

March/April
2003



SPMA MASTERS SWIMMING



Call for Nominations: SPMA Coach of the Year by Wayne McCauley

OK, swimmers, it's time to give credit due to that person who helped you reach those lofty goals you set for yourself over the last year. Be they winning a National Championship, finishing your first open water swim, or losing those pounds you put on over the holidays!!

We know who I'm talking about: That slave driver on the deck, that merciless counter of seconds and repetitions: Your Coach !!!

Every once in a while, it's nice to be recognized by your peers as having brought something special, something extra to the table. Perhaps you have a coach who has made a difference in your training, in your competition, in your life. Perhaps your coach has spent extra time working on some part of your swimming that makes you just a little bit better because of it. Now is your chance to tell your coach "Thank you." Round up your teammates and start talking it up!! Just being nominated by ones

swimmers brings a real sense of satisfaction to a coach.

The selection criteria is as follows: The Coach of the Year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments including championships and world records; and non-competitive club and individual accomplishments including club size and growth, club participation, volunteering, and events run by the club; and the coach's service to SPMA, USMS and other Masters organizations, participation in clinics, and published works.

To nominate your coach, provide a letter listing his or her accomplishments and a maximum of four letters from your teammates supporting your nomination.

Recent SPMA Coaches of the Year

2001	Michael Collins
1999	Brandon Seider
1998	John Kocker
1997	Gerry Rodrigues and Rick Goeden
1996	Gary Reese
1995	Philip Hayman

Nominations should be mailed to SPMA Chairman Wayne McCauley, 12841 Hawthorne Blvd #302, Hawthorne, CA 90250

Criteria can be found online at <http://www.spma.net/coachyearspecs.htm>

The Jim Marcus Award

SPMA gives the Jim Marcus Award annually to a registered member who has consistently demonstrated outstanding contributions to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, association or national level. The Jim Marcus Award has previously been given to:

1991	Bill Earley
1990	Chuck Hay
1989	Reg Richardson
1988	Barbara Dunbar
1987	Clay Evans
1986	Pamela Whittington
1985	Steve Schofield
1984	Judy Meyer

2001	Jessica Seaton
2000	Michael Collins
1999	Brandon Seider
1998	John Kocker
1997	Malchia Olshan
1996	Gary Reese
1995	Gerry Rodrigues
1994	Jill Lapp
1993	Diane Graner-Gallas
1992	Rick Goeden

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 Magazine 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!

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

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
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 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
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; coachwtrislo@aol.com; www.trislo.com
Lynne Anderson (805) 541-2585; iswimslo@yahoo.com; www.slo Seahawks.org
Brandi McDowell (805) 893-7616; brmcowel@aol.com
William Robert (805) 966-9757
(661) 284-1470 or 284-1741 (pool); Rob Harbo, rharbo@santa-clarita.com
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariasmw@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
Gary Anderson (626) 397-4993; 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
HOLLYWOOD: Hollywood Wilshire YMCA
LA: City of Los Angeles 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

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
Ricardo Espinoza (213) 639-7537; ricardoespinoza@ywcala.org
Ricardo Vera (323) 906-7953; rvera@rap.lacity.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
Tom Trapp
Beach Swim Club hotline (562) 597-9744
Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com
DeAnne Preyer (310) 372-3762
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

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
TUSTIN: SOCAL
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

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
Debra Cruze-Meyer (714) 285-9033; (714) 545-6452; decruzmyer@hotmail.com
Mark Tiemey (714) 639-7531; Susan Spiewak (714) 633-4702
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) 359-5251; tr4eternity@aol.com
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

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.

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.

SPMA is looking for a volunteer to represent the interests of the Senior members on the Swimming Committee. Please contact the SPMA Chairman, Wayne McCauley, if interested.

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 \$ _____ = \$ _____				Amt Rec'd _____			
	1500/1650 • •		Surcharge _____ \$ _____				Date _____			
	• •		Total _____ \$ _____							

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

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: _____

**Irvine Novaquatics
SPMA/USMS Mentor Coach &
Swimmer Clinic
March 22 - 23, 2003**

Location: Los Caballeros Sports Village. 17272 Newhope St. Fountain Valley, CA 92708

Event Details: SPMA will be hosting a USMS Coach & Swimmer Clinic in Orange County. The goals of the clinic are two-fold. One, to help swimmers improve, and two, to get coaches together to share ideas and learn from each other. The clinic will include helpful details on stroke mechanics, starts, turns, and racing strategies for all events. Each swimmer will receive video analysis of their stroke, starts, and turns. This is a great tune-up for Nationals in Arizona.

Coaching Staff: The Mentor Coach will be Kerry O'Brien from the Walnut Creek Masters in Northern California. His program has consistently been one of the top teams in the country for over 15 years. Michael Collins from Novaquatic Masters and other coaches from SPMA will also be assisting.

Timeline: Saturday

8:00 a.m. - Coaches Orientation
9:00 a.m. - Swimmers Clinic (Free & Back)
1:00 p.m. - Lunch
2:00 p.m. - Coaches Presentations
6:00 p.m. - Dinner & Social (Guest Speaker)

Sunday

8:00 a.m. - Coaches Orientation
9:00 a.m. - Swimmers Clinic (Fly & Breast)
1:00 p.m. - Lunch
2:00 p.m. - IM Starts & Turns

Hotels: For a list of hotels contact the SPMA Office or visit the website at: <http://www.spma.net/meetforms/SPMACoachSwimmerClinicForm2003.htm>

Fees: NOTE: The cost of the clinic includes lunch on both days.

2003 USMS Members.....	\$120
Non-USMS Members (includes membership):	\$155
Saturday Only	\$75
Sunday Only	\$75
SPMA Coaches	\$30
Non-SPMA Coaches.....	\$50

Registration: There is a limit of 50 swimmers for this clinic. Registrations must be received by Friday, March 14th. Fill out an SPMA Consolidated Entry Card, indicate on the top whether you are a coach or swimmer (no entry times are necessary!). Sign the form, and send with the clinic fee to: Novaquatics, 14252 Culver Dr. A811, Irvine, CA 92604. Online Registration available at: http://www.active.com/event_detail.cfm?event_id=1027115

Information: For more information or questions, please contact Michael Collins at (949) 338-6682 email: mcollins@multisports.com

**Mission Viejo Nadadores
SCY Swim Meet
Sunday, March 30th, 2003**

Sanction number: 333-004

Directions: Marguerite Recreation Center, 27341 Trabuco Circle, Mission Viejo. From the North or South, take 5 Fwy to the Alicia Pkwy exit in Mission Viejo. Go east to Trabuco Road. Turn right on Trabuco to Maguerite Pkwy. Go left on Maguerite to Casa Del Sol, turn right onto Casa Del Sol, turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Entries: Postmarked Deadline: Monday, March 24, 2003. Age on March 30, 2003 determines age group for the meet. On deck registration permitted. **Deck entries will close at 8:45 AM for the 1650 and at the conclusion of the 1650 for all other events.**

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 500 yd. Freestyle.**

Relays: All relays will be deck entered, on SPMA relay forms available at the meet. 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 - 3. Relay: SPMA ribbons for first place. Special awards to the swimmer who swims closest to their entered time in each event.

Entry Fees: \$15.00 per swimmer flat fee. Deck entries allowed for total of \$20.00.

Checks payable to: Mission Viejo Nadadores (MVN)
Mail consolidated entry card and check to: **Mission Viejo Nadadores - Paul Divan, 20 Las Pisadas, Rancho Santa Margarita, CA 92688.** **Questions:** Meet Director, Mark Moore (949) 489-1847; m.w.moore@cox.net. Meet Processing, Paul Divan (949) 766-9068; pauldivanii@cox.net
Snack Bar : Hot and cold drinks, snacks, and food will be available.

Sunday March 30th 2003

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

1650 Starts at 9:00 a.m.

- 1.* _____ **1650 yd. Freestyle**
Add'l. warm-up after 1650; event #2 starts at noon
2. _____ 200 yd. Mixed medley relay
3. _____ 200 yd. Freestyle
4. _____ 50 yd. Butterfly
5. _____ 100 yd. Backstroke
- (10 min. break)**
6. _____ 200 yd. Ind. Medley
7. _____ 50 yd. Breaststroke
8. _____ 100 yd. Freestyle
9. _____ 200 yd. Mixed freestyle relay
10. _____ 100 yd. Butterfly
11. _____ 50 yd. Backstroke
- (10 min. break)**
12. _____ 100 yd. Breaststroke
13. _____ 50 yd. Freestyle
14. _____ 100 yd. Ind. Medley
- 15.* _____ **500 yd. Freestyle**

East Lake Eagle Rays Short Course Yards Meet Saturday, April 5th, 2003

Sanction #333-007

Location: Outdoors at East Lake Village RCII pool in Yorba Linda, CA, East Lake Village RCII pool is a 25 yd. outdoor rim-flow design with 6 competition lanes and a 3 lane warm-up area.

Directions: East Lake RCII Pool, 5700 Village Center Dr., Yorba Linda, CA 92886. Take the 91 Fwy to Imperial Hwy off-ramp. Take Imperial Hwy north to La Palma Ave. (1st light). Turn right to Fairmont Ave. (1st light). Turn left to Village Center Dr. (2nd light). Turn right and proceed past one stop sign to pool on right side of street.

Parking: Please park on Village Center Dr. and not in neighborhood next to pool. Parking is open on Village Center Dr on both sides of street except directly in front of pool marked by signs. Thank you!

Rules: Swimmers are limited to a total of 5 individual events at this meet. Age on April 5, 2003 determines age group for the meet.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Swimmers in the 1650 freestyle MUST check in to be seeded.

Entry Fee: \$18.00 per swimmer flat fee. Day of event deck entries allowed -- \$25.00 flat fee.

Entries: Entries must be postmarked by Monday, March 24th. Please enter your best short course yards time, or a reasonable estimate or a workout time. Submit times on a SPMA consolidated entry card. Make checks payable to: **East Lake Village**. Mail consolidated entry card and check to: Mike Pawlowski, 20436 Via Navarra, Yorba Linda, CA 92886

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

Awards: Individual – SPMA ribbons for places 1-3.

Questions: Meet Director, Mike Pawloski (714) 779-8430, BonusPak@earthlink.net; Meet Processing, Robert Mitchell (949) 707-5670, MitchellRobert@cox.net

Saturday April 5th

1650 Warm-up at 8:00 a.m., starts at 9:00 a.m.

1. _____ 1650 yd. Freestyle
- Add'l warm-up after 1650; event #2 starts at noon
2. _____ 50 yd. Breaststroke
3. _____ 100 yd. Individual Medley
4. _____ 50 yd. Backstroke
5. _____ 100 yd. Freestyle
6. _____ 50 yd. Butterfly
7. _____ 400 yd. Individual Medley
8. _____ 100 yd. Backstroke
9. _____ 50 yd. Freestyle
10. _____ 100 yd. Breaststroke
11. _____ 100 yd. Butterfly
12. _____ 200 yd. Freestyle

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

University of California-Irvine SCY Regional Championships and Southwest Zone Championships April 11 - 13, 2003

Sanction #333-006

Directions: UC Irvine's Anteater Aquatics Center, Irvine, CA Take I-405 or the southbound 73 Fwy to University Drive. From the 405, exit south on University to Mesa, turn left onto Mesa, turn right again to enter the Mesa Parking Structure. From the 73, turn north onto University, turn right onto Mesa, and turn right again to enter the Mesa Parking Structure. Exit the parking structure at the SW corner, and take the walkway between the Bren Center and the tennis courts. The pool will be on the left. Alternative parking is available in Lots 6 and 6a. Parking is \$5.00 per day. Some meters are available (15 minutes for 25¢). **Posted parking restrictions are enforced at all times.**

Friday, April 11

Warm-up 4:00 p.m., meet starts at 5:00 p.m.

1. Mixed 1650 yd. Free *

Saturday, April 12

Warm-up 8:00 a.m., meet starts at 9:00 a.m.

- | | |
|------------------------------|--------------------------------|
| 2. Women's 400 yd. IM | 14. Women's 50 yd. Free |
| 3. Men's 400 yd. IM | 15. Men's 50 yd. Free |
| 4. Women's 200 yd. Free | 16. Women's 100 yd. Fly |
| 5. Men's 200 yd. Free | 17. Men's 100 yd. Fly |
| 6. Women's 50 yd. Fly | 18. Women's 200 yd. Back |
| 7. Men's 50 yd. Fly | 19. Men's 200 yd. Back |
| 8. Women's 100 yd. Back | 20. Women's 100 yd. IM |
| 9. Men's 100 yd. Back | 21. Men's 100 yd. IM |
| 10. Mixed 200 yd. Free Relay | 22. Women's 200 yd. Med. Relay |
| 11. Mixed 200 yd. Med. Relay | 23. Men's 200 yd. Med. Relay |
| 12. Women's 200 yd. Breast | 24. Mixed 400 yd. Free Relay** |
| 13. Men's 200 yd. Breast | |

Sunday, April 13

Warm-up 8:00 a.m., meet starts at 9:00 a.m.

- | | |
|-------------------------------|--------------------------------|
| 25. Women's 500 yd. Free | 35. Women's 50 yd. Back |
| 26. Men's 500 yd. Free | 36. Men's 50 yd. Back |
| 27. Women's 50 yd. Breast | 37. Women's 100 yd. Breast |
| 28. Men's 50 yd. Breast | 38. Men's 100 yd. Breast |
| 29. Women's 100 yd. Free | 39. Women's 200 yd. IM |
| 30. Men's 100 yd. Free | 40. Men's 200 yd. IM |
| 31. Women's 200 yd. Fly | 41. Mixed 400 yd. Med. Relay** |
| 32. Men's 200 yd. Fly | 42. Mixed 800 yd. Free Relay** |
| 33. Women's 200 yd. Free Rel. | 43. Mixed 1000 yd. Free* |
| 34. Men's 200 Y Free Relay | |

*Limited to 80 swimmers, check-in required, men and women will be seeded together

**Men's, Women's and Mixed seeded together

Entries: Flat fee of \$4035.00 if postmarked on or before Friday, March 28, 2003. Add \$10.00 late fee for all entries postmarked on or after Saturday, March 29, 2003. All entries must be RECEIVED by Friday, April 4, 2003. NO INDIVIDUAL DECK ENTRIES ARE ALLOWED. Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. 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. All fees are non-refundable. Receipt of entry will NOT be verified by phone. Send a SASE or stamped postcard for return receipt.

Mail entries, entry card, proof of registration, and fees (payable to UC Regents) to: Masters Swimming, UCI - Crawford Hall, Irvine, CA 92697-4500.

Questions: Meet Director, Lucy Johnson, lucyj@uci.edu

UCLA Bruin Masters SCY Meet at Sunset Canyon Pool Saturday, April 26th, 2003

Sanction #333-005

Directions & Parking: 405 Fwy to Sunset Blvd east. Take Sunset approximately 1 mile to Bellagio. Turn right into campus. Left at first stop sign, De Neve Drive. Right at first stop sign, Sunset Canyon. Pull around circle and purchase parking at cashier, then park in lot. FREE parking is available on Veteran Ave (100 yards west of Bellagio), a 5-7 minute walk to the pool.

Rules: Swimmers are limited to a total of five individual events at this meet. Age on April 26th determines age group for the meet. **Entrants may either mail their registration or enter on meet day. To ensure pre-registration, mailed entry forms should be postmarked by Monday, April 21st.**

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. The Meet Director reserves the right to require swimmers to swim 2 to a lane in the 500 freestyle.

Relays: Relay fee is \$2.00 per relay. #12 the 4 x 50 "T-shirt" relay is a no charge - fun event! Each member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

Snack Bar: Food will be available at the campus food court located in the heart of campus (10 minute walk). The pool area has vending machines.

Awards: Individual UCLA medals for places 1 through 3 except relays. Relays receive SPMA ribbons.

Entry Fees: \$20 entry fee per swimmer. Relay only swimmers pay \$10. Make checks payable to: **UC Regents**; Mail consolidated entry card and check to: P. O. Box 204, El Toro, CA 92609-0204. To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Requested." NO certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Questions: Meet Director, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 645-5937; Meet Processing, Robert Mitchell, MitchellRobert@cox.net

Saturday April 26th

Warm-up 8:00 a.m.

Meet starts at 9:00 a.m.

1. _____ **500 yd. Freestyle**
The 500 will be limited to 80 entrants.
Add'l. warm-up after 500; event #2 starts at 10:30 a.m.
2. _____ 200 yd. Free Relay
3. _____ 200 yd. Ind. Medley
4. _____ 100 yd. Butterfly
5. _____ 200 yd. Freestyle
6. _____ 100 yd. Backstroke
7. _____ 50 yd. Freestyle
8. _____ 100 yd. Breaststroke
9. _____ 100 yd. Freestyle
10. _____ 50 yd. Butterfly
11. _____ 100 yd. Ind. Medley
12. _____ T-shirt Relay

SCAQ's Loyola Marymount University Swim Meet & Beginner's Clinic Sunday, May 4th, 2003

Sanction #333-012

BEGINNER'S CLINIC: will be held concurrent with, but in a separate area from the swim meet. Coaches will instruct swimmers on competitive strategy and stroke technique and will assist at block for clinic event swims. A time will be set aside to practice race dives off the blocks with coaches assisting. Clinic events are designated for beginners only please. Any swimmer may participate in clinic but only registered 2003 USMS/SPMA swimmers may swim in numbered sanctioned swim events (see below).

Loyola Marymount University: Outdoor 25 yd x 50 m. pool.
FROM THE NORTH: Take 405 Fwy to Howard Hughes Pkwy exit. Go right off the ramp to Sepulveda Blvd. Turn left and go to 80th Street (approx. 1.5 miles). Turn right and continue to Loyola Blvd. Turn right and park in lot on the left. Pool is across Loyola Blvd. behind the Burns Recreation Center Building.
FROM THE SOUTH: Take the La Tijera Blvd exit. Turn left onto La Tijera Blvd. Continue on La Tijera for approx. 1 mile to W. 83rd St. and turn right. Continue on W. 83rd St. approx. 1.5 miles and turn right onto Loyola Blvd. Follow directions above. See map: <http://swim.net/scaq/pools/>

Rules: Maximum of 5 individual events. 500 freestyle deck entries are due at 8:30 a.m., other deck events by 9:30. All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. At the discretion of the Meet Director, events may be modified or cancelled for the general benefit of the participating swimmers. SPMA ribbons 1st- 3rd in individual events.

Entry Fees: Pre-entries must be received by **Thursday, May 1st** and are a flat fee of \$25. Deck entries are \$30. Make check payable to SCAQ and mail with consolidated entry card and a copy of your 2003 USMS registration card to SCAQ, P.O. Box 66425, Los Angeles, CA 90066

Questions: Call the SCAQ Office at (310) 390-5700.

- 1 500 yd. Freestyle (**Starts at 9:00 a.m.**)
- * Clinic instruction begins (**Starts at 9:00 a.m.**)
- 2 200 yd. Medley Relay (**Starts 10:30 a.m.**)
- 3 200 yd. Individual Medley
- 4 50 yd. Freestyle
- * **Beginner 50 yd. Freestyle (Clinic event)**
- 5 100 yd. Breaststroke
- 6 50 yd. Backstroke
- 7 100 yd. Butterfly
- 8 100 yd. Freestyle
- * **Beginner 50 yd. Breaststroke (Clinic event)**
- * **Beginner 50 yd. Backstroke (Clinic event)**
- * **Beginner 50 yd. Butterfly (Clinic event)**
- 9 200 yd. Backstroke
- 10 200 yd. Butterfly
- 11 50 yd. Breaststroke
- 12 100 yd. Backstroke
- 13 50 yd. Butterfly
- * **Beginner 100 yd. Freestyle (Clinic event)**
- 14 200 yd. Freestyle
- 15 100 yd. Individual Medley
- 16 200 yd. Breaststroke
- 17 400 yd. Free Relay (Deck enter only)
- * **Beginner's 200 yd. Free Relay (Clinic event)**

Why Bother with Recovery Drinks? By Jessica Seaton, D. C.

Post-exercise nutrition can improve the quality and the rate of recovery after a bout of serious exercise, such as a one hour swimming practice, a weight training session, or a longer run. Signs of poor recovery include fatigue, poor workouts, prolonged muscle soreness, lack of increased strength, and lack of increased muscle mass. Research has shown that nutrition ingested right after working out, and up to two hours later can drastically improve one's recovery time.

From a physiological perspective, muscle fibers are made of protein and increase in size if the protein is synthesized. Exercise increases the breakdown in muscle protein while decreasing protein synthesis. It also depletes glycogen, which is what the muscles use for energy. Glycogen consists of glucose molecules. Finally, insulin levels are frequently reduced after exercise. Insulin is a hormone that enables the muscle cell to absorb glucose, to build glycogen, and amino acids used to build muscle protein, while decreasing the breakdown of muscle protein during the post-exercise period.

The goal of post-exercise nutrition is to replenish the glycogen stores and to encourage protein synthesis. Carbohydrates are the body's main source of glucose, the molecule used to build glycogen. By ingesting carbohydrates, you rapidly replenish your glycogen stores. This is important because consistently low glycogen stores lead to a breakdown of muscle protein and a loss of muscle mass. Carbohydrates increase the body's insulin concentration. Insulin is essential for glycogen and protein synthesis. Carbohydrates also promote the release of growth hormone, which promotes protein synthesis, which in turn leads to increased muscle mass. Finally, carbohydrates decrease cortisol concentration. Cortisol, also known as a "stress hormone," is released in response to both physical and psychological stress. During a workout, cortisol levels are increased, causing muscle protein to break down.

Several studies have shown that adding protein to a carbohydrate mix will significantly enhance the release of insulin compared to carbohydrate alone. The type of protein most quickly absorbed is whey hydrolysate. Adding amino acids to the pro-

tein increases their availability to be used as building blocks. The most important essential amino acid in a recovery drink is leucine, because it works synergistically with insulin to maximize protein synthesis.

The optimal post-recovery nutrition would be a drink consisting of carbohydrates and protein. The optimal form of carbohydrate for the recovery drink is glucose and glucose polymers (several glucose molecules), such as maltodextrin. The ideal protein is a protein hydrolysate, such as whey hydrolysate. The protein should also contain all of the essential amino acids, and in particular leucine.

The drink should contain twice as much carbohydrate as protein, calculated at a rate of 0.8 grams of carbohydrate and 0.4 grams of protein for every kilogram of your body's weight. For example, a 140 pound swimmer would calculate his or her carbohydrate and protein needs as follows:

140 lb. = 63.5 kg.

63.5 kg x 0.8 g/kg = 50 grams carbohydrate

63.5 kg x 0.4 g/kg = 25 grams protein

A 170 pound swimmer weighs 77 kilograms and would require 62 grams of carbohydrate and 31 grams of protein. A 120 pound swimmer is 54.4 kg and would require 43.5 grams of carbohydrate and 21.7 grams of protein.

Most athletes tolerate liquids better than food after a workout. Liquid also has the advantage of replenishing fluid lost during exercise, and is digested and absorbed more rapidly than solid food. Research has shown that if the recovery drink is consumed immediately after exercise, the rate of glycogen synthesis was three times higher than if it is consumed two hours later. Therefore, you should consume the drink as soon after exercising as possible.

There are several products on the market that will have this 2:1 ratio of carbohydrate to protein. However, you should read the labels carefully, since most products are only protein with no carbohydrate. Examples of products that work well as a recovery aid are Twinlab's Amino Fuel (the powder form) and Metabolol II™ (Champion Nutrition), both available at Pavilions in West Hollywood. I pre-measure the powder at home and put it in my water bottle. Before I shower I add water to the powder, shake it up, and have a few sips. Then I drink the rest while I'm dressing.

If it is impossible for you to find a drink or powder that meets these requirements, you could try mixing a protein powder into fruit juice. Protein alone is not nearly as effective as protein with carbohydrate. One cup of apple juice contains 31 grams of carbohydrate, a cup of cranberry cocktail 40 grams, and a cup of orange juice 27 grams. However, if the protein powder with fruit juice is not an option for you, simply having a glass or two of fruit juice right after workout would be much better for your recovery than nothing.

Jessica Seaton, D.C., is a chiropractic orthopedist in private practice in West Los Angeles. She is the current chair of the USMS Sports Medicine Committee, and swims with West Hollywood Aquatics. She can be reached at (310) 470-0282 or at



The SPMA Annual meeting was held on November 21, 2002 at the Heather's. The committee feasted on the delicacies brought by the members and conducted important business that keeps SPMA running.

Photo by Bekah Wright, SCAQ

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Southern Pacific Masters Association Schedule

**Tentative date and/or location

March	
9	Caltech Pentathlon SCY Swim Meet
13**	SPMA Committee meeting, Caltech
22-23	Coaches and Swimmers Clinic
30	Mission Viejo SCY Swim Meet
April	
5	East Lake Eagle Rays SCY Meet, Yorba Linda
11-13	Southwest Zone and SPMA SCY Regionals, UC-Irvine
26	UCLA SCY Swim Meet
May	
4	Loyola Marymount SCY Swim Meet
15-18	USMS SCY Nationals, Tempe, AZ
August	
3	USMS 6+ Open Water Champ., Santa Cruz, CA
14-17	USMS LCM Nationals, Piscataway, NJ
September	
10-14	USMS Convention, San Diego, CA

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 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. 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 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)
- 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)

CONGRATULATIONS to the following swimmers who broke USMS and World Records in SPMA meets during the 2002 Short Course Meters season:

- * Jeff Farrell (50 Free, 100 Free, 200 Free, 100 IM, 200 IM)
- * Ron Johnson (100 Fly)
- * Jim McConica (100 IM)
- * Karen Melick (50 Breast, 100 Breast, 200 Breast)
- * Maxine Merlino (50 Fly, 200 Free, 400 Free, 800 Free, 1500 Free)
- * Danielle Ogier (50 Breast, 100 Breast, 200 Breast, 100 IM, 200 IM)
- * Karlyn Pipes Neilsen (50 Breast, 100 Breast, 50 Fly, 400 IM)
- * Paul Smith (50 Free)
- * Robert Strand (50 Breast, 100 Breast, 200 Breast, 100 IM)
- * Joy Ward (50 Fly)