

Jan/Feb

2016

# SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



## 2015 SPMS Award Winners

by  
SPMS Masters' Swimmers

SPMS honored Mike Freshley with the *Male Swimmer of the Year* for 2015. Mike is not only very active in competing but also contributes to the swimming culture's excitement and appeal. Over his lifetime of Masters swimming, Mike has established many world records in every pool length and across multiple age groups while often beat his own world records. Mike Freshley has swum 1446 events and achieved 665 individual and 191 relay *Top Ten* times.

**Congratulations to Mike Freshley on an outstanding 2015 swim season.**

SPMS is honored to give the *Female Swimmer of the Year* to Christie Ciraulo for 2015. Christie is the heart of the UCLA Bruins Masters team. She is always on the deck or in the sand at our SPMS open water and pool events. Christie brings encouragement and a positive attitude to all. Christie has swum 426 events and achieved 244 individual and 52 relay *Top Ten* times.

**Congratulations to Christie Ciraulo on an outstanding 2015 swim season.**



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## 2015 SPMS Award Winners

### **Robin Smith is the 2015 recipient of the Contributor of the Year Award.**

The purpose of this award is to recognize outstanding contributions to Masters swimming during the year.

Robin Smith is the current secretary for SPMS. This will be her fifth year serving our LMSC. Her duties include, but are not limited to, keeping accurate minutes for the monthly conference calls. She has been involved on several subcommittees throughout the years. She attends every swim meet to represent SPMS to guide the meet hosts and swimmers if needed. In the past SCY season, this amounted to 12 swim meets. Robin remains very active on the Meet Operations committee which is an integral part of SPMS. Robin is the go-to person to make our season successful.

Every member and future member is rewarded by Robin's generous time and effort in making SPMS a strong and successful LMSC. From working with clubs, to mentoring and developing programs for new Masters swimmers, to her dedication and integrity is keeping our LMSC a great to swim.

Robin's promotion of the sport is truly inspiring to all. She promotes swimming by encouraging us all to improve our physical fitness and health while enhancing fellowship and camaraderie among Masters Swimmers. Robin Smith is a true ambassador to Masters swimming.

### **Lucy Johnson is the 2015 recipient of the Steve Schofield Distinguished Service Award.**



The purpose of this award is to recognize outstanding long-term service to Southern Pacific Masters swimming such as support, leadership, recruitment of members, program development, and promotion of Masters swimming at the club, local and national level.

Lucy's leadership expands over twenty years with SPMS. Her leadership positions and contributions with SPMS include Top Ten Recorder, budget subcommittee member, convention delegate and selection committee participant. She coached and managed several swim clubs and hosted many meets including several SPMS championships. Lucy served on the Finance committee from 2012 through 2015. Currently, Lucy is serving on the Rules and History/Archive National committees. In addition in 2003, Lucy was awarded the US Masters Swimming Dorothy Donnelly Service Award for her volunteer service with USMS.

### **Mike Lucero is the 2015 recipient of the Jim Marcus Award.**

The purpose of this award is to recognize a member of SPMS who has made significant contributions to SPMS in conduct, leadership, or support of Southern Pacific Masters Swimming.

Mike Lucero started a team in Burbank, the Golden Road Aquatics, in a pool that had no Masters team present. He created an unique environment that has attracted many swimmers which has grown exponentially. Mike's way of partnering with his team to compete generates a buzz on the pool deck.



## SW Zone/SPMS SCM Championships December 4-6, 2015

What an amazing 3 days with 60 clubs and 490 swimmers, ranging in age from 18 to 84.

The meet was a great success! *Mother Nature* was on our side as we saw temperatures in the high 70's to the low 80's during the day. Even though it did get a little chilly in the evening, heaters were provided behind the starting blocks to keep the swimmers warm and ready to race.

National and World records fell as each day progressed. Through the encouragement and cheering of the crowd, we saw many personal bests over the three days and heard loud applause as swimmers in their 80's completed their events.

We want to give special thanks to the Long Beach Grunions and their family and friends who volunteered to work. SPMS could not put on such a well-organized meet without the dedication and commitment from the Long Beach Grunions. **THANK YOU!**

Hope to see you all next year. Ken Brisbin



**Las Vegas Masters  
SCY Swim Meet Saturday,  
January 16, 2016**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 336-S001**

**Facility:** Las Vegas Municipal Pool, 431 E Bonanza Rd, Las Vegas, NV 89101. Near Fremont Street casinos. Indoor 50-meter by 25-yard pool. 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:** I-15 Fwy Northbound (from CA), take exit 43 for D Street. Keep right at the fork toward D Street. Turn right on D Street. Turn left onto W. Bonanza Rd. The pool will be on the right.

**Rules:** Swimmers must be USMS members registered for 2016 or must pay a One-Event Membership fee of \$18.00.

**Per rule 201.1.3.B, one-event registrants (non-members of USMS) must be considered unattached and agree to be governed by the rules and regulations of USMS, except that their times shall not be considered for Top 10 tabulation and national or world records, All-American status, or any other USMS special awards. One-event registrants shall be identified as such in the meet results.** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to meet referee. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on January 16, 2016 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Jan 8, 2016. Online entries will close Wednesday, January 13, 2016 at 11:59 p.m. Deck entry is permitted until 10:00 a.m. for events 1-6 and 11:30 a.m. for events 7-18.

**Entry Fees** \$35.00 per swimmer flat fee (scholarships and needs-based fees available – see online entry for more info). For swimmers in relays only, the fee is \$10.00. Non-members of USMS must purchase a One-Event Membership for \$18.

**Seeding:** Swimmers will be seeded in heats according to entry time, regardless of age and gender. Heats will be ordered slowest to fastest. Positive check-in is required for the 500 Free and encouraged for all events. Check-in will be available on SwimPhone.com beginning at 8:00 p.m. on January 15. Positive check-in for the 500 Free closes at 10:00 a.m.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relay team entries are free. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Heat winner prizes. Individual: ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

**Checks payable to:** Coach Victor Hecker. Mail consolidated entry card, a copy of your 2016 USMS card, and check for \$50.00 to 9961 Spider Creek Ct, Las Vegas, NV 89149 by January 8, 2016.

**Questions:** Meet Director: Karin Wegner LVMswimming@gmail.com; Meet Admin: Robert Mitchell

**Food & Beverage:** Las Vegas Masters will provide free water bottles and small snacks (i.e. granola bars). Other items are available from vending machines on site.

**Saturday, January 16, 2016**

**Warm-up at 9:30 a.m.**

**Meet starts at 10:30 a.m.**

1. 500 yard Freestyle
2. 200 yard Mixed Medley Relay
3. 100 yard Individual Medley
4. 50 yard Butterfly
5. 100 yard Backstroke
6. 200 yard Freestyle
7. 50 yard Breaststroke
8. 200 yard Individual Medley
9. 100 yard Butterfly

10. 50 yard Freestyle
11. 50 yard Backstroke
12. 400 yard Individual Medley
13. 100 yard Breaststroke
14. 200 yard Mixed Free Relay
15. 100 yard Freestyle
16. 200 yard Butterfly
17. 200 yard Backstroke
18. 200 yard Breaststroke

**Piranha Masters-Palm Springs  
SCY Swim Meet  
Saturday, January 30, 2016**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 336-S002

**Facility:** Palm Springs Swim Center 405 S. Pavilion Way Palm Springs, CA 92262 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 10E exit Hwy111, Left on Ramond Rd, Left on Sunrise, Right on Baristo.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Age on January 30, 2016 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark is Monday, January 25, 2016, and online entry deadline is 11:59 p.m. on Wednesday, January 27, 2016. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1650 yd. Freestyle and at 10:00 for all other events.

**Entry Fees:** \$30.00 per swimmer flat fee. You may enter a maximum of 5 events. Deck entries are allowed for \$40.00 flat fee. Relays are free.

**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 1650 and 500 yd. Freestyle.

**Relays:** All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and 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.

**Checks payable to:** Piranha Swim Team. Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Alina de Armas, PO BOX 63, Simi Valley, CA 93062 [alina@dearmas.co](mailto:alina@dearmas.co) (805) 444-0317

**Questions:** Meet Director Jeff Conwell, [admin@piranhaswimteam.org](mailto:admin@piranhaswimteam.org) (760) 318-SWIM

**Saturday, January 30, 2016**

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

**1650 yd. Freestyle starts at 8:30 a.m.**

1. 1650 yd. Freestyle

**Additional warm-up after 1650**

**Event #2 starts no earlier than 10:30 a.m.**

2. 200 yd. Freestyle
3. 50 yd. Backstroke
4. 100 yd. Butterfly
5. 200 yd. Individual Medley
6. 200 yd. Freestyle Relay (**Men, Women, Mixed**)
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 200 yd. Medley Relay (**Men, Women, Mixed**)
11. 100 yd. Freestyle
12. 50 yd. Butterfly
13. 50 yd. Breaststroke
14. 100 yd. Individual Medley
15. 500 yd. Freestyle

**Rose Bowl Masters  
SCY Swim Meet  
Saturday, February 13, 2016**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 336-Pending

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up. 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:** *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on February 13, 2015 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Saturday, February 6, 2015. Online entries are due Wednesday, February 10, 2016 @11:59 p.m. Deck registration is permitted. Deck entries will close at 7:30 a.m. You must be at least 18 years old to compete.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries February 13 2016 are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$10.00. **Relays are free of charge.**

**Seeding:** All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.

**Relays:** All relays will be deck entered at no cost and are due at before event 6, the 100 IM. The Parachute Relay is Exhibition.

**Awards:** Individual: Rose Bowl ribbons for places 1 to 3. Relays: Rose Bowl ribbons for first place.

**Checks payable to:** Rose Bowl Aquatics. Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

**Questions:** Chad Durieux, [cdurieux@rosebowlaquatics.org](mailto:cdurieux@rosebowlaquatics.org). Admin: Maureen Lennon, [maureen@lennonassociates.com](mailto:maureen@lennonassociates.com)

**Saturday, February 13, 2016**

**Warm-up at 7:30 a.m.—8:20 a.m.**

**Meet starts at 8:30 a.m.**

1. 50 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 50 yd. Butterfly
5. 200 yd. Breaststroke
6. 100 yd. IM
7. 200 yd. Butterfly
8. 50 yd. Backstroke
9. 200 yd. Individual Medley
10. 50 yd. Breaststroke
11. 200 yd. Freestyle
12. 400 yd. Freestyle Relay (**Men, Women, Mixed**)
13. 200 yd. Parachute Relays

**Mission Viejo Nadadores Masters  
SCY Swim Meet  
Sunday, February 21, 2016**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #336-Pending**

**Facility:** Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. 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 north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on February 21, 2016 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Saturday, February 13, 2016. On-line entries will close Wednesday, February 17, 2016 @ 11:59 p.m.

Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:00 a.m. for all other events.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

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

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

**Checks payable to:** Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 33055 Dolphin Ct., San Juan Capistrano, CA 92675

**Questions:** Meet Director, Mark Moore (949) 233-6521; [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org).

Admin, Judi Divan, [judi.divan@oracle.com](mailto:judi.divan@oracle.com)

**Snack Bar:** Hot and cold drinks, snacks, and food will be available for purchase.

**Sunday, February 21, 2016**

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

**Meet starts at 8:30 a.m.**

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

**Additional warm-up after 400 IM  
Event #3 will start no earlier than 10:00 a.m.**

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle\***
7. 200 yd. Medley Relay (men, women, or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke\***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women, or mixed)
15. **25 yd. Butterfly\***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke\***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

**\*25 yd. events are not recognized by USMS and will not be submitted for Top Ten considerations.**

**Caltech Pentathlon  
SCY Swim Meet  
Sunday, March 6, 2016**

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

**Facility:** The Caltech facility is an outdoor, eight lane, 25 yard, all-deep pool with a separate 25 yard warm up pool. Address: 1201 E. California Blvd, Pasadena. 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:** Take Hill Ave south from the 210 freeway. After 1.5 miles turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of the Brown Gym. Or take the 110 freeway north until it ends. Go 1 mile and turn right on California Blvd., 2 miles to Caltech. Parking is free on the weekends.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Age on March 6 determines age group for the meet. You must be at least 18 to compete.

**Entries: On-line registration is preferred.** The pre-entry postmark deadline is Saturday, February 27, 2016. Online entries will close Wednesday, March 2, 2016 @ 11:59 pm. Deck registration is permitted. Deck entries close at 8:15 a.m.

**Entry Fee:** \$30.00 flat fee per swimmer. Deck entry fee is \$40.00. Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Seeding:** All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

**Awards:** Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

**Checks Payable To:** Caltech Masters. Mail signed consolidated entry card, a copy of your 2016 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

**Questions:** Meet Director, Suzanne Dodd, 626-449-7536, [srdodd@jpl.nasa.gov](mailto:srdodd@jpl.nasa.gov)  
Meet Administrator: Robert Mitchell, [SwimWorks@gmail.com](mailto:SwimWorks@gmail.com)

**Sunday, March 6, 2016**

Warm up at 8 a.m.

Meet starts at 9 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

**CVMM Matt Biondi Classic  
Masters SCY Swim Meet  
Sunday, March 20, 2016**

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

**Facility:** The beautiful Rancho Simi Recreation and Park District Pool is an outdoor, 25 yard by 50 meter competition pool situated in a beautiful park-like setting located at 1765 Royal Ave, Simi Valley, CA, 91365.

**Rules:** United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedent over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 20, 2016 determines age group for the meet. You must be at least 18 to compete.

**Entries: On-line registration is preferred.** The pre-entry postmark deadline is Saturday, March 12, 2016. The on-line entry deadline is 11:59 a.m. Pacific Time on March 16, 2016. Deck registration is permitted. Deck entries will close at 8:00 a.m. for all individual events except for the 1650 yd. freestyle where the entries will close at 7:30 a.m.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time. Check-in is required for all events to ensure the meet runs efficiently.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$8.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: Unique medals for places 1 to 3. Relay: Unique award for first place. A special award and award presentation ceremony for the fastest male and female in the 50 free, the Matt Biondi I Award. In addition to the winner's names being added to the Matt Biondi Perpetual Award.

**Entry Fees:** \$42.00 per swimmer flat fee if received before 11:59 AM Saturday March 13, 2016. **Online Entries preferred.** Entries received after 11:59 AM March 13, 2016 (late) and deck entries allowed for \$50.00 flat fee.

**Checks payable to:** CVMM, Conejo Valley Multisport Masters. Mail your consolidated entry card, a copy of your 2016 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA .93062. (805) 444-0317; [Alina@dearmas.co](mailto:Alina@dearmas.co)

**Questions:** Meet Director, Nancy Kirkpatrick Reno (818) 469-9972; [nancy@conejovalleymultisportmasters.com](mailto:nancy@conejovalleymultisportmasters.com)

**SPECIAL EVENTS AND AWARDS:** In honor of 11-time Olympic Medalist and USMS masters' swimmer, Matt Biondi, a special award will be presented to the meet's fastest male and female swimmers in the 50 yd. freestyle; additionally, their names will be engraved on the Matt Biondi Perpetual Award.

**RAFFLE TICKETS FOR SALE:** Crowd pleasers at our first two Matt Biondi Meets were our fabulous raffle baskets which will be available again this year. Raffle tickets available for purchase at the meet. Goodie Bags.

**Sunday, March 20, 2016  
Warm-up at 7:00 a.m.  
Meet starts at 8:00 a.m.**

- |  |  |
|--|--|
| 1. 1650 yd. Freestyle<br>(Limited to four heats) | 14. 50 yd. Freestyle (Special Matt Biondi event) |
| 2. 25 yd. Butterfly                              | 15. 400 yd. Individual Medley                    |
| 3. 25yd. Backstroke                              | 16. 200 yd. Freestyle Relay (Men, Women, Mixed)  |
| 4. 25 yd. Breaststroke                           | 17. 100 yd. Breaststroke                         |
| 5. 25 yd. Freestyle                              | 18. 50 yd. Backstroke                            |
| 6. 100 yd Individual Medley                      | 19. 400 yd. Freestyle Relay (Men or Women)       |
| 7. 400 yd. Freestyle (Mixed Relay)               | 20. 800 yd. Freestyle Relay (Men, Women, Mixed)  |
| 8. 50yd. Butterfly                               |  |
| 9. 100 yd. Backstroke                            |  |
| 10. 200 yd Individual Medley                     |  |
| 11. 50 yd. Breaststroke                          |  |
| 12. 100 yd. Freestyle                            |  |
| 13. 100 yd. Butterfly                            |  |



## Meet SPMS Board Members for 2016-2017



***Mark Moore, Robert Eberwine, Robin Smith, Nancy Reno, Dan Wegner, Ken Brisbin***

My name is Mark Moore, and as the SPMS Chair, I enjoy many duties which include, but not limited to, preparing the agenda and presiding over the monthly conference calls. In addition, I appoint the standing committee chairs within SPMS. These committees are ***Awards, Coaches, Fitness, Sports Medicine, Marketing/Club Development, Meet Operations, Officials, and Open Water***. We are always looking for new ideas, so if you are interested and have a passion for one of these areas, please contact me. The chairs of these committees would love to hear from you to share your ideas and possibly to serve on a SPMS committee.

My name is Robert Eberwine, and it is my pleasure to serve SPMS, again, as your treasurer for 2016 and 2017. Since 2009, we have implemented several programs to streamline the accounting process such as ***Quickbooks***, an online accounting and invoicing program, as well as ***ExpensePoint*** for expense reimbursements. For 2016, we will introduce a new conference call provider, ***GoToMeeting***, which will allow greater collaboration during our monthly calls and ad-hoc meetings.

Hello Everyone! My name is Robin Smith, and I am your SPMS secretary. My responsibilities as secretary include taking attendance and recording the minutes during our monthly LMSC conference call meetings. I also update our SPMS by-laws, policy and procedures documents and assist the executive board and SPMS committee chairs with correspondence and communications as needed. You may know me as an assistant coach and swimmer for the Irvine Novaquatics Masters or as a lap swimmer at Corona del Mar High School. See you at the pool!

My name is Nancy Kirkpatrick-Reno, and I serve as SPMS member-at-large. I am the head coach and CEO of Conejo Valley Multisport Masters (CVMM) and have been a part of Southern Pacific Masters Swimming since 1993. I held various positions on the executive board and committees over the last nine years as well as serving at the National level with United States Masters Swimming. I am a USMS Level 4 coach, an USA swimming certified coach, and an USA triathlon certified coach. I am looking forward to meeting as many SPMS swimmers, as possible, and representing our membership at the board level. I invite all of you to join us on our monthly calls to learn more about SPMS.

My name is Dan Wegner, and I am the Southern Pacific registrar. I grew up in New Jersey, where I started swimming at a summer league team as a 7 year-old. I progressed on to age group swimming for Jersey Wahoos. I swam for the University of Texas, where I was on two national championship teams. Also, I swam for Florida State University. Since I graduated from college, I have been swimming with Las Vegas Masters, and I was fortunate enough to be on relays with very fast teammates which set several USMS and World records.

My name is Kenny Brisbin, and I am your vice-chair and Meet Operations chair for SPMS. Swimming has always been in my life, for I began swimming competitively at a very young age. When I moved to southern California, I continued my age group swimming at the Torrance Plunge. Ten years ago, I found my way to the Long Beach Grunions team and have been coaching ever since. Currently, I am a level 3 USMS coach and serve as vice-chair for the USMS Coaches committee. I am very excited about serving on the board and look forward to working with other board members, swimmers and coaches throughout the SPMS region.

### **Congratulations to the following SPMS Members for their selection on USMS Committees**

***Kenny Brisbin—Coaches***

***Michael Heather—Legislation***

***Jessica Seaton—Rules, Sports Medicine and Science***

***Sherry Brooks—Open Water***

***Mary Hull—LMSC Development***

***Robin Smith—Fitness Education***

***Anita Cole—Fitness Education***

***Lucy Johnson—History & Archives, Rules***

***Kim Thornton—Records and Tabulation, Registration***

***Alina deArmas—Officials***

***Mark Moore—Championship***

***Karin Wegner—Fitness Education***

***Omar deArmas—Officials***

***Rendy Opdycke—Open Water***

## WTF (Where's The Fun?) with Coach Jeff

Remember our guidelines?

**Location:** Is the location convenient?

**Organization:** Just how organized is it?

**Cost:** Obvious.

**Facilities:** Pool, parking and locker rooms.



It's the Irvine Nova Masters - the 24 hour fitness of the swimming world. If you are visiting south Orange County and cannot find a place and time to swim then you're not trying. Over the course of a typical week, the Nova Masters offer a whopping 31 practices at 3 different facilities in south OC. Point of interest: all of the pools the Novas utilize are on a high school or college campus. The main pool is the Woollett Aquatic Center at 4321 Walnut Ave, Irvine, CA, which is located in the heart of central OC and just a mile off the 5 freeway. USA Swimming has hosted more than a few regional, national and international meets there over the years. This facility meets or exceeds most expectations. Two 50-meter pools (the day I visited was set up for SCY), excellent locker facilities and easy access despite the fact the pool is on a high school campus (FYI - Irvine HS). The second high school

facility is Newport Harbor, close to John Wayne Airport, 600 Irvine Ave, Newport Beach, CA, which is also a 50 meter facility. The only offer is evening practices. Finally Soka University, 1 University Dr, Aliso Viejo, CA, also with a 50 meter facility, great locker rooms (with suit dryers).

**Location:** By far the easiest pool to get to for the non-local is the main hive, Woollett Aquatic Center just a mile off the 5 freeway and 7 miles from John Wayne Airport. The bulk of the practices occur here and basically go all morning during the week. Newport Harbor HS is a little more difficult to get to, and unless you need an evening practice, I would avoid it. The Soka University pool is beautiful and has super locker room facilities. In the case of all the pools check in with the coach on parking as they are on school campus, and, of course, some restrictions may apply. Score it 5/5

**Organization:** The success and stability of this Masters program stems from a strong USA Swimming program, Irvine Novaquatics. This base helps ensure quality pool time and consistent, quality coaching. You will get both visiting the Novas. Lanes are well organized by ability and practices are geared to accommodate a variety of interests (triathlon, fitness/weight control or USMS). The coaches are involved with the swimmers, and if you stay the whole hour you'll get 3000 to 3500 yard practice. The website is novamasters.com and there are a few interesting and useful items in there. There is a comprehensive calendar of practice times, focus of the practice, locations and coaches. Also a form that can be filled out to get more info AND a sample e-mail for you to send the coach (of any club you might visit). Score it 5/5

**Cost:** Coming to south OC, if you have to ask you can't afford it. (kidding) At the Woollett, there is a \$4 facility use fee paid on entry. When I was there, the subject of a drop in fee specifically for the Nova Masters never came up at Soka or Woollett. Be sure to check in with the coaching staff, so if there is fee you won't be caught flat footed and as always bring a copy of your current USMS card. Score it a 5/5

**Facilities:** You can't ask for much better. As mentioned before the Woollett has hosted elite level meets and ALL are 50 meter facilities. The day I visited the pool was set up for SCY (and so much the better) and with 16 lanes the most one might see is 1-2 people per lane. Water temp was perfect and the locker facilities provided HOT showers that really blasted (not dribbled out). Suit dryers and super clean facilities made for a great visit to a great program. Score it a 5/5

So there you have it. My first perfect score on a visit. Of course nothing is perfect, I'd like the practice printed out, so I can see what's coming. I'd like it if the people in my lane were doing the same as me so as to have a "perfect" training partner. These are such tiny imperfections as to be insignificant. I've seen some programs back in Florida that would rate a perfect score also, if I were to go back and do a comprehensive rating. Overall one might be hard pressed to find a more accommodating and accessible program than the Irvine Nova Masters.



## Why Do You Swim?

Submitted by Robin Smith, SPMS Fitness Chair

Happy New Year Everyone! As you start to think about your fitness goals and objectives for 2016, it is important to consider what activities bring you joy. Merriam-Webster defines joy as “a feeling of great pleasure and happiness” and “a source or cause of great happiness.”

Take a few moments to think about why you swim now? How do you feel before, during, and after your swim? Many of you will say that swimming makes you feel good and makes you happy, and you can escape from the stressors of daily life.

Now think back to why you started to swim? Did you “find swimming” or did swimming “find you?” Perhaps you swim for the comradery and friendships, or maybe you swim for health, fitness, cross-training, or rehab. Some of you may swim to challenge yourselves, or to compete against yourselves and/or others, or some of you swim to be able to accomplish a specific goal or race.

No matter the reasons or the situations, in the end, it is important to consider the question: “does swimming bring you joy?” Hopefully the answer is “YES!”

As you plan your swimming and fitness goals and objectives for the New Year, perhaps you might want to consider participating in one of the following USMS fitness events:

### Go The Distance



This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. 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



This 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. The challenge is to complete all events or try new events over the year. The event is open to all registered Masters swimmers.

The 2016 USMS Check-Off Challenge is hosted by the Long Beach Grunions. For more information:

<http://www.calprosports.com/TeamSales.aspx#/591975d0-3fd9-4e5c-9e4d-96dec4b8d5d8>



# 2016 Membership Application

All 2016 memberships expire on December 31, 2016

Renewal – my last USMS number was \_\_\_\_\_  
 New registration



**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City		State	Zip	Phone
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F	E-mail address	
Club or Unattached				
Signature (required)				Today's Date (required)

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a:  Masters Coach     Certified Official

	FULL-YEAR FEES (if joining between Nov. 1, 2015, and Aug. 31, 2016):	END-OF-YEAR FEES (if joining between Sep. 1, 2016, and Oct. 31, 2016):
US Masters Swimming full-year fee (\$39) or end-of-year fee (\$25) plus LMSC (local governing body) fee (\$15.00):	<b>\$ 54.00</b>	<b>\$ 40.00</b>
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to my LMSC:		
<b>Total:</b>		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year. USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check for total fee plus any optional donations/purchases payable to:

Southern Pacific Masters Swimming

- 3) Mail check and completed forms (both Pages 1 and 2) to:

SPMS Registrar Dan Wegner  
3773 Price Ridge Ct  
Las Vegas, NV 89147



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M    F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

## SPMS Officers

### Chair:

**Mark Moore**

[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

(949) 233-6521

### Vice-Chair:

**Ken Brisbin**

[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

### Treasurer:

**Bob Eberwine**

[treasurer@SPMasterSwim.org](mailto:treasurer@SPMasterSwim.org)

(949) 933-7100

### Secretary:

**Robin Smith**

[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)

### Member At-Large:

**Nancy Kirkpatrick-Reno**

[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

### Registrar and

### Webmaster:

**Dan Wegner**

[registrar@SPMasterSwim.org](mailto:registrar@SPMasterSwim.org)

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

### Newsletter Editor:

**Kim Thornton**

[newsletter@SPMasterSwim.org](mailto: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>
January 16	Las Vegas SCY Swim Meet
January 21	SPMS Committee Conference Call
January 30	Palm Springs SCY Swim Meet
February 13	Rose Bowl SCY Swim Meet
February 21	MVN Swim Meet
March 6	Caltech Pentathlon
March 20	CVMM SCY Swim Meet

For a complete and updated list of all events go to [www.spmasterswim.org](http://www.spmasterswim.org)

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