



## Participants Enjoy Learning, Laughter & Fun At the 2011 Southern Pacific Masters Swimming Coaches Clinic



SPMS held their very first Coaches Clinic at the Irvine, Woollett Center, this past October, with the aid of volunteer SPMS coach presenters. Roughly 30 coaches and prospective coaches enjoyed a day of learning from some of the best coaches in the U.S. Masters swimming organization.

On hand were three of our very own Southern Pacific Masters coaches, whose experience and various accomplishments provided for a solid foundation to build future SPMS Coaches Clinics. Additional presenters included a Cal State Los Angeles professor of psychology, an engineer, our SPMS Club Development Chair, and a Hammer Nutrition ambassador.

Right: Participants came from all across the Southern Pacific Masters Section, with one coach coming all the way down from Avila Bay Masters.

**Representative clubs included:**

Avila Bay Masters; Conejo Valley Multisport Masters, Covina Masters, Irvine NOVA Masters; Long beach; Long Beach Grunions; Los Alamitos Masters; Mission Viejo Masters; Rose Bowl Masters; Southern California Aquatics; Spectrum Athletic Clubs; UCLA Masters; WH2O



Above: Nancy Reno, of Conejo Valley Multi-sport Masters, presents on building and managing the combined U.S. Masters swimming and USA Triathlon swim team. Nancy's passion for the sport of swimming is as strong as her desire to build an environment athletes enjoy participating in. Nancy provided our coaches a positive format for including the tri-athlete in their Masters programs.

Right: Chad Durieux, of Rose Bowl Masters, presents on managing the Masters workouts and organizing the competitive training schedule.

Chad's energy and humor kept the coaches laughing, while he demonstrated that competitive swimming workouts mean business, but can always be fun.





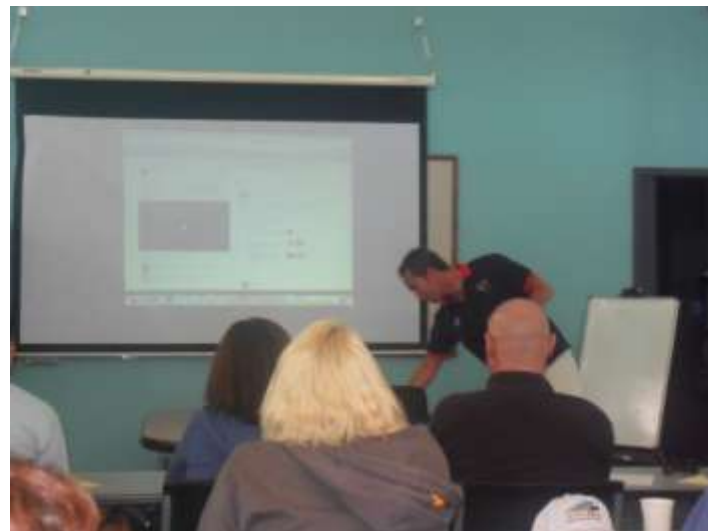
Left: Cheryl Simmons, of Rose Bowl Masters, presents on Sports Psychology and the Masters swimmer.

Cheryl works with Chad providing support to his Rose Bowl Masters Swimming programs, presenting insight to keeping swimmer /athlete interest with goal setting & accomplishments.

Right: Dickie Fernandez Dahleruz, of Irvine NOVA Masters, presents on creating social media videos for the Masters swimming team.

Dickie showed how to have fun with each Masters Swimming team by playing various videos created for the Irvine NOVA Masters team.

These videos are a hit with the team.



Left: SPMS Club Development presented by Jacquie Cole of Long Beach Grunions.

Right: Hammer Nutrition presentation by Suzy "Ultra" Degazon.

Suzy's enduring story of survival and her love of swimming and the multi-sport provided participants with more than just a product demonstration.





Left: With fine weather here in sunny Southern California, participants enjoyed lunch out on the patio where coaches got to socialize and network with each other.

A round table discussion followed the networking lunch, where our experienced SPMS coaches and members shared with fellow coaches various topics and selling points of the 2011 ASCA World Clinic, held in San Diego this past September, and the 2011 U.S. Masters Swimming Convention, which was also held this past September in Jacksonville, Florida.

### Prizes:

- First 15 sign-ups that attended the coaches clinic received a free SPMS logo hat
- All participants received a Hammer Nutrition goody bag
- Raffle prizes included:
  - One free SPMS logo polo shirt
  - One free ASCA Masters (Level I OR Level II) SPMS course
  - One free bag of Hammer Nutrition's HEED
- The coach who traveled the furthest won the driver's gift basket, which included a \$50.00 gas card, snacks and other traveling necessities.

“Thank you,” to all of our presenters in making the first SPMS Coaches Clinic a success!

SPMS hopes to see all of the local coaches at the 2012 clinic next October.

