



SPMA MASTERS SWIMMING



SPMA 2008 Open Water Points Winners

There were eight sanctioned races this summer where swimmers could earn points towards the SPMA Open Water Series. Swimmers must swim in at least three races to score points. It is only possible to swim seven, as the Naples swims overlap.

- Pacific Open Water Challenge 5K
- Balboa to Newport Pier-to-Pier 2 Mile
- 38th Seal Beach Rough Water 5K
- Seal Beach Rough Water 1 Mile
- Semana Nautica 6 Mile
- Naples Island 3 Mile
- Naples Island 1 Mile
- Don Burns Corona del Mar 1 Mile

Men 18-24	1st	Walid Wasfy UCI
	2nd	Davi Galli NOVA
Women 18-24	1st	Jennifer Schumacher NOVA
Men 25-29	1st	Jeffrey Cleveland UNAT
Men 30-34	1st	Marc Eskes UNAT
	2nd	Chris Armstrong SCAQ
	3rd	Andrew Burch UNAT
Women 30-34	1st	Gennifer Amthor LBSC
	2nd	Andrea Azuma CTM
	3rd	Monica Fox UCI

Men 35-39	1st	Bill Kane UCI
	2nd	Eric Erenstoft SCAQ
	3rd	Christopher Roberts NOVA
Women 35-39	1st	Jill Keenan Boline ROSE
	2nd	Julie Ruhlin UNAT
	3rd	Yvonne Beachley UNAT
Men 40-44	1st	Robert Breitel ROSE
	2nd	Simon Millar UCLA
	3rd	David Neilan SOBA
Men 45-49	1st	Bryan Buck UCI
	2nd	Jeff Crosson NOVA
	2nd	Buzz Harper UNAT
Women 45-49	1st	Janice Clark CTM
	2nd	Maureen Macdonald SCAQ
	3rd	Lisa Frick MESA
Men 50-54	1st	Bruce Thomas SCAQ
	2nd	Rooney Daschbach UNAT
	3rd	David Strybel RBAC
Women 50-54	1st	Christie Ciraulo UCLA (Women's High Point)
	2nd	Veronica Hibben UCI
	3rd	Jenny Cook SCAQ
Men 55-59	1st	Hubie Kerns VCM
	2nd	Mac Montgomery UCLA
	3rd	Dennis Ploessel UNAT
Women 55-59	1st	Patsee Ober UNAT
	2nd	Penny Hayes LBG
Men 60-64	1st	Bill Darby UNAT (Men's High Point)
	2nd	Craig Coffin LBG
Women 60-64	1st	Katherine Watson OJAI
Men 65-69	1st	Conrad VonBlankenburg UNAT
Women 65-69	1st	Ellen Shockro UCI
Men 75-79	1st	Robert Rolph MVN

In this issue:

- *SCM meet entry information*
- *2009 SCY meet entry forms*
- *Getting Ready for 2009, by Ahelee Sue Osborn*
- *Exercise on your Brain, by Jessica Seaton*

This is the last issue of USMS Swimmer and SPMA Swimming News that you will receive if you have not registered for 2009! Register by January 31, 2009 to ensure an uninterrupted subscription to the magazine.

To register, send in the form that was in the November/December newsletter, mail in the invoice that was recently sent to you, or go online to our website, www.spma.net and click on the link to *Online USMS Registration* that is on the home page.

Top Ten SPMA Clubs

Based on 2008 registration data (as of 10/22/08), here are the top ten clubs in SPMA:

1. Irvine Novaquatics (435)
2. UCLA Bruin Masters (238)
3. Mission Viejo Masters (230)
4. West Hollywood Aquatics (215)
5. Southern California Aquatic Masters (185)
6. Santa Barbara Masters (162)
7. Conejo Simi Aquatics (141)
8. Long Beach Grunions (134)
9. Rose Bowl Masters (128)
10. Las Vegas Masters (93)

There are also 582 unattached swimmers, for any clubs looking to increase their membership!

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
ATASCADERO: No. SLO Masters
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD Swim Club
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Fitness
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk (805) 434-1912; swimcoach@teamkman.org; www.teamkman.org
Kass Flaig (805) 704-9797; kassflaig@hotmail.com
Rafael Guijarro (661) 472-7246; rago@sbcglobal.net
John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org
Jeff Storie (805) 875-2703; j_storie@ci.lompoc.ca.us
Spencer Szejkowski (805) 237-0654; spencersz@yahoo.com; northcountyaquatics.org
Philip Yoshida (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org
Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com; www.kennedyclubs.com/slomultiplex
Mike Ashmore (805) 928-9655; santamariaswim@verizon.com

SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA: UCSB Masters
SANTA BARBARA Masters
SANTA BARBARA: Oceanucks
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Daland Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425; delphis13@msn.com
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Naya Higashijima (805) 893-2505; ucsbmasters@gmail.com
SB Swim Office (805) 966-9757; swimoffice@sbswim.org
Emilio Casanueva (805) 637-8331; emilio@zapallar.net
Nancy Kirkpatrick-Reno (818) 469-9972; www.csaswim.com
Kevin Lane (818) 917-6930; klane56ct@sbcglobal.net; www.dalandswim.com
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com
Jason York (805) 289-9298; jason.e.york@gmail.com; www.buenaventuraswimclub.org
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

LANCASTER: Oasis Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA Masters

Tom Otto (661) 948-0057; ottolfixit@hotmail.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org
Amy Lau (818) 523-3981; amylau@earthlink.net; www.pvmasters.com
Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3767

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
L.A. WEST: UCLA Bruin Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
Gregg Ogorzelec (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. : Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677; swim@swimcatalina.org; swimcatalina.org
SCAQ Office (310) 390-5700; www.swim.net/scaq
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com
Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.com
Patricia Mitchell (323) 563-5446; pmitchell@sogate.org

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Beach Swim Club
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com
Kathy Davids (310) 643-6523; kdavids@socal.rr.com; www.southbayswimteam.org
Beverly Garman (949) 552-1710; ihaccoach@aol.com
Cindy Jarvis (562) 426-7601 x1047; cjarvis@alpertjcc.org; www.alpertsjcc.org
Cindy Summers (562) 597-9744; summerscm@hotmail.com
Matthew Mitchell (818) 398-1048; mattymitchell@mac.com; www.shoreaquatics.com
Corey Lakin (562) 430-1073 x511; clakin@ci.los-alamitos.ca.us; www.ci.los-alamitos.ca.us
Chuck Milam (310) 592-6010; cdmilam@hotmail.com; www.manhattanc.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Debi Blair (310) 813-9656; info@lapsmasters.org; www.lapsmasters.org

INLAND EMPIRE

BEAUMONT Masters
CORONA: Corona Aquatic Team Masters
MURRIETA: MESA Aquatic Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087; christy@nds-ca.net
John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 461-1577; msmone@msn.com; mesaaquatics.com
Eric Tanner (951) 313-9274; ertanner@gmail.com
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org
Jason Bradbury (951) 845-7458; ystcoach.jason@verizon.net; yucaipaswim.org

ORANGE COUNTY

COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH Swim Club
HUNTINGTON BEACH: Golden West Swim Club
IRVINE Novaquatics
IRVINE: UCI Masters
IRVINE: The Sports Club/LA
LADERA RANCH Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
NEWPORT BEACH Lifeguard Association
SAN CLEMENTE: San Clemente Swim Masters
SAN JUAN CAPISTRANO: Capo Masters
TUSTIN: SOCAL Aquatics
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com
Bill Jewell, (949) 466-6523; swimbill@sbcglobal.net; fastswim.org
Buddy Belshe (949) 362-4727
Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com
Mike Collins (949) 338-6682; info@novamasters.com; www.novamasters.com
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.mastersswim.uci.edu
Dan Schoen (949) 975-8400 x6204; danschoen@thesportsclub.com; thesportsclubla.com
Evan Forbes (949) 370-0568; e_forbes@cox.net
Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org
Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificoastaquatics.org
Jeni Buys (949) 706-9991; gojeni@aol.com
Jim Turner (949) 644-3046; jturner@nbfid.net; www.newportlifeguard.org
Rod Snyder (949) 366-1630; rdsnyder4@cox.net
Belinda Eschenwald (949) 636-1665; ironbee@cox.net; www.capomasters.com
Debra Cruze-Meyer (714) 639-1913; debra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Mike Pawloski (714) 372-6273; bonuspak@earthlink.net

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
Melissa Gutierrez (702) 480-4321; mjvgutierrez@cox.net

SPMA Competition Information and Instructions

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

Eligibility: Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Submitted Times: Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

Entry Confirmation: To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Strictly Forbidden: Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any pacing device in competition; and smoking in any area where swimmers may be present.

Open Water: Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

*Check out our website
www.spma.net
for up-to-date information*

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____ - _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____		Surcharge \$ _____		Total \$ _____		Amt Rec'd _____	
	1500/1650 • •	Total _____		\$ _____		Date _____			

Include a copy of USMS card

Signature on back is REQUIRED!

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 24th, 2009

Sanction number: 339-001

Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.

Directions: From the I-15 Fwy., take the Flamingo Road exit (#38). Take Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

Entries: The pre-entry postmark deadline is Monday, January 19th, 2009. Deck entries will close at 12:30 p.m. for the first six events. Age on January 24th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Special Awards: Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be at least 21 years of age in order to get a VFP coupon.

Entry Fees: \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Meet Director, Victor Hecker, (702) 247-7788; Meet Entries, Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Saturday, January 24, 2009

Warm-up at noon

Events start at 1:00 p.m.

1. 500 yd. Freestyle
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle
7. 50 yd. Breaststroke
8. 200 yd. Mixed Freestyle Relay
9. 100 yd. Butterfly
10. 50 yd. Freestyle (VFP-1)
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP-2)

UC-Irvine Masters SCY Meet Sunday, February 8th, 2009

Sanction number: 339-002

UCI Pool is located on the UCI campus, an outdoor, 8-lane competition pool with a warm-up area.

Directions: From the north, take the Jamboree Rd. exit from I-405. Turn right on Jamboree Rd, left on Campus Dr., and right on West Peltason. The pools is ahead on the right. From the south, take the University Dr. exit from I-405. Turn left on University, left on Campus Dr., right on West Peltason. The pool is ahead on the right. Park in the Mesa Parking Structure at Mesa Rd and West Peltason (\$7/day).

Entries: The pre-entry postmark deadline is Saturday, February 2nd, 2009. Deck entries will close at 8:30 a.m. for 500 yd Freestyle, and at 10:00 a.m. for all other events. Age on February 8th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle.

Relays: All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee (pre-entry or deck entry). For swimmers in relays only, the fee is \$5.00.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Charlie Schober, UCI Crawford Hall, Irvine, CA 92697-4500.

Questions: Meet Director, Charlie Schober, (949) 824-7946, ctschober@uci.edu.

Sunday, February 8, 2009

Warm-up at 8:00 a.m.

500 yd. Freestyle starts at 9:00 a.m.

1. 500 yd. Freestyle
Additional warm-up after 500
Event #2 starts at 10:30 a.m.
2. 200 yd. Freestyle Relay (men, women, mixed)
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Butterfly
12. 50 yd. Breaststroke
13. 100 yd. Individual Medley
14. 200 Medley Relay (men, women, mixed)

Please read the general information on entering swim meets on the third page of this newsletter!

FAST Masters Short Course Yards Meet Sunday, February 22nd, 2009

Sanction number: 339-003

Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 10 lane, 25-yard competition pool, with separate warm-up lanes available.

Directions: From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

Entries: The pre-entry postmark deadline is Saturday, February 14th. Deck entries will close at 8:45 a.m. for the 1650 yd. Freestyle and at the conclusion of the 1650 yd. Freestyle for all other events. The 1650 will be limited to four heats. Age on February 22nd determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle.

Relays: All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. There are no additional fees for relays.

Awards: Individual: ribbons for places 1 to 3. Relay: ribbons for first place.

Entry Fee: \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: FAST Swimming

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: FAST Masters Meet, P. O. Box 5468, Fullerton, CA 92838.

Snack Bar: A snack bar will be available on site for water, Gatorade, and energy snacks.

Questions: Meet Director, Terry Merlihan, (714) 693-3991, themerlihans@earthlink.net

Sunday, February 22, 2009

1650 Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle

Additional warm-up after 1650

Event #2 starts at noon

2. 50 yd. Breaststroke

3. 100 yd. Freestyle

4. 50 yd. Backstroke

5. 100 yd. Individual Medley

6. 50 yd. Butterfly

7. 400 yd. Freestyle Relay (Men, Women, or Mixed)

8. 100 yd. Backstroke

9. 200 yd. Individual Medley

10. 50 yd. Freestyle

11. 100 yd. Breaststroke

12. 100 yd. Butterfly

13. 200 yd. Freestyle

14. 200 yd. Medley Relay (Men, Women, or Mixed)

Caltech Pentathlon SCY Swim Meet Sunday, March 8th, 2009

Sanction number: 339-004

Location and Directions: 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. Take Hill Avenue south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. North until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech. Parking is free on weekends.

Entries: The pre-entry postmark deadline is Friday, February 27th. Deck entries close at 9:15 a.m. sharp! Age on March 8th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

Entry Fees: \$20.00 flat fee per swimmer. Deck entries are allowed for \$30.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Checks payable to: Caltech Masters

Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave., Pasadena, CA 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536.

Sunday, March 8, 2009

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly

2. 50 yd. Backstroke

3. 50 yd. Breaststroke

4. 50 yd. Freestyle

5. 100 yd. Individual Medley

Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: www.simasterswim.org

New Mexico: www.zianet.com/pdjang/nmms/index.htm

Arizona: www.azlmsc.org

Santa Clarita Masters SCY Swim Meet Saturday, March 21st, 2009

Sanction number: 339-005

Directions: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

Entries: The pre-entry postmark deadline is Saturday, March 14th. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on March 21st determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle and the 400 yd. Freestyle.

Relays: All relays will be deck entered. Relay fees are \$4.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

Entry Fees: \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

Checks payable to: City of Santa Clarita. Mail consolidated entry card, a copy of your 2009 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors, Chris Lundie, (661) 286-4088, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

Saturday, March 21, 2009

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)
Additional warm-up after 1650
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 400 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 200 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 100 yd. Individual Medley
17. 50 yd. Breaststroke
18. 200 yd. Backstroke
19. 200 yd. Mixed Medley Relay

Getting Ready for 2009

By Ahelee Sue Osborn

Leading into an event such as the SPMA SCM Championships in December, coaches are fine-tuning a year of hard work. Months of technique practice, training, racing, building team membership, growing the competition team, and developing the novice team to get stronger. The plans started a long time ago and by now swimmers and teams are harvesting the bounty of best times, medals, and healthier lifestyles!

And so the page is now turned and we begin to look forward to swimming in 2009. The highlight of the year being the USMS Short Course National Championships in Clovis, California. Yes, the Nationals will be right here in California!

<http://www.usms.org/comp/scnats09/>

While the vision of coached Masters swim teams training together with great camaraderie all year long is a nice idea, the truth is, the largest "club" falls under the team code, UNAT. Unattached swimmers! Luckily for these swimmers, there is USMS. Relatively untapped as of yet, the organization can be a great tool for our unattached swimmers once they learn how to use it.

United States Masters Swimming is organized by a huge team of volunteer "swimming people" who have various levels of experience in fields necessary to run a national sport federation. They have created a dynamic and flexible calendar of programs and swimming events that serve every level of adult swimmer, whether they swim alone for fitness or on a competitive team. There are postal events that can be swum individually or as a team right in your own home pool! These events serve as preparation for distance, open water swimming, and even triathlons. And there are well-organized pool competitions locally and nationally.

Historically, the first big USMS event of the year is "THE ONE HOUR SWIM." It's an individual event, a team event, and a national championship event. How many yards can you swim in One Hour? You will need a counter who can time and record your splits — and half a lane.

How can you get ready to swim your best One Hour Swim?

Long distance sets that help you find a 100 pace you can repeat and maintain for an extended period of time. Repeat even-paced 500s, 400s, 300s with short rest.

Coach Gerry Rodrigues (UCLA Masters) organizes his swimmers by their 100 yard pace to swim side by side so that they can push each other by competing to perform maximum speed and distance over One Hour! NOVA swimmers prepare by swimming "The Triple Crown," a series of three practices to build their freestyle endurance.

Do you swim without a coach and need to work on your freestyle technique? Maybe educate yourself even if you do have a coach? My favorite website to review great swimming drills and improving technique is www.GoSwim.tv

Check out the freestyle page:

<http://www.goswim.tv/entries/c/12/freestyle.html>

My last tip for a great One Hour Swim: *Perfect your streamline off the wall!* Then use that perfect streamline on every single wall during your One Hour Swim. If you need help with this, catch me at a meet, come to one of my NOVA Masters workouts in Irvine, or sit down with a friend and watch some videos of the great freestylers on YouTube. Then get in the pool and tweak each other into perfect streamline!

Entry information for the 2009 One Hour Swim and pace charts can be found here:

<http://www.usms.org/longdist/ldnats09/1hentry.pdf>

Whether you swim on a Masters team, in the lap swim lanes, or with a few buddies at a health club, plan some USMS programs or events in your 2009 calendar to help keep your training and swim practice on track all year.

Go SPMA!

Ahelee Sue Osborn is the SPMA Coaches Committee Chair, and coaches for Irvine Novaquatics. She can be reached at

Exercising for your Brain By Jessica Seaton

There is more and more evidence that exercise is important for optimal brain function. A new book, *SPARK: The Revolutionary New Science of Exercise and the Brain* by John Ratey, M.D. examines exercise and the brain in detail. An interview with Dr. Ratey can also be found on *The Brain Science Podcast with Dr. Ginger Campbell*. Dr. Ratey, a psychiatrist, looks at how exercise affects learning, stress, anxiety, depression, attention deficit, addiction, hormonal changes in women and aging. In this article I will review some of his material on learning and aging.

There is ample evidence that shows exercise is important for learning. Sadly, many schools have eliminated their PE programs, falsely believing this will help children to focus on reading and math. The opposite is true. The California Department of Education (CDE) did a series of studies and showed that students with higher fitness scores also had higher test scores. This held true within the lower-income student groups as well. The CDE issued a recommendation that schoolchildren participate in one hour or more of moderate to vigorous physical activity a day.

How does exercise improve learning in children and adults?

1. It improves alertness, attention, and motivation by balancing the stimulatory and inhibitory neurotransmitters, the molecules responsible for communication between nerve cells (neurons) or neural signaling. Dr. Ratey says, "I tell people that going for a run is like taking a little bit of Prozac and a little bit of Ritalin because, like the drugs, exercise elevates these neurotransmitters."

2. It improves the brain circuitry. The class of molecules responsible for building and maintaining the circuitry in the brain are called neurotrophins. The most prominent of these molecules is called brain-derived neurotrophic factor (BDNF). Dr. Ratey calls BDNF "Miracle-Gro for the brain." BDNF is found particularly in the hippocampus, an area responsible for long-term memory, and is crucial for learning, and vulnerable to degenerative diseases. Exercise elevates BDNF in the brain. Mouse studies have shown that the more a mouse runs, the higher the levels of BDNF. A German study on humans performed in 2007 showed that people learn vocabulary words 20% faster after exercising than they did prior to exercising. The rate of learning correlated with levels of BDNF in the brain.

3. It encourages the development of new nerve cells from stem cells in the hippocampus. BDNF is the agent responsible for this. In addition to BDNF, exercise stimulates the brain to produce other factors: IGF-1 (insulin-like growth factor), which is important for learning and works with insulin, VEGF (vascular endothelial growth factor), which builds more capillaries in the brain and the body, FGF-2 (fibroblast growth factor), which is important in long-term memory and for making new brain cells. These factors are all reduced with aging, stress, and depression. Exercise helps counteract this.

An interesting experiment was done in 2007 on 40 adults aged 50-64 measuring cognitive flexibility by having them rattle off alternative uses for common objects (for example a newspaper is for reading, lining a birdcage, wrapping fish, and so forth). Half the people watched a movie and the other half exercised. They were tested prior to the intervention, right after, and then 20 minutes later. While the movie watchers showed no change, the runners improved their processing speed and cognitive flexibility, important for creative thinking, after just one workout.

Most of these studies refer to aerobic exercise. However, complex physical activities have also been shown to be important and stimulate different parts of the brain. Doing drills, especially unfamiliar drills, would be one way for swimmers to add a complex physical activity into their aquatic workout. Another would be to add in dry-land exercises that require complex movements emphasizing coordination and balance, such as yoga, tennis, and dancing. Learning new motor skills enhances your brain's circuitry.

As swimmers we know that exercise improves the quality of our life and keeps us healthier as we age. Dr. Ratey confirms this: "The same things that kill the body kill the brain." Higher daily energy expenditure, ideally the equivalent of 12 hours of walking per week) was found to bestow an up to 20% lower chance of being cognitively impaired in the Nurses Health Study.

As we age a certain number of neurons die off. With enough stimulation new growth will occur and brain will rewire itself, avoiding the dead or damaged areas. If the decay outpaces the new growth, mental and physical problems like Alzheimer's and Parkinson's disease can occur. If the blood supply through the capillaries is less than adequate, connections between neurons will die off and then the neurons themselves will die. BDNF and VEGF naturally decrease with age, contributing to fewer new neurons and capillaries. After age 40, we lose about 5% of our overall brain volume per decade up until age 70. After that, the decline can be more rapid. This bleak picture does have an upside: exercise can greatly diminish the deterioration. A recent study on retirees over a 4 year period found that those who exercised regularly maintained their blood flow in the brain, whereas the inactive group had a significant loss of blood flow.

The ways in which exercise helps you:

1. Strengthens the cardiovascular system. People with heart disease are more likely to develop Alzheimer's dementia. Blood pressure is reduced through strengthening the heart muscle. Lower blood pressure puts less pressure on the body and the brain. As discussed earlier, contracting muscles produce VEGF and FGF-2, which not only promote good neural circuitry and promote growth of new brain cells, they also help promote the growth of new blood vessels. This helps protect the brain during future blockages and can counteract some damage to blood vessels. Exercise also increases nitric acid, which helps relax the blood vessels, thus widening the vessels and increasing the blood volume. Exercise also prevents hardening of the arteries in the brain.

2. Exercise regulates the brain's fuel, glucose. High levels of glucose has been associated with an increased risk of Alzheimer's disease, as well as stroke, low levels of BDNF, and other damage to neurons. By increasing IGF-1, exercise helps regulate insulin, improves brain circuitry, and increases BDNF, thus encouraging new cell growth.

3. Exercise reduces obesity. While simply being overweight doubles the chances of developing dementia, it is not entirely clear whether overweight but fit people have the same risk as unfit people.

4. Exercise elevates your stress threshold, thus allowing you to better handle stress. High levels of the stress hormone cortisol have been associated with dementia and depression.

5. Exercise improves your mood and motivation. Exercise not only balances neurotransmitters, but in particular, exercise raises the levels of dopamine, which normally diminishes with age. Dopamine is the major neurotransmitter for the motivation and reward areas. Once you're exercising, the increased levels of dopamine can keep you motivated to do many things in life. In older individuals apathy can be the beginning of the end. Research has also shown that not only can depression lead to dementia, but a generally poor attitude can as well. Lifting your mood also enhances your chances of having more social contacts, another way to stave off dementia.

6. Moderate exercise enhances the immune system. Inactivity is a risk factor for many cancers. Poorly functioning immune systems can lead to chronic inflammation, one of the risk factors for dementia, atherosclerosis, and other conditions.

7. Exercise in general strengthens your bones. Most doctors agree that swimming alone is not enough to strengthen your bones. However, most swimmers are generally more active, and that, too, will strengthen your bones. Lifting weights to help prevent osteoporosis also releases growth factors, such as BDNF, that keep the neurons well-connected.

Dr. Ratey advocates doing aerobic exercise four days a week from 30 minutes to an hour. He also recommends weight lifting or using resistance machines twice a week, doing three sets of 10 to 15 repetitions. Alternatively, any other impact exercise would do, such as running, jumping rope, basketball, or tennis. He also recommends balance and flexibility exercises twice a week for 30 minutes. These activities would include yoga, Pilates, tai chi, martial arts, and dance. In addition to physical exercise, Dr. Ratey also recommends exercising the mind by learning and doing new things, as well as maintaining a social life. With Masters swimming we have a built-in social life!

Jessica Seaton, D.C., is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 18 years. She can be reached at (310) 470-0282.

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Southern Pacific Masters Association Schedule

January	24	Las Vegas SCY Swim Meet
February	8	UC-Irvine SCY Swim Meet
	22	Fullerton SCY Swim Meet
March	8	Caltech Pentathlon SCY Swim Meet, Pasadena
	21	Santa Clarita SCY Swim Meet
April	4	UCLA SCY Swim Meet
	24-26	SPMA SCY Championship Swim Meet, Mission Viejo
May	7-10	USMS SCY National Championships, Clovis, California

For a complete and updated list of events, check www.spma.net or call the SPMA office

SPMA DVD Library

SPMA has a video library available for use by our members. There is a \$7 charge for one DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD* that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call (626-296-1841), and we'll discuss which videos would best fit your needs. Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Send requests to the SPMA office. Titles available for rental include:

DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, Freestyle with Karlyn Pipes-Neilsen
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion