

July/August  
2005



## SPMA MASTERS SWIMMING



### MASTERS SWIM COACH OF THE YEARS:

**At Least Two of Them So Far... by Jim Anderson**

Mark Moore, the swim coach for the Mission Viejo Nadadores Masters swim team, has won the SPMA Coach of the Year award for the second time in a row. I know why. I am a member of the Nadadores Masters team, and have been for about three years, if I remember correctly. When I came to the team, I didn't know a lot about swimming and came primarily for the exercise. My doctor warned me that I sorely needed it and would die at a young age if I didn't start exercising. I chose swimming because of its low impact, yet very effective workout. I also hate to drip with sweat. It would be easier to go each day. I know I'll probably never be a national competitor, which would require a miracle.

Even with my lack of interest in competing, Mark has still turned me into a healthy swimmer, with good technique. I have even participated in competition, and will again in the future. He takes a personal interest in his swimmers and it shows in my steady progress. Mark goes beyond the call of duty.

He is clearly living his life's purpose. I have never met anyone who can get me to work as hard as I do, and keep coming back each weekday for more.

I have watched Mark as he has coached the team over the years, and I have seen him do significant things with the team. He has improved the meet attendance significantly, worked hard at coordinating three meets (or more) per year, and had Mission Viejo selected for the LCM National Championships for 2005. I have seen the team membership increase. I used to always enjoy having a lane to myself, and now that doesn't happen quite as often. That is a healthy sign for the Nadadores. I have seen the number of workouts increase to 25 or so a week, giving us more options, and fewer excuses to miss a workout. I can even print out the workout each day from the website, and come prepared. I also get regular emails from him. We even have social events for the team. I have participated in swim clinics and personal lessons that Mark offers. Yet, he isn't stingy with his instruction during workouts. When I have visited other Masters teams in my travels, I have not met any other coach who would even compare.

I am much healthier today as a result of Coach Mark, and attribute my ability to stay committed to my workout schedule to his ability to keep me motivated. He cares, and takes a personal interest in me. I know he does that with everyone. This is a coach who deserves to get this award often. Keep up the good work, Mark!

*See related article on the second last page of the newsletter*

#### ***In this issue:***

- *The importance of warming up (and cooling down) by Jessica Seaton*
- *Information on the 2006 FINA World Masters Championships at Stanford University*
- *Short Course Meters Meet Schedule*



**Mark Moore receives his 2004 SPMA Coach of the Year Award from Steve Schofield.**

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

## **SAN LUIS OBISPO, SANTA BARBARA (North) and KERN**

ARROYO GRANDE: South County Aq Waves  
ATASCADERO: Team K-man  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO MASTERS

Alan Freeman (805) 458-0989; alanfreeman@digitalputty.com  
Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org  
Lance Cansdale (661) 664-2327; lcansdale@csu.edu  
Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org  
Doug Livengood (805) 239-3013; livengood@sbcglobal.net; northcountyaquatics.com  
David McDevitt (805) 543-9515; swimcoachdjm@yahoo.com; www.sloseahawks.org

## **SANTA BARBARA (South) and VENTURA**

CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
THOUSAND OAKS: Daland Masters  
VENTURA AQUATIC CLUB  
VENTURA COUNTY MASTERS  
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com  
Malchia Olshan (805) 646-1091, malchiao@yahoo.com  
Jeremy Kipp (805) 637-0732; kipp11@juno.com  
Jon Bishop (805) 886-0050; jbishop@musicacademy.org  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net  
Ken Grey (805) 644-1735; gobuena@aol.com  
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## **LOS ANGELES (North)**

ANTELOPE VALLEY  
LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS

Matthew Lopez (661) 618-7103, avacoach@gmail.com, www.avaswimming.org  
Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Justin Davis (626) 203-6259; jdavis@rosebowlaquatics.org; www.rosebowlaquatics.com  
Doug Botton (661) 250-3766; dbottom@santa-clarita.com; pool: (661) 250-3766

## **LOS ANGELES (Westside)**

EL SEGUNDO MASTERS  
EL SEGUNDO: Play Hard Swim Hard  
LA WEST: UCLA Bruin Masters  
WEST HOLLYWOOD AQUATICS  
WOODLAND HILLS: Southwest Aq Masters

Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net  
Marcel Rinzler  
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
Brett MacKnight (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org  
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

## **LOS ANGELES (Central and South)**

LA: City of Los Angeles Masters  
LA (various locations): SCAQ  
LA MID WILSHIRE: Meridian Swim Club

Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Vanessa Mesia (310) 729-2971; mesiaullrich@juno.com; meridiansportsclub.com

## **LOS ANGELES (South Bay)**

HAWTHORNE: South Bay Swim Team  
LONG BEACH Swim Club  
LONG BEACH: Alpert JCC  
CARSON/LOS ALAMITOS: Long Beach Grunions  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, www.southbayswimteam.org  
Tom Trapp  
Cindy Jarvis (562) 4267601 X1047, cjarvis@jcca.org, www.alpertjcc.org  
Eric Grubb (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com  
Shari Twidwell (310)937-3535; shari@zapswimming.com  
Suzanne Schwarz (310) 534-2449; Suzanne.schwartz@earthlink.net

## **INLAND EMPIRE**

CHINO: Chino Valley YMCA Masters  
CORONA: CHAWP  
INDIO: Top Fin Aquatics  
MURRIETA: MESA Aquatic Masters  
PALM SPRINGS: Piranhas  
YUCAIPA: Masters of Yucaipa

Julie Potocki (909) 597-7445; julie.cvymca@verizon.net  
Gregory Salvinski (626) 524-8924; greg@chawp.com  
Veronica Duran (760) 564-5000; laquintamike@aol.com  
Debbie Mone (909) 461-6603; coachdebbie@nctimes.net  
Dwight Hernandez (760) 318-SWIM, www.piranhaswimteam.org  
Denise Hoyt (909) 7958038; djhoyt@adelphia.net

## **ORANGE COUNTY**

COAST MASTERS  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH: Golden West Swim Cl.  
HUNTINGTON BEACH SWIM CLUB  
IRVINE NOVAQUATICS  
IRVINE: UCI Masters  
MISSION VIEJO MASTERS  
NEWPORT BEACH: Lifeguard Association  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH: Team TYR  
TUSTIN: SOCAL Aquatics  
VILLA PARK: Orange Regional Comp. Aquatics  
YORBA LINDA: East Lake Eagle Rays

Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518  
Kevin Perry (714) 871-9616; kperrysswim@earthlink.net  
Elizabeth Bray (714) 892-7711 x55129; summalove@aol.com  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com  
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.uci.edu  
Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org  
Jim Turner (949) 640-5350; nadineturner3@cox.net  
Mark Desmond (949) 888-1268; markdesmond@highhopes.ws  
Jeni Buys (949) 706-9991; gojeni@aol.com  
Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com  
Mark Tierney (714) 639-7531; mtierney@socal.rr.com  
Bill Peery (714) 701-9440; wpeery@elvca.com

## **LAS VEGAS**

HENDERSON Southern Nevada Masters  
CITY OF LAS VEGAS MASTERS

Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net  
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.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 for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

**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); use of any watch in competition; and 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.

*Check out our website  
www.spma.net  
for up-to-date information*

## 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 • •	Meet _____						<b>FOR OFFICE USE ONLY</b>  Amt Rec'd _____  Date _____	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							
	1500/1650 • •	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

Non-SPMA swimmers please include your address:

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

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 9th, 2005**

Sanction number: 335-023

The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 67th year! Learn more at [www.semananautica.com](http://www.semananautica.com).

**Directions:** Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

**Entries:** Pre-entry postmarked deadline: Thursday, June 30th. On deck registration permitted. Age on December 31, 2005 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 1500 m Freestyle.

**Relays:** The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, 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:** There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$10.00 charge.

**Checks payable to:** Santa Barbara Swim Club  
Mail consolidated entry card, a copy of your USMS card, and check to: Santa Barbara Swim Club, P. O. Box 4125, Santa Barbara, CA 93140.

**Questions:** Santa Barbara Swim Club Office (805) 966-9757, [sbsc@sbswim.com](mailto:sbsc@sbswim.com). Meet Processing, Robert Mitchell, (949) 689-SWIM, [mitchellrobert@cox.net](mailto:mitchellrobert@cox.net)

**Saturday, July 9, 2005**

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle  
Additional warm-up after 1500 m Freestyle  
Event #2 starts at 11:00 a.m.
2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 50 m Breaststroke
7. 100 m Backstroke
8. 200 m Freestyle
9. 100 m Butterfly
10. 50 m Backstroke
11. 50 m Butterfly
12. 200 m Freestyle Relay (Male, female, or mixed; deck enter)

**Saddleback College  
LCM Meet  
Sunday, July 24th, 2005**

Sanction number: 335-027

**Directions:** 28000 Marguerite Pkwy. Mission Viejo, CA 92692. From the North or South on the I-5 Fwy., exit at Avery Parkway. Turn east on Avery, cross Marguerite Parkway, and go left into the Avery entrance of the college. Turn right on College Drive East. Pool is located on left side past the gym. Parking is available in Lots 4 and 7.

**Entries:** Pre-entry postmarked deadline: Saturday, July 16th. On deck registration permitted. Age on December 31, 2005 determines age group for the meet.

**Seeding:** All events will be deck seeded and swum slowest to fastest, by entered time, with ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers MUST check in to swim the 1500 m Freestyle.

**Awards:** Individual: SPMA medals for places 1 to 3.

**Entry Fees:** Flat fee of \$25.00 if postmarked before Saturday, July 16th. Add a \$10.00 late fee for deck entries. Deck entries will close at 8:30 a.m. for the first six events.

**Checks payable to:** Saddleback College Aquatics Foundation  
Mail consolidated entry card, a copy of your USMS card, and check to: Mark Moore, 25108-B Marguerite Parkway, #391, Mission Viejo, CA 92692.

**Questions:** Mark Moore, Meet Director, (949) 489-1847 or [m.w.moore@cox.net](mailto:m.w.moore@cox.net).

**Sunday, July 24, 2005**

Warm-up at 8:00 a.m.

400 Individual Medley starts at 9:00 a.m.

1. 400 m Individual Medley
2. 50 m Backstroke
3. 100 m Butterfly
4. 400 m Freestyle
5. 100 m Breaststroke
6. 50 m Butterfly
7. 100 m Backstroke
8. 200 m Freestyle
9. 50 m Freestyle
10. 200 m Breaststroke
11. 200 m Butterfly
12. 200 m Individual Medley
13. 100 m Freestyle
14. 200 m Backstroke
15. 50 m Breaststroke
16. 1500 m Freestyle

*Summer is here...please make  
sure to use sunscreen, sun-  
glasses, and hats!*

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

**Newport Beach Lifeguards  
Balboa-Newport Pier-to-Pier  
Saturday, July 9th, 2005**

Sanction number: 335-051

**Distance:** 2 miles

**Location:** Start from the beach next to the Balboa Pier. Swim to a buoy offshore and then up the coast to a buoy just off the Newport Pier. Round the buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that every swimmer wear a bright cap and be accompanied by a paddler.

**Check-in:** Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

**Entries:** Pre-registration is \$20 (includes a T-shirt) and is due by Wednesday, July 6th. Race day registration is \$25. Souvenir T-shirts are \$10.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

**Additional Information:** Nadine Turner, nadine-turner3@cox.net; (949) 640-5350; www.newportlifeguard.org

**Santa Barbara  
Semana Nautica 6-mile  
Sunday, July 10th, 2005**

Sanction number: 335-052

**Distance:** 6 miles

**Location:** Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach. Carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58° to 65°F in June and July. This swim is for experienced swimmers ONLY! Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

**Check-in:** Registration is at 7:30 a.m. The swim starts at 9:00 a.m.

**Entries:** Pre-registration is \$30 and entries must be received July 5th. No beach entries. T-shirts are \$15.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd., Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

**Additional Information:** Jane Cairns, (805) 886-8123, janeswims@juno.com

**Seal Beach Swim Club  
35th Seal Beach Rough Water Swim  
Saturday, July 16th, 2005**

Sanction number: 335-053

**Distance:** 1-mile and 3-mile events.

**Location and directions:** Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

**Check-in:** Check-in times vary with event. Check-in starts at 6:45 a.m. for the 3-mile swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check in is by 8:00 a.m. with a 9:30 a.m. start time.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 9th. Race day registration is \$30.

To enter, send a copy of your USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

**Additional Information:** Maria Fattal, (562) 430-1092; www.sealbeachswimclub.org

**Long Beach Swim Club  
Omar Nielson Naples Island Swims  
Sunday, July 31st, 2005**

Sanction number: 335-054

**Distance:** 1000 meter, 1-mile, and 3-mile.

**Location:** Alamitos Bay, Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63° to 66°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

**Check-in:** Check-in begins at 7:30 a.m. and closes at 8:50 a.m. The 1-mile starts at 9:00 a.m., the 3-mile starts at 9:10 a.m., and the 1000 meter swim starts at 9:30 a.m. Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line.

**Entries:** Pre-registration is \$25 and must be postmarked by Friday, July 22nd. Fee includes long-sleeved T-shirt designed for this event. Race day registration (or if postmarked after July 16th) is \$30 (T-shirts not guaranteed for late entries). Additional T-shirts may be pre-ordered for \$13. To enter, send a copy of your USMS card, a completed SPMA consolidated card (indicate 1000 m, 1-mile, or 3-mile), and your T-shirt size with your check payable to: Long Beach Swim Club. Mail to: Long Beach Swim Club, P. O. Box 3368, Long Beach, CA 90803.

**Awards:** Custom Naples Island awards for 1st to 3rd place in each age group and each race.

**Additional Information:** Lucy Johnson, lucyj@uci.edu

**For a complete list of open water events in the  
Southern California area, including those not  
sanctioned by SPMA, visit:**

***www.spma.net***

*Click on Ocean Events*

# The Importance of Warming Up (and Cooling Down)

By Jessica Seaton, D. C.

I received a painful reminder of the importance of warming up at Regionals in April. I had decided not to warm up again, even though I had been out of the pool for an hour and a half, because I did not want to stand around freezing in my wet bathing suit waiting for the start of the 200 breaststroke. The price I paid was that on the last 50 of the race, my muscles were on fire and refused to obey me, and I was light-headed and gasping for air.

A good warm-up is important not only before the competition, but before each event, and especially after a break of more than 15 minutes, for a number of reasons:

- ◆ Jody Welborn, M.D., Vice-Chair of the USMS Sports Medicine Committee and a cardiologist in private practice in Portland, Oregon, explains: "Not only is it important for your muscles to 'warm up' but the heart and blood vessels need to get warmed up as well. A proper warm-up increases the heart rate slowly and the blood supply to the muscles gradually. Without this build-up to vigorous activity, excess stress is put on the heart with abrupt demands for more oxygen and waste removal. And hard exercise without the proper preparation may result in an abrupt, transient increase in blood pressure, which further stresses the heart."
- ◆ The increased blood brings more oxygen to the muscles. This allows the muscles to begin favoring aerobic energy pathways earlier in the workout. Aerobic metabolism is more efficient and can be sustained for much longer than anaerobic metabolism. It also results in less lactic acid build-up. The longer the swimming event the more the swimmer will depend on aerobic metabolism.
- ◆ Increased blood flow increases the temperature of the muscles and tendons, allowing them to glide better, and making movement more economical. A very typical workout injury involves the Masters swimmer who is running late for workout, misses the bulk of the warm-up and after two 25s of freestyle, swims a hard 50 of butterfly. That is a shoulder injury in the making.
- ◆ Although not confirmed in human studies, animal studies have shown that it is more difficult to injure a warmed-up muscle. Most of us, especially as we get older, know this to be true.
- ◆ Nerves function optimally in a warmed-up environment. Specific activity-related warm-up activates the nerve pathways required for coordinated movement. Joint position is better appreciated in a warmed-up muscle. Swimmers will often refer to this as the "feel of the water" or being able to "feel the stroke." Drills can help activate the stroke-specific nerve pathways.
- ◆ Studies have shown that swimming performance varies according to the time of day due to the circadian rhythms of the body's physiological variables. For this reason, swimming performance is better in the afternoon than in the morning. One of the reasons for this effect is that body temperature is lower in the morning. Researchers found that increasing the morning warm-up time eliminated the body temperature difference; however, evening swimming performance was still superior.

*What are the elements of a good warm-up?*

A good warm-up will have a general portion and a specific portion. The general part of your warm-up would be easy swimming, probably mainly freestyle, but may include all the strokes. The intensity should be low so that you don't end up fatigued. If the warm-up is too intense, the muscles will accumulate lactic acid and fatigue early. Some sources say that warm-up should be swum at 20% – 40% of maximum speed for about ten to twenty minutes depending on your preference and fitness level. After the easy swim, the specific warm-up will begin.

The specific warm-up will depend on what is to follow. If this is a warm-up for a workout, then the specific portion should be warming up

the strokes that will be part of the main set. If this is before a competition, then this portion of the warm-up needs to include the strokes that you will swim in competition. Kicking is an important part of the warm-up and absolutely crucial for breaststrokers to prevent groin pulls and knee injuries. All swimmers should include drills in their warm-up. Pick the drills that emphasize what you need to pay particular attention to. A sprint breaststroker may want to do some breaststroke pulling with a flutter kick, since that emphasizes fast hands. A butterfly would include some one-armed butterfly to get the body dolphin going without fatiguing the shoulders.

The warm-up during a meet is also important for the mental aspects of racing. The warm-up familiarizes you with the competition pool: What do the walls feel like? Are they slippery? How are the pool markings? How are the backstroke flags and how many strokes will I need before reaching the wall? (Although this is supposed to be standard, you still need to get the feel for the flag placement in an unfamiliar pool.)

Before a race, the specific warm-up should also include some race-pace swims (preferably not all-out sprints). If you are competing in a 50 or a 100 meter event, one or two pace 25s should suffice. For a longer event, the pace swim should still not be longer than 50 or 100 meters. For competition, it is also important to include a couple of dives in the warm-up. In addition to preparing your leg muscles, this also allows you to get a feel for the starting blocks, and to see if your goggles and swimsuit are tight enough! This vigorous portion should be finished at least 20 minutes before the start of the first event.

The warm-up should end with easy swimming. During a meet, stay in the water, swimming gently, until you are called to the blocks. If this isn't possible, then stay in the water as close to the race as possible.

If you have a break of more than 15 minutes, it is a good idea to get back in the water and swim some easy laps. Many swimmers will do a good long warm-up at the beginning of the meet and then sit around until their event. One study showed that warm-up followed by bench rest leads to increased stiffness in the lower back, which could lead to more low back injuries. Remember, the dive is stressful on the low back.

*What about the cool down?*

Dr. Welborn, explains: "The cool-down is important for similar reasons as the warm-up. During vigorous exercise, the heart is pumping large volumes of blood to the muscles via dilated blood vessels. The motion of the muscles, particularly the legs, helps the blood return to the heart. By decreasing the heart rate slowly, the blood vessels have a chance to decrease their supply to the muscles gradually. If exercise stops abruptly, the heart is still pumping large amounts of blood, which is then not returned efficiently. The heart must pump harder to get proper blood return. This places stress on the heart and, in the presence of underlying heart disease, may cause symptoms. More commonly, the dilated vessels, and gravity, when combined with decreased blood return to the heart, allows blood to pool in the legs decreasing blood flow to the brain with resultant dizziness or fainting."

Swimming easy for 10 to 20 minutes after a race is called an active recovery. Studies have shown that blood lactate levels (responsible for fatigue) will return to resting levels in 30 minutes after active recovery, rather than 60 minutes with passive recovery such as plopping yourself in a deck chair.

Now that I realize that not warming up before each race is more painful than getting cold in a wet bathing suit, I'll will remember to bring a parka to keep warm in the future!

*Jessica Seaton, D.C., is a chiropractic orthopedist in private practice in West Los Angeles. She is Chairperson of the USMS Sports Medicine Committee and has been swimming with West Hollywood Aquatics for 15 years.*

**Don Burns**  
**Corona del Mar 1-mile Swim**  
**Saturday, August 27th, 2005**

Sanction number: 335-056

**Distance:** 1 mile from the Corona del Mar jetty to the secluded cove of Little Corona and back.

**Location:** From the north: Take Hwy 73 to MacArthur Blvd. and follow it to Pacific Coast Hwy. Turn left to Marguerite Parkway. Turn right on Marguerite then right again at Ocean Blvd. This will take you to a large driveway down to the city parking lot on the beach (\$10) or park on the street and walk down. From the south: Take Hwy 73 to Newport Coast Rd. Turn left and follow it to Pacific Coast Hwy. Turn right to Marguerite Parkway and follow directions above.

**Check-in:** Registration is at 9:15 a.m. at Lifeguard Tower #3 (next to the jetty). The swim starts at 10:00 a.m.

**Entries:** Entries are \$25 and include a T-shirt. Additional T-shirts are \$10.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A., c/o Nadine Turner, One Giverny, Newport Coast, CA 92657.

**Additional Information:** Nadine Turner, (949) 640-5350, nadineturner3@cox.net.

## **XI FINA World Masters Championships in 2006 at Stanford**

The dates of the XI FINA World Masters Championships have been finalized. Swimming competition will be from August 4 to 11, 2006.

The official web site [www.2006finamasters.org](http://www.2006finamasters.org) is now up and includes:

- \* Dates and schedule of the XI FINA World Masters Championships
- \* Meet qualification times
- \* Hotel availability and online booking

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there is only a limited amount of hotel space near the aquatic venue. You can make your reservations online at:

[www.2006finamasters.org/index.php?topic=hotels](http://www.2006finamasters.org/index.php?topic=hotels)

or you can call (800) 826-4630 toll free (US) from 5 a.m. to 6 p.m. Pacific time.

To sign up for the FINA e-mail list, go to [seven.pairlist.net/mailman/listinfo/finamasters](http://seven.pairlist.net/mailman/listinfo/finamasters)

## **Frank Piemme Rewrites 80-84 Age Group Short Course Yards Records**

Frank Piemme had a banner year during the 2004-2005 Short Course Yard season, setting new USMS records in ten events. In many cases he broke the record more than once, every time he swam an event. Frank broke records in the following events:

- 50, 200 and 500 yd Freestyle
- 50, 100 and 200 yd Breaststroke
- 50 yd Butterfly
- 100, 200 and 400 yd Individual Medley

Team TYR also made their mark in the record book, with two relay records at the SCY Regional Championship meet at Saddleback College:

- Men's 25+ 400 yd Freestyle Relay  
(Wegner, Hibbard, Ruffner, Saeger)
- Men's 35+ 400 yd Medley Relay  
(Saeger, Ruffner, Hibbard, Quintal)

## **Masters Clubs Laud their Coaches!**

After a slow start, SPMA received four applications for the 2004 Southern Pacific Masters Swimming Coach of the Year award. Based on the recommendation of the selection committee, SPMA awarded the 2004 Coach of the Year award to Mark Moore, coach of the Mission Viejo Nadadores (see article on the first page). His nomination will be forwarded to USMS for consideration for the USMS Coach of the Year award.

Although the other three nominees did not win, just being nominated shows how important their coaching is to their swimmers. We would like to encourage these clubs to update and resubmit their nominations next year. The following coaches were nominated:

Paul Carter (NOVA): "He has made a big difference in my personal training and mental competitiveness."

Mo Chambers (SBM): "An awesome instructor on swimming technique, and her workouts are both challenging and fun."

Steve Hyde (SOBA): "Dynamic coaching, enthusiastic leadership...passion for open water swimming...dedicated and enthusiastic coach."

We encourage all clubs to submit their coach for consideration as Coach of the Year!

### **Recent SPMA Coaches of the Year**

- 2004 Mark Moore
- 2003 Mark Moore
- 2002 Carole Shigaki
- 2001 Michael Collins
- 1999 Brandon Seider
- 1998 John Kocker
- 1997 Gerry Rodrigues and Rick Goeden
- 1996 Gary Reese
- 1995 Philip Hayman

## SPMA Officers

Chairman:

Wayne McCauley  
4001 Inglewood Ave. Ste 101-256  
Redondo Beach, CA 90278  
(310) 702-6393  
breastroker@usa.net

Vice-Chair:

Steve Schofield  
7914 Sadring  
West Hills, CA 91304  
(818) 992-1820  
spmasteve@aol.com

Secretary:

Mary Hull  
10415-2 Larwin Ave  
Chatsworth, CA 91311  
(818) 885-5934  
mary@spma.net

Treasurer:

Jeff Moxie  
395 Stonebrook St.  
Simi Valley, CA 93065  
(805) 501-3883  
jeffmoxie@yahoo.com

Member At-Large:

Errol Graham  
(323) 464-7424  
egraham@irell.com

SPMA Office, Registrar, and

Swimming News Editor

Julie Heather  
957 N. El Molino Ave.  
Pasadena, CA 91104  
(626) 296-1841  
registrar@spma.net

[www.spma.net](http://www.spma.net)

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

©Southern Pacific Masters Swimming

# Southern Pacific Masters Association Schedule

July	9	Santa Barbara Masters LCM Swim Meet
	9	Newport Pier-to-Pier 2-mile Open Water Swim
	10	Santa Barbara Semana Nautica 6-mile Open Water Swim
	16	Seal Beach 1- and 3-mile Open Water Swims
	24	Saddleback LCM Swim Meet
	31	Naples Island 1000 m, 1- and 3-mile Open Water Swims
August	11-15	USMS National LCM Swim Meet, Mission Viejo
	27	Corona del Mar Open Water Swim
October	2	Mission Viejo Masters SCM Meet
	15	UCLA Masters SCM Meet
November	5	Santa Clarita SCM Meet
	20	Pierce College Turkey Shoot SCM Meet
December	TBD	SPMA SCM Championships
	10-11	Southwest Zone SCM Championships at Tempe, Arizona

For a complete, updated list of events, check [www.spma.net](http://www.spma.net) or call the SPMA office

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one tape or DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Tapes must be brought to the post office for return due to USPS security requirements. 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, and 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)
- Freestyle from the Bottom Up (David Bottom)
- Backstroke 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)
- 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)
- 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, and Balance: The Foundation of Championship Winning Swimming
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- American Red Cross Swimming and Diving Skills
- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD