

July/August  
2007



## SPMA MASTERS SWIMMING



### Tom Boyd named SPMA Coach of the Year

by Julie Heather

Tom Boyd, one of a team of volunteer coaches for the Long Beach Grunions, has been honored with the 2006 SPMA Coach of the Year Award. In addition to his involvement over the past four years as a coach for the Grunions, Tom has been actively involved in both SPMA and USMS. His talent, dedication, and passion for the sport not only benefits the Grunions, but the entire swimming community.

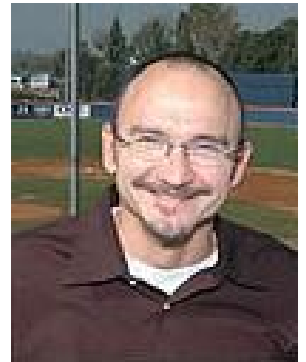
The Grunions are a diverse group, with approximately half of the team having no swimming experience prior to joining, to those that have been competing for years. This range of abilities is a challenge for any coach, and Tom meets the challenge. He conducts clinics for the swimmers, and has authored numerous articles on swimming technique and etiquette for the Grunions' newsletter and website.

Tom is a SPMA Committee member and has been the meet director for the SCM Regional Championships in 2004 and

2005. Tom has been a delegate to the USMS Convention for the past two years, and is a member of the USMS Communications and Editorial committees. In addition to all that, Tom chairs the USMS Marketing Committee, and devised and managed the recent USMS survey which many of you were selected to complete. In 2006, Tom was the recipient of the Dorothy Donnelly USMS Service Award.

Tom is an associate professor at Cal State-Fullerton in sports marketing. He does consulting work for professional sports teams, sports equipment manufacturers, and professional athletes.

With this level of activity, one wonders if Tom gets any sleep.



### 2007 Short Course Yard Records

The following USMS records were set by SPMA swimmers during the 2006-2007 short course yards season:

James Belardi (SCAQ): 200 Butterfly

Jeff Farrell (SBM): 50 Freestyle

WH20 800 Free Relay, 18+ Men: Justin Brannock, Matthew Schmidt, Brian Olver, Jonathan Russell

VCM 400 Medley Relay, 55+ Men: Jim McConica, Hubie Kerns, John Derr, Glen Gruber

VCM 800 Free Relay, 55+ Men: Glenn Gruber, Hubie Kerns, John Derr, Jim McConica

*The correct zip code for entries for the USMS Long Course Meters Nationals in The Woodlands, TX is 03053*

#### *In this issue:*

- Long Course Meters meet entry forms for July and August
- Open Water swim entry forms for July and August
- Parry O'Brien, 1932-2007

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

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

ATASCADERO: Team K-man Jennifer Glenesk (805) 2376170; swimcoach@teamkman.org; www.teamkman.org  
BAKERSFIELD: Golden Wave Masters Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net  
BAKERSFIELD SWIM CLUB John Kraetsch, jfk1@mcjunki.com; www.bakersfieldswimclub.org  
SAN LUIS OBISPO MASTERS Louise Butler (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org  
SAN LUIS OBISPO: Kennedy Club Masters Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com  
SANTA MARIA: Santa Maria Swim Club Cris Maxwell (805) 478-5801; maxwell.pca2@verizon.net  
VALYERMO: slowtwitch.com Mark Montgomery (310) 990-1400; montyman007@hotmail.com; slowtwitch.com

## SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island Vic Anderson (805) 403-5425, delphis13@msn.com  
OJAI: Ojai Masters Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net  
SANTA BARBARA: UCSB Masters Jeremy Kipp (805) 893-2505; jeremykipp@cox.net  
SANTA BARBARA MASTERS Jon Bishop (805) 886-0050; coachjb@sbswim.org  
THOUSAND OAKS: Conejo Simi Aquatics Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com  
THOUSAND OAKS: Daland Masters Leslie Daland-James (805) 495-5210; lesliedaland@yahoo.com  
VENTURA COUNTY MASTERS Steve Witcher (805) 650-0400; buenaswim@yahoo.com  
VENTURA: Rio Mesa Masters Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## LOS ANGELES (North)

LANCASTER: Oasis Masters Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
PASADENA: Caltech Masters Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
PASADENA: Rose Bowl Masters Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org  
SANTA CLARITA MASTERS Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3766

## LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com  
EL SEGUNDO MASTERS City of El Segundo (310) 524-2700 x2738  
LA WEST: UCLA Bruin Masters Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
PORTER RANCH: Porter Valley Masters Amy Lau (818) 523-3981; amylau@earthlink.net  
WEST HOLLYWOOD AQUATICS Joel McKenna (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org  
WOODLAND HILLS: Southwest Aq Masters Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

## LOS ANGELES (Central and South)

LA (various locations): SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq  
LA MID WILSHIRE: Meridian Swim Club Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com

## LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team Kathy Davids (310) 643-6523, kdavids@socal.rr.com; www.southbayswimteam.org  
LONG BEACH: Alpert JCC Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertjcc.org; www.alpertjcc.org  
LONG BEACH: Shore Aquatics Elodie Lynn (562) 644-5228, mimibobs@msn.com; www.shoreaquatics.com  
CARSON/LOS ALAMITOS: Long Beach Grunions Ken Brisbin; info@lbgrunions.com; www.lbgrunions.com  
MANHATTAN BEACH: Magnum Masters Chuck Milam (310) 592-6010, cdmilam@hotmail.com; www.manhattancc.com  
RANCHO PALOS VERDES: Zenith Aquatics Shari Twidwell (310) 937-3535; shari@zapswimming.com  
TORRANCE : LA Peninsula Swimmers Beth Overstreet (310) 214-9593; beth.ford@mindspring.com; www.lapmasters.org

## INLAND EMPIRE

CORONA: Corona Aquatic Team Masters John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com  
MURRIETA: MESA Aquatic Masters Debbie Mone (951) 265-1454; msmone@msn.com; mesaaquatics.com  
PALMDALE: Palmdale Masters Joe Goss (661) 267-5611; jgoss@cityofpalmdale.org  
RIVERSIDE: Riverside Aquatics Assn. Eric Tanner (951) 313-9274; ertanner@gmail.com  
TEMECULA: City of Temecula Masters Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org  
WALNUT: Buzzards Peak Masters Francis Neric (562) 713-4555, fneric@mtsac.edu  
WINCHESTER: Play Hard Swim Hard Marcel Rinzler  
YUCAIPA: Masters of Yucaipa Kathy Fellenz (909) 790-5544; junebug@cybertime.net

## ORANGE COUNTY

COAST MASTERS Lou Giberson (949) 837-3091  
FULLERTON: FAST Masters Team Bill Jewell, swimbill@sbcglobal.net; fastswim.org  
HUNTINGTON BEACH SWIM CLUB Buddy Belshe (949) 362-4727  
IRVINE NOVAQUATICS Mike Collins (949) 338-6682, mcollins@multisports.com; www.novamasters.com  
IRVINE: UCI Masters Charlie Schober (949) 824-7946; ctschober@uci.edu; www.mastersswim.uci.edu  
MISSION VIEJO MASTERS Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org  
NEWPORT BEACH: Pacific Coast Aquatics Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org  
NEWPORT BEACH: Team TYR Jeni Buys (949) 706-9991; gojeni@aol.com  
SAN CLEMENTE: San Clemente Swim Masters Rod Snyder (949) 366-1630; rdsnyder4@cox.net  
SAN JUAN CAPISTRANO: Capo Masters Bert Bergen (949) 291-1659 (pool); info@capomasters.com; www.capomasters.com  
TUSTIN: SOCAL Aquatics Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com  
VILLA PARK: Orange Regional Comp. Aquatics Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com  
YORBA LINDA: East Lake Eagle Rays Bill Peery (714) 701-9440; widepe@yahoo.com

## LAS VEGAS

HENDERSON Southern Nevada Masters Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com  
CITY OF LAS VEGAS MASTERS Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com  
LAS VEGAS: Viva Las Vegas Masters Marie Girouard (702) 461-5354; mjvgutierrez@cox.net

# 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 pacing device 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 _____							FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							Amt Rec'd _____	
	1500/1650 • •	Surcharge \$ _____							Date _____	
	• •	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.



**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 14th, 2007**

Sanction number: 337-023

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 70th year! Learn more at [www.semananautica.com](http://www.semananautica.com). 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, July 5th. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events. Age on December 31, 2007 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 2007 USMS card, and check to: Santa Barbara Swim Club, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Santa Barbara Swim Club Office (805) 966-9757, [sbsc@sbswim.com](mailto:sbsc@sbswim.com). Meet Processing, Robert Mitchell, (949) 689-7946, [mitchellrobert@cox.net](mailto:mitchellrobert@cox.net).

**Saturday, July 14, 2007**

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. 200 m Butterfly

7. 50 m Breaststroke

8. 100 m Backstroke

9. 200 m Freestyle

10. 100 m Butterfly

11. 50 m Backstroke

12. 200 m Breaststroke

13. 50 m Butterfly

14. 200 m Backstroke

15. 200 m Freestyle Relay (men, women, or mixed; deck enter)

## 2006 Relay All-Americans

**Los Angeles Peninsula Swimmers:** Duncan Q. McBride, Traci S. Granger, Victor E. Wagoner, Laurie Ayoob, Kirsten Bartholomew, Jane E McCall, Greg Heyes

**Long Beach Grunions:** Robert Davie, Thomas Boyd, Craig Coffin, Stephen Segreto

**Mission Viejo Masters:** Chip Polito, Abel Tong, Michael Heather, Britney Danfield, Erica Laughlin, Steve Steed, Andy Villarete, Jeff Taylor, Mark J. Longworth, Jimmy Hong, Takumi Mitsudome, Kevin Joyce, Glenn Gruber, Scott Weir, Christy Bode, Brooke Martin, Katie Haynes, Katie Moore

**Irvine Novaquatics:** Paul Carter, Jennifer Schumacher, Alison McGookin, Tim Shumate, Bernie Zeruhn, Felipe Delgado, Oswaldo Quevedo, Marcel Rinzler, Susanne Simpson, Steve West

**Team TYR:** Susan G. Von Der Lippe, Marika McCue, Jennifer Stein, Michael Ruffner, Anna Pettis-Scott, Robbert-Paul Smit, Collette Sappey, Brent Bergstedt, Dan Wegner, Rich Saeger, Greg Rhodenbaugh, Matthew Eisenhuth, Brad Hibbard, Betsy Cleary, Jeff Commings

**UCLA Bruin Masters:** Laurie Dodd, Heather Shannon, Randy Eickhoff, Chris Hauty, Helen Geofrion, Renate Winkler, Jenny Cook, George Bowers, Ian H. Maxtone-Graham, Christie Ciraulo, Vicki Serianni, Rachael Dillon, Laura Ferretti, Gerry Rodrigues, Peter O'Keeffe, Gretchen Ballard

**Ventura County Masters:** Kevin Lane, Mike Shaffer, Tom Olson, Hubie Kerns, John Derr, Jim McConica

**West Hollywood Aquatics:** Tom Reudy, Brian Olver, Amy Dantzler, Joel McKenna, Kiley Ames-Klein, Mike Crosby, Chris Peckover, Matt Schmidt

### Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: [www.simastersswim.org](http://www.simastersswim.org)

New Mexico: [www.zianet.com/pdjang/nmms/index.htm](http://www.zianet.com/pdjang/nmms/index.htm)

Arizona: [www.arizonamasters.org](http://www.arizonamasters.org)

# Mission Viejo Nadadores

## 2007 SPMA LCM Championship Meet

### Friday to Sunday, August 3 - 5, 2007

Sanction number: 337-024

**Directions:** Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite.

**Fees:** Flat fee of \$40.00 if postmarked on or before Tuesday, July 24th or online entries completed before midnight on July 24th. Entries postmarked or submitted after midnight on July 24th will be subject to a \$10.00 late fee. *ALL ENTRIES WILL BE REJECTED IF NOT RECEIVED BY 8:00 p.m., Saturday, July 28th.* On-line entries are encouraged. *NO INDIVIDUAL DECK ENTRIES ARE ALLOWED.* Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays.

**Seeding:** Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

**Timing:** Electronic timing will be used. The meet hosts will make every effort to provide one timer for each lane. Swimmers from all clubs are expected to assist with timing. Clubs may be assigned lanes for timing, based on the number of their swimmers participating in the meet. Swimmers in the next heat should assist by stepping forward and pushing a timing system button for the finish of the swimmer in the preceding heat.

**Check-in:** Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM.

**Awards:** Individual: Custom medals for places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Relays: Custom medals for 1st place, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays.

**Entries:** Mail entry card, copy of 2007 USMS card, and check (payable to Mission Viejo Nadadores) to: MVN Masters Swimming, 25108-B Marguerite Parkway PMB #391, Mission Viejo, CA 92692. Receipt of entry will *NOT* be verified by phone. Send a SASE or stamped postcard for return receipt. On-line entries will be accepted at [www.mastersmvnswim.org/2007SWZone.htm](http://www.mastersmvnswim.org/2007SWZone.htm).

**Social Event:** MVN is planning a meet social on Saturday evening. Tickets are \$20 and limited to 75 people.

**Questions:** Call (949) 489-1847 or send an email to Mark Moore: [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org)

#### Friday, August 3rd

**Warm-up at 2:00 p.m.**

**Meet starts at 3:00 p.m.**

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men)

#### Saturday, August 4th

**Warm-up at 7:00 a.m.**

**Meet starts at 8:00 a.m.**

Check-in for the 400 m Freestyle will close at 7:30 a.m.

2. 400 m Freestyle (Women, Men)
3. Women's 50 m Butterfly
4. Men's 50 m Butterfly
5. 400 m Freestyle Relay\* (Women, Men, Mixed)
6. Women's 100 m Breaststroke
7. Men's 100 m Breaststroke
8. Women's 200 m Butterfly
9. Men's 200 m Butterfly
10. Women's 100 m Freestyle
11. Men's 100 m Freestyle
12. Women's 100 m Backstroke
13. Men's 100 m Backstroke
14. Women's 200 m Individual Medley
15. Men's 200 m Individual Medley
16. Women's 50 m Breaststroke
17. Men's 50 m Breaststroke
18. 400 m Medley Relay\* (Women, Men, Mixed)
19. 800 m Freestyle Relay\* (Women, Men, Mixed)

#### Sunday, August 5th

**Warm-up at 7:00 a.m.**

**Meet starts at 8:00 a.m.**

Check-in for the 800 m Freestyle will close at 7:30 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

**\*Relays:** A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at [www.spma.net](http://www.spma.net).

**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 7th, 2007**

Sanction number: 337-031

**Distance:** 2 miles

**Location:** Start from the beach next to the Balboa Pier. 55 Fwy south, turns into Newport Blvd, turns into Balboa Blvd. Turn right at Palm St. light on the Balboa Peninsula. Park in municipal lot. Start at Balboa Pier and swim upcoast to finish at the Newport Pier.

**Check-in:** Registration begins 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 \$30 (includes a T-shirt) and is due by Tuesday, July 3rd. Register for both this swim and the August 25th Don Burns Corona del Mar swim for \$45. Deck entries welcome.

To enter, send a copy of your 2007 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

**Semana Nautica Sports Festival  
Santa Barbara 6-mile Swim  
Sunday, July 15th, 2007**

Sanction number: 337-032

**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 58-65°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 by Monday, July 9th. No beach entries. T-shirts are \$15.

To enter, send a copy of your 2007 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  
37th Seal Beach Rough Water Swim  
Saturday, July 14th, 2007**

Sanction number: 337-033

**Distance:** 1-mile and 5-kilometer 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 6:30 a.m. for the 5K 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 at 8:00 a.m. with an approximate 9:30 a.m. start time.

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

To enter, send a copy of your 2007 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; sbvbcmaria@yahoo.com; www.sealbeachswimclub.org

**Long Beach Grunions  
Naples Island Swim  
Sunday, July 29th, 2007**

Sanction number: 337-034

**Distance:** 1-mile Classic and 3-mile Challenge

**Location:** Alamitos Bay, near 5437 E Ocean Blvd., Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-69°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 8:45 a.m. The 1-mile starts at 9:00 a.m. and the 3-mile starts at 9:15 a.m., Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line. Swimmers with wetsuits are allowed but will not be eligible for awards.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 21st. Fee includes T-shirt designed for this event and guaranteed to first 150 entrants. Race day registration (or if postmarked after July 21st) is \$30. Additional T-shirts may be pre-ordered for \$16. An alternate entry form can be found at www.spma.net/naples2007.

To enter, send a copy of your 2007 USMS card, a completed SPMA consolidated card (indicate 1-mile or 3-mile and T-shirt size) or the alternate entry form, with your check payable to: Long Beach Grunions. Mail to: 2007 Naples Island Swim, 2320 Carroll Park South, Long Beach, CA 90814.

**Awards:** Medals 1st to 3rd place in each age group in each race.

**Additional Information:** John Makinson, (562) 433-0899, johnrufwtr@yahoo.com

**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 Open Water & Long Distance*

# Parry O'Brien, 1932-2007, Master Athlete

The world lost one of its greatest athletes when Parry O'Brien suffered a heart attack during his 500 yard freestyle at the SPMA Regional Championships in Santa Clarita on April 21st. Though the response by the lifeguards was swift and professional, he did not survive.

Parry was a member of United States Masters Swimming for the past 21 years. From 1993 to 2006, Parry had 58 individual and 3 relay USMS Top Ten times. The majority of these were in the butterfly events. Parry, along with his wife Terry, was a regular at nearly every SPMA meet.

Wayne McCauley, SPMA Chairman, put it best in a post on the USMS discussion forum:

"Parry was a great human, he touched all of us with his class. His wife was always there at every swim meet supporting Parry.

"When I first met him at a swim meet, I mentioned when I was in high school I tried the shot put, and it was the style of Parry O'Brien I learned from books. He smiled and made me feel at ease.

"Parry taught me a valuable lesson many years ago. Parry loved the 50 butterfly, he nearly washed his competitors over the lane lines when he dived in. I knew he was getting ready to do his 50 fly, he was pouring over several pages of

a legal sized yellow pad. So I asked him what he was doing, and he showed me several pages filled with all the things he wanted to do during the 50 fly. Just imagine, perhaps 75 things he listed just for 50 yards of butterfly!

"I was amazed, here was a secret of how an Olympic Champion prepares.

"I tried it for my breaststroke races, starting with about 10 things and gradually working up to nearly 50 items.

"I challenge everyone to emulate Parry, try coming up with 25 items you want to do during one race. It's not easy.

"Parry will always be in my heart."

And lest we forget, Parry was known to the rest of the world as the man who revolutionized the shot put, and brought home Olympic medals from three successive Olympics.

*Summer is here...please make sure to use sunscreen, sunglasses, and hats!*

## Long Beach Pacific Open Water Challenge Sunday, July 1st, 2007

Sanction number: 337-035

**Distance:** 5 kilometers

**Location:** Belmont Pier, Long Beach (Ocean Blvd. and Termino Ave.). Water temperature for this race is usually 63-66°F. The course is located east of the pier and is inside of the breakwater (no surf). Parking is available along Ocean Blvd. and in city lots on both the west and east sides of the Belmont Plaza Olympic Pool (\$0.25 per 15 minutes).

**Check-in:** Check-in begins at 6:00 a.m. and closes at 9:15 a.m. The 5K starts at 9:30 a.m. Anyone still in the water 30 minutes past the time the first swimmer finishes will be picked up and returned to the finish line.

**Entries:** Pre-registration is \$25 and must be postmarked by Monday, June 25th. Fee includes short-sleeved T-shirt designed for this event. Race day registration (or if postmarked after June 25th) is \$35 (T-shirt sizes are not guaranteed for late entries). To enter, send a copy of your 2007 USMS card, an SPMA consolidated card or a registration form (download from our website, [www.pacificopenwater.com](http://www.pacificopenwater.com)) with your check payable to: International City Racing. Mail to: LBIM, 3000 Pacific Avenue, Long Beach, CA 90806.

**Awards:** Custom Pacific Open Water Challenge awards for 1st to 3rd place in each age group and overall top 3.

**Additional Information:** Stacy Embretson, [sembretson@runicr.com](mailto:sembretson@runicr.com), (562) 427-4606 x1.

## Don Burns Corona del Mar 1-mile Swim Saturday, August 25th, 2007

Sanction number: 337-036

**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 9:00 a.m. at Lifeguard Tower #3 (next to the jetty). The swim starts at 10:00 a.m.

**Entries:** Entries are \$30 and include a T-shirt. Additional T-shirts are \$10. Deck entries welcome.

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, [nadeturner3@cox.net](mailto:nadeturner3@cox.net).



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# Southern Pacific Masters Association Schedule

July	1	Long Beach Pacific 5 km Open Water Challenge
	7	Newport Pier-to-Pier 2 mile Open Water Swim
	12	SPMA Committee Conference Call
	14	Santa Barbara LCM Swim Meet
	14	Seal Beach 1 km and 5 km Open Water Swims
	15	Santa Barbara Semana Nautica 6 mile Open Water Swim
	29	Long Beach Grunions Naples Island 1 & 3 mile Open Water Swims
August	3-5	SPMA LCM Championships, Mission Viejo
	10-13	USMS LCM Championships, The Woodlands, Texas
	25	Don Burns Corona del Mar 1 mile Open Water Swim
September	26-30	USMS Convention, Anaheim
October	7	Mission Viejo SCM Swim Meet
	13	UCLA SCM Swim Meet

For a complete and 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 DVD or video* 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 (626-296-1841), and we'll discuss which videos would best fit your needs. Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Send requests to the SPMA office. Titles available for rental include:

DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pileczuk)

VHS format:

- Swim Smarter/Swim Faster (Quick & 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 and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- 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