

SPMS News

July/August
2018



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**Happy Birthday
Rita!**



Celebrating a Lifetime of Achievements



Sunday, June 13, 2018, at the Long Course Meters Meet in Mission Viejo, friends and family gathered to celebrate Rita Simonton's 101st Birthday and her many achievements as a swimmer. Southern Pacific Masters Swimming presented Rita with a **Lifetime Membership** and a **Lifetime Achievement Award** for her outstanding performances, dedication, and exceptional accomplishments in U.S. Masters Swimming and Southern Pacific Masters Swimming.

Rita's Achievements

USMS Records

pool individual: 18 currently held
176 lifetime pool relay: 6 currently held
16 lifetime, long distance individual: 5 currently held
5 lifetime records

FINA Masters World Records

60 World Records over 8 age groups
1045 World Points

All-Star Honors

1 year long distance
16 years pool

Top Ten Achievements

939 individual
12 relay

All-American Honors

36 years pool individual
2 years pool relay
9 years long distance individual

USMS Spring Nationals was held at the Indiana University Natatorium on Indiana University-Purdue University Indianapolis (IUPUI) Campus in Indianapolis May 10 through 13, 2018. With 2378 swimmers ranging in age from 18 to 95, this was the largest Spring Nationals to date, and SPMS teams were well represented with 94 swimmers entered. SPMS athletes fared well in competition, with many athletes setting personal best times, placing in the medals (1st through 10th), and becoming national champions. In addition, several SPMS swimmers set USMS national records in individual events, including Tracy Granger (Los Angeles Peninsula Swimmers), Katarzyna Wilk (Las Vegas Masters), Carlo Travaini (Mission Viejo Masters), and Steve West (Novaquatics Masters).



SPMS Swimmers Excel in Indianapolis

Becky Cleavenger



SPMS National Champions

Karen Younkins, GOLD (200 Back)
 Kurt Dickson, GRA (500 Free, 200 Back)
 Billy Gaines, GRA (200 IM)
 Tracy Granger, LAPS (50 Fly*, 100 Fly, 200 Fly)
 Bonnie Spivey, LAPS (1650 Free)
 Dan Wegner, LVM (200 Free, 500 Free)
 Katarzyna Wilk, LVM (50 Free*, 100 Free*, 200 Free, 50 Fly)
 Beverly Montrella, MVN (1000 Free, 100 IM)
 Carlo Travaini, MVN (50 Breast*, 100 Breast*, 200 Breast*, 100 IM)
 Steve West, NOVA (100 Breast*, 200 Breast, 100 IM)
 Ellen Shockro, ROSE (1000 Free)
 Dan Stephenson, ROSE (200 Free, 500 Free)
 Tito Morales, UCLA (1000 Free)
 Hubie Kerns, VCM (200 Breast)
 Larry Raffaelli, VCM (500 Free)
 Mike Shaffer, VCM (200 Fly)

**USMS Record*



At the team level, SPMS teams did very well in the meet, as shown in the table below which shows how SPMS local clubs fared in the overall local club standings.

<i>Club</i>	<i>Name</i>	<i>Swimmers</i>	<i>Place</i>
ROSE	Rose Bowl Masters	22	12
VCM	Ventura County Masters	9	15
LVM	Las Vegas Masters	10	19
GRA	Golden Road Aquatics	15	20
WH2O	West Hollywood Aquatics	10	28
LAPS	Los Angeles Peninsula Swimmers	8	31
MVN	Mission Viejo Masters	6	35
CVMM	Conejo Valley Masters	5	47
NOVA	Novaquatics Masters	1	83
UCLA	UCLA Bruin Masters	1	83
GOLD	Gold Coast Masters	2	105
SPP	Silver Peak Performance	4	114
SBM	Santa Barbara Masters	1	193
SDSM	San Diego Swim Masters (Regional Team)	9	25



As I have conversations on the pool deck at workouts, swim meets and with clients, some main points of conversation seem to be recurrent topics. How do I get stronger, how can I swim faster, how do I fix my shoulder, back, hip or neck pain? The answer to these seemingly very different questions, actually lies within the same solution. It is a three part solution:

1. Mobility of joints and muscle flexibility
2. Interregional/intersegmental coordination
3. Strength, power and endurance

The “solution” or treatment or focus of recovery from injury, needs to be in that specific order of rehabilitation. In this article, the intention is to introduce you to the first concept.

Mobility and Flexibility in Swimming becomes more important as we climb the age group ladder. It is most likely the culprit of aches and pains in shoulders, necks and backs in the more mature swimmers. Most days are spent in cars, sitting at desks and talking/texting on cell phones. These many hours of flexed posture are not negated by one hour of swimming, a bit of stretching and some weight training. As we add birthdays to this picture of connective tissue change, we are left with forward head positions, kyphotic upper spines with poor extension flexibility, poor low back extension and limited hip and ankle mobility. The “streamline” position in the pool is only achievable if these limitations are corrected on land. It is impossible to be streamlined, no matter how much you practice, without compensatory adaptations. These adaptations cause stress on other structures and cause injury over time. Proper alignment of posture and muscle balance prevent any back/neck/shoulder pain and injury. With proper alignment, it is possible for the muscles to fire at their optimal range and in the optimal sequence, eliminating stress on tendons and ligaments, joints and connective tissues. Focusing on three key areas will greatly benefit swimmers in injury prevention, increase speed and correct existing aches and pains.

Sports Rehab for Swimmers

Part 1 of 3

Arlette Godges, MS, PT, OCS, GCS, MBA

Ankle flexibility is key for swimmers. Increased plantar flexion will allow for more streamlined position, less drag in the water and more powerful and tight kick. This decreases the frontal plane movement of the body, allowing for more aligned pull due to better core activation and less strain on low back and shoulders. Increasing this range of motion at the ankle can be achieved by sitting on your feet in a kneeling position if knees and hip flexibility allows. Otherwise, a long sitting position with feet hooked under a cabinet, low bed or other prop can be as effective.

Hip extension is critical for a strong kick as well as optimally engaging our core. Tight hip flexors place a great strain on low back, and drastically affect potential power of our largest muscles, causing swimmers to compensate with movement patterns placing great strain on low back while elimination of proper core activation. It is important to stretch hip flexors in a position that does not allow low back extension. One can activate glutes and or core while stretching hip flexors. At times the first effective stretch is lying on your back with one leg over the edge of the bed and bending your knee. As flexibility increases, there are many available hip flexor stretches. I do prefer the ½ kneeling ones, as they allow for concurrent glute contraction.

Lastly, thoracic extension and rotation. Our thoracic spine is the least flexible part of our spine and has a tendency to stiffen as a result of posture and age. Thoracic mobility is crucial for breathing and optimal lung capacity as well as for proper alignment of our shoulders and neck, elimination strain and stress on our rotator cuff muscles and necks. In this segment we are addressing the flexibility of this area. I will speak to muscle balance in this very critical area in parts 2 and 3. The most effective way to improve thoracic flexibility is with a foam roller. Place it lengthwise under your spine so that the roll can support your head and sacrum. Then, pretend to make snow angels with your arms. When in this position, it is normal to have your hands touch the floor as you fully extend arms out to the side and overhead; work towards that as a goal. Secondly, also work the foam roller by placing it horizontally at the level of last ribs and roll up towards shoulder height. Note, there are numerous different kind of rollers, some are more dense and more textured than others. The harder and more textured they are, the more pressure you will create by rolling. Find what is right for you.

As your ankle plantar flexion, hip extension, and thoracic extension and rotation improve, it will allow for increased shoulder flexion (or reach) and alignment with your pull, which are crucial components of your swimming strokes for you to increase speed and power in a pain free manner. The resulting increase in streamline will also allow for proper head position in all strokes and decreasing neck strain and optimizing breathing in butterfly and freestyle.

Stay tuned for Part 2 and 3. As your SPMS Sports Medicine Chair, it is my pleasure to answer individual questions through our website, or in between events at a meet.

2018 Los Angeles Invitational

Trojan Swim Club & Southern California Swimming

PENDING INFORMATION

SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: S18-???

SPONSORED BY: Trojan Swim Club/SCS

HEATS & FINALS

DATE OF MEET: July 12-15, 2018

ENTRIES RECEIVED by: Thurs, July 5, 2018

START TIME: THURS: 4 pm; PRELIMS: 8:30 am;

FINALS: 5 pm

Warm-up: POOL WILL OPEN FOR WARM-UP AT 7:00 AM FRI, SAT & SUN (2 pm Thurs)

LosAngelesInvite.com
losangelesinvite@gmail.com

POOL: Uytensu Aquatics Center on the USC Campus. Pool is located on NW corner of the campus bounded by Vermont and Jefferson. Entrance to parking structure is on Jefferson.

COURSE: Uytensu Aquatics Center, the 1984 Los Angeles Games pool, is an outdoor, international depth, eight lane, 50 meter course with an adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool depth start end 4 meters; turn end 2M.

TICKETS: \$3 Prelims/\$8 Finals/Day Pass \$10 - **There is a parking fee.**

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold a current 2018 USA Swimming or FINA membership. Registration application must be at SCS Office by July 5, 2018. There are substantial penalties for swimmer and club (2018 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may

UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee.

QUALIFYING TIMES: SUBMIT LONG COURSE METER TIMES. If qualifying in yards, submit best yard time.

- Swimmers must have achieved the Long Course or Short Course Time Standard after Sept.1, 2016. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. Seeding order: conforming Long Course, conforming Short Course, non-conforming Long Course, non-conforming Short Course

- Swimmers with National or Jr Nat'l qualifying times in yards may enter at the meter National or Jr standard.

- Swimmers may enter as many events as qualified but may only compete in three (3) individual events per day, including time trials. **Label bonus events "B"**

- **B Flight Only Option:** When electronic team entry file is submitted, a list of swimmers choosing to swim only in the B flight may be included as a *separate file* (*.doc, *.docx, *.pdf, *.txt). No flight changes will be made after the **entry deadline**.

PROOF OF TIME: This is a PROOF OF TIME MEET. **Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time. Submit ACTUAL times achieved for each event. Special entry procedure: A swimmer qualified in one or two individual events may enter the event/s and up to three total events (except 400/800/1500 and 400 IM); over three must prove all events entered. **400 IM & Free and 800/1500 swimmers must meet entry standard** (swimmers qualified only in a 400 may use "make one, swim three"). **Label bonus events "B"****

AWARDS: Individual 1st-3rd, Relay 1st.

ENTRY FEES: \$13.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry. **Relays:** \$26.00 per relay team entered must be paid with entry or upon deck entry.

Electronic team entry is encouraged. Team entry, which must include single team payment and all proofs of times, is encouraged. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail)

ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed.

Deletions will NOT be refunded.

MAKE CHECKS PAYABLE TO:

SOUTHERN CALIFORNIA SWIMMING

and MAIL ENTRY TO:

Alina de Armas e-mail: alina@dearmas.co

PO Box 63

Simi Valley, CA 93062-0063

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY 5:00 PM, Thursday, July 5, 2018.

2018 Los Angeles Invitational

DATE OF MEET: July 12-15, 2018

RECEIVED BY Entry Deadline: Thurs, July 5, 2018

HEATS AND FINALS MEET
CHAMPIONSHIP SEEDING

OPEN TO: 2018 USA SWIMMING AND 2018 FINA ATHLETE MEMBERS

WOMEN			EVENT	MEN		
YARDS	METERS	THURSDAY, JULY 12, 2018			METERS	YARDS
1	Pre or Deck Entry	200 Meter Freestyle Relay			Pre or Deck Entry	2
3**	10:39.39	9:36.39	800 W Free/1500 M Free Prelim			**4
5	Pre or Deck Entry	200 Meter Medley Relay			Pre or Deck Entry	6
FRIDAY, JULY 13, 2018						
3**	800 Meter Freestyle FINAL					
7	53.49	1:01.79	100 Meter Freestyle			8
9	2:08.89	2:29.59	200 Meter Butterfly			10
11	2:07.19	2:30.99	200 Meter Backstroke			12
13	4:33.39	5:21.09	W 400 IM – M 400 M Free			14
15	Pre or Deck Entry	400 Meter Freestyle Relay			Pre or Deck Entry	16
SATURDAY, JULY 14, 2018						
			1500 Meter Freestyle FINAL			**4
17	2:09.29	2:30.79	200 Meter Individual Medley			
			200 Meter Freestyle			18
19	2:25.09	2:52.59	200 Meter Breaststroke			20
21	24.59	28.59	50 Meter Freestyle			22
23	5:08.79	4:39.79	W 400 M Free – M 400 IM			24
25	Pre or Deck Entry	800 Meter Freestyle Relay			Pre or Deck Entry	26
SUNDAY, JULY 15, 2018						
27	57.99	1:07.59	100 Meter Butterfly			28
29	17:43.29	18:23.59	*1500 Meter Freestyle			
30	58.99	1:10.39	100 Meter Backstroke			31
			*800 Meter Freestyle			32
33	1:07.39	1:18.39	100 Meter Breaststroke			34
35	1:55.29	2:13.19	200 Meter Freestyle			
			200 Individual Medley			36
37	Pre or Deck Entry	400 Meter Medley Relay			Pre or Deck Entry	38

*800/1500 free Sunday heats may be double-ended if necessary to meet Finals' start time.

If there are more than 600 entrants, Fri & Sat Preliminary Session may be divided into 'A' and 'B' flights with 7 heats (5 for the 400 meter events) in the 'A' flight. 'A' flight will swim slowest to fastest. 'B' session prelims will swim fastest to slowest with 400 Free & IM alternating women and men's heats. Prelim sessions that are not flighted will swim fastest to slowest; 400 Free & IM will alternate women and men's heats.

FINALS: 50 Freestyle 5 Heats; 100/200 events 4 heats; 400 events 3 heats; 800/1500 single heat

IF STANDARD IS ACHIEVED IN YARDS, enter yard time. National Qualifiers may enter at appropriate National meter minimum.

ELECTRONIC ENTRY WITH SIGNED HARD COPY IS ENCOURAGED
THIS IS A "PROOF OF TIME" MEET – ALL TIMES WILL BE VERIFIED THROUGH SWIMS DATABASE
EVENT LIMIT: THREE INDIVIDUAL EVENTS PER DAY INCLUDING TIME TRIALS

TIME TRIALS: Time trials will be held during the break on July 13-14 and after finals on July 15. Time trials are separately sanctioned. The 800 and 1500 will be offered on Friday only. An athlete may swim an event only once as a time trial. Purchase (\$15) time trial cards at the Admin table. Sanction #S18-???

USC Housing Form Attached - email: losangelesinvite@gmail.com

MISSION VIEJO NADADORES

9th Annual PATRICK MOORE MEMORIAL MASTERS RELAY MEET & FAMILY FUN RELAYS

SUNDAY, JULY 15th, 2018 10:00AM

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund

Facility: Mission Viejo Pool is an outdoor, 25yd. by 50m 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.

Eligibility: Open to any current 2018 USMS registered swimmers. Age on December 31, 2018 determines age group for USMS swimmers in the meet. Swimmers under 18 must be USS members.

Entry Deadline: Relay cards for events 1 to 4A are due by 9:30 a.m., events 5 to 8A by 10:30 a.m., and events 9 to 12A by 11:30 a.m.

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

Relays: All relays will be deck entered at the meet.

Awards: 1st place medals, ribbons 2nd -3d place.

Family Relays Rules: Must have at least one adult (18+) on the relay. At least two members must be from the same family. (2 families can swim together)

Entry Fees: USMS members: \$35.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2018 USMS card. \$10.00 (family only relay swimmer)

Family BBQ: – around 1:00 after the meet. (BBQ pull pork, baked beans, and watermelon)

Cost: \$10.00 per person.

Online Entries: Sign-up early at

<http://www.spmastersswim.org/w/SPMS/>

Questions: Meet Director, Mark Moore, (949)

233-6521; coachmark@mastersmvnswim.org

Admin: Julie Fredricks

Order of Events

Warm-up 8:30am. 10:00AM Start.

1. Open Women 400 m. Medley Relay
2. Open Men 400 m. Medley Relay
3. Open Women 200 m. Freestyle Relay
4. Open Men 200 m. Freestyle Relay

* 10 minute Break

4A - 4 x 50 Freestyle Family Relay

5. Mixed 200 m. Medley Relay
6. Open Women 400 m. Freestyle Relay
7. Open Men 400 m. Freestyle Relay
8. Mixed 200 m. Freestyle Relay

* 10 minute Break

8A - 4 x 50 Wet T-shirt Family Relay

9. Mixed 400 m. Freestyle Relay
10. Open Women 200 m. Medley Relay
11. Open Men 200 m. Medley Relay
12. Mixed 400 m. Medley Relay

* 15 minute Break

12A - 4 x 50 Watermelon Family Relay

2018 Southern Pacific Masters and Southwest Zone Summer Swimming Championships August 10-12, 2018

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. 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 I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. 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.

Warm-up: USMS warm-up policies will be enforced by the Officials and deck marshals. There will be **NO DIVING** into the pools during the times 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 27 are a flat \$55.00 entry fee and includes a meet T-shirt. Add a \$10.00 late fee for all entries completed July 28 through 11:59 p.m. August 3. All entries must be received by 6:00 p.m. on Friday, August 3. No individual deck entries will be allowed. Age on December 31, 2018 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 for the entire meet and no more than 5 individual events per day. There will be no refunds.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$15.00 fee and must sign a consolidated entry card. Relay entries are \$12.00 per relay, and there is no limit on the number of relays a swimmer may swim. On-line relay team entries for coaches will be

available August 7, 2018 at 1:00 p.m. Online relay team entry will also be available at the pool every day of the meet.

Seeding: All events will be seeded and swum slowest to fastest, except the 800 m, and 1500 m. Freestyle which will be swum fastest to slowest. 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 1500m. Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may only swim either the 800 or 1500m Freestyle; not both.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: Positive check-in is required for all events. Check-in closes Friday at 7:45 a.m. for the 1500m Freestyle. Check-in closes at 8:00 a.m. on Saturday for the 400m. Freestyle, 8:00 a.m. on Sunday for the 800m. 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 six teams, based on combined scoring for men and women, individual events plus relays.

On-Line Registration: To register online, go to <https://www.spmasterswim.org/meet-schedule> and click on 2018 SPMS/SW Zone Championships.

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

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

**2018 Southern Pacific Masters and Southwest Zone
Summer Swimming Championships
August 10 - 12, 2018**

ORDER OF EVENTS

Friday (9:00 start) Warm-up (8:00am)

1. Mixed 1500 m. Freestyle
3. Mixed 400 m. Individual Medley
5. Women 400 m. Medley Relay
6. Men 400 m. Medley Relay
7. Mixed 400 m. Medley Relay

Saturday (8:30 start) Warm-ups 7:30am

8. Mixed 400 m. Freestyle
10. Women 200 m. Butterfly
11. Men 200 m. Butterfly
12. Women 200 m. Medley Relay
13. Men 200 m. Medley Relay
14. Women 50 m. Freestyle
15. Men 50 m. Freestyle
16. Women 200 m. Breaststroke
17. Men 200 m. Breaststroke
18. Mixed 200 m. Freestyle Relay
19. Women 100 m. Backstroke
20. Men 100 m. Backstroke
21. Women 50 m. Butterfly
22. Men 50m. Butterfly
23. Women 400 m. Freestyle Relay
24. Men 400 m. Freestyle Relay
25. Mixed 400 m. Freestyle Relay
26. Women 50 m. Breaststroke
27. Men 50 m. Breaststroke

Sunday (8:30 start) Warm-ups 7:30am

28. Mixed 800 m. Freestyle
30. Women 200 m. Individual Medley
31. Men 200 m. Individual Medley
32. Women 200 m. Freestyle Relay
33. Men 200 m. Freestyle Relay
34. Women 100 m. Freestyle
35. Men 100 m. Freestyle
36. Women 50 m. Backstroke
37. Men 50 m. Backstroke
38. Mixed 200 m. Medley Relay
39. Women 100 m. Butterfly
40. Men 100 m. Butterfly
41. Women 100 m. Breaststroke
42. Men 100 m. Breaststroke
43. Women m. 800 Freestyle Relay
44. Men m. 800 Freestyle Relay
45. Mixed m. 800 Freestyle Relay
46. Women 200 m. Backstroke
47. Men 200 m. Backstroke
48. Women 200 m. Freestyle
49. Men 200 m. Freestyle

EVENT SPONSORED HOTELS

Courtyard Foothill Ranch/LakeForest

27492 Portola Parkway
Foothill Ranch, CA 92610
Cut off date: July 9, 2018
[Reservation Link](#)

Courtyard Laguna Hill/Irvine Spectrum

23175 Avenida de la Carlota
Laguna Hills, CA 92653
Cut Off Date: July 9, 2018
[Reservation Link](#)

Hampton Inn

27102 Towne Center Drive,
Foothill Ranch, CA 92610
(949) 597-8700
Cut-off Date: 7/10/18
[Reservation Link](#)

The Hills Hotel

25205 La Paz Rd
Laguna Hills, CA 92653
(949) 586-5000
Cut-off Date: 6/30/18

Fairfield Inn

26328 Oso Parkway
Mission Viejo, CA 92691
(949) 582-7100
Cut-off Date: 7/25/18
[Reservation Link](#)

Hilton Garden Inn

27082 Towne Center Drive
Foothill Ranch, CA 92610
(949) 859-4000
Cut-off date: 7/10/18
[Reservation Link](#)

Hampton Inn & Suites Mission Viejo

28682 Marguerite Pkwy
Mission Viejo, CA 92692
949-429-5222
Cut-off date: 7/10/18
[Reservation Link](#)

Newport Pier to Pier 2 Mile Swim Saturday July 14, 2018



"Don Burns" Corona Del Mar 1 Mile Swim Saturday August 4, 2018

Time: 9:00am: Check-in; 10:00am: Start Time

Location: Balboa (Main St Parking lot) Palm St. & Balboa Blvd.

Directions: South on Balboa Blvd. to Palm St. Right turn into Main St. parking lot. Pay and Park, walk to tower closest to Balboa Pier on North Side. No transportation available.

Entry Fee: \$60 pre-entry. \$80 race day (please pre-enter!). For one-day membership to USMS, it's \$18 more. Link to online entry: https://www.clubassistant.com/club/meet_information.cfm?c=2313&smid=10528

Course: 2 mile swim starts at Balboa Pier and ends at Newport Pier. Starting at Tower M, swimmers will proceed to a buoy and make a right shoulder turn towards the Newport Pier. Swimmers will continue parallel to the beach until they reach the Newport Pier at Tower 20. The finish line is at Tower 20. This is an open ocean swim with no bottom or walls to hang onto, ocean conditions are always changing. Water temp and conditions subject to change.

Rules: U.S. MASTERS SWIMMING RULES GOVERN THIS EVENT. Sanctioned by Southern Pacific LMSC for United States Masters Swimming, Inc.

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

Awards: 1st, 2nd, and 3rd Overall Finishers and 1st Place Divisional Awards presented at conclusion of the swim.

Divisions:

(All Wetsuits/Neoprene caps must enter wetsuit division.)

Seniors 19-24 years
Seniors 25-29 years
Masters 30-34 years
Masters 35-39 years
Masters 40-44 years
Masters 45-49 years
Masters 50-54 years
Masters 55-59 years
Veteran 60-64 years
Veteran 65-69 years
Veteran 70-74 years
Super Veteran 75 year plus
All Newport Lifeguard Division
All Men's Wetsuit Division
All Women's Wetsuit Division

Time: 9:00am: Check-in and late registration; 10:00am: Start Time.

Location: Lifeguard Tower 3 – Tower nearest the jetty. Big Corona Beach in Corona Del Mar

Directions: 73 south/north to MacArthur Blvd, PCH south. 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. Parking charge at Big Corona Beach lot.

Entry Fee: \$60 pre-entry. \$80 race day (please pre-enter!). For one-day membership to USMS, it's \$18 more. Link to online entry: https://www.clubassistant.com/club/meet_information.cfm?c=2313&smid=10529

Course: Starting from the sand next to the Corona del Mar jetty. Swim to buoy 300 yards offshore and then down coast. 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. This is an open ocean swim with no bottom or walls to hang onto, ocean conditions are always changing. Water temp and conditions subject to change.

Rules: U.S. MASTERS SWIMMING RULES GOVERN THIS EVENT. Sanctioned by Southern Pacific LMSC for United States Masters Swimming, Inc.

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

Awards: 1st, 2nd and 3rd Place Overall Finishers (Male and Female) and 1st Place Divisional Awards presented at the conclusion of the event.

Divisions:

(All Wetsuits/Neoprene caps must enter wetsuit division.)

Seniors 19-24 years
Seniors 25-29 years
Masters 30-34 years
Masters 35-39 years
Masters 40-44 years
Masters 45-49 years
Masters 50-54 years
Masters 55-59 years
Veteran 60-64 years
Veteran 65-69 years
Veteran 70-74 years
Veteran 75 year plus
All Newport Lifeguard Division
All Men's Wetsuit Division
All Women's Wetsuit Division

The 2018 SPMS Open Water (OW) Series is off and running! On Saturday June 23, 2018, the **49th Annual Seal Beach Rough Water Swim** took place in 67 degree water temperature under cloudy skies. The 5K event started with the mandatory pre-race safety meeting and then 35 swimmers with their paddlers took to the course. Two hours later, around 90 swimmers started the One Mile race. Everyone had a great time! The next two events in the SPMS OW Series are the Newport Beach Pier to Pier Two Mile Swim on Saturday July 14, 2018 and the Don Burns Corona Del Mar One Mile Swim on Saturday August 4, 2018. Look for the race information and registration details in this Newsletter.



Seal Beach Rough Water Swim

Saturday, June 23, 2018



For more information on the 2018 SPMS OW Series, go to <https://www.spmasterswim.org/open-water-series/>

Submitted by Robin Smith, SPMS Open Water Chair. Robin is a Level 3 USMS Certified Coach and Certified ALTS Instructor. She swims and coaches for Irvine Novaquatics Masters.

Here are some open water skills to try the next time you head to the beach:

- Practice running and swimming out through the waves to a point just beyond the surf line. Turning to your side as the wave hits you allows the water to go around your body more easily. Going underneath the wave also keeps you moving forward. Some swimmers elect to dive into the surf as they go out. Just make sure you know how deep the water is to prevent any injury.
- Practice catching a wave or the swell as you swim into the beach. Continue swimming until your hand touches the bottom. This gives you enough leverage to push yourself up with your hands as you begin to run onto the beach. If you stand up too early, for example, when you see the bottom instead of touching the bottom, then it is much harder to run. The water level should be between your ankles and knees when you stand up to start to run onto the beach.
- Practice sighting on “landmarks” while you are swimming out through the surf and back to the beach. Look at the jetty, the pier, a lifeguard tower, a buoy, a palm tree, or a house/building or anything else you see to practice your sighting skills. And remember, sighting can be to the side of you in addition to in front of you.

For those of you training for the Newport Beach Pier to Pier or Don Burns Corona Del Mar swims, here are two pool logistics practices to simulate the race courses in the pool:



2018 SPMS Open Water



Newport Beach Pier to Pier (2 mile swim)	Don Burns Corona Del Mar (1 mile swim)
Warm-up choice (10 minutes)	Warm-up choice (10 minutes)
2 x 50 kick (simulates running into the water)	2 x 50 kick (simulates running into the water)
3 x 100 swim	2 x 100 swim
2 x 300 pull	3 x 200 pull
6 x 100 swim	2 x 100 swim
3 x 200 pull	3 x 200 pull
6 x 100 swim	2 x 100 swim
2 x 300 pull	2 x 50 kick (simulates running to finish line)
3 x 100 swim	Cool-down choice (10 minutes)
2 x 50 kick (simulates running to finish line)	
Cool-down choice (10 minutes)	

Submitted by Robin Smith, SPMS Open Water Chair. Robin is a Level 3 USMS Certified Coach and Certified ALTS Instructor. She swims and coaches for Irvine Novaquatics Masters.



GOLDEN ROAD
— BREWING —
AQUATICS

OMG 2 WTF (One Man's Guide 2 Where's the Fun?)

Coach Jeff Taylor

Location: Verdugo Aquatic Center. 3201 West Verdugo Ave, Burbank; goldenroadaquatics.org. If you're an airport type then this is for you. The pool location is less than 3 miles and two turns away from the regional and totally reasonable Burbank Bob Hope Airport. Additionally there are quite a few hotels that are close by but I wouldn't expect Motel 6 prices. The local attractions around the area are pretty spectacular also with the Hollywood sign about 3 miles away and all the hoopla associated such as Universal Studios etc. The main issue is the traffic (really bad). Welcome to LA.
Give it a 5/5.

Organization: So the club has a website that's accurate (a big plus) and it's confidence in that accuracy that makes driving in at 5 am really helpful. There are several practice times available and I was told the noon practice has a really big turnout. The 6 am practice I attended had 4 lanes of a 50 meter pool (nice) that they shared with the morning lap swimmers. There were a LOT of adults swimming at that facility at 6 am. Golden Road had 4-5 swimmers per lane and about the same for the lap swimmers. Great locker rooms and the pool, though obviously older, seemed in pretty good shape and well staffed. This is a personal issue for me (weak eyesight) but the pace clock needs to be pretty big. Here it was the size of the portable digital and it was just too far away to see accurately in the morning gloom. I must say the part that makes visiting these places fun is coaches and athletes letting me know I'm welcome. And if you want to know the story of how a brewery ends up sponsoring a swim team (you can probably imagine at least one of the perks) you'll have to ask Coach Mike when you see him. **Score 5/5**

Remember our guidelines?

Location: Is the location convenient?

Organization: Just how organized is it?

Cost: Obvious.

Facilities: Pool, parking and locker rooms.

Cost: Drop in fee is \$9 (yikes!) to get into the facility. I had my USMS card ready to go but I think it was not required. **Score 4/5**

Facilities: Very nice. An outdoor 50 meters by 25 yards with the old style wrought iron 1 and 3 meter boards at one end. It seems to be an older facility that is well taken care of. There is plenty of parking close by the pool. A staff controlled access point into the facility and a lifeguard. There is a kids area separately fenced off with the usual water features. The locker rooms were more than adequate, and not "drippy", for someone to get ready for work in a suit and tie. **Score 5/5.**

So there it is. Overall the Golden Road Aquatics score 4.7/5 on the fun rating scale and I look forward to reporting back with more on SPMS and USMS programs.



SPMS Contractors Bid Notice to Membership

SPMS will be accepting bids starting July 1st for the following positions:

Registrar/Office Manager
Newsletter Editor
Top Ten Recorder/Records

Bids will close on August 1st (30 days open for submissions).

Details of the duties and responsibilities required for these positions are posted on the SPMS website.

Anyone interested in bidding may bid on more than one contract and should submit a separate price for each contract. Bids should include assumptions (i.e., number of swimmers/club registrations, number of newsletter issues) and costing should be presented per unit of month and totaled per year.

Contractor services shall be for a period of two years, beginning on October 1st, 2018. Bids must be submitted by email to the SPMS Secretary Deborah Hefter, secretary@spmasterswim.org no later than midnight Pacific Time on Tuesday, July 31st, 2018.

Contractor services will be awarded following a formal bid procedure and will be announced no later than August 31st, 2018.

Thomas Heydorff (Gus)
Aquatic Training Center Masters
Coach Janice Akins
Focused training to reach goals

May 2018

Doug Kajiawara
Southern California Aquatic Masters
Coach Rossella Pescatori
Workout ethics, great results and team support

Chris Cook
Claremont Club
Coach Tyler Hauck
Continues to improve in all strokes

CLUB SWIMMERS OF THE MONTH

Jennifer Weideman
Conejo Valley Masters
Coach Nancy Kirkpatrick-Reno
Outstanding Performances & Best Times

June 2018

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For archived newsletters

Please go to:

[http://www.spmasterswim.org/w/
SPMS/newsletter-archives/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

Upcoming SPMS Events

Saturday, July 14

Newport Beach Pier to Pier 2 Mile Ocean Swim

[Registration](#)

Sunday, July 15

Patrick Moore Memorial Relay Swim Meet

[Registration](#)

Sunday, July 15

SPMS Committee Chairs Face-to-Face Meeting

[Information](#)

Saturday, August 4

Don Burns CDM 1 Mile Ocean Swim

[Registration](#)

August 10 - 12

2018 SPMS and SW Zone Summer Championships

[Registration](#)

Thursday, August 16

SPMS Committee Conference Call 7:30 pm

[Information](#)