

January/February
2003



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News



SPMA MASTERS SWIMMING

Letter from your Chairman by Wayne McCauley

As we welcome a new year, SPMA looks forward to providing over 2,600 swimmers a slate of events for everyone. SPMA is spread out from Paso Robles to Camp Pendleton, and from Santa Monica to Las Vegas. Our 2003 short course yards schedule should have close to 11 swim meets, including SCY Nationals a short drive over to Tempe, Arizona. Everyone, no matter how fast, can enter this meet. This is a great reward for all your workouts and training. And it is always fun when your teammates cheer for you.

In the area of finance, all our bills are paid and we have an adequate reserve. We continue to offer many services such as the web site, a video library, coaches' education, pool meets and ocean events. Insurance is provided to all our registered swimmers for workouts and sanctioned events. National dues had remained the same for a dozen years, while services grew. USMS passed a \$5.00 increase in dues, which resulted in total dues of \$35.00. This increase is much less than inflation,

while the expenses of maintaining web services had grown as our national membership has grown from 23,000 to 43,000. Through the hard work of many volunteers, SPMA has kept its budget balanced without need for any additional dues increase.

We would not be such a strong organization without the help of all the coaches and volunteers. We have four USMS national committee chairmen, Michael Collins — Coaches; Jessica Seaton — Sports Medicine; Julie Heather — Safety Education; and Michael Heather as Convention chairman. Along with myself as Southwest Zone chairman, we are part of the executive committee that helps guide USMS during the year. I am especially proud that so many of our volunteers were recognized at the 2002 National convention with the USMS Service Award. The following from SPMA were honored: Michael Heather, Errol Graham, Wayne McCauley, Steve Schofield, Jessica Seaton, and Bob Merrick. Others from SPMA are also deserving and hopefully will be honored in the future.

A New Look for your USMS ID Number

Starting with the 2003 Registration year, your swimmer ID will look different, and part of it will belong to you permanently! This new system will help keep track of you as you move or change your name. The new registration number looks like this:

LLYX-DDDDDD

Where LL is the LMSC number ("33" for SPMA); Y is the registration year; X is a character that changes from year to year (or if you transfer to a new area) and is calculated from the rest of the number ("checksum"); and DDDDD is

your permanent ID (and will contain a mixture of letters and numbers).

When you re-register, either next year or ten years from now, or if you transfer to a new area, please inform the registrar of your permanent ID number so you won't receive a duplicate. If you don't remember your number, or can't find your card, let us know that you had a permanent ID. We will do the research to "find" you in our database so that you can keep your permanent ID.



Special points of interest:

- Visit www.spma.net for up-to-date entry forms, event results, top ten, and places to swim
- Contact the SPMA office if you move! We will notify SWIM so you don't miss any issues
- Don't carry your SPMA card in your wallet! There is a \$3 charge for replacement cards if lost!

SWIM FOR LIFE!

Get the most out of your water time by working out with other swimmers at organized coached practices. SPMA currently has over 50 registered clubs (listed below) offering swimming opportunities throughout Southern California and Southern Nevada.

SANTA BARBARA, VENTURA, KERN, SAN LUIS OBISPO

ARROYO GRANDE: South County Aq Waves
ATASCADERO: Kennedy Aquatics
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
CAMARILLO: Pleasant Valley Swim Club
OJAIMASTERS
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO: TRISLO Roadrunners
SAN LUIS OBISPO MASTERS
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
SANTA CLARITA
SANTA MARIA SWIM CLUB
SANTA PAULA: Heritage Valley Masters
THOUSAND OAKS: Daland Masters
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

Mark Bennett (805) 478-0202; marben009@yahoo.com
Jennifer Brown (805) 466-6775; jennicraig@tcsn.net
Evelina Steele (661) 663-9884
James Richey (661) 342-8887; www.bakersfieldswimclub.org
Bruce Brown (805) 383-6927
Malchia Olshan (805) 646-1091, gjaidar@aol.com
Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com
Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com
Lynne Anderson (805) 541-2585; iswimslo@yahoo.com; www.sloseahawks.org
Brandi McDowell (805) 893-7616; brmcdowel@aol.com
William Robert (805) 966-9757
(661) 284-1470 or 284-1741 (pool); dbotton@santa-clarita.com
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariaswim@aol.com
Cindy Blatt (805) 524-5157; cmswm@aol.com
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
Ken Grey (805) 650-0400; gobuena@aol.com

NORTH LOS ANGELES COUNTY

GRANADA HILLS: CSUN Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS
WOODLAND HILLS: Southwest Aq Masters

Edward Lapporte (818) 667-6389, (818) 363-3858; elapporte@aol.com
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
Justin Davis (626) 397-4993; davisrbac@earthlink.net; www.rosebowlaquatics.com
Rob Harbo (661) 290-2204; pool: (661) 284-1470 or (661) 284-1471
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ
EL SEGUNDO MASTERS
EL SEGUNDO: Play Hard Swim Hard
HAWTHORNE: South Bay Swim Team
LA DOWNTOWN: SCAQ
LA MID WILSHIRE: Meridian Swim Club
LA WEST: UCLA Bruin Masters
LA WEST & WESTWOOD: SCAQ
LONG BEACH: Shore Aquatics
LONG BEACH Swim Club
LONG BEACH: Beach Swim Club Masters
LONG BEACH: Grunions
RANCHO PALOS VERDES: Zenith Aquatics
SANTA MONICA: SCAQ
SOUTHGATE MASTERS
TORRANCE : LA Peninsula Swimmers
VENICE: SCAQ
WEST HOLLYWOOD AQUATICS
WESTCHESTER: LMU MASTERS SWIM

SCAQ Office (310) 390-5700; www.swim.net/scaq
Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net
Marcel Rinzler (310) 529-4468; swimrinz@hotmail.com
Kathy Davids (310) 643-6523, www.southbayswimteam.org
SCAQ Office (310) 390-5700; www.swim.net/scaq
Timothy Sharpe (323) 954-1100
Gerry Rodrigues (310) 645-5937; www.idyll.org/~henryh/bruinmasters
SCAQ Office (310) 390-5700; www.swim.net/scaq
Reiko Wesson (562) 594-6831; www.masterswimming.com
Tom Trapp
Beach Swim Club hotline (562) 597-9744
Sergio Rodriguez (562) 2520220, info@lbgrunions.com; www.lbgrunions.com
Steven Vannort (310) 519-7742d; (310) 377-8939e
SCAQ Office (310) 390-5700; www.swim.net/scaq
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com
Michael Hamm (310) 377-4848; swimdude41@aol.com
SCAQ Office (310) 390-5700; www.swim.net/scaq
Carl Anhalt (310) 288-6555 (team hotline); www.wh2o.org
SCAQ Office (310) 390-5700; www.swim.net/scaq

ORANGE COUNTY

COAST MASTERS
FOUNTAIN VALLEY: Typical Tropical Swim Cl.
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH MASTERS
NEWPORT BEACH: Lifeguard Association
NEWPORT BEACH: Pacific Coast Aquatics

Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
Robert Sands (714) 969-1056; cwoof@msn.com
Blair Roy (714) 894-6266, Rick Graves (714) 374-8705
Buddy Belshe (949) 362-4727
Mike Collins (949) 338-6682, Kim Hoesterey (714) 731-8067; www.novaquatics.com
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.masterswim.uci.edu
Mark Moore (949) 489-1847, (949) 233-6521, m.w.moore@cox.net; www.mvn.org
Ronald Clark (949) 673-5278; vimclark@hotmail.com
Jim Turner jturner@city.newport-beach.ca.us
Mark Desmond (949) 733-0044

VILLA PARK: Orange Regional Comp. Aquatics
 NEWPORT BEACH: Pacific Coast Aquatics
 YORBA LINDA: East Lake Eagle Rays

Mark Tiemey (714) 639-7531; Susan Spiewak (714) 6334702
 Mark Desmond (949) 733-0044
 Bill Peery (714) 779-0657

SAN GABRIEL VALLEY, KERN, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS
 INDIO: Top Fin Aquatics
 LANCASTER: Oasis Masters
 LOMA LINDA/RIALTO: Inland Masters
 MURRIETA: TEAM Masters
 RIVERSIDE: Corona Swim Team
 YUCAIPA: MASTERS OF YUCAIPA

Anne Moorehead (760) 375-9390
 Veronica Duran (760) 564-5000; laquintamike@aol.com
 Tom Otto (661) 948-0057; ottolfixit@hotmail.com
 Mike Murphy (909) 382-6546; mdmswim@mindspring.com
 Debbie Mone (909) 461-6603; coachdebbie@nctimes.net
 Todd Wines (909) 275-9247
 Don Harlan (909) 797-0824; ddharlan@eee.org

LAS VEGAS

HENDERSON Southern Nevada Masters
 CITY OF LAS VEGAS MASTERS

Frank Lowery (702) 260-8181 Dan Geary (702) 214-4210; flowery719@earthlink.net
 Keith Hughes (702) 592-7805; keith@h2ovelocity.com

Reflections on a Champion by Bill Davis

In October of this year, Aileen Riggan Soule, Olympic swimmer and diver, died at the age of 96 in Hawaii. She swam daily until she was well into her 90s.

I met Aileen Soule at the Masters Nationals a few years ago at DeAnza College. She was simply amazing. On the age-adjusted performance chart, she was — by far — the most impressive athlete at the meet. I believe she had just turned 90 and her records were often faster than the winning times and records for the 70-74 age group. Talking with Aileen, and other older swimmers, really changed my perspective on old age. When I

was younger, I figured it was better to check out relatively early (say, early 70s) to avoid the ravages of old age. Now, I'd like to match their longevity, even if I can't match their accomplishments, and swim at the Masters Nationals well into my 90s."

Congratulations to West Hollywood Aquatics on the 20th anniversary of their program!

Consolidated Entry Form • Southern Pacific Masters Association

Name (as it appears on registration card)		Sex	M <input type="checkbox"/>	1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.
Street		no. of events entered:		
City	State	Zip		
Phone	*Age	Birthday		
Club	Club Abbr.	Entry Fee		

Enter your times in the table below

Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet/Event	Date of Meet/Event	Signature
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Rev 3/99

2003 City of Las Vegas Short Course Yards Meet

Indoors at New City Municipal Pool, Las Vegas Saturday, January 11, 2003

Entries Must be Postmarked No Later Than Monday, **January 6, 2003**

Sanctioned by SPMA for USMS, Inc. Sanction number: 333-002 Sponsored by City of Las Vegas Masters and H2O Velocity

- ORDER OF EVENTS -

Saturday January 11th

Warm-up at 12:00 Noon

Meet Starts at 1:00 PM Sharp!

- A. _____ 200 Mixed Medley Relay
1. _____ 500 Freestyle
2. _____ 100 Ind. Medley
3. _____ 50 Butterfly
4. _____ 100 Backstroke
5. _____ 200 Freestyle
6. _____ 50 Breaststroke
B. _____ 200 Mixed Free Relay
7. _____ 100 Butterfly
8. _____ 50 Freestyle
9. _____ 50 Backstroke
10. _____ 400 Ind. Medley
11. _____ 100 Breaststroke
12. _____ 100 Freestyle

Pool: New indoors Desert Breeze Park pool, 8275 W. Spring Mountain Road, 50-meter by 25-yard pool. Six lanes will be available for warm-up. For more information see http://www.co.clark.nv.us/Public_communications/sandstone/2001_Winter/DistrictF_winter_2001.pdf

Directions: Take I-15 Freeway North, take the Flamingo Road exit #38 0.28 miles. Take the Flamingo Road West ramp 3.54 miles. Turn right onto South Rainbow Blvd. 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles.

Rules: 2003 USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. After an event has been officially closed, swimmers may not check in. **Deck entries will close at 12:30 for the first 6 events.** Age on January 11, 2003 determines age for the meet. You must be 19 to compete.

Eligibility: Open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers may submit a registration application when they submit the entry card. On deck registration is permitted.

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 400 IM and 500 freestyle and Relays. Relays will be based on age groups of 10 year increments. The age of the youngest swimmer will determine the relays age group.

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 (both sides). Do not mail this information sheet. If you need a SPMA entry card, send a self-addressed stamped envelope to SPMA at the address below or download a copy at <http://spma.net/spmaentrycard.PDF>

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. All relays must be submitted on SPMA relay forms which will be available at the meet. Incorrect or illegible entries will be rejected. For each relay swimmer that is not entered in individual events, a signed liability release must be submitted with the relay entry.

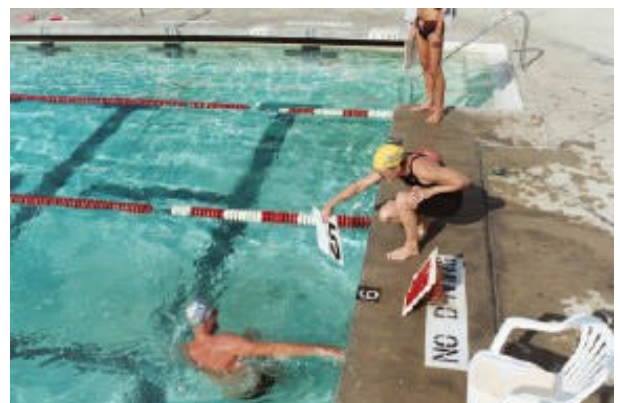
Awards: INDIVIDUAL: SPMA ribbons to places 1-3. **RELAY:** SPMA ribbons to first place.

Entry Fees: \$2.00 per each INDIVIDUAL EVENT entered and a \$10.00 surcharge per swimmer.
Relays entry fee \$5.00
NOTE that deck entrants will pay an additional \$5.00 entry charge.

MAKE CHECKS PAYABLE TO: Southwest Masters (SWAM)

MAIL ENTRY CARD AND CHECK TO:

Las Vegas SCY Meet
7914 Sadring Ave
West Hills, CA 91304



2003 9th ANNUAL GARY GRANDI MEMORIAL SWIM

Indoors at Urho Saari Swim Stadium,

Sunday, February 9, 2003

Entries Must be Postmarked No Later Than Saturday, February 1st, 2003

Sanctioned by SPMA for USMS, Inc. Sanction number: 333-003—Sponsored by El Segundo Masters

Sunday , February 9

Warm-up at 9:00 A.M.

Meet Starts at 10:00 A.M.

1. _____ 100 Yd. Ind. Medley
2. _____ 50 Yd. Breaststroke
3. _____ 50 Yd. Butterfly
4. _____ 200 Yd. Freestyle
5. _____ 200 Yd. Ind. Medley
6. _____ 100 Yd. Backstroke
7. _____ 100 Yd. Butterfly
8. _____ 100 Yd. Breaststroke
9. _____ 100 Yd. Freestyle
10. _____ 50 Yd. Backstroke
11. _____ 50 Yd. Freestyle

- 12.* _____ 500 Yd. Freestyle

Pool: The **INDOOR** pool has 8 lanes, 7 lanes will be used for competition, and one warm-up lane reserved.

Directions: El Segundo is located south of LA Airport. From North or South on the 405, 110, 710, or 605 Free-ways take the 105 frwy WEST, till it turns into Imperial Hwy. When you reach Main Street turn left from Imperial, and drive 5 blocks (south) to Mariposa. Turn right on Mariposa and the pool is 2 short blocks west of Main Street. Parking can be found in the lot on the corner of Mariposa and Main as well as on the streets surrounding the facility. Go to <http://www.spma.net/infoelsm.htm> for a map to the pool.

Rules: 2003 USMS and SPMA rules will govern. All events are timed finals. Swimmers are limited to a total of five individual events at this meet. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. **Deck entries will close at 9:30 AM.** Age on February 9th determines age for the meet. You must be 19 on or before February 9th to compete.

Eligibility: Open to any **current** 2003 USMS registered swimmer. SPMA swimmers may submit a registration application with the submitted entry card. On deck registration permitted.

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

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 (both sides). **Do not mail in this entry information sheet.** The SPMA consolidated entry card can be found in this newsletter, or download a copy at <http://spma.net/spmaentrycard.pdf>

Awards: **INDIVIDUAL**, SPMA ribbons to places 1-3. **You will be automatically entered into our drawings for free prizes.**

Entry Fees: **\$15.00** meet fee. DECK ENTRIES ALLOWED, WILL CLOSE AT 9:30 A.M. **CREDIT CARDS TAKEN THIS YEAR**

NOTE that deck entrants will pay an additional \$5.00 entry charge.

MAKE CHECKS PAYABLE TO: **City of El Segundo**

MAIL CONSOLIDATED ENTRY CARD, CHECK OR **CREDIT CARD INFO AT THE BOTTOM OF THIS SHEET TO:**

Wayne McCauley
12841 Hawthorne Blvd. #302
Hawthorne, CA 90250

Questions: Meet Director: Wayne McCauley (310) 702-6393 breastroker@usa.net

Tear off and send with your consolidated entry card, a copy of your 2003 registration card, and the SPMA Consolidated entry form.

Visa and Mastercard Accepted: Name on card: _____ Card Type: Visa __ MC __

Card number: _____ Expiration Date: ____/____

Address: _____ City, State: _____ Zip Code: _____

2003 Caltech Pentathlon Swim Meet

Outdoors at the Caltech Pool, Pasadena—Sunday, March 9 2003

Entries must be postmarked no later than Wednesday, **February 26, 2003.**

Sanctioned by SPMA for USMS, Inc. Sanction number: 333-001

Sponsored by Caltech Masters.

Sunday March 9
Warm up at 9 am
Meet Starts at 10 am

DECK ENTRIES CLOSE AT 9:15 SHARP!!!

1. _____ 50 yd Butterfly
2. _____ 50 yd Backstroke
3. _____ 50 yd Breaststroke
4. _____ 50 yd Freestyle
5. _____ 100 yd Ind. Medley

Pool: The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm up pool. Electronic timing will be used.

Location: 1201 E. California Blvd, Pasadena. Take Hill Ave south from the 210 freeway. 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 freeway north until it ends. Go 1 mile and turn right on California Blvd. 2 miles to Caltech.

Rules: 2003 USMS and SPMA rules will govern. All events are timed finals. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

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

Submitted Times: All times must be submitted on a SPMA consolidated entry card or a copy of the consolidated entry card. The entry card must be signed by the participant and a copy of your 2003 USMS card or travel permit must be attached.

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 enter all five events to be considered for an award.

Entry Fee: \$18.00 flat fee per swimmer. Deck entries are permitted this year. Deck entry fee is \$25.00. Deck entries close at 9:15 sharp! Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

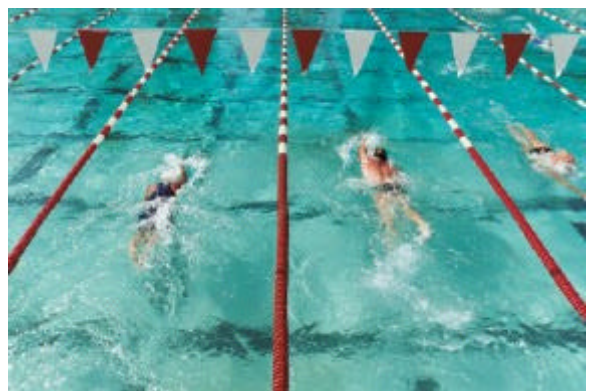
Make Checks Payable to: CALTECH MASTERS

Mail Consolidated Entry Card, Proof of Registration and Check to:

Caltech Pentathlon
c/o Suzanne Dodd
211 Eastern Ave
Pasadena, CA 91107

Meet Director: Suzanne Dodd (626) 449-7536

SPMA Chairman: Steve Schofield (818) 992-1820



The Pentathlon is a fun, low-key event, run by an experienced group of meet organizers. The facility is well maintained and offers ample free parking. Please come join us for a few hours of exciting races, and in the meantime, visit our web site at www.cco.caltech.edu/~swimclub/swim.html.

SPMA Swimming News, Jan/Feb 2003

Southern Pacific Masters Association

2003 Membership Form

SPMA respects your privacy: We will not sell your mailing address, phone number, or email address

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2003 Membership Application <input type="checkbox"/> Renewal 2002 number if known: _____ <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY			
	Your name on this form and on meet entry forms must be identical.			
	Last Name	First Name	Middle Initial	
	Mailing Address			Home Phone No. ()
	City	State	Zip	Daytime Phone No. ()
Date of Birth	Age	Sex	Email Address (print in ALL CAPS)	
Month/Day/Year				
CLUB (Must be USMS chartered or you will be registered as "Unattached.")			Today's Date	
Emergency Contact (optional)			Phone No. of emergency contact	
<input type="checkbox"/> Opt out of SPMA-NEWS email list (check this box if you would only like SPMA to use your email address to contact you about questions or problems with your membership)				
<input type="checkbox"/> I am a coach		<input type="checkbox"/> I am a certified official		<input type="checkbox"/> I would like to volunteer for SPMA
Annual Fee: \$35 \$ _____ (fee reduced for Sept/Oct 2003: \$25) Optional Donations: \$1.00 (or \$____) to SPMA \$ _____ \$1.00 (or \$____) to USMS Endowment Fund \$ _____ \$1.00 (or \$____) to the International Swimming Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____		"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."		
Make check payable to SPMA, Mail to: <p style="text-align: center;"> SPMA c/o Julie Heather 957 N El Molino Ave Pasadena, CA 91104 </p>		Signature		

Benefits of 2003 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming, as an insert in SWIM Magazine.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA office to answer your swimming related questions or concerns.

2003 USMS Registration is valid through December 31, 2003

SPMA Swimming News, Jan/Feb 2003

SPMA Officers

Chairman:

Wayne McCauley
12841 Hawthorne Blvd. #302
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breastroker@usa.net

Vice-chair:

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spmasteve@aol.com

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SPMA Swimming News is published six times a year as an insert in the bimonthly SWIM Magazine, for swimmers registered with Southern Pacific Masters Swimming.

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Southern Pacific Masters Association Schedule

**Tentative date and/or location

January	
11	Las Vegas SCY Swim Meet
February	
9	El Segundo SCY Swim Meet
March	
9	Caltech Pentathlon SCY Swim Meet
22-23	Coaches and Swimmers Clinic
30**	Mission Viejo SCY Swim Meet
April	
5**	UCLA SCY Swim Meet
11-13**	Southwest Zone & SPMA SCY Regionals, U Calif-Irvine
26**	East Lake Eagle Rays SCY Meet, Yorba Linda
May	
4**	Loyola Marymount SCY Swim Meet
15-18	USMS SCY Nationals, Tempe, AZ
August	
14-17	USMS LCM Nationals, Piscataway, NJ

SPMA Video Library

SPMA has a video library available for the use of our members. There is a \$6 charge for one tape (or book), \$8 for two, or \$10 for three. This covers the cost of the mailing and envelopes both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss what videos would best fit your needs.

Don't want to pay to view the videos? We're looking for a few good volunteers to help review our current collection. We request that volunteers commit to watching 6 tapes over a two month period, and write a short review of the contents. We'll try to match up volunteers with favorite strokes, but no guarantees! If interested contact Julie Heather, SPMA Registrar at (626) 296-1841.

USMS 2003 Fitness Events

Welcome 2003 by checking out the new Fitness events presented by the USMS Fitness Committee. The first one is a collection of virtual swims created by Masters teams throughout the United States. Use your practice or lap yardage, converted to miles, to conquer waterways all over the country, including some you might never want to actually swim. There will be a description of each swim along with photos and a chart. Some have distance choices. A swim in your state may already be in the bank of swims or be planned for the near future. Collect your swims and send them in at the end of the year for a personalized certificate. A shirt with the logo is also available. It's easy to log your yardage every time you swim and it is beneficial to your fitness program to know how much you are swimming. The Committee's second swim is a 30-minute postal swim. This is a non-competitive way to swim for 30 minutes and compare your time with other swimmers around the country. Do the swim as many times as you wish and send in your best time by the end of 2003. This event will not start until January but feel free to try a 30-minute swim on your own in 2002 as preparation for the Hour Swim in January. The third event ran this year and will be repeated next year. The "Check-Off Challenge" gives you a chance to try all the recognized swimming events, anywhere, anytime. Check them off on a custom t-shirt. All the information you need for these events is on www.USMS.org/fitness/.