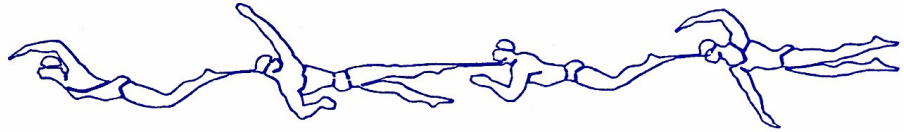


September/October  
2005



## SPMA MASTERS SWIMMING



### Forrest Nelson (ROSE) Crosses English Channel

by Michael Heather

Okay, maybe we don't all dream of swimming across the English Channel, but you have got to admire someone who exhibits the dedication and fortitude that it takes just to prepare for such an adventure. One of SPMA's own has done that and more, just this past July. Forrest Nelson, 40, who trains with Rose Bowl Masters in Pasadena, initially got the idea after reading a book by Penny Dean. After some thought and encouragement from teammates from a Maui channel relay team, he decided to get serious about long distance swimming training, with the goal of the channel crossing being the focus. He had to relearn his swimming style, slowing down the stroke rate considerably and adding many extra miles to his training. He also had to gain 30 lbs. of body weight in order to insulate himself sufficiently to make the crossing (at any speed) without the risk of hypothermia. That extra weight is reportedly going to be the first thing about the channel crossing that he will try to undo.

His training regimen was helped by the flexibility of his working hours. He is a radio writer, and does considerable work

late at night, frequently faxing stories at 1:00 a.m. Typically he would rise for a 2-hour practice three days per week and go to the beach two days for open water training. If it rained too much, he stayed in the pool to avoid any bacteria in the runoff. It was not unusual for him to practice in the pool without ever touching the walls, turning around just short of them in order to get the feeling of a long swim without gutters to grab. On the weekends, he swam 8-12 miles per day in the ocean, when weather and conditions permitted, often with teammates paddling along for support and as guides.

Forrest has been on the Rose Bowl club since at least 1999, before which he swam in high school and college in Division III. He swam in Junior Nationals and was near senior cuts several times.

Last year, in a warm-up for the channel crossing, Forrest won the solo Men's Tampa Bay swim in a very rough crossing that saw about 70% of the competitors withdraw because of deteriorating conditions. He was the third finisher overall, and his winning time was 10:31 for the 26-mile race.

His channel crossing goal time of 12 hours was easily eclipsed by his final time of 10:26 for the 21-mile crossing on July 13th in 60 degree water between Dover and Calais. His swim was the fastest crossing of the channel so far this year.

Congratulations are in order for a job well done, a goal achieved, and an adventure to remember. Cheers!

#### ATTENTION: Hotmail, Yahoo, and MSN users by Julie Heather, SPMA Registrar

I send out email updates 2-3 times per month, reminding swimmers of entry deadlines, new events added to the schedule, changes to events, and other SPMA related information. Lately almost all emails sent to Yahoo, Hotmail and MSN email addresses have been bouncing back, with the message "too many recipients." If you use one of these email providers, and you haven't been getting SPMA-NEWS emails, and you want them, add the email address "registrar@spma.net" to your list of allowed senders. If that doesn't work, and you have an alternate email address, let me know and I'll be happy to change it in the database.

#### *In this issue:*

- Lane Etiquette, by Michael Heather
- Short Course Meters Meet Entry Forms
- Preview of SCM Regional Championships
- Winners of Balboa Pier to Newport Pier Open Water Swim

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  
Dan Ferguson (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.cvmca@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:

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

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

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

## Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 2nd, 2005

Sanction number: 335-031

**Directions:** Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27341 Trabuco Circle, Mission Viejo. From the north or south, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

**Entries:** Pre-entry postmark deadline: Monday, September 26th. On deck registration is permitted. Deck entries will close at 8:45 a.m. for the 1500 and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. 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 and the 400 m 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.

**Snack Bar:** A snack bar will be available serving hot and cold food and drinks.

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries allowed for total of \$30.00.

**Checks payable to:** Mission Viejo Nadadores

Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #175, Mission Viejo, CA 92692.

**Questions:** Meet Director, Mark Moore (949) 489-1847, coach-mark@mastersmvnswim.org.

### Sunday, October 2, 2005

1500 warm-up at 7:30 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)  
Additional warm-up after the 1500  
Event #2 starts at 11:00 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (men, women, mixed; deck enter)
10. 100 m Individual Medley
11. 200 m Medley Relay (men, women, mixed; deck enter)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 200 m Individual Medley
19. 400 m Freestyle (check-in required)

## UCLA Bruin Masters Short Course Meters Swim Meet Saturday, October 15th, 2005

Sanction number: 335-032

**Directions & Parking:** UCLA Men's Gym Pool (now called the SAC, Student Activities Center) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. The Men's Gym/SAC has had a several million dollar renovation with all new facilities. Take the 405 Freeway to Sunset Blvd. East. Take Sunset approx. one mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay \$8.00 parking fee. Ask for best lot to park in for SAC. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement DOES ticket on weekends!

**Entries:** Pre-entry postmark deadline: Tuesday, October 11th. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. 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. Swimmers in the 800 m Freestyle MUST check in to be seeded.

**Snack Bar:** Food will be available at the campus food court located across from the pool.

**Relays:** No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. For each relay swimmer who is not entered in individual events, a fee of \$5 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.

**Checks payable to:** UC Regents

Mail consolidated entry card, a copy of your USMS card, and check to: Bruin Masters Meet, P.O. Box 204, El Toro, CA 92609.

**Questions:** Meet Director, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 702-9327. Meet Processing, Robert Mitchell, mitchellrobert@cox.net

### Saturday, October 15, 2005

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

800 starts at 9:00 a.m.

1. 800 m Freestyle  
Additional warm-up after the 800  
Event #2 starts at 10:30 a.m.
2. 200 m Freestyle Relay (men, women, mixed; deck enter)
3. 200 m Individual Medley
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 100 m Breaststroke
10. 100 m Freestyle
11. 50 m Butterfly
12. 50 m Breaststroke
13. 100 m Individual Medley
14. 4 x 50 m T-shirt Relay (deck enter)

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

## Santa Clarita Short Course Meters Swim Meet Saturday, November 5th, 2005

Sanction number: 335-033

**Directions:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

**Entries:** The pre-entry postmark deadline is Saturday, October 29th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m., all other deck entries close at the conclusion of the 1500. 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 and the 400 m 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:** \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

**Checks payable to:** City of Santa Clarita

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

**Questions:** Meet Directors, Doug Botton, (661) 250-3771, dbotton@santaclarita.com; Jon Terwilliger, (661) 250-3760, jonterwilliger@gmail.com.

### Saturday, November 5, 2005

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)  
Additional warm-up after the 1500  
Event #2 starts at noon
2. 200 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 100 m Individual Medley
19. 200 m Mixed Medley Relay

*Nominations for SPMA officers are due November 1st for the 2006-07 term. For more information contact the SPMA office.*

## Southwest Masters Turkey Shoot at Pierce College Sunday, November 20th, 2005

Sanction number: 335-034

**Directions:** Pierce College Pool, is an outdoor, 7-lane competition pool with two 25-meter warm-up lanes. 6201 Winnetka Ave., Woodland Hills. Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

**Entries:** The pre-entry postmark deadline is Saturday, November 12th. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. 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 800 m Freestyle and the 400 m Individual Medley.

**Relays:** All relays will be deck entered. Relays are free. 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. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

**Awards:** Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

**Entry Fees:** \$3.00 per 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 \$10.00 entry charge.

**Checks payable to:** Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters, 7914 Sadring, West Hills, CA 91304.

**Questions:** Meet Director, Steve Schofield (818) 992-1820; Meet Processing, Robert Mitchell, mitchellrobert@cox.net.

### Sunday November 20, 2005

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

800 starts at 9:00 a.m.

1. 800 m Freestyle (check in required)  
Additional warm-up after 800  
Event #2 starts at 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Free Relay (men, women, mixed; deck enter)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Individual Medley
16. 400 m Relay (men, women, mixed; medley or freestyle; deck enter)

# Hey, get outta the way!

by Michael Heather

Many of us swim with others in organized groups of one form or another. If we treat the others in our lane with the respect and thoughtfulness that we all would like to receive, the experience of the workout will be enhanced for everyone.

When you finish a set or interval, do you: (a) grab the wall, turn around and drape your arms on the gutter; (b) make sure that you are in no risk of touching any other swimmers in your lane (eew!); (c) float to the general vicinity of the wall and show off to the lane that you can do the eggbeater kick? Perhaps you fail to realize that in a lane with 5 people swimming, 80% of the swimmers have someone finishing after them. If we afford the later swimmers in our lane the same opportunity the first swimmers have of finishing at the wall unencumbered, there is a real possibility of enhancing the experience for everyone involved. Prolific concept, no?

It is possible to stuff at least 6 swimmers (yes, even Masters) on the wall at one time, if done with a very little amount of thought and cooperation. It is very simple; hold the wall with one hand, put one foot against the wall for stability and turn your body to face the pace clock (presuming the clock is at the side of the pool) or 90 degrees from the end wall (you know, the one with the target that you try to cover) You are not going to drown if you don't clutch the wall with both paws. No one is interested in examining your suit in full frontal (or rear) exposure when they are trying to finish a 400 IM, and you do not need to examine the entire contents of the gutter today. Let your lane mates get to the wall, for crying out loud.

If you lead the lane, you are responsible for starting this behavior. You are, after all, the leader, and the lane will conform to your habits, good and bad. First to finish in the lane should go to the far left (as you are swimming to the wall) next to the lane line, if you are lucky enough to have one. Number two slides in right next to him, number three should still be able to finish at the target. In this manner, we all get to finish at the wall, and are in order to start the next interval or set. Sure, it is a little militaristic, but why make life tough on some of your teammates if it is totally unnecessary? Some of us are blessed with both speed and mass enough to plow through the thoughtless swimmers milling about the finish of our swims, but that really doesn't create a friendly atmosphere any more than the first two swimmers hogging the entire wall, does it?

In conclusion, be aware that you are not alone, either in this world or in your lane at workout. So, be thoughtful and be nice to your lane mates, you never know what they might write about you.

Next time: If the coach looks like he or she is going to say something, close your mouth.

## Long Beach Grunions SPMA SCM Championships December 2-4, 2005

Sanction number: 335-035

The Long Beach Grunions are once again hosting the SPMA short course meters championship meet at the Belmont Plaza Olympic Pool in Long Beach on December 2-4, 2005. They are hard at work to make the meet even better than last year and are hoping to have 500 swimmers compete this year. Swimmers are expected from all over the United States and commitments have already been received from teams in Ohio, Utah, and Arizona and have interest from teams in Florida, Michigan, and Northern California. The goal is to make this the fastest and best short course meters meet in the United States. On-line meet entry information will be available at the Grunions web site at [lbrunions.com](http://lbrunions.com). The order of events and some of the meet information appears below and the complete meet entry form will be available in the next newsletter.

**Fees:** Flat fee of \$40.00 if postmarked before Friday Nov. 18<sup>th</sup>, 2005. Entry fee includes a meet t-shirt.

**Awards:** Individual: SPMA medals for places 1<sup>st</sup> to 3<sup>rd</sup> and SPMA ribbons for places 4<sup>th</sup> to 6<sup>th</sup> for each age group and gender.

**Social event:** A social event will be held on Saturday night. The Grunions are working with local facilities to assure that we can handle the anticipated crowd.

**Questions:** Call (562) 235-1428 or send an email to Tom Boyd at [tboyd90807@aol.com](mailto:tboyd90807@aol.com). For hotels, information, and directions go to [www.lbrunions.com](http://www.lbrunions.com) and click on "2005 SCM Regionals."

### Friday, December 2<sup>nd</sup>

#### Warm-up 12:00 p.m., Meet starts at 1:00 p.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 400 m Individual Medley
3. Men's 400 m Individual Medley
4. 800 m Freestyle (Women, Men)

### Saturday, December 3<sup>rd</sup>

#### Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.

5. Women's 200 m Freestyle
6. Men's 200 m Freestyle
7. Women's 50 m Butterfly
8. Men's 50 m Butterfly
9. **200 m Freestyle Relay (Women, Men, Mixed)**
10. Women's 100 m Backstroke
11. Men's 100 m Backstroke
12. Women's 100 m Breaststroke
13. Men's 100 m Breaststroke
14. Women's 200 m Butterfly
15. Men's 200 m Butterfly
16. **\*400 m Medley Relay\* (Women, Men, Mixed)**
17. Women's 50 m Freestyle
18. Men's 50 m Freestyle
19. Women's 200 m Individual Medley
20. Men's 200 m Individual Medley
21. **\*800 m Freestyle Relay\* (Women, Men, Mixed)**

### Sunday, December 4<sup>th</sup>

#### Warm-up at 8:00 a.m.; Meet starts at 9:00 a.m.

Check in for the 400 m Freestyle closes at 8:30 a.m.

22. Women's 400 m Freestyle
23. Men's 400 m Freestyle
24. Women's 100 m Butterfly
25. Men's 100 m Butterfly
26. Women's 50 m Breaststroke
27. Men's 50 m Breaststroke
28. Women's 200 m Backstroke
29. Men's 200 m Backstroke
30. **200 m Medley Relay (Women, Men, Mixed)**
31. Women's 100 m Freestyle
32. Men's 100 m Freestyle
33. Women's 200 m Breaststroke
34. Men's 200 m Breaststroke
35. Women's 50 m Backstroke
36. Men's 50 m Backstroke
37. Women's 100 m Individual Medley
38. Men's 100 m Individual Medley
39. **\*400 m Freestyle Relay\* (Women, Men, Mixed)**

# Balboa Pier to Newport Pier Swimmers Brave the Crowds

248 swimmers competed in the Balboa Pier to Newport Pier swim on Saturday, July 9th. Here are the winners by age group:

Age Group	Men	Women
18-24	Patrick Dideum (NOVA)	McCall Dorr (TOC)
25-29	Ross Russo (UCSD)	Suzy Nicoletti (SCAQ)
30-34	Bernie Zeruhn (NOVA)	Valerie Nellen (UCI)
35-39	Claudio Majewski (SDSM)	Jill Keenan-Boline (ROSE)
40-44	Gerry Rodrigues (UCLA)	Sara Steinhoffer (SDSM)
45-49	Lyle Nalli (SCAQ)	Jenny Cook (UCLA)
50-54	Stephen Gentes (SDSM)	Sherry Kittrell (PCA)
55-59	Patrick Dixon (SCAQ)	Katherine Watson (OJAI)
60-64	Tegze (Tex) Haraszti (HBSC)	Carol Jewell (UNAT)
65-69	Steve Moseley (SDSM)	Betsy Jordan (SDSM)
70-74	Buddy Belshe (HBSC)	

## Important Information about FINA World Masters Championships in 2006 at Stanford University

Swimming competition will be from August 4 to 11, 2006 at Stanford University.

The official web site [www.2006finamasters.org](http://www.2006finamasters.org)

FINA does not allow unattached swimmers. Here is the posting from the 2006 FINA Worlds meet director that brought this club affiliation requirement to my attention.

“For those LMSCs that have unattached swimmers, I would like to point out that FINA rule MGR3: Individual entries shall only be accepted from persons representing clubs.

“This of course means that swimmers who wish to swim at the XI FINA World Masters Championships, MUST be registered with a club and CANNOT be registered unattached. For coaches, this is a chance to do some recruiting!”

A few more bits of trivia:

- You can enter up to five events (no more than two on any one day)
- All of the relays will be on Tuesday, August 8th.
- Entry deadline is June 3rd, 2006
- The meet book will be available in September, 2005 (it will be published on-line before printed copies are available)
- On-line registration for the meet will begin on January 1st, 2006.



Swimmers dive off the blocks at the Santa Barbara Long Course Meters meet on July 9th. The meet was attended by over 100 swimmers, many getting ready for USMS Long Course Nationals in Mission Viejo.

### Do you know what to do if you are in an outdoor pool in a thunderstorm?

We don't often see thunderstorms on the west coast, but they do occur. If a thunderstorm can be heard or seen and you're in a pool, get out! Stay out of the water until the storm has passed and you haven't heard thunder or seen lightning for at least 15 minutes (the policy at your facility may vary).

## 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) 969-9684  
egramham@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

October	2	Mission Viejo Masters SCM Meet
	15	UCLA Masters SCM Meet
November	5	Santa Clarita SCM Meet
	18	SPMA Annual Meeting at SPMA office
	20	Pierce College Turkey Shoot SCM Meet
December	2-4	SPMA SCM Championships, LBG at Belmont Plaza, Long Beach
	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 the tapes are not returned. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. All titles below are VHS format videos unless followed by "DVD." Titles available for rental include:

- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- 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)
- 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)
- 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: 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-Championship Winning Walls: Turns for All Strokes
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Quick-Swimalates: Pilates for Swimmers
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, and Balance: The Foundation of Championship Winning Swimming
- American Red Cross Swimming and Diving Skills