

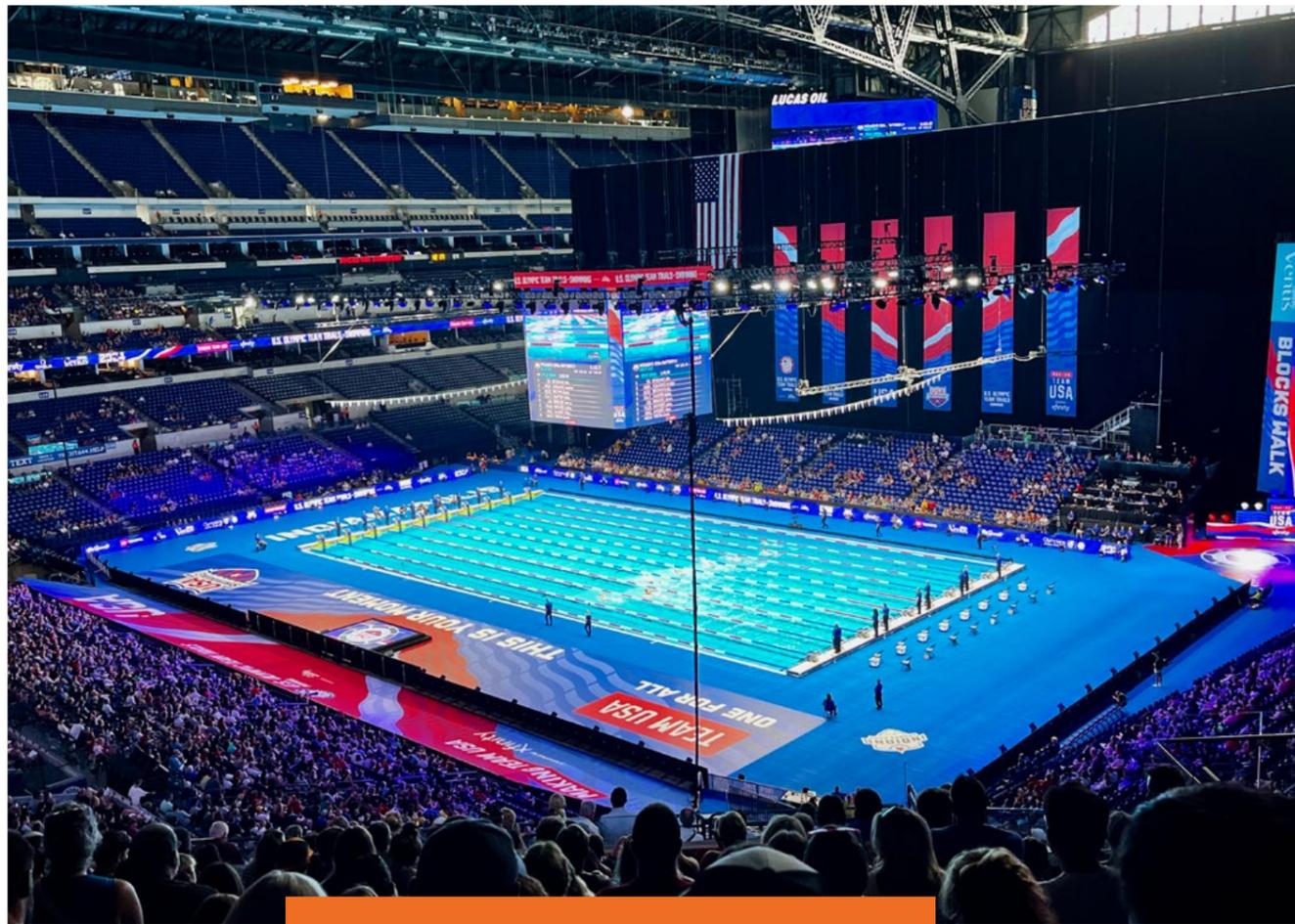


SPMLS
SOUTHERN PACIFIC MASTERS SWIMMING

JUL-AUG 2024

NEWSLETTER





MASTERS SWIMMING IT'S THE FRIENDSHIPS THAT COUNT INDIANAPOLIS 2024

Submitted by: *Christie Civalo* | ✉ OpenWater@SPMasterSwim.org

► Memories From the Olympic Trials and USMS Nationals

My phone pings. I look down and it's an unknown number. The text says, "Hey, this is Jonni. I hear you're in town. Let's get together. I'll come to the pool." I'd seen Jonni once in 57 years.

It is often said that best thing that comes from swimming is the friendships. I'm here to tell you – that's a fact. There's something about swimming that brings everyone together. Maybe it's the long hours following someone's feet and the black line. Maybe it's that those hours are often before sunrise.

Maybe it's because races can be won or lost by 100ths of a second. Whatever the reason, with swimming as a common experience, friendships can pick up instantly after a 57 year hiatus.

Conversely, for months we've been working out in lanes next to the local USA swim team. Only the week before trials did we realize that in the lane next to us was a young man who had already made the 2024 Paris team by virtue of his finish in the 10K in 2024 World Champs in Doha, Qatar. Ivan Puskvitch, Team Santa Monica, leaned over the lane line when he heard I was going to be in Indy, and introduced himself. I promised to come

see him swim his 1500m. I scratched my race to get to his race, and it was totally worth it when he finished, got out of the pool, and saw us at the end of his lane (photo below!).

Mary Jurey, WH20 Masters, had a fun experience at Trials. "I went to the prelims on Thursday by myself so I sneaked down to be closer to the pool. When I looked across the aisle I realized that I had sat down right across from Rowdy. So, I waved and he said come on over. When the heats were over we walked out together talking Duke Swimming (I had on my Dukie Swimming hoodie) and I took a selfie of us! I'd seen him occasionally when he would participate in Masters meets and the USMS conventions. Swim buddies for life!"

Yes, having the opportunity to compete at Masters Nationals and then go next door to the Olympic Swimming Trials was a once in a lifetime experience.



Lucas Oil Stadium in Indianapolis, absolutely rockin' during the 2024 Olympic Swimming Trials. After the first night of Finals, the 2028 Los Angeles Olympic Committee committed to having the 2028 Olympic swimming at Sofi Stadium. A good decision and we swimmers are going to fill that venue.



Hanging on the street with Madame Butterfly, Mary T Meagher, Olympic Champion. In 1981 she bettered her own existing world records in the 100-meter butterfly (57.93) and 200-meter butterfly (2:05.96). These times would stand as the respective world records for 18 and 19 years, respectively, and are considered to be among the greatest sports performances ever.



Ivan Puskvitch, Team Santa Monica, after his lifetime best 1500m swim, when he realizes it's us yelling for him from the stands. We bought the \$15 seats, but were able to run down to the floor for his swim. The expensive seats spectators were totally participatory – everyone loves someone to cheer for, especially during the 1500m heats. Seeded 29th, Ivan's time gave him 14th overall. He will represent USA in the 10K in Paris.



SPMS swimmer Mary Jurey, WH20, takes a selfie with Olympic Champion and NBC swimming announcer, Rowdy Gaines.



West Hollywood WH20 represents at Masters Nationals. It might have been a small team that went, but they did an amazing job representing. National champions include Chris Gibson, Liz Vucinich and Christie Ciraulo. We also had stellar swims by Nikita Bondarenko, Anastasia Kurteeva and Dan Ferguson! (from left: Nikita, Liz, Chris, Anastasia and Dan.)

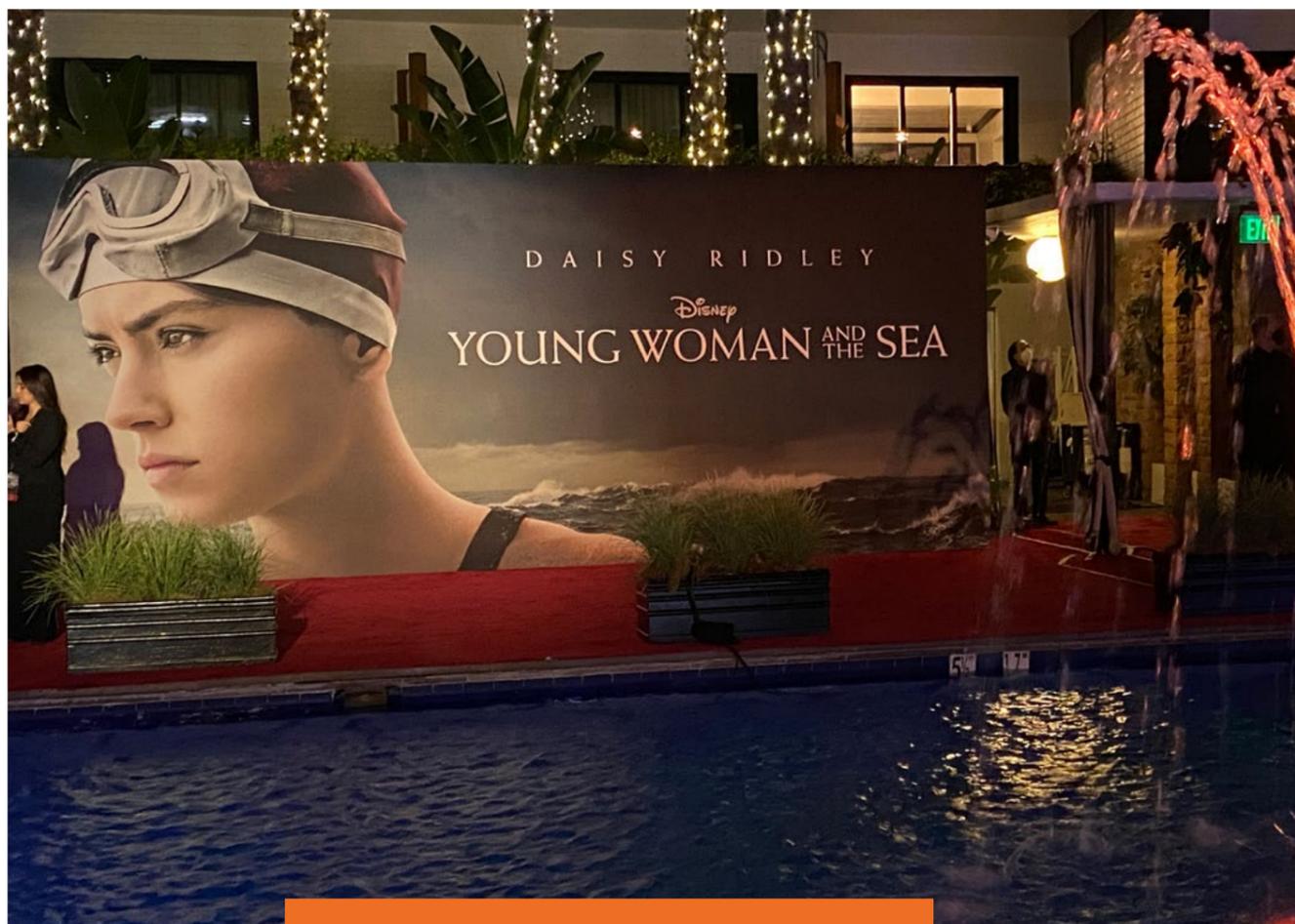


HCSA swimmers who placed in 1966 Jr. Olympics (L.C.). Seated in front row, left to right, are Jonni Lauritzen, Chris Plank, Cathy Moran and Sandy Berba. Standing in second row are Bill Lauritzen, Dave Druz, Mark Lambert and Peter Lauritzen. Coach Don Watson is at right. George Moran and Russ Meyer also placed but were missing for picture.

Side-by-side again after 57 years. After hanging with us, Jonni's ready to join USMS and get back in the pool.



Christie Ciraulo celebrates setting a new National Record in the W70-74 1000 freestyle with Ed Coates, President of United States Masters Swimming.



YOUNG WOMAN AND THE SEA

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

▶ “This film, our film, is a love letter to swimming,” states Daisy Ridley, star of *Young Woman and the Sea*.

A Disney film, this biopic of legendary swimmer, Gertrude Ederle tells the story of her becoming the first woman to successfully swim across the English Channel in 1926.

In an era of stay-at-home women, Gertrude Ederle was a force unto her own. With the help of a steadfast immigrant family, Ederle went on to conquer the Channel, a feat only five men had ever accomplished – crushing their times with a new record of 13 hours and 23 minutes.

Disney stays fairly true to the story, baring a weird leap by Trudy out of a ship’s porthole and portraying her swims in the 1924 Paris Olympics as a failure. (She came home with a gold on the 4x100 relay, and two bronze medals in the 100m and 400m freestyles with first and second places earned by her American teammates.)

Daisy Ridley had to put in a lot of work to act her part of Ederle. Her native British accent vanished. And she had to learn to swim. “I actually grew up in Australia but never really became a swimmer. When I started training for the film I could not complete 25 meters. I cannot believe this woman completed this feat nearly 100 years ago.”

When greeted with a “you’re one of us now,” she laughed. “no, no I’m not.” Daisy spent three months learning to swim like a swimmer. Interesting, the bit of awkwardness she displays in the water seems very appropriate for the era in which Ederle actually swam. And how brave is Daisy? When asked if she likes open water, she replies, “no! I have not been in the water since the end of filming!”

She does seem quite interested in our open water experiences and asked lots of questions. Her own experience involved nine days of swimming for hours in the Black Sea, in the cold and the jelly fish and the swell. “I was plunked in and had to keep pace with the boat and the camera team. It was physically daunting. I’ve had many roles that required physical ability, but always had a filmatic way out.

“You have to swim to swim. One person all alone in a massive stretch of water. It’s overwhelming.”



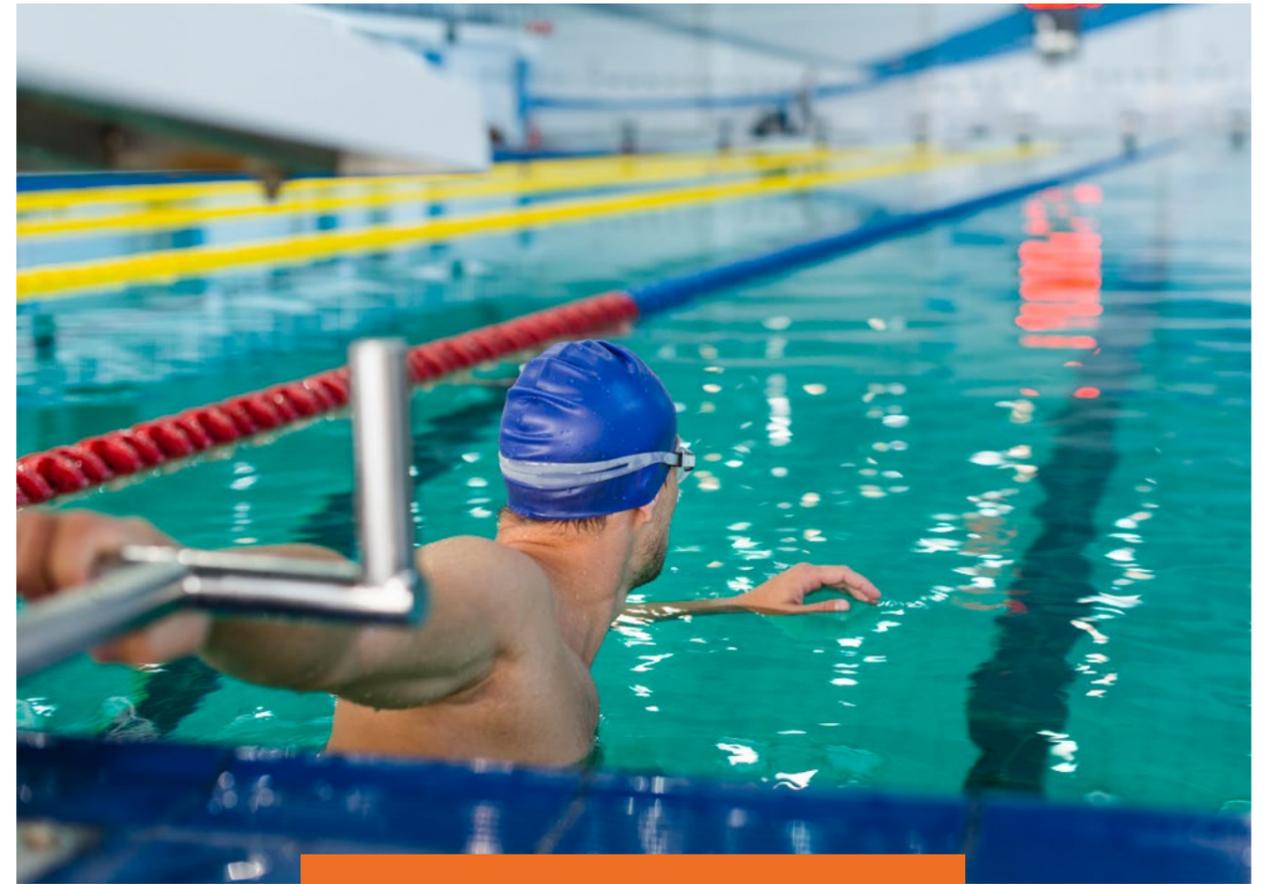
SPMS swimmers Beverly Montrella, Maurine E Kornfeld and Christie Ciraulo attend the Red Carpet World Premiere of *Young Woman and the Sea*. This Disney film stars Daisy Ridley as Gertrude Ederle, who in 1926 became the first woman to successfully swim The English Channel.



The real Gertrude Ederle starting her English Channel swim!



Maurine E Kornfeld and Christie Ciraulo, SPMS swimmers, are front and center on the red carpet, thrilled to be invited along with Olympic legends Alexi Pappas, Janet Evens, John Naber, Tauna Vandeweghe, Brian Goodell, Kathy Heddy Drum, John Kinsella, Daisy Ridley, Casey Johnson, John Moffet, Steve Furniss, Katherine Starr, Kate Sanderson, Jeff Farrell, Susie Atwood and Ann Meyers Drysdale.



MARKETING MATTERS!

Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

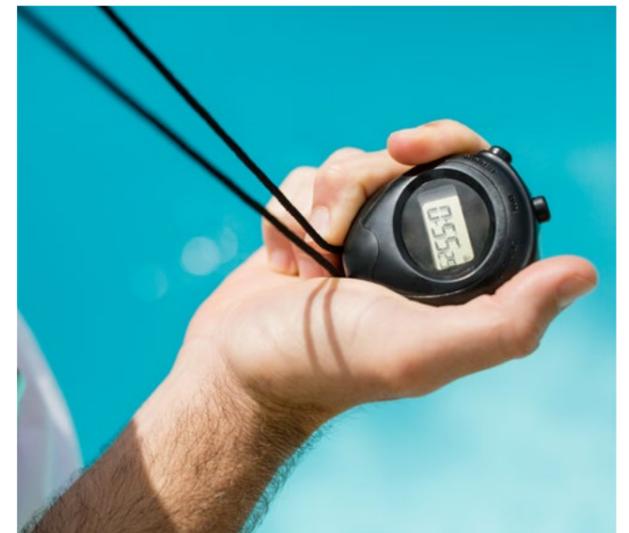
▶ How are you marketing your club? Try inviting a friend to join you for a swim practice this summer. We are all better together.

I still have marketing supplies for your club. Just ask me for them.

Get your club to host a swim meet or stroke clinic for SPMS Members. Ask SPMS Board to help with expenses for such events.

We want to give back to our members and clubs.

Anita Cole
 SPMS Marketing and Club Development Chair
 310-367-4606
Anita.chixwithstix@gmail.com



Christie Ciraulo and Daisy Ridley on the Red Carpet.



USMS SUMMER NATIONALS RETURN TO MISSION VIEJO!

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

▶ The 2024 U.S. Masters Swimming Summer National Championships will be held at the Marguerite Aquatics Complex in Mission Viejo (27474 Casta Del Sol Mission Viejo, CA 92692) from Wednesday August 21, 2024 through Sunday August 25, 2024. The Mission Viejo Nadadores Masters Team has previously hosted USMS Summer Nationals in 2019, 2013, and 2005.

Registration is open! Link for online registration:
https://www.clubassistant.com/club/meet_information.cfm?c=2531&smid=18746

It is estimated that there will be over 1300 participants from 18 to 100+ years of age this year! Swimmers from all over the US will be competing, including world and national record holders.

Remember that participants may enter up to three individual events without meeting the national qualifying times, or a maximum of six events if they meet the NQTs (i.e. have swum a time equal to or better than the NQTs during the past three years). Exception: Competitors entering the 1500 freestyle must meet the NQT.

Link to National Qualifying times:
<https://www-usms-hhgdcfxfafngaha6hr.z01.azurefd.net/-/media/usms/pdfs/pool%20national%20championships/2024%20summer%20nationals/2024%20usms%20summer%20nationals%20nqts%20v1.pdf?rev=c0096bad-b6a64536b53943d626087c28>

For additional Meet Information:
<https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-summer-national-championship>

VOLUNTEER TIMERS ARE NEEDED! NO EXPERIENCE NECESSARY! SEE INFORMATION AND INSTRUCTIONS FOR SIGNUP BELOW.



Calling All Volunteers -- No prior experience is required

Join us and get a front-row seat! We are seeking lane timers for the Summer Nationals held in Mission Viejo August 21-25. **Each volunteer will receive a T-shirt and refreshments.** Even with the majority of our members participating, we will need approximately 400 volunteers to make this event a success.

TIMING NEEDS

DATES	1 ST SHIFT	2 ND SHIFT	3 RD SHIFT	4 TH SHIFT	5 TH SHIFT
Wednesday August 21	7:45am-9:45am	9:45am-11:45am	11:45am-1:45pm	1:45pm-3:45pm	3:45pm-5:45pm
Thursday August 22	7:45am-9:45am	9:45am-11:45am	11:45am-1:45pm	1:45pm-3:45pm	3:45pm-5:45pm
Friday August 23	7:45am-9:45am	9:45am-11:45am	11:45am-1:45pm	1:45pm-3:45pm	3:45pm-5:45pm
Saturday August 24	7:45am-9:45am	9:45am-11:45am	11:45am-1:45pm	1:45pm-3:45pm	3:45pm-5:45pm
Sunday August 25	7:45am-9:45am	9:45am-11:45am	11:45am-1:45pm	1:45pm-3:45pm	3:45pm-5:45pm

If you are interested and willing to volunteer for one or more shifts please email us by July 10.

Mark Moore, Meet Director
coachmark@mvnadadores.org



GROWN-UP SWIMMING

Submitted by: *Ken Brisbin* | ✉ Chair@SPMasterSwim.org

► Ahh the glory days...

Remember those summer league days, when you were swimming 25s and the thrill of mystery-flavored Airheads awaited you at the finish line? What a time it was. But then, age happened. It crept in when you turned 11, and those 25s were replaced with 50s, 100s, and eventually even 200s. The fun times seemed to have slipped away.

A few things may have happened since...

But perhaps you're still deeply in love with the sport. You've been swimming for decades, training with your Masters club, racing in as many meets as possible, and eagerly anticipating your next pool session as soon as you step off the deck. The passion is still there, waiting to be reignited.

Maybe you burned out. Maybe you had one too many years of 4:30 a.m. wake-up calls and cold water. And cold water. Did I mention cold water? Maybe you were even in the "10,000 for time" generation, and your eye twitches when you see the line at the bottom of the pool.

Maybe life just happened. You got a job. You started a family. You picked up pickleball. You grew up, and you don't swim because that's for the kids.

Grown-Up Swimming believes that the kids shouldn't hog all the fun. You too, as a Grown-Up, can enjoy some Airheads after swimming 25s. And who's to judge if maybe that Airhead is frozen...And blended...And lime-flavored?

Grown-Up Swimming is summer league swimming for adults that brings the parent-coach relay to the next level. We help neighborhoods/clubs start adult teams and Masters teams better engage their swimmers by running a season of super-fun swim meets that look just as much like a pool party as they do a meet.

WHAT TO KNOW

League [registration](#) is \$75, and USMS members get \$5 off their registration fee. Once you register, you can swim in all of the Grown-Up Swimming meets in your area at no additional cost.

Here's how you can join Grown-Up Swimming Orange County:

1. Find existing team pages on the [Orange County league page](#).
2. Or [form a new team](#). There is no cost to form a team, and it requires very little work to just add it to your USMS club.
3. Click "Register Now" on your team page.
4. You'll then be able to sign up for meets using that same team page as entries open for each meet. Note: you only Register & Pay one time for the season.

NOT JUST FOR ORANGE COUNTY

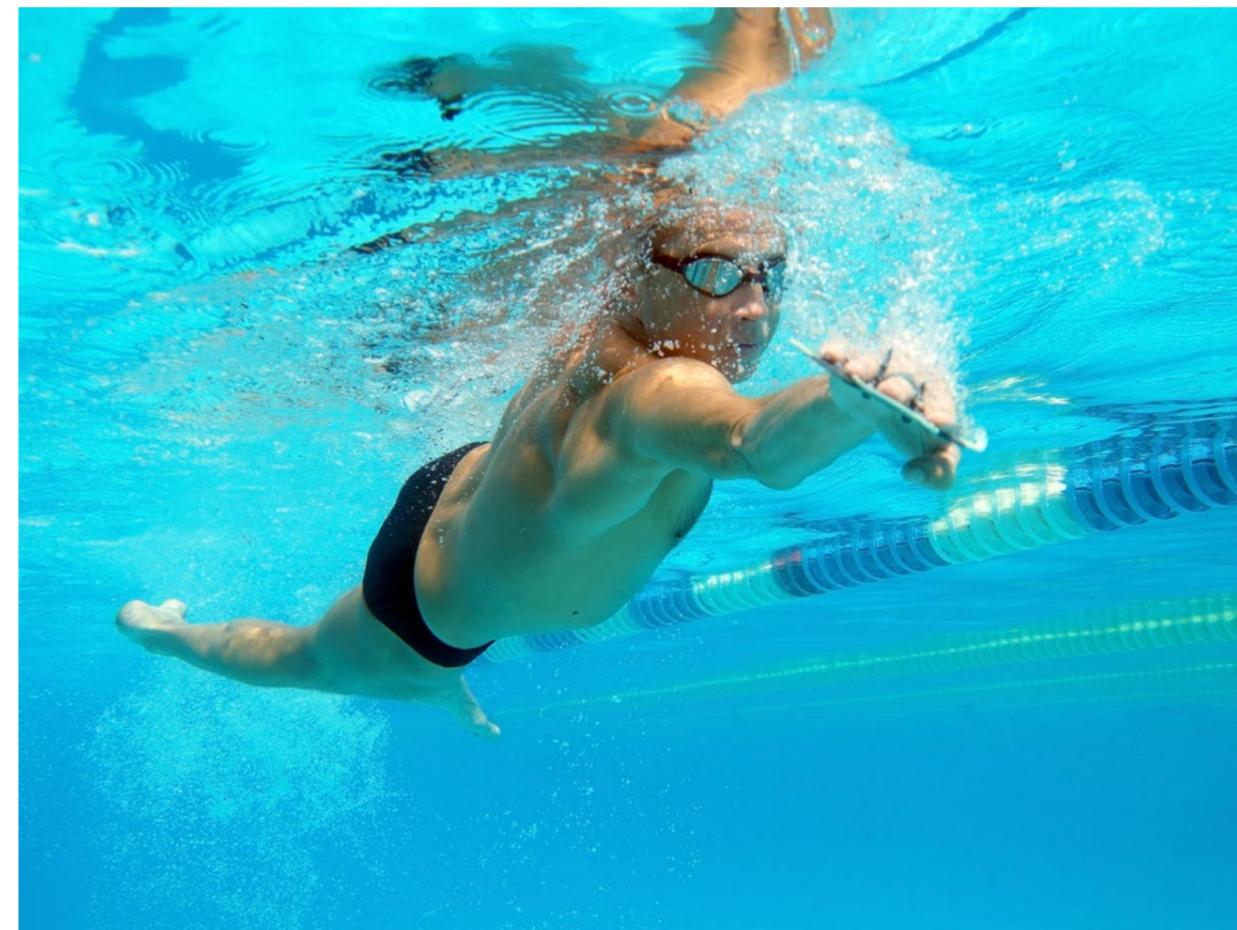
You don't have to live in Orange County, nor does your team have to be based there. OC is simply where the meets are. Form a "remote" team or join a "local" team at your whim!

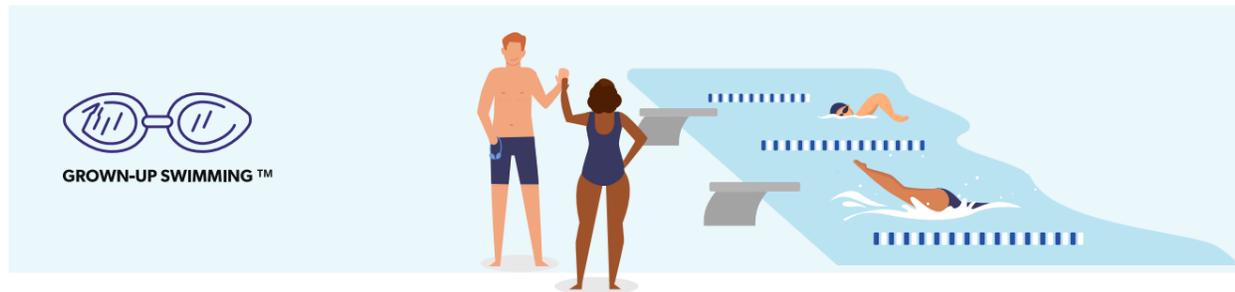
MEET SCHEDULE

You can find the [schedule](#) and which division your team is in here. Start clearing your calendars.

ORANGE COUNTY

- 7/21 @ Laguna Niguel - 5:30pm
- 7/27 @ Fullerton - Time, TBD
- 8/3 @ Huntington Beach, Ocean View HS - 9:00am
- 8/17 @ Woollett - 1:00pm
- 9/7 @ Woollett - 1:00pm





Summer League – for Grown-Ups!

Who said only the kids can have fun in the pool?

Meet Events

25 Freestyle	50 Freestyle
25 Butterfly	50 Butterfly
25 Backstroke	50 Backstroke
25 Breaststroke	50 Breaststroke
100 IM (Fly/Back/Breast/Free)	4 x 50 Freestyle Relay*
Races seeded by age group (30-39, etc.)	4 x 50 Medley Relay*
All relays are mixed-age	

OC Meet Schedule

- 7/21 @ Laguna Niguel
- 7/27 @ Fullerton
- 8/3 @ Ocean View HS
- 8/17 @ Woollett
- 9/7 @ Woollett

Start a Team

grownupswimming.com/form-a-team

A team can be affiliated with a kids' rec team, existing masters teams, or random groups of friends.

All we need is your Team Name, the Team Captain, and whether you want to host a meet.

But what do I do with my kids? I can't leave them at home!

Bring 'em! We need timers, and you need a cheering squad!

Registration is OPEN - \$75

Find or form your team:
grownupswimming.com/orangecounty

- Entry into all meets
- Starter/Official/DJ/Color Commentator
- Wireless timing system for all meets
- Trophies for top 3 team finishers
- Communication of all details regarding meet sign-ups, times, location, and relays
- Insurance
- \$5 Discount for USMS Members

Not Just for Orange County

You don't have to live in Orange County, nor does your team have to be based there. OC is simply where the meets are. Form a "remote" team or join a "local" team

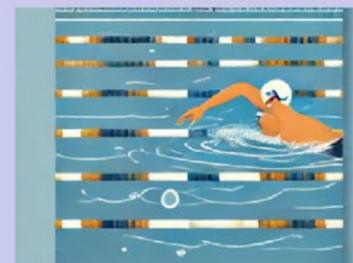


Email Lyndsay Naish for more information

Visit grownupswimming.com/orangecounty | Contact lyndsay@grownupswimming.com

SAVE THE DATE

THE SPMS ANNUAL MEETING & STROKE CLINIC!



Schedule:

1. **Morning: Stroke Clinic** – Improve your techniques with expert coaching!
2. **Midday: Casual Lunch** – Network and relax with fellow swimming enthusiasts.
3. **Afternoon: SPMS Annual Business Meeting** – Stay informed about our community and plans for the future. *and special Olympian guest speaker(s).*

DATE AND LOCATION:

📅 NOVEMBER 10 📍 WOOLLETT AQUATIC CENTER, IRVINE, CA



Call to Action:

LOOK OUT for both registration links: **ONE** for the clinic and the other for the Annual Business Meeting!!

UPCOMING SPMS EVENTS

JUL 07 | JULY 07 | SUNDAY
MVN Masters Patrick Moore Relay Meet

JUL 14 | JULY 14 | SUNDAY
Fullerton FAST Masters LCM Meet

JUL 18 | JULY 18 | THURSDAY
SPMS Committee Conference Call

AUG 03 | AUGUST 03 | SATURDAY
Rose Bowl Masters LCM Meet

AUG 15 | AUGUST 15 | THURSDAY
SPMS Committee Conference Call

AUG 21 | AUGUST 21 | WED - SUN
USMS Summer Nationals (Mission Viejo)

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