



Yes, the Open Water season has officially been **CANCELLED!** NOW WHAT ARE YOU GOING TO DO?

*Submitted by Robin Smith | SPMS Open Water Chair
(openwater@spmastersswim.org)*

Open Water races and Multisport Events continue to be cancelled across the country and around the world due to COVID-19. USMS, USA Triathlon, and other organizations and event hosts have been offering virtual competitions throughout the summer. We know that competing “online” isn’t really the same as competing “in person”.

Another option is to use this “time off” from racing and competing to work on the little things without the pressure of timelines and schedules.

Here are some ideas for you to try:

1. Practice your sighting skills in open water – learn to sight on landmarks, shapes, and colors in all four directions. Practice your beach starts and beach finishes. Maybe focus on your open water swimming stroke technique with slower turnover and wider strokes.

2. If you have access to a pool, practice your race pace by swimming:

- 6 to 10x50 with 10 to 15 seconds rest, or
- 4 to 10x75, with 15 to 20 seconds rest, or
- 3 to 8x100 with 15 seconds of rest

Count your strokes. Practice vertical kicking and treading water to improve your swimming efficiency and in-water starts.

3. Use the pool time to practice sighting in all directions without worrying about waves and currents. Try to swim straight with your eyes closed for 4 to 6 strokes, then sight for 4 to 6 strokes. With only one swimmer per lane during lap swim these days, this is a bonus!

4. Swim the local open water course for a cancelled race as a workout practice session. There have been many all around our LMSC from Orange County to Santa Barbara.



If this is a favorite or regular event of yours, practice portions of the open water race – especially the start and the finish. Swim the challenging portion of the course (think the last half mile of the Newport Pier to Pier two mile ocean swim).

5. Do you have a target race or event? View the swim course on Google Earth (or other map) and check out the specifics. Visualize the start, the swim course, the finish, and the transition areas (if applicable). Use the local open water areas to practice in similar conditions to your target race course. We have lots of options here with the piers and jetties, surf and waves, currents and swells, and smooth waters.

6. And finally, remember to follow all local, state, and federal public health requirements for the open water venue or pool facility. Stay safe, stay well, and most importantly, HAVE FUN!



SEPTEMBER & OCTOBER Pool meets

Submitted by Ken Brisbin | SPMS Vice Chair (ViceChair@SPMasterSwim.org)

Pools are starting to open, and some teams can conduct practice to varying degrees with social distancing; this is a significant step for our members.

As far as meets go, we are still several months out. USMS has recommended no sanctioned events until after August 31st. Once meets have been scheduled, there will be new protocols with social distancing for swimmers, volunteers, and officials. Safety for all our members is the highest priority, so when you see the published meet form, it will be crucial to review the protocols.

As we receive updated information, we will keep you posted. And as always, if you have any questions, please contact me at ViceChair@SPMasterSwim.org

Thanks
Kenny Brisbin



Grant funding will be needs-based and available to clubs and workout groups with a business tax ID who were in the USMS registration database on or before May 31, 2020.

There is additional important eligibility information on the USMS webpage (link/URL provided below). Gold Clubs and clubs that host meets or other events available to SPMS members may be eligible for additional funds. Which clubs/workout groups request grants and how much they receive will remain confidential; however, we will disclose the final grant total by the end of the year.

SPMS adopted the USMS unified fee in 2020, making our LMSC eligible for a higher rate of matching funds. USMS will match LMSC funds up to \$6 per registered USMS member per club and up to \$10 per registered USMS member per USMS registered Gold Club. Funding is based on USMS registrations as of May 31, 2020.

The SPMS grant application can be found on SPMasterSwim.org. Grant applications must be submitted on or before September 30, 2020. The SPMS Grants Subcommittee will do an initial review of applications for completeness and request additional information if needed. Applicants are asked to respond to any such request promptly.

The Grants Subcommittee will review grant applications and supporting documentation, make funding decisions by October 31, and request USMS matching grants shortly thereafter.

Questions related to the SPMS grant program? First consult SPMasterSwim.Org. If you need additional information, contact MemberAtLarge@SPMasterSwim.org

For additional information about the USMS matching grant framework please refer to <https://www.usms.org/volunteer-central/guide-to-local-operations/covid-19-volunteer-information/usms-covid-19-relief-program-for-club-framework>

SPMS/USMS COVID-19 RELIEF GRANTS Applications Due September 30th

*Submitted by Becky Cleavenger | SPMS Member at Large
(MemberAtLarge@SPMasterSwim.org)*

USMS has developed a framework that may provide USMS clubs and workout groups with grant money to help resume operations as appropriate in their area, based on local, state, and federal guidelines. The money will be available from two sources: LMSC grant funding and USMS matching grants. These funds are intended to support clubs with financial needs to help clubs get restarted but it is recognized they are unlikely to meet all needs.

SPMS has been granted approval from USMS for its grant funding proposal. In line with USMS recommendations, SPMS has established a preliminary budget of \$30,000.



SHOUT OUT: Thank you!

Submitted By Christine D. Maki | SPMS Coaches Chair (Coaches@SPMasterSwim.org)

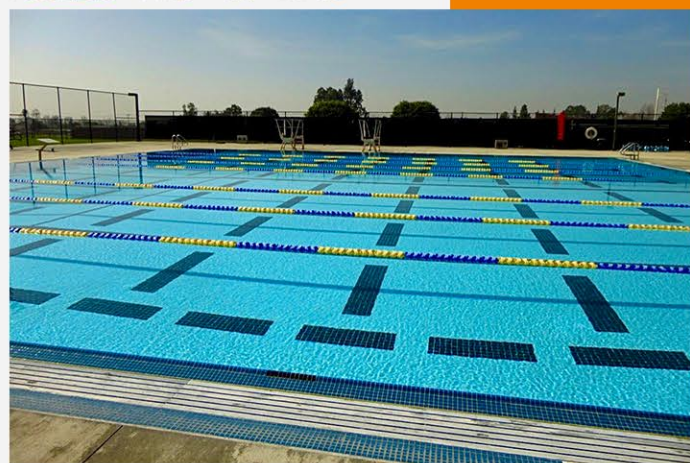
I would like to express my deep and sincere gratitude to the cities and pool operators that have made it possible for a lot of the Southern Pacific Masters Swimming clubs to get back into the water.

In particular, I would like to acknowledge Tim Pagano, Recreation Manager with the city of San Dimas, as he readily aided USMS teams to find pool time. In addition, he has assisted with getting a couple of USA Swimming teams a place to practice when fitness businesses and school pool facilities have closed. It is with his aquatics vision and the support of the city of San Dimas, along with his team, that is helping to safely maximize the water time for surrounding community clubs and still accommodating healthy physical exercise for the local community.

I want to give a big “Thank You” to Tim and the San Dimas Recreation Center for giving Competitive Tri-Swim Masters (CTSM) LLC, The Claremont Club: USMS & USA Swimming teams, along with the Brea swim club, an opportunity to train at an invaluable pool resource.

It is the organizations with dynamism, vision, sincerity, and motivation that are helping a lot of people stay safely physically active during these unprecedented times. If you would like to give a positive shout out to your pool organizational team, please send SPMS Coaches Chair, Christine Maki, a few details at christine_dahlstrom@yahoo.com

It would be a great privilege and honor to help you express your thanks!





How do you do that and not be stressed, you ask? Well, a good way to be thinking about your life is to have a routine, but keep it to a week at a time and always maintain plan B and maybe Plan C. Have your swim plan as option A, have a backup with dry land for both cardio and strength, and have plan C to exercise indoors and /or outdoors. This is not a time for rigid expectations and rigid plans, be nimble and flexible, try something new; you know swimming will always win, but go have some fun. Any time when on land realize you need good shoes, core stability and an instant more time to plant a foot on slippery grounds or uneven surfaces, and be open to the potential to land friends in the process!

If you have been lucky and swimming a lot, put yourself into a training cycle and make sure you get some rest. We need rest to reset, rebuild strength, train muscle memory, and gain or maintain an excited mind set.

We all can learn from COVID times to take advantage of, be present for, and focus on execution, stroke technique, turns, streamlines and the ability to focus on fun. Take a moment and think about *why* you are a big part of this community? It's about friends, fitness, support, fun, like-minded people and mental health. Stay fit, stay healthy, keep signing up for your lane and keep being a part of this great community. We have a great ability to check in with each other, support each other and be a consistent piece in this crazy world. Be that piece of consistency, community and love for someone in your pool and in your pod!

6 MONTHS INTO COVID

What have we learned?

*Submitted by Arlette Godges | SPMS Sports Medicine Chair
(SportsMedicine@SPMasterSwim.org)*

This is not my most scientific message, but I believe a very important one to send. Most of us are swimming again. We have all found our community, in some way. We are all happy fish, in some way. However, we are all a bit stuck in the “what now,” “when will there be a meet,” “virtual is fine, but not too many more,” and “it’s not the same” thinking patterns.

My recommendation is to “just be,” “swim and have fun,” “find your pod and get comfortable.” We are in this situation for longer than we anticipated, it is time to assess what is needed to be mentally and physically prepared for all of these changes to come, embrace them, and be nimble with whatever the outcome delivered.

UPCOMING SPMS EVENTS



Thursday, Sept 17th

SPMS Committee Conference Call 7:30PM



Friday, Sept 25th - Sunday, Sept 27th

USMS Annual Convention



Saturday, Oct 3rd

SPP Swim Meet SCM



Thursday, Oct 15th

SPMS Committee Conference Call 7:30PM



Friday, Oct 16th

USMS National Coaching Clinic



Sunday, Oct 25nd

UCLA SCM Meet

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