

November/December  
2009



SOUTHERN PACIFIC MASTERS SWIMMING

# SPMA Swimming News



## SPMA MASTERS SWIMMING

### SPMA Members and Club Win Awards

Three SPMA members and one club were recognized at the United States Aquatics Sports annual convention in Chicago in September.

Nancy Kirkpatrick-Reno was presented with the 2009 USMS Coach of the Year Award. Nancy had earlier been awarded the 2008 SPMA Coach of the Year and her nomination was forwarded to USMS by SPMA.

Mission Viejo Nadadores was honored as USMS Club of the Year. With 250 mem-

bers, MVN is one of the largest clubs in SPMA, offering 28 workouts per week. Led by Coach Mark Moore, the club has hosted many meets, clinics, and social events for the swimmers.

Christie Ciraulo was a recipient of the USMS Dorothy Donnelly Service Award, in recognition of the work she has done in SPMA with our open water events.

Julie Heather was honored at the banquet with the Ransom Arthur Award, originally announced at the USMS Short Course Nationals in Clovis last May.

SPMA has two representatives on the new USMS Executive Committee. Jeff Moxie was elected President of USMS, and Michael Heather was elected Vice President of Administration.

At the SPMA Long Course Regional Championships at Cal Lutheran, Jeff Moxie was presented with the Steve Schofield SPMA Distinguished Service Award. Jeff has been the SPMA treasurer for many years, in addition to his volunteer work for USMS.

#### *In this issue:*

- 2009 SCM meet entry forms
- Las Vegas SCY meet entry form
- Short Course Yards meet schedule
- 2010 SPMA registration form
- Preaching to the Choir, by Jessica Seaton

### SPMA Long Course Meters Record Breakers

The following swimmers from Southern Pacific Masters Swimming broke USMS and/or World records during the 2009 Long Course Meters season in SPMA sanctioned meets.

Battin, Carolyn (LVM): 400 Freestyle

Delgado, Felipe (NOVA): 50 Freestyle

Denby, Kara (CSAM): 50 and 100 Freestyle

Fowler, Jamie (NOVA): 50 Backstroke, 200 and 400 Individual Medley

Hockstein, Erik:(SCAQ): 200 Individual Medley, 100 and 400 Freestyle

Kerekjarto, Tamas (FMT): 200 Individual Medley, 100 Butterfly, 200 Freestyle

CSAM 400 Freestyle Relay (72-99, Wade Federer, Lauren Hancock, Christopher Ramos, Kara Denby)

CSAM 400 Medley Relay (72-99, Lauren Hancock, Kara Denby, Wade Federer, Nick Glaze)

CSAM 200 Freestyle Relay (72-99, Wade Federer, Lauren Hancock, Christopher Ramos, Kara Denby)

CSAM 800 Freestyle Relay (72-99, Kara Denby, Lauren Hancock, Christopher Ramos, Wade Federer)

SCAQ 400 Freestyle Relay (160-199, Jenny Cook, Erik Hockstein, Matthew Cornue, Arlette Godges)

SCAQ 800 Freestyle Relay (120-159, David Schlesinger, Dan Wegner, Matthew Harrigan, Erik Hockstein)

SCAQ 400 Freestyle Relay (100-119, Nathan Janos, Jacqueline Corcoran, Ann Yearwood, Erik Tolmachoff)

SCAQ 400 Freestyle Relay (160-199, Dan Wegner, Peter Egan, Christopher Beach, Erik Hockstein)

SCAQ 200 Freestyle Relay (120-159, Matthew Cornue, Erik Hockstein, Erik Tolmachoff, Christopher Beach)

# SWIM FOR LIFE!

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

ATASCADERO: Team K-man  
ATASCADERO: No. SLO Masters  
BAKERSFIELD: Gold Wave Masters  
BAKERSFIELD Swim Club  
BAKERSFIELD Aquatics Club  
LOMPOC: Lompoc's Other Swim Team  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO Masters  
SAN LUIS OBISPO: Kennedy Club Masters  
SANTA MARIA: Santa Maria Swim Club

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Keith Moore, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org  
Charles Pike (661) 395-4663, bakersfieldaquatics@yahoo.com, www.bakersfieldaquatics.org  
Frank Piemme (805) 735-7574, conniefrank@verizon.net  
Nancy Szejnkowski (805) 238-5591, betco@yahoo.com, www.northcountyaquatics.org  
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## SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA  
CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA Aquatics Club  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA Masters  
SANTA BARBARA: Oceanducks  
THOUSAND OAKS: Conejo Simi Aquatics  
THOUSAND OAKS: Daland Masters  
THOUSAND OAKS: South Coast Aquatics  
VENTURA COUNTY Masters  
VENTURA: Rio Mesa Masters

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SB Swim Office (805) 966-9757, swimoffice@sbswim.org  
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Kevin Lane (818) 917-6930, klane1956ct@sbcglobal.net, www.dalandswim.com  
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Jason York (408) 821-5600, jason.e.york@gmail.com, www.buenaventuraswimclub.org  
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net, www.riomesaswimclub.com

## LOS ANGELES (North)

CLAREMONT: The Claremont Club  
LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
PORTER RANCH: Porter Valley Masters  
SANTA CLARITA Masters  
WALNUT: FASTER Masters Swim Team

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Lance O'Keefe, lokeefe@santa-clarita.com, pool: (661) 250-3767  
Louis Boehle (909) 657-7758, louisboehle@mac.com

## LOS ANGELES (Westside)

ALABASAS: City of Calabasas Masters  
EL SEGUNDO MASTERS  
HOLLYWOOD: Hollywood Wilshire YMCA  
L.A. WEST: UCLA Bruin Masters  
MALIBU Community Pool Swims Masters  
WEST HOLLYWOOD Aquatics  
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110, lkishimoto@cityofcalabasas.com  
City of El Segundo (310) 524-2700 x2738  
Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymcala.org  
Steve Najera (310) 206-1787, snajera@recreation.ucla.edu  
Molly Larson (310) 456-2489 x272, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us  
Gregg Ogorzelec (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)

CATALINA Channel Swimming Federation  
L.A.: Swimming Los Angeles  
L.A. (various locations): SCAQ  
L.A. MID-WILSHIRE: Meridian Swim Club  
L.A.: Los Angeles Athletic Club Masters  
L.A.: Pool Open Water  
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org  
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com  
SCAQ Office (310) 390-5700, www.swim.net/scaq  
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com  
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com  
Gerry Rodrigues (310) 702-9327, swimpro@pacbell.net  
Patricia Mitchell (323) 563-5446, pmitchell@sogate.org

## LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions  
HAWTHORNE: South Bay Swim Team  
LA MIRADA: La Mirada Armada  
LONG BEACH: Alpert JCC  
LONG BEACH: Long Beach Masters Swim  
LONG BEACH: Shore Aquatic Masters  
LOS ALAMITOS Masters  
MANHATTAN BEACH: Magnum Masters  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE: LA Peninsula Swimmers

Yuji Utsumi, (562) 252-0220, info@lbgrunions.com, www.lbgrunions.com  
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Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com  
Debi Blair (310) 813-9656, info@lapsmasters.org, www.lapsmasters.org

## INLAND EMPIRE

BEAUMONT Masters  
CORONA: Circle City Aquatics  
CORONA: Corona Aquatic Team Masters  
MURRIETA: MESA Aquatic Masters  
RIVERSIDE: Riverside Aquatics Assn.  
TEMECULA: City of Temecula Masters  
YUCAIPA: Masters of Yucaipa

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Scott Gainey (949) 315-1013, coachgainey@gmail.com, www.ccaqswim.org  
John Salvino (866) SWM-CRINA, coachsalvino@hotmail.com  
William Segovia (951) 894-5588, administrator@mesaaquatics.com, www.mesaaquatics.com  
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org  
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org  
Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, www.yucaipaswim.org

## ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport  
COTO DE CAZA: Coyotes  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH: Golden West Swim Club  
IRVINE Novaquatics  
IRVINE: UCI Masters  
MISSION VIEJO Masters  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH Lifeguard Association  
TUSTIN: SOCAL Aquatics  
YORBA LINDA: East Lake Eagle Rays

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Todd Conrad (949) 858-4100 x257, cotocoyotes@gmail.com  
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Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com  
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

## LAS VEGAS

HENDERSON Southern Nevada Masters  
LAS VEGAS: Las Vegas Masters  
LAS VEGAS: Swim Las Vegas  
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790, flowery719@cox.net, www.lowerymultisport.com  
Victor Hecker (702) 247-7788, heckerrealestate@hotmail.com  
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com  
Melissa Gutierrez (702) 480-4321, 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

**Maximum FIVE Individual Events/Day**

Include a copy of USMS card

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

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

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

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

**PLEASE SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

Is this your first Masters Meet?    Yes  
No

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

Non-SPMA swimmers please include your address:

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

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

## Steve Schofield Memorial Turkey Shoot at Pierce College Sunday, November 22nd, 2009

Sanction number: 339-023

**Facility:** Pierce College Pool, is an outdoor pool that has been newly renovated. 6201 Winnetka Ave., Woodland Hills.

**Directions:** 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 15th. 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, 2009 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:** \$20.00 per swimmer flat fee for online entries. \$24.00 per swimmer flat fee for mail-in entries. Deck entries allowed for a total of \$30.00.

**Checks payable to:** Southwest Aquatic Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Lance Keene, (818) 645-3511, lanceswims@aol.com; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

### Sunday, November 22, 2009

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 Freestyle 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)

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

The 2009 Turkey Shoot Meet includes a brief dedication ceremony for the expanded, remodeled and renamed Steven E. Schofield Aquatic Center at Pierce College. Steve was a longtime friend to swimming and SPMA, and could be found at most meets announcing, officiating and wearing any number of hats in addition to his signature pith helmet. The Schofield Center represents Steve's dream competitive environment: with an all-new warm-up/therapy pool, increased deck space, new scoreboard, lane lines, awnings, bleachers and more. Another Schofield touch, gift certificates for turkeys are given away in each event to the swimmer who comes closest to his/her submitted seed time.

## Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 23rd, 2010

Sanction number: 330-001

**Facility:** Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.

**Directions:** From the I-15 Fwy., take the Flamingo Road exit (#38). Take Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

**Entries:** The pre-entry postmark deadline is Monday, January 18th, 2010. Deck entries will close at 12:30 p.m. for the first six events. Age on January 23rd determines age group for the meet. You must be at least 18 to compete.

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

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

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

**Special Awards:** Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be at least 21 years of age in order to get a VFP coupon.

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

**Checks payable to:** Las Vegas Masters

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Victor Hecker, (702) 247-7788; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

### Saturday, January 23, 2010

Warm-up at noon

Events start at 1:00 p.m.

1. 500 yd. Freestyle
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle
7. 50 yd. Breaststroke
8. 200 yd. Individual Medley
9. 100 yd. Butterfly
10. 50 yd. Freestyle (VFP-1)
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP-2)

# Long Beach Grunions

## 2009 SPMA Short Course Meters Regional and Zone Championships

### December 4th - 6th, 2009

Sanction number: 339-024

**Facility:** The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803.

**Directions:** Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

**Fees:** Flat fee of \$45.00 if postmarked before Monday, November 16th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries *postmarked* (or entered on-line) after Monday, November 16th. Entries received after November 16th will not appear in the meet program. All entries *must be received* by 6:00 p.m. Monday, November 23rd. No individual deck entries are allowed. Age on December 31st determines age group for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 23rd. Relay entries are \$10 per relay.

**Seeding:** All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 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 by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

**Timing:** Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

**Check-in:** Due to the anticipated large number of swimmers, *positive check-in is required for all events*. Check-in for the 1500 Freestyle on Friday, 400 Freestyle on Saturday and 800 Freestyle on Sunday will close at 8:30 a.m. on the day of the event. Telephone check-in is available for these events prior to 8:30 a.m. by calling 714-273-8793 on the day of the event. For all other events check-in will close one hour prior to the anticipated start of an event.

**Awards:** Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

**Entries:** Register online at [www.lbgrunions.org](http://www.lbgrunions.org), click on "Swim Meets," then on "Register." Or mail an SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

**Questions:** Call (714) 273-8793 or send an email to Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com). For hotels, information, and directions, go to [www.lbgrunions.org](http://www.lbgrunions.org) and click on "Swim Meets."

**Friday, December 4, 2009**

**Warm-up 8:00 a.m., Meet starts at 9:00 a.m.**  
Check in for 1500 m Freestyle closes at 8:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. \*800 m Freestyle Relay\* (Women, Men, Mixed)

**Saturday, December 5, 2009**

**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.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. 400m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke
15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
20. \*200 m Medley Relay\* (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

**Sunday, December 6, 2009**

**Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.**  
Check in for the 800 m Freestyle closes at 8:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 100 m Butterfly
26. Men's 100 m Butterfly
27. Women's 50 m Breaststroke
28. Men's 50 m Breaststroke
29. 400m Medley Relay (Women, Men, Mixed)
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. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 100 m Individual Medley
37. Men's 100 m Individual Medley
38. 200 m Freestyle Relay (Women, Men, Mixed)

\*Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.

For more information on host hotels and online entries, go to [lbgrunions.org](http://lbgrunions.org).

# Preaching to the Choir

by Jessica Seaton

As I write this column the health care debate is in the news daily. While the focus has been on the public option and end of life counseling, very little attention has been paid to reducing health care costs through taking personal responsibility for one's health. According to the Centers for Disease Control, 70% of deaths in this country are due to chronic illnesses, including cardiovascular disease, type 2 diabetes, stroke, cancer, and chronic lower respiratory disease. Most of these can be largely prevented through healthy behaviors, such as exercise, good nutrition, avoiding tobacco, managing stress, and having a good social network.

Certainly one of the most important interventions is exercise. Regular exercise also discourages you from smoking, encourages you to eat better, helps with stress management, and if done with others, gives you a built-in social network. Masters swimming is a very good exercise solution.

The July 2009 issue of *Medicine & Science in Sports & Exercise*, the official journal of the American College of Sports Medicine includes their position statement on "Exercise and Physical Activity for Older Adults." The article points out:

- Exercise can increase active life expectancy by limiting the development and progression of chronic disease and disabling conditions.
- Not everyone responds to exercise in the same way. Underlying genetics account for most of the significant individual differences in response to exercise.
- For optimal benefit for your cardiovascular system and musculoskeletal system you should do both aerobic exercise and weight training. If you have osteoporosis you should also include balance exercises.
- While mild to moderate exercise is better than no exercise, intense exercise is best for helping many conditions such as type 2 diabetes, clinical depression, osteopenia and osteoporosis, loss of muscle mass and muscle weakness.

When older individuals discontinue their exercise program, they lose the benefits they gained at a faster rate than younger individuals. It also takes longer to get in shape.

*Jessica Seaton, D.C. is a chiropractic orthopedist in private practice for over 20 years. She focuses on sports medicine, as well as nutritional and lifestyle interventions. Dr. Seaton has been swimming with West Hollywood Aquatics since 1990. She can be reached at (310) 470-0282 or [www.drjessicaseaton.com](http://www.drjessicaseaton.com).*

*SPMA will hold elections for officers at the annual meeting on Thursday, November 19th in Pasadena. Please contact the SPMA office for additional information about the meeting or if you are interested in running for a position.*



***The Long and the Short of It.*** Conejo Simi Aquatics Masters may have one of the tallest and one of the shortest Masters swimmers to compete in the same meet. Teammates Mary Ho (4'9") and Peter Achberger (6' 6½") are shown above at the 2008 Short Course Meters Championships at Belmont Plaza in Long Beach. Both are fairly new to Masters swimming. At the time of the photo, Mary had been swimming for about one year, and Peter for four months. Mary is an avid sailor and enjoys sailing around the world, and Peter was a competitive powerlifter, looking towards the Worlds Strong Man competition before suffering a career-ending injury.

# Southern Pacific Masters Association

## 2010 Membership Form

United States Masters Swimming, Inc. & Southern Pacific	<b>PLEASE PRINT CLEARLY</b> <b>Your name on this form and on meet entry forms must be identical.</b>	
	Last Name	First Name Middle Initial
<b>The 2010 registration form will be available on November 1st.</b>		
<input type="checkbox"/> R Previous		
<input type="checkbox"/> M CLUB		
<input type="checkbox"/> C		
<input type="checkbox"/> I		
<input type="checkbox"/> I		
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<b>Mail to:</b>		
<b>SPMA</b> <b>c/o Julie Heather</b> <b>957 N. El Molino Ave.</b> <b>Pasadena, CA 91104</b>	<small>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.”</small>	
	<b>Signature</b> _____ (required)	
<b>Use of Image/Likeness:</b> I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recording, or any other record for legitimate purpose.		

### Benefits of 2010 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership (\$8.00 of the annual dues is designated for the magazine subscription).
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA office to answer your swimming related questions or concerns.

**Help SPMA keep costs down by sending in your registration form now. We won't have to invoice you, and you will have uninterrupted delivery of the USMS magazine and the SPMA newsletter.**

**Online registration is available, click on the link at [www.spma.net](http://www.spma.net)**

*2010 USMS Registration is valid through December 31, 2010*

**SPMA Swimming News, Nov/Dec 2009**

## Southern Pacific Masters Association Schedule

### SPMA Officers

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November	7	Santa Clarita SCM Swim Meet
	19	SPMA Annual Meeting, Pasadena
	22	Turkey Shoot SCM Swim Meet, Woodland Hills
December	4-6	SPMA SCM Regional Championships, Long Beach
January	23	Las Vegas Masters SCY Swim Meet
February	7	UC-Irvine SCY Swim Meet
	21	FAST Masters SCY Swim Meet, Fullerton
March	7	Caltech SCY Pentathlon, Pasadena
April	17	UCLA SCY Swim Meet

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

### 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.simasterswim.org](http://www.simasterswim.org)

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

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

### SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a \$10.00 charge for borrowing up to three DVDs. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$100.00 that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call at (626) 296-1841, and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office.

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, Freestyle with Karlyn Pipes-Neilsen
- 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
- Go Swim, Backstroke with Jeff Rouse
- 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, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion