



## SOUTHERN PACIFIC LONG COURSE DUAL MEETS

**Mission Viejo Nadadores (MVN) vs Golden Road Aquatics (GRA) vs Long Beach Grunions (LBG)**

Submitted by Diana Lamar | MVN Swimmer and SPMS Secretary | Secretary@SPMasterSwim.org

On June 13, 2021, to open the USMS 2021 Long Course season, the Mission Viejo Nadadores (MVN) were honored to host more than 92 swimmers on a beautiful, warm, sunny day at the Margarite Aquatic Center in two separate dual meets. In the morning session, the Golden Road Aquatics (GRA) brought 39 swimmers eager and excited to swim their first competition in over 1.5 years against the 31 entered MVN swimmers. GRA coach Mike Lucero stated, "when I announced this opportunity to my swimmers, they were super excited and signed up immediately".

GRA swimmer Linda Simmons (55-59) was thrilled to get some fast long course times in the freestyle events in preparation for her Lake Tahoe 21.3-mile swim on July 28, 2021, even though the 2,200 competition meters were far less than her typical ocean water trainings of 10,000 yards plus.

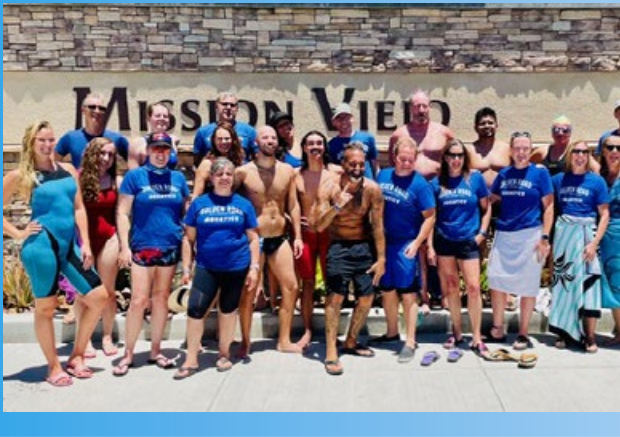
Ximena Pearson (50-54), representing GRA, competed in her first meet in over three years due to her love/hate relationship with swimming. The best part of the meet for Ximena is that she had "fun" which she credits to her coach Mike Lucero. And what would be a meet without GRA Scott Winslow (45-49) yelling "what number, what number" when looking for his lane.



Christine Maki, former coach of Competitive Tri-Swim Masters, (CTSM), made a fond farewell appearance to wish her CTSM swimmers good luck at the meet as they transition to GRA. Look out SPMS, GRA will get stronger and better after the merge with CTSM.

Nadadore John Frankel (70-74) recently aged up and was eager to compete against other teams. His most exciting race of the day was the 200 Freestyle which he competed in for the first time and admitted, "that was tough – it's like a sprint". Although an impressive swim and MVN record was established by newcomer Andrew "Bo" Luddy (40-44) in the 200 Fly (2:38.81) it was not enough for the Nadadores to beat Golden Road. Final team score was 2,690 to 2,011. Congratulations to GRA for the victory. Let's have a Golden Road beer and drink to that!





Golden Road Aquatics (GRA) Champs!

The afternoon dual meet was a showdown between the Long Beach Grunions (LBG) and MVN with the Grunions posting solid swims with 18 swimmers in the pool against 17 Nadadores. Coach Kenny Brisbin declared, "the swimmers had so much fun; that's all they could talk about at the team dinner afterwards". It was the first meet in over 20 years for six Grunion swimmers - what a way to start the long course season".

The highlight of the afternoon session was cheering LBG Anita Cole (70-74) in the 100 Back after her recent bought of chemo. LBG Liz Carlin (45-49), brought gift bag samples of TriSwim shampoo and conditioner for all volunteers, swimmers, and officials, and LBG Coach Kenny Brisbin presented MVN Coach Mark Moore with a new mask. It was a close competition, but the LBG relays provided the Grunions with a 1,381 to 759 win over MVN.

Many thanks to the SPMS Officials who officiated both meets in the hot sun - Meet Referee Paul Szuskiewicz (RCC), Virgil Chancy (UN-UC-33), Mary Hull (UN-UC33), Robert Mitchell (MVN), and Judi Divan (MVN).

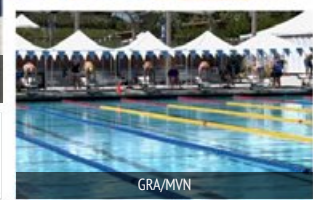
Despite the two losses, the Nadadores are happy and eager to host the next SPMS long-course meet - The Patrick Moore Memorial Swim Meet on July 11, 2021, for up to 200 swimmers. Sign up early - MVN looks forward to seeing you there.



Val Alberti, Evan Simoni, Laura Riley & Nick Peck



Christine Maki and Diana LaMar



GRA/MVN



Christine Maki and Robert Mitchell



Nadia Franks, Carlos Buonavita, Christy Shinnick & John Allaire







# 3000 YARD E-POSTAL LISTS HAVE BEEN ESTABLISHED

Submitted by David Johansen | davidswim@johaninc.com


The SPMS Women Records are:

 **18-24**  
**Amanda Beard (NOVA)**  
32:26.99 (2001)


 **25-29**  
**Lexie Kelly (NOVA)**  
33:06.99 (2014)

 **30-34**  
**Cynthia Lewis (MVN)**  
34:17.08 (2009)

 **35-39**  
**Cynthia Lewis (NOVA)**  
33:55.99 (2011)

 **40-44**  
**Amy Collins (NOVA)**  
36:20.00 (2011)

 **45-49**  
**Denise Brown (NOVA)**  
36:16.03 (2008)

 **50-54**  
**Stacey Warmuth (VCM)**  
37:27.29 (2006)

 **55-59**  
**Niki Stokols (CVMM)**  
41:38.85 (2015)

 **60-64**  
**Joanne Saul-Zachau (LVM)**  
43:25.56 (2019)

 **65-69**  
**Beverly Montrella (MVN)**  
46:25.69 (2012)

 **70-74**  
**NO RECORD**

 **75-79**  
**Dionne Caldwell (NOVA)**  
1:01:12.99 (2011)



80-84

**Rita Simonton (GWSC)**

55:12.91 (1998)



85-89

**Rita Simonton (GWSC)**

59:47.72 (2003)



90-94

**Rita Simonton (GWSC)**

1:06:51.19 (2008)



50-54

**Jim McConica (VCM)**

31:37.55 (2001)



55-59

**Jim McConica (VCM)**

32:31.77 (2006)



60-64

**Jim McConica (VCM)**

33:55.46 (2011)



65-69

**Jim McConica (VCM)**

36:01.33 (2016)



70-74

**Larry Raffaelli (VCM)**

43:34.26 (2014)



75-79

**Frank Piemme (OSB)**

45:00.28 (2001)



80-84

**Jurgen Schmidt (SBM)**

50:34.86 (2003)



85-89

**Jurgen Schmidt (LOST)**

54:56.57 (2008)

### The SPMS Men Records are:



18-24

**Paul Sigler (NOVA)**

33:14.99 (2019)



25-29

**Kevin Little (NOVA)**

30:27.55 (2014)



30-34

**Kevin Little (NOVA)**

30:22.87 (2019)



35-39

**Mike Shaffer (VCM)**

30:16.43 (2002)



40-44

**Mike Shaffer (VCM)**

30:25.06 (2009)



45-49

**Jim McConica (VCM)**

31:10.18 (2000)





“I’m so grateful to USMS, especially Dawson Hughes and Bill Brenner,” Coach Charles reflected, “for having the foresight to make this event happen. I don’t think I can fully explain how these events have helped us build community over the years. They (USMS) sensed that the swimming community needed to be together again, and they gave us a platform to do that.”

For three hours each on a Thursday evening and a Sunday morning, the SPP gang came together at their regular workout pool to “race” against themselves. The pool was set up like a normal meet with flags and banners and tables full of snacks. But with these unique differences: a band of self-described “social distancing police” kept people six feet apart, masks were the hottest fashion statement, and races consisted of several events happening at once to maximize the use of lanes.

Highlights of the event included 9 top-ten finishes, a world record broken by USMS Hall of Fame Swimmer Maurine Kornfeld, who is 99 years old (no, that is not a typo), and the team’s pride in watching several Adult Learn-to-swim Program graduates participate in their first meet.

Volunteer Coordinator Niki Kopp was amazed and heartened by the large volunteer turnout. “Silver Peak Performance was blessed to have such an abundance of dedicated people in our community who donated their time, stayed focused, and remained fully present. It was a fast-paced environment with many complex moving parts.” Pedro Mejia, the challenge’s MVP, was thankful for this moment of community, despite the pandemic. “As my first event,” he said, “being able to be around people working towards the same goal of beating your own limitations, encouraging one another, and being able to get a glimpse of the USMS world was incredible. The [TYR] Last one Fast One event gave us an opportunity to be a community once again. I am truly grateful.”

“Niki pulled out all the stops,” said Coach Charles. “She rallied together a pool of volunteers that was amazing.” Coach Charles was also quick to give thanks to the pool staff, especially Aquatics Manager Courtney “Mags” Maglio. “Mags is our biggest champion,” said Coach Charles. “She and her crew have gone out of their way to support us and pave the way for there to be a Masters swim team in my hometown of Glendale.”

And Coach Charles learned that for members who are nervous about competing, this one-team meet approach helped them overcome their fears and get into the water. ALTS graduate Pat Luangeaktrakul, summed it up this way, “It was the best swim meet with our team that gave every member with different levels a chance to participate for the first time ...

# ZOOM FATIGUE LEADS TO MEMBERSHIP BOOM

Submitted by Kris McPeak | Treasurer@SPMasterSwim.org

When Silver Peak Performance, a team of 70+ in Los Angeles, first learned of the 2021 TYR Last One Fast One virtual event, Coach Charles McPeak received groans and eye-rolls when he tried to promote it. His team members were “Zoomed out” and the idea of another virtual – anything – was a tough sell.

Coach Charles was eager to support the TYR Last One Fast One event because its purpose of raising money for USMS Adult Learn-to-Swim grants coincided perfectly with Silver Peak Performance’s mission – to make swimming and triathlon more inclusive in the community. So, he recruited a band of volunteers to turn this virtual event into a hybrid real-life “meet” that spanned over two days. What’s more, by creating a buzz at the community pool – the event helped SPP recruit over a dozen new members.



Since I started in the ALTS program, I loved seeing the new swimmers participating in their first meet without feeling insecure competing with other teams.”

Because the event was colorful and cheerful, the surrounding community of Glendale took notice. Executive Director Kris McPeak noted, “We have registered 15 more new swimmers since the TYR Last One Fast One hybrid event! When local swimmers are able to witness an inclusive event like this, I think it’s highly motivating to join a Masters club.”



## SPMS MEET UPDATES

Submitted by Ken Brisbin | Vice Chair | [ViceChair@SPMasterSwim.org](mailto:ViceChair@SPMasterSwim.org)

USMS has moved into Phase 3 of how to conduct meets safely. Those established guidelines are here:

<https://www.usms.org/events/covid-19-event-resources>

We have two meets scheduled for July. For information and registration, follow this link:

<https://www.spmasterswim.org/meet-schedule/>

If you have any questions about running a meet, please reach out to me at [sanctions@spmasterswim.org](mailto:sanctions@spmasterswim.org) and the committee will help guide you in conducting a safe and successful meet.



sustained participation, and joy over decades of pain-free swimming. In this article I will refer to “soreness” as a sensation that is generalized to all muscles and, I will refer to “pain” as feeling that is more localized, deeper and sharper. Soreness subsides with a combination of good nutrition, rest, some stretches, and recovery. Pain may subside with proper recovery, but typically re-appears during your next session and over time will continue to nag and affect your performance in and out of the pool. *But*, the complicated issue is that some of the time “soreness” can become “pain”. How? When we train into fatigue and our stroke “falls” apart, or becomes less optimal, we stress structures that are not meant to perform in a manner we are requesting (our kinematics are changed and our muscles are not working in optimal synergy). This may lead to initial soreness. If this becomes a steady state, this “adaptation” of the stroke will become more prevalent and the extra stress on structures creates damage over time and thus, injury and pain.

Main reasons for these changes in strokes in a Masters Swimmer are:

1. Too much training over time with poor recovery strategies.
2. Muscle fatigue in supporting structures due to weakness.
3. Adaptive mechanics due to point 1 and 2.
4. Laxity in joint with poor stability due to over stretching or weakness (typically not a Masters swimmer issue).
5. 1-4 can lead to Impingement; in swimmers usually due to poor mechanics, or kinematic changes over time due to tightness in shoulder joint (daily posture, postural weakness, aging). This is a different type of impingement than subacromial pathologies, hence important to have a **look at kinematics before seeking drastic measures**.

#### **Shoulder SORENESS:**

Look back on your recent workload and evaluate your yardage and lack of recovery strategies. A day off walking your dog may be a good idea, if you “have to” hit the pool, work drills, turns, do a kick set, use fins to unload shoulders, have your coach look at your stroke mechanics.

#### **Shoulder PAIN:**

Use a scale of 1-4 and decide where you fall:

**Level 1:** is soreness and continual training is fine; do a long warm up and make sure to warm down.

## **SORE? OR, IS IT MORE SERIOUS?**

Submitted by Arlette Godges | Sports Medicine Chair  
SportsMedicine@SPMasterSwim.org

In this article I would like to define the difference between soreness and pain in your shoulder. Depending on your training history, and in what decade you did your prime training, your personal definition of soreness and pain may be a bit blurry. Philosophies about training quantities, and specificity of training have evolved and changed drastically over the past 30 or so years, and are still adapting constantly to the newest sports science.

As a Masters Swimmer, it is crucial you learn to really listen to your body's messages. Your best comes from optimal training,



**Level 2:** is a warning zone, delayed soreness and some point tenderness/pain; look at your training load and see where you need to make adjustments, maybe more stretching/foam rolling, maybe more strengthening, maybe a bit of rest.

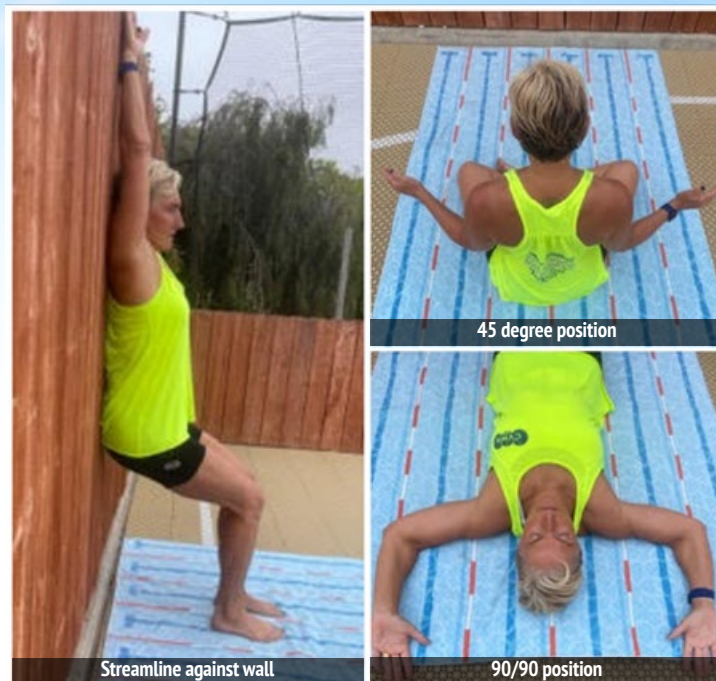
**Level 3:** is the point where structured rehab is important and it is advisable to seek advice from your favorite rehab person, this is when the discomfort/pain is waking you at night, you avoid certain movements and/or certain strokes.

**Level 4:** is your red zone; you have your favorite NSAID in your car, workout bag, on your night stand and on your desk; you need medical attention and stop training to prevent more anatomical damage, seek medical evaluation.

Here are three screens you can do yourself to see if you have the proper muscle length in your shoulder complex and shoulder joint range to stay in the pain-free zones when swimming.

1. **Streamline against wall:** simply, it looks at range of motion of your scapulothoracic and glenohumeral joints; the play between your shoulder blade, your mid spine and your shoulder joint. This “play” is a direct result of the flexibility of muscles surrounding these joints and joint capsules. This perfect mobility allows all muscles to work in sync and prevent injuries no matter your age.
2. **90/90 position:** lying on your back; this isolates shoulder joint mobility, both joint capsule and ligaments, in addition it shows anterior tightness from pectoralis major and minor.
3. **45 degree position:** key test subscapularis length and predict proper kinematics (how all the muscles are keyed up to work in their proper sequence).

Shoulder joint mobility and muscle balance are imperative for a fast and efficient stroke. Most important for Masters Swimming is a stroke that is sustainable over time, without causing injury. An individual stretching and strengthening program is key to maintaining musculo-skeletal health while swimming through the decades of life. I recommend a specific stretching program based on individual physiology for a Masters Swimmer. Doing traditional swimmer stretches as our bodies change with birthdays, can actually do more harm than good, this type of stretching can cause injury to ligaments, capsules and/or tendons. Feel free to contact me with any questions.



**Traditional swimmer stretches not recommended for Masters swimmers.**





Please note that the **Annual Seal Beach Rough Water Swim Event** is now officially **POSTPONED to 2022**.

Also, the **2021 USMS Middle-Distance Open Water National Championship** (Newport Pier to Pier Two Mile Ocean Swim), originally scheduled for July 11, 2021, has been **POSTPONED TBD**.

Please continue to check the SPMS Open Water Calendar web page for updates:

<https://www.spmasterswim.org/open-water-schedule/>

Feel free to email me with any questions. Thank you for your support and your patience!

## UPCOMING SPMS EVENTS



Jul 11 - Sunday

2021 Patrick Moore Memorial Long Course Meet



Jul 15 - Thursday

SPMS Committee Conference Call 7:30P



Jul 30 - Friday

2021 SPMS and SW Zone Summer Championships



Jul 31 - Saturday

2021 SPMS and SW Zone Summer Championships



Aug 01 - Sunday

2021 SPMS and SW Zone Summer Championships



Aug 19 - Thursday

SPMS Committee Conference Call 7:30P

# SPMS OPEN WATER 2021 CALENDAR OF EVENT UPDATES

Submitted by Robin Smith | Open Water Chair and member of the USMS Long Distance Committee | [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

As California and Nevada fully reopen, we are working with our Open Water Event Hosts regarding possible dates and options for scheduling their open water races safely later this summer. We continue to be challenged by the lack of venue availability and limitations on special event permit applications at this time.

# 2021 SOUTHWEST ZONE & SPMS SUMMER CHAMPIONSHIPS

**FRIDAY - SUNDAY, JULY 30-AUGUST 1**

**SANCTION BY SOUTHERN PACIFIC MASTERS SWIMMING FOR USMS, INC.**

**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 complies with USMS Rule 105.1.7 and is on file with USMS.

**Directions & Parking:** 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.

**Timing System:** The primary timing system will be fully automatic. Times may be submitted for World & USMS records and Top 10 consideration.

**Rules:** USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2021, determines age for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 8 individual events for the entire meet and no more than 5 individual events per day.

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

**Entries:** A total of 300 entrants maximum will be allowed. If the meet is deemed too large, all athletes' eighth events will be dropped. During the online entry, please indicate your eighth event. The 1500 M Freestyle may be limited to the first 64 entries at the discretion of the meet director. \$60.00 per swimmer flat fee for online entries until midnight PDT on Friday, July 23. Late online entries will be allowed for \$70.00 until 11:59PM PDT on Monday, July 26. Deck entries are not allowed for individual events. There will be no refunds. **Enter online at Club Assistant Online Entries. All swimmers must complete the USMS Liability Waiver prior to competition.**

**Relay-Only Swimmer Entries:** Relay-only swimmers are encouraged to enter online BEFORE relay team entry opens on Tuesday, July 27 in order to best help coaches form relays. Relay-only swimmers last option to enter online is 8:00am July 30. Relay-only swimmers option to deck enter in person at the pool is on July 30 between 7:30am and 8:00am. Relay-only swimmer entry is a \$20.00 fee. If the relay only entry is submitted on deck on July 30, relay-only swimmers must sign **the USMS Liability Waiver**.

**Seeding:** All events will be seeded and swum slowest to fastest, except the 800 M and the 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.

**Check-in:** Positive check-in is required for all events. Check-in closes Friday at 8:30am for the 1500 M Freestyle. Check-in closes at 8:00 AM on Saturday for the 400 M Freestyle, and at 8:00 AM on Sunday for the 800 M Freestyle. Check-in for all other events will close one hour prior to the anticipated start of the event.

**Relays:** Online relay team entry will be available for coaches beginning 1:00 PM on July 27. Online relay team entry will close each day's relay events at 8:00 AM on the day that relay swims (i.e. Friday's relays close online entry at 8 AM Friday). Coaches may use their own web-enabled device to submit relays online. Relay entries are \$16.00 per relay. A swimmer may swim seven (7) relays. Fees are payable to MVN and are due when submitted. Deadlines for relay name changes & relay scratches will be announced at the meet. The name of the leadoff swimmer must be clearly designated when the relay reports to the blocks. A swimmer may swim only one 400 Free relay (#3, 4, 5), one 800 Free relay (#9, 10, 11) and one 400 Medley relay (#29, 30, 31). USMS Rule 101.7.3.G Mixed relays shall consist of two men and two women who may swim in any order.

**Individual Awards:** Medals for places 1 to 3, ribbons for places 4 to 6 for each age group and gender.

**Relay Awards:** Medals for 1st place, ribbons for 2nd and 3rd places. High point Awards: Special award for male and female swimmer in each age group, based on points from individual events.

**Club:** Special Southwest Zone awards for places 1<sup>st</sup>- 6<sup>th</sup> overall on combined scoring women, men and mixed

**Snack Bar:** No snacks or food will be available for purchase.

**Spectator Policy:** The updated spectator policy will be sent out to participants.



**Face Mask Policy:** All unvaccinated participants and spectators must wear a face mask in the facility.

**Meet Director:** Mark Moore (949) 233-6521;

[mvnswimcoach@gmail.com](mailto:mvnswimcoach@gmail.com)

**Meet Referee:** First Name Last name, email address

**Admin:** Judi Divan, [divanj@cox.net](mailto:divanj@cox.net)

# 2021

# SOUTHWEST ZONE

## & SPMS SUMMER

## CHAMPIONSHIPS

### EVENT SCHEDULE

**Friday, July 30, 2021**

**Warm-up starts at 8:00 AM | Meet starts at 9:00 AM**

1. Mixed(W/M) 1500 M Free (64 max)
2. Mixed(W/M) 400 M Indiv. Medley
3. Women 400 M Freestyle Relay
4. Men 400 M Freestyle Relay
5. Mixed 400 M Freestyle Relay

Swimmers are limited to one (1) 400 Free relay.

**Saturday, July 31, 2021**

**Warm-up starts at 7:30 AM | Meet starts at 8:30 AM**

6. Mixed(W/M) 400 M Free
7. Women 200 M Butterfly
8. Men 200 M Butterfly
9. Women 800 M Freestyle Relay
10. Men 800 M Freestyle Relay
11. Mixed 800 M Freestyle Relay

Swimmers are limited to one (1) 800 Free relay.

12. Women 50 M Freestyle
13. Men 50 M Freestyle
14. Women 200 M Breaststroke
15. Men 200 M Breaststroke
16. Mixed 200 M Freestyle Relay
17. Women 100 M Backstroke
18. Men 100 M Backstroke
19. Women 50 M Butterfly
20. Men 50 M Butterfly
21. Mixed 200 M Medley Relay

22. Women 100 M Breaststroke
23. Men 100 M Breaststroke
24. Women 200 M Freestyle
25. Men 200 M Freestyle

**Sunday, August 1, 2021**

**Warm-up starts at 7:30 AM | Meet starts at 8:30 AM**

26. Mixed(W/M) 800 M Free
27. Women 200 M Indiv. Medley
28. Men 200 M Indiv. Medley
29. Women 400 M Medley Relay
30. Men 400 M Medley Relay
31. Mixed 400 M Medley Relay

Swimmers are limited to one (1) 400 Medley relay.

32. Women 100 M Freestyle
33. Men 100 M Freestyle
34. Women 50 M Backstroke
35. Men 50 M Backstroke
36. Women 200 M Freestyle Relay
37. Men 200 M Freestyle Relay
38. Women 100 M Butterfly
39. Men 100 M Butterfly
40. Women 50 M Breaststroke
41. Men 50 M Breaststroke
42. Women 200 M Medley Relay
43. Men 200 M Medley Relay
44. Women 200 M Backstroke
45. Men 200 M Backstroke

# SPMS OFFICERS

## **Executive Committee:**



**Chair: Mark Moore**  
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**Vice-Chair: Ken Brisbin**  
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**Treasurer: Kris McPeak**  
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**Secretary: Diana LaMar**  
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**Member At-Large: Becky Cleavenger**  
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**Membership Coordinator: Judi Divan**  
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**Fitness Chair: Mary Jurey**  
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