

January/February
2004



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News



SPMA MASTERS SWIMMING

Letter from your Chairman by Wayne McCauley

Being re-elected as SPMA Chairman for another two years is both an honor and an opportunity for me. I believe it is my responsibility to mentor and develop leadership within our organization. I helped institute a program of developing our coaches' education so that our members have access to the finest coaches anywhere. We have the largest group of "Coaches of the Year" and ASCA-certified Level 5 coaches within USMS.

We have established a team to develop an SPMA "Mission Statement" and "Vision Statement" so that our organization can focus

on service to our members.

A renewed focus for SPMA is toward Fitness Fun. There is an opportunity in 2004 to utilize national programs for fitness. These include the 30 minutes challenge, the hour swim, Check-Off Challenge, the 5K and 10K Postal Swims and the 3000 yard and 6000 yard Postal Swims. These can be found online at <http://www.usms.org/fitness/fitnessevents.shtml>. SPMA will be having a virtual "Swim to Catalina Island."

We also have many fun pool swim meets lined up for 2004. I hope you notice a theme here: fun. In parting, enjoy your swimming and have fun.



2004-2005 SPMA Executive Committee. Left to right: Wayne McCauley (Chairman); Mary Hull (Secretary); Steve Schofield (Vice-Chairman); Jeff Moxie (Treasurer); and Errol Graham (Member At-large).

Do You Have a Personal Action Plan for 2004?

by Mark Moore, Mission Viejo Nadadores

In 2003, USMS adopted the following core objectives: **Service, Educate, and Build.**

The purpose was to refine USMS vision, while better serving the needs of the membership and the organization. Steps have been taken to implement these core objectives from the local to national levels. At Mission Viejo we have aligned our 2004 Goals and Strategies with the USMS core objectives, and listed them on our web site for members to see. Our next step will be to identify a committee system or responsible individuals to help meet these goals for the year.

What is your personal mission statement or what are your goals for 2004? What strategies will you use to meet your personal goals? Listed below are the USMS core objectives with a few example strategies that you can use to identify, modify, or develop your personal goals, and help to maximize your potential for 2004.

My coaching goals include developing team growth, unity, and individual excellence.

What are your goals? Take a few minutes and write them down. Good luck in 2004, see you at the pool!

Service

- * Get involved within your team development
- * Help support your regional (SPMA) committees
- * Support programs at the national level

Educate

- * Read articles/books on swimming
- * Attend swim clinics, meets, fitness events
- * Watch Tapes/Videos

Build

- * Be consistent in your training
- * Be a team player
- * Be committed to your plan

Special points of interest:

- Visit www.spma.net for up-to-date entry forms, event results, top ten rankings, and places to swim
- Contact the SPMA office if you move! We will notify SWIM Magazine so you don't miss any issues
- Don't carry your SPMA card in your wallet! There is a \$3 charge for replacement cards if lost!

SWIM FOR LIFE!

SANTA BARBARA, VENTURA, KERN, SAN LUIS OBISPO

ARROYO GRANDE: South County Aq Waves
ATASCADERO: Kennedy Aquatics
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
CAMARILLO: Pleasant Valley Swim Club
OJAI: Ojai Masters
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO: TRISLO Roadrunners
SAN LUIS OBISPO MASTERS
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
SANTA MARIA SWIM CLUB
SANTA PAULA: Heritage Valley Masters
THOUSAND OAKS: Daland Masters
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

NORTH LOS ANGELES COUNTY

GLENDALE: Adult Aquaphobia Swim Center
GRANADA HILLS: CSUN Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS
WOODLAND HILLS: Southwest Aq Masters

SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ
EL SEGUNDO MASTERS
EL SEGUNDO: Play Hard Swim Hard
HAWTHORNE: South Bay Swim Team
HOLLYWOOD: Hollywood Wilshire YMCA
LA: City of Los Angeles Masters
LA: USC Trojan Masters
LA DOWNTOWN & WEST: SCAQ
LA MID WILSHIRE: Meridian Swim Club
LA WEST: UCLA Bruin Masters
LONG BEACH: Shore Aquatics
LONG BEACH SWIM CLUB
LONG BEACH: Beach Swim Club Masters
LONG BEACH: Grunions
RANCHO PALOS VERDES: Zenith Aquatics
SANTA MONICA: SCAQ
SOUTHGATE MASTERS
TORRANCE: LA Peninsula Swimmers
VENICE & WESTCHESTER: SCAQ
WEST HOLLYWOOD AQUATICS

ORANGE COUNTY

COAST MASTERS
FOUNTAIN VALLEY: Typical Tropical Swim Cl.
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: Sports Club
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH MASTERS
NEWPORT BEACH: Lifeguard Association
NEWPORT BEACH: Pacific Coast Aquatics
TUSTIN: SOCAL
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

SAN GABRIEL VALLEY, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS
INDIO: Top Fin Aquatics
LANCASTER: Oasis Masters
LOMA LINDA/RIALTO: Inland Masters
MURRIETA: TEAM Masters
RIVERSIDE: Corona Swim Team
TEMECULA: Inland Gold Aquatic Masters
YUCAIPA: Masters of Yucaipa

LAS VEGAS

HENDERSON Southern Nevada Masters
CITY OF LAS VEGAS MASTERS

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Malchia Olshan (805) 646-1091, gjaidar@aol.com
Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com
Roger Warnes (805) 544-2385; coachwtriso@aol.com; www.trislo.com
Lynne Anderson (805) 541-2585; iswimslo@yahoo.com; www.sloseahawks.org
Brandon Seider (805) 893-2505, brandon.seider@athletics.ucsb.edu
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Marcel Rinzler
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Gerry Rodrigues (310) 645-5937; www.idyll.org/~henryh/bruinmasters
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SCAQ Office (310) 390-5700; www.swim.net/scaq
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Frank Lowery (702) 260-8181 Dan Geary (702) 214-4210; flowery719@earthlink.net
Keith Hughes (702) 592-7805; keith@h2ovelocity.com

SPMA Competition Information and Instructions

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31, 2004 you may swim long course meters and short course meters meets during 2004.

Eligibility: Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Submitted Times: Please enter your best time, a reasonable estimate

or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

Entry Confirmation: To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Strictly Forbidden: Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); smoking in any area where swimmers may be present.

Open Water: Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____ - _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •								
	800/1000 • •								
	1500/1650 • •								

Meet _____	FOR OFFICE USE ONLY Amt Rec'd _____ Date _____
No. of events _____ x \$ _____ = \$ _____	
Surcharge _____ \$ _____	
Total _____ \$ _____	

Include a copy of USMS card

Signature on back is REQUIRED!

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes

No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Las Vegas Masters SCY Meet Saturday, January 10th, 2004

Sanction number: 334-001

Location and Directions: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up. From the I-15 Fwy., take the Flamingo Road exit (#38). Take the Flamingo Road west 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles.

Entries: The pre-entry postmark deadline is Monday, January 5th, 2004. Deck entries will close at 12:30 p.m. for the first 6 events. Age on January 10th determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$5.00 entry charge.

Checks payable to: Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Las Vegas SCY Meet, 7914 Sadring, West Hills, CA 91304.

Questions: Meet Director, Victor Hecker, (702) 247-7788; Meet Entries, Steve Schofield (818) 992-1820.

Sunday January 10, 2004

Warm-up at noon

Events start at 1:00 p.m.

- A. 200 yd. Mixed Medley Relay
- 1. 500 yd. Freestyle
- 2. 100 yd. Individual Medley
- 3. 50 yd. Butterfly
- 4. 100 yd. Backstroke
- 5. 200 yd. Freestyle
- 6. 50 yd. Breaststroke
- B. 200 yd. Mixed Freestyle Relay
- 7. 100 yd. Butterfly
- 8. 50 yd. Freestyle
- 9. 50 yd. Backstroke
- 10. 400 yd. Individual Medley
- 11. 100 yd. Breaststroke
- 12. 100 yd. Freestyle

El Segundo Masters 10th Gary Grandi Memorial Swim Sunday, January 25th, 2004

Sanction number: 334-003

Location and Directions: Indoor pool at Urho Saari Swim Stadium has 8 lanes, 7 lanes will be used for competition, and one for warm-up. El Segundo is located south of LA Airport. From North or South on the 405, 110, 710, or 605 Fwy. take the 105 Fwy. west, until it turns into Imperial Hwy. When you reach Main Street turn left, and drive 5 blocks (south) to Mariposa. Turn right on Mariposa and the pool is 2 short blocks west of Main street. Parking can be found in the lot on the corner of Mariposa and Main as well as on the streets surrounding the facility. Go to www.spma.net/infooelism.htm for a map to the pool.

Entries: The pre-entry postmark deadline is Saturday, January 17th, 2004. Deck entries will close at 9:30 a.m. No deck entries for the 1650 yd. Freestyle. Age on January 25th determines age group for the meet.

Seeding: Events 2 to 13 will be deck seeded slowest to fastest, by entered time, ages and sexes combined. The 1650 yd. Freestyle is limited to the first 18 swimmers only and will be pre-seeded.

Awards: Individual: SPMA ribbons for places 1 to 3. All swimmers will automatically be entered in a drawing for free prizes.

Entry Fees: \$15 entry fee for up to 5 events. NOTE: Deck entrants will pay an additional \$5.00 entry charge. Credit cards accepted.

Checks payable to: Diane Gallas

Mail consolidated entry card, a copy of your USMS card, and check to: Wayne McCauley, 12841 Hawthorne Blvd. #302, Hawthorne, CA 90250. To pay by credit card, use the entry form at www.spma.net/meetform.htm.

Questions: Meet Director, Wayne McCauley, (310) 702-6393, breastraker@usa.net.

Sunday January 25, 2004

1650 warm-up at 7:30 a.m.

1650 starts at 8:00 a.m.

1. 1650 yd. Freestyle (check in required)

Additional warm-up after 1650

Event #2 starts at 10 a.m.

2. 100 yd. Individual Medley
3. 50 yd. Breaststroke
4. 50 yd. Butterfly
5. 200 yd. Freestyle
6. 200 yd. Individual Medley
7. 100 yd. Backstroke
8. 100 yd. Butterfly
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Backstroke
12. 50 yd. Freestyle
13. 500 yd. Freestyle

Please read the general information on entering swim meets on the third page of this newsletter!

Turkey Shoot. Southwest Masters hosted their annual Turkey Shoot meet at Pierce College the Sunday before Thanksgiving. Swimmers closest to their seed time for each event were awarded a gift certificate for a turkey!



Photo courtesy of Mission Viejo Nadiadores Masters

CATALINA!

Ahoy all swashbuckling swimmers! Grab your goggles and get set to swim to California's Catalina Island. Be on the lookout for SPMA's virtual swim to the famed island coming in January 2004. Instructions and tips will be posted, along with clues to potential hidden treasure. Avast ye mates!

www.spma.net

**Santa Clarita Masters
NEW! SCY Meet
Saturday, February 14th, 2004**

Sanction number: 334-004

Directions: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. I5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Reuther Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. Parking available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, February 7th, 2004. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:30 a.m.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle and the 500 yd. Freestyle.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$15.00 per swimmer flat fee. Deck entries allowed for a total of \$20.00.

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Doug Botton, (661) 250-3771, dbotton@santa-clarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santa-clarita.com.

Saturday, February 14, 2004

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check in required)
Additional warm-up after 1650
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 500 yd. Freestyle (check in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 100 yd. Freestyle
13. 200 yd. Breaststroke
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 50 yd.. Breaststroke
17. 200 yd. Backstroke
18. 200 yd. Mixed Medley Relay

2003 Caltech Pentathlon. Swimmers enjoyed the warm sunny weather and fast running meet.

**Caltech Masters
Pentathlon Swim Meet
Sunday, March 7th, 2004**

Sanction number: 334-002

Directions: The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. 1201 E. California Blvd, Pasadena. Take Hill Ave south from the 210 freeway. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 freeway north until it ends. Go 1 mile and turn right on California Blvd. 2 miles to Caltech.

Entries: The pre-entry postmark deadline is Wednesday, February 25th, 2004. Deck entries close at 9:15 a.m. sharp!

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

Entry Fees: \$18 flat fee per swimmer. Deck entries are allowed for \$25. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: Caltech Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave, Pasadena, CA 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536.

Sunday, March 7, 2004

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley



Photo by Wayne McCauley

The Grunion Story by Jim Shaughnessy

“Are you a Grunion, Sergio?” asked the meet announcer, curiously, over the PA system at the Yorba Linda meet a few months ago, as a swimmer touched the wall amid the cheers and whistles of his teammates and glanced up at the clock at the end of his first ever 200 freestyle. He was not inquiring about a certain Southern California fish with colorful and unusual mating habits, but rather, the spanking-new SPMA team from Long Beach that had been suddenly sighted making a splash at the local meets over the past year, turning heads for their large turnouts and obvious team spirit. Sergio Rodriguez, the team captain, pulled himself out of the water and, beaming proudly, answered, “Why, yes, I am.”

When head coach Erik Nielsen, Grunion founder, started to implement his vision for the team last year, his main objectives were providing a relaxed setting for fun and fitness for Long Beach area Masters swimmers. But a funny thing happened on the way to the fun and fitness—the Long Beach Grunions also emerged as a force to be reckoned with at the competitive venues. Intrigued, SPMA sent out an emissary with the message that inquiring minds wanted to know more about the men and women who make up this latest swimming phenomenon. This is their story...

A local high school coach had been playing around with an idea for the team for three or four years. At the recent first annual Grunion banquet, Nielsen talked about his vision for a Long Beach Masters swim team for gay and lesbian swimmers and their friends, a setting with an emphasis on fitness, self-improvement, and most importantly, a healthy social outlet that provided an alternative to the bar and club scene. As times are changing, gay and lesbian swimmers are now of course increasingly welcome on almost any Masters swim team. Still, Nielsen figured, such a team might still fill a natural social niche, as the closest similar team, the West Hollywood Aquatics, had proven too formidable a commute for some from the LB/OC area, particularly in the early morning and early evenings on weekdays when many teams practice. Nielsen placed ads in a couple of local publications and sent an email out to recipients on the listserver of a local nightclub. Initially the turnout at the Belmont Plaza pool was sparse and the club sputtered and started a few times over until there was a small core group of 8-10 swimmers by August of 2002. At this point, Nielsen handed over the organizational reins to Rodriguez, who, with his considerable social and detail-oriented skills, joined together with Nielsen to get the ball rolling.

Perhaps uniquely, Rodriguez assumed the role of captain of a new team with only minimal swimming skills. Jokingly referring to Rodriguez as a “sink or swim” level swimmer, Nielsen taught him and the other beginner level swimmers the basics of fitness level swimming, concentrating on stroke technique, breathing, lane etiquette, pacing, and turns. Rodriguez recruited another novice, his friend Stevie Armijo, as his co-captain, while Nielsen collared his colleague, Bart Parnes, who was actually another newbie crossing over from the local tennis league, into being the secretary. Parnes, who had impressive organizational talents from his career as an educator, eventually proved himself no slouch in the pool, either, as he recently won the hotly contested and highly coveted team award for Most Improved Swimmer. The officers started getting the word out through more ads in the local periodicals. Tellingly, the monikers captain and co-captain replaced president and vice president in keeping with a team philosophy which emphasized teamwork and friendship over business and paperwork. The only requirement for membership was that one had to be able to swim at least one lap of the pool comfortably, but gradually many with various histories of fitness and competitive swimming came out of the woodwork to check out all the fuss. In the

fall, partners Tom Boyd, a former division II NCAA 200 IM champion, and Erik Scollon, another college champion with experience coaching division III champions Kenyon, wandered onto the scene, and Nielsen quickly recruited them to help out with the coaching duties, given that the fledgling team could only afford to survive with the very generous but largely volunteer efforts he was providing and that the coaches still continue to provide.

At that point, Nielsen’s hunch about the niche proved dead on and the membership numbers took off as word caught on of the fun happening down at Belmont. Members began to persuade their friends to join up and there was a natural cross-pollination from other local gay sports organizations, as well as some area triathletes. In October of ’02, the Grunions formalized the arrangement by joining USMS and striking a deal with Belmont Plaza pool in Belmont Shores, site of the 1972 Olympic Trials. In the spring, as their numbers continued to expand, they decided to alternate indoor and outdoor seasons, making another arrangement to rent the pool at the Long Beach Jewish Community Center from April to October.

Thus at the one year anniversary of the team, the Grunions comprise a mix of 90 registered swimmers ranging from former international elite level swimmers such as Audy Oktavian, who swam for the Indonesian National Team and recently set a USMS record in the 200m breaststroke, to the beloved and deceptively named “cocktail” lane swimmers, who enjoyed the camaraderie of their new sport along with some excellent coaching, and were often displaced up to faster lanes by new arrivals as their skills improved. At any given time, the roster contains about 50 or so dues-paying members. Impressively, the team took 32 of those 50 to the annual International Gay and Lesbian Aquatics (IGLA) Championships, held in August at Stanford University in the Bay Area and boasting nearly 1000 swimmers from six continents. In perhaps one of the biggest upsets in IGLA history, the upstart Grunions shocked even themselves by winning the medium team (up to 36 swimmers) division, soundly defeating eleven other established teams.

Due to their hard work and masterful tapering by the coaches, most Grunions set personal bests at the meet, and some earned points for the team in their first swimming competition ever! Incidentally, the Grunions are no exception to the IGLA spirit of mainstream USMS inclusiveness. In fact, one of its several non-gay/lesbian swimmers, Cathy Herriot, remarked that one reason she stayed with the team and traveled to compete at IGLA was “the great camaraderie, the variety of people and the non-judgmental spirit with which I was accepted onto



Grunions, continued

the team without question. Sexual orientation is a non-issue on this team.”

The Grunions range in age from about 19 to 70, with couples and singles alike comfortable on the team. Nielsen even made it a family affair by enjoining his sister, Kiki, to the team, as well as his mother, Pat, who proved a formidable medal-collector and record-setter at IGLA. While the roster has been heavily weighted toward men up to now, there are currently eight women and the team is very interested in recruiting more. One of them, Jacquie Cole, has become both a major competitive factor at the local SPMA meets, as well as one of the team’s favorite new coaches. After returning from IGLA with several IGLA records as well as 10 medals, mostly of the gold variety, Cole was just awarded the Founder’s Award at the annual banquet by Nielsen, who remarked that Cole exemplified the spirit of the Grunions, “an always positive presence who continually promoted the social growth of the team.” Another female member, Kim Stanford, defined the team’s success as: “It’s working because we all support each other equally regardless of ability. It’s like having a lot of brothers to bond with. It’s also giving me more confidence because it’s the first athletic thing I’ve done since high school.” Another crossover from tennis, team treasurer Mike Kienitz, has found that swimming helps his endurance on the courts. Interestingly, he notes that “tennis is more competitive in that you’re always involved in direct competition with someone else, but it’s also somehow more individual. While Masters swimming has a focus on personal bests, there is also more of a team spirit as you all support one another toward that goal.”

Rodriguez feels that his original goal of just keeping the team up and running has now been reached. The highlight of the year has been watching the Grunions grow both individually and as a team. Nielsen has reached his goal of providing a social outlet, in that the team regularly goes out to eat after almost every weeknight and weekend practice, as well as having regularly scheduled monthly social events. So what lies ahead for the Grunions? Rodriguez hopes to step up fundraising efforts as a means of taking a sizable contingent to defend their title at the next IGLA Championships in Fort Lauderdale in October. He will continue the tradition of designating at least one SPMA meet per month to encourage large-scale meet attendance. And as the team continues to grow, the board of directors will be researching options for possibly securing a contract with another outdoor pool next spring to accommodate their burgeoning numbers. But, the bottom line of the team is continuing the goal shared by most other Masters swimming programs—staying healthy and having fun.

Note: The Grunions are currently working out at Belmont Plaza Pool on Mondays through Thursdays from 7:30-8:30 p.m. and 9:00-10:00 a.m. on Sundays. They also utilize other city pools Martin Luther King and Silverado pools in Long Beach when Belmont is occupied by other functions. For the most up-to-date information on practice schedules and other, please check out the website at www.lbgrunions.com and get on the mailing list for the weekly newsletter by writing to info@lbgrunions.com.

Jim Shaughnessy is a Long Beach Grunion and a member of the board as the team Safety Coordinator.



The Long Beach Grunions are encouraging meet attendance and have encouraged their member to compete. The team has grown to 90 registered members in a little more than a year.

Photo from Sergio Rodriguez

Mission Viejo Nadadores SCY Swim Meet Sunday, March 21st, 2004

Sanction number: 334-005

Directions: Marguerite Recreation Center, 27341 Trabuco Circle, Mission Viejo. From the North or South, take 5 Fwy. to the Alicia Pkwy exit in Mission Viejo. Go east to Trabuco Road. Turn right on Trabuco to Maguerite Pkwy. Go left on Maguerite to Casa Del Sol, turn right onto Casa Del Sol, turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Entries: The pre-entry postmark deadline is Monday, March 15th, 2004. Age on March 21, 2004 determines age group for the meet. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1650 and at 11:30 a.m. for all other events.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle and the 500 yd. Freestyle.

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries allowed for total of \$25.00.

Checks payable to: Mission Viejo Nadadores (MVN)
Mail consolidated entry card and check to: Mission Viejo Nadadores, Steve Quan, 24042 La Chiquita Dr, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847; m.w.moore@cox.net. Meet Processing, Steve Quan, srquan@cox.net.

Snack Bar: Hot and cold drinks, snacks, and food will be available.

Sunday March 21, 2004

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check in required)

Additional warm-up after 1650

Event #2 starts at noon

2. 200 yd. Freestyle

3. 50 yd. Butterfly

4. 100 yd. Backstroke

5. 200 yd. Medley Relay (men, women, or mixed)

6. 200 yd. Ind. Medley

7. 50 yd. Breaststroke

8. 100 yd. Freestyle

9. 100 yd. Butterfly

10. 50 yd. Backstroke

11. 200 yd. Freestyle Relay (men, women, or mixed)

12. 100 yd. Breaststroke

13. 50 yd. Freestyle

14. 100 yd. Individual Medley

15. 200 yd. Fun Fin Relay

16. 500 yd. Freestyle (check in required)

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SPMA Swimming News is published six times a year as an insert in the bi-monthly SWIM Magazine, for swimmers registered with Southern Pacific Masters Swimming.

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Southern Pacific Masters Association Schedule

**Tentative date and/or location

January	
10	Las Vegas SCY Swim Meet
15	SPMA Committee Conference Call Meeting
25	El Segundo SCY Swim Meet
February	
14	Santa Clarita Masters SCY Swim Meet
March	
7	Caltech Pentathlon SCY Swim Meet
11	SPMA Committee Meeting, location TBD
21	Mission Viejo SCY Swim Meet
April	
3/4**	UCLA SCY Swim Meet
17/18**	SCAQ SCY Swim Meet at Loyola
22-25	USMS SCY Nationals, Indianapolis
30, May 1-2	SPMA SCY Regionals, U Calif-Irvine

SPMA Video Library

SPMA has a video library available for use by our members. There is a \$6 charge for one tape (or book), \$8 for two, or \$10 for three. This covers the cost of the envelopes and mailing both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, & Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Backstroke from the Bottom Up (David Bottom)
- Freestyle from the Bottom Up (David Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- U. S. Swimming, Let's Talk Safety
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Swimalates: Pilates for Swimmers
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, & Balance: The Foundation of Championship Winning Swimming