



20
22

JUL - AUG



A TRIO OF SUMMER LONG COURSE METERS MEETS FOR YOUR SWIMMING PLEASURE!

Submitted by **ROBIN SMITH** | SPMS Vice Chair | vicechair@spmasterswim.org

Summer is finally here! And that means long course swim meets. Not everyone has a long course pool to practice in, however, everyone can participate in a long course swim meet this summer. SPMS has an upcoming meet for everyone on the calendar. Entries are now open for the following meets:

First up is the **Annual Mission Viejo Masters Patrick Moore Memorial Relay Meet on Sunday July 10th** at the Marguerite Aquatic Center in Mission Viejo. This year, the meet has returned to its relay-only roots. In addition to the regular relay distances, there are also family relays again. One Event USMS Registration will be available and swimmers under 18 must be members of USA Swimming. There will be a family "BBQ" picnic lunch after the meet.

A portion of the proceeds from this meet will go toward the Patrick Moore Memorial Swimming Scholarship Fund at Saddleback College. Patrick was a member of the Saddleback College swim team and always loved to compete on relays throughout his swimming career.

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=15137

Rose Bowl Masters will be hosting a LCM meet on **Saturday July 30th** at the Rose Bowl Aquatic Center in Pasadena. This meet is offering 50s, 100s, and 200s of each stroke plus the 200 IM and a 200 Free Relay.

Enter this meet for a great opportunity to swim some best times this summer.

https://www.clubassistant.com/club/meet_information.cfm?c=1459&smid=15118

August brings the **2022 Southern Pacific Masters and Southwest Zone Summer Championships**. Hosted by Mission Viejo Masters at the Marguerite Aquatic Center, this is a three day meet from **Friday August 12th through Sunday August 14th**. Distance swimmers will be happy to hear that the list of events includes both the 1500M and 800M freestyles. This is always a popular meet with Masters swimmers visiting from other LMSCs.

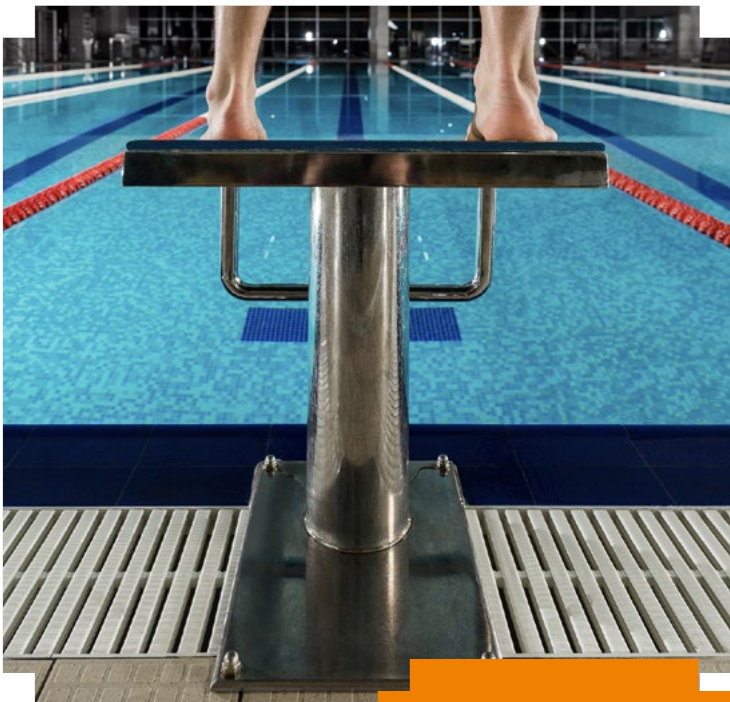
https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=15153

No long course pool this summer? Many swimmers are in the same boat as we continue to come out of the pandemic. Here are some tips:

- Remember that 50 meters is approximately 55 yards.
- Adding 75s into your practice sets is a great way to practice pacing for 50 meters – try building each 75 by 25.
- Add an extra 25 to regular repeat distances – so swim 75yds instead of 50yds, 125yds instead of 100yds, 175yds instead of 150yds, 225yds instead of 200 yds, etc. Focus on the last 25 of each repeat – think about technique, body position, and stroke count.

Check the SPMS Upcoming Swim Meet Schedule for updates:

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



TOTAL MILES BY 5 YEAR AGE GROUPS

Submitted by DAVID JOHANNSEN

2021 swims that affected the all-time Top 5.



MEN 50 - 54
KURT DICKSON (GRA)
3502 MILES SINCE 2017



WOMEN 60 - 64

NIKI STOKOLS (CVMM)

2365 MILES SINCE 2017



WOMEN 65 - 69

SHERRY KEIGHER (SBM)

1489 MILES SINCE 2017



WOMEN 65 - 69

MARGRET MCCALL (KMAN)

841 MILES SINCE 2019



MEN 65 - 69

ANDY SERETAN (UNAT)

5019 MILES SINCE 2018



WOMEN 70 - 74

ANITA COLE (LBG)

533 MILES SINCE 2017



WOMEN 70 - 74

LYNDA LEOPOLD (ROSE)

530 MILES SINCE 2018



WOMEN 70 - 74

CAROL HAYDEN (UNAT)

273 MILES SINCE 2020



MEN 70 - 74

JIM MCCONICA (VCM)

1461 MILES SINCE 2020



MEN 70 - 74

STAN SMITH (LBG)

692 MILES SINCE 2017



WOMEN 75 - 79

BEVERLY MONTRELLA (MVN)

252 MILES IN 2021



MEN 80 - 84

ROBERT BERGSTROM (FMT)

200 MILES IN 2021



WOMEN 85 - 89

JACQUIE ANDERSON (KMAN)

372 MILES IN 2021

The complete Top 10 lists are on the SPMS website under the FITNESS TAB or Click Below

https://www.spmasterswim.org/c/8B6A80C/file/meets/GTD_thru_2020_Top_10_by_Age_Group.pdf





MARKETING MATTERS!

WE WANT TO HELP COACHES & CLUBS

Submitted by **ANITA COLE** | Marketing@SPMasterSwim.org | 310-367-4606 call or text

The SPMS Marketing and Club Development Committee is composed of Anita Cole, Megan Johnston, and Karin Perissinotto. 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 free marketing materials.

We have free stickers, decals, caps, and luggage tags. These items make excellent goodie bag stuffers for new members. Stickers should be left at the pool offices to promote Masters Swimming. Please order a free USMS co-branded banner to display at your pool.

We have been visiting club websites. Please make sure your website is still functioning with easy to find contact information, schedule of workouts, cost of monthly dues, description of your membership, and other relevant information to keep the visitor engaged. Verify that USMS information on Club Finder is still accurate and relevant. Also, please view list of clubs on SPMS Website and make sure that the location stated is that of the pool and not the address of club contact. Coaches, please verify that contact information is accurate. We don't want to mislead a possible new member as to what town the workouts are in nor have invalid contact information. workout magical in any way that you can.

A reasonable goal for 2022 might be to increase your club membership by 10% over the 2021 number by welcoming new swimmers to try out your workouts at no charge for a brief period of time and making that first workout magical in any way that you can.

July is Try Masters Month. I wish the participating 24 SPMS Clubs much success in recruiting new members.

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.

Don't forget about the SPMS Grants that are available for clubs! Maybe you need funds to pay for volunteers to become certified coaches to help out on deck or maybe you need funds to hire a professional to set up a website for your club. You can find the grant application on our SPMS Website. Please use it if you need it!

We look forward to hearing from you.





NATIONAL COACHES CLINIC OCTOBER 7TH-9TH LAS VEGAS

Submitted by **KEN BRISBIN** | Chair@SPMasterSwim.org

The Coaches Committee and the National Office present the 2022 National Coaches Clinic. The NCC is specifically tailored for Masters coaches and presented by award-winning U.S. Masters Swimming coaches. We hope you can join us for this event designed specifically to meet the needs of today's Masters coach.

More details including additional presenters will be posted as they become available.

Date:

Oct. 7-9, 2022

Registration:

Registration is available until enrollment reaches 125 or 11:59 p.m. Pacific on Wednesday, October 5, 2022.

Registration fee includes Friday night dinner reception, Saturday lunch, all presentations on Saturday, pool sessions on Sunday, and electronic copies of presentation materials. All handouts, maps and schedules will be provided in electronic format prior to the weekend.

- \$275 per coach if registered by September 1, 2022
- \$300 per coach if registered after September 1, 2022

Note - USMS certified coaches who are designated coaches will automatically receive a \$20 discount during registration.

Location and Accommodations

Renaissance Las Vegas Hotel 3400 Paradise Rd, Las Vegas, NV 89169

Click here to secure your hotel room in the USMS NCC room block at a special rate.

<https://book.passkey.com/event/50354290/owner/22561/home>

Schedule

Friday, Oct. 7 (6 – 9 p.m.)

Welcome reception: Opening remarks by USMS and a featured guest speaker. Dinner provided.

Saturday, Oct. 8 (8 a.m. – 5 p.m.)

General session: This all-day session includes five program presentations delivered by leading industry professionals including world-renown sports physiologist Dr. Genadijus Sokolovas. Lunch provided.

Sunday, Oct. 9 (8:00 a.m. – 11:30 a.m.)

Pool clinic session with optional workout starting at 8:00 a.m. and stroke technique with Dr. G from 9 – 11 a.m.

Buchanan Natatorium UNLV

4505 S Maryland Pkwy,
Las Vegas, NV 89154

Register:

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=93204&ga=2.171348192.1132557760.1656879570-814022884.1656879570>



HELP FOR THE SPMS FITNESS SUBCOMMITTEE !

Submitted by **MARY JUREY**

Calling all SPMS members who would be interested in helping me out on the SPMS Fitness Subcommittee!

I am looking for folks passionate about coming up with ideas and events to serve most of our membership that does not compete in swim meets. If you would like to become more involved, or are interested in serving, please shoot me an email at maryjurey@gmail.com

Thank you in advance!

SPMS CONTRACTORS BID NOTICE TO MEMBERSHIP

Submitted by **KEN BRISBIN** | Chair@SPMasterSwim.org

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

- Membership Coordinator
- Top Ten Recorder
- Newsletter Editor

Details of the duties and responsibility required for those positions are posted on the SPMS site and bidding will close September 1st.

Contractor positions are paid and shall be for a period of two years beginning October 1, 2022. Bids must be submitted by email to Chair@SPMasterSwim.org



UPCOMING SPMS EVENTS

JUL
10

JUL 10 - SUNDAY

- The Patrick Moore Memorial Relay Swim Meet

JUL
14

JUL 14 - THURSDAY

- SPMS Program Development/Marketing Committee Conference Call 7:00P

JUL
21

JUL 21 - THURSDAY

- SPMS Committee Conference Call 7:30P

JUL
30

JUL 30 - SATURDAY

- Rose Bowl Long Course Meters Swim Meet

AUG
12

AUGUST 12 - 14 | FRIDAY - SUNDAY

- 2022 SPMS and SW Zone Summer Championships

AUG
18

AUGUST 18 THURSDAY

- SPMS Committee Conference Call 7:30P

SPMS OFFICERS

EXECUTIVE COMMITTEE:



Chair: Ken Brisbin
chair@SPMasterSwim.org



Vice-Chair: Robin Smith
vicechair@SPMasterSwim.org



Treasurer: Kris McPeak
Treasurer@SPMasterSwim.org



Secretary: Diana LaMar
secretary@SPMasterSwim.org



Member At-Large: Becky Cleavenger
memberatlarge@SPMasterSwim.org



Membership Coordinator: Judi Divan
Membership@SPMasterSwim.org

CONTRACTORS:



Top Ten Recorder: Judi Divan
TopTen@SPMasterSwim.org



Newsletter Editor: Jorge Ferrero
newsletter@SPMasterSwim.org

COMMITTEE CHAIRS:



Awards Committee: Becky Cleavenger
memberatlarge@SPMasterSwim.org



Coaches Chair: Charles McPeak
silverpeakperformance@gmail.com



Fitness Chair: Mary Jurey
Fitness@SPMasterSwim.org



History and Archives Chair: Robert Mitchell
HistoryArchives@SPMasterSwim.org



Marketing Committee Chair: Anita Cole

Marketing@SPMasterSwim.org



Meet Operations Chair: Ken Brisbin

Sanctions@SPMasterSwim.org



Officials Chair: Alina DeArmas

Officials@SPMasterSwim.org



Open Water Chair: Christie Ciraulo

OpenWater@SPMasterSwim.org



Sports Medicine Chair: Arlette Godges

SportsMedicine@SPMasterSwim.org



Diversity and Inclusion Chair: Virgil Chancy

DiversityInclusion@SPMasterSwim.org



Finance: Kris McPeak

Treasurer@SPMasterSwim.org



Webmaster: Robert Mitchell

Webmaster@SPMasterSwim.org



For archived newsletters, please go

<https://www.spmasterswim.org/newsletter-archives/>