

July/August
2012

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



SPMS Swimmers Compete at U.S. Olympic Trials

by
Michael Collins

Southern Pacific Masters Swimming had three current members compete in the 2012 U.S. Olympic Trials held June 25th through July 2nd in Omaha, Nebraska. Over 170,000 spectators attended the week-long meet.

Dawn Heckman, 34, a member of Rose Bowl Masters as well as Trojan Aquatics, competed in both the 400 m and 800 m Freestyle events. She swam 4:16.95 for 40th place in the 400 m Freestyle, out of 113 competitors and 8:47.41 for 25th place in the 800 m Freestyle, out of 65 competitors.

Steve West, 40, and a member of the Nova Masters competed in both the 100 m and 200 m Breaststroke events. Steve was the oldest male

athlete to have ever qualified for the U.S. Olympic Trials. In the 100 he dropped from his 1:04.68 qualifying time to a 1:03.90 for 61st place out of 139 competitors. In the 200 Steve swam a 2:19.47 to place 62nd out of 129 competitors.

Eric Carlson, 27, from Rose Bowl Masters, also competed in the 100 and 200 Breaststroke events. Eric swam a 1:04.33 in the 100 for 76th place and 2:22.37 in the 200 to place 101st.

Former SPMS members who participated included Janet Evans and Ed Moses.

Full results with splits for the Olympic Trials can be found at:
www.omegatiming.com

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NEWPORT PIER 2 PIER SWIM

Saturday, July 14, 2012

10 a.m. at the Balboa Pier, Newport Beach

Check-In: 9:00 a.m. at Lifeguard Tower “M”, next to the Balboa Pier.

Course: Start on the beach next to the Balboa Pier. Swim to a buoy offshore, right shoulder upcoast to a buoy next to the Newport Pier. Round the buoy right shoulder at the Newport Pier and swim to the finish onshore. This swim is approximately 2 miles long.

Entry Fee: Entry is \$30.00 or \$50.00 combined with Don Burns entry. T-shirt is included.

Additional Souvenir T-shirt \$10.00. (Checks payable to NBOLA)

Awards: 1st, 2nd, and 3rd place finishers

Paddlers: It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

Directions: Take the 55 Freeway south to Costa Mesa where it turns into Newport Blvd. Follow Newport Blvd to Newport Beach, thru all of the numbered streets. Turn right at the Palm St light. Park in the municipal parking lot and meet at Lifeguard Tower M, just to the right of the Balboa Pier.

Call 949-640-5350 or e-mail: nadineturner3@cox.net for any questions.

Corona Del Mar 1 Mile Don Burns Swim

Saturday August 25, 2012

10 a.m. at Big Corona Beach in Corona del Mar

Check-In: 9:00 a.m. at Lifeguard Tower #3 – closest Lifeguard tower to the jetty.

Course: Start from the beach next to the Corona del Mar jetty. Swim to buoy 300 yards offshore and then down coast, past spectacular cliffside homes and beautiful rocky coastline, to the secluded cove of Little Corona. Round buoys on your left shoulder, return up coast along the swim lines to the first buoy, and swim to a finish onshore where you began, at Lifeguard Tower #3.

Entry Fee: Entry is \$30.00 or \$50.00 combined with Pier-to-Pier entry. T-shirt is included.

Additional Souvenir T-shirt \$10.00. (Checks payable to NBOLA)

Awards: 1st, 2nd, and 3rd place finishers

Paddlers: It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

Directions: Take the San Joaquin (73) Tollway or 405 Fwy to MacArthur Blvd towards the ocean. Turn left (south) on Pacific Coast Highway and follow the alphabetically ordered streets to Marguerite. (Coffee shops are on your right at Goldenrod.) Right at Marguerite and right again at Ocean Blvd. Take the large driveway down to the City parking lot (\$15.00 fee) on the beach.

Call 949-640-5350 or e-mail nadineturner3@cox.net for any questions.

Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday, July 14th, 2012

From London to Long Beach
by
Tanya MacLean

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-014

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara.

Directions: *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: Friday July 6, 2012. On deck registration permitted. Online registration will be available. 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, 2012 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 SPMS 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: SPMS ribbons for places 1 to 3. Relay: SPMS 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 or online entries after July 1st allowed for \$35.00.

Checks payable to: Santa Barbara Swim Club

Mail: consolidated entry card, a copy of your 2012 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.org.

Saturday, July 14, 2012

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. 400 m Relay (Medley or Freestyle; men, women, or mixed; deck enter)

Many open water swimming heroes and heroines will gather in Long Beach at the 2012 Global Open Water Swimming Conference on September 22nd. The Conference will offer a number of presentations and will include the World Open Water Swimming Awards and the International Marathon Swimming Hall of Fame induction ceremonies. The Conference will be followed on September 23rd by a new event in Marine Stadium in Long Beach where swimmers can compete in a replica of the Olympic 10 km Marathon Swim course to be used at the 2012 London Olympic Games. The swims will include 100 m, 800 m, 1.6 km, 5 km and 10 km distances in the compact Olympic course.

Location: www.parkerslighthouse.com

(at Shoreline Village in Long Beach)

435 Shoreline Village Drive, Long Beach, CA, 90802; tel (562) 432-6500

Most meets have online registration and prefer that swimmers enter online.

Please go to <http://www.SPMA.net> for the list of our current meets and online registration.



Inaugural Nadadores Rough Water Swim at Salt Creek

Saturday, August 4, 2012 -- 8:00am

**** *Course of the 2013 USMS 2.4 Mile Open Water National Championship*****
Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction #332-W005

Hosted by the Mission Viejo Nadadores • www.mastersmvnswim.org
A Southern Pacific Masters Open Water Series Event

LOCATION

Salt Creek Beach
33333 S Pacific Coast Hwy
Dana Point, CA 92629
(Parking is \$1.00 an hour)

COURSE

2.4 mile (1.2 mile X 2 loop) course marked with colored buoys. Swimmers will swim in a clockwise direction. The average water temperature for this time of year has been between 62 to 68 degrees F.

FEES

The early on-line entry fee is \$35.00 if received before 6:00 pm (Pacific Time) on Friday, July 13. \$50.00 if received after July 13, 6:00pm. On-line registration closes at 6:00 pm (Pacific time) on Friday, July 27. Paper entry fee is \$40.00 and must include a copy of your current 2012 USMS membership card and must be post marked by Monday, July 23. Incomplete entries will not be processed. **The race will be limited to the first 200 entries.** **They will be no beach entries.** **Be sure to register early!**

RULES

USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND A MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration is available for a \$15 fee.

STARTS/FINISH

The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

ATTIRE

No fins, buoys or other devices allowed. Wetsuits are permitted, but not eligible for awards and **SPMS Open Water Series** points.

SAFETY (Our Primary Concern)

Each swimmer must wear the provided swim cap on their head during the duration of the swim. For safety reasons, swimmers unable to complete 2.4 miles in the minimum required time of 2 hours **SHOULD NOT** enter.

WARNING

Participants should be adequately trained for competition. Previous experience is required and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the minimum required time of 2 hours will be removed from the course.

DIVISIONS

Masters divisions 18-24, 25-29, 30-34 etc., male and female, swimsuit and wetsuit.

AWARDS

All entrants will receive an official race cap. An official event shirt will be earned after completing the course in the minimum required time of 2 hours. Top finishers in each age group and top 3 male and female overall finishers will receive a special award. No awards for wetsuit divisions.

POST SWIM

The Nadadores will provide post race recovery drinks and refreshments for all participants.

REFUNDS

No refunds will be given.

RACE DAY TIMELINE

6:45am Check-in opens on beach
7:30am Mandatory Safety Meeting
8:00am Race start all 18-49 participants
8:15am Race start all 50 and over participants

RESULTS

Results will be posted and awards will be available within 30 minutes of the last swimmer finishing and posted at www.spma.net

ON LINE REGISTRATION

On line registration is preferred. To register for the event go to www.nadadoresroughwaterswim.org

EVENT DIRECTOR

Mark Moore, m.w.moore@cox.net 949-233-6521



Nadadores Inaugural 2.4 Mile Rough Water Swim at Salt Creek

ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE POSTMARKED BY JULY 23, 2012.**

Include a copy of your 2012 USMS membership card, signed liability release and make checks payable to:

Mission Viejo Nadadores
25108-A Marguerite Pkwy #391
Mission Viejo, CA 92692

To register online: www.nadadoresroughwaterswim.org

Saturday, August 4, 2012

NAME:	DOB:	AGE:	GENDER: M/F
ADDRESS:	CITY	STATE	
ZIP:	PHONE:		
EMERGENCY CONTACT:		PHONE:	
EMAIL ADDRESS:			
Please enter your membership number and team affiliation:			
USMS: _____			
Team Abb. _____			
HEALTH CONCERNS: _____			
OPEN WATER EXPERIENCE: _____			
T-SHIRT SIZE:	S M L XL XXL		NO CHARGE
Paper entry fee	\$40.00		
One day event membership fee	\$15.00		
Day-of-race fee	\$60.00		
TOTAL COST:			

LIABILITY RELEASE

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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

PRINTED NAME _____ AGE _____

SIGNATURE _____ DATE _____



2012 Southern Pacific Masters Swimming Long Course Championships August 10-12, 2012



Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 332-015

Facility: Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692

Directions: Take I-5 Freeway 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. Street parking is available between marked and posted signs.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. All events are timed final. Swimmers are limited to a total of 7 individual events for the entire meet, not including relays but not more than 5 per day. Age on December 31st, 2012 determines the age group of the swimmer for the entire meet.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools at any time except into the designated sprint lane(s). **Warm-up rules will be announced and posted.** Warm-up in the competition pool will be available for one hour prior to the start of each session.

Entries: Online registration is encouraged. Online entries completed by 11:59 p.m. on Friday, July 27th, 2012 are a flat \$45.00 entry fee. Online entries completed July 28th through 11:59 p.m. on Monday, August 6th are a flat \$60.00 entry fee. **Paper/mailed entries** that are postmarked on or before Friday, July 27th, 2012 are a flat \$45.00 entry fee. There is flat \$60.00 entry fee for paper/mailed entries postmarked between July 28th and Monday, August 6th.

Relays: A swimmer may swim only once in each relay event (400 and 800 Freestyle Relay, and 400 Medley Relay). Relay fees (\$10.00) are payable at the time relays are entered, either by cash or by check (payable to MVN). All relays must be submitted on an SPMS relay form. (Incomplete, incorrect, or illegible relay forms will be rejected.) A USMS-registered swimmer may enter the meet to swim only relays **before the start of the meet** (event 1), by paying the \$10.00 relay-only entry fee, and by signing the meet entry form. Check-in deadlines for relays will be announced at the meet.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 400, 800, and 1500 m Freestyle and also the 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 60 entries at the discretion of the meet director. 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 when possible.

Check-in: Positive check-in is required for all events. Check-in closes at 8:00 a.m. on Saturday for the 400 m Freestyle, and at 8:00 a.m. on Sunday for the 800 m Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

Awards: Individual: SPMS Medals for places 1 to 3, and SPMS Ribbons for places 4 to 6 for each age group and gender. Relays: SPMS medals for 1st place, SPMS 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.

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Mark Moore, 33055 Dolphin Ct, San Juan Capistrano, CA 92675

To register online, go to www.spma.net, and click on 2012 SPMS Long Course Championships.

Questions Meet Director, Mark Moore, (949) 489-1847, m.w.moore@cox.net

Snack Bar: A complete hot and cold snack bar will be available.

EVENT SCHEDULE

(Women's / Men's)

Friday, August 10, 2012

Warm-up starts at 12:00 noon

Meet starts at 1:00 p.m.

- (1 / 2) Mixed 1500 m Freestyle
- (3 / 4) Mixed 400 m Individual Medley
- (5) 400 m Freestyle Relay (Women, Men, Mixed)

- (18/19) 50 m Butterfly
- (20) Mixed 200 m Medley Relay
- (21/22) 100 m Breaststroke
- (23/24) 200 m Freestyle

Saturday, August 11, 2012

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

- (6 / 7) Mixed 400 m Freestyle
- (8 / 9) 200 m Butterfly
- (10) 800 m Freestyle Relay (Women, Men, Mixed)
- (11/12) 50 m Freestyle
- (13/14) 200 m Breaststroke
- (15) Mixed 200 m Freestyle Relay
- (16/17) 100 m Backstroke

Sunday, August 12, 2012

Warm-up starts at 7:30 a.m.

Meet starts at 9:00 a.m.

- (25/26) Mixed 800 m Freestyle
- (27/28) 200 m Individual Medley
- (29) 400 m Medley Relay (Women, Men, Mixed)
- (30/31) 100 m Freestyle
- (32/33) 50 m Backstroke
- (34) 200 m Freestyle Relay (Women, Men)
- (35/36) 100 m Butterfly
- (37/38) 50 m Breaststroke
- (39/40) 200 m Backstroke

Blog Posts

by Jessica Seaton, D.C.

When I run across articles and research that I feel my patients and friends may be interested in, I write a summary and post it to my blog at <http://drjessicaseaton.blogspot.com> and to my web site at www.drjessicaseaton.com. Here are some recent postings that I thought SPMS swimmers would find interesting.

News on Weight Training

Conventional wisdom states that to build larger muscles you need to lift heavier weights. Lifting light weights promotes endurance. A recent study conducted at McMaster University and published in the *Journal of Applied Physiology* found that lifting light weights until fatigue can also build larger muscles and increase strength. Lifting heavier weights does promote slightly more strength gain than the lighter weights. Lifting lighter weights until fatigue may be more appropriate for older people with joint problems. Another advantage of lighter weights is that it is easier to maintain good form using lighter weights. The key is to work the muscle until fatigue sets in by the third set.

Eating Right and Exercising Does Make a Difference

A recent study published in the *Journal of the American Geriatric Society* found that eating more fruits and vegetables and exercising regularly is associated with living longer. 713 women aged 70-79 were recruited as part of the Women's Health and Aging Studies. Total serum carotenoids (a marker of fruit and vegetable intake) and physical activity were measured at baseline. These measurements were taken periodically during a 5-year follow-up. The women who had the highest levels of carotenoids, or ate the most fruits and vegetables, and were the most active, were also the most likely to live longer. Either of these factors also increased survival independently.

Exercise and Breast and Colon Cancer

A recent literature review published online in the *Journal of the National Cancer Institute* found that physical activity is associated with improved survival in people with breast and colon cancer. The study showed that exercise conferred two things: better quality of life and longevity. In breast cancer the studies show a dose response: the more you exercise, the lower your risk for all-cause or breast cancer mortality. In colon cancer there was no dose response, although exercise did reduce the mortality risk. There wasn't enough data on other cancers to make these pronouncements, although exercise seems to improve quality of life regardless.

Fitness Can Trump Hypertension Genes

New research published in the American Heart Association's journal *Hypertension*, found that highly fit people who had a parent with hypertension had a 34% lower risk of developing high blood pressure themselves compared to low-fitness individuals. While family history and genes are important, genes can be turned on and off by lifestyle factors such as exercise and diet, and even stress levels and sleep. Functional medicine uses all of these approaches in treating hypertension and other chronic conditions.

Exercise Reduces Alzheimer's Risk At Any Age

All physical activity, including gardening, dish washing, cooking, and cleaning, as well as exercise reduce the risk for Alzheimer's disease at any age, including in those over 80. Researchers had 716 older individuals, average age 82, wear an actigraph, which monitors all their activity. They were followed for 3.5 years and tested at the beginning of the study and at the conclusion of the study. Those in the bottom 10% of physical activity were 2.3 times more likely to develop Alzheimer's disease than people in the top 10% percent. This study was published online on April 18, 2012 in the journal *Neurology*.

Jessica Seaton, D.C., is a chiropractic orthopedist who uses a Functional Medicine and chiropractic approach in her practice. She can be reached at DrJessica@drjessicaseaton.com or (301) 470-0282. Please visit her web site at www.drjessicaseaton.com.

SWIM FOR LIFE

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team KMAN
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

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: Conejo Valley Multisport Masters
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters
VENTURA: Rio Mesa Masters

LOS ANGELES (North)

CLAREMONT: The Claremont Club
COVINA: Covina Tri-Swim Masters Swimming
L.A. Van Nuys: SCAQ
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SAN FERNANDO: Triton Swimming and Triathlon Team
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Pac Palisades, Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aquatics Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

LOS ANGELES (South Bay and East County)

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

INLAND EMPIRE

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

ORANGE COUNTY

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

LAS VEGAS

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

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Chris Georges (818) 794-0196, tritonswimntri@gmail.com
Lance O'Keefe, lkeefe@santa-clarita.com, pool: (661) 250-3767
Louis Boehle (909) 657-7758, louisboehle@mac.com

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
SCAQ Office (310) 390-5700, www.swim.net/scaq
Erica Stebbins (310) 386-2712, estebbins@recreation.ucla.edu
Molly Larson (310) 456-2489 x272, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us
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Southern Pacific Masters Swimming Schedule for 2012

<u>Date</u>	<u>Event</u>
July 5– 8	2012 USMS Summer Nationals, Omaha, Nebraska
July 6	San Luis Obispo LCM Swim Meet
July 8	Semana Nautica 6-mile Open Water Swim
July 14	Balboa to Newport Pier-to-Pier Open Water Swim
July 14	Santa Barbara LCM Swim Meet
July 19	SPMS Committee Conference Call
Aug 4	Nadadores 2.4 mile Rough Water Swim
Aug 10 –12	SPMS LCM Championship Swim Meet, Mission Viejo
Aug 16	SPMS Committee Conference Call
Aug 25	Don Burns Corona del Mar Open Water Swim

For a complete and updated list of events go to www.spmasterswim.org

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www.spmasterswim.org

A Call to all Clubs, Coaches and Swimmers,

SPMS is looking for new and exciting ways to improve our Newsletter. We would appreciate and are asking for your help to accomplish this.

If anyone has a personal interest story about their club or a swimmer and would like to share, this would add another level of interest for our readers.

Also, each season SCM, SCY, LCM and Open Water, we would like to highlight the events with articles as well as pictures taken at each of the venues. In order to do this, we will need your help with photos that will be taken by your team.

Action, group or funny snapshots would be great. Remember to be complimentary in the photos that you want to share.

It would be appreciated if one team member would be designated to send the pictures with venue, date and names of the individual(s) in the photos.

Please send your photos and any suggestions and/or questions to:
newsletter@spma.net

Thank you in advance for your help!

In swimming,
Kim Thornton
SPMS Newsletter Editor