

January/February  
2006



## SPMA MASTERS SWIMMING



### Looking Forward to SPMA's Future

by Wayne McCauley

Being re-elected as SPMA Chairman for another two years is both an honor and an opportunity for me. I believe it is my responsibility to mentor and develop leadership within our organization. We have instituted a program of developing our coaches' education so that our members have access to the finest coaches anywhere. We have the largest group of "USMS Coaches of the Year" and ASCA-certified Level 5 coaches within USMS. Last September Coach Mark Moore of Mission Viejo Masters was awarded USMS Coach of the Year and will soon achieve Level 5 status. Well done Mark!

A renewed focus for SPMA is toward Fitness Fun. There is an opportunity in 2006 to integrate national fitness swims into local programs. These include the 30 Minute Challenge, the Hour Swim, Check-Off Challenge, the 5K and 10K Postal Swims and the 3000 yard and 6000 yard Postal Swims.

As we welcome a new year, SPMA looks forward to providing fun for over 3000 swimmers. SPMA is spread out from Paso Robles to Camp Pendleton and from Santa

Monica to Las Vegas. Our 2006 schedule should have close to 18 swim meets. In August the 2006 Masters World Championships will be at Stanford. This is a great reward for all your workouts and training. And it is always fun when your teammates cheer for you. We continue to offer many services such as the web site, a video library, coaches' education, pool meets and ocean events. Insurance is provided to all our registered swimmers for qualifying workouts and sanctioned events. Through the hard work of many volunteers, SPMA has increased the value to our members. These people are here to help you succeed. Thank them! They do their volunteer work for the love of swimming.

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- "The Pitfalls of Sporadic Training" by Jessica Seaton
- "Are You Prepared?" by Julie Heather



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 _____						<b>FOR OFFICE USE ONLY</b>  Amt Rec'd _____  Date _____	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							
	1500/1650 • •	Surcharge _____ \$ _____							
	• •	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.

## 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

Meet starts 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)

## East Lake Aquatics Short Course Yards Meet Sunday, February 12th, 2006

Sanction #336-003

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

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

**Parking:** *Please do not park in the gym/pool parking lot!* Please park on Village Center Dr. and not in neighborhood next to pool. Parking is open on Village Center Dr on both sides of street except directly in front of pool marked by signs.

**Entries:** The pre-entry postmark deadline is Saturday, February 4th. Deck entries will close at 8:30 a.m. for the 1650 yd. Freestyle and at 11:30 a.m. for all other events. Age on February 12th 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 1650 yd. Freestyle.

**Relays:** All relays will be deck entered. 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. There are no additional fees for relays.

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

**Entry Fee:** \$20.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**Checks payable to:** East Lake Village.

Mail consolidated entry card, a copy of your 2006 USMS card, and check to: Mike Pawloski, 20436 Via Navarra, Yorba Linda, CA 92886.

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

**Questions:** Meet Director, Mike Pawloski (714) 779-8430, BonusPak@earthlink.net; Meet Processing, Robert Mitchell (949) 689-7946, MitchellRobert@cox.net

### Sunday, February 12, 2006

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

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle  
Additional warm-up after 1650  
Event #2 starts at noon
2. 50 yd. Breaststroke
3. 100 yd. Individual Medley
4. 50 yd. Backstroke
5. 100 yd. Freestyle
6. 50 yd. Butterfly
7. 200 yd. Freestyle Relay (Men, Women, or Mixed)
8. 200 yd. Individual Medley
9. 100 yd. Backstroke
10. 50 yd. Freestyle
11. 100 yd. Breaststroke
12. 100 yd. Butterfly
13. 200 yd. Freestyle
14. 200 yd. Medley Relay (Men, Women, or Mixed)

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

## Caltech Pentathlon SCY Swim Meet Sunday, March 5th, 2006

Sanction number: 336-001

**Directions:** The Caltech facility is an outdoor, eight-lane, 25-yard, all deep pool with a separate 25-yard warm-up pool. 1201 E. California Blvd, Pasadena. Take Hill Ave south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. North until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech. Parking is free on weekends.

**Entries:** The pre-entry postmark deadline is Friday, February 24th, 2006. Deck entries close at 9:15 a.m. sharp!

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

**Awards:** Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

**Entry Fees:** \$20 flat fee per swimmer. Deck entries are allowed for \$30. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Checks payable to:** Caltech Masters

Mail consolidated entry card, a copy of your 2006 USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave, Pasadena, CA 91107.

**Questions:** Meet Director, Suzanne Dodd, (626) 449-7536.

### Sunday, March 5, 2006

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley



Connie Barrett, left, newly elected Member At-Large of the SPMA Executive Committee and Wayne McCauley, re-elected as Chair, are hard at work during the recent annual meeting.

## Mission Viejo Nadadores SCY Swim Meet Sunday, March 26th, 2006

Sanction number: 336-004

**Directions:** Mission Viejo Pool is an outdoor, 25 yd. by 50 m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. From the north or south, take the I-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. No tennis parking on Marguerite allowed.

**Entries:** The pre-entry postmark deadline is Monday, March 20th, 2006. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 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:** Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your 2006 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; m.w.moore@cox.net.

**Snack Bar:** Hot and cold drinks, snacks, and food will be available.

### Sunday, March 26, 2006

400 IM and 500 warm-up at 8:00 a.m.

500 starts at 8:30 a.m.

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)  
Additional warm-up after 400 IM  
Event #3 will start no earlier than 11:00 a.m.
3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Medley Relay (men, women, or mixed)
7. 200 yd. Individual Medley
8. 50 yd. Breaststroke
9. 100 yd. Freestyle
10. 100 yd. Butterfly
11. 50 yd. Backstroke
12. 200 yd. Freestyle Relay (men, women, or mixed)
13. 100 yd. Breaststroke
14. 50 yd. Freestyle
15. 100 yd. Individual Medley
16. 200 yd. Fun Fin Relay
17. 1000 yd. Freestyle (check-in required)

# The Pitfalls of Sporadic Training

By Jessica Seaton, D.C.

Most Masters swimmers swim between three and five days per week, with two thirds of the swimmers logging in between 2,000 and 4,000 yards per workout. A consistent exercise program like this rewards you with good overall fitness and conditioning, as well as emotional well-being. You feel you are in the groove. But what happens if travel, illness, work or family demands keep you away from the pool?

When you stop training you start *detraining*. For a swimmer, this means:

1. You will start losing your aerobic capacity. If you were to stop exercising completely and just lie around in bed, you'd lose about 1% of your aerobic capacity per day. You would not really notice this until you reached a 10% loss. Let's say you weren't lying around in bed, but doing a lot of walking on a vacation. You might lose some of your aerobic capacity, but not as much as you would resting in bed.

An interesting study looked at healthy young adults doing aerobic exercise six days per week for 40 minutes. Their aerobic capacity did not change if they either reduced the frequency of their training to four or to two days a week, or if they reduced the duration to 26 or 13 minutes per day. However, even if duration and frequency remained constant at 40 minutes six days per week, reducing the intensity by as little as one-third resulted in a significant loss of aerobic capacity.

2. You will lose capillaries in your trained muscles. Our capillary beds respond to training. If we are using our upper extremities a lot, our body responds to the increased oxygen demand by building more capillary beds in those muscles. Within three weeks of detraining, the number of capillaries within trained muscles decreases by up to 25%. This translates to a poorer oxygen supply to the muscles. So let's say you were on that walking vacation for three weeks. When you finally get back in the water, your arms will tend to feel like lead, since you won't be getting as much oxygen to your muscles as you're used to.

3. You will lose flexibility. Researchers found a measurable loss of lower extremity flexibility in people over 60 after two weeks of detraining. Many people younger than that will notice their hamstrings tightening if they don't stretch for several days. Feeling stiff makes you feel old, so stretching can help you feel young.

4. You will start to lose your strength. This effect may be more marked in older individuals. Some of this loss can be avoided by weight-training once a week. Some studies

found that individuals revert to baseline after one year of detraining, but others found that some of the strength gains still remained after three years of no training. These differences are most likely due to duration and intensity of the weight-training program and to individual genetic differences.

5. You will lose agility and dynamic balance. This is more noticeable in the older age groups after about six weeks. Most swimmers will notice losing their feel for the water after a few weeks or even less.

What if you swim only sporadically?

Sporadic training has some negative effects. The most noticeable will be that you will lose endurance and flexibility. If you continue swimming on and off, every workout you do attend will seem like a chore. There are some things a swimmer can do to lessen the negative effects:

1. If you can't make it to the pool, at least do your stretching and some abdominal work at home. Stretching will minimize your loss in flexibility, and ab work will help you maintain core strength and minimize lower back injuries.

2. When you do swim, be sure to include a long warm up. This will help you regain a feel for the water.

3. After a good warm up, focus on the workout and try and maintain a certain level of intensity. The level will depend on how erratic your training has been and how fit you were to begin with.

4. Maintain good mental focus and don't worry about your times. Your perceived exertion is more important than the times you're actually swimming. You can't expect to be swimming as fast as you were when you were training consistently. If you are, consider yourself lucky!

5. Listen to your body. Injuries are more likely to occur if you do too much too soon after a period of not swimming or sporadic swimming.

As masters swimmers, we all have lives away from the pool that may interfere with our training. Coping with these training interruptions is also part of the training process.

*Jessica Seaton, D.C. is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 15 years. She can be reached through her web site at [www.drjessicaseaton.com](http://www.drjessicaseaton.com).*

# Are You Prepared?

By Julie Heather

*During morning workout you reach the far end of the pool and realize that your lane mate is having a seizure...*

*At a meet, the fellow in the next lane is complaining of chest pains after his 400 IM...*

*You walk into the locker room and a teammate is unconscious on the floor...*

*We've just had an earthquake, and all the swimmers have been washed out of the pool and have various injuries from encountering objects around the pool...*

These scenarios have all happened. Would you know what to do in an emergency? If you haven't taken CPR and First Aid in recent history, that's an excellent way to prepare yourself to handle any of the above injuries.

There are some times, such as after a major earthquake, when help may not be immediately available. We saw this with the

recent hurricanes. Your first aid training could make a big difference.

During the Loma Prieta earthquake in northern California in 1989 many people were doing their workouts, since the earthquake occurred just after 5 p.m. Some of them were swept out of pools with the sloshing water and suffered minor injuries when they slammed into objects on the pool deck.

This is also a good time to get prepared at home. Do you have food and water for five days? Lucy Jones, noted seismologist, suggested that everyone get canned fruit. It will give you energy and fluids during a disaster. Just make sure you have a manual can opener! Flashlight? Radio? Batteries?

For more information on First Aid and CPR training, and lots of good tips on disaster preparedness, visit [www.redcross.org](http://www.redcross.org).

## Changes to the SPMA By-Laws

The Southern Pacific Masters Swimming Committee voted on several changes to the by-laws at the Annual Meeting.

The full text of the by-laws are available at [www.spma.net](http://www.spma.net). If you do not have access to the Internet and would like a copy, please contact the SPMA Office.

The first change was to fix a typographical error in Section IV, Membership and Voting Privileges.

The second change was to clarify when the new officers assume office. After elections are held, new officers will now begin their term on January 1st following the meeting.

The final change was to add a grievance procedure to the by-laws:

### Section IX

#### Grievance Procedure

A. Disputes arising within a single club shall be filed directly with such club and handled pursuant to that club's rules and procedures.

B. Disputes during competition shall be resolved at the event, if at all possible. Failing that, the complainant shall inform the Chairman of SPMA, in writing, of the nature and details of the dispute within 30 days of the incident.

C. If a dispute arises outside of competition, the complainant shall inform the Chairman of SPMA, in writing, of the nature and details of the dispute within 30 days of the incident.

D. The Executive Committee shall investigate any written complaints and make a recommendation as to the resolution for action by the Southern Pacific Masters Swimming Committee.

## 2006-2007 SPMA Executive Committee

The following members were elected as officers of SPMA at the annual meeting:

**Chairman:** Wayne McCauley

**Vice-Chairman:** Steve Schofield

**Secretary:** Mary Hull

**Treasurer:** Jeff Moxie

**At-Large:** Connie Barrett



*Swimmers enjoy the unseasonably warm weather at the Pierce College Turkey shoot on November 20th.*

## SPMA Officers

### Chairman:

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# Southern Pacific Masters Association Schedule

January	12	SPMA Committee Conference Call
	28	Las Vegas Free Play SCY Swim Meet
February	12	East Lake Aquatics SCY Swim Meet
March	5	Caltech Pentathlon SCY Swim Meet
	26	Mission Viejo SCY Swim Meet
April	8	UCLA SCY Swim Meet
	21-23	SPMA SCY Regional Swim Meet, Santa Clarita
May	4-7	USMS SCY Nationals, Coral Springs, Florida
	21	San Luis Obispo LCM Swim Meet (tentative)
July	8	Santa Barbara LCM Swim Meet
	15-16	Mission Viejo LCM Regional and Zone Swim Meet
August	6-11	FINA Masters World Championships, Stanford, California

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 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