



Swim to Win Event

by
Robin Smith and Ken Brisbin

There were over 1000 in attendance at this extravaganza that was held at the beautiful Palm Desert Aquatics facility on Saturday, May 23, 2015. Robin Smith, SPMS Secretary, Ken Brisbin, SPMS Vice Chair, along with the Chair Mark Moore were in attendance for the third annual *Swim to Win* event. The goal of the event was to increase awareness about drowning prevention and water safety.

All the children were given the opportunity to swim along side Olympians, Rowdy Gaines, Janet Events, Aaron Peirsol, Jason Lezak, Margaret Hoelzer, Amanda Beard, Megan Jendrick, and Ariana Kukors. The basics, from putting your head under the water, floating on your back, general water safety practices to over-all stroke evaluation were demonstrated and shared with the children. Later in the day, the more advanced swimmers were able to race the Olympians. It was an amazing, fun filled day for all.

SPMS had a booth at the event promoting the benefits of US Masters Swimming and Adult Learn to Swim Programs. Robin and Ken helped to promote the local SPMS Masters Swimming Teams as well as the shared the availability of adult swimming lessons. With the amazing help of Coach Mark Harmon, of Harmon Aquatics, and Coach Ben Hobbins, of Desert Olympic Aquatics / Desert Olympic Tritons, SPMS received great positive responses. Adults not only obtained more information about USMS, found local SPMS teams, but also, learned more about USMS Adult Learn to Swim Programs. SPMS would like to say thank you to Steve Little, the Event Host and founder of the Swim To Win Foundation, Coach Mark Harmon, and Coach Ben Hobbins for making our booth such a success.



IN THIS ISSUE:

Meet Forms
Open Water Events
Open Water Practice
Fitness Article
Swimming Myths
Calendar of Events

**Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday, July 11, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S017**

Facility: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara, CA 93109. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From the 101 Freeway going North, exit at Cabrillo Blvd. (Off ramp on the left) Turn toward the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Dr. at Castillo St. The pool is on the left. Just past the pool is the entrance to the Harbor parking lot. From the 101 Freeway going South, exit at Castillo St. Turn right onto Castillo St. Castillo St ends at Shoreline Dr. and the pool is straight ahead. Turn right on Shoreline and Harbor parking will be on your left. (There is a parking fee at the lot)

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2015 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 5 individual events.

Entries: Pre-entry postmarked deadline is Wednesday July 1, 2015. On deck registration is permitted. Online registration will close on Wednesday, July, 8 @11:59 p.m. Deck entries will close at 8:45 a.m. for the 1500 m Freestyle and 10:30 a.m. for all other events.

Entry Fees: There is a \$30.00 flat fee per swimmer. For relay-only swimmers the fee is \$5.00 Deck entries or online entries after July 2, 2014 are allowed for \$40.00 flat fee.

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 400 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 release must be submitted with the relay entry.

Awards: Individual: Ribbons for places 1-3, Relay: Ribbons for first place.

Checks payable to: Santa Barbara Swim Club. Mail consolidated entry card, a copy of your 2015 USMS card, and check to Ben Britten, 409 Tiffany Dr., Santa Maria, CA 93454, benjet23@yahoo.com

Questions: Santa Barbara Swim Club Office (806) 966-9757, swimoffice@sbswim.net

**Saturday, July 11, 2015
Warm-Up at 8:00 a.m.
1500 m Freestyle starts at 9:00 a.m.**

1. 1500 m Freestyle

**Additional warm-up after the 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, mixed)

**West Hollywood Sports Festival
SCM Swim Meet
Saturday and Sunday, September 5-6, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # pending**

Facility: UCLA, Student Activity Center, 405 Hilgard Avenue, Los Angeles, CA 90095. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present (they are), their placement must also be confirmed by measurements at the meet. (USMS articles 105.1.7 and 107.2.1).

Directions: From the 405 Freeway going North or South, exit at Wilshire Boulevard East. Take Wilshire Boulevard east to Westwood Boulevard north. Take Westwood Boulevard on to the UCLA campus. Parking is available in Parking Structure 8 shown in the attached campus map. The Student Activity Center is located adjacent Bruin Plaza on campus and shown in the attached campus map.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2015 determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 6 individual events.

Entries: WEHOSPORTSFESTIVAL.COM is the online entry registration link and the entry deadline is Friday, August 28, 2015 at midnight. No late entries will be accepted. Deck entry will not be allowed. Meet entry is a flat fee of \$65.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required.

Relays: All relays will be deck-entered. All relays must be submitted on SPMS relay forms that will be available at the meet. Only swimmers registered for the meet will be able to compete in the relay events.

Awards: Individual: Medals for places 1-3, Relay: Medal for first place.

Questions: (323) 533-0387, swim@wh2o.org

**Saturday, September 5, 2015
Warm-up at 8:00 a.m.
Meet starts at 9:00 a.m.**

1. 200 m Freestyle
2. 100 m Breaststroke
3. 50 m Butterfly
4. 100 m Individual Medley
5. 400 m Freestyle Relay (men, women, mixed)
6. 50 m Backstroke
7. 100 m Freestyle
8. 200 m Medley Relay (men, women, mixed)

**Sunday, September 6, 2015
Warm-up at 8:00 a.m.
Meet starts at 9:00 a.m.**

9. 100 m Backstroke
10. 50 m Breaststroke
11. 200 m Individual Medley
12. 400 m Medley Relay (men, women, mixed)
13. 100 m Butterfly
14. 50 m Freestyle
15. 200 m Freestyle Relay (men, women, mixed)



2015 SPMS and SW Zone Summer Championships August 14-16, 2015

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 335-S019



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. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. 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, 2015 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 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 11:59pm on Friday, July 24, 2015 are a flat \$45.00 entry fee. Online entries completed July 25 through 11:59pm on Friday, August 7th are a flat \$60.00 entry fee. Paper/mailed entries that are postmarked on or before Friday, July 24th, 2015 are a flat \$45.00 entry fee. Paper/mailed entries received between July 25th and Friday, August 7th is a flat \$60.00 entry fee.

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 on Friday, 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. 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 12:30 p.m. on Friday for the 1500 m Freestyle, 8:00 a.m. on Saturday for the 400 m Freestyle, and after event 33 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: Medals for places 1 to 3, and 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 2015 USMS card, and check to: Mark Moore, 33055 Dolphin Ct, San Juan Capistrano, CA 92675

To register online, go to www.spmasterswim.org and click on 2015 SPMS and SW Zone Summer 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 14, 2015

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) 800 m Freestyle Relay (Women, Men, Mixed)

Saturday, August 15, 2015

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

Meet starts at 9:00 a.m.

(6 / 7) Mixed 400 m Freestyle

(8 / 9) 50 m Butterfly

(10) 400 m Freestyle Relay (Women, Men, Mixed)

(11/12) 100 m Backstroke

(13/14) 200 m Breaststroke

(15) 200 m Freestyle Relay (Women and Men)

(16/17) 200 m Butterfly

(18/19) 200 m Freestyle

(20) 200 m Medley Relay (Women and Men)

Sunday, August 16, 2015

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

Meet starts at 9:00 a.m.

(21/22) 100 m Freestyle

(23/24) 200 m Backstroke

(25/26) 50 m Breaststroke

(27) 400 m Medley Relay (Women, Men, Mixed)

(28/29) 100 m Butterfly

(30/31) 50 m Backstroke

(32/33) 200 m Individual Medley

(34) Mixed 200 m Medley Relay

(35/36) 50 m Freestyle

(37/38) 100 m Breaststroke

(39) Mixed 200 m Freestyle Relay

(40/41) Mixed 800 m Freestyle

NEWPORT PIER-2-PIER 2 MILE OCEAN SWIM

Saturday, July 11, 2015

10 A.M. at the Balboa Pier, Newport Beach

Application: Download forms at www.newportoceanswims.com

Check-In: **9:00 A.M. at Lifeguard Tower "M", next to the Balboa Pier.**
Call 949-644-3047 or see Newportoceanswims.com or e-mail: gconwell@nbfd.net for details.

Course: Starting on the sand next to the Balboa Pier, swim to a buoy offshore and round right shoulder up coast 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 with T-shirt (Checks made to NBOLA) \$40.00
Additional Souvenir T-shirt \$10.00 1st, 2nd, and 3rd Place Awards presented
Parking at the Balboa Pier or the Newport Pier see daily rates

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.

Corona Del Mar-Don Burns 1 Mile Ocean Swim

Saturday August 22, 2015

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.**
Call 949-644-3047 or newportoceanswims.com or e-mail gconwell@nbfd.net for details.

Course: Starting from the sand next to the Corona del Mar jetty. Swim to buoy 300 yards offshore and then down coast, past spectacular cliff side 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 with T-shirt (Checks made to NBOLA) \$40.00
Additional Souvenir T-shirt \$10.00 1st, 2nd, and 3rd Place Awards presented
Parking charge at Big Corona Beach lot see daily rates

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

Directions: Take the San Joaquin (73) Toll way or 405 Freeway to MacArthur Blvd towards the ocean. Turn left (south) onto Pacific Coast Highway and follow the alphabetically ordered streets to Marguerite Ave. (Coffee shops are on your right at Goldenrod.) Turn right onto Marguerite and right onto Ocean Blvd. Take the large driveway on the left down to the City parking lot on the beach

Practicing for Open Water? – Just One More Thing

Are you competing in a Triathlon or Open Water Swim this summer...or are you thinking about it? After practicing sighting drills, open water turns, swimming in a crowd, and swimming in open water, there is one more thing that you should consider. Have you practiced the logistics of your swim course?

Similar to training for the bike or run – where one looks at the map of the event course and then practices the logistics of the course (i.e., hills, turns, no shade, wind), leading up to the race, it is equally important to look at the course map of the swim and design a practice around the logistics of the swim course that can be done in a pool.

When looking at the course map for the swim, it is important to note the distances between buoys, and consider any currents, swells, waves, and whether it is a triangular course, out-and-back course, or point to point course. Even in a lake or protected cove swim, there will be currents, wind, and waves with which to contend.

The logistics swim pool practice should include the following elements:

- 2 x 50 kick at the beginning and end (to mimic running into the water at the start or an in-water start and running out at the finish of the swim)
- 2 - 4 x 100 swim at the beginning and end (to mimic getting to the first buoy and getting to the finish)
- 200s, 300s, or 400s swim and/or pull depending on the design of the course (to mimic the placement of buoys, and the conditions)

Total distance of the practice minus the 50s kick should equal the distance of the swim - 1800 yards (1 mile), 2200 yards (1.2 miles), 4400 yards (2.4 miles), etc...

Some sample logistics practices below:

<u>Lake MVN</u> One Mile Swim Triangular Course (fresh water man-made lake)	<u>La Jolla Rough Water Swim</u> One Mile Triangular Course (ocean swim)	<u>Ironman Texas 70.3 Event</u> 1.2 Mile Swim Triangular Course (salt water protected cove)
2 x 50 kick 2 x 100 swim 400 swim 3 x 200 pull 400 swim 2 x 100 swim 2 x 50 kick	2 x 50 kick 2 x 100 swim 200 swim 400 swim 3 x 200 pull 4 x 100 swim 2 x 50 kick	2 x 50 kick 4 x 100 swim 300 swim 400 pull 300 swim 400 pull 4 x 100 swim 2 x 50 kick

The logistics swim practice should be done every 3-4 weeks or so in the months leading up to your event. On race day, you will be able to deal with race day conditions and logistics and not worry so much about the actual swim. Happy Racing!

Submitted by Robin Smith. *Robin has competed in triathlons and open water races, in addition to the pool, and has coached multi-sport athletes and swimmers of all ages and abilities. She has designed the logistics swim practice for triathletes and open water swimmers over the past 25 years and her athletes have made it through the swim with much success.*

Swimming for Fitness, Swimming for Fun

by

SPMS Fitness Chair Robin Smith

July is already here, and we are now half-way through 2015. Whether you swim with a Club, or you swim on your own, or you are just trying to get back into the pool after some time away, USMS has several programs and events to motivate you to get started again or to help you with your fitness through the summer months.

As you know, setting goals for yourself are an important part of an individual fitness swimming program. Your goals may involve reducing your time required to swim a certain distance, being able to swim a certain distance in one outing, swimming a certain accumulated distance over several weeks or months, or maybe learning to swim a new stroke or learning to do a flip turn.

What is most important is to have a goal that you are trying to achieve. USMS sponsors several postal fitness events throughout the year to help swimmers set goals for themselves.

Go the Distance (GTD)

This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. Speed doesn't count—just the effort to attain whatever goal you set for yourself during the calendar year.

There is no cost to enter GTD. You can register through the *My USMS* section on the USMS website. Your Fitness Log (FLOG) allows you to track all your fitness activities in addition to swimming (i.e., walking, running, biking, weight training, yoga) while participating in GTD. Track your weekly, monthly and annual totals online, and you will meet your goal before you know it!

For more information: <http://www.usms.org/fitness/content/gothedistance>

Check-Off Challenge

The Check-Off Challenge is a postal event designed to motivate swimmers to complete the various pool events and an open water swim during the calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical.

The events may be swum in practice, or on your own, or in meets. They can be done in yards or in meters, any time during the calendar year. The challenge is to complete all events or try new events over the year. The event is open to all registered Masters swimmers. Scoring is simple—just mark the event on the event T-shirt—it's on the honor system!

The 2015 Check-Off Challenge is hosted by Tennessee Aquatics Masters Swimming and sanctioned by the Southeastern LMSC for USMS, Inc. The entry fee is \$25, which includes a custom-designed Check-Off Challenge t-shirt, swim cap, and shipping.

For more information or to enter the 2015 Check-Off Challenge: <http://www.usms.org/fitness/content/checkoff>

USMS ePostal National Championships

For those of you who want to compare yourselves with other swimmers around the country or who would like to try something different, USMS offers 3 separate ePostal National Championship Events during the calendar year. These include a One Hour Swim (25 yard pools or longer), a 5K/10K Swim (50 meter pools only), and a 3,000/6,000 Event (25 yard or 25 meter pools only). Some people do these events for competition, some do it for the challenge, some do it for fitness, and others do it for fun—all who wish to participate are welcome.

The current ePostal National Championship is from May 15 through September 15, 2015. The objective of this event is to swim 5,000 meters (5K) and/or 10,000 meters (10K) in a 50-meter pool of your choosing, then submit your results online to compare yourself to other swimmers doing the same event. Your submitted time determines the final order of finish.

The 2015 USMS 5K/10K ePostal National Championships is hosted by Central Oregon Masters Aquatics and sanctioned by the Oregon LMSC for USMS, Inc. The entry fee is \$12 for each individual swimmer and \$16 for each relay.

For more information or to enter the 2015 USMS 5K/10K ePostal National Championships:

https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=6092

Swimming Myth Busting

I found this little article by Eric Hansen with Active.com and thought it was a great read. (<http://www.active.com/swimming/articles/5-common-swimming-myths-exposed?page=2>)

Having heard many of these myths myself, a good look at them could help you to understand a little more about your health and swimming. Certainly, there is a little bit of debate and as Eric says it is “denial” when it comes to justifying our training methodologies. So without further ado here they are:

Don't eat within two hours of swimming. You will certainly cramp!

Whoever coined this phrase or gave birth to this concept certainly didn't have my body. There is a significant percentage of swimmers, with whom I have trained and who I have coached that need to eat right up to training time. The sacrifice of tasting anything during warm-up, due to reflux, is counterbalanced with a solid block of energy to help you with prolonged duration at high intensity.

I'm not a great swimmer, nor will I ever be. I am a sinker, not a floater.

I realize that elephant seals and a few other aquatic mammals seem to excel with their elevated adipose tissue. What Mother Nature gave them in the form of high fat content was counterbalanced with incomparable hydrodynamics and skin composition. We're not so lucky. Sorry about the lack of justification for holiday and weekend feeding frenzies. Let me reassure you that swimming has evolved to the point where the added buoyancy achieved through an increase in body fat is outdone by the unfavorable decrease in a strength-to-weight ratio.

Pulling with paddles is the quickest way to become a better puller, thus a better swimmer.

Paddles can be a dangerous tool to the inexperienced or technically challenged swimmer. The increased surface area that they provide has the potential to put undue pressure on parts of the shoulder that are sure to produce overuse injuries.

Lifting weights for distance swimmers will affect their stroke and build too much muscle mass.

Strength-to-weight ratio is a critical concept for swimmers. The ability to maximize strength, while finding the right balance in muscle mass and flexibility, is the battle. The early acquisition of additional strength and power can be successfully channeled into a season with proper planning. Early-season high-repetition lifting sessions can be tailored to enhance strength and minimize the addition of any substantial gain in unnecessary muscle mass.

Kicking is primarily used to facilitate body rotation in swimming and doesn't really add much to forward propulsion.

I am guessing this philosophy grew in popularity throughout the stone-age. Although many open-water swimmers and multisport athletes choose to limit the use of legs, it's about energy conservation, not ability for the legs to help propel. In my 15-plus years of coaching, I can honestly say that my fastest kickers were my fastest swimmers. Although there may be exceptions to this rule throughout the swimming world, it is obvious that leg power correlates to swimming speed. The common thread among the previously mentioned misconceptions is education. Trial and error is probably the single greatest teacher. With the multitude of variables our sport has to offer, a whole lot can be learned by sharing experiences. Sometimes, trial and error is what teaches you what works. There are a host of swimming theorists who don't really experiment in our medium. In the water is where theory becomes fact. Your body will dictate which theories are applicable to your peak performance.

Dr. Kyle Durieux, B.Sc.,D.C.

Web: simplyhealthchiropractic.com

Office: (435) 688-0444



SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Ken Brisbin

vicechair@SPMasterSwim.org

(540) 327-1597

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

(949) 933-7100

Secretary:

Robin Smith

secretary@SPMasterSwim.org

Member At-Large:

Jacque Cole

memberatlarge@SPMasterSwim.org

(562) 754-9856

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Newsletter Editor:

Kim Thornton

newsletter@SPMasterSwim.org

For archived newsletters,

Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
July 11	Balboa to Newport Pier-to-Pier
July 11	Santa Barbara LCM Swim Meet
July 16	SPMS Committee Conference Call
Aug 14-16	SPMS and SW Zone LCM Championship Swim Meet
Aug 15	SPMS Committees' Planning meeting
Aug 22	Don Burns Corona del Mar Open Water
Sept 5-6	West Hollywood Sports Festival at UCLA

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



SPMS offered its 4th annual coaches clinic at UCLA on Saturday, May 30, 2015. Participants that were interested in getting in a morning workout were invited to swim at the Sunset Canyon Recreation Center pool with Coach Erika Stebbins and the UCLA Masters team.

The clinic started off with a presentation on recovery by Jeremy Vail, the Director of Rehabilitation for UCLA Athletics and head trainer of the women's swimming program. Jeremy has a background in swimming. He competed in high school and college as well as serving on the medical staff for USA Swimming from 2003-2010. Jeremy discussed nutrition and the use of a series of modalities and how they pertain to recovery and improved performance.

Up next was an in depth discussion on all four strokes by USA Swimming National Team High Performance consultant, Katie Arnold. Katie travels extensively to various meets and across the country to visit our most talented athletes. She shared her knowledge on current trends pertaining to technique that have resulted in increased efficiency and improvement in performance. She also discussed new racing strategies that are currently being adopted.

SPMS Member-at-large, Jax Cole, used pool pH drops to show us a fresh perspective on competitive performance through physiology on a cellular level. She showed that high quality miracle water is the key to clearing cellular waste such as lactic acid, improving recovery, and delivering cellular nutrition such as oxygen to our cells. She showed us how it is produced from a Kangen machine and shared samples.

To conclude our clinic USMS World Record Holder Glenn Gruber spoke to us about Ultra Short Race Pace Training, USRPT, which is a new training philosophy that is gaining in popularity. Over the last several years, training toward peak performance has become focused more on quality versus quantity. Glenn educated us on the USRPT method and discussed how it has helped him to achieve his goals.

Thank you to our presenters for offering such great insight!