

September/October  
2007



SOUTHERN PACIFIC MASTERS SWIMMING

# SPMA Swimming News



## SPMA MASTERS SWIMMING

### Steve Schofield (1932-2007): The Man Who Put the "S" in SPMA

by Rick Goeden

I first met Steve Schofield back in 1979 when we both attended a CIF meeting in downtown Los Angeles. I was feeling a lot of frustration with the bureaucracy of the CIF leadership at that time, and although Steve didn't know me, he instantly understood. He gave me some insight into how the CIF functioned and assured me that everything would always work out. And for the first time I experienced the amazing calming effect Steve would always have on me. I saw him several more times at CIF functions, but at the time, I didn't realize Steve's connection with Masters swimming. In 1982, when I started coaching Masters swimming, I attended my first Masters meet and immediately recognized Steve in his white uniform and unmistakable pith helmet. I was instantly reassured that Masters swimming in Southern California was in good hands. Knowing Steve, it didn't surprise me that he would have a big hand in organizing adult Masters swimming in Southern California.

Over the years as my involvement in Masters swimming grew, I got to know Steve more on a personal level, although swimming was always our major topic. His love for swimming and all who participated truly amazed me. He had a knack for remembering everyone he had ever coached and could tell stories about each of them. Sometimes I think that Steve remembered more about my high school coaching experience at Palisades than I did. Steve was not only a good swim coach, but an inspirational high school teacher.

In every conversation I ever had with Steve, I always felt a mutual respect, as we both enjoyed and cared about what we did. One thing Steve and I always had in common as coaches was that we both still swam and competed in meets. He would always put a smile on my face when I looked over and saw him getting out of the pool, not necessarily with a record-breaking performance, but always paying attention to his personal best. I know his swimmers respected the fact that he was still a participant even though in later years he was physically hurting, maybe more than we knew.

There were many times I felt like taking notes as Steve was "the guy" who knew all the rules and had all the details of what was going on at a meet. He could always lead you in the right direction, solve any problem or discrepancy. He was always fair in judgment, and many times had to not only organize but double as an official.

He also had an incredible ability to take charge of announcing, always giving credit when credit was due. When someone broke a swim record, it was always acknowledged. He had the ultimate respect for senior swimmers and encour-

aged all of us not to take for granted the older swimmers' performances. Steve never lost sight of what Masters swimming was really all about.

Anyone who ever attended an SPMA meeting never left hungry. Steve always made it a point to feed us. Anyone who traveled with him knew he loved the camaraderie of a good meal after a swim meet. He loved to tell stories and visit with other coaches to get an update on our programs and encourage us to bid on upcoming meets.

Steve gave up countless weekends so that we could enjoy Masters swimming. I often wondered how his wife and family put up with his hectic schedule. At every Masters meet I attended, I made it a personal point to tell Steve how much I appreciated what he did, knowing the thankless job that it was. Occasionally, I would send him an email thanking him for his organizational skills. We all knew the sacrifices he made to be there every weekend.

Steve and I had a lot of conversations about getting older. We compared our aches and pains; Steve's aches and pains always far outnumbering mine. He always assured me that swimming had to be fun, and suggested I make my goals a little smaller. He didn't let anything get him down.

Whenever I went to a meet, I never felt far from home because Steve was there. Upon arriving, I would immediately search him out and bombard him with all my pre-meet questions, which I knew he would undoubtedly resolve.

For the first time in 15 years, I didn't participate in the Santa Barbara swim meet in July. The first thing I asked my assistant coach was how Steve was doing. I was stunned to learn that he was not at the meet and had been in intensive care, still battling cancer. I then learned a few days later, through email, that Steve had lost his battle. I know when one of your peers makes a lifelong impression on you, it's hard to imagine and hard to accept that he will no longer be there. We all learned a lot from Steve. We will always appreciate what he did and what he stood for.

Our greatest memorial to Steve would be to continue supporting SPMA at a high level. I will never forget the man who put the "S" in SPMA.

*Rick Goeden is coach of Ojai Masters*

*For a complete list of Steve's accomplishments see the Nov/Dec 2006 issue of SPMA Swimming News.*

### ***In this issue:***

- *Short Course Meters meet information*
- *Butterfly DVD reviews by Michael Heather*
- *Are you a Pill-Popping Masters Swimmer? by Jessica Seaton*

# SWIM FOR LIFE!

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

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

Jennifer Glenesk (805) 2376170; swimcoach@teamkman.org; www.teamkman.org  
Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net  
John Kraetsch, jfk1@mcjunkin.com; www.bakersfieldswimclub.org  
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  
NEWBURY PARK: Performance Masters  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
THOUSAND OAKS: Conejo Simi Aquatics  
THOUSAND OAKS: Daland Masters  
THOUSAND OAKS: South Coast Aquatics  
VENTURA COUNTY MASTERS  
VENTURA: Rio Mesa Masters

Vic Anderson (805) 403-5425, delphis13@msn.com  
Steve Gleason (805) 208-3888; sggleason51@yahoo.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  
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.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: City of Calabasas Masters  
EL SEGUNDO MASTERS  
LA WEST: UCLA Bruin Masters  
PORTER RANCH: Porter Valley 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  
Amy Lau (818) 523-3981; amylau@earthlink.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)

CATALINA Channel Swimming Federation  
LA (various locations): SCAQ  
LA MID WILSHIRE: Meridian Swim Club  
LA: Los Angeles Athletic Club Masters

Linda Bamford (805) 469-2415; swim@swimcatalina.org; swimcatalina.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Vanessa Mesia (310) 729-2971; vanessamesia@sbcglobal.net; meridiansportsclub.com  
Skye Conant (213) 625-2211 x3366; skye.conant@laac.net; www.laac.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@alpertscc.org, www.alpertscc.org  
Elodie 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.manhattance.com  
Shari Twidwell (310) 937-3535; shari@zapswimming.com  
Beth Overstreet (310) 214-9593; beth.ford@mindspring.com, www.lapsmasters.org

## INLAND EMPIRE

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

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  
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org  
Francis Neric (562) 713-4555, fneric@mtsac.edu  
Marcel Rinzler  
Kathy Fellenz (909) 790-5544; junebug@cybertime.net

## ORANGE COUNTY

COAST MASTERS  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH SWIM CLUB  
HUNTINGTON BEACH: Golden West 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

Lou Giberson (949) 837-3091  
Bill Jewell, swimbill@sbcglobal.net; fastswim.org  
Buddy Belshe (949) 362-4727  
Erik Andrews (714) 308-2227; slipperyrocks@yahoo.com; goldenwestswimclub.com  
Mike Collins (949) 338-6682, info@novamasters.com; www.novamasters.com  
Charlie Schober (949) 824-7946; ctschober@uci.edu; www.mastersswim.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  
Bert Bergen (949) 291-1659 (pool); info@capomasters.com; www.capomasters.com  
Debra Cruze-Meyer (714) 639-1913; coachdebra@socalaquatics.com  
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com  
(714) 701-9440

## LAS VEGAS

HENDERSON Southern Nevada Masters  
LAS VEGAS: 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: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

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

## Mission Viejo Nadadores Short Course Meters Swim Meet Sunday, October 7, 2007

Sanction number: 337-041

Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27474 Casta del Sol, Mission Viejo.

**Directions:** From the north or south, take the 5 Freeway to the La Paz exit in Mission Viejo. Go east (away from the ocean) to Marguerite. Turn left on Marguerite Parkway and right on Casta del Sol and turn into the driveway for pool parking. Do not park in the tennis lot on Marguerite.

**Entries:** The pre-entry postmark deadline is Monday, October 1st. On-deck registration is permitted. Deck entries will close at 8:30 a.m. for the 1500 and at 10:30 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2007 determines age group for the meet.

**Seeding:** All events will be deck seeded slowest to fastest by entered time, ages, and sexes combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 1500 m Freestyle and the 400 m Freestyle.

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

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

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

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

**Checks payable to:** Mission Viejo Nadadores

Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #391, Mission Viejo, CA 92692.

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

### Sunday, October 7, 2007

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

1500 starts at 9:00 a.m.

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

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

## Santa Clarita Short Course Meters Swim Meet Saturday, October 20, 2007

Sanction number: 337-043

Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy.

**Directions:** 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:** The pre-entry postmark deadline is Saturday, October 13th. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500. Age on December 31, 2007 determines age group for the meet.

**Seeding:** All events will be deck seeded slowest to fastest by entered time, ages, and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1500 m Freestyle and the 400 m Freestyle.

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

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

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

**Checks payable to:** City of Santa Clarita

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

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

### Saturday, October 20, 2007

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

1500 starts at 9:00 a.m.

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

*NOTE: The UCLA and Santa Clarita meets have changed dates! Make sure you go to the right pool on the right date!*

## UCLA Bruin Masters Short Course Meters Swim Meet Saturday, November 3, 2007

Sanction number: 337-042

UCLA Student Activities Center Pool (formerly the Men's Gym Pool) on the UCLA campus, is an outdoor, 8-lane competition pool with a warm-up area.

**Directions & Parking:** Take the 405 Freeway to Sunset Blvd. East. Take Sunset approx. one mile to Westwood Plaza. Turn right into the campus to parking kiosk and pay the parking fee. Ask for best lot to park in for SAC. 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, October 31st. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events. Age on December 31, 2007 determines age group for the meet.

**Seeding:** All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle MUST check in to be seeded.

**Relays:** No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

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

**Entry Fees:** \$25.00 per swimmer flat fee (pre-entry or deck entry).

**Checks payable to:** UC Regents

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

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

### Saturday, November 3, 2007

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

800 starts at 9:00 a.m.

1. 800 m Freestyle  
Additional warm-up after the 800  
Event #2 starts at 10:30 a.m.
2. 200 m Freestyle Relay (men, women, mixed; deck enter)
3. 200 m Individual Medley
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 100 m Breaststroke
10. 100 m Freestyle
11. 50 m Butterfly
12. 50 m Breaststroke
13. 100 m Individual Medley
14. 4 x 50 m T-shirt Relay (deck enter)

## 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](http://www.simastersswim.org)

New Mexico: [www.zianet.com/pdjang/nmms/index.htm](http://www.zianet.com/pdjang/nmms/index.htm)

Arizona: [www.arizonamasters.org](http://www.arizonamasters.org)

## Southwest Masters Turkey Shoot at Pierce College Sunday, November 18, 2007

Sanction number: 337-044

Pierce College Pool, is an outdoor, 7-lane competition pool with two 25-meter warm-up lanes. 6201 Winnetka Ave., Woodland Hills.

**Directions:** 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 10th. 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, 2007 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:** Foundation for Pierce College  
Mail consolidated entry card, a copy of your USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Mary Hull (818) 885-5934; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

### Sunday, November 18, 2007

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 free-style; deck enter)

*SPMA will hold elections for officers at the annual meeting on Thursday, November 15th in Pasadena. Please contact the SPMA office for additional information about the meeting or if you are interested in running for a position.*

## Long Beach Grunions SPMA SCM Championships November 30 - December 2, 2007

Sanction number: 337-045

The Long Beach Grunions are once again hosting the SPMA Short Course Meters Championship Meet at the Belmont Plaza Olympic Pool in Long Beach from November 30th to December 2nd. After the meet's tremendous success last year with a turnout of over 500 competitive swimmers, the Grunions are hard at work to initiate even more improvements this year. Top caliber swimmers are expected from all over the United States, insuring not just a greater turnout, but also a year marked by numerous records once again being broken. The Grunions' main goal, among many, is to make this meet not only the best but also the fastest short course meters meet in the United States. Entry information will be available at the Grunions' web site at [lbgrunions.com](http://lbgrunions.com). The order of events and some of the meet information appears below and the complete meet entry form will be available in the next newsletter.

**Fees:** Flat fee of \$40.00 if postmarked before Friday, November 16<sup>th</sup>, 2007. Entry fee includes a meet T-shirt.

**Awards:** Individual: SPMA medals for places 1 to 3, and SPMA ribbons for places 4 to 6 for each age group and gender.

**Social event:** The Grunions hope to be able to have a social on Saturday evening and are working with local facilities to assure that they can handle the anticipated crowd. Look for more information in the November/December newsletter.

**Questions:** Call (714) 273-8793 or send an email to Kenny Brisbin, [ken@supersource.com](mailto:ken@supersource.com). For hotels, information, and directions, go to [www.lbgrunions.com](http://www.lbgrunions.com) and click on "swim meets."

### Friday, November 30, 2007

#### Warm-up 10:00 a.m., Meet starts at 11:00 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 400 m Individual Medley
3. Men's 400 m Individual Medley
4. 800 m Freestyle (Women, Men)

### Saturday, December 1, 2007

#### 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 2, 2007

#### 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)

# Butterfly DVD Review

by Michael Heather

### *Swim Fast Butterfly with Bob Bowman and Michael Phelps*

This was recorded six years ago, after Michael had set his first world record in the 200 Butterfly. The banter onscreen is very dated since Michael is only 16 or 17, but the in-water sections are well photographed. It looks and feels mostly like a fan video, showing why Michael goes so fast. If you are already a good butterflyer and built like him, this will probably make you a better swimmer. If you are just learning, it is fun to watch and has plenty of kicking and swimming drills. It does emphasize how important core body strength is for this stroke, but does not cover the arms and underwater stroke very well.

### *Eddie Reese on Butterfly (37 Minutes, 2005)*

This video is a homey production, lacking smooth scripting but long on information and underwater shots of several angles. Eddie seems a little awkward on screen but his message gets through. The material seems geared more towards coaches, but a swimmer with good kinesthetic sense could make use of the section about correcting various stroke problems. The catch is that you would need a training partner to point out your stroke mistakes in order to correct them. It is helpful to see the drills and techniques from different angles, but gets a little tedious seeing the same person doing exactly the same stroke time after time. Eddie even makes comments on the changes he would (still) like to see made on Rainer Kendrick's stroke. Every video has a little something all its own, so don't think this one is the final word on butterfly, it is just one coach's point of view.

### *Swimming Faster Butterfly - David Marsh and Dave Durden (67 minutes, 2004)*

The premise of this video is that the viewer already knows the basics of the stroke, but there are still fundamentals given at various points. There are drills galore and plenty of supporting theories and reasoning behind them, so if you do something, it really means you are trying to progress your stroke in some manner. Starts and turns are not covered in depth, but finishing a race is emphasized. The scripting is well laid out, as is the progression of the drill sequences. Both Daves have a relaxed presence, although Dave Durden seems a little too intense in his presentation, using his "on deck" voice. Perhaps the filming took place during a particularly stressful week of the season. Demonstrations are primarily done by Demerae Christianson, but are augmented by several other people in order to show the different approaches taken to swimming the stroke. This is another video that would be particularly helpful to have your coach watch in order to help with your stroke, but it is not crucial.



SPMA was well represented at the USMS Strategic Planning Meeting in June in Chicago. From left to right: Tom Boyd, Julie Heather, Lucy Johnson, Jeff Moxie, and Michael Heather.

# Are you a Pill-Popping Masters Swimmer?

by Jessica Seaton

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Masters swimmers often take ibuprofen and other non-steroidal anti-inflammatory medications (NSAIDs) like they're candy. [These are sold under the names of Motrin, Advil, Naprosyn, Aleve, and others.] And why not? These drugs are some of the most heavily marketed drugs around. The advertisements would have a person believe that the NSAID being marketed are good for any ache or pain and can make you feel like you're a carefree 20-year-old.

*Do we need to curb inflammation in swimming or other sports-related injuries?* Advertisers and the media would have us believe that inflammation is bad and must be contained at all costs. However, inflammation and repair are essential to survival. Except in cases such as autoimmune diseases (for example, rheumatoid arthritis or inflamed arteries) inflammation is a healthy response to an injury. If we stomp out the response, the injury won't heal. Where inflammation is chronic, we want to get to the root cause and eliminate the cause, not the response.

Let's say you slip on the pool deck and sprain your ankle (which means you have torn a ligament). The first reactions in your body are from the nervous system and the release of chemical mediators from the damaged tissue and the blood. The chemical mediators, two of which are prostaglandins and histamines, instigate the body's inflammatory response. The inflammatory response includes redness, swelling, heat, pain, and loss of function. Your ankle will get a little red at the painful area. This is the increased blood to the area. Some of the fluid from the damaged cells will leak out. The blood vessels will become more permeable so that plasma proteins and white blood cells can leak out. These white blood cells and the later-arriving white blood cells will gobble up any debris from the injury. If the skin is open, these cells will also absorb dirt and bacteria. The fluid accumulation results in swelling. The area becomes warmer from the increased blood supply and the swelling. Pain results from swelling and some of the chemical mediators. Now you're also experiencing some loss of function in that ankle. This is the classic inflammatory response and can last from one to four days.

The repair process involves replacing damaged tissues and restoring function. This is triggered by the inflammatory response and overlaps with it. It may last up to a year or longer, depending on the injury. In the repair process, fibroblasts, which have wandered into the injured area due to signals from various elements of the inflammatory response, will lay down a matrix of connective tissue. This connective tissue consists primarily of collagen fibers and ground substance. It will become scar tissue which will be remodeled along the lines of stress over the course of a couple of months.

Back to your ankle that you've just sprained. If you compromise the inflammatory response by taking an anti-inflammatory medication, you are affecting not only the immediate inflammatory response, but the entire repair process. NSAIDs work by blocking COX-1 and COX-2 enzymes (cyclooxygenase-1 and cyclooxygenase-2) and thus the formation of prostaglandins, the chemical mediators we just discussed. These are part of a group of chemical mediators of inflammation. Note that most NSAIDs block both COX-1 and COX-2. Blocking COX-1 prevents the production of prostaglandins that help coat the stomach lining. As a result, patients taking these NSAIDs are at an increased risk for upper gastro-intestinal ulcers. The newer COX-2 blocking NSAIDs (Celebrex, Vioxx, Bextra) were supposed to solve this problem, but had their own set of problems, such as an increased risk for heart problems.

*What has research shown?* There is no convincing evidence that NSAIDs are effective in treating sports-related injuries. Various human and animal studies have shown that NSAIDs hinder the healing of muscles, ligaments, tendons, bone, and cartilage. One of my favorite studies was done by a group of researchers including Scott Rodeo, M.D., an orthopedic surgeon, who did the surgery on Olympian Brooke Bennett's shoulders, and has also been involved with USA Swimming. In

this study, 180 rats underwent rotator cuff surgery. 60 received 14 days of celecoxib (Celebrex), 60 received indomethacin (a traditional NSAID), and 60 were controls, who received nothing. The rats' tissues were examined at 2, 4, and 8 weeks and were inspected under the microscope and tested for strength. Over the course of the study, "the controls demonstrated progressively increasing collagen organization." Neither of the NSAID groups showed collagen organization, a sign of tissue strength and healing, with the result being "significantly inhibited tendon-to-bone healing."

Many athletes take NSAIDs after a heavy workout in the belief that it will help prevent muscle soreness. Studies have shown either no effect or a miniscule effect when compared to a placebo. What the NSAID will do, however, is prevent your body from healing properly after a hard workout. Training involves stressing the muscles to the point of micro-tears, which the body then heals using the same inflammatory pathways. The trained muscle should be stronger than the untrained muscle, unless it's healing has been inhibited.

*What are the side effects of NSAIDs?* It is estimated that NSAID use causes 107,000 hospitalizations for gastrointestinal complications and 16,500 deaths in the United States. Gastrointestinal symptoms include gastro-esophageal reflux (GERD), nausea, abdominal pain, ulcers, and gastric perforation. Bleeding ulcers can occur with no warning and don't have to be the result of massive doses.

Athletes need to be aware that dehydration or underlying kidney disease may predispose them to acute renal failure when taking large doses of NSAIDs. This is what happened to two NBA players in 2002. Alonzo Mourning and Sean Elliot often took NSAIDs daily to self-treat for workout-related aches and pains. They both suffered kidney failure and ultimately needed kidney transplants. The National Kidney Foundation estimates that 10% of kidney failures per year are related to NSAID overuse.

Perhaps not directly related to swimming, but particularly distressing to some, is the conclusion in an article in the Journal of Urology that the use of NSAIDs doubled the risk of erectile dysfunction. In addition, all NSAIDs increase the risk of hypertension. Both NSAIDs and acetaminophen (for example, Tylenol) increase the risk for hypertension in women. All NSAIDs may also increase the risk of myocardial infarction in people with arthritis. NSAID use in post-menopausal women appears to be associated with an increased risk of non-Hodgkin lymphoma. Finally, a 2005 article in the Journal of the National Cancer Institute found that there is a small increase of breast cancer in NSAID users.

*Why does my doctor prescribe NSAIDs for musculoskeletal injuries?* That is a very good question. Pain can be controlled with acetaminophen, ice, or herbal remedies. Corticosteroids, while excellent at stopping pain and inflammation that causes pain, completely stop the healing process. For some reason, many medical doctors are now prescribing prednisone, a corticosteroid, as a first treatment for patients with musculoskeletal pain, primarily back pain. It doesn't make sense and certainly doesn't help the underlying problem.

NSAIDs not only don't promote healing but actually inhibit it. There are alternatives which actually do promote healing such as ultrasound, myofascial release and massage, laser therapies, and many herbal remedies. Underlying joint problems can be treated with chiropractic adjustments, mobilizations, and other exercises and movement therapies.

*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 17 years. She can be reached at 310-470-0282 or JSeaton@aol.com.*

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# Southern Pacific Masters Association Schedule

September	26-30	USMS Convention, Anaheim
October	7	Mission Viejo SCM Swim Meet
	20	Santa Clarita SCM Swim Meet
November	3	UCLA SCM Swim Meet
	15	SPMA Committee Annual Meeting and Elections
	18	Pierce College Turkey Shoot SCM Swim Meet, Woodland Hills
	30-12/2	SPMA SCM Championship Swim Meet, Long Beach

For a complete and 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 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