

2022

SEP-OCT



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

Submitted by **BECKY CLEAVENGER** | MemberAtLarge@SPMasterSwim.org

It really seems like Masters swimming is returning to normal in Southern California. The Mission Viejo Nadadores hosted the Southern Pacific Masters and Southwest Zone Championships meet August 14 at the iconic Marguerite Aquatics Center.

Drawing mostly swimmers from within the Southwest Zone, the meet also attracted a several USMS swimmers from across the US as well as one international swimmer. It is great to swim alongside and get to know such a diverse representation of the Masters swimming community!

The Southern California August heat also made an appearance. There were quite a few barefoot sprints between puddles and shadows as

the swimmers made their way across the deck from the warmup pool to the competition pool. Fortunately, the water temperature provided a welcome respite from the heat, and the ice water and Gatorade stations were clutch for swimmers, volunteers, officials, and coaches alike.

48 teams represented - 328 swimmers entered - 1418 individual event splashes - Eight (8) DQs - 225 scratches or no-shows - 133 relay event splashes - Three (3) relay DQs - Five (5) relay scratches or no-shows.

The following records were set at the Zone meet:

- 7 FINA World Records
- 12 USMS Records
- 1 Paralympic World Record
- 1 Paralympic American Record

List of USMS & WR & Paralympic Records



MEN 25 - 29
DAVID HERON (MVN)
1500 FREE | WR & USMS | 15:49.04



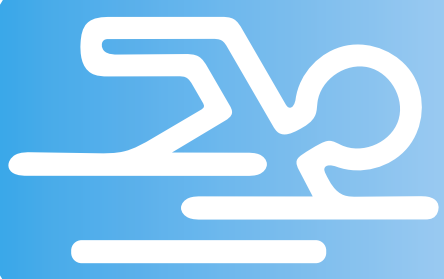
MEN 25 - 29
DAVID HERON (MVN)
800 FREE | WR & USMS | 8:24.46



MEN 25 - 29
PAVEL ROMANOV (UNATTACHED)
50 BREAST | USMS | 27.83



MEN 25 - 29
JONATHAN PIERCE (GRA)
400 FREE | PARALYMPIC WR & AR | 4:31.21



MEN 45 - 49

JEFF COMMINGS (DDSA)

50 BREAST | USMS | 29.29



MEN 85 - 89

JEFF FARRELL (SBM)

50 FREE | USMS | 35.23



WOMEN 45 - 49

GABRIELLE ROSE (UC33)

100 BREAST | WR & USMS | 1:12.34



WOMEN 45 - 49

GABRIELLE ROSE (UC33)

200 IM | WR & USMS | 2:21.37



WOMEN 60 - 64

KARLYN PIPES (PBM)

100 BACK | WR & USMS | 1:14.28



WOMEN 60 - 64

KARLYN PIPES (PBM)

400 IM | WR & USMS | 5:49.08



WOMEN 70 - 74

LAURA VAL (TAM)

400 FREE | WR & USMS | 5:21.19



WOMEN 70 - 74

LAURA VAL (TAM)

200 FREE | WR & USMS | 2:29.72



WOMEN 80 - 84

ANNE WILLIAMS - SDSM

IM | USMS | 4:08.36



Conejo Valley Multisport Masters



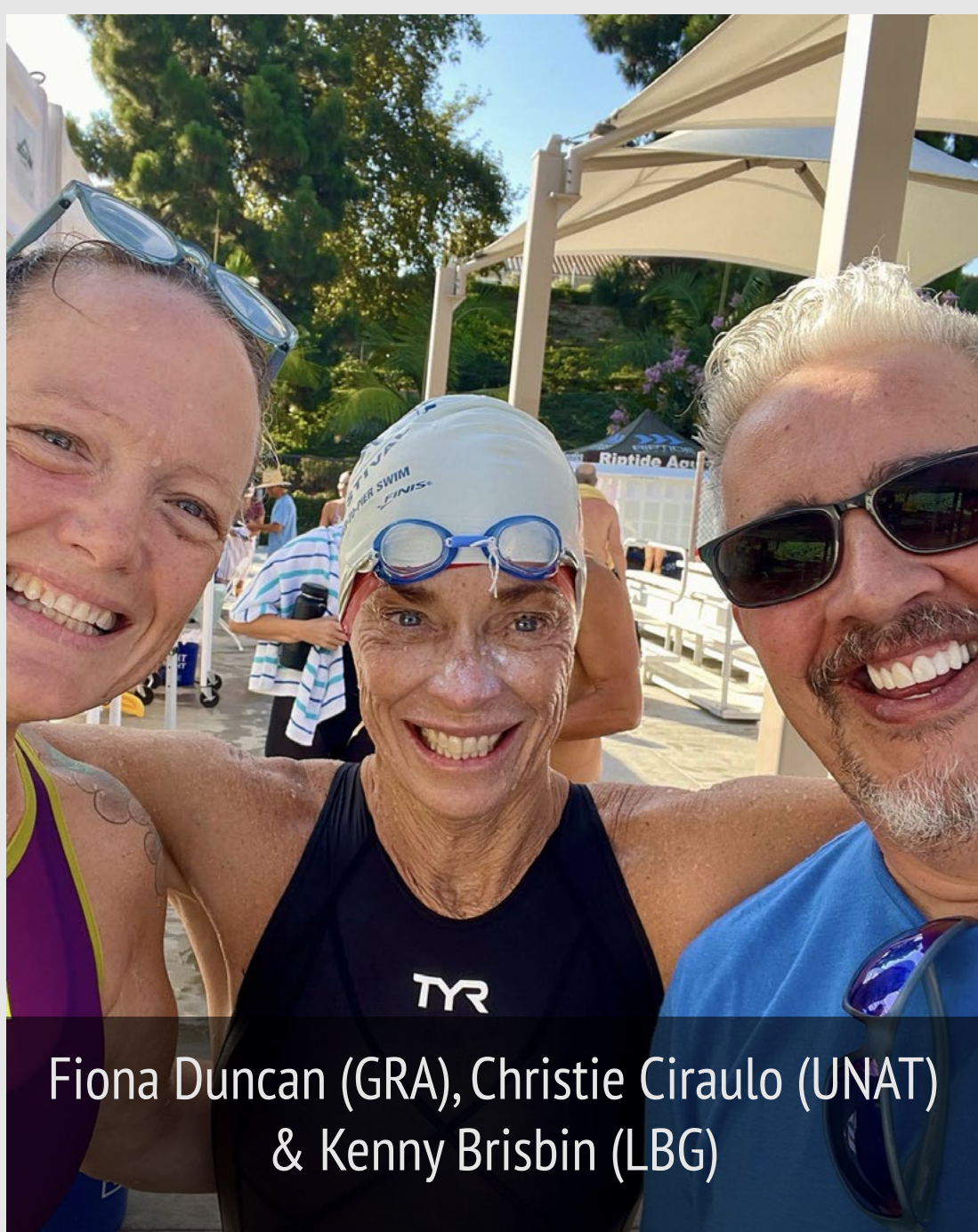
Shelly Marshall, Becky Cleavenger, Helen Cox & Jennifer Weiderman



Frank Godor (ROSE), Lisa Bove (CVM), Heidi Sheaks (GRA), Fiona Duncan (GRA), Maria Theresa Frias (GRA), Doug Kajiwara (CVM)



Heidi Sheaks, Jonny Pierce & Fiona Duncan (GRA)



Fiona Duncan (GRA), Christie Ciraulo (UNAT) & Kenny Brisbin (LBG)



Fiona Duncan (GRA), Joanne Saul-Zachau (LVM), Diana Dolan Lamar (MVN) & Official Virgil Chancy



PAM AMERICAN SWIMMING CHAMPIONSHIPS 2022 MEDELLIN, COLOMBIA

Submitted by **DIANA DOLAN LAMAR (MVN) AND KELLY DULLARD (CMAC)**

The much-anticipated UANA Masters Pan American Swimming Championship, originally scheduled for 2020 in Medellin Columbia; finally happened in July 2022. Eighty-seven USMS competitors entered the meet with 20 representing Southern Pacific Masters (SPMS).

The second largest contingent from SPMS Costa Mesa Aquatics (CMAC) was led by head coach, Diego Pombo (60-64) who was born and raised in Colombia. Diego knew the Pan American Masters Championships was a great opportunity to bring a few swimmers from his team to Colombia and provide them with a fantastic experience.

The trip was highlighted with cultural experiences, sightseeing, and immersion events in both Bogotá and in Medellín culminating with successful swims from the 6 CMAC swimmers. Coach Diego was thrilled with the outcomes stating, “I’m very lucky to have such talented swimmers on my team. I can’t wait for our next adventure!”

- **Brigitte Winkler (25-29)** swam a speedy 50 breaststroke setting a new Pan American Record at 34.55 while also placing 1st in her other four events. Brigitte was thrilled with her performances and stated, “Racing Masters in Colombia brought back the fun that I felt swimming as a kid that I lost at moments during my high school and college career when things felt very serious. In college I was a breastroker, but as a master’s swimmer I get to be whatever I want; in Colombia I had an amazing time racing in events I did not swim in college and just having fun! Pan Ams was a unique and special reason to travel internationally and meet people from other countries with a common interest. I am looking forward to Trinidad in 2024 and the chance to race again with this amazing community.”
- In his first international swimming competition, **Kelly Dullard (25-29)**, raced to a bronze medal in the 200 freestyle. “Competing in Colombia was one of the best experiences I’ve had as a swimmer. Since I finished college swimming, I took some time off and started to get back in the pool about a year ago. Pan Ams was a great goal to have in the back of my mind and it kept me motivated to train. CMAC is a great group of swimmers, and it was amazing to run into other local Southern Pacific Masters swimmers while we were at the meet”
- Other highlights from the CMAC team were **Lizzie Wiley (25-29)** placing 3rd in the 100 freestyle; Diego Pombo (60-64) placing 2nd in the 400 freestyle, and 200 backstroke, and 3rd in the 100 backstroke. The two CMAC mixed relays (100-119) comprised of Andrew Adams (32), Kelly Dullard (29), Brigitte Winkler (27) and Lizzie Wiley (26) earned a gold and silver medal.
- Two Mission Viejo Masters (MVN) swimmers, **Diana Dolan LaMar (65-69)** and **Robert Mitchell (60-64)** proudly represented MVN earning 4 gold medals, 1 silver medal, and 2 bronze medals. “After participating in the Pan American meet in 2018 in Orlando, Florida, going to Colombia in 2020 was a goal, Diana stated. Obviously, I was very disappointed that the meet was postponed for two years but it was understandable due to the pandemic. Attending the meet four years later reunited me with some South American swimmers I met four

years ago. I can't wait to see them again in Trinidad.”

- Other top three finishers from SPMS included **Taras Polakoff (18-24)** representing Beaver Swim Club swimming to victory in the 50 breaststroke, 50 backstroke, and 100 backstroke, and taking silver medals in the 50 butterfly and 50 freestyle. Silver Peak Performance (SPP) swimmer, Lauren Turner (30-34) placed 1st in the 50 backstroke and 3rd in the 50 butterfly.

The next UANA Masters Pan American Swimming Championship meet is scheduled in 2024 in Trinidad followed in 2026 in Bueno Aries, Argentina. Get your passports ready and keep swimming. We hope to see you there.

2022 Pan American Masters Championships

CMAC Coach Diego Pombo, Colombian native, brought seven members of CMAC Masters to Medellin, Colombia to compete in the 2022 Pan American Masters Championships.

CMAC earned 29 medals throughout the week.

• Kelly Dullard

Bronze in 200 free, 6th in 50 breast, 8th in 50 free, 8th in 100 free, and 13th in the 50 fly in 25-29 age group. Gold in the 200 freestyle relay and Silver in the 200 medley relay.

• Brigitte Winkler

Gold in 200 free, 100 free, 50 free, 200 IM, and 50 breast in 25-29 age group. She set a Pan Am meet record in the 50 breaststroke. Gold in the 200 freestyle relay and Silver in the 200 medley relay.

• Diego Pombo

Silver in 200 back and 400 free, bronze in 100 back, 4th in 200 free, and 5th in 100 free in 60-64 age group.

• Andrew Adams

5th in the 400 free, 7th in the 100 fly and 100 back, 11th in the 100 free, and 13th in the 200 free in the 30-34 age group. Gold in the 200 freestyle relay and Silver in the 200 medley relay.

• Lizzie Wiley

Bronze in the 100 free, 4th in the 200 IM, 100 fly, and 100 back,

and 5th in the 200 free in the 25-29 age group. Gold in the 200 freestyle relay and Silver in the 200 medley relay.

• Mary Twomey

4th in the 50 back and 100 free, 5th in the 50 free, and 10th in the 200 free.

• Sean Ogden

16th in the 50 free and 18th in the 100 free.

The mixed 200 freestyle relay team took the Gold and the mixed 200 medley relay earned silver in the 100-119 age group. Both relay teams consisted of Andrew Adams, Lizzy Wiley, Brigitte Winkler, and Kelly Dullard



Robert Mitchell & Diana Dolan LaMar



Paseo Swim Team



Brigitte Winkler, Kelly Dullard, Andrew Adams, Lizzie Wiley & Diego Pombo



Paseo Swim Team



Kelly Dullard, Brigitte Winkler, Diego Pombo, Andrew Adams & Lizzie Wiley



JOCLYN SWIM STORY

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

1992 was a long time ago. That was my senior year of high school and the last time that I dove off a starting block. That is, until last weekend. As a kid I loved the water and swam any chance that I got. As a teenager, I trained, and I raced, and I truly loved my sport. But high school ended, and college swimming wasn't feasible, so I hung up my goggles. For a while. I did what a lot of young people do: I finished college, started my career, got married, bought a house, and became a mother. But in the back of my head, I always knew that I wasn't done swimming. It was too much a part of me. It was a part of me passed down by my dad. It was a passion that we both shared when he was alive and one that I now carry for both of us since he has died.

Fast forward to 2006. Two ideas had been on the back burner of my brain since college. One was competing in a triathlon and the other was competing in a masters swim meet. The problem is that life happened. I got older. I got bigger. I got busier. I was living life in a very different place and body than I had been in my youth.

But then I heard about the Long Beach Triathlon and knew that I had to do it. I stuffed my mom-bod into a racing suit, hesitantly got into the pool, and huffed and puffed my way through 12 laps. It was tough. But I trained for a year (not just swimming but biking and running too.) The 2007 Long Beach Triathlon got me back into a regular exercise routine and reignited my love of moving through the water. Over the next few years, I competed in several triathlons and open water swims, and joined my first two masters swim teams. They were both wonderful experiences with wonderful coaches, but they lacked two things that I longed for: swim meet participation and socialization outside of the pool. I wanted to seek those things out, but I was raising two athletes of my own, so my time was spent cheering from the stands of their swim meets, water polo games, volleyball tournaments, track meets, and basketball games. But early in the morning, I still got myself to the pool for lap swimming. Chasing that black line was my sanity and refuge during the busiest years of being a mom.

Then in 2020, life changed again. My kids were all grown, and it was me to focus on myself. I had hoped that masters swimming would be a big part of this next phase of life. I had heard about the Long Beach Grunions swim team years earlier and it was always on my radar as something that I wanted to join. But then life happened again: a global pandemic, increased pressure at work, and personal family issues. Plans got pushed. About a year later, I was speaking to a colleague who said that her husband, a retired colleague of mine, was swimming for the Grunions and loved it. I saw him out on the pool deck one morning after lap swim and he encouraged me to join. But I didn't. Not right away. I was convinced that in order to compete for a masters team, I needed to get my body and my swim speed back to something resembling what they were in 1992. A health scare that winter made me question whether swimming competitively would ever be possible again. I could barely get through slow lap swimming and was feeling very discouraged. But then, after a proper diagnosis and treatment, swimming came easier. I could swim longer. I could swim harder. So, I set a goal. I was 2 months from my 48th birthday and made a promise that no matter what, I was joining the Grunions as a birthday present to myself.

What I found when I joined the team was an amazing community of supportive and inclusive people. I immediately felt accepted and knew that this team and this sport was going to be an important part of the next chapter of my life. But I still had a limitation that I had put on myself. I wasn't going to compete until I felt like I had a lot more speed and strength.

What I found when I joined the team was an amazing community of supportive and inclusive people. I immediately felt accepted and knew that this team and this sport was going to be an important part of the next chapter of my life. But I still had a limitation that I had put on myself. I wasn't going to compete until I felt like I had a lot more speed and strength. I kept picturing my 18-year-old body and 18-year-old swim times and was discouraged at how far away I was from those. Then, I went to a swim meet out at the Rose Bowl. I was just there to observe. Was this even possible for me, or was I kidding myself? What I found at that meet changed everything. I saw people of every age, every size, and every level of fitness competing and cheering each other on. This wasn't the cut-throat competition that I remembered from my youth, this was a supportive group of people doing what they love and encouraging others to do the same. So, I did it. I pulled the trigger. I signed up to race at the next meet in Mission Viejo. I signed up for events that were familiar and felt doable to my 48-year-old self. On that sunny Sunday, standing on the starting block and hearing "swimmers, take your mark", something fired up inside of me that had been there for 30 years: a passion for the sport that I had always known and loved. Sure, my races were slow and wonky. I was rusty and awkward, but I was back. My new friends and teammates were cheering me on, taking pictures, and making me realize that I had made the right choice. I had found my way home.





2022 SPMS OPEN WATER SEASON – NEWPORT BEACH OCEAN RACES ARE BACK! MISSION MILE IS UP NEXT...

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

After 3 years, the Newport Beach Ocean Lifeguards (NBOLA) were finally able to host their two iconic open water events – the Newport Pier to Pier Two Mile Ocean Swim and the Corona Del Mar Don Burns One Mile Ocean Swim.

On July 31st, 113 participants started the Pier to Pier swim at the Balboa Pier in 70 degree water and calm conditions. Three lifeguard boats and multiple paddleboards formed an open water avenue to keep the swimmers safe and on course as they made their way up the coastline. Two miles later, the swim ended at the Newport Pier. Results are posted on the SPMS website and here:

<https://www.athlinks.com/event/48504/results/Event/1026517/Results>



Then on August 27th, 95 swimmers towed the line at the CDM Don Burns ocean swim at Big Corona State Beach. The water temperature was a comfortable 71 degrees although participants had to contend with some large surf at the start and finish due to the incoming tide. Results are posted on the SPMS website and here:

<https://www.athlinks.com/event/51261/results/Event/1028851/Results>



Congratulations to all the participants! SPMS would like to thank the race director and all the lifeguards who volunteered their time to make these two swims a fun and safe experience for all!

On Sunday September 25th, the Mission Viejo Nadadores Masters are hosting the Annual Mission Mile Open Water Swim at Lake Mission Viejo. This is a dual sanctioned event with USMS and USA Swimming. There is a One-Mile swim for USMS participants and those USA Swimming members who are 15 years of age and older. There are two shorter races (800M and 400M) for athletes who are 7 to 14 years of age. All the courses are “out-and-back” with a line of buoys up the middle.

Participants should be able to swim safely in open water. Remember, there are no lane lines or walls to hang on to, and no bottom to stand on. There are time limits in place for each race distance for safety purposes (see the event information). And if the water temperature of the lake is above 78 degrees, no wetsuits or neoprene suits/pants/caps will be allowed per USMS rules. Please join SPMS for a Sunday morning of swimming and fun at the final open water event of 2022.

Registration link for USMS (Adults):

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=15192

Registration link for USA Swimming (Youth):

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=15193





2021 SPMS COACH OF THE YEAR

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

Charles McPeak of SilverPeak Performance

This is awarded to the SPMS swimming coach who demonstrates club development, outstanding coaching qualities and a commitment to promote SPMS. Charles goes above and beyond to ensure the success of his team. SPMS is proud to welcome him to the SPMS Coach of the Year family.



BRYAN GUEVARRA: A MEETUP GROUP FROM HEAVEN

Submitted by **CHRISTIE CIRAULO** | Photos by **MEL LATT**

Thirty-five swimmers listen carefully to instructions, then head into the Santa Monica Bay surf, shuffling their feet in the sand (per instructions!) to warn the sting rays of their approach. Some are strong swimmers, some not. Some are veterans of open water swimming, some not. For some this is their first time ever in the ocean. All are welcomed and all follow their leader, Bryan Guevarra, 46, on an ocean swim.

“I’m not a lifetime swimmer,” Bryan laughs. “There are lots of those around here. In high school I carpooled to high school with the swimmers, so I got to campus so early I either finished up my homework or took a nap. Why didn’t I join the swim team? What was I thinking??”

“Most of our body is made up of water and the connection to the ocean has become an integral part of my life,” Bryan explains. “I’m Filipino by heritage, an Islander. I find that there are so many characteristics of life represented by the ocean. I realize this now more than ever, as my dad has just been diagnosed with stage four pancreatic cancer. I’m sailing my ship through life, sometimes the water is flat and glassy, sometimes it’s a little wavy, and sometimes I get dumped on by a rogue wave.”

After completing a double major at UC Irvine in biological science and social science in 1999, his parents thought Bryan would settle into a medical career. “My mom was a nurse at the Veteran’s Administration Hospital for 36 years in the Intensive Care Unit. She was sure I was headed for medicine. But I had other ideas. I love teaching and I really wanted to move away. When I was in the Cub Scouts, our Den leader loved Japanese culture and I was always fascinated by it, so I moved to Tokyo after graduation.”

Bryan had to travel 5500 miles away from Rancho Park, Los Angeles, to find the ocean. A self-taught swimmer, he became involved in ocean swimming in Japan when he decided to do a triathlon. “I had been pool lap swimming and that was ok, but then I fell in love with the ocean. The game changer for me was Terry Laughlin. I watched his videos and never looked back. I went from struggling through 800 meters to cruising a two-mile open water swim. In three weeks, I put his technique to the test, and I was able to go the distance. The day after Laughlin died, I dedicated that day’s Meetup swim to him.”

The plan in Tokyo was to teach English for two years. Turns out, Bryan stayed with the same company for 10 years and went from teacher to company sales, then manager, and finally helped take the company public. At work, Bryan met his wife, Miwa who is Japanese. Miwa had gone to university in Vancouver to study creative writing and was working at the same company as Bryan teaching English. “We were co-workers. One of my students gave me two tickets to the first Harry Potter film, laughed and told me to take a pretty girl on a date. I asked Miwa and the rest is history! Miwa is a very international personality, so she was on board to move to Los Angeles. The deal includes trips back to Tokyo once or twice a year. Miwa doesn’t swim regularly but has great form when she does,” Bryan laughs.

In 2010, Bryan and Miwa made the move to Los Angeles and several years later Bryan started swimming in Santa Monica Bay. There he found the Meetup group that long-time masters swimmer Shannon Sullivan had started.

“I was a devoted participant on the weekends for years and when Shannon moved north, she handed the group off to me because I was consistent and I had a positive presence. I gradually took over the group, as the veterans moved on and here we are today going strong.

Swimming is a life skill, particularly in Southern California where private pools, public pools and open water rivers, lakes and the ocean are social arenas. Water safety is a huge issue, particularly swimming in the ocean. Many safety techniques are used amongst experienced rough water swimmers. Bryan is all in on education and awareness. As the organizer, he leads the group from a safety and risk management standpoint and his priority is communicating the intention of the Meetup.

Covid 2020 saw Bryan's group jump from 10 to 15 swimmers at a session, to 30 to 35. “Our Meetup is not coaching, not stroke instruction, not swimming lessons. We are not lifeguards. Our goal is to provide a group for educated competent swimmers to come together and enjoy the ocean. That said, I am always on the alert (as should every swimmer be) particularly for first timers. Covid 2020 brought many novices to the ocean – they were pool swimmers who, with the pools shut down, came to the ocean to find their water.”

During a podcast with Producer Charlotte Coker, online as “The Pod: A Swim Story,” Bryan explains the Meetup group. “They call me the fearless leader! I'm not sure why. Everyone who wants to swim in the ocean must face fear. We test our mettle every swim.

“I think it's important, to have a baseline, a conditioning for the ocean... an education of the ocean. It's taking your time, because the dynamics of the ocean are so different than that of a pool. You have confident pool swimmers who must take their time transitioning to the ocean. If you respect the ocean, it is going to be a safer and quicker transition. And if you can make that transition it will be rewarding.”

First timers who want to join the Meetup are encouraged to RSVP online (link below) and to show up on the beach and introduce themselves. Swimming isn't mandatory. It's important to observe. Watch the group buddy up. Check the wave break. Test the water temp. Decide your comfort level. Bryan calls it “micro goals.” Watch the group on their ins and outs. Educate yourself.

“See what your comfort level is from the shore,” says Bryan. “We find that swimmers sort themselves out naturally. Don't leap in the ocean expecting to see a black line on the bottom.

I tend to stay back and swim at the rear. Some of our veterans do the same. This is not about speed, but more about enjoyment and accomplishment. With the novices, we start with ins and outs. Then we swim one tower down and one tower back. I want the experience to be positive. We have a communication session before we head out, when swimmers buddy up and plan their swim.”

When Charlette asks Bryan three words he uses to describe the ocean, he replies “calm, power, and nature -- that’s what comes to me. When I swim there is kind of a meditative quality, and I get lulled into my own being. We are all volunteers and we’re just trying to create more opportunities for people to swim, share, and enjoy the ocean experience. Everyone we meet has his or her story and here’s mine.

“In 2015, my wife and I had a little baby and from the beginning of the pregnancy we knew something was wrong. At seven months we ended up having an emergency C-section and Sophie was in the NICU for just more than three weeks. During that time we did everything we could, but there was nothing we could do to save her. Sophie passed in our arms and subsequently we had her cremated. We chartered a boat and we had a ceremony at sea.

“Knowing that Sophie is in the ocean is very calming for me. Sometimes my brain takes off in dark directions out there, but I imagine that she is riding on my back, keeping me safe! I’m very thankful that I have Sofie and my swimmers out here with me. We are all together.”

Now a wound care medical device salesman, Bryan is back to his post-Covid day job during the week. But on weekends, he and Miwa can be found at Tower 26, with their four-year-old daughter, Luna, the Meetups’ Gidget. She delights in high-fiving swimmers on ins-and-outs and is learning to play in the waves and respect the water. “Understanding the ocean and its moods can only help her to better handle choppy seas,” says Bryan, “and appreciate calm and sunshine!”

<https://www.meetup.com/Santa-Monica-Ocean-Swimming-Meet-up/>



“BECAUSE YOU MATTER”

Submitted by **KRIS MCPEAK**

My name is Kris McPeak - I'm a USMS swimmer for SilverPeak Performance, the team I co-founded with my husband, Charles McPeak; and I also serve as your SPMS Treasurer. Today I'm sharing some points of view coming just from my own little head - I'm not speaking on behalf of my team or the EC of SPMS.

But I feel compelled to share these thoughts with you because what I have to say impacts you all, should you choose to step up to the challenge.

I'm what you might call a “multi-passionate” person - I love all kinds of stuff. Being a swimmer, an educator, and a pop-culture junkie is all part of my identity, just as being a female, wife, furry-momma, sister, and daughter are.

I've not had these identities all my life. In fact, I only just began identifying as a swimmer.

In the 1st grade, I was “thrown” off the diving board at my local YMCA. This occurred because jumping off the board was the final step in earning my “Minnow” badge, and that instructor had had his fill with me and my diving board neurosis. Since then, I was perfectly happy being near or “on” the water, just not in it. Summers at the swimming pool were spent in the shallow end for fear of being dunked by the mean boys in school. And dares to jump off the high dive or the 1st Platform at various pools were avoided at all costs.

So I reckon it’s fair to say that I finally learned to swim - and appreciate the water - at the age of 47 when Charles and I were training for our first triathlon. I had to remind Charles, who “doesn’t run chased,” those triathlons included running - so naturally, he had to remind me that they also included swimming.

Let’s just be fair here and say outright that I was a shitty student, and Charles a very VERY patient instructor. I basically broke down every time I had to put my face in the water and dang if I didn’t cough, choke, and swallow about 20 times a lesson. The first time I swam the full length of the 25-yard pool without stopping, I felt like I’d just climbed Mt Everest. And broke down some more. Charles might have cried, too, but don’t tell him I said so.

Fast forward about three years and several swim competitions (I’m not fast but I caught the Swim Meet Bug pretty quickly) to my very first SPMS Annual Meeting at El Torito in Pasadena and I truly felt like I had become part of something special. I had no ambition for this organization other than to contribute in whatever way I could to the community that is Southern Pacific Masters Swimming.

Yes, that’s what I said - COMMUNITY. Because whether you are a fitness swimmer, an ALTS graduate, a fierce competitor with a ton of Top 10s, or an Independent Swimmer, the fact that you are reading this right now means you are a member of that community. And YES - you have some responsibility there.

Wellbeing People has a great blog post about community and lists several benefits in being part of a community: these include things like Support, Influence, Reinforcement, and Connection (you can read the full article [HERE](#)).

Support - “Being part of a community enables us to give support to other members...to feel good and better about themselves.”

Influence - “With community participation comes EMPOWERMENT. It is about making a difference to a group that matters to its members.”

Reinforcement - “A strong community will go beyond the immediate, basic needs and ensure that fulfillment is a positive experience.”

Connection - “An open bond with new connections is what builds valuable relationships and gives us a deeper sense of belonging.”

I’m not suggesting that suddenly everyone pop on the Zoom call during the 3rd Thursday of the month - that would be too many cooks in the kitchen. Nor should all of you join a committee right away. But there are little tiny things you can do on your own to participate in this community.

1. Share this newsletter with another member of your club (or an unaffiliated member buddy) who may not normally read it.
2. Next time you see a swim meet advertised, contact the Meet Director and offer to volunteer rather than compete.
3. Find out who is the Club Representative from your team and ask that person what was discussed at the most recent Monthly Zoom Call.
4. Get familiar with the SPMS website - read a policy or two and learn something about the structure of this organization.

And finally, when an email survey comes to you in about 6 weeks or so, asking for your participation and feedback, FILL IT OUT. Let the leadership of this organization know what you need, why you need it, and how they can be more responsive to the overall membership of this amazing community.

Because whether you realize it or not - as a US Masters Swimmer and member of this LMSC, YOU MATTER. And I wasn’t going to be able to go on with my week until I told you that.

Thanks,

UPCOMING SPMS EVENTS

SEP
11

SEPTEMBER 11 - SUNDAY

- Saddleback College Aquatics Last Chance LCM Meet

SEP
22

SEPTEMBER 22 - THURSDAY

- SPMS Committee Conference Call 7:30P

SEP
25

SEPTEMBER 25 - SUNDAY

- 2022 Mission Mile dual sanction event

OCT
02

OCTOBER 02 - SUNDAY

- 2022 Mission Viejo Masters Oct SCM Meet

OCT
07

OCTOBER 07 | FRIDAY - SUNDAY

- USMS National Coaching Clinic

OCT
20

OCTOBER 20 - THURSDAY

- SPMS Committee Conference Call 7:30PM

SPMS OFFICERS

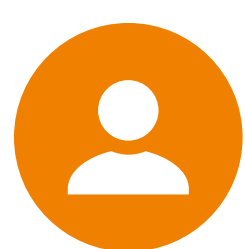
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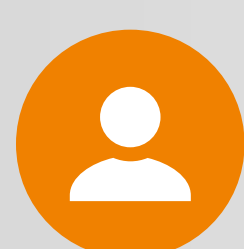
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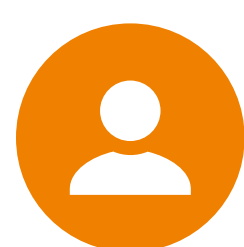
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