

May/June  
2005



## SPMA MASTERS SWIMMING

### 2005 Caltech Pentathlon Shines Again

by Suzanne Dodd



The clouds parted and the sun shone down on the swimming pool in Pasadena. The 31st annual Caltech Pentathlon was held on March 6th, and the warm weather brought out a large number of swimmers who deck entered the meet. A total of 157 swimmers came to this early season short course yards meet to enjoy the camaraderie and competition. Each entrant swam five races: 50 Butterfly, 50 Backstroke, 50 Breaststroke, 50

Freestyle, and 100 Individual Medley. The total times were added together to determine the age group winners. This year's overall fastest women was Rori Rangel (RAYS), who won the women's 25-29 age group and had the fastest time in the 50 Breaststroke (34.06). Janet McCall (LAPS), swimming in the 45-49 age group, had the second fastest time overall. She posted the top times in both the 50 Butterfly (28.39) and 100 IM, (1:07.28). Kirsten Powel (SWM), competing in the women's 35-39 age group, had the fastest 50 Freestyle (26.03) and was third overall. The fastest 50 Backstroke (30.24) was swum by Sierra Snyder (ROSE). Penelope Coe from Metro Masters in New York City traveled the furthest to compete in the meet and took home a first place trophy in the women's 60-64 age group. Penelope remarked "swimming outside in beautiful sunny weather in March is like being at a resort!"

#### Age Group Winners:

18-24:	Erin Carr, ROSE	Rusty Wood, CHAW
25-29:	Rori Rangel, RAYS	Ben Cone, CTM
30-34:	Roxanne Sota, RAYS	Bernie Zeruhn, NOVA
35-39:	Kristin Powell, SWM	Kenton Jones, SDSM
40-44:	Janet Coover, SDSM	Frank Wasko, NOVA
45-49:	Jane McCall, LAPS	Paul Carter, NOVA
50-54:	Christie Ciraulo, UCLA	John Templin, UCI
55-59:	Sue Brassy, HSAM	John Derr, VCM
60-64:	Penelope Coe, METR	Larry Raffaelli, VCM
65-69:	Sylvia Glenn, SBM	Jeff Farrell, SBM
70-74:	—	Bob Best, SDSM
75-79:	—	Duane Draves, SDSM
80-84:	Maurine Kornfeld, CM	Frank Piemme, SBM
85-89:	—	—
90-94:	—	Woody Bowersock, CM

ner, Marcel Rinzler (PHSH), finished third to Bernie and JR in both the overall total and the 30-34 age group. Several senior men swam their way to victory, including the Duane Draves (SDSM) who celebrated his 79th birthday at the meet, and Woody Bowersock (CM) who,

at 91, was the oldest competitor this year.

The Caltech Masters swim team hopes to see everyone next year for the 32nd annual Caltech Pentathlon.

#### *In this issue:*

- *New fun meet at Belmont on 5/21/05*
- *Open Water swim information*
- *Tapering your way to a Faster Nationals, by Mark Moore*

### SPMA Relay All-Americans

The following swimmers earned Relay All-American Status for the 2003-2004 year:

**LONG BEACH GRUNIONS:** Michael Capasso, Kevin Clark, Jacqueline Cole, Drew Giacobe, Brian Kremers, Enrique Ochoa, Patricia Powers, Vicki Roberts, Charles Sandlin, Erik Scollon, Stephen Segreto, Morgan Taylor

**IRVINE NOVAQUATICS:** Natalie Barrad, Tord Benner, Cub Campbell, Rebecca Cramer, Andrew Crowell, Jason Dunham, Mark McCartin, Liam Murphy, Fiona Petersen, Margaret Reilly, Keith Ryan, Eric Schmitt, Craig Taylor, Allen Todd, G von Hoffmann, Frank Wasko

**SANTA BARBARA MASTERS:** Grace Altus, Ruth Baar, Frank Piemme, Jurgen Schmidt

**UCLA BRUIN MASTERS:** Rory Barish, George Bowers, Christie Ciraulo, Nancy Harding, Dianna Oliver, Greg Pottie, Laurie Stern, Renate Winkler

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

# SWIM FOR LIFE!

## **SAN LUIS OBISPO, SANTA BARBARA (North) and KERN**

ARROYO GRANDE: South County Aq Waves  
ATASCADERO: Team K-man  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO: TRISLO Roadrunners  
SAN LUIS OBISPO MASTERS

Alan Freeman (805) 458-0989; alanfreeman@digitalputty.com  
Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org  
Lance Cansdale (661) 664-2327; lcansdale@csu.edu  
Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org  
Doug Livengood (805) 239-3013; livengood@sbcglobal.net; northcountyaquatics.com  
Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com  
David McDevitt (805) 543-9515; swimcoachdjm@yahoo.com; www.sloseahawks.org

## **SANTA BARBARA (South) and VENTURA**

CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
THOUSAND OAKS: Daland Masters  
VENTURA AQUATIC CLUB  
VENTURA COUNTY MASTERS  
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com  
Malchia Olshan (805) 646-1091, malchiao@yahoo.com  
Jeremy Kipp (805) 637-0732; kipp11@juno.com  
Jon Bishop (805) 886-0050; jbishop@musicacademy.org  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
Bob Anderson (805) 654-6400 ext.1345; banderson@vccd.net  
Ken Grey (805) 644-1735; gobuena@aol.com  
Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## **LOS ANGELES (North)**

LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS

Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Justin Davis (626) 203-6259; jdavis@rosebowlaquatics.org; www.rosebowlaquatics.com  
Doug Botton (661) 250-3766; dbotton@santa-clarita.com; pool: (661) 250-3766

## **LOS ANGELES (Westside)**

EL SEGUNDO MASTERS  
EL SEGUNDO: Play Hard Swim Hard  
LA WEST: UCLA Bruin Masters  
WEST HOLLYWOOD AQUATICS  
WOODLAND HILLS: Southwest Aq Masters

Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net  
Marcel Rinzler  
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net  
Brett MacKnight (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org  
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

## **LOS ANGELES (Central and South)**

HOLLYWOOD: Hollywood Wilshire YMCA  
LA: City of Los Angeles Masters  
LA (various locations): SCAQ  
LA MID WILSHIRE: Meridian Swim Club

Ricardo Espinoza (213) 639-7543; ricardoespinoza@ywcala.org  
Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Vanessa Mesia (310) 729-2971; mesiaullrich@juno.com; meridiansportsclub.com

## **LOS ANGELES (South Bay)**

HAWTHORNE: South Bay Swim Team  
LONG BEACH Swim Club  
CARSON/LOS ALAMITOS: Long Beach Grunions  
RANCHO PALOS VERDES: Zenith Aquatics  
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, www.southbayswimteam.org  
Tom Trapp  
Eric Grubb (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com  
Shari Twidwell (310)937-3535; shari@zapswimming.com  
Suzanne Schwarz (310) 534-2449; Suzanne.schwartz@earthlink.net

## **INLAND EMPIRE**

CHINO: Chino Valley YMCA Masters  
CORONA: CHAWP  
INDIO: Top Fin Aquatics  
MURRIETA: TEAM Masters  
YUCAIPA: Masters of Yucaipa

Julie Potocki (909) 597-7445; julie.cvmca@verizon.net  
Gregory Salvinski (626) 524-8924; greg@chawp.com  
Veronica Duran (760) 564-5000; laquintamike@aol.com  
Debbie Mone (909) 461-6603; coachdebbie@nctimes.net  
Denise Hoyt (909) 7958038; djhoyt@adelphia.net

## **ORANGE COUNTY**

COAST MASTERS  
FULLERTON: FAST Masters Team  
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  
NEWPORT BEACH: Team TYR  
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  
Kevin Perry (714) 871-9616; kperry@earthlink.net  
Elizabeth Bray (714) 892-7711 x55129; summalove@aol.com  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com  
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.uci.edu  
Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org  
Ronald Clark (949) 673-5278; vimclark@hotmail.com  
Jim Turner (949) 640-5350; nadineturner3@cox.net  
Mark Desmond (949) 888-1268; markdesmond@highhopes.ws  
Jeni Buys (949) 706-9991; gojeni@aol.com  
Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com  
Mark Tierney (714) 639-7531; mtierney@socal.rr.com  
Bill Peery (714) 701-9440; wpeery@elvca.com

## **LAS VEGAS**

HENDERSON Southern Nevada Masters  
CITY OF LAS VEGAS MASTERS

Frank Lowery (702) 400-2790; Dan Geary (702) 617-8130; flowery719@cox.net  
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 for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

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

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

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

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

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

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

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

## SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_ Male Female USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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

**Santa Clarita Masters  
LCM Meet  
Sunday, May 8th, 2005**

Sanction #335-021

**Directions:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. From the north, take the 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 the 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 is available in both upper and lower parking lots.

**Entries:** The pre-entry postmark deadline is Saturday, April 30th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on December 31, 2005 determines age for the meet.

**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:** \$15.00 per swimmer flat fee. Deck entries allowed for a total of \$25.00.

**Checks payable to:** City of Santa Clarita. Mail consolidated entry card, a copy of your 2005 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

**Questions:** Doug Botton, (661) 250-3771, dbotton@santa-clarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santa-clarita.com.

**Sunday, May 8, 2005**

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

**WH2O and LBG Southern California  
Charity Classic SCM Meet  
Saturday, May 21st, 2005**

Sanction #335-025

**Directions:** The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803. Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking lot. You can park on either side of the pool. All day parking passes will be available at the meet.

**Why all the "Freestyle?":** These events are intended as "open" events. Swim whatever stroke you wish, all entrants will be seeded by time, so that a 1:03 Butterfly will swim next to a 1:03 Freestyler.

**Why all the Relays?:** This meet is intended as a fun event to build team spirit and bonding between Masters teams. Individual events will not be scored, only relays will be scored.

**Entries:** The pre-entry postmark deadline is Saturday, May 14th. Deck entries (including ALL RELAYS) will close at 10:15 a.m. Age on December 31, 2005 determines age for the meet. Swimmers may enter up to 5 individual events and 4 relays.

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

**Relays:** Early relay entries will be accepted and are encouraged. Relay fees are included in the meet entry. Age groups for relays are determined from the aggregate age of the four relay team members (as of December 31, 2005).

**Awards:** Scores will be kept for all relays and the top three teams will receive special awards.

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

**Checks payable to:** West Hollywood Aquatics  
Mail consolidated entry card, copy of 2005 USMS card, and check to: Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807

**Questions:** Erik Scollon (562) 856-1116, viking@lbrunions.com; Jessica Seaton (310) 470-0282, jseaton@aol.com

**Saturday, May 21st, 2005**

Warm-up at 10:00 a.m.

400 starts at 11:00 a.m.

1. 400 m Freestyle (check-in required)
2. 4 x 50 Medley Relay
3. 100 m Choice of Stroke
4. 4 x 50 Backstroke Relay
5. 50 m Choice of Stroke
6. 4 x 50 Butterfly Relay
7. 200 m Choice of Stroke
8. 4 x 100 Freestyle Relay
9. 50 m Choice of Stroke
10. 4 x 50 Breaststroke Relay
11. 100 m Choice of Stroke
12. 4 x 50 Freestyle Relay

**City of Las Vegas Masters  
LCM Meet  
Saturday, June 11th, 2005**

Sanction number: 335-024

**Directions:** Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up. From the I-15 Fwy., take the Flamingo Road exit (#38). Take the Flamingo Road west 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.7 miles.

**Entries:** Pre-entry postmark deadline: Saturday, June 4th. On deck registration permitted. Deck entries will close at 11:30 a.m. for the first 6 events. Deck entries will close at 1:00 p.m. for events 7-11. Age on December 31, 2005 determines age for the meet.

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

**Relays:** All relays will be deck entered, on SPMA relay forms available at the meet. Relays are FREE. 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:** \$2.00 per each individual event entered and a \$10.00 surcharge per swimmer. NOTE that deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Southwest Masters

Mail consolidated entry card and check to: Las Vegas LCM Meet, 7914 Sadring Ave, West Hills, CA 91304.

**Questions:** Meet Director, Victor Hecker (702) 247-7788.

Meet Entries: Steve Schofield (818) 992-1820; spmasteve@aol.com

**Saturday, June 11, 2005**

Warm-up at 1:00 p.m.

Meet starts at 2:00 p.m.

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

*Summer is coming...please make  
sure to use sunscreen, sun-  
glasses, and hats!*

**Santa Barbara Masters  
Reg Richardson Memorial LCM Meet  
Saturday, July 9th, 2005**

Sanction number: 335-023

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 67th year! Learn more at [www.semananautica.com](http://www.semananautica.com). Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd. becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

**Entries:** Pre-entry postmarked deadline: Thursday, June 30th. On deck registration permitted. Age on December 31, 2005 determines age group for the meet.

**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.

**Relays:** The 200 m Freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, 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:** There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$10.00 charge.

**Checks payable to:** Santa Barbara Swim Club

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Barbara Swim Club, P. O. Box 4125, Santa Barbara, CA 93140.

**Questions:** Santa Barbara Swim Club Office (805) 966-9757, [sbsc@sbswim.com](mailto:sbsc@sbswim.com). Meet Processing, Robert Mitchell, (949) 689-SWIM, [mitchellrobert@cox.net](mailto:mitchellrobert@cox.net)

**Saturday, July 9, 2005**

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle  
Additional warm-up after 1500 m Freestyle  
Event #2 starts at 11:00 a.m.
2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 50 m Breaststroke
7. 100 m Backstroke
8. 200 m Freestyle
9. 100 m Butterfly
10. 50 m Backstroke
11. 50 m Butterfly
12. 200 m Freestyle Relay (Male, female, or mixed; deck enter)

**Newport Beach Lifeguards  
Balboa-Newport Pier-to-Pier  
Saturday, July 9th, 2005**

Sanction number: 335-031

**Distance:** 2 miles

**Location:** Start from the beach next to the Balboa Pier. Swim to a buoy offshore and then up the coast to a buoy just off the Newport Pier. Round the buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

**Check-in:** Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

**Entries:** Pre-registration is \$20 (includes a T-shirt) and is due by Wednesday, July 6, 2005. Race day registration is \$25. Souvenir T-shirts are \$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, nadine-turner3@cox.net; 949-640-5350; www.newportlifeguard.org

**Santa Barbara  
Semana Nautica 6-mile  
Sunday, July 10th, 2005**

Sanction number: 335-032

**Distance:** 6 miles

**Location:** Goleta Beach to Arroyo Burro Beach, Santa Barbara. Start on the west side of Goleta pier. There is no charge for parking at either beach, carpooling from finishing beach will be arranged the morning of the swim. Water temperature varies from 58-65°F in June and July. This swim is for experienced swimmers ONLY! Participants must bring board/kayak and paddler to accompany them in the ocean swim. No wetsuits.

**Check-in:** Registration is at 7:30 a.m. The swim starts at 9:00 a.m.

**Entries:** Pre-registration is \$30 and entries must be received July 5th. No beach entries. T-shirts are \$15.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: Jane Cairns, 5094 Cathedral Oaks Rd, Santa Barbara, CA 93111. Include a list of recent ocean swims completed.

**Additional Information:** Jane Cairns, (805) 886-8123, janeswims@juno.com

**Seal Beach Swim Club  
35th Seal Beach Rough Water Swim  
Saturday, July 16th, 2005**

Sanction number: 335-033

**Distance:** 1-mile and 3-mile events.

**Location and directions:** Take the 405 Fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave. and side streets is limited to one hour.

**Check-in:** Check-in times vary with event. Check-in starts at 6:45 a.m. for the 3-mile swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check in is by 8:00 a.m. with a 9:30 a.m. start time.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 9, 2005. Race day registration is \$30.

To enter, send a copy of your USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

**Additional Information:** Maria Fattal, 562-430-1092; www.sealbeachswimclub.org

**Long Beach Swim Club  
Omar Nielson Naples Island Swims  
Sunday, July 31st, 2005**

Sanction number: 335-034

**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 22, 2005. Fee includes long-sleeved T-shirt designed for this event. Race day registration (or if postmarked after July 16) 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

**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*

# Tapering Your Way to a Faster Nationals at Mission Viejo

By Coach Mark Moore, Mission Viejo Nadadores

Many of you already know that a taper is a period when all your training components such as technique, strength, endurance, power, and speed all begin to blend together to give you your ultimate race performance.

## How does a taper work?

In simple terms, your body is stressed through training and needs a period of rest and recovery in order to regenerate and grow stronger. The training recovery process takes place during scheduled rest days and planned easy recovery weeks. During this time, if done properly, your body will get stronger and produce instant energy to your working muscles. Also, during your taper period, your body and mind will be fully charged and ready to perform. This training process is also known as peaking.

## Facts about tapers

- Taper right and expect an increase in your performance- up to 10%!
- At the beginning of any taper period, there is a real sense of fatigue, tiredness and heavy limbs. This is possibly due to the body adapting to the change in training, and also that tiredness and fatigue accumulated in the previous 4-6 weeks that has finally caught up with them.
- Tapers vary depending on how much and what type of training you have been doing, and for how long.
- The greatest benefit will be following a 4-6 week intensive phase of training in preparation for Nationals, or other targeted meet.
- Psychologically this is a very challenging time, and it is important to work on race strategies that will not only help you to remain positive but also to begin mental rehearsal, concentration, focus, and visualization skills that reinforce the desired outcome of the goal you want to achieve at Nationals.

## Components of the taper

- Stretching and flexibility should be more purposeful during the taper, to assist in the return of optimum muscle elasticity.
- Attention needs to be given to your diet and nutrition, avoid putting on weight due to the lower volume of training, ensure that you are eating healthy balanced diet. The reduction in training will allow the body to naturally top up it's reserves of glycogen, you do not need to carbo load which leaves you feeling heavy and bloated.
- During higher intensity sessions, longer rest intervals can be used to allow more recovery time and a higher quality performance.
- An increase occurs in low intensity aerobic/recovery sessions or sets while maintaining at least 1 to 2 x Threshold session per week.
- Warming down after training sessions is vital, especially after higher intensity sessions.

*The swim down needs to be done as an aerobic recovery set and should represent at least 20% of the workout total.*

The following represents a 3 week taper for an average Masters swimmer who nor-

mally swims 5 times per week with an average of 3,000 to 3,500 meters per workout. The volume of training is gradually reduced each week until it is up to 40% less than the previous phase of training.

## Week 1 – 12,000 meters

1. Threshold set – 3,000
2. Race pace set – 2,000
3. Aerobic sets – 2,000
4. Threshold set – 2,000
5. Aerobic sets – 3,000

## Week 2 – 9,000 meters

1. Aerobic sets – 2,500
2. Race pace set – 1,500
3. Aerobic / recovery sets – 2,500
4. Threshold set – 2,500
5. REST

## Week 3 – 7,000 meters

1. Aerobic set – 2,000
2. Threshold / race pace set – 2,500
3. Aerobic / recovery sets – 1,500
4. Light swim session (or rest) – 1,000

## RACE DAY

The experiences of great performers tell us that to experience success we should following these guidelines:

1. Stay in control of your life.
2. Set a plan for dealing with life's demands.
3. Seek quality rest, quality preparation, believe in yourself, focus on the process, and enjoy what you are doing.
4. DO WHAT WORKS BEST FOR YOU!

**Good luck and see you in MISSION VIEJO for the USMS Long Course Meters Championships!**



## 1st Backstroke Pushoff

We received the photo above of a future swimmer from a Masters swimming couple: "We are very excited to share some exciting news with you. We have a future swimmer on the way. However, we will be trying to improve on the steamlining when pushing off from the uterine wall before birth. Never too early to work on technique, you know."

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# Southern Pacific Masters Association Schedule

May	8	Santa Clarita LCM Swim Meet
	12	SPMA Conference Call, 8 p.m.
	19-22	USMS SCY Nationals, Ft. Lauderdale, Florida
	21	WH2O & LBG SCM Swim Meet at Belmont, Long Beach
June	11	Las Vegas LCM Swim Meet
July	9	Santa Barbara Masters LCM Swim Meet
	9	Newport Pier to Pier 2-mile Open Water Swim
	10	Santa Barbara Semana Nautica 6-mile Open Water Swim
	16	Seal Beach 1- and 3-mile Open Water Swims
	31	Naples Island 1000 m, 1- and 3-mile Open Water Swims
August	11-15	USMS National LCM Swim Meet, Mission Viejo
	27	Corona del Mar Open Water Swim

For a complete, updated list of events, check [www.spma.net](http://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 \$7 charge for one tape or DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Tapes must be brought to the post office for return due to USPS security requirements. 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, and 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)
- 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, and 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
- American Red Cross Swimming and Diving Skills
- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD