



TRAINING WITH PURPOSE

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

Everyone reading this article is a member of an amazing organization that offers community, connection for all, and competition for those who desire. USMS does offer guided training for all by qualified and committed coaches, challenging each member at their individual level. So, whether your purpose of training is to be fit, have better muscle balance, fewer aches and pains, better balance on land, or is to swim faster and be ready for your next age group, being familiar with some scientific principles may provide context to your training. This will help the swimmers who like to optimize yardage in a given workout, or those who choose to swim for time segments, understand why some sprinting and varied speed sets with more rest will actually help improve their overall health and wellness. It will help a sprinter and lover of much rest and long intervals understand that they could improve their time with some more aerobic type workouts mixed into their training week. No matter our age, we have a natural tendency towards being more of a power athlete, or more of an endurance athlete.

Let's talk muscle fibers. No one fiber type is physiologically equipped to allow optimal performance across the physical challenges. Our fibers are brilliantly specialized, some fibers are selectively recruited to perform short duration and high speed and power while others specialize in long duration and relatively low intensity. Of course, this intensity can be relatively high in a high-level endurance athlete, but it's still the slow twitch fibers that do the work.

At times, when the task requires high speed and power *with* endurance, you guessed it, we have a fiber type for this as well. These fibers do not work exclusively. Rather they are recruited intermittently and switching off during a task is often the case. This is why having them all "in shape" to be recruited is essential. Hence, the sprint set with long intervals for the distance swimmer and a mid-distance/distance aerobic set for the sprinter will optimize each of their performances. Without being too complicated, the general agreement in the physiology world is that we have two types of muscle fibers, type I fibers that are also referred to as slow-twitch fibers, and type II fibers, also known as fast-twitch fibers. The way these fibers are identified is by their ability to contract (speed, power, and duration). This is related to their metabolic characteristics; the way they utilize fuel, and the way they chemically break down fat, protein, and carbohydrates within their cell structure.



Type I fibers are continuously at work and keep us standing and aligned in posture (hopefully!). About 50% of our muscle fibers are type I fibers. However, genetically some of us have a higher percentage of these type of fibers, and/or some training can increase these type of fibers as well. These fibers are “aerobic” fibers metabolically and they keep going at a steady state with oxygen using an oxidative process within the cell to produce ongoing muscle contractions with little build-up of anaerobic metabolites, such as lactic acid.

Type II fibers are split into two categories. Type IIa and type IIb. Type IIa fibers are the classic fast twitch fibers. They can contract fast and with lots of power. These fibers rely on the fuel within the cell and create anaerobic by-products. These fibers are only able to maintain their top function for short bursts. After the initial anaerobic bursts, they will recruit the type IIb fibers. These fibers are also referred to as mixed fibers. They are moderately strong and quick in contraction, and have some aerobic metabolic abilities.

Now that you have a bit of an overview, you may wonder why this is important. I suggest thinking about what you love about swimming, whether you compete or not, whether it's in the open water or in a pool. What kind of swimming do you love? I think it's safe to say we all love training with our pods. I think it's safe to say we all would like to be the best we can be, right? So, I encourage you to show up to practice and realize your coach has created a workout with purpose. Don't skip the “Fast Fridays” if you are an OW/distance junkie, don't skip Distance Wednesday if you are a sprinter, and both of you, go to stroke workouts as much as you can; this is where your mixed fibers will get some serious attention. Remember, those fibers will get you to the wall without the monkey on your back if you are a sprinter, and those fibers will give a distance swimmer that edge to change gears at the end of an open water race.

See you at *all* workouts with all fiber types on board!



USMS LEVEL 4 COACHES CERTIFICATION

Submitted by Christine D. Maki | Competitive Tri-Swim Masters (CTSM) LLC
(Coaches@SPMasterSwim.org)

USMS Level 4 Coaches Certification: What Does It Entail & the Value of A Certification

Certifications & Designations:

Whatever your profession, working toward a professional certification or designation takes a significant amount of time and effort. You have embarked on coaching U.S. Masters Swimming members. To find satisfaction and success in your coaching, it's useful to pursue excellence and knowledge. Let USMS help you with the scope of your coaching growth and development. One way to do that is through their training courses, obtaining certifications, and utilizing the programs laid out for your success as a coach, a club leader, and as a fellow U.S. Masters Swimming member.

When looking over the Level 4 application, a coach might think there are many reasons why one may not be able to complete it, *but* I am here to tell you that with persistence and the love of the U.S. Masters Swimming community, both with my own club of swimmers and with my fellow coaches within SPMS and USMS, the goal of accomplishing a USMS Level 4 certification is attainable.

Reflection of the Process:

Take a look at what your fellow SPMS coaches (with Level 4 certifications) have to say about their careers and the process of their growth and achievement with USMS.

Coaches Chair: "What prompted you to go for your Level 4 USMS Coaches Certification?"

Nancy Reno: *"At the time I was growing my club and felt having the highest level certification possible would be the best way to help promote the quality of coaching we have. Since it is based on one's body of work, it helps you to consolidate all that knowledge you have gained over your years of coaching that might not be all Masters coaching."*

Coaches Chair: "Basically a culmination of a coach's career?"

Nancy Reno: *"Exactly."*

Coaches Chair: "When did you receive your Level 4 Coach Certification?"

Chad Durieux: *"September 19, 2014."*

Nancy Reno: *"October, 2015."*

Coaches Chair: "What was the easiest part about preparing and applying for the Level 4 certification?"

Chad Durieux: *"Nothing was easy..."*

Nancy Reno: *"I don't remember this being an easy process."*

Coaches Chair: "What was the hardest part about preparing and applying for the Level 4 certification?" (This is your pre-submission feelings.)"

Nancy Reno: *"Where to begin to gather up all my years of coaching experience and the most difficult back then was documenting all the results of our club and individual achievements."*

Chad Durieux: *"The hardest part isn't one specific moment in time or point in my coaching career, but it is a culmination of years of hard work and dedication to the craft of coaching."*

Coaches Chair: "Please describe how you felt, at the time, when you assembled and completed your Level 4 application for submission to the USMS Coaches Committee."

Nancy Reno: *"I was really surprised to see my body of work, not being a self-promoter of accomplishments, when I had to write them down I felt accomplished. There was much more I had done than I realized. I moved forward as a coach with more self-confidence. I also realized how all the seminars and trainings I attended over the years had given me a strong foundation for coaching."*

Coaches Chair: "For my Level 4 process I had a mentor coach conduct a check up on any application questions, which made me feel supported in the process. Did you have this experience too? If so, please describe your experience."

Chad Durieux: *"Because I was one of the first Level 4 coaches certified, I did not have a mentor coach, nor did they do any checking up of my application."*

Nancy Reno: *"I was early on in the process and I did not have a mentor coach at the time."*

Coaches Chair: "Congratulations on being a Level 4 USMS coach. With work/life responsibilities being our main concerns every day, I felt that the Level 4 process really helped me see that the little steps taken over the previous 10 years to improve myself, had added up to more than I had realized. It became a great summary of persistence and I was able to say to myself, 'I did that!' Of course, I had support from many sources, and without that foundation of support I know I could not have done it. Please give me your feelings on reviewing your portfolio of masters coaching."

Chad Durieux: *"As you know I'm not a man of many words, so I'll keep this short. I love what I do as a coach and I'm glad to have been awarded this certification, but like most designations it is only a small symbol of what I stand for and what I have done in the past 20+ years of coaching. As with you Christine,*

it was a great review of what my teams and what I have done over the past 20 years. A good reminder of all the hard work and fun experiences in my coaching life."

Final thoughts:

U.S. Masters Swimming is a reputable organization that can give you recognition in your field of coaching swimming. Coach certifications can help improve your reputation and draw attention to your business.

Follow the foundational stepping stones that U.S. Masters Swimming has laid out for coaches. Each step brings you further along in your coaching career. Even if you currently do not have some of the qualifications for completing the Level 4 application, print it out and keep it with your goals list. Utilize it as a pathway to attain each accomplishment.

[**See Coach Central on the USMS website here**](#)

USMS Level 4 Application

Continued professional development is an ideal way to gain a greater understanding of the national organization and enhance your knowledge and skills beyond the scope of your pool and practice sessions.

Along with your professional development, U.S. Masters Swimming also offers peer-to-peer opportunities where you can find inspiration for marketing and communication strategies.

An additional "road map" for your coaching and club development are laid out in achievement markers, like USMS designations and awards.

[**See USMS Awards here**](#)

[**See USMS Gold Club Designation here**](#)

Getting involved with your Local Masters Swimming Committee (LMSC) offers excellent chances to network with your peers in the U.S. Masters Swimming industry. Added benefits found while collaborating with SPMS are growth, camaraderie, and expanding your circle of friends who have an understanding of the passion one has with the water.

All of these benefits should lead to more swimmer clientele and push you forward on your USMS swim coaching career path. Take the first step towards cumulating your achievements in your

portfolio and work towards your USMS Level 4 Coach Certification. You will be pleasantly surprised at what all of your contributions to your personal career growth, your club, U.S. Masters Swimming, and your Local Masters Swimming Committee can do for you.

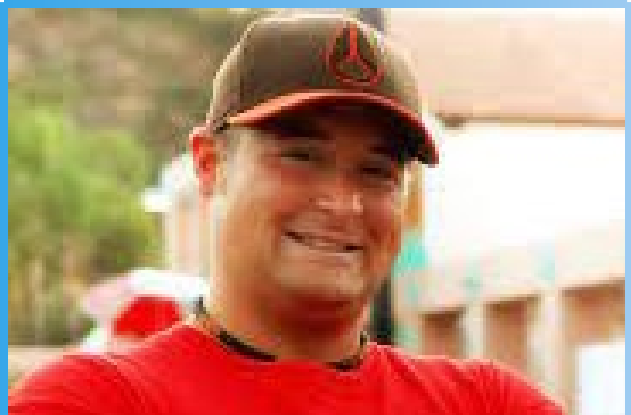
[**USMS Level 4 Application \(Click here\)**](#)



Nancy Reno



Christine D. Maki



Chad Durieux



Even when some pools opened up, many coaches in the SPMS area were subjected to many changes; some with a little time to act and some with no time to alert the team of immediate changes. Coaches have stayed determined to hold team practices, no matter how many times the “goal line” was moved over the year.

Help honor your SPMS coach, including our coaches that are still waiting for their pool to reopen for your team. Let them know how much you appreciate them during the U.S. Masters Swimming Coach Appreciation Week: May 3-9, 2021.

[Click here for more information](#)

WE WANT TO HELP COACHES & CLUBS

Submitted by Anita Cole | Marketing Committee (Marketing@SPMasterSwim.org)

The SPMS Marketing and Club Development Committee is comprised of Anita Cole, Kenny Brisbin, Megan Johnston, and Karin Perissinotto. We are available to help coaches; we want to help clubs grow their membership.

Please reach out to us if your Masters Club needs assistance in setting up club social media platforms or if your club could use marketing materials. We have free brochures, stickers, decals, caps, and keychains. These items make excellent goodie bags for new members. Brochures should be left at the pool offices to promote Masters Swimming.

Email us if you just want to share ideas during this stressful time of COVID-19 or if we can help you in any way.

Marketing@SPMasterSwim.org

Summer Fitness Challenge U.S. Masters Swimming

Click below for more Information:

<https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>

JOIN US IN CELEBRATING YOUR COACHES

Submitted by Christine D. Maki | Competitive Tri-Swim Masters (CTSM) LLC
(Coaches@SPMasterSwim.org)

Please join us in celebrating your coaches during Coach Appreciation Week May 3-9, 2021

Honor your coaches May 3-9, 2021. Please join us in celebrating your coaches during Coach Appreciation Week May 3-9, 2021. It's always a good time to recognize and acknowledge USMS coaches, but it's especially important now.

Over the past year, when possible, has your coach kept you in the water when COVID-19 guidelines were lifted for the swimming community?



SILVERPEAK PERFORMANCE HONORED BY THE CITY OF GLENDALE

Submitted by Kris McPeak (Treasurer@SPMasterSwim.org)

The City of Glendale honored SilverPeak Performance on April 15th with a Council Commendation from Glendale City Mayor and SilverPeak Performance teammate, Ara Najarian. In spite of the challenges of COVID-19 over this past year, this commendation was not only something to celebrate for our team, but a validation of all the hard work that our coaches have put in, especially Coach Charles McPeak. We are so proud to have kept the team going and giving our members something to look forward to during the pandemic. Fighting the fear with science and optimism made all the difference.

Thanks to everyone who stayed positive and gave us the support we needed to make our team amazing ... especially our swim family with Southern Pacific Masters Swimming.



SPMS OPEN WATER

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

Status of 2021 OW Calendar of Events

We are continuing to work with our Open Water Event Hosts regarding possible 2021 dates and scheduling options given the local requirements and lack of special event permit availability at this time.

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

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

Thank you! Hope to see you all soon!



NEW OPPORTUNITY FOR SPMS MEMBERS

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

SPMS has a new opportunity to give back to YOU, the membership. As you may know, you can donate to SPMS as we are a recognized 501c3 organization. SPMS has received some generous donations. There is now a formal application process to be a potential recipient of these funds. The funds are designated to support our membership to thrive.

Who can apply, and for what purpose? Any one person can apply. The causes we support are, but not limited to, maintaining USMS membership during financial hardship, adult learn to swim programs, coaches' certifications, support with hosting swim meets and paying for club fees.

The application will be reviewed and discussed at the monthly SPMS call. The applications will be accepted in a rolling manner, but one individual/club can only apply once in a 12 months period. Furthermore, the individual or club will have to show proof of payment and attendance before funds will be released. Individuals/clubs may apply for any amount, but the amount granted may be adapted.

Do you want to donate to the fund as well? [CLICK HERE](#) to make your tax-deductible donation today and support your fellow swimmers.

SPMS MEET UPDATES

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

As we hopefully and slowly come out of the COVID-19 pandemic, restrictions are starting to loosen up. USMS has published their Phase 2 information on how a host can safely conduct a meet which is located here <https://www.usms.org/events/covid-19-event-resources>

The Meet Operations Committee has received a few inquiries from Meet Directors, and we are working closely with them to host a meet in the coming months.

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

UPCOMING SPMS EVENTS



Saturday, May 1st
Mission Viejo SCY Intrasquad Championship
Swim Meet



Sunday, May 2nd
Mission Viejo SCY Intrasquad Championship
Swim Meet



Thursday, May 20th
SPMS Committee Conference Call 7:30P



Thursday, June 17th
SPMS Committee Conference Call 7:30P

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For archived newsletters, please go
<https://www.spmasterswim.org/newsletter-archives/>