

November/December
2005



SPMA MASTERS SWIMMING



Heathers Elected to USMS Executive Committee; Rule Change for Breaststroke

A group of SPMA delegates traveled to Greensboro, North Carolina in mid-September to attend the United States Masters Swimming annual convention, held as part of the United States Aquatic Sports convention.

Elections were held for all members of the Board of Directors. Rob Copeland (Georgia) is the new president. SPMA members Julie Heather (SPMA Registrar, UNAT) and Michael Heather (ROSE) were elected Vice-Presidents of Local Operations and Community Services, respectively. Our new Southwest Zone Director is Laura Winslow, from Arizona.

The committee chairs are in the process of being assigned as this issue goes to press. However, SPMA Treasurer Jeff Moxie (DSSM) has been appointed the chairman of the Finance Committee.

Mark Moore (MVN) was presented with the USMS Coach of the Year award in front of delegates from all sports (swimming, diving, water polo, synchronized swimming and Masters) at the awards banquet.

The 2007 SCY Championship meet was awarded to Federal Way, Washington (tentatively May 17-20, 2007) and the LCM Championships to The Woodlands, Texas (tentatively August 10-13, 2007). [The 2006 SCY Championships will be in Coral Springs, Florida; there will be no LCM Championships due to the FINA Masters World Championships at Stanford University, California.]

Two rule changes were put into effect for swimming. The first allows for a single dolphin kick followed by a breaststroke kick while wholly submerged after the start and turn of the breaststroke. The second allows for the toes to be above the surface of the water on the backstroke start, but they may not be over the lip of the gutter.

We also received an update on the 2006 FINA Masters World Championships at Stanford from August 3rd to 17th. Two of the contracted hotels are full, so make your reservations early. Information on the meet can be found online at www.2006finamasters.org. Online entry will be available in January.

SPMA Swimmers Set Long Course Meters Records

The following SPMA members set USMS and/or World records during the 2005 Long Course Meters season:

Ashley DePaul (UCI): 50 and 100 fly, 400 IM
Jim McConica (VCM): 200, 400, 800 and 1500 free; 200 back, 400 IM
Frank Piemme (CM): 50, 100 and 200 free, 50 fly, 100 breast, 200 IM
Dick Stewart (NOVA): 100 fly
UCI 72-99 women's 200 free relay: Ashley DePaul, Cherise Carper, Aleah Amr, and Mai Tajima
UCI 72-99 mixed 200 free relay: Hazem Amr, Michael Borokhov, Elizabeth Carter, and Ashley DePaul
CM 360-399 men's 200 free relay: Dick Westerfield, Walt Pfeiffer, Robert Christians, and Woody Bowersock.

New for 2006 World Championships: Team SPMA

If you want to enter the FINA Masters World Championships at Stanford, you may not swim unattached. As a convenience for unattached swimmers we are creating a club "SPMA." This club will NOT participate in any relays at the World Championships, it is only for the purpose of allowing currently unattached swimmers to enter the meet!

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- *Volunteers are the Key to Successful Mission Viejo Nationals*, by Connie Barrett

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

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 K-man Kass Flaig, (805) 462-1691; kass@teamkman.org; www.teamkman.org
BAKERSFIELD: Golden Wave Masters Lance Cansdale (661) 664-2327; lcansdale@csu.edu
BAKERSFIELD SWIM CLUB Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org
PASO ROBLES: North County Aquatics Doug Livengood (805) 239-3013; livengood@sbcglobal.net; northcountyaquatics.com
SAN LUIS OBISPO MASTERS David McDevitt (805) 543-9515; swimcoachdjm@yahoo.com; www.sloseahawks.org

SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com
OJAI: Ojai Masters Malchia Olshan (805) 646-1091, malchiao@yahoo.com
SANTA BARBARA: UCSB Masters Jeremy Kipp (805) 637-0732; kipp11@juno.com
SANTA BARBARA MASTERS Jon Bishop (805) 886-0050; jbishop@musicacademy.org
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
VENTURA: Rio Mesa Masters Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

LOS ANGELES (North)

ANTELOPE VALLEY Matthew Lopez (661) 618-7103, avacoach@gmail.com, www.avaswimming.org
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 Justin Davis (626) 203-6259; jdavis@rosebowlaquatics.org; www.rosebowlaquatics.com
SANTA CLARITA MASTERS Doug Botton (661) 250-3766; dbottom@santa-clarita.com; pool: (661) 250-3766

LOS ANGELES (Westside)

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
WEST HOLLYWOOD AQUATICS Dan Ferguson (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)

LA: City of Los Angeles Masters Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
LA (various locations): SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
LA MID WILSHIRE: Meridian Swim Club Vanessa Mesia (310) 729-2971; mesiaullrich@juno.com; meridiansportsclub.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team Kathy Davids (310) 643-6523, www.southbayswimteam.org
LONG BEACH Swim Club Tom Trapp
LONG BEACH: Alpert JCC Cindy Jarvis (562) 4267601 X1047, cjarvis@jcca.org, www.alpertjcc.org
CARSON/LOS ALAMITOS: Long Beach Grunions Eric Grubb (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 Suzanne Schwarz (310) 534-2449; Suzanne.schwartz@earthlink.net

INLAND EMPIRE

CHINO: Chino Valley YMCA Masters Julie Potocki (909) 597-7445; julie.cvmca@verizon.net
CORONA: CHAWP Gregory Salvinski (626) 524-8924; greg@chawp.com
INDIO: Top Fin Aquatics Veronica Duran (760) 564-5000; laquintamike@aol.com
MURRIETA: MESA Aquatic Masters Debbie Mone (909) 461-6603; coachdebbie@nctimes.net
PALM SPRINGS: Piranhas Dwight Hernandez (760) 318-SWIM, www.piranhaswimteam.org
YUCAIPA: Masters of Yucaipa Denise Hoyt (909) 7958038; djhoyt@adelphia.net

ORANGE COUNTY

COAST MASTERS Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
FULLERTON: FAST Masters Team Kevin Perry (714) 871-9616; kperrysswim@earthlink.net
HUNTINGTON BEACH: Golden West Swim Cl. Elizabeth Bray (714) 892-7711 x55129; summalove@aol.com
HUNTINGTON BEACH SWIM CLUB Buddy Belshe (949) 362-4727
IRVINE NOVAQUATICS Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.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: Lifeguard Association Jim Turner (949) 640-5350; nadineturner3@cox.net
NEWPORT BEACH: Pacific Coast Aquatics Mark Desmond (949) 888-1268; markdesmond@highhopes.ws
NEWPORT BEACH: Team TYR Jeni Buys (949) 706-9991; gojeni@aol.com
TUSTIN: SOCAL Aquatics Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com
VILLA PARK: Orange Regional Comp. Aquatics Mark Tierney (714) 639-7531; mtierney@socal.rr.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 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.

Southwest Masters Turkey Shoot at Pierce College Sunday, November 20th, 2005

Sanction number: 335-034

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 12th. 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, 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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. 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. 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 20, 2005

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. 400 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!

Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 28th, 2006

Sanction number: 336-002

Location and 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 1.70 miles. The pool is on the left.

Entries: The pre-entry postmark deadline is Monday, January 23rd, 2006. Deck entries will close at 12:30 p.m. for the first six events. Age on January 28th determines age group for the meet. You must be at least 18 to compete.

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 500 yd. Freestyle and the 400 yd. 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.

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

Special Awards: Events marked VFP (Vegas Free Play) will have special awards from local casinos for "free play" at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be 21 years of age in order to get a VFP coupon.

Entry Fees: \$2.00 for 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 2006 USMS card, and check to: Las Vegas SCY Meet, 7914 Sadring Ave., West Hills, CA 91304.

Questions: Meet Director, Victor Hecker, (702) 247-7788; Meet Entries, Steve Schofield (818) 992-1820.

Saturday, January 28, 2006

Warm-up at noon

Events start at 1:00 p.m.

- A. 200 yd. Mixed Medley Relay (VFP-1)
 1. 500 yd. Freestyle
 2. 100 yd. Individual Medley
 3. 50 yd. Butterfly
 4. 100 yd. Backstroke
 5. 200 yd. Freestyle
 6. 50 yd. Breaststroke
- B. 200 yd. Mixed Freestyle Relay
 7. 100 yd. Butterfly
 8. 50 yd. Freestyle (VFP-2)
 9. 50 yd. Backstroke
 10. 400 yd. Individual Medley
 11. 100 yd. Breaststroke
 12. 100 yd. Freestyle (VFP-3)

Nominations for SPMA officers are due November 1st for the 2006-07 term. For more information contact the SPMA office.

Long Beach Grunions

2005 SPMA SCM Championships

December 2-4, 2005

Sanction number: 335-035

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. You can park on either side of the pool. All day parking passes will be available at the meet.

Fees: Flat fee of \$40.00 if postmarked before Friday November 18th, 2005. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Friday, November 18th. All entries MUST be RECEIVED by 6:00 p.m. Wednesday, November 23rd. No individual deck entries are allowed. Age on December 31 determines age for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 23rd. Relay entries are \$8 per relay.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check-in: Due to the anticipated large number of swimmers, positive check-in is required for all events. Phone check-in is available for the 1500 Freestyle from 9:00 a.m. until noon and for the 400 IM and 800 Freestyle from 9:00 a.m. until 1:00 p.m. on December 2nd by calling (562) 235-1428 during those hours.

Awards: Individual: SPMA medals for places 1 to 3 and SPMA ribbons for places 4 to 6 for each age group and gender. Relays: SPMA medals for 1st place, SPMA ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Entries: Mail entries, SPMA entry card, copy of USMS card, and check (Payable to: Long Beach Grunions) to: LB Grunions, c/o Bart

Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt. On-line entries accepted at www.lbgrunions.com.

Social event: The Grunions will host a social event on Saturday night with more information available at www.lbgrunions.com.

Questions: Call (562) 235-1428 or send an email to Tom Boyd at tboyd90807@aol.com. For hotels, information, and directions, go to www.lbgrunions.com and click on 2005 SCM Regionals.

Friday, December 2nd

Warm-up 12:00 p.m., Meet starts at 1:00 p.m.

Check in for 1500 m Freestyle closes at 12:30 p.m.

1. 1500 m Freestyle (Women, Men)
Check in for 400 IM closes at 2:00 p.m. Men and women will swim together for the 400 IM
2. Women's 400 m Individual Medley
3. Men's 400 m Individual Medley
Check in for the 800 m Freestyle closes at 3:00 p.m.
4. 800 m Freestyle (Women, Men)

Saturday, December 3rd

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

5. Women's 200 m Freestyle
6. Men's 200 m Freestyle
7. Women's 50 m Butterfly
8. Men's 50 m Butterfly
9. **200 m Freestyle Relay (Women, Men, Mixed)**
10. Women's 100 m Backstroke
11. Men's 100 m Backstroke
12. Women's 100 m Breaststroke
13. Men's 100 m Breaststroke
14. Women's 200 m Butterfly
15. Men's 200 m Butterfly
16. ***400 m Medley Relay (Women, Men, Mixed)**
17. Women's 50 m Freestyle
18. Men's 50 m Freestyle
19. Women's 200 m Individual Medley
20. Men's 200 m Individual Medley
21. ***800 m Freestyle Relay (Women, Men, Mixed)**

Sunday, December 4th

Warm-up at 8:00 a.m.; Meet starts at 9:00 a.m.

Check in for the 400 m Freestyle closes at 8:30 a.m.

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

Relays: A swimmer may swim only one relay in each of events 8, 15, 20, 29, and 38.

For more information on host hotels and on-line entries go to www.lbgrunions.com



Volunteers are the Key to Successful Mission Viejo Nationals

by Connie Barrett

The day before Nationals: Three of us are standing in front of a 17-foot U-Haul truck full of boxes for the goodie bags. They need to be stuffed this afternoon. Mark Moore (the Meet Director), Val Trowbridge (in charge of the facility), and I are looking at each other with the sinking feeling of... "I hope they come, I hope they read their email, not many have signed up."

In the meantime on their third day of efforts, Mark Longworth, Ken Hoffman, Rich Carlsen and several other of our handy volunteers are humming along building heat sheet panels, laying out network and electrical cables, power washing the restrooms, setting up the canopies and various other pool deck props. The pool looked like it was getting groomed.

A few hours later, the items for the goodie bags are organized, it's 3 p.m., the designated time, and the suspense is heavy, will they come, I hope we get at least ten...

A car pulls up and a lady from our Masters team comes out with her three teenagers: "Hi, we're here to help with stuffing the goodie bags, my husband is here too." – as she points to the car in search of a parking spot. As soon as they got started, the Meet Director's own teenage son and daughter walk up: "Hi, what do you need us to do?" A teammate and his wife walk up: "Hi, my wife is going to help here, and I'll go help the guys with hammers."

Before we knew it, there were more than thirty volunteers in the area, shoulder to shoulder, stuffing the goodie bags, humming along. In time to return the rented U-Haul and come back, this incredible group had assembled 1,200 goodie bags to be handed out to the athletes at the Nationals. Masters, age group swimmers, coaches, and board members alike were all working together and we were done in half the time we allocated.

First day of the meet... Kate Schriber, the most wonderful cheery lady of the 50-something age group had a volunteer check-in booth set up on the pool deck, buried with sign-up papers and behind boxes of volunteer T-shirts so kindly donated to the volunteers by Kast-A-Way Swimwear. Again, the suspense: Will they come? Will we be short? How do we juggle the people who signed up?

The meet is starting with just the right amount of timers. What if, what if...?

Then just like the day before, they started coming: "Hi I didn't get a chance to sign up, but I'm here, what would you like me to do?" Our own swimmers: "I'm just sitting here waiting for my next event, I can time." Many of the 30- and even 40-year old swimmers brought along their parents, and instead of just watching, the parents jumped in, asking what they can help with. One of our faster swimmer's father did an outstanding job at being the head timer. I suppose, once a swim parent, always a swim parent.

The 70-something diving head coach swam for the first time in years, and the rest of the time wanted to make himself useful. Our syncro-swimming team, the Coralettes volunteered to do a short exhibition routine as the opening ceremony. A number of younger teens insisted on working at the snack bar and hospitality desk, because it was "fun meeting all the people".

I noticed that volunteer coordinator Kate's smile had become a lot more genuine than forced. Everyone seemed cheery and giggly.

Neighboring Saddleback College sent a number of students and swimmers from their aquatics program to assist. While sitting in their timers' chairs watching their first Masters meet, they were in awe of the oldest swimmer in the meet (96) who broke a world record. One could see the unsuspecting inspiration come over them.

As the meet unfolded, we were approached by a number of meet athletes wanting to participate in the volunteering efforts. They would tell us that we looked like we are having so much fun, they wanted to be a part of it. They loved the T-shirts that each volunteer got. The T-shirts became one of the sought after meet souvenirs.



Top row: Brian Hopp, Kelly Capps, Val Trowbridge, Robert Mitchell. Middle row: Kate Schreiber, Lisa Augerson, Stacy Vellarde, Cindy Anderson, Lianne Goliaso-Oats, Connie Barrett, Coach Mark Moore (meet director). Bottom row: Gwen Uthus, Maggie Williams Dalgart.

As I roamed around the meet photographing the festivities, I spotted a number of local teams like Long Beach Grunions, Irvine Novas, UCI Masters, San Diego Masters, and other familiar faces staffing the timing chairs. It was very touching to see so many people come together, as we are usually pitted against one another in competition.

Every member of our local committee (SPMA) was there as well, working hard. Having years of experience with local meets, Wayne, Steve, Mary, Trish, Julie, Mike, Jessica and others showed up and made themselves useful wherever they spotted the need.

Volunteer coaches on deck, volunteer officials, staff, donated food ... Goodwill efforts were turning up in the most unsuspecting places. The EMTs insisted on making pancakes before their shift started.

This was truly a culmination of two years of planning by the Local Organizing Committee (LOC) under the inspiring leadership of Mark Moore.

Members of the LOC are: Val Trowbridge (facility), the man of hard work and nerves of steel; Gwen Uthus (awards), who brought us the "spinner" medal; Lisa Augerson (hotels and transportation), who rode the meet shuttle's each day to make sure they ran on schedule; Stacy Vellarde (snack bar), who spent five days at the hot grill and managed to maintain her smile; Cindy Anderson (hospitality), who tended to VIPs like June Krauser; Maggie Williams Dalgart (lifeguards), well, who wouldn't want to volunteer to rub elbows with the lifeguards; Jenny Richter, who secured the deal to get free Penta water; Jeannie Tong (social event), Ellyn Cahill, a member of the board who was eager to chip in wherever she was needed; Nora Gard, who spent a few sleepless nights working on the meet program; Kelly Capps (art direction), who designed the meet logo and much of the printed materials; Rich Carlsen, a man of many handy talents; Robert Mitchell, Lianne Goliaso-Oats, and Paul Divan (meet administration), who drove around hotels at midnight making sure that the swimmers of the 1500 woke up in the morning with the heat sheets under their door; Brian Hopp (medical), who secured the most hospitable EMTs and yours truly, Connie Barrett (marketing, etc.), who tried to fill in as the meet director's right, and on occasion, left hand.

Truly a group of exceptional will and talent. It's true ... if you build it, they will come!

Southern Pacific Masters Association

2006 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2006 Membership Application <input type="checkbox"/> Renewal Previous number if known: _____ <input type="checkbox"/> New Registration	PLEASE PRINT CLEARLY			
	Your name on this form and on meet entry forms must be identical.			
	Last Name	First Name	Middle Initial	
	Mailing Address			Home Phone No. ()
	City	State	Zip	Daytime Phone No. ()
Date of Birth Month/Day/Year	Age	Sex	Email Address (print in ALL CAPS)	
CLUB (If left blank, you will remain with your previous club, or "unattached" if new)			Today's Date	
Emergency Contact (optional)			Phone No. of emergency contact	
<input type="checkbox"/> Opt out of SPMA-NEWS email list (check this box if you would only like SPMA to use your email address to contact you about questions or problems with your membership)				
<input type="checkbox"/> I am a coach		<input type="checkbox"/> I am a certified official		<input type="checkbox"/> I would like to volunteer for SPMA
Annual Fee: \$35 \$ _____ Optional Donations: \$1.00 (or \$____) to SPMA \$ _____ \$1.00 (or \$____) to USMS Endowment Fund \$ _____ \$1.00 (or \$____) to the International Swimming Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____	"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."			
Make check payable to SPMA, Mail to: <div style="text-align: center;"> SPMA c/o Julie Heather 957 N. El Molino Ave. Pasadena, CA 91104 </div>	Signature _____			

Benefits of 2006 SPMA Membership

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

Help SPMA keep costs down by sending in your registration form now. We won't have to invoice you, and you will have uninterrupted delivery of the USMS magazine and the SPMA newsletter.

2006 USMS Registration is valid through December 31, 2006

SPMA Swimming News, November/December 2005

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Southern Pacific Masters Association Schedule

November	17	SPMA Annual Meeting at SPMA office
	20	Pierce College Turkey Shoot SCM Meet
December	2-4	SPMA SCM Championships, Belmont Plaza, Long Beach
	10-11	Southwest Zone SCM Championships at Tempe, Arizona
January	28	Las Vegas Free Play SCY Swim Meet
February	11 or 12	East Lake Eagle RAYS SCY Swim Meet (tentative)
March	5	Caltech Pentathlon SCY Swim Meet
	19	Mission Viejo SCY Swim Meet
April	1	UCLA SCY Swim Meet (tentative)
	21-23	SPMA SCY Regional Swim Meet, Santa Clarita
May	4-7	USMS SCY Nationals, Coral Springs, Florida
August	6-11	FINA Masters World Championships, Stanford, California

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 \$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 the tapes are not returned. The rental period is one month. Give the SPMA office a call, and we'll discuss which videos would best fit your needs. All titles below are VHS format videos unless followed by "DVD." Titles available for rental include:

- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD
- 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)
- 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)
- Freestyle from the Bottom Up (David Bottom)
- 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)
- 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-Championship Winning Walls: Turns for All Strokes
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Quick-Swimalates: Pilates for Swimmers
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, and Balance: The Foundation of Championship Winning Swimming
- American Red Cross Swimming and Diving Skills