



SPMLS
SOUTHERN PACIFIC MASTERS SWIMMING

SEP-OCT 2024

NEWSLETTER





SPMS ANNUAL AWARDS

Submitted by: *Fiona Duncan* {  MemberAtLarge@SPMasterSwim.org

▶ As we approach the end of the year, it's time to reflect on the outstanding contributions within our Southern Pacific Masters Swimming (SPMS) community. We invite you to nominate deserving individuals for our prestigious SPMS awards, which will be presented at the December Short Course Meters Championship and the Annual SPMS Meeting. These awards are a significant way to honor those who have made exceptional contributions to our sport and community. The categories are listed below, and all award and nomination forms can be found here: <https://www.spmasterswim.org/awards/>

The SPMS Awards Committee will be presenting the following awards, each accompanied by a distinctive plaque:

COACH OF THE YEAR AWARD:

This award recognizes an SPMS coach who has demonstrated exceptional coaching skills, fostered club development, and significantly contributed to SPMS participation. Nominations can be submitted by any SPMS swimmer or club.

SWIMMER OF THE YEAR (MALE & FEMALE)

These awards celebrate the most dedicated and accomplished athletes in Southern Pacific Masters Swimming. Nominees should be individuals who have shown unwavering commitment to Masters swimming, achieved personal milestones at SPMS meets or open water races, and inspired others through their achievements. Nominations are open to all SPMS swimmers and clubs.

JIM MARCUS AWARD:

This award honors an SPMS member who has made a significant contribution to the conduct, leadership, or support of Southern Pacific Masters Swimming.

STEVE SCHOFIELD AWARD:

Presented annually, this award recognizes an SPMS member who has greatly advanced SPMS through leadership, program development, or promoting SPMS within their club.

CONTRIBUTOR OF THE YEAR AWARD:

This award is granted to an SPMS member who has demonstrated outstanding contributions to Masters Swimming, including member recruitment, program development, and the promotion of Masters Swimming at the club, local, or national level during the year.

NOMINATIONS DUE OCTOBER 31ST

If you know someone who embodies the spirit of Masters Swimming and has made a significant impact on our community, now is the time to recognize their efforts. Your nomination could be the recognition they deserve for their dedication and achievements.

For more details on award criteria and the nomination process, please visit <https://www.spmasterswim.org/awards/>

Should you have any questions, please email:

MemberAtLarge@SPMasterSwim.org





STRENGTH TRAINING: WHAT ARE THE BENEFITS?

Submitted by: *Allette Goddard* | ✉ SportsMedicine@SPMasterSwim.org

► Common questions around weight training include:

- Is it necessary if I swim X number of times a week and X amount of yards/meters
- Why should I do weights
- Should I lift before or after swimming
- How long do I need to be in the gym for any gains/benefits
- What type of weights should I do; heavy, plyometrics, circuit

Let me answer these questions in a succinct way. This article is by no means a comprehensive analysis, but meant to stimulate

thinking about what might meet your needs to improve your performance in the pool, decrease risk of injury and increase general healthy aging and sustainability of physical performance.

Should you incorporate a weight training program?

100% YES. Building and maintaining muscle mass is crucial to healthy aging. The research is copious and clear that a regular weight program will promote and support healthy aging.

Why should you do weights?

As we age, we lose muscle mass due to decrease in hormones and less cellular activity. Our cells lose some of their resilience

and this leads to less tensile strength in ligaments and tendons, and less muscle activation. We keep our muscles more pliable and healthier by repetitive and continual loading. Muscle is also now being called the most important organ in metabolic health. Metabolic health is crucial to stave off diabetes, and some neurodegenerative diseases. The leaner the tissue, the better your brain and organ function. Lean tissue also will help burn fat and regulate weight. Muscles help keep our bones healthy (decrease of osteopenia and osteoporosis in both men and women), healthy muscles allow for better flexibility, help prevent injuries, allow for better posture (in and out of the water). Better strength as we age help prevent falls and promotes better balance, which allows better quality of life and more fun adventures to be encountered!

Should you lift before or after swimming?

This is a personal choice and depends greatly on purpose. Besides what might be easier to access, there are benefits to lifting first. Lifting first activates your entire muscle and is a great way to prep for a power type workout; i.e. bands, sprints, etc. Doing weights after, will inherently build more endurance and may be the way to choose early in a training cycle. Plyometrics should always be done before (box jumps, ropes, etc) to get maximum benefit.

How long do I need to be in the gym for any gains/benefits?

As a Masters Swimmer, looking for optimal benefit with weight training 2-3x per week for 30-45 minutes is enough and would greatly enhance your training, performance and general portfolio for healthy aging. Optimally I would recommend 2 lifting workouts and 1 plyo workout per week early in the training cycle and switching that at the later part of the training cycle before a taper.

What type of weights to do?

In periodic training, the strength and building muscle part is typically in the early part of training and the plyometric/power part towards the later part of the training cycle. However, to keep it simple you can do a bit of both in each workout. For a Masters Swimmer both aspects are important as we load with a lot of power in the water, and that is what gives us speed. We all like speed. However the pure strength gives our joints support and allows us to continue to swim and train in a sustainable way to optimize, fitness, fun, and performance.

As always, I can be contacted through SPMS or reach out to me on Instagram [@ageupwell](https://www.instagram.com/ageupwell).





THE MIGHTY MERMAIDS COMPETE IN SUMMER USMS NATIONALS THEN HEAD FOR THE OPEN WATER.

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

▶ Long time SPMS swimmers Christie Ciraulo, 70, West Hollywood Aquatics, and Roni Hibben, 68, Riptide, participated in the Summer Nationals in Mission Viejo along with their Mighty Mermaid open water relay team of Karen Einsidler, 68, Sarasota Sharks, Nancy Steadman Martin, 70, Garden State Masters, and Tracy Grilli, 67, New England Masters. After the five-day meet, they carpooled down to San Diego to spend five days open water swimming together. They were joined by 2024 Guest Mermaid, Susan Helmrich, 68, LNRS Streamliners, Berkeley, CA.

The Mighty Mermaids started their open water week with a social warm up swim in La Jolla Cove, accompanied by numerous

sea lions, garibaldi and, yes, other swimmers! The next morning, they set out on their 18th annual relay together by swimming 17 miles in Mission Bay, San Diego, in seven hours. The next day, three of the Mighty Mermaids, Christie, Roni and Nancy, did a loosen up swim together around Vacation Island in Mission Bay. Although two of the swims, 2007 and 2020, were swum virtually, the women have meet annually to take on challenges that include the Triple Crown of Open Water Swimming, namely, Catalina Channel, Around Manhattan, and the English Channel. "Masters swimming brought us all together," said Christie, who reached out to the other swimmers to create the relay in 2006. "It took us a year to get organized and then we never looked

back. I never dreamed that here we would be 18 years later and still going strong. We're already in the planning stages for 2025!"

MIGHTY MERMAID SWIMS INCLUDE:

- 2007 Virtual Up the Mississippi River, 2300 miles*
- 2008 Across Lake Tahoe, CA, 10 miles
- 2009 Around Manhattan, NY, 28.5 miles
- 2010 Catalina Channel, CA, 24 miles
- 2011 Across Lake Tahoe, CA, 10 miles
- 2012 Length of Lake Tahoe, NV to CA, 22 miles
- 2013 Lake Winnepesaukee, NH, 30 miles
- 2014 Lake Travis, TX, 12 miles (shortened due to drought)
- 2015 Lake Pend Oreille, ID, 26 miles

- 2016 Tampa Bay, FL, 6 miles (stopped due to storm)
- 2017 Tampa Bay, FL, 24 miles
- 2018 Mighty Red River, MN to ND, 36 miles
- 2019 English Channel, Samphire Hoe ENG to Cap Griz Nez FRA, 21 miles
- 2020 Virtual Covid 19 from Santa Monica to Honolulu, 2500 miles*
- 2021 Flathead Lake, MT, 10 miles (stopped due to cold)
- 2022 Around Longboat Key, FL, 25 miles
- 2023 The Great Sound, Bermuda, 15 miles
- 2024 Mission Bay, San Diego, 17 miles

*Mermaids submitted workout yardage to Tracy who compiled a spreadsheet.



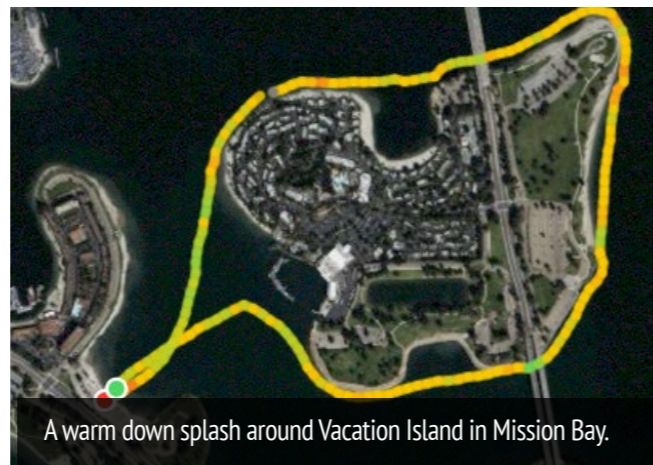
Not wanting to miss a day in the water, Nancy, Christie and Roni hop back in for a friendly swim around Vacation Island.



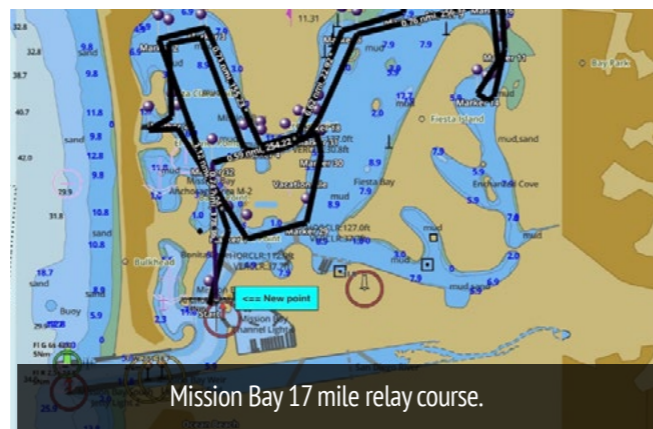
Tracy, Susan, Karen, Christie, Nancy and Roni enjoyed the underwater sights in La Jolla Cove.



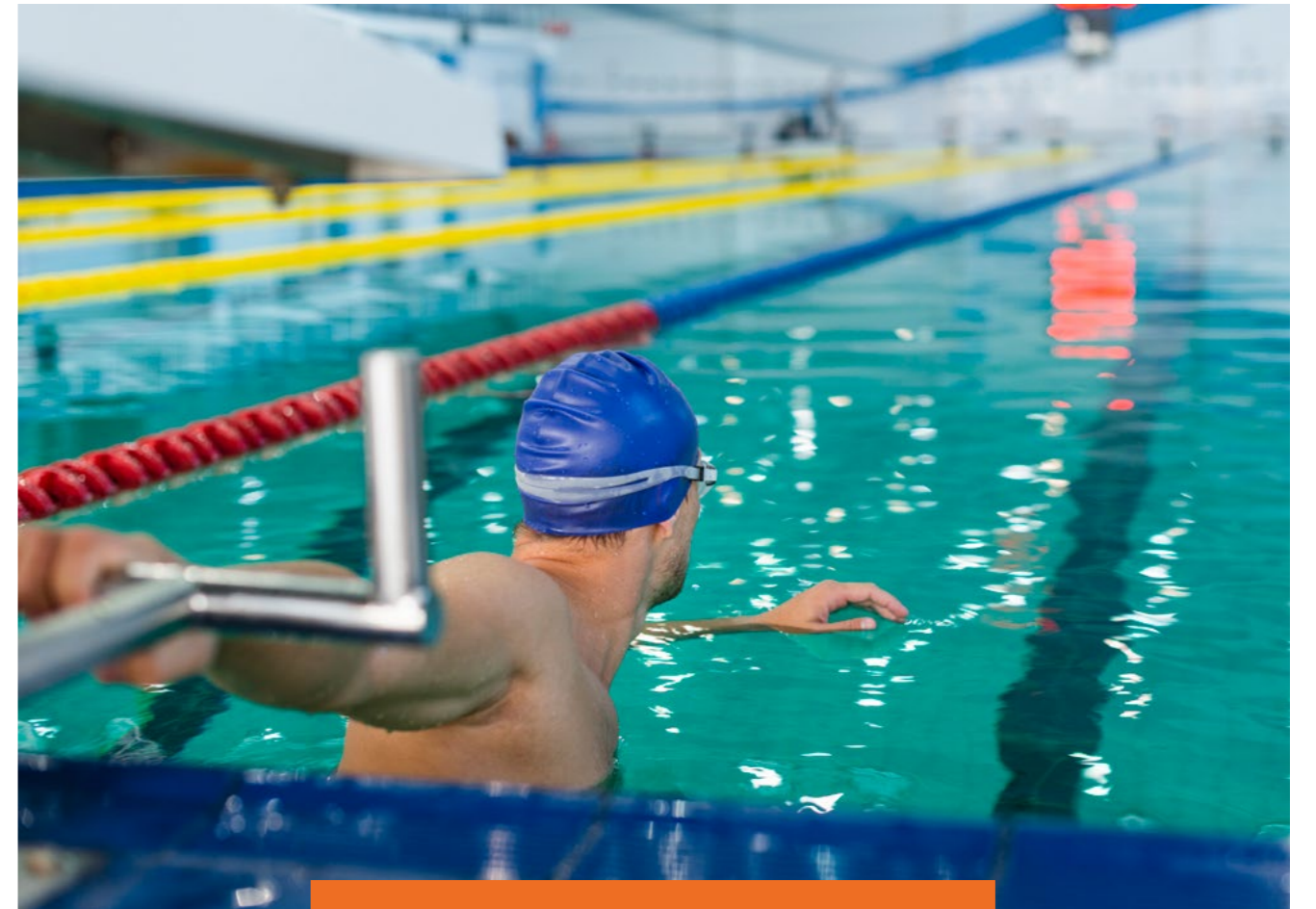
Susan Helmrich, long time Swim Across America supporter and cancer survivor, raised money for SAA as she participated as the 2024 Guest Mermaid on the relay.



A warm down splash around Vacation Island in Mission Bay.



Mission Bay 17 mile relay course.



MARKETING MATTERS!

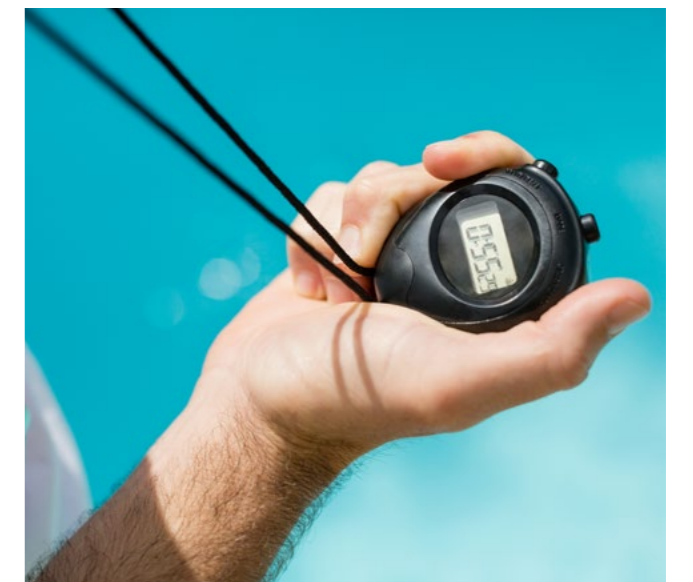
Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

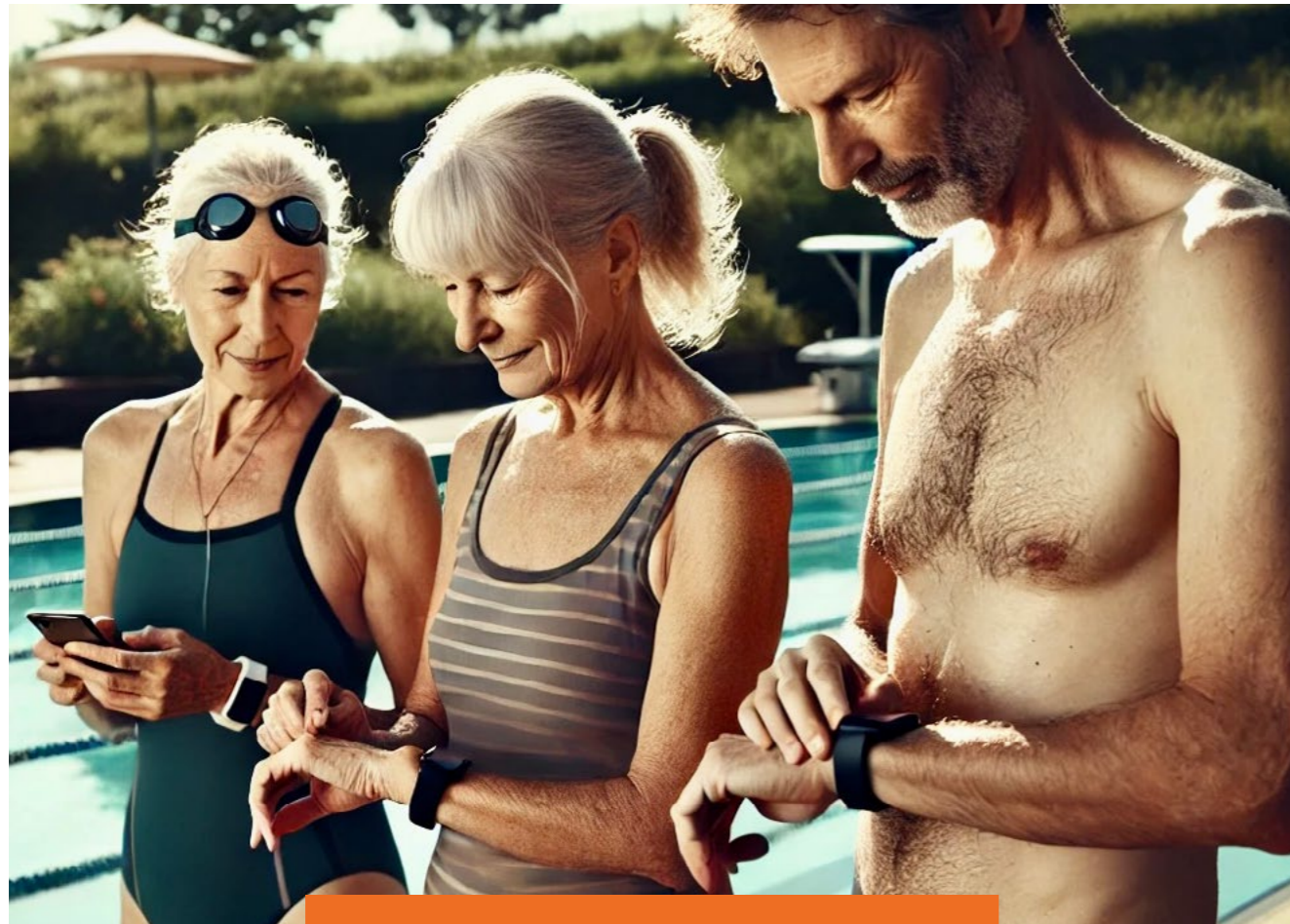
▶ How are you marketing your club? I would really like to know. If you have a marketing idea, but lack the funds, tell me about it. We offer financial aid when needed. I still have marketing supplies for your club. Just ask me for them. Try Masters brought many swimmers to try out workouts at participating clubs.

We want to give back to our members and clubs. Just contact me to discuss your club's needs.

We work better together.

Anita Cole
SPMS Marketing and Club Development Chair
310-367-4606 cell
Anita.chixwithstix@gmail.com





LOOKING AT THE SWIM DATA WE COLLECT

CHRIS PEOPLES, MEMBER LONG BEACH GRUNIONS, MAD SCIENTIST, AND PHYSICS TEACHER...

Submitted by: *Chris Peoples*

▶ You are probably one of the many swimmers who wears an electronic device to monitor and record your swim activities. Yes, I am talking about your smart watch, or as I like to call it 'my little electronic friend'. These devices record a plethora of data, including times, distances, heart rate, and stroke type. They can also compute various measures of efficiency (e.g., pace and SWOLF). With all this data available, it begs the question: "What does it all mean?" How do I know if I am progressing as a swimmer? As a physicist and teacher, collecting and analyzing technical data is basic, and thus it is also a natural place to go

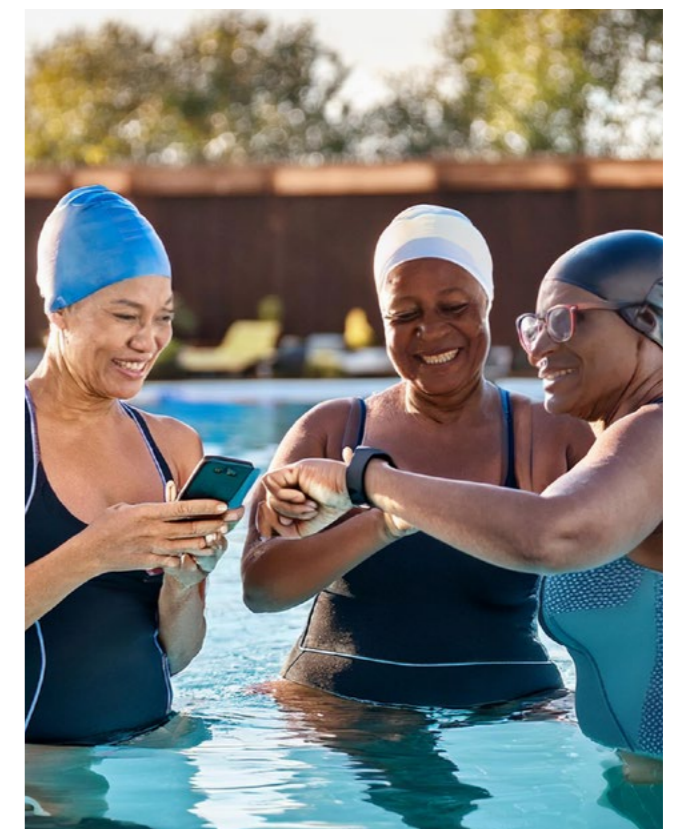
with my swimming activities. I thought it would be interesting to look at the results from my 1-hour Virtual swim event completed January 20th, 2024. On that cold, rainy Saturday morning, I swam 3100 m (~1.9 miles) within the hour. The event was also recorded on my 'electronic friend', and from it I learned that I had an average pace of 1:55/100 meters and expended 738 Calories (or kcal). Using the Swim.com app, the data can be further dissected, but this is not necessary. Again, the big question is "what does it all mean in terms of my swimming performance?"

The best answer I can arrive at is to look at my power output over the course of the event. Power is a helpful quantity since we often understand power in everyday life in terms of automotive performance (horsepower) or electrical systems (Watts and kilowatts). Power and energy are not the same thing; power is the rate at which energy is produced or consumed and is measured in Watts (W), while energy, though more difficult to define, is measured in Joules (J). The Watt (W) corresponds to a usage rate of 1 Joule per second ($1\text{ W} = 1\text{ J/s}$). One horsepower (1 hp) equals about 750 W, and for energy, 1 Joule (J) is about 1.36-foot pounds of energy in US units.

Food energy content is measured in Calories (note the capital 'C', where 1 Calorie = 1000 calories = 1 kcal). The capital 'C' calorie is often referred to as a 'food calorie', while the lowercase 'c' calorie is an arcane thermal unit created by the French. The energy of 1 food calorie (1 Cal) can heat 1 liter (~1 qt.) of water $1\text{ }^{\circ}\text{C}$ (~ $2\text{ }^{\circ}\text{F}$). For an average male my age, height, and weight (60, 6'-0", 180 lbs.), I need to intake about 2500 Calories (or 2,500,000 calories) per day. The Mayo Clinic Calorie Calculator at their website can give you an idea of your daily caloric intake. The difference between a calorie and a Joule is that 1 calorie equals a little more than 4 Joules. I need about 10,000,000 J of food energy each day (for comparison, a 12 oz can of soda is about 140 Calories, or ~600,000 J). Knowing that 1 day is 86400 seconds long, my average power output over the course of a day is: $P = \text{Energy Input} / \text{time} = 10,000,000\text{ J} / 86400\text{ s} = \sim 120\text{ W}$ So, my average power output is equivalent to the power used by two 60 W lightbulbs! Recognize that this is an average, and the power will vary depending on activity level. Most of this power is waste heat, only a fraction is actual mechanical or 'motive' power.

Now looking at the 1 Hour Virtual Swim data, what is my power while swimming? My 'electronic friend' indicated that I consumed 738 Calories, or 738,000 calories, which equates to about 3,000,000 J. Thus, my power output for the swim was: $P = 3,000,000\text{ J} / 3600\text{ s} = \sim 850\text{ W}$ For comparison, this power corresponds to that of an electric hairdryer or is slightly more than 1 horsepower. Thus, you can compare your swimming performance to a household appliance! Most of this power output is due to the human body's (at least mine) incredible inefficiency at converting the chemical energy of the food into the energy of motion. Determining one's actual mechanical power is somewhat more difficult and probably needs the consultation of someone specializing in kinesiology.

Thus, a simple set of computations can give you a more tangible sense of how well you are swimming, but the more important question to ask is: "Did you have fun?"





GET TO KNOW SPMS'S SOUTHERN MOST TEAM: DIFFERENT STROKES LOCATED IN SAN DIEGO

Submitted by: *Ryan Tu*

▶ A Postcard from San Diego.

Time your departure to dodge traffic, take a short drive down the coast past Pendleton, and you'll find us splashing around: SPMS' southernmost cohort, San Diego's Different Strokes Swim Team.

Established in 1985, DSST has been the swim team supporting San Diego's LGBTQIA+ community and allies for 39 years, and we look forward to a blowout 40th anniversary celebration in 2025. DSST is a member team of IGLA+ (<https://www.igla.org>) along with our SPMS sister teams Palm Springs Masters, Long Beach Grunions, and West Hollywood.

DSST started 2023 with 79 active members and experienced a tremendous growth spurt: today we're up to 106 (and counting). That new cohort represents a broad range of swimming backgrounds and abilities, and I'm both proud and humbled to see so many first-time swimmers learning and falling in love with the sport. We host a healthy mix of lap swimmers, competitors, and everything between.

Community-building is a critical part of our mission, just as much as our time spent in the water. Community-building is a critical part of our mission, just as much as our time spent in the water.

We kept a busy social calendar over the first half of the year (Valentine's Day, St Patrick's Day, Spring barbecues, and more), capped off with our team marching in San Diego's annual Pride parade to continue a long-standing tradition. (Yes, our theme this year was Baywatch, and yes, there were inflatable shark costumes.)

We've also been fortunate to connect with other LGBTQIA+ athletic teams in San Diego, just recently holding a joint picnic in Mission Bay with the San Diego Front Runners & Walkers. Our two teams already have quite a few crossover members, what with several athletes cross-training for triathlon. I can't overstate how important all of these athletic organizations are to our community, with many people finding encouragement and empowerment in athletic spaces that were so often closed to them in their youth.

On the competitive side, we competed in two local meets so far in 2024, both hosted by San Diego Swim Masters at UCSD. The "Pancake Pentathlon" in May is an especially fun annual event where swimmers can sign up for any events they'd like – but are encouraged to sign up for a Pentathlon. (Sprint distance: 50 of each stroke + 100IM / Middle distance: 100 of each stroke + 200IM / Long distance: 200 of each stroke + 400IM) Pentathlon prizes are awarded per age group based on the total time over all 5 events. DSST had a great showing with several swimmers winning the top Pentathlon prize in their age groups, and many swimmers competing in their first-ever swim meet. DSST also sent a small cohort of swimmers to USMS Summer Nationals just this past month to compete in Mission Viejo.

The marquee event for us this year is the annual IGLA+ Aquatic Championships, which in 2024 will be hosted in Buenos Aires, Argentina, coinciding with their annual Pride celebration in November. DSST sent a contingent to the 2023 IGLA+ championships in London, and we will be sending an even larger group to Buenos Aires – and an even larger group, we hope, to the 2025 championships next year in Washington, D.C. We look forward to seeing our SPMS sister teams out there on the global scene!

Before that, we'll be enjoying Open Water race season here at home, the highlight being the La Jolla 10-Mile Relay on September 29th. Several of our SPMS sister teams drove down to get in on this event in 2023, and we were happy to host them for a swim practice and a pile of Costco pizzas the night before

at (where else?) The Loft in Hillcrest.

We're looking forward to this race and others – DSST also typically has a good showing at San Diego Sharkfest in October, a one-way dash across San Diego Bay from Downtown to Coronado. (Highlight from Sharkfest 2023: the race organizers needing to pause the race halfway through so the USS Harvey Milk wouldn't run everybody over.)

We're a welcoming bunch, and we are always happy to host visitors for swim practices if you find yourself down south in our neighborhood. (As a rule of thumb, we offer visiting USMS swimmers a handful of free swims with us per year.) Visit our website for our full calendar (<https://www.dsst.org>), contact our Captain or Membership Director to stop by for a swim, and stay after practice for a margarita and tacos at La Vecindad. We'll be glad you came, and so will you – we hope.

- Bill Present, DSST President



USMS SUMMER NATIONALS

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

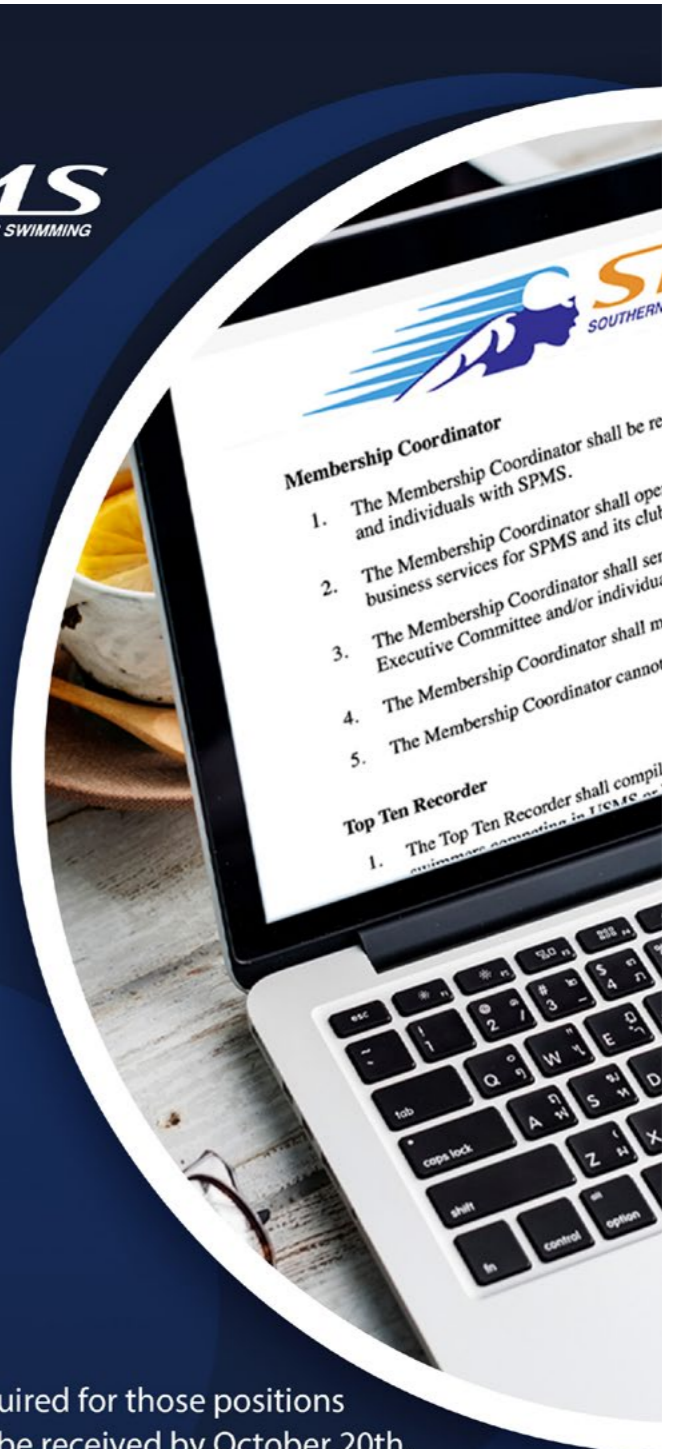


SPMS IS NOW ACCEPTING BID APPLICATION FOR THE FOLLOWING POSITIONS

- MEMBERSHIP COORDINATOR
- TOP TEN RECORDER
- NEWSLETTER EDITOR

Details of the duties and responsibility required for those positions are posted on the SPMS site. All bids must be received by October 20th.

Contractor positions are paid and shall be for a period of two years beginning October, 2024. Bids must be submitted by email to Chair@SPMasterSwim.org



UPCOMING SPMS EVENTS

- SEP**
15

SEP 15 | SUNDAY
 - SPMS Coaches Meeting
- SEP**
19

SEP 19 | THURSDAY
 - SPMS Committee Conference Call
- SEP**
22

SEP 22 | SUNDAY
 - Mission Mile Open Water Swim
 - USMS ALTS Certified Instructor Class
- SEP**
29

SEP 29 | SUNDAY
 - Palm Springs Masters SCY Meet
- OCT**
05

OCT 05 - 06 | SAT - SUN
 - Nevada Senior Games
- OCT**
06

OCT 06 | SUNDAY
 - Mission Viejo Masters SCM Meet
- OCT**
19

OCT 19 | SATURDAY
 - MPSF OW Championship
- OCT**
24

OCT 24 | THURSDAY
 - SPMS Committee Conference Call

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