

March/April
2007



SPMA MASTERS SWIMMING

Call for Nominations: 2006 SPMA Coach of the Year by Wayne McCauley



There are over fifty registered swim teams within Southern Pacific Masters, with some teams lucky enough to have more than one coach. But only one coach is honored each year with the title "Coach of the Year." And you can be instrumental in bringing that recognition to your coach.

The selection criteria are as follows: the Coach of the Year is selected on the basis of inspirational and instructional qualities; club and individual accomplishments, including championships and world records; and non-competitive club and individual accomplishments, including club size and growth, club participation, volunteering, and events run by the club; and the coach's

service to SPMA, USMS and other Masters organizations, participation in clinics, and published works.

Even if your team is not a large one, you can still nomi-

nate that hard-working coach of yours. Many of the previously honored coaches come from smaller teams.

To nominate your coach, provide a letter listing his or her accomplishments, and a maximum of four letters from your teammates supporting your nomination. Nominations are due by March 31, 2007 and should be submitted to the SPMA office by email (pdf, Word, or text file) at registrar@spma.net. Total size for the file(s) must not exceed 1 MB per application. It would be appreciated if it is submitted as one packet, instead of numerous emails. Please contact the SPMA office if you are not able to submit by email or if you have any questions. The telephone number is (626) 296-1841.

Previous SPMA Coach of the Year Winners

2005 Victor Hecker
2004 Mark Moore
2003 Mark Moore
2002 Carole Shigaki
2001 Michael Collins
1999 Brandon Seider
1998 John Kocker
1997 Gerry Rodrigues and Rick Goeden
1996 Gary Reese
1995 Philip Hayman

In this issue:

- *Short Course Yards Meet Entry forms for March, April and May*
- *Review of Three Freestyle DVDs, by Glenn Gruber*

Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

San Diego-Imperial: www.simastersswim.org

New Mexico: www.zianet.com/pdjang/nmms/index.htm

Arizona: www.arizonamasters.org

SPMA 2006 Short Course Meters Record Breakers

The following SPMA members broke World or USMS National records during the 2006 SCM season:

Traci Granger (LAPS) *50 butterfly*

Mario Marshall (SWM) *100 butterfly*

Jim McConica (VCM) *400 freestyle, 800 freestyle*

Mike Shaffer (VCM) *800 freestyle*

Marcel Rinzler, Steve West, Ozzie Quevedo, and Felipe Delgado (NOVA) *400 medley relay*

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Golden Wave Masters
BAKERSFIELD SWIM CLUB
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO MASTERS
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club
VALYERMO: slowtwitch.com

Jennifer Glenes (805) 2376170; swimcoach@teamkman.org; www.teamkman.org
Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net
John Kraetsch, jfk1@mcjunkin.com; www.bakersfieldswimclub.org
Spencer Szejnkowski (805) 239-3013; spencersz@yahoo.com; northcountyaquatics.com
Louise Butler (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org
Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com
Cris Maxwell (805) 478-5801; maxwell.pca2@verizon.net
Mark Montgomery (310) 990-1400; montyman007@hotmail.com; slowtwitch.com

SANTA BARBARA (South) and VENTURA

CARPINTERIA: Channel Island
OJAI: Ojai Masters
SANTA BARBARA: UCSB Masters
SANTA BARBARA MASTERS
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Daland Masters
VENTURA COUNTY MASTERS
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425; delphis13@msn.com
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Jeremy Kipp (805) 893-2505; jeremykipp@cox.net
Jon Bishop (805) 886-0050; coachjb@sbswim.org
Jon Irwin (310) 658-7276; jirwin@earthlink.net; www.csaswim.com
Leslie Daland-James (805) 495-5210; lesliedaland@yahoo.com
Steve Witcher (805) 650-0400; buenaswim@yahoo.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
Chad Durieux (626) 564-0330; cdurieux@rosebowlaquatics.org
Lance O'Keefe; lokeefe@santa-clarita.com; pool: (661) 250-3766

LOS ANGELES (Westside)

CALABASAS: Calabasas Tennis & Swim Center
EL SEGUNDO MASTERS
LA WEST: UCLA Bruin Masters
WEST HOLLYWOOD AQUATICS
WOODLAND HILLS: Southwest Aq Masters

Raine Kishimoto (818) 222-2782 x 110; lkishimoto@cityofcalabasas.com
City of El Segundo (310) 524-2700 x2738
Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
Joel McKenna (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)

LA: City of Los Angeles Masters
LA: Ketchum-Downtown YMCA
LA: Los Angeles Swim Club
LA (various locations): SCAQ
LA MID WILSHIRE: Meridian Swim Club

Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
Maritza Arevalo (213) 639-7436; martizaarevalo@ymcala.org
Timothy Sharpe (310) 710-5248; tsharpe@hw.com
SCAQ Office (310) 390-5700; www.swim.net/scaq
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team
LONG BEACH: Alpert JCC
LONG BEACH: Shore Aquatics
CARSON/LOS ALAMITOS: Long Beach Grunions
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE : LA Peninsula Swimmers

Kathy Davids (310) 643-6523, kdavids@socal.rr.com; www.southbayswimteam.org
Cindy Jarvis (562) 426-7601 x1047, cjarvis@alpertsjcc.org, www.alpertsjcc.org
Elinde Lynn (562) 644-5228, mimibobs@msn.com, www.shoreaquatics.com
Ken Brisbin; info@lbgrunions.com; www.lbgrunions.com
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattanc.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Beth Overstreet (213) 214-9593; beth.ford@mindspring.com

INLAND EMPIRE

CHINO: Chino Valley YMCA Masters
CORONA: CHAWP
CORONA: Corona Aquatic Team Masters
MURRIETA: MESA Aquatic Masters
PALMDALE: Palmdale Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: Temecula Masters Aquatics
WALNUT: Buzzards Peak Masters
WINCHESTER: Play Hard Swim Hard
YUCAIPA: Masters of Yucaipa

Terry Callies (909) 597-7445; julie.cvmca@verizon.net
Gregory Salvinski (626) 524-8924; greg@chawp.com; chawp.com
John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 265-1454; msmone@msn.com; mesaaquatics.com
Joe Goss (661) 267-5611; jgoss@cityofpalmdale.org
Eric Tanner (951) 313-9274; ertanner@gmail.com
David Vannice (951) 760-9130; swmrdave@verizon.net
Francis Neric (562) 713-4555, fneric@mtsac.edu
Marcel Rinzler
Kathy Fellenz (909) 790-5544; junebug@cybertime.net

ORANGE COUNTY

COAST MASTERS
FULLERTON: Cal State Univ-Fullerton
FULLERTON: Community Competitive Aquatics
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Cl.
HUNTINGTON BEACH SWIM CLUB
IRVINE NOVAQUATICS
IRVINE: UCI Masters
MISSION VIEJO MASTERS
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
SAN CLEMENTE: San Clemente Swim Masters
SAN JUAN CAPISTRANO: Capo Masters
TUSTIN: SOCAL Aquatics
VILLA PARK: Orange Regional Comp. Aquatics
YORBA LINDA: East Lake Eagle Rays

Maurine Kornfeld (323) 469-8518; maurinekornfeld@yahoo.com
Alex Nieto (714) 906-3039; split4me@hotmail.com
Pete Snyder (714) 992-7128; staffwww.fullcoll.edu/psnyder
Bill Jewell, swimbill@sbcglobal.net; fastswim.org
Elizabeth Bray (714) 596-2327; elizabeth@ebay.net
Buddy Belshe (949) 362-4727
Mike Collins (949) 338-6682, mcollins@multisports.com; www.novamasters.com
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.masterswim.uci.edu
Mark Moore (949) 233-6521; swimoffice@mvnswim.org; mastersmvnswim.org
Mark Desmond (949) 306-3599; markdesmond@highhopes.ws; pacificcoastaquatics.org
Jeni Buys (949) 706-9991; gojeni@aol.com
Rod Snyder (949) 366-1630; rdsnyder4@cox.net
Michael Suttle (949) 291-1659 (pool); capomasters@cox.net
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Bill Peery (714) 701-9440; widepe@yahoo.com

LAS VEGAS

HENDERSON Southern Nevada Masters
CITY OF LAS VEGAS MASTERS
LAS VEGAS: Viva Las Vegas Masters

Frank Lowery (702) 400-2790; flowery719@cox.net; www.lowerysmultisport.com
Victor Hecker (702) 247-7788; heckerrealestate@hotmail.com
Marie Girouard (702) 461-5354; mjvgutierrez@cox.net

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 pacing device 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: _____

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

City, State, Zip: _____

Caltech Pentathlon SCY Swim Meet Sunday, March 4th, 2007

Sanction number: 337-003

Location and Directions: 1201 E. California Blvd, Pasadena. The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. Take Hill Avenue 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 23rd. Deck entries close at 9:15 a.m. sharp! Age on March 4th 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.

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: \$20.00 flat fee per swimmer. Deck entries are allowed for \$30.00. 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 2007 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 4, 2007

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

Support USMS with your Credit Card

USMS members can now apply for a USMS Credit Card through our USMS Corporate Partner, Bank of America. Using this credit card will help support many USMS programs and give you the member the option of cash back, travel or merchandise when using your USMS Credit Card.

The USMS card has no annual fee. Trade in those cards with fees and no benefits, for one with the USMS logo on the front!

To apply, go to the USMS website and click on "View all Sponsors" on the home page, then on the MBNA credit card and you will be linked directly to the Bank of America USMS Credit Card application (Bank of America has taken over MBNA). Complete the application and you can start to earn cash back, travel or merchandise and support USMS at the same time.

USMS members who already have a MBNA credit card and have been supporting USMS can now convert their current credit card to the Bank of America World Points program by calling Bank of America Customer Service at 1-800-932-2775. Bank of America will issue a new card, you may continue to use the old card until the new one arrives.

Support USMS every time you show your credit card with our logo!

SPMA Swimming News, March/April 2007

Southwest Masters SCY Swim Meet at Pierce College Sunday, March 18th, 2007

Sanction number: 337-004

Directions: 6201 Winnetka Ave., Woodland Hills. Pierce College Pool, is an outdoor, 7-lane competition pool with three warm-up lanes. 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, March 10th. Entries for the 1000 yd. Freestyle will close at 8:45 a.m. and at the conclusion of the 1000 for all other events. Age on March 18th 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 1000 yd. Freestyle and the 400 yd. 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 yd. 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.

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 2007 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 March 18, 2007

1000 warm-up at 8:00 a.m.

1000 starts at 9:00 a.m.

1. 1000 yd. Freestyle (check-in required)
Additional warm-up after 1000
Event #2 starts at 11:00 a.m.
2. 50 yd. Butterfly
3. 100 yd. Backstroke
4. 200 yd. Breaststroke
5. 50 yd. Freestyle
6. 100 yd. Butterfly
7. 200 yd. Backstroke
8. 800 yd. Free Relay (men, women, mixed; deck enter)
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. 200 yd. Butterfly
12. 50 yd. Backstroke
13. 100 yd. Breaststroke
14. 200 yd. Freestyle
15. 400 yd. Individual Medley
16. 400 yd. Relay (men, women, mixed; medley or freestyle; deck enter)

Mission Viejo Nadadores SCY Swim Meet Sunday, April 1st, 2007

Sanction number: 337-005

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 26th. 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. Age on April 1st determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to five individual 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 2007 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

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

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

Sunday, April 1, 2007

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. 25 yd. Freestyle*
7. 200 yd. Medley Relay (men, women, or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. 25 yd. Breaststroke*
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women, or mixed)
15. 25 yd. Butterfly*
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. 25 yd. Backstroke*
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

*25 yd. events are not recognized by USMS and will not be submitted for Top Ten consideration.

UCLA Bruin Masters SCY Meet at the Student Activity Center Saturday, May 5th, 2007

Sanction number: 337-006

Directions & Parking: UCLA Student Activity Center (formerly the Men's Gym Pool) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area. Take the 405 Freeway to Sunset Blvd. east. Take Sunset approx. one mile to Westwood Plaza. Turn right into the campus to parking kiosk and inquire about parking. Ask for best lot to park in for Men's Gym. The pool is located across from the campus food court and bookstore. NOTE: Parking enforcement *does* ticket on weekends!

Entries: The pre-entry postmark deadline is Saturday, April 28th. Age on May 5th determines age group for the meet. On deck registration permitted. Deck entries will close at 8:45 a.m. for the 500 yd. Freestyle and at 10:00 a.m. for all other events.

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

Relays: Relay fee is \$2.00 per relay. 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. Event #14, the 4x50 "T-shirt" relay is a no-charge, fun event! Each member must swim with a T-shirt on. The shirt is exchanged from swimmer to swimmer on the deck.

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

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

Entry Fees: \$25.00 entry fee per swimmer (pre-entry or deck entry). Relay only swimmers pay \$10.00.

Checks payable to: UC Regents, mail consolidated entry card, a copy of your 2007 USMS card, and check to: P. O. Box 204, El Toro, CA 92609-0204.

Questions: Meet Director, Gerry Rodrigues, swimpro@pacbell.net. Meet Information, (310) 702-9327; Meet Processing, Robert Mitchell, MitchellRobert@cox.net

Saturday, May 5, 2007

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 500 yd. Freestyle
The 500 will be limited to 80 entrants.
Additional warm-up after 500
Event #2 starts at 10:30 a.m.
2. 200 yd. Freestyle Relay (men, women, or mixed)
3. 50 yd. Backstroke
4. 200 yd. Individual Medley
5. 100 yd. Butterfly
6. 50 yd. Breaststroke
7. 200 yd. Freestyle
8. 100 yd. Backstroke
9. 50 yd. Freestyle
10. 100 yd. Breaststroke
11. 100 yd. Freestyle
12. 50 yd. Butterfly
13. 100 yd. Individual Medley
14. 800 yd. Freestyle Relay (men, women, or mixed)
15. 200 yd. T-shirt Relay

Santa Clarita Masters
SCY Regional Championships
April 20-22, 2007

Sanction number: 337-007

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

Entries: Flat fee of \$40.00 if postmarked before Monday, April 9th. Add a \$10.00 late fee for all entries *postmarked* after Monday, April 9th. All entries *must* be *received* by 6:00 p.m. Friday, April 13th. **No individual deck entries are allowed.** Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Swimmers are limited to entering a total of eight individual events for the entire meet and no more than five individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All individual events plus the 400 and 800 yd. relays will be seeded and swum slowest to fastest. The 200 yd. relays will be seeded by age group. Men and women will be seeded together for the 500, 1000 and 1650 yd. Freestyle and 400 yd. 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 1650 yd. Freestyle may be limited to the first 50 entries received (at the discretion of the meet director).

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: Check-in is required for the 500, 1000 and 1650 yd Freestyle and the 400 yd. Individual Medley.

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 six teams, based on combined scoring for men and women, individual events plus relays.

Entries: Mail SPMA entry card, copy of your 2007 USMS card, and check payable to City of Santa Clarita to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Directors, Chris Lundie, (661) 250-3771, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com.

Friday, April 20, 2007

Warm-up at 2:00 p.m., meet starts at 3:00 p.m.
1. 1650 yd. Freestyle (men, women)
2. Women's 400 yd. Individual Medley
3. Men's 400 yd. Individual Medley

Saturday, April 21, 2007

Warm-up at 8:00 a.m., meet starts at 9:00 a.m.
4. Women's 500 yd. Freestyle
5. Men's 500 yd. Freestyle
6. Women's 50 yd. Butterfly
7. Men's 50 yd. Butterfly
8. Women's 200 yd. Freestyle Relay
9. Men's 200 yd. Freestyle Relay
10. Women's 100 yd. Backstroke
11. Men's 100 yd. Backstroke
12. Women's 200 yd. Freestyle
13. Men's 200 yd. Freestyle
14. Women's 100 yd. Individual Medley
15. Men's 100 yd. Individual Medley
16. Mixed 200 yd. Medley Relay
17. Women's 200 yd. Butterfly
18. Men's 200 yd. Butterfly
19. 400 yd. Medley Relay (men, women or mixed)*
20. Women's 50 yd. Freestyle
21. Men's 50 yd. Freestyle
22. Women's 100 yd. Breaststroke
23. Men's 100 yd. Breaststroke
24. 400 yd. Freestyle Relay (men, women or mixed)*

Sunday, April 22, 2007

Warm-up at 8:00 a.m., meet starts at 9:00 a.m.
25. Mixed 1000 yd. Free
26. Women's 100 yd. Butterfly
27. Men's 100 yd. Butterfly
28. Women's 50 yd. Breaststroke
29. Men's 50 yd. Breaststroke
30. Women's 200 yd. Backstroke
31. Men's 200 yd. Backstroke
32. Women's 200 yd. Medley Relay
33. Men's 200 yd. Medley Relay
34. Women's 100 yd. Freestyle
35. Men's 100 yd. Freestyle
36. Women's 200 yd. Breaststroke
37. Men's 200 yd. Breaststroke
38. Mixed 200 yd. Freestyle Relay
39. Women's 50 yd. Backstroke
40. Men's 50 yd. Backstroke
41. Women's 200 yd. Individual Medley
42. Men's 200 yd. Individual Medley
43. 800 yd. Freestyle Relay (men, women, or mixed)*

*For events 19, 24 and 43 each swimmer may swim on only one relay (men, women, or mixed) per event.

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

Reviews of Three Freestyle DVDs by Glenn Gruber

What do you think when you hear about Auburn University swimming? Or Eddie Reese, legendary coach at the University of Texas? Or Marc Schubert, the coach at USC? These are schools that have produced super star teams and swimmers, both women and men. Their coaches have been around swimming for a long time and know our sport. I recently had the opportunity to review DVDs on freestyle by these three coaches: *Eddie Reese on Freestyle*; *Swimming Faster the Auburn Way: Training and Race Strategies for Middle Distance and Distance* by Auburn Assistant Coach Ralph Crocker; and *Swim Fast Freestyle with Lindsay Benko and Marc Schubert*.

My strategy for reviewing the DVDs was first to watch all three DVDs all the way through, then go back and look at each one, taking notes as I reviewed. This, of course, required lots of rewinding and forced me to really concentrate on content and presentation.

Eddie Reese on Freestyle

Coach Reese begins the presentation with a technical breakdown of the freestyle. Reese feels that freestyle is the most diverse stroke and therefore something that works well for one swimmer may not work well for another. For example, he firmly believes that some swimmers may be successful with a straight arm recovery—such as Janet Evans—but he does not recommend it. The drills are well demonstrated by Nate Dusing and Reese thankfully does not feel the need to talk during every second of the demo. He points out the important things to do and to look for, but allows you to watch.

In discussing the “S” curve on the pull, Reese says that the faster you go, the more the curve becomes a “wobble” rather than an “S.” He emphasizes the importance of the kick for swimmers at *any* distance and offers an interesting training drill, the catch-up drill with fins, to really work the legs hard. I tried this one in practice and have to say that it is a tough drill that really makes you use your legs.

The best part of this DVD for me is the section on common errors and corrections. Reese explains the “why” of things. For example, one error he corrects is sweeping the hands under water, i. e., turning the finger tips towards the side of the pool while pulling. This, Reese explains, will shorten the distance per stroke because it shortens the length of the lever. The longer the lever the better, but not straight arm because most swimmers are not strong enough to straight arm pull. The suggested correction is to point the fingers to the bottom of the pool during the pull and Coach Reese says that this may take a while to correct as strength is an important factor in this correction.

The final part of the DVD includes a discussion and demonstrations on the flip turn and breakout, and the start and breakout. Reese makes several good points in this segment such as suggesting that you “bounce” off the wall at the turn, an apt description. He also suggests swimmers start the flutter kick before the first arm pull off the wall so that you can travel on the push-off and glide 7 to 8 feet before kicking.

All in all, this is a no-nonsense, well-presented, thoughtful and well-produced DVD.

Swimming Faster the Auburn Way: Training & Race Strategies for Middle Distance & Distance

Auburn Assistant Coach Ralph Crocker, the distance coach at AU, is the presenter on this DVD. The presentation is essentially a lecture. There are no demonstrations in the water and no swimmers, as stroke mechanics are not covered, but then again, the title of the DVD is “*Training and Race Strategies...*” so no real need of a swimmer on camera. Segments include Training Basics; Season Long Training Plan – including early season, mid season and late season; Full Season Walkthrough; Workout Design; Training Toys; Pre-Meet Warm-ups; and Race Strategies.

For the Season Long Training Plan segment, Crocker suggests that a typical week in a morning early season workout would consist of overdistance, active rest, and test sets. This sounds reasonable except that he never defines what he means by these terms. He later talks about “challenge sets” but does not differentiate between these and test sets. The viewer can only make some assumptions based upon his or her experience. The Workout Design segment outlines a typical workout that most swimmers would recognize. His design includes a warm-up of 1000 to 1500,

followed by a pre-set which is designed to get the heart rate up. The main set could be anywhere from 2500 to 8000 yards and could be IM work, pace changes or pain combos. It would have been very helpful here to once again have a definition of terms or at least an example of a pace change set or pain combo. Crocker follows the main set with a kick pull transition, a fast swim/sprint pace set, and a final loosen set.

Crocker likes to use training toys, defined (finally) as paddles, pull buoys, tech toys, fins, resistance-tubing, etc. He feels it is important to provide variety in the workout and this can best be achieved through the use of training toys.

During the discussion on pre-meet warm-ups, Crocker gives specific examples of warm-ups for early, middle and late season scenarios. He makes the point that it is important to practice different warm-ups until the right one is found for each particular swimmer. He also emphasizes that distance swimmers should not be afraid to get the heart rate up during the pre-meet warm-up.

The final segment of this 52-minute DVD discusses race strategies. Here Crocker makes some specific recommendations, but also is vague in others. For example, he suggests that in races of 400 and above, you should “control the first 75 of a 500, or the first 200 of a 1000.” He also coaches swimmers to “have a good finish,” that “there is technique in a good finish.” But again, he never says what that might be.

Although Coach Crocker covers a lot of ground in this DVD and gives some good solid advice, it could have been so much better had he defined some terms and given more concrete examples.

Swim Fast Freestyle with Lindsay Benko and Marc Schubert

If you are a fan of Lindsay Benko, this DVD is for you. The first several minutes of this DVD are devoted to Lindsay’s achievements in swimming, including her seven US national championships, 21 All-American designations, and her 2000 Olympic 800 freestyle relay gold medal. Marc Schubert’s considerable credentials are also noted for the viewer. Lindsay and Coach Schubert then engage in a conversation designed to show how Lindsay sets goals, how she handles disappointments, how she uses nutrition in her training, and what some of her other interests are.

The demonstration segments of the DVD are interesting in that there are several times that Lindsay is shown analyzing her own performance projected on the video screen, a novel and interesting approach.

She discusses and demonstrates the six-beat kick, the two-beat kick, streamlining, starts, turns, finishes, stretching, yoga, mental attitude and drills. For beginners, she demonstrates a very good progression for learning the flip turn. And unlike the Crocker DVD, Lindsay demonstrates and explains the fundamentals of a good finish, including the fact that you can practice the finish many times each practice session. While I myself am not a big proponent of using drills in training (I have never seen anyone win a race doing a finger tip drag drill!), Lindsay does a good job of demonstrating about 12 different drills that freestylers can use.

This is an entertaining DVD with some solid tips but a bit too much fluff. And although I found the background music used in this DVD a bit of a distraction, the outtakes shown during the credits were fun and amusing.

Each DVD provides valuable information and tips and, depending on your own situation, one might be more relevant than another. Yet, if I were to rate each DVD on a scale of one to ten, ten being the best, I would rate the Eddie Reese DVD a 9, the Auburn DVD an 8, and the Lindsay Benko/Marc Schubert DVD a 7.

We all look for cues and tips, ideas and coaching suggestions that will make us better, faster, stronger swimmers. Although there are some shortcomings in these DVDs as noted, there is something in each that is important, timely and relevant for all Masters swimmers.

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Southern Pacific Masters Association Schedule

March	4	Caltech Pentathlon SCY Swim Meet, Pasadena
	18	Pierce College SCY Swim Meet, Woodland Hills
	22	SPMA Committee Conference Call
April	1	Mission Viejo Nadadores SCY Swim Meet
	20-22	SPMA SCY Championship Swim Meet, Santa Clarita
May	5	UCLA SCY Swim Meet
	10	SPMA Committee Conference Call
	17-20	USMS SCY Championship Swim Meet, Federal Way, Washington
June	9	Las Vegas LCM Swim Meet
	23	Santa Clarita LCM Swim Meet

For a complete and 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 DVD or video* 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 (626-296-1841), and we'll discuss which videos would best fit your needs. Please include alternates with your request, or note that you would prefer to wait if the videos you request are out on loan. Send requests to the SPMA office. Titles available for rental include:

DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pileczuk)

VHS format:

- Swim Smarter/Swim Faster (Quick & 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 and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- 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