem to get around to it," Rada laughs.

Rada has bittersweet reminiscences about her 2000 Sydney Olympic journey. "Honestly, it all seems like an out-of-body experience. I went to opening and closing ceremonies and I remember it almost like I was watching TV. My swim was not what I had hoped for, but, more than 20 years later, it's not a triggering

disappointment. I loved representing my country." Rada finished 16th in the 200-meter freestyle in Sydney. During her college career at Auburn University, she was a 14 time All-American, a six-time Southeastern Conference champion and helped lead Auburn to an NCAA title.



Rada (center) with Julia Stowers (left) and Misty Hyman (right), Sydney 2000 Olympic teammates.

She still has her Olympic swag. "Most of it is with my parents, but I have some here. It was awesome how much fun stuff we got. Not only did the IOC and the USOC give us team gear, but also sponsors kept dropping off full goodie bags at our rooms. It was a wonderful experience and I fell in love with Australia and the swim culture there. Swimmers are rock stars Downunder."

Rada's swim story started when she was a little girl in Virginia. "We lived a five-minute bike ride from our neighborhood pool. My parents threw me and my sister in the water when we were tiny. It was a safe, contained suburb and we could stay at the pool all day long. Summer league team, local club team, high school, college -- I just never stopped. I competed from the age of four, up to when I retired at 23. I never took a break. Yes, I had my ups and downs. High school was hard because I wanted to socialize. I wanted to step back junior year, but my parents said, 'ah, no! They were right, I would have regretted quitting.'"

After a course of study at Auburn in Mass Communications, Radio, Television and Film, Rada headed to Hollywood. "I always knew I'd end up in Southern California. In the summer of 2004, I headed west with another swimmer from Auburn and her sister. We had the grand plan that we were going to work in the entertainment industry.

"I wanted to keep swimming for health, exercise, and because I still loved it, but I didn't want to pay to swim. I was never a good lap swimmer, so I reached out to the local masters team (SCAQ), to see if I could swap coaching for swimming. It became a win-win situation for all concerned, including meeting my future spouse at a workout!"

After a few years, Rada made a conscious decision to change careers and become a full-time swim coach. But, there was still a matter of earning enough money to support a Southern California lifestyle. While working for an actress as an assistant, Rada happily earned extra cash teaching her son how to swim. The word spread around the grade school, Wildwood School in West LA, and the swim instruction work snowballed. Everyone in the school wanted their children to be water safe and Rada was able to establish an additional business teaching swimming. In 2012, the parents at Wildwood reached out to her, looking for a middle school swim coach. "It was a two-month commitment, and I was hired on the spot. That was ten years ago. All my original kids are now college graduates!"



...aaaannnnndddd the iconic climb to the top of the Sydney Harbour Bridge! (Rada, third from right)



Rada on deck coaching Wildwood School swimmers.

Teaching private lessons through masters and kids and coaching Wildwood middle and high schools, SCAQ, and a non-competitive novice team at the Culver pool – Rada spends a lot of time on deck.

In addition, Rada has become the “go-to” instructor advising, coaching, and teaching swimming and swimmers for the film industry. Her most recent assignment was to coach Annette Bening, 65, for her role as Diana Nyad in the Netflix film, “Nyad.” The film and Nyad herself are controversial in the swimming world, but, according to Rada, for Annette Bening it was a film role. “I didn’t bring it up with her, because, honestly, I stayed in my lane. I was there to teach her how to swim properly. I’m not sure she was aware of the debate regarding Nyad’s Cuba swim,” said Rada. “It’s a film role for her” -- a story about an unrelenting, irritating, egotistical and out-spoken woman who was determined to reach a lifelong goal, despite being 64 years old. “My job was to coach Annette to swim like a marathon swimmer,” continued Rada. “The studio called me and said I was on a list along with a couple of other coaches they were interviewing. They didn’t tell me who the actor was, but a quick google search on the movie informed me that it was Annette. I went through the interview process, and they asked me how soon I could start. “I went to her home for our sessions. She has a long, rectangle

pool, not your normal kidney-shaped backyard pool,” Rada laughed. “It was perfect.

“Annette was easy to work with. She already knew how to swim, and she has always enjoyed exercise swimming. It was clear that she didn’t need to know how to race, she needed to be taught the stroke and cadence of a marathon swimmer. She was a real pro and she looked on our sessions as no different than prepping for any of her other film roles.”

Rada met with Annette an average of three times a week for about a year. “There were some weeks where we couldn’t meet up because of our independent work and travel schedules, but Annette was very diligent about swimming on her own between sessions.”

Rada started with developing Annette’s style, gradually introduced swim workouts for conditioning, and then added drill sets to keep the emphasis on technique.

“Really good swimmers look beautiful when they swim. She had the theater training of an actor, fluid movements that I equate to dancing and ballet,” said Rada. “Her body type is that of a swimmer. All this translated naturally to the water. I would explain everything to her carefully and she listened intently as would any student of the sport. She never questioned my advice. Even her dog was lovely. She followed me back and forth as I paced the deck coaching Annette!”

Filming took place in the open water and a tank off the Dominican Republic, so Rada was not able to be there to coach her star. Articles about the filming describe Bening spending countless hours in the wind and chop of the Caribbean Sea, surrounded by boats and film crew.

As for Annette, her appreciation of Rada is evident in every interview she gives. The “Vanity Fair,” August 21, 2023, article on Bening and her role of Nyad leads with Rada’s name. The reporter mentions Rada as “a former Olympian” (we athletes know better – once an Olympian, always an Olympian), and there’s no doubt how much Annette relied on Rada’s expertise.

“She mentions my name every time she’s interviewed about the movie. She talks about our training régime so much that when I finally met her agents, they looked at me like ‘wow, it’s really

great to finally meet you!”

Annette is so appreciated of Rada’s efforts, that upon Rada’s request, they appeared together as presenters at the Golden Goggles awards gala in Los Angeles in November. “USA Swimming asked if she would come, and I wasn’t sure because of the strike, but as soon as the strike ended, they reached out to say she was in. It was so nice of her to show up. She wants to stick with swimming and I think now can be considered one of us!

“We have such a love for our sport,” Rada continued. “It doesn’t matter your ability, we all have that swimmer bond. I want to pull people into this world. If they want to learn to swim, I want to teach them. My goal is for everyone I coach and teach to become lifelong swimmers.

“There is a place for everyone in my pool!”



Annette Bening and Rada walking the red carpet at the 2023 Golden Goggles Awards in Los Angeles.



(from left) Kristy Kowal, Lindsey Benko Mintenko and Lenny Krayzelburg join Rada for a Sydney 2000 reunion at 2023 Golden Goggles Awards.



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!

January is Try Masters Month again. So, swimmers, please invite a friend to try out swimming with you at your next team swim workout! Get them to try it; they just might like it!

Adult 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. Growing membership is essential.

Coaches or other club leaders, SPMS Luggage Tags, new orange SPMS Swim Caps, and new SPMS Stickers and Static Decals with SPMS QR Code are available upon request. You can grab a supply at the next swim meet or just email your request with your name, number of items of each, and physical mailing address to me, Anita Cole, at email below.

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!

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

SHARE OUR STORY!

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

► You might already have some information on us as we took part in the photo shoot following Summer Nationals here in California. But, I'll continue.

Van and I swim with MVN masters team in Mission Viejo, Ca. We've been on the team for 5 years. Our story of swim starts back in early 70's. I was taking a fitness swim course at U. Of Wyoming. Van was working as assistant to coach as he was a swim/ water polo team member. We got married after graduating and taught school for 30+ years, along with Van coaching swim some of the time. We raised two daughters, one swam through high school and college and one was a diver through high school and college.

So, we've hung around pool decks for a long time. Van is the

competitor in our Masters life, and I am a "some time" competitor but more often chief lap counter and daily swimmer. Most importantly, we so enjoy the fellow swimmers as they have added so much to our lives. I do enjoy the videos you post, as I'm continuing to figure out this sport, so thank you for those!

Margaret and Van Cochran

UPCOMING SPMS EVENTS

**JAN
21**

JANUARY 21 - SUNDAY

- OC Riptide Masters SCY Meet

**FEB
04**

FEBRUARY 04 - SUNDAY

- Saddleback College SCY Meet

**FEB
24**

FEBRUARY 24 - SATURDAY

- 2023 SPMS Swim Clinic - Palm Springs

**FEB
25**

FEBRUARY 25 - SUNDAY

- 2023 Palm Springs Masters SCY Meet

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