

Join Us for the 2024 SPMS Annual Meeting & Stroke Clinic

Date: Sunday, November 10

Location: Woollett Aquatic Center, 4601 Walnut Ave, Irvine, CA 92604

Time Line:

9:30 am to 10:00 am - Stroke Clinic participants check-in

10:00 am to noon - Stroke Clinic

12:00 noon to 1:00 pm - Taco Bar Lunch Buffet and Social

1:00 to 1:45 pm - Olympic Guest Speaker Milorad Cavic tells his story

2:00 pm to 3:00 pm - General Annual Business Meeting with Awards

Ceremony Get ready for an epic event that you do not want to miss!

It will be an unforgettable day of swimming, learning, and connecting! The SPMS Annual Meeting is back, and we are excited to combine it with an exclusive **technique & skills clinic** featuring some of the most experienced and knowledgeable coaches in our area including Michael Collins, Chad Durieux, RJ Porrizzo, Cory Nguyen, Kenny Brisbin and our guest Olympian Milorad Cavic. This is the perfect opportunity to fine-tune your skills and racing tactics before the regional championships in December and swim your best. Spots are limited to 80 swimmers max for the clinic, and to get wide representation is limited to 5 from a single team, or 10 unattached swimmers until October 15th, when it will be open beyond that, So, sign up asap and get on the waiting list if you aren't in the first five from your team. The cost for the clinic is \$50, but everything else is free! It is one of your many SPMS Benefits. **Reservations** are required for each portion of the day.

Why Attend?

1. Skills Clinic: Whether you're looking to improve your technique or fine-tune for the championships, our expert coaches will provide personalized feedback to help you excel. No matter your level, you'll leave feeling more confident and prepared to take on the competition. Swimmers will be able to choose which 3 stations they want to attend to personalize the experience. Here are the tentative stations that will be offered:

1st Round of Stations

Sprint Freestyle Technique w/ Block Starts & Breakouts

Butterfly & Breast Technique

Backstroke Technique

2nd round of Stations

Sprint Technique w/ Block Starts & Breakouts (all strokes)
Freestyle Technique for Open Water/Triathlon/Wetsuit Swimming
IM Transition Turns

3rd Round of Stations

Backstroke Starts w/ Ledges & Relay Exchange Starts
Fly & Breast Turns
Flip-turns for Free & Backstroke

2. Guest Speaker Milorad Cavic: This year we are honored to welcome four time Olympian and Silver Medalist Milorad Cavic. He started swimming as a kid in Irvine and almost beat Michael Phelps in the 100 Fly in the 2008 Olympics. It was all about the touch pad! He missed gold by a fraction of a second, but proudly wore the silver! After being told he needed back surgery and would never race again, he defied the odds and returned to competitive swimming. Hear him share insights from his remarkable journey including stories from his elite swimming career at Cal and the lessons he learned along the way.
3. Free Food at Taco Bar: After the stroke clinic and before the speaker treat yourself to a delicious poolside taco bar lunch. It is a great chance to meet others, relax, grab a bite, enjoy free food while chatting with other swimmers. Maybe you are unattached and looking to join one of our friendly teams.
4. Annual Meeting: Stay informed about what is happening in the SPMS Community. We welcome all volunteers. The Annual SPMS Business Meeting will provide updates on our initiatives, upcoming events including swim meets, open water swims, coach certification courses, and any changes that effect you as an SPMS Member and Master Swimmer.
5. Awards Ceremony: Celebrate the achievements of our special outstanding swimmers, volunteers, and coaches! We'll be announcing the winners of the Annual SPMS Awards. Don't miss the chance to cheer for your friends and teammates! Maybe you are the winner!

The Woollett Aquatic Center is a beautiful facility in Irvine designed for swimmers of all levels. We recommend that you arrive early to park, get checked in and enjoy the day.

If you can not join us in person, a portion of the event will be shared via Zoom.

This is a do not miss epic event for any SPMS Member. Whether you are mainly attending for the stroke clinic, free lunch, to socialize, to hear the guest speaker, or to share your thoughts/complaints/praises at our business meeting, we want you there! Maybe you will join one of our committees. There is something for everyone. We need more volunteers.

Let's make this year's **SPMS Annual Meeting** the best ever.

Mark your calendars now for **November 10** and click [here](#)
[to register now!](#)