

September/October
2004



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News



SPMA MASTERS SWIMMING

Chairman's Report by Wayne McCauley

This year has been one of growth for SPMA, reaching nearly 2,700 members. In 2004 we held nine pool meets in yards, five long course meters meets, and will be providing another five short course meters meets. Many open water and long distance events were sanctioned. One unique time trial was held in a pool that was built for the Olympic Trials and taken down shortly after. Masters swimmers were invited to workouts at the Olympic Trials pools and then were able to use the same blocks at the same pool as our Olympians.

I always consider swim meets a great reward for good workouts and hard training. And it is always fun when your teammates, family and friends cheer for you. Next year Mission Viejo will be the location of the 2005 USMS Long Course Meters National Championships. Judging by the quality of swim meets put on by Mission Viejo Nadadores, this will be the best National Championships ever! What is wonderful about our National Championships is that anyone registered as a USMS Masters swimmer can compete with no qualifying times needed. If you want to compete in more than three events though, you need to start working out now to achieve the qualifying times that allow you to swim up to six events. A goal that many of you can meet!

SPMA continues to offer many services such as the web site, a newsletter, a

video library, coaches' education, pool meets and ocean events. Insurance is provided to all our registered swimmers for qualifying workouts and sanctioned events.

We would not be such a strong organization without the help of all the coaches and volunteers. I am especially proud that so many of our volunteers were recognized during the 2003 National convention with the USMS Service Award. Shannon Sullivan and Michael Collins from SPMA were honored. Bekah Wright was awarded SPMA "Contributor of the Year" and Trisha Commons awarded "Distinguished Service to SPMA." We have so many wonderful volunteers; come up and meet them at a swim meet .

In this issue:

- *Short Course Meters meet information*
- *Swimming with the Shark, by Michael Heather*

Check in for the July 3rd Time Trials at the temporary Long Beach Olympic Trials Pool (photo by Mary Hull).



SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ARROYO GRANDE: South County Aq Waves Alan Freeman (805) 458-0989; alanfreeman@digitalputty.com
ATASCADERO: Team Kman Kass Flaig, (805)462-1691; kass@teamkman.org; www.teamkman.org
BAKERSFIELD: Golden Wave Masters Evelina Steele (661) 663-9884
BAKERSFIELD SWIM CLUB Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org
PASO ROBLES: North County Aquatics Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com
SAN LUIS OBISPO: TRISLO Roadrunners Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com
SAN LUIS OBISPO MASTERS Richard O'Neil (805) 543-9515; sloswimclub@sbcglobal.net; www.sloseahawks.org

SANTA BARBARA (South) and VENTURA

CARPINTERIA, S. BARBARA: Channel Island Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com
OJAI: Ojai Masters Malchia Olshan (805) 646-1091, gjaidar@aol.com
SANTA BARBARA: UCSB Masters Jeremy Kipp (805) 637-0732; kipp11@juno.com
SANTA BARBARA MASTERS William Robert (805) 966-9757
THOUSAND OAKS: Daland Masters Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com
VENTURA AQUATIC CLUB Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
VENTURA COUNTY MASTERS Ken Grey (805) 644-1735; gobuena@aol.com

LOS ANGELES (North)

LANCASTER: Oasis Masters Tom Otto (661) 948-0057; ottolfixit@hotmail.com
PASADENA: Caltech Masters Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
PASADENA: Rose Bowl Masters Gary Anderson (626) 397-4999; gmandersonla@msn.com; www.rosebowlaquatics.com
SANTA CLARITA MASTERS Doug Botton (661) 250-3766; dbotton@santa-clarita.com; pool: (661) 284-1470

LOS ANGELES (Westside)

CULVER CITY: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
EL SEGUNDO MASTERS Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net
EL SEGUNDO: Play Hard Swim Hard Marcel Rinzler
LA WEST: UCLA Bruin Masters Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
SANTA MONICA: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
VENICE & WESTCHESTER: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
WEST HOLLYWOOD AQUATICS Casey Schick (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
WOODLAND HILLS: Southwest Aq Masters Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

HOLLYWOOD: Hollywood Wilshire YMCA Ricardo Espinoza (213) 639-7543; ricardoespinoza@ywcala.org
LA: City of Los Angeles Masters Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
LA DOWNTOWN & WEST: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
LA MID WILSHIRE: Meridian Swim Club Timothy Sharpe (323) 710-5248; aquanatureboy@hotmail.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team Kathy Davids (310) 643-6523, www.southbayswimteam.org
LONG BEACH: Shore Aquatics SCAQ Office (310) 390-5700; www.swim.net/scaq
LONG BEACH Swim Club Tom Trapp
LONG BEACH: Beach Swim Club Masters Beach Swim Club hotline (562) 597-9744; www.beachswimclub.com
LONG BEACH: Grunions Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com
RANCHO PALOS VERDES: Zenith Aquatics Shari Twidwell (310)937-3535; shari@zapswimming.com
TORRANCE : LA Peninsula Swimmers Michael Hamm (310) 993-4977; swimdude41@aol.com

INLAND EMPIRE

INDIO: Top Fin Aquatics Veronica Duran (760) 564-5000; laquintamike@aol.com
MURRIETA: TEAM MASTERS Debbie Mone (909) 461-6603; coachdebbie@nctimes.net
YUCAIPA: Masters of Yucaipa Laurie Odium (909) 790-9126; bobodlum@aol.com

ORANGE COUNTY

COAST MASTERS Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
FOUNTAIN VALLEY: Typical Tropical Swim Cl. Robert Sands (714) 969-1056; cwoof@msn.com
FULLERTON: Fullerton Comp. Aquatics Pete Snyder (714) 992-7128; plschnid@yahoo.com
HUNTINGTON BEACH: Golden West Swim Cl. Rick Graves (714) 892-7711 x55129; (714) 425-5657
HUNTINGTON BEACH SWIM CLUB Buddy Belshe (949) 362-4727
IRVINE NOVAQUATICS Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com
IRVINE: Sports Club Matt Smith (949) 975-8400, mattsmith@thesportsclub.com
IRVINE: UCI Masters Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.uci.edu
MISSION VIEJO MASTERS Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org
NEWPORT BEACH MASTERS Ronald Clark (949) 673-5278; vimclark@hotmail.com
NEWPORT BEACH: Lifeguard Association Jim Turner (949) 640-5350; nadineturner3@cox.net
NEWPORT BEACH: Pacific Coast Aquatics Mark Desmond (949) 733-0044; markdesmond@highhopes.ws
TUSTIN: SOCAL Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com
VILLA PARK: Orange Regional Comp. Aquatics Mark Tierney (714) 639-7531; mtierney@msn.com
YORBA LINDA: East Lake Eagle Rays Bill Peery (714) 701-9440; wpeery@elvca.com

LAS VEGAS

HENDERSON Southern Nevada Masters Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net
CITY OF LAS VEGAS MASTERS Victor Hecker (702) 247-7788; heckerrealestate@hotmail.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, 2004 you may swim long course meters and short course meters meets during 2004.

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.

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

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

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

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____						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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

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

Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 3rd, 2004

Sanction number: 334-031

Directions: Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27341 Trabuco Circle, Mission Viejo. From the north or south, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Entries: Pre-entry postmark deadline: Monday, September 27th. On deck registration is permitted. Deck entries will close at 8:45 a.m. for the 1500 and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2004 determines age group for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2004.

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 1500 m Freestyle and the 400 m Freestyle.

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

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

Snack Bar: A snack bar will be available serving hot and cold food and drinks.

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

Checks payable to: Mission Viejo Nadadores
Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores— Mark Moore, 25108-B Marguerite Parkway #175, Mission Viejo, CA 92692.

Questions: Meet Director, Mark Moore (949) 489-1847, coach-mark@mastersmvnswim.org.

Sunday October 3, 2004

1500 warm-up at 7:30 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after the 1500
Event #2 starts at 11:00 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Free Relay (men, women, mixed; deck enter)
10. 100 m Individual Medley
11. 200 m Medley Relay (men, women, mixed; deck enter)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 200 m Individual Medley
19. 400 m Freestyle (check-in required)

UCLA Bruin Masters Short Course Meters Swim Meet Saturday, October 16th, 2004 (tentative)

Sanction number: 334-032

Directions & Parking: UCLA Men's Gym Pool on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. The Men's Gym has had a several million dollar renovation with all new facilities. Take the 405 Freeway to Sunset Blvd. East. Take Sunset approx. one mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay \$7.00 parking fee. Ask for best lot to park in for Men's Gym. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement **DOES** ticket on weekends!

Entries: Pre-entry postmark deadline: Saturday, October 9th. On deck registration is permitted. Deck entries for the 400 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. Age on December 31, 2004 determines age group for the meet. You may swim at age 18 if your 19th birthday is on or before December 31, 2004.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 400 m Freestyle MUST check in to be seeded. The 400 m Freestyle will be limited to 80 entrants.

Snack Bar: Food will be available at the campus food court located across from the pool.

Relays: No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. For each relay swimmer who is not entered in individual events, a fee of \$5 and a signed liability release must be submitted with the relay entry.

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

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

Checks payable to: UC Regents
Mail consolidated entry card, a copy of your USMS card, and check to: Bruin Masters Meet, P.O. Box 204, El Toro, CA 92609.

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

Saturday October 16, 2004

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

400 starts at 9:00 a.m.

1. 400 m Freestyle
Additional warm-up after 400
Event #2 starts at 10:30 a.m.
2. 200 m Free Relay (men, women, mixed; deck enter)
3. 200 m Individual Medley
4. 100 m Butterfly
5. 200 m Freestyle
6. 100 m Backstroke
7. 50 m Freestyle
8. 100 m Breaststroke
9. 100 m Freestyle
10. 50 m Butterfly
11. 100 m Individual Medley
12. 4 x 50 m T-shirt Relay (deck enter)

IMPORTANT NOTE:

The difference between pre-entering a meet and deck entries is now \$10, to encourage you to send in your entry and to get our meets started on time!

Santa Clarita
Short Course Meters Swim Meet
Saturday, November 6th, 2004 (tentative)

Sanction number: 334-033

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

Entries: The pre-entry postmark deadline is Saturday, October 30th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m., all other deck entries close at the conclusion of the 1500. Age on December 31, 2004 determines age for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2004.

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 1500 m Freestyle and the 400 m Freestyle.

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

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

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

Checks payable to: City of Santa Clarita

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

Questions: Meet Directors, Doug Botton, (661) 250-3771, dbotton@santaclarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santaclarita.com.

Saturday, November 6, 2004

1500 warm-up at 8:00 a.m.

1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 starts at noon
2. 200 m Mixed Freestyle Relay
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (check-in required)
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 200 m Mixed Medley Relay

UCLA and Santa Clarita meet dates have not been finalized as of the newsletter deadline.

Please check www.spma.net or call the SPMA office at (626) 296-1841 for up-to-date information.

Southwest Masters
Turkey Shoot at Pierce College
Sunday, November 21st, 2004

Sanction number: 334-034

Directions: Pierce College Pool, is an outdoor, 7-lane competition pool with two 25-meter warm-up lanes. 6201 Winnetka Ave., Woodland Hills. Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Entries: The pre-entry postmark deadline is Saturday, November 13th. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. Age on December 31, 2004 determines age group for the meet. You may swim at age 18 if your 19th birthday is on or before December 31, 2004.

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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place. Special awards for the swimmers who swim closest to their entered time in each event.

Entry Fees: \$3.00 per each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Southwest Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters, 7914 Sadring, West Hills, CA 91304.

Questions: Meet Director, Steve Schofield (818) 992-1820; Meet Processing, Robert Mitchell, mitchellrobert@cox.net.

Sunday November 21, 2004

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

800 starts at 9:00 a.m.

1. 800 m Freestyle (check in required)
Additional warm-up after 800
Event #2 starts at 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Free Relay (men, women, mixed; deck enter)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Individual Medley
16. 200 m Relay (men, women, mixed; medley or freestyle; deck enter)

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

**West Hollywood Aquatics
Will Rogers Beach 1-mile Swim
Saturday, September 18th, 2004**

Sanction number: 334-051

Distance: 1 mile

Location: Will Rogers State Beach, 17700 Pacific Coast Highway at Temescal Canyon Rd. There are numerous parking spaces at Will Rogers State Beach. The race will begin and end at Tower #15.

Check-in: Registration is at 7:00 a.m. The swim starts at 8:30 a.m.

Entries: Pre-registration is \$25 and must be postmarked by Friday, September 10, 2004. Fee includes T-shirt designed for this event. Race day registration (or if postmarked after September 10th) is \$30. Additional T-shirts may be pre-ordered for \$13. To enter send your check payable to "West Hollywood Aquatics," together with a copy of your USMS card, a completed SPMA consolidated card, and your T-shirt size to: WH2O, P. O. Box 691651, West Hollywood, CA 90069.

Awards: Awards will be presented for 1st to 3rd place in each age group.

Additional Information: Dan Adams, ocean@wh2o.org, (323) 845-9587.

For a complete list of open water events in the Southern California area, including those not sanctioned by SPMA, visit:

www.spma.net

Click on Ocean Events



Top right: The competition pool for 2004 Worlds at Riccione, Italy. Right: Shannon Sullivan and Rita Simonton pose for photo at Worlds (photos from Shannon Sullivan). Bottom right: Masters swimmers take advantage of an opportunity to try out the Olympic Trials pool in Long Beach (photo by Mary Hull). Below: Warm-ups at the real Olympic Trials (photo by Wayne McCauley).



Swimming with the Shark by Michael Heather

Shortly before we were to start the Balboa to Newport Beach pier-to-pier swim there was a typical pre-race announcement which included a story. About 1:30 p.m. the day before the race, a para-sailer spotted a 10 foot shark about 1/8 mile from shore near the end of the Balboa pier, where we were now getting ready to plunge headlong into the surf. The concerned citizen waited until 7 p.m. to notify the authorities, making useless any attempt to find the big fish. Of course, on the sand, plenty of people were curious as to where this shark may now be, and we were informed that at one mile per hour (apparently the cruising speed of a hungry shark), it could be anywhere from Catalina Island to San Clemente, or, as some opined, even at the end of the race course. All of the swimmers were offered refunds or entry to next year's race (where we can expect a few stingrays or a moray eel). I know of no one who took the race director up on his offer, or will admit to doing so.

Water temperature was reported as 62 degrees at race start time, and about 50 people got in to warm (?) up before the race. I was one of these souls. Although I am famous for liking to swim in cold water, this was a little much. My face hurt from the cold shock, and I was thinking that it would be quite a while before I could get warmed up during the race. Instead of swimming 200 to 300 meters to warm up, I shivered partway out to the turning buoy, and turned back to shore thinking, "how am I going to swim two miles with my face hurting?"

As a nod to the possible presence of our friend Mr. Shark, the starting and finishing buoys were only about 50 meters from shore, just barely past the wave breakline. We were also notified that there would be extra boats in the water and the sheriff's helicopter would fly over the course two or three times, presumably to take action pictures of the shark feasting on the swimmers who were silly enough to be wearing wetsuits and look like seals---a favorite shark food!

It turns out that jumping into the water before the race was the best thing I could have done. As soon as the race started, I was already acclimated to the water, so I could concentrate on swimming and on the shark, rather than gasping for air in shock as I had done just ten minutes before.

Once the race got underway, we were alone with our thoughts, either about the shark coming up on us from behind or underneath (like in the movies). Or trying to figure out just why this swimmer keeps crossing in front of me, falling back, and then trying to swim with me

stroke for stroke as if we were attached at the hip. There is a giant ocean out here, and you could only practice your erratic pace right next to me? How about a little personal space here?

It also turns out the race director was not really doing us any favors moving the course closer to shore, because near the end of the race the waves were breaking almost at the end of the Newport pier. To welcome us to the last quarter mile of the course were a flock of pelicans bobbing on the water, apparently not present at the pre-race announcement about the possibility of sharing some body parts with the shark. They were also not particularly interested in moving out of the way of swimmers. I had to splash one bird to get out of my way. He left in a snit, only to land in front of me again twenty meters closer to the finish buoy. Well, this time I did not waste time splashing him, I just swam by and kicked real hard, just like in practice when someone is being annoying in the next lane.

I finished 105th overall, at 51:32, about halfway in the pack, but only 9th in my age group. Dang, I have to age up faster, these old guys are tough to beat. I was real happy to be done, but happier yet to find that the race director had provided some red licorice on a table after we turned in our times. Two miles of salt water in the mouth are very effectively neutralized by red licorice. This is a scientific finding which you can read about soon in SWIM Magazine.

There were a few people who managed not to get eaten, but rather succumbed to hypothermia, and the Fire Department was kind enough to wrap them up in blankets and put their feet in buckets of warm water. I wasn't one of them, so I do not really know if anything else was done for them.

Michael Heather is the USMS Convention Committee Chairman in addition to residing in the building hosting the SPMA office.



Left: Start of the 3-mile Santa Barbara swim (photo from Shannon Sullivan). Below: Christine Itano Cosner and Kathy Davids with the Seal Beach pier in the background (photo from Kathy Davids).



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Southern Pacific Masters Association Schedule

September 15-19	USMS Convention, Orlando, Florida
18	WH2O Will Rogers Beach 1-mile Open Water
October 3	Mission Viejo Nadadores SCM Swim Meet
16	UCLA SCM Swim Meet (tentative)
November 6	Santa Clarita SCM Swim Meet (tentative)
18	SPMA Annual Meeting
21	Pierce College Turkey Shoot SCM Swim Meet

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

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)
- Freestyle 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)
- 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
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Swimalates: Pilates for Swimmers
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, & Balance: The Foundation of Championship Winning Swimming
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD