



SPMLS

SOUTHERN PACIFIC MASTERS SWIMMING



NEWSLETTER

MAY - JUNE 2023



WHY DO YOU SWIM?

Submitted by: *Robin Smith* }  ViceChair@SPMasterSwim.org

Summer is almost here! As you start to think about your fitness goals and objectives for the remainder of 2023, it is important to consider what activities bring you joy. Merriam-Webster defines joy as “a feeling of great pleasure and happiness” and “a source or cause of great happiness.”

Take a few moments to think about why you swim now? How do you feel before, during, and after your swim? Many of you will say that swimming makes you feel good and makes you happy and you can escape from the stressors of daily life.

Now think back to why you started to swim? Did you “find swimming?” Or did swimming “find you?” Perhaps you swim for the comradery and friendships, or maybe you swim for health, fitness, cross-training, or rehab. Some of you may swim to challenge yourselves or to compete against yourselves and/or others. And some of you swim to be able to accomplish a specific goal or race.

We know the lockdowns and closed pools during the COVID-19 pandemic of the past few years brought extra stressors to everyone. The lack of opportunities for regular exercise and social interactions suddenly brought the focus on mental health to the forefront for many of you. As pools reopened, swimming became more important. And now, the ability to swim and socialize with lane mates freely again has brought relief and joy and happiness back into many lives.

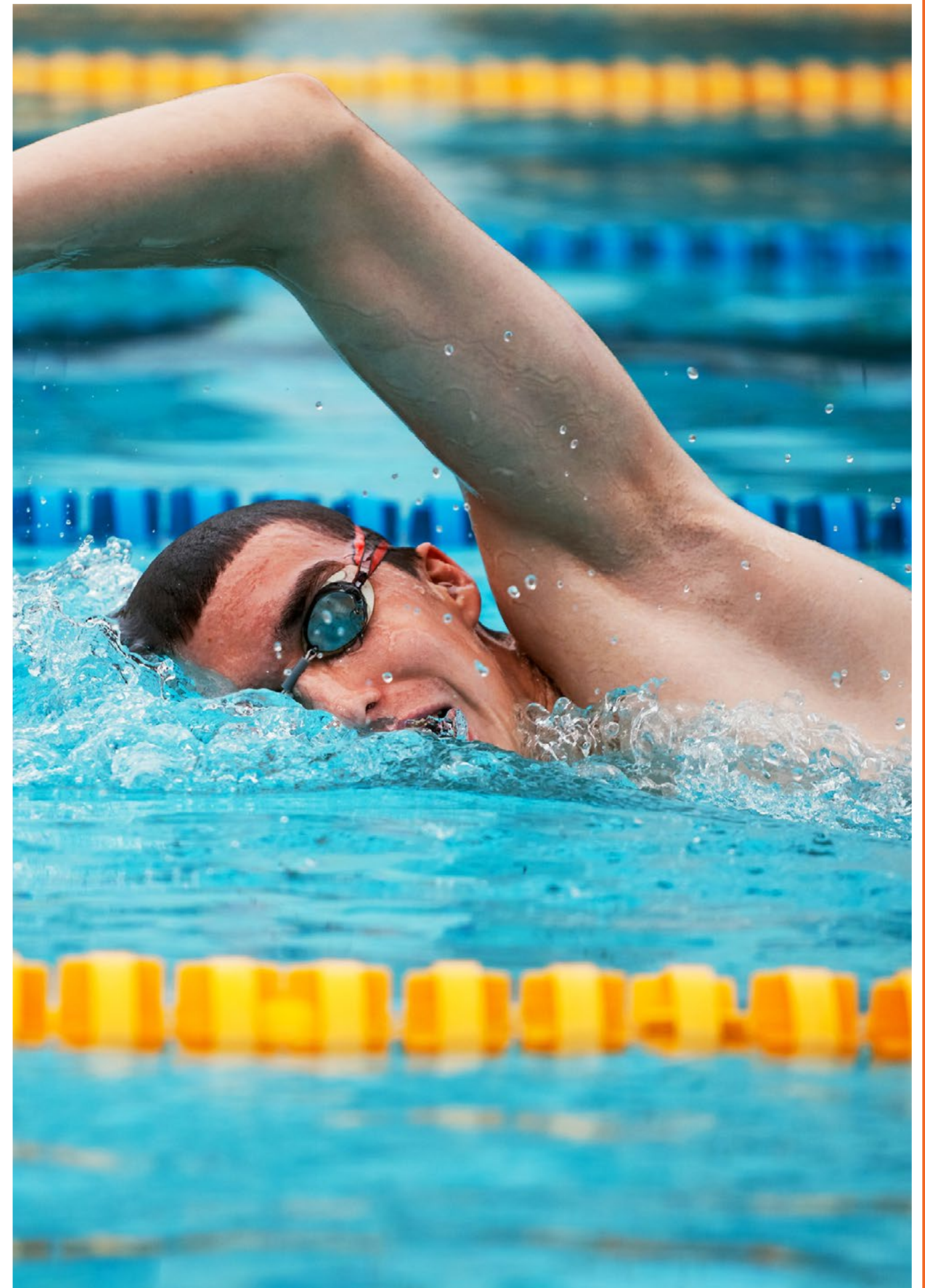
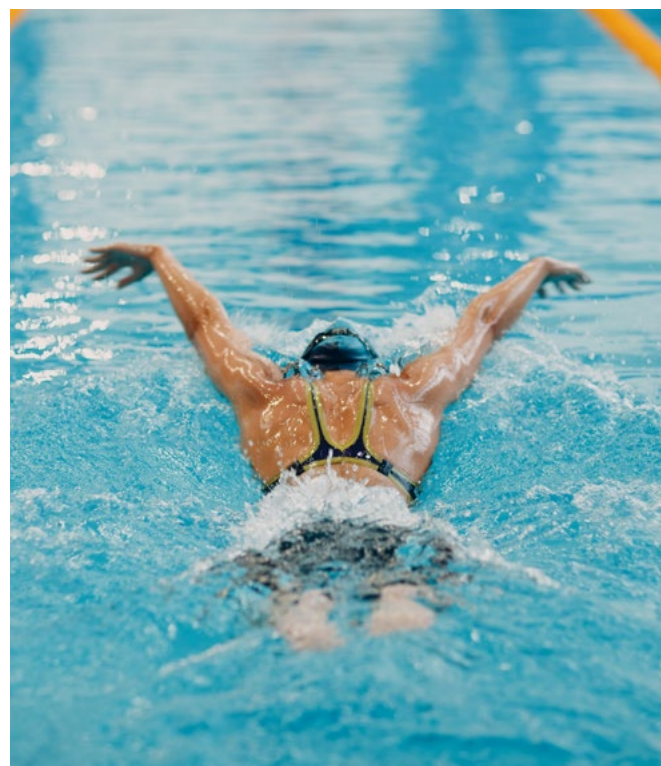
Two SPMS Swimmers recently shared why they swim. Heidi Sheaks (GRA) and Helene Hirsch (UC33) were interviewed last month by CBS2/KCAL9 News LA. Watch their interview for some inspiration:

<https://www.cbsnews.com/losangeles/video/mental-health-monday-building-confidence-and-stability-through-swimming/>

<https://www.youtube.com/watch?v=kFSADGX-E5A>

Remember, no matter the reasons or the situations, in the end, it is important to consider the question: “Does swimming bring you joy?” And hopefully the answer is “YES!”

Be sure to check the SPMS website for upcoming clinics, meets, and events: <https://www.spmasterswim.org>



PRE-DIABETES; WHAT IS IT, AND WHY CARE?

Submitted by: *Alette Godoyes* ✉ SportsMedicine@SPMasterSwim.org

We all know about Diabetes. The focus of here is on Pre-Diabetes and Diabetes 2. However all types of diabetes are a condition where we have a malfunction of processing sugars in the body. Glucose is the main source of energy for our cells. It is stored in our muscles and other tissues, and is the main fuel for brain function and sustained brain health. No matter what type of diabetes, the problem is excess sugar in the blood due to decreased insulin sensitivity or growing resistance to insulin. This leads to serious health problems.

Diabetes 2 is a chronic condition that needs to be monitored closely and medicated appropriately to prevent serious health issues such as heart attacks, kidney failure, amputations, blindness, chronic inflammation, and premature death. Pre-Diabetes, as the name implies, is the precursor to Diabetes. If not managed, it WILL lead to the development of Diabetes within 5 years. About 1 in 3 adults, 38% of adults (18+) have Pre-Diabetes and 80% are unaware of having this condition. Most common in the 40-60 year age group.

Genetic predisposition is a risk factor, this risk factor should not be ignored, but, is outside our control to change. Awareness is key. ALL other risk factors are in our control; inactivity being #1. Activity and a diet full of protein, healthy fats and high in fiber and vegetables is key. Carbohydrates are important, but should be dosed according to need of activities and muscle mass. (the purpose of this article is not to identify specific diets). What is of note, is that the latest research does not point to "not having that dessert", or always counting "sugars", but it's the daily intake of excessive carbohydrates that affect the development of Pre-Diabetes.

Symptoms of Pre-Diabetes include:

- Blurry vision (intermittent and more often after a big meal)
- Frequent urination (more pronounced after a big meal)
- Slow healing wounds
- Chronic infections
- Prevalence of sinus infections and sinus "stuffy" feeling
- Prevalence of vaginal infections in women
- Intermittent ED in men

How can you find out if you have Pre-Diabetes?

Ask your health provider to do an A1C blood test, this is a test over time and will give accurate information on your day to day blood glucose. If your levels are below 5.7% that is considered normal, 5.7 -6.4 range is considered Pre-Diabetes and above 6.5% is considered Diabetes.

Even if your activities are high and your weight is controlled, if you have any of the above mentioned symptoms, it is wise to have this investigated, you might just not be genetically "gifted" in this area. In that case, you are a good candidate for a big diet make over, some effective supplements (a specific one found on my website), and/or some low grade medication.

The key take away is that you CAN control this condition and potentially reverse your trajectory towards developing one of the most common and debilitating chronic diseases. All you have to do is MOVE! How easy to find one movement you love and do it over and over!

As a USMS swimmer we are so lucky to have a sport we love, a community that supports us and coaches dosing great workout loads. Make sure to also stay active on your none swimming days.

Here are simple options:

- Walking in any way; goal is 10,000 steps per day
- Park in the far spot
- Walk your dog
- Walk the neighbor's dog
- Volunteer to walk the dogs at the shelter
- Walk after every meal 10 min
- Bring your lunch to work and walk instead
- Take the stairs instead of the elevator
- Get up 30 min early and get a neighbor to walk with you
- Ride your bike to work
- Get off the bus/tube one station earlier on your way to/from work
- Take the long way
- Start a swim program
- Join a gym
- Join a walking group
- Get up and walk around when you get a phone call

- Dance in the kitchen
- Do jumping jacks while pumping gas
- The list goes on and on.....oh, and bring a friend.

And, most importantly, realize, just because you are swimming and staying active you may still fall into this category of pre-diabetes for an other reason. A strong handle on these symptoms will allow you to swim in a more sustainable way with less injuries and more energy. We want our glucose stores as glycogen for optimal muscle function, not floating around causing problems!

Here are some other helpful hints:

- Quit smoking if you do; it will add years to your life and decrease suffering and pain (this is most likely advice to pass on to friends and family in this target group)
- Cut out the last drink you want

- Add a vegetable to each meal
- Eat the protein first and the starch last
- No preservatives
- Always have a healthy snack on hand
- Drink water
- Don't buy the "new" snack at Costco
- Cut out soda

Follow me on Instagram at [@AgeUpWell](https://www.instagram.com/ageupwell) for more helpful information. It is my goal to promote a healthy, meaningful, painfree and sustainable life so you can enjoy what you love and keep on swimming.

MOVE.FUNCTION.PERFORM.



BORN TO SWIM

THE BOSS GIVES IDENTICAL TWINS A SHOUTOUT!

Submitted by: *Christie Ciraulo* } ✉ OpenWater@SPMasterSwim.org

They were coming out of the ocean when we were going in. As always, we stopped to share a surf report. We looked left, then right, then left, then right. Two of these swimmers were the spitting image of each other. Yup, identical twins. It's a bit disconcerting at first, and then our smiles start. "Wow, you really look alike (like they didn't know??)!"

Dianna and Donna Sadlouskos have been USMS members for three decades, and, along with many other swimmers, created an open water pod during the Covid pool shutdown.

Let's get right to the answers to the favorite questions fired at identical twins around the world:

"Yes, we traded places in high school – but only once – and no, we didn't get caught," said Donna. "Unfortunately, we were good in the same subjects," laughed Dianna, "so trading places wasn't really beneficial for either one of us."

When asked who is oldest, they answer together, "Dianna," said Donna, "Me!" said Dianna, "by 13 minutes."

Identical twins happen rarely, approximately three in every 1000 deliveries worldwide according to the American Academy of Pediatrics. Their mother went full term and delivered the babies under full anesthesia, with Dianna weighing in at four pounds, Donna at six. "That's how they did it in 1961," said Dianna. "Our father is a retired X-ray technician, and he took an Xray that showed us both. Not the medical care of today."

Dianna was the first of the twins to get into open water swimming and has done the Catalina Channel relay twice. Both times, three teams of six swimmers swam with one boat and two kayakers.

"My first relay was in 2016," said Dianna. I was so seasick on the boat; I really didn't enjoy it because I didn't have the opportunity to socialize with my teammates.

"I decided to do the second relay in 2017 so that I could enjoy it," she continued. "We practiced as teams and swam together in Manhattan Beach to prepare for the crossing. I also took medication to alleviate the seasickness. It was a little better – I was only nauseous; I didn't get sick!"

"During Covid," Donna continued, "we went open water. For whatever reason, I just don't have good experiences in Manhattan Beach, so several times a week we swim at Tower 26 at Ocean Park, Santa Monica. Two miles is my limit. Any swim longer and the fun factor decreases rapidly."

The twins learned how to swim at the local YMCA in downtown Tucson. "Our mother and her best friend took us to Moms and Tots swim class when we were three." Said Donna. "I think it was fun for them and exhausting for us, so we were calm and sleepy afterwards. By the time we were nine, we would get dropped off at the pool every day for hours. We used the same dime all year – drop it in the pay phone, ring once, hang up, and wait for Mom to call the pay phone back with pick up info!"

Donna and Dianna have two older sisters and one younger brother. None of the sibs are swimmers or athletic. Their dad, John, however, is a great role model, and is very structured in his daily workout routine. At 91, he still runs every day, on Saturdays he joins a running group, and his daily dry land includes weights and calisthenics. He has completed more than 50 marathons. His route for decades has been around the University of Arizona, and he is a known figure, out running at lunch time.

"He calls both of us Sis," laughs Donna. "He knows the difference between us, but it's just easier. We know he knows, and he knows we know, so it's all good."

"Dianna likes competition more than I do," says Donna. "I am about the challenge and I'm very structured about how I go about it. I challenge myself on a more personal level. I do like to see how I'm doing compared to other swimmers, but I'm not really into head-to-head racing."

"Donna won the first two races she ever swam as an age-grupper and beat the reigning champ," said Dianna. "It was a very old-school race, where the 25-yard wall was a lane line stretched across the pool and the race was over when you grabbed it."

"What I discovered early on was that I love the swim community, but I'm not committed to racing," said Donna. "I thought I could win, but the experience made me think more about the community, the fun, and the personal challenge that the swimming encompasses."

In 2014, Dianna swam from Alcatraz to Aquatic Park, San Francisco, wearing a wetsuit.

"Donna and I decided we were going to swim Alcatraz 2015 together, because I was determined to swim skins. We motored out with 300 other swimmers, and we were psyched. The water was warmer than usual, but very bouncy, choppy and swelly.

"In 2014 I did not have the opportunity to attend the swim informational session, and just swam straight in. In 2015 we went to the meeting. With all the warnings, I kept worrying about the finish. There was a kayaker next to me and I kept asking if I was going the right way. But we had paid attention and knew what landmarks to sight, and we had also done a test swim the day before to educate ourselves on the swim finish. We both hit the opening perfectly," Dianna explained.

Donna continued the story, "We had jumped off the boat together and at some point, I realized that Dianna wanted to swim hard and fast, and I just wanted to accomplish the swim. We were yelling 'Wilson, Wilson, Wilson' mimicking Tom Hanks in Cast Away looking for each other," Donna laughed, "but then we just took off swimming."

"Open water swimming is a unique sport that everyone is curious about," said Dianna. "It feels like such an accomplishment. I talk about it on my website, and I use it as part of my brand – 'What is it like to jump into dark ocean water in the middle of the night???' It parallels life."

Donna and Dianna both have MBAs from Pepperdine University in Malibu but have traveled different roads professionally.

Donna went the corporate route focusing on operational leadership in technology, governance, and operational analytics for organizations such as Pepperdine University and DIRECTV/AT&T. Most of Dianna's career has been as a self-employed leadership advisor and management consultant to universities and colleges across the U.S. (<http://www.sadlouskos.com/Business-Consulting-Services/>).

"I'm currently on sabbatical and I'm not sure what my next gig will be," said Donna. "I swim and cook, and I love spending time with my family and my friends. I am working on the non-professional pieces of my life. I might work again, but now I'm concentrating on intellectual pursuits, including books, music, and travel."

"A strength we share is the ability to build community," muses Dianna. "During our 30s we created our own Personal Board of Directors – a group of women swimmers – that walked together once a week and exchanged ideas, professional and personal."

"When Covid started we swam in my backyard pool," said Donna. "We had never swum open water year-around, but the Covid shutdown made it an option. We reached out to like-minded swimmers

from our master's swim team and came together as a pod. It's been three years and we still enjoy swimming together."

"We learned beach ins and outs the hard way," said Dianna. "We would just show up and get in. It became obvious that it was not our best idea, and we began studying weather, tide charts, and surf conditions."

Open water swimming is one of their shared loves. Outside of swimming there is another mutual enjoyment. They love traveling and going to concerts, so they pick places they want to visit and find a concert in that country.

Dianna explained, "We use concerts as the anchor to travel and to visit places globally."

The twins have traveled to Australia, Ireland, Scotland, Italy, France, and England, and across the United States. Their international travel started in 2009 when they went to Italy to see Bruce Springsteen.

"We met a guy that owns a record store in England," said Dianna, "and on the side he puts together concert tour trips. When we went to Ireland it was a package to three cities, including concerts. We immediately signed up and he took care of everything. On that trip we met our global community."

"Springsteen stopped world touring in 2016, but then Philip the record guy called with a great trip, including touring a week in England between U2 and Tom Petty concerts. Who could resist?!"

"Being identical twins has its perks," said Dianna. "We were in the pit for the Springsteen concert in Tulsa this February and he saw us. Right in the middle of 'Rosalita' he looked down and asked, 'are you twins?'"

"OK, so we were screaming 'YES!'" Donna said laughing, "and he handed Dianna his guitar pick, and then reached in his pocket to pull out another one for me."

"And it can be difficult at times," says Dianna, smiling. "If someone mistakes me for Donna and starts talking or says 'hi,' I usually just go with it and assume it will be a brief encounter. However, if the conversation continues, there is a point of no return where I have to say, 'actually, I'm Dianna,' and then explain. That can be incredibly awkward."

"The worst, though," says Donna, "is when someone comes up and starts talking, and I say, 'Actually, I don't know you, you must know my twin,' and the person looks at me and says, 'you're Donna, right?' Turns out, my memory is at fault, not theirs!"

Although it can be complicated at times, the twins embrace looking alike.

SAVE YOUR CANOPY!

Submitted by: *Ken Brisbane* }  Chair@SPMasterSwim.org

A canopy is a great way to get shade and stay comfortable at swim meets. They're easy to assemble and transport. However, the pop-up canopy does have one enemy: wind. If the wind is strong enough, your canopy can sail across the pool deck, and for the safety of everyone, SPMS strongly recommends you secure your structure with some weight at every swim meet.

While you can purchase weights for the base of your poles, one of the easiest ways to secure your canopy is with four buckets of water and bungee cords running from the top of the structure to the filled buckets of water on the ground at each corner of the tent.

By following these easy steps, you can ensure the safety of other swimmers and not have your canopy damaged.



SPMS AND USMS ANNOUNCEMENT!!!

Submitted by: *Ken Brisbane* }  Chair@SPMasterSwim.org

SPMS and USMS are offering USMS Level 2 and 3 coach certification courses on May 20th in Ventura, California. This one-day class will take you to the next level of your coaching certification for your team.

Lead by Bill Brenner, Sr. Director Club and Coach Development and Mel Goldstein, multiple USMS Coach Award Winner and in the International Masters swimming Hall of Fame.

The link to both courses is below, and SPMS is looking into possible financial assistance. Please review the information in these

links, and if you have any questions, please feel free to contact me.

USMS Coach Certification:

Level 2 -

https://www.clubassistant.com/club/clinics/reserve.cfm?c=17-58&cid=95336&_ga=2.85560401.934479047.1680712586-494951213.1680712586

Level 3 -

https://www.clubassistant.com/club/clinics/reserve.cfm?c=17-58&cid=95337&_ga=2.85560401.934479047.1680712586-494951213.1680712586



MEMORIAL DAY RECOGNITION!



Stan Smith



Roger French | Long Beach Grunion



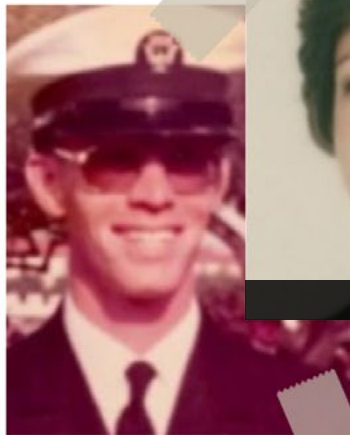
Penny Hayes



Pat Powers | Long Beach Grunion



Michael Dirlam



UPCOMING SPMS EVENTS

MAY 20 **MAY 20 - SATURDAY**
USMS Level 2 and 3 Coach Certification

MAY 21 **MAY 21 - SUNDAY**
USMS Stroke Development Clinic for Swimmers

MAY 27 **MAY 27 - 28 | SATURDAY & SUNDAY**
MVN Masters LCM Meet

MAY 28 **MAY 28 - SUNDAY**
SW Zone Championships-Spring Canyon Open Water Challenge

JUN 03 **JUNE 03 - SATURDAY**
OC Riptide Masters LCM Meet

JUN 24 **JUNE 24 - SATURDAY**
Semana Nautica LCM Swim Meet

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