



**SPMLS**  
SOUTHERN PACIFIC MASTERS SWIMMING

NOV - DEC 2024

# NEWSLETTER





## WHY IS WEIGHT TRAINING IMPORTANT?

Submitted by: *Arlette Goddard* | ✉ [SportsMedicine@SPMasterSwim.org](mailto:SportsMedicine@SPMasterSwim.org)

### ► When is the best time to do weight training?

Loading our skeletal system is important. Why? Weight training is the most effective defense against age-related sarcopenia. This process begins in our thirties and accelerates after 50. Increased muscle mass helps maintain healthy bone density (especially important in swimmers). Increased muscle mass is your #1 defense against metabolic diseases; increasing insulin sensitivity and glucose metabolism (remember all the glycogen stores in your muscles, that act as little power storage cabinets). Increased strength is directly related to decreasing fall risk; who needs a broken hip to keep you out of the water? Lastly, cutting edge research shows weight training has a protective

effect against the risk of developing dementia (most likely due to the incredible role in protecting us from metabolic disease by storing and metabolizing glucose effectively).

So, when is the best time to do weight training?

**Answer:** That depends on your objective.

Weight training is best done as a routine and should be incorporated 2-3 times per week for optimal benefits.

Here are a few principles to keep in mind:

1. *Weight train, it's the protection to aging healthy*
2. *Weight train, it's the protection to aging healthy*
3. *Weight train, it's the protection to aging healthy*

### It's your insurance to aging up as healthy as possible

That said, if you have the privilege of time and facilities to do weight workouts separate from your swim workouts, best case scenario.

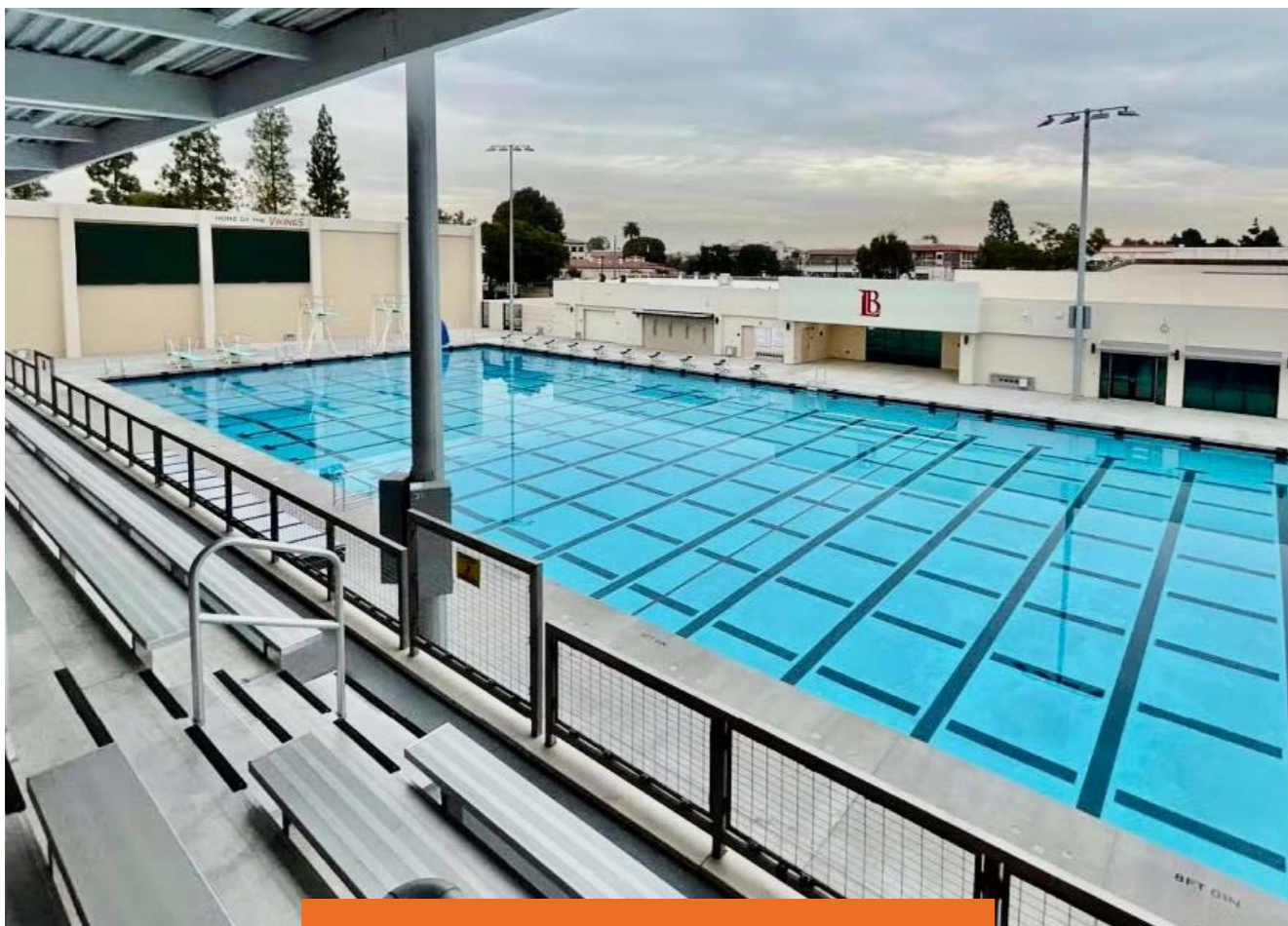
If time and facility, are not aligned, it's equally OK to do a weight workout before swim practice, or after swim practice. However, it is important to understand the benefits of each and weigh the potential setbacks. Also important to differentiate from being a power swimmer (sprinter) or endurance swimmer (long distance); and planning the correct workout. If you are a power-based swimmer, plan a power set (cordz, parachutes, sprints with lots of rest time) after a heavy weight workout. Then do a nice long warm down. Alternatively, if you swim first, plan

on a more endurance or maintenance type weight workout and realize you will not be maxing on weights (and do not attempt to).

Finally, it is totally OK to not swim as fast or feel as great after a weight workout (or feel tired in the weight room after a swim workout). Just adapt. The critical fact is that you are IN the weight room looking to "age up well". Also, get out of the weight room at least 10 days before a taper meet and let your muscles catch a rest.

As always, you can reach me at [arlette@ageupwell.com](mailto:arlette@ageupwell.com), or thru SPMS, Instagram or FB PM with any questions! Here is to healthy aging and staying strong and injury free!





# SPMS SCM CHAMPIONSHIP MEET

Submitted by: *Ken Brislin* }  [Chair@SPMasterSwim.org](mailto:Chair@SPMasterSwim.org)

- ▶ The countdown is on for the SPMS SCM Championship Meet hosted by the Grunions this December! Get ready for an incredible weekend full of fast swims, fierce competition, and friends from all over. Here's what's in store:
  - **Convenient and Comfortable:** Stay warm and focused with access to heated tents if needed. We've also lined up a great hotel at a discounted rate, just a short walk from the pool and next door to a fantastic food complex loaded with options to keep you fueled up and ready to race.
  - **All the Events:** Whether you're gunning for a sprint or planning to go the distance, we've got all events covered
  - **Sign Up Perks:** Register early to lock in the discounted rate and score a free T-shirt – because we know you want some gear to show off!
  - **Unmatched Competition:** Catch up with friends, race your heart out, and be a part of the excitement as swimmers break local, regional, and even world records. Who knows – the next record-breaker could be you!

Don't wait! Get all the details and sign up here: [SCM Champs Information](#)





## BUILDING CONFIDENCE THROUGH SWIMMING WITH (UMST)

Submitted by: *Lucila Davies* }  [Secretary@SPMasterSwim.org](mailto:Secretary@SPMasterSwim.org)

► I've always loved swimming, though I never had official lessons and was never on a swim team. Knowing how to swim technically has been something I wish I'd done as a young person because it's an intimidating space to enter as an adult, especially a female POC.

When I saw the Unidos Master's Swim class posted at my local pool, it took me about five seconds to make the decision to sign up. Their ad in the recreation brochure specified "a master's swim designed for beginner to advanced adult swimmers," which is the first time I've felt like a coached swim class has been actually directed at me—an amateur swimmer with no previous experience swimming technically. And when I looked up their

website, their mission wasn't just to help beginners, but to open up the world of masters swimming to a more diverse community.

My first session with Unidos started with a question I couldn't really answer—how far can you swim? I watched one of the advanced swimmers on the team flip and dolphin kick with ease and stumbled over my words because I really had no idea how to answer the question. I'd been swimming laps leisurely and incorrectly for a few years, but never with a structured workout. Very soon, the two coaches, Lucila and Melyssa, found out I couldn't flip, dive, or do the butterfly. I felt certain I was too beginner, but they had me get in the water and assessed my freestyle.

Not only did they encourage me, but they've also tailored each swim to help me master my freestyle technique. Each week they add some extra details so I can learn how to flip and float properly (yes, somehow with backstroke my bottom half sinks like a rock).

I'm still learning and will keep learning with Unidos, hopefully building my stamina and improving my technique. What brings

me back to Unidos each week isn't just the excellent workout or the friendly but firm coaching style—it's Unidos' mission to provide accessible and affordable opportunities to individuals from all backgrounds, which I believe also creates a welcoming environment with the other swimmers (who are at different levels, but have been open, helpful, and friendly). With Unidos, I'm connecting with a community of swimmers and working on my confidence both in and out of the water.





# CONGRATULATIONS TO THE SPMS OPEN WATER HIGH POINT WINNERS.

Submitted by: *Christie Ciraulo* | [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

▶ It was a three-way tie for the women with 88 points each! Paula Vega, 32, CCAM; Linda Simons, 59, GRA; and Christie Ciraulo, 71, WH20, each won every race in their respective age groups in all four series events.

Tim Burke, 67, was the only man to swim all four events, and garnered 84 points to capture the high point.

Kudos also go to Diane Bathgate, 63, unattached SPMS, for swimming three of the four events and wins her age group with 54 points.

The four races included the Balboa to Newport Pier to Pier, the Don Burns Corona del Mar, the Mission Viejo Mile and the Mountain Pacific Swimming Federation 1K or 5K.

A high point award is given to the top male swimmer and the top female swimmer overall. With three women swimming and winning every race in their respective age groups, a tie has been declared.

A swimmer must be a current SPMS registered USMS member prior to the start of the swim to score any points for that swim.

Use of wetsuits shall result in that swimmer being ineligible for SPMS open water series points. It is possible to place fourth in an event but score first place points – e.g. the three people finishing ahead of you are not SPMS registered and/or wearing wetsuits.

There are typos on all results. We spent hours manually sorting the four race databases, but mistakes can be made. If you feel there is an error, go to the race link. Double check your results and email us the details. We will do our best to correct any errors. Remember – you must swim three or more of the four races, your USMS registration must specify SPMS, you may not wear a wetsuit.



SPMS open water high point winner, Paula Vega, CCAM, (right) gets a congratulatory hug from Lex Higlet, Oregon Masters.



SPMS high point winners Christie Ciraulo and Tim Burke, both from West Hollywood Aquatics, duke it out at the MPSF “rep your university” open water swim!



## CALLING ALL UNATTACHED MASTERS SWIMMERS TO JOIN A CLUB AS A SATELLITE SWIMMER!

Submitted by: *Anita Cole* | [Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

▶ Wouldn't you like to make new swim friends to hang out with socially and maybe even swim with them at a local swim meet? Maybe a relay would be tempting!

I want you to consider attaching to one of the following clubs as a satellite swimmer when you renew your USMS Membership starting November 1. Many Masters Clubs want you!

Satellite swimmers often live a distance from nearby swim clubs, and so they workout on their own. That is fine.

The following clubs invite you to join them when you renew

your 2025 USMS Membership:

- Bear Valley Masters, Tehachapi (BVM)
- Caltech Masters, Pasadena (CTM)
- CMAC Masters Swimming, Fountain Valley (CMAC)
- Daland Swim Team, Thousand Oaks (DSS35)
- Falcon Masters Swim Club, North Hills (FALC)
- Fullerton Masters (FAST)
- Golden Road Aquatics, Burbank (GRA)
- Long Beach Grunions (LBG)
- Malibu Wave Aquatics (MLIBU)
- Mission Viejo Nadadores (MVN)

- Novaquatics Masters in Irvine (NOVA)
- Orange County Riptide Aquatics, Huntington Beach (RIPT)
- Palm Springs Masters (PSMS)
- Rose Bowl Masters, Pasadena (ROSE)
- Santa Barbara Masters (SBM)
- South O Sea Masters, San Clemente (SOCM)
- Southern California Aquatics Masters Culver City, Los Angeles, El Segundo, Santa Monica (SCAQ)
- Surf City Aquatics Club, Huntington Beach (SCAC)
- Tower 26, Santa Monica & Redondo Beach (T-26)
- Unidos Masters Club, Bellflower (UMST)
- YMCA of Orange County Masters, Fullerton (YOCMS) Fullerton Family Y

You are encouraged to select a club that seems to suit you best. Visit their websites. Satellite swimmers sometimes are required to pay an annual fee to their club to pay for awards or other club perks.

We are all better together with teammates and swim friends.

There is a club for you!

Please visit club websites for more information about each club including their workout schedules, social activities, goals, and satellite swimmer benefits and restrictions before attaching to a club. You may be allowed to drop in for a workout or two occasionally. So, when you go to renew with USMS, attach to the welcoming club of your choice. You won't regret it.

Each swimmer is allowed to switch clubs 3 times per calendar year at no charge. You may need to try a few clubs out to find the perfect fit.

If you have any questions or concerns, please do contact me at [anita.chixwithstix@gmail.com](mailto:anita.chixwithstix@gmail.com) or [Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

I am available to talk to you at 310-367-4606 if you prefer in person conversation old style over emails and texts.

**Anita Cole**  
 SPMS Marketing and Club Development Chair  
[Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)  
 310-367-4606 cell/call/text





## WHY DOES SPMS HAVE A D.E.I. COORDINATOR:

Submitted by: *Virgil Chaney* |  [DiversityInclusion@SPMasterSwim.org](mailto:DiversityInclusion@SPMasterSwim.org)

### ► D.E.I. DIVERSITY EQUITY AND INCLUSION

#### INTRODUCTIONS:

- VIRGIL here. Some may recognize me, but most of our SPMS members do not know me.
- I am your SPMS Diversity \* Equity \* Inclusion \* Coordinator.
- I have been involved in swimming as a swimmer, swim instructor, coach, aquatic director, and official for over fifty years.
- It is safe to say aquatics is my JAM.

#### WHY DOES SPMS HAVE A D.E.I. COORDINATOR:

Diversity should be an integral component of an organization. Along with diversity, equitable practices should be in place to include all who may want to be a part of the organization.

I am your designated contact for our LMSC. Any questions that may arise about cultural differences, bias, or opinions. Occurrences, discussions that may have been awkward, and how to be better prepared the next time.

**How do I become more inclusive in my actions and practices?**

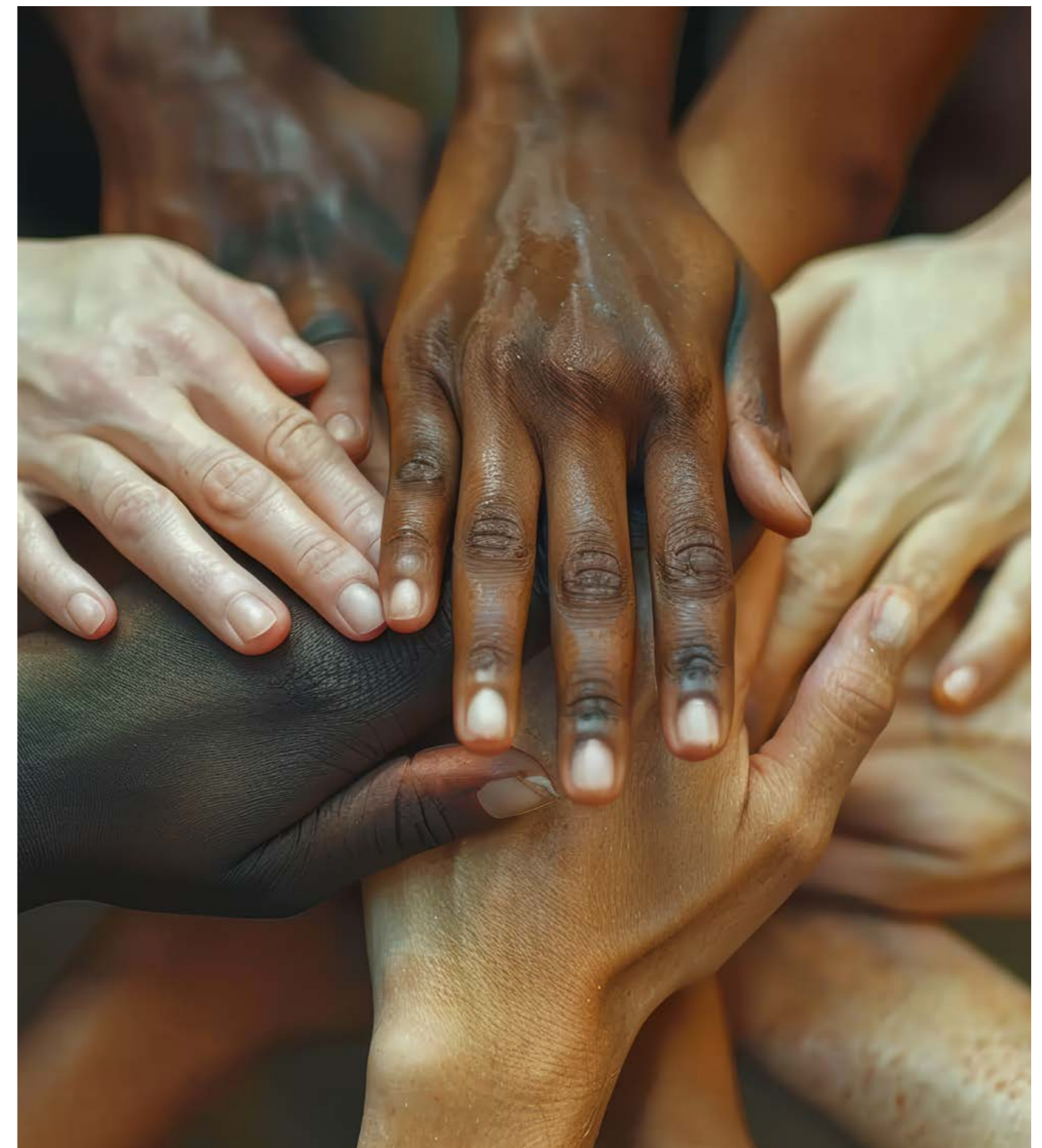
I am another resource and sounding board for your questions and frustrations.

D.E.I. is NOT a colour thing. It is everybody. We are all unique. D.E.I. helps bridge the gap from the unknown/uncomfortable to a comfortable place of learning and understanding our differences.

I am not the expert but a resource to get you answers and resolutions.

Feel free to contact me and say hello, especially when you see me on deck.

*Splash ON!!*





# SPMS OPEN WATER SEASON ENDS WITH CHAMPS AT MOUNTAIN PACIFIC SPORTS FEDERATION

Submitted by: *Christie Ciraulo* |  [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

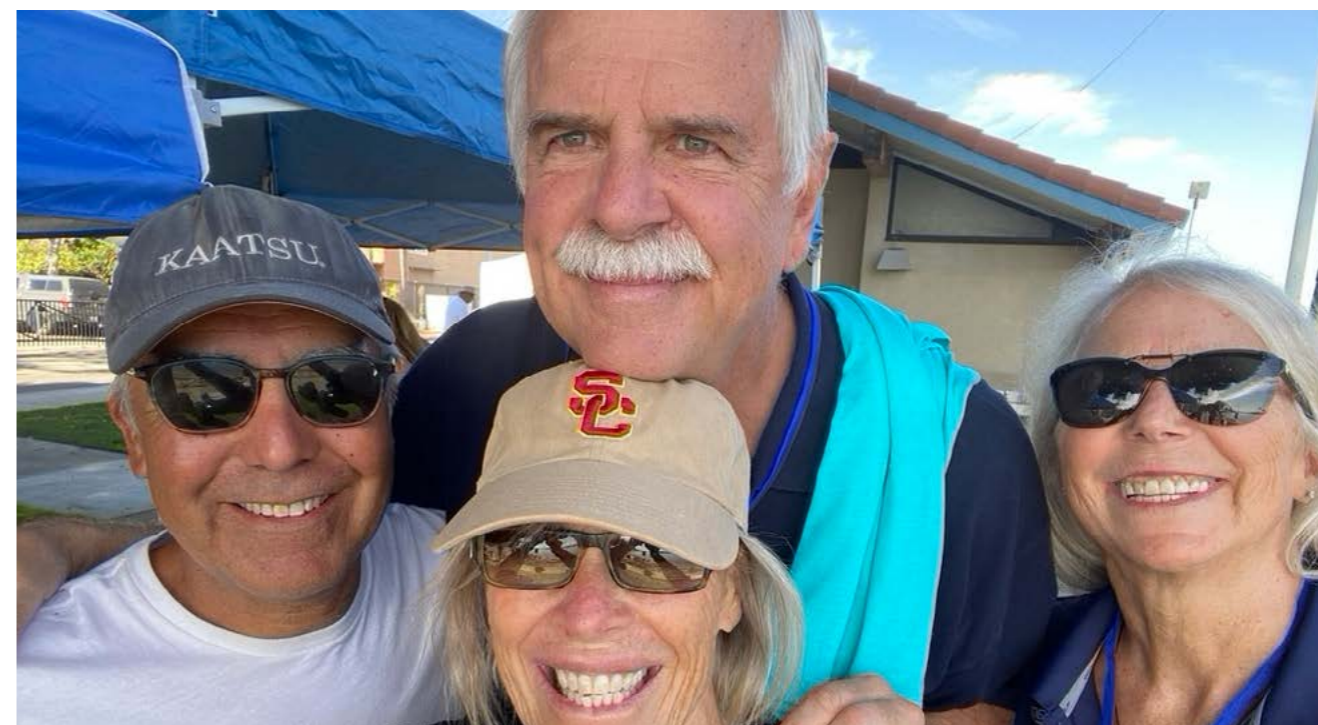


**Mountain Pacific Sports Federation (MPSF) Open Water Championships ends the 2024 open water season for Southern Pacific Masters Swimming.**

*Recognized by USMS, the MPSF Open Water Championships counted for SPMS's Open Water Series points, and Masters swimmers were encouraged to represent their USMS teams and their universities. The water was estimated at 64-65 degrees, with bright sunshine, no wind, and no swell. It was a perfect day for a swim!*



The racing took place in the Marine Stadium in Long Beach, which is currently under consideration as a LA28 Olympic venue. The Open Water Championships featured Masters 5K and 1K races tucked between collegiate 5K and relay swims. This is the start of the collegiate women's 5K.



Kudos to Kaia Hedlund, MPSF Associate Commissioner and Masters swimmer (right) for skipping a wonderful open water. Also in attendance were Steve Munatones, covering the event for his publication Daily News of Open Water Swimming; John Naber, five time '76 Olympic medalist (four golds!) and USC grad; and Christie Ciraulo, West Hollywood Aquatics, SPMS Open Water Chair, USC grad, and current Masters World Record holder.





Four women led the pack of both men and women out of the water for overall winners of the Masters 1K, (from left), Jill Lin, 32, Santa Barbara Masters, Head Coach of Westmont College and Cal Poly SLO alumni, 5th; Lexie Kelly, 37, CSU Bakersfield, 1st (tied); Christie Ciraulo, 70, West Hollywood Aquatics, 4th; and Stephanie Peacock, 32, Mission Viejo Masters, University of North Carolina, 1st (tied); Isabella Walko (not pictured) was 3rd. Stephanie and Lexie swam and ran up the beach together for a tie for first place.



West Hollywood Aquatics representing in open water! (from left) Christie, 70, USC, won her age group in the 1k, with a time of 16:18.00. Becca Mann, 26, USC, was first out overall (men and women) in the 5K clocking a 1:09.22 and Tim Burke, 67, UCLA, won his age group with a 1:23.16.



SPMS CLUB SWIMMER OF THE MONTH AWARD  
PRESENTED TO

*Ir de Souza*

AMAZING HELP WITH ANNUAL BENEFIT  
CLUB: ROSE

*Chad Durieux*  
COACH CHAD DURIEUX





**LONG BEACH GRUNIONS  
2024 SPMS SCM CHAMPIONSHIPS  
Dec 6th, 7th, 8th**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. #334-S020

**Facility:** Long Beach City College Pool. 3990 Faculty Ave #3940, Long Beach, CA 90808. This is an outdoor 65-meter by 25-yard pool with a bulkhead. The length of the competition course is in compliance and on file with USMS per articles 105.1.7 and 106.2.1, but as a bulkhead course, it is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**Timing:** The primary timing system will be automatic timing. Times may be submitted for world record USMS Records and USMS Top 10 considerations.

**Directions:** Go to [scmchamps.org](http://scmchamps.org) for directions

**Fees:** Flat fee of \$65.00 if entered online by Saturday, November 23rd. The entry fee includes a meet T-shirt. Add a \$15.00 late fee for all online entries after Saturday, November 23th. All entries must be received by 11:59 p.m. Pacific Time on Saturday, November 30th. No individual deck entries are allowed.

**Rules/Entries:** US Masters swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Swimmers are limited to 6 individual events for the entire meet and 5 daily events. All athletes' sixth events may be dropped if the meet is too large. Age on December 31st, 2024, determines age group for the meet. You must be 18 years of age on December 6, 2024, to compete.

**Disability Swimmers:** Please notify the meet director and meet referee, before the competition, of any disability and the requested modification. The swimmer/coach shall provide any assistance (s) or equipment if required.

**Relays:** Relay entries are \$15.00 per relay. A USMS-registered swimmer who wishes only to swim relay events must enter the meet before the start of event No. 1 and sign the waiver, fee is \$15.00 Swimmers may only swim one relay type (men, women or mixed) for all relays. Any change of swimmers after the event is closed must keep the relay in the same age group.

**Seeding:** All events are timed finals. All events will be seeded and swum slowest to fastest based on entry time. Men and women will be seeded together for the 800, 1500 m Freestyle, and the 400 m Individual Medley. Men and women will swim separately for all other individual events. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the Meet Director.

**Check-in:** Positive check-in is required for all events. Check-in for the 1500m, 400m, and 800m Freestyle will close at 7:30 a.m. on the day of the event. All other events will close, two hours before the anticipated start of an event.

**Awards:** Individual: Medals for places 1 to 3 and ribbons for places 4 to 6. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be awards for high-point male and female swimmers in each age group. Team awards to the top five teams.

**Questions:** Meet Director: Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com) 714-273-8793

**Meet Referee:** Mike Sheppard [cattywampus@roadrunner.com](mailto:cattywampus@roadrunner.com)

**Meet Admin:** Steve Ingram [steve@supersource.com](mailto:steve@supersource.com)



**Friday Deember 6th, 2024**

**Warm-up 7:00 a.m., Meet starts at 8:00 a.m.**

**Check-in for 1500 m Freestyle closes at 7:30 a.m.**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1. 1500 m Freestyle (Women, Men)   | 6. Women's 200 m Breaststroke     |
| 2. Women's 200 m Individual Medley | 7. Men's 200 m Breaststroke       |
| 3. Men's 200 m Individual Medley   | 8. Women's 800 m Freestyle Relay* |
| 4. Women's 100 m Freestyle         | 9. Men's 800 m Freestyle Relay*   |
| 5. Men's 100 m Freestyle           | 10. Mixed 800 m Freestyle Relay*  |

**Saturday, December 7th 2024**

**Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.**

**Check-in for the 400 m Freestyle closes at 7:30 a.m.**

- |                                    |  |
|------------------------------------|--|
| 11. Women's 400 m Freestyle        | 21. Men's 100 m Breaststroke             |
| 12. Men's 400 Freestyle            | 22. Women's 200 m Butterfly              |
| 13. Women's 50 m Butterfly         | 23. Men's 200 m Butterfly                |
| 14. Men's 50 m Butterfly           | 24. Women's' 200 m Medley Relay*         |
| 15. Women's 400 m Freestyle Relay* | 25. Men's 200 m Medley Relay*            |
| 16. Men's 400 m Freestyle Relay*   | 26. Mixed 200 m Medley Relay*            |
| 17. Mixed 400 m Freestyle Relay*   | 27. Women's 50 m Freestyle               |
| 18. Women's 100 m Backstroke       | 28. Men's 50 m Freestyle                 |
| 19. Men's 100 m Backstroke         | 29. 400 m Individual Medley (Women, Men) |
| 20. Women's 100 m Breaststroke     |  |

**Sunday, December 8th, 2024**

**Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.**

**Check-in for the 800 m Freestyle closes at 7:30 a.m.**

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 30. 800 m Freestyle (Women, Men) | 40. Women's 50 m Breaststroke       |
| 31. Women's 100 m Butterfly      | 41. Men's 50 m Breaststroke         |
| 32. Men's 100 m Butterfly        | 42. Women's 100 m Individual Medley |
| 33. Women's 50 m Backstroke      | 43. Men's 100 m Individual Medley   |
| 34. Men's 50 m Backstroke        | 44. Women's 200 m Backstroke        |
| 35. Women's 400 m Medley Relay*  | 45. Men's 200 m Backstroke          |
| 36. Men's 400 m Medley Relay*    | 46. Women's 200 m Freestyle Relay*  |
| 37. Mixed 400 m Medley Relay*    | 47. Men's 200 m Freestyle Relay*    |
| 38. Women's 200 m Freestyle      | 48. Mixed 200 m Freestyle Relay*    |
| 39. Men's 200 m Freestyle        |                                     |

\*Swimmers may only swim one relay type (men, women or mixed) for the following events: 800m Freestyle Relay, 400m Freestyle Relay, 200m Medley Relay, 400m Medley Relay, 200m Freestyle Relay. Any change of swimmers after the event is closed must keep the relay in the same age group or the relay will be disqualified.

## UPCOMING SPMS EVENTS

**NOV 09** | **NOV 09 | SATURDAY**  
• USMS Level 2 and 3 Coach Certification






**NOV 10** | **NOV 10 | SUNDAY**  
• SPMS Annual Meeting

**NOV 22** | **NOV 22 - 24 | FRI - SUN**  
• SLOS Pumpkin Pie Invite




**DEC 06** | **DEC 06 - 08 | FRI - SUN**  
• LBG SPMS SCM Championships

## SPMS OFFICERS






### EXECUTIVE COMMITTEE:








-  Chairman: Ken Brisbin  
[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)
-  Vice-Chair: Robin Smith  
[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)
-  Treasurer: Bob Eberwine  
[Treasurer@SPMasterSwim.org](mailto:Treasurer@SPMasterSwim.org)
-  Secretary: Lucila Davies  
[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)
-  Member At-Large: Fiona Duncan  
[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

### CONTRACTORS:

-  Membership Coordinator: Judi Divan  
[Membership@SPMasterSwim.org](mailto:Membership@SPMasterSwim.org)
-  Newsletter Editor: Jorge Ferrero  
[newsletter@SPMasterSwim.org](mailto:newsletter@SPMasterSwim.org)
-  Top Ten Recorder: Judi Divan  
[TopTen@SPMasterSwim.org](mailto:TopTen@SPMasterSwim.org)

### COMMITTEE CHAIRS:

-  Awards: Fiona Duncan  
[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)
-  Coaches: Cory Nguyen  
[Coaches@SPMasterSwim.org](mailto:Coaches@SPMasterSwim.org)
-  Diversity and Inclusion: Virgil Chancy  
[DiversityInclusion@SPMasterSwim.org](mailto:DiversityInclusion@SPMasterSwim.org)
-  Finance: Bob Eberwine  
[Treasurer@SPMasterSwim.org](mailto:Treasurer@SPMasterSwim.org)
-  Fitness: Mary Jurey  
[Fitness@SPMasterSwim.org](mailto:Fitness@SPMasterSwim.org)

-  History and Archives: Robert Mitchell  
[HistoryArchives@SPMasterSwim.org](mailto:HistoryArchives@SPMasterSwim.org)
-  Marketing Committee: Anita Cole  
[Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)
-  Meet Operations: Robin Smith  
[Sanctions@SPMasterSwim.org](mailto:Sanctions@SPMasterSwim.org)
-  Officials: Alina DeArmas  
[Officials@SPMasterSwim.org](mailto:Officials@SPMasterSwim.org)
-  Open Water: Christie Ciraulo  
[OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)
-  Sports Medicine: Arlette Godges  
[SportsMedicine@SPMasterSwim.org](mailto:SportsMedicine@SPMasterSwim.org)
- ASSIGNMENTS:**
-  Webmaster: Steve Ingram  
[Webmaster@SPMasterSwim.org](mailto:Webmaster@SPMasterSwim.org)