

July/August
2003



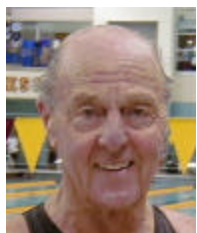
SPMA MASTERS SWIMMING



Piemme and Melick Named 2002 SPMA Swimmers of the Year

The votes are in. Frank Piemme and Karen Melick are the 2002 pool "Swimmers of the Year." Winners are chosen based on meet

participation, as well as superior performance. When it came time for voting, it was discovered that SPMA has some of the greatest Masters swimmers in the nation.



Frank Piemme
(photo by Jim Matysek)

Male pool "Swimmer of the Year," Piemme (Santa Barbara Masters) started 2002 as the listed world record holder in 11 events in his age group, as well as the listed national record holder in thirty-one events. In 2002 Piemme swam SCY, LCM and SCM events, achieving a #1 ranking in twenty events, including the freestyle, butterfly, IM and breaststroke. During his years as a

Masters swimmer he has repeated his record setting pattern in each of his previous age groups. Thanks, Frank, for showing us what it takes to be SPMA's Male pool "Swimmer of the Year 2002."

Melick (Southern California Aquatic Masters) is SPMA's female pool "Swimmer of the Year 2002." Swimming in the highly competitive 45-49 age group, Karen started 2002 as the national record holder in two events, the 50 and 100 breaststroke. During the year she achieved #1 rankings in the breaststroke as well as eight #2 or #3 national rankings. Although she specializes in breaststroke, Karen has had a total of thirty-five Top Ten swims in the past ten years.

Congratulations to both Karen and Frank. We are proud to have you as members of SPMA.

SPMA Ocean Series Points Competition: 2002 Winners

Women

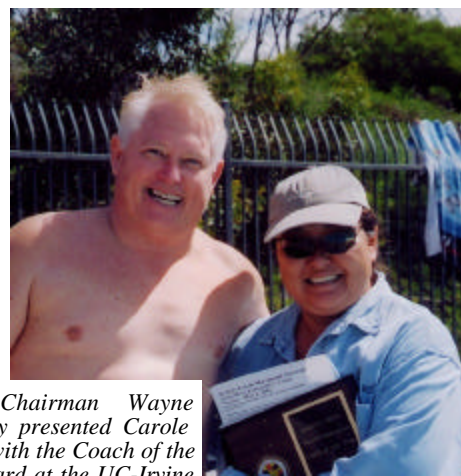
19-24	Nicole Huszcz (NOVA)
25-29	Fiona Petersen (NOVA)
30-34	Jenni Carlson (SCAQ)
35-39	Kathleen Davids (SOBA)
	Cynthia Wyels (DSSM)
40-44	Heidi Christensen (DSSM)
45-49	Cristie Ciraulo (UCLA)
50-54	Sherry Kittrell (PCA)
55-59	Linda Bird (LAPS)
	Mimi Frank (SLUG)
60-64	Carol Jewell (UNAT)

Men

19-24	Jason Reukema (CPM)
25-29	Marc Eskes (SLOM)
30-34	Craig Shimomura (NOVA)
35-39	Randy Eickhoff (UCLA)
40-44	Bill Ireland (SCAQ)
45-49	Rick Phillips (SCAQ)
50-54	Thomas Ettinger (UNAT)
55-59	Auggie Shima (SCAQ)
60-64	Tegze Haraszti (HBSC)
65-69	Buddy Belshe (HBSC)
70-74	Frank Reynolds (HBSC)

In this issue:

- * *Glucosamine Sulfate and Chondroitin Sulfate for Joints, by Jessica Seaton*
- * *SPMA Video Library Reviews, by Lynda Gardener*



SPMA Chairman Wayne McCauley presented Carole Shigaki with the Coach of the Year Award at the UC-Irvine Regional Championships.
(Photo by Errol Graham)

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

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
OJAI: Ojai Masters
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO: TRISLO Roadrunners
SAN LUIS OBISPO MASTERS
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
SANTA MARIA SWIM CLUB
SANTA PAULA: Heritage Valley Masters
THOUSAND OAKS: Daland Masters
VENTURA AQUATIC CLUB
VENTURA COUNTY MASTERS

NORTH LOS ANGELES COUNTY

GLENDALE: Adult Aquaphobia Swim Center
GRANADA HILLS: CSUN Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SANTA CLARITA MASTERS
WOODLAND HILLS: Southwest Aq Masters

SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ
EL SEGUNDO MASTERS
EL SEGUNDO: Play Hard Swim Hard
HAWTHORNE: South Bay Swim Team
HOLLYWOOD: Hollywood Wilshire YMCA
LA: City of Los Angeles Masters
LA: USC Trojan Masters
LA DOWNTOWN & WEST: SCAQ
LA MID WILSHIRE: Meridian Swim Club
LA WEST: UCLA Bruin Masters
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 & WESTCHESTER: SCAQ
WEST HOLLYWOOD AQUATICS

ORANGE COUNTY

COAST MASTERS
FOUNTAIN VALLEY: Typical Tropical Swim Cl.
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: Sports Club
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH MASTERS
NEWPORT BEACH: Lifeguard Association
NEWPORT BEACH: Pacific Coast Aquatics
TUSTIN: SOCAL
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

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
TEMECULA: Inland Gold Aquatic Masters
YUCAIPA: Masters of Yucaipa

LAS VEGAS

HENDERSON Southern Nevada Masters
CITY OF LAS VEGAS MASTERS

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Keith Moore (661) 637-1403; 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; coachwtriso@aol.com; www.trislo.com
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Marcel Rinzler
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Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
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Timothy Sharpe (323) 954-1100
Gerry Rodrigues (310) 645-5937; www.idyll.org/~henryh/bruinmasters
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Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com
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SCAQ Office (310) 390-5700; www.swim.net/scaq
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com
Michael Hamm (310) 993-4977; swimdude41@aol.com
SCAQ Office (310) 390-5700; www.swim.net/scaq
Carl Anhalt (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org

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Robert Sands (714) 969-1056; cwroof@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
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Mark Moore (949) 489-1847; m.w.moore@cox.net; mastersmvnswim.org
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Jim Turner jturner@city.newport-beach.ca.us
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Todd Wines (909) 359-5251; tr4eternity@aol.com
Jana Clark (909) 600-4598; swimstbn@aol.com
Don Harlan (909) 797-0824; ddharlan@eee.org

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

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. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31, 2003 you may swim long course meter and short course meters 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); 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.

Thank you!
Bekah Wright (SCAQ)
 For editing and proofing this issue of
 SPMA Swimming News!

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 • •								
	800/1000 • •								
	1500/1650 • •								

Meet _____ No. of events _____ x \$ _____ = \$ _____ Surcharge \$ _____ Total \$ _____	FOR OFFICE USE ONLY Amt Rec'd _____ Date _____
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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 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, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
 No

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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Mission Viejo Nadadores

2003 SPMA Regional and Southwest Zone LCM Championships

Sunday—Monday, August 9-11, 2003

Sanction number: 333-023

Directions: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

Fees: Flat fee of \$35.00 if POSTMARKED on or before Friday, July 25, 2003. Add \$10.00 late fee for all entries POSTMARKED on or after Saturday, July 26, 2003. All entries must be RECEIVED by Friday, August 1, 2003. **NO INDIVIDUAL DECK ENTRIES ARE ALLOWED.** Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 8 individual events for the entire meet (no more than 5 per day), plus relays.

Seeding: Men and women will be seeded together for both the 1500 and 800 m Freestyle, based on entry time. Scoring will be separate, by gender and age group. All individual events plus 400 and 800 meter relays will be seeded and swum slowest to fastest. The 200 meter relays will be seeded by age group. Except for the 1500 and 800 meter Freestyle events all events will be swum men and women separately.

1500 and 800 Freestyles: The first 80 swimmers to enter each event and check-in on race day will be guaranteed a lane assignment. If more than 80 enter either of these events, a waiting list will be established, based on the date the entry was received (or, if many received on the same day, the order in which the envelopes are opened). Wait list swimmers should check-in for either event by the posted deadline. You will be called to fill vacancies based on the order your entry was received. You may swim both distance freestyle events, subject to the 10-heat restriction for each race. Please indicate your 1st choice on your entry card, should one or the other event be filled.

Timing: Electronic timing will be used. The meet hosts will make every effort to provide one timer for each lane. Swimmers from all clubs are expected to assist with timing. Clubs may be assigned lanes for timing, based on the number of their swimmers participating in the meet. Swimmers in the next heat should assist by stepping forward and pushing a timing system button for the finish of the swimmer in the preceding heat.

Check-in: This will be a "DECK-SEEDED" meet. You MUST check-in for all events you wish to swim.

Awards: Individual: Custom medals for places 1st-3rd, SPMA ribbons for places 4th-6th for each age group and gender. Relays: Custom medals for 1st place, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 10 teams, based on combined scoring for men and women, individual events plus relays, including mixed relays.

Entries: Mail entries, entry card, copy of USMS card, and fees (payable to Mission Viejo Nadadores) to: MVN Masters Swimming, 25108-B Marguerite Parkway PMB #175, Mission Viejo, CA 92692. Receipt of entry will **NOT** be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: Call (949)489-1847 or send an email to Mark Moore: m.w.moore@cox.net

Saturday, August 9

Warm-up at 7:45 a.m.

Meet starts at 9:00 a.m.

Saturday: Check-in for events 1 and 2 will close at 8:40 a.m. Check-in for events 3-6 will close at 9:00 a.m. The check-in deadlines for all other Saturday events will be announced at the meet.

1. Women's 200 m Ind. Medley
2. Men's 200 m Ind. Medley
3. **Women's 200 m Medley Relay***
4. **Men's 200 m Medley Relay***
5. Women's 200 m Butterfly
6. Men's 200 m Butterfly
7. Women's 50 m Backstroke
8. Men's 50 m Backstroke
9. Women's 100 m Breaststroke
10. Men's 100 m Breaststroke
11. **Mixed 200 m Freestyle Relay***
12. **800 m Freestyle Relay (Women, Men, Mixed)**
13. Women's 50 m Fly
14. Men's 50 m Fly
15. Women's 100 m Freestyle
16. Men's 100 m Freestyle
17. Women's 200 m Backstroke
18. Men's 200 m Backstroke
19. **400 m Freestyle Relay* (Women, Men, Mixed)**
20. 400 m Freestyle (Women, Men)

Sunday, August 10

Warm-up at 7:45 a.m.

Meet starts at 9:00 a.m.

Sunday: Check-in for events 21 and 22 will close at 8:40 a.m. Check-in for events 23-26 will close at 9:00 a.m. The check-in deadlines for all other Sunday events will be announced at the meet. Check-in for the 800 m Freestyle will close at the conclusion of the Men's 100 m Backstroke on Sunday.

21. Women's 200 m Freestyle
22. Men's 200 m Freestyle
23. **Women's 200 m Freestyle Relay***
24. **Men's 200 m Freestyle Relay***
25. Women's 200 m Breaststroke
26. Men's 200 m Breaststroke
27. Women's 50 m Freestyle
28. Men's 50 m Freestyle
29. Women's 100 m Backstroke
30. Men's 100 m Backstroke
31. **Mixed 200 m Medley Relay**
32. Women's 400 m Ind. Medley
33. Men's 400 m Ind. Medley
34. Women's 50 m Breaststroke
35. Men's 50 m Breaststroke
36. Women's 100 m Butterfly
37. Men's 100 m Butterfly
38. **400 m Medley Relay* (Women, Men, Mixed)**
39. 800 m Freestyle (Women, Men)

Monday, August 11

Warm-up at 4:00 p.m.

Meet starts at 5:00 p.m.

Check-in for the 1500-meter Freestyle will close at 4:30 p.m. Monday.

40. 1500 m Freestyle (Women, Men)

***Relays:** A swimmer may swim only one relay in each of event 12, 19 and 38 (e.g., Women, Men or Mixed). For entry information please see the additional information online at www.spma.net.

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

Long Beach Swim Club 2003 Omar Nielson Naples Island Swims Sunday, July 27th, 2003

Sanction number: 333-053

Distance: 1000 meter, 1-mile, and 3-mile.

Location: Alamitos Bay, Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-66°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

Check-in: Check-in begins at 7:30 a.m. and closes at 8:50 a.m. The 1-mile starts at 9:00 a.m., the 3-mile starts at 9:10 a.m., and the 1000 meter swim starts at 9:30 a.m. Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line.

Entries: Pre-registration is \$25 and must be postmarked by Friday, July 18, 2003. Fee includes long-sleeved t-shirt designed for this event. Race day registration (or if postmarked after July 18) is \$30 (t-shirts not guaranteed for late entries). Additional t-shirts may be pre-ordered for \$13. To enter, send a copy of your USMS card, a completed SPMA consolidated card (indicate 1000 m, 1-mile, or 3-mile), and your t-shirt size with your check payable to: Long Beach Swim Club. Mail to: Long Beach Swim Club, P. O. Box 3368, Long Beach, CA 90803.

Awards: Custom Naples Island awards for 1st to 3rd in each age group and each race.

Additional Information: Lucy Johnson, lucyj@uci.edu

5th Annual Pismo to Avila Pier to Pier Swim Saturday, September 13th, 2003

Sanction number: 333-051

Distance: 6.2 miles

Location: Enter the ocean on the south side of the Pismo Beach Pier. Swim northwest, exiting the ocean on the west side of the Avila Beach Pier. Avila Beach is located 7 miles from San Luis Obispo. Expected water temperature 55-62 degrees. Each participant must arrange for their own escort. NO EXCEPTIONS. No Deck entries.

Check-in: Meet at Avila Beach on the sand just west of the Avila Pier. Check in at 6:45 AM. Race instructions promptly at 7:30 AM. Race begins at 8:00 AM.

Entries: Registration forms will be available at the website by end of June.

Is this swim for me? This swim event is only for those experienced in cold water and long distances in open water. If you are apprehensive about participating in this swim or about your ability to complete the distance or are apprehensive about the water temperature, do not consider participating.

Additional Information: Dave Van Mouwerik, dave@avilaswimming.com, 805-782-0612, www.avilaswimming.com and click on the "pier-to-pier" buoy.

Newport Beach Lifeguards Corona del Mar Don Burns Scholarship Swim Saturday, August 23rd, 2003

Sanction number: 333-054

Distance: 1 mile.

Location: Big Corona Beach in Corona Del Mar.

Check-In: 9:15 a.m. at Lifeguard Tower #3 - next to the jetty. The swim starts at 10:00 a.m.

Course: Start from the beach next to the Corona Del Mar jetty; swim to a buoy 100 yards offshore, down the coast along the swim lines, past spectacular cliff side homes and rocky coastline to the secluded cove of Little Corona, round buoys and return up coast to the first buoy and swim to an onshore finish where you began. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

Entries: Pre-registration is \$20 (includes t-shirt) and must be postmarked by Saturday, August 16th. Race day entry is \$25 (includes t-shirt). Additional t-shirts are available for \$10. To enter, send a copy of your USMS card, an SPMA consolidated card, and your t-shirt size with your check payable to: N.B.O.L. A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

Additional Information: Nadine Turner 949-640-5350, nadine-turner3@cox.net, www.newportlifeguard.org

2nd Annual American Mile Saturday, September 14th, 2003

Sanction number: 333-052

Distance: 1 mile swim on a triangular course.

Location: Salt Creek Beach is located off Pacific Coast Hwy (PCH) in Dana Point. The course is located south of Lifeguard Tower #3, directly below the Ritz Carlton Hotel. From the North: Take I-5 south to Crown Valley Pkwy, exit and turn right. Take Crown Valley Pkwy to the end and turn left on PCH and go 0.7 mi. Turn right at Ritz Carlton Rd and park in lot on left. From the South: Exit I-5 at PCH/Beach Cities exit and proceed north on PCH through Dana Point for 3.1 mi. Turn left at Ritz Carlton Dr, then right into the lot. Look for neon signs and walk through tunnel down to beach. Race is to the left of the guard towers. Parking is \$1/hr, bring quarters or dollars.

Fundraiser: \$20 of every pre-race entry will support the Twin Towers Orphan Fund, for education and mental support of young victims of the September 11, 2001 tragedy. 100% of race day entries will go to this fund.

Check-in: Check in 8:30-9:30 a.m. Race begins at 10:00 a.m.

Entries: Pre-registration \$30 (includes a commemorative embroidered bucket hat) and must be postmarked by Saturday, Sept. 6th. Entries postmarked after Sept. 6th will be accepted, but no hat will be available. Race day registration is \$30. SPMA registration on race day is \$20 (late year registration fee).

To enter, send a copy of your USMS card, an SPMA consolidated card, your hat size (S, M, L or XL) and your check payable to: Bert Bergen. Please write "American Mile" in the memo area. Mail to: Bert Bergen, 33321 Bremerton St. Dana Point, CA 92629.

Awards: Gift certificates for top 3 age group finishers. Special awards for fastest male and female, 10-49 and 50+.

Additional Information: Bert Bergen 949-661-8360, bergenluau@cox.net.

Glucosamine Sulfate and Chondroitin Sulfate for Joints

by Jessica Seaton

Many older swimmers are probably already taking either glucosamine sulfate or chondroitin sulfate or both.

What is glucosamine sulfate?

Glucosamine sulfate is a basic building block used by the body to make cartilage, as well as tendons, ligaments, skin, heart valves, bone, and synovial fluid (joint fluid). It is also one of the molecules used by the body to synthesize chondroitin sulfate. Most of the research on glucosamine sulfate has focused on its effects on the joints.

Joints are the intersection of two bones whose ends are covered in cartilage. The joint capsule surrounds the ends of two bones and has an inner synovial lining that secretes synovial fluid to protect and lubricate the cartilage ends. Ligaments provide stability by connecting bone to bone and lie outside the joint capsule. Tendons connect muscle to bone.

What is chondroitin sulfate?

Chondroitin sulfate is a larger molecule used by the body to make cartilage, ligaments, tendons, and bone. Glucosamine is one of chondroitin's building blocks. Like glucosamine, chondroitin sulfate has been studied mainly in its role with joints.

What is arthritis?

Arthritis is generally an acute inflammation of a joint. The most common form of arthritis is osteoarthritis, or degenerative joint disease (DJD). This is the arthritis of aging and its symptoms are felt in the joints. By age forty, 90% of the population will have some degree of degenerative joint disease, including decreased joint space and bone spurs (osteophytes), but not everyone will have symptoms. A feeling of stiffness in the joints in the morning is a typical sign of arthritis. Knees, hips, hands, fingers, lower back, and neck are the joints most commonly affected.

How do glucosamine sulfate and chondroitin sulfate work?

Radiographs of joints affected by DJD show joint space narrowing. In reality, this is a decrease in the thickness of the cartilage around the ends of the bones. Cartilage is made by cells called chondrocytes. As we age, chondrocytes produce less cartilage. Glucosamine sulfate increases production of cartilage in two ways. First, chondrocytes use it directly as raw material to make more cartilage. Secondly, glucosamine sulfate stimulates chondrocytes to manufacture more cartilage and to replace unhealthy cartilage with fresh, healthy cartilage. Healthy cartilage, in turn, allows more good nutrients to reach the chondrocytes, and thus continue the cycle of creating more healthy cartilage. Glucosamine sulfate also inhibits the breakdown of cartilage.

While less research has been done on chondroitin sulfate, it too appears to help the joints by increasing the viscosity and amount of joint fluid (hyaluronic acid), inhibiting the breakdown of cartilage and reducing joint inflammation.

How does glucosamine sulfate compare to non-steroidal anti-inflammatory drugs?

Studies have shown that patients who take non-steroidal anti-

inflammatory drugs (NSAIDs) felt better initially, but after three to six weeks the group on glucosamine sulfate felt better. While they reduce pain and inflammation, NSAIDs inhibit the production of new cartilage. This prevents the joints from healing and improving. When NSAIDs and glucosamine sulfate are taken together, joints did not deteriorate as rapidly as when only NSAIDs are taken.

What kind of supplements are most effective?

Both glucosamine sulfate and glucosamine hydrochloride supplements are sold over the counter. Although the manufacturers of glucosamine hydrochloride say there is no difference between the two, all the studies showing positive effects were with glucosamine sulfate, and no studies to date have shown that glucosamine hydrochloride works. For that reason, if you are purchasing glucosamine, make sure it is glucosamine sulfate and not glucosamine hydrochloride. Ninety percent of glucosamine sulfate is absorbed. Purified chondroitin sulfate is absorbed by the human gastrointestinal tract, but probably not nearly as well as glucosamine sulfate. Purified chondroitin sulfate is very expensive.

Consumerlab.com, which tests natural food store supplements, found that most supplements labeled glucosamine do contain glucosamine. However, supplements containing a combination of glucosamine and chondroitin generally do not contain chondroitin in amounts considered effective. Generally, supplements available to professionals, such as chiropractors and naturopathic doctors, are consistently of a higher quality. If you buy your supplements from a health food store, check the Consumerlab.com website first for the most effective products.

What about dosing, side effects, and contraindications?

The average dose for glucosamine sulfate is 1500 mg per day, and 1200 mg for chondroitin sulfate. It can be taken in one dose, or split into several doses. Side effects for both supplements are minimal, particularly when compared to NSAIDs, and consist primarily of digestive complaints. People with a sensitivity to shellfish might want to avoid glucosamine sulfate, since it is manufactured from shellfish, although no known adverse cases have been reported. Diabetics should discuss glucosamine with their doctors before taking it, and should monitor their blood sugar initially. As with any supplement, stop taking it if it you experience side effects.

Some final thoughts

While most of the research on glucosamine sulfate has been done on DJD, I have found that it helps in healing swimming and other sports-related injuries. This makes sense, as it is a building block for tendons and ligaments. It is particularly helpful in cases of knee injuries because of its healing effect on the knee cartilage and the cartilaginous menisci of the knee. For acute injuries, I recommend 1500 mg per day until the injury has healed.

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Sanctioned and Recognized Events: What are they? By Julie Heather

SPMA is responsible for sanctioning and recognizing USMS events in our area. There are some big advantages to hosting and swimming in a sanctioned event. For pool meets, your times are considered for USMS and World records, and USMS Top Ten rankings. In order to compete in a sanctioned event you must be registered with USMS.

Hosts of sanctioned events are required to comply with both the USMS rules and local requirement, ensuring a high quality meet or open water swim.

Another advantage to participating in a sanctioned event is that you are covered by the USMS insurance policy, and so is the host club.

The second category of events are "recognized" events. Swims by USMS swimmers in these events may be considered for Top Ten and USMS records. Recognized events must have an observer to determine that the event conforms to the relevant USMS swimming rules and regulations.

SPMA Video Library Reviews by Lynda Gardener

SPMA has a video lending library available to all registered swimmers (see the last page of the newsletter for a list of videos and borrowing information.)

Freestyle and Backstroke – The Total Immersion way; Terry Laughlin

Terry Laughlin is well known for his Total Immersion Workshops where he teaches the swimmer to flow through the water with effortless strokes. This video demonstrates a series of progression drills in both freestyle and backstroke, starting from basic body position leading up to the complete stroke. Attention to detail is good. Demonstrations are well explained with linking drills. Focus is mainly on good body position in the water and maintaining it during the stroke working on core body strength and rotation. Actual stroke mechanics are not discussed.

This video would be beneficial to all ages and of particular advantage to swimmers with short, choppy strokes and poor body position. Swimmers of any level can practice these progression drills daily. The swimmers feel of the water will improve and, ultimately, will help them to swim faster.

Recommended for all ages and levels.

Don Gambriel's Classic Series – Women's Swimming

This is an instructional video with good use of underwater footage and slow motion coverage of all four strokes. Although the video is almost 20 years old, it still has some valuable tips for competitive swimmers.

Don Talbot and Paul Bergen cover the breaststroke, using Olympian swimmers to demonstrate the stroke. It is interesting to see how the stroke has evolved over the years. Although the technique has changed considerably over time, the demonstration of turns is excellent.

Paul Bergen and Randy Reece cover the butterfly. Tracy Caulkins makes butterfly look effortless. There is excellent footage on both above and underwater dives/starts. The underwater footage shows good technique and good turns.

Don Talbot and Mitch Ivy cover the backstroke. Again, good use of underwater footage in slow motion. It is interesting seeing different ex Olympic swimmers using different stroke patterns underwater! The turns are no longer used in modern backstroke.

There is a lot more attention to technique detail in the freestyle segment with excellent footage. The freestyle dive is well-covered.

Recommended for competitive swimmers, bearing in mind the changes that have taken place over the past twenty years.

Don Gambriel's Gold Medal Series – Backstroke

Although this title dates back to the 1980's, it is still a good instructional video. The narration and detail to technique is good. Underwater as well as surface coverage is good. Numerous drills, many still seen used by coaches daily, are demonstrated with good attention to kicking. Although the turn techniques are old, a lot of Masters swimmers will be very familiar with them. Again, it is interesting to see the evolution over time!

Recommended for all levels and ages.

The Backstroke – From the Bottom Up

David Bottom narrates and demonstrates. The video has good visuals starting with basic body position. The underwater coverage of streamlining is excellent. Although the turns demonstrated are obsolete, the lead into and out of the turns is good. Starts are well demonstrated.

I personally, found some of the repetition boring.

Recommended for the beginner Masters swimmer.

USMS Record Breakers: 2003 Short Course Yards Season

The following swimmers broke 2002 USMS Records during the 2003 Short Course Yards Season. These records are among the toughest, so congratulations are in order to these swimmers!

Paul Carter (SCAQ) 45-49 100 Butterfly (he surpassed the old mark 3 times during the season!)

Jurgen Schmidt (SBM) 80-84 1650 Freestyle

George Watson (UNAT) 55-59 1650 Freestyle

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Southern Pacific Masters Association Schedule

**Tentative date and/or location

July

12 Santa Barbara LCM Meet
12 Balboa-Newport Pier-to-Pier Open Water Swim
12 35th Seal Beach Rough Water Swim
17 SPMA Co mmittee Conference Call
27 Naples Island Open Water Swim

August

3 USMS 6+ Open Water Champ., Santa Cruz, CA
9-11 Mission Viejo LMC Regional Champs
10 La Jolla Shores 5 mi Open Water Swim
14-17 USMS LCM Nationals, Piscataway, NJ
23 Don Burns Corona del Mar Open Water Swim
28** SPMA Committee Meeting

September

10-14 USMS Convention, San Diego, CA
13 Pismo to Avila Pier-to-Pier Open Water Swim
14 American Mile, Dana Point Open Water Swim

October

19 Mission Viejo SCM Meet

November

23 Pierce College Turkey Shoot SCM Meet

December

12-14 Belmont Plaza, Long Beach SCM Regionals

Only USMS Sanctioned Events are included in the above schedule. For a full listing of Southern California Open Water swims, including those not sanctioned by SPMA, visit www.spma.net

SPMA Video Library

SPMA has a video library available for use by 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 envelopes and mailing 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 which videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, & Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Backstroke from the Bottom Up (David Bottom)
- Freestyle from the Bottom Up (Dave Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- U. S. Swimming, Let's Talk Safety