

March/April
2008



SPMA MASTERS SWIMMING

Call for Nominations: 2007 SPMA Coach of the Year by Mary Hull

There are over sixty 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."

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 nominate 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, 2008 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

2006 Tom Boyd
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:

- *Swim Your Stress Away, by Jessica Seaton*
- *LCM Schedule*
- *Tentative Open Water Schedule*

SPMA 2007 Short Course Meters Record Breakers

The following SPMA members broke the published World or USMS National records during the 2007 SCM season:

Paul Carter: *50 m Butterfly, 100 m Butterfly, 200 m Individual Medley*

Jeff Farrell: *50 m Freestyle, 50 m Breaststroke, 100 m Freestyle*

Traci Granger: *50 m Butterfly*

Karen Melick: *200 m Breaststroke*

Gerry Rodrigues: *800 m Freestyle*

Coast Masters (*Woody Bowersock, Robert Christians, Walt Pfeiffer, S. Wayne McFarland*): *400 m Free Relay, 200 m Free Relay, 200 m Medley Relay*

UCLA (*Gerry Rodrigues, Jeff Pickett, Laurie Dodd, Jenny Cook*): *800 m Free Relay*

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD SWIM CLUB
LOMPOC: Lompoc's Other Swim Team
SAN LUIS OBISPO MASTERS
SAN LUIS OBISPO: Kennedy Club Masters
SAN LUIS OBISPO: No. SLO Masters
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk (805) 434-1912; swimcoach@teamkman.org; www.teamkman.org
Rafael Guijarro (661) 472-7246; rago2000@sbcglobal.net
John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org
Jeff Storie (805) 875-2703; j_storie@ci.lompoc.ca.us
Philip Yoshida (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org
Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com
Kass Flaig (805) 704-9797; kassflaig@hotmail.com
Mike Ashmore (805) 928-9655; santamariasmw@verizon.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; sgleason51@yahoo.com
Rick Goeden (805) 646-6884; theswimguy@sbcglobal.net
Naya Higashijima (805) 893-2505; ucsbmasters@gmail.com
SB Swim Office (805) 966-9757; swimoffice@sbswim.org
Nancy Kirkpatrick-Reno (818) 469-9972; www.csaswim.com
Kevin Lane (818) 917-6930; klane56ct@sbcglobal.net; www.dalandswim.com
Matt Warshaw (805) 660-2082; matt@southcoastwaterpoloclub.com
Jason York (805) 289-9298; jason.e.york@gmail.com; www.buenaventuraswimclub.org
Toby Petty (805) 642-6674; tonthego0@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) 250-3767

LOS ANGELES (Westside)

CALABASAS: City of Calabasas Masters
EL SEGUNDO MASTERS
L.A. 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
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. : Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677; 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
Patricia Mitchell (323) 563-5446; pmitchell@sogate.org

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@alpertjcc.org, www.alpertjcc.org
Elodie Lynn (562) 644-5228, mimibobs@msn.com, www.shoreaquatics.com
Yuji Utsumi; (562) 252-0220; info@lbrunions.com; www.lbrunions.com
Chuck Milam (310) 592-6010, cdmilam@hotmail.com, www.manhattanc.com
Shari Twidwell (310) 937-3535; shari@zapswimming.com
Debi Blair (310) 813-9656; info@lapsmasters.org, 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
YUCAIPA: Masters of Yucaipa

John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com
Debbie Mone (951) 461-1577; 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
Jason Bradbury (951) 845-7458; ystcoach.jason@verizon.net; yucaipaswim.org

ORANGE COUNTY

COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH SWIM CLUB
HUNTINGTON BEACH: Golden West Swim Club
IRVINE NOVAQUATICS
IRVINE: UCI Masters
IRVINE: The Sports Club/LA
LADERA RANCH MASTERS
MISSION VIEJO MASTERS
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH: Team TYR
NEWPORT BEACH Lifeguard Association
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

Todd Conrad (949) 858-4100 x257; cotocoyotes@gmail.com
Bill Jewell, (949) 466-6523; 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; ctschobe@uci.edu; www.masterswim.uci.edu
Dan Schoen (949) 975-8400 x6204; danschoen@thesportsclub.com; thesportsclubla.com
Evan Forbes (949) 370-0568; e_forbes@cox.net
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
Jim Turner (949) 644-3046; jturner@nbfed.net; www.newportlifeguard.org
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; debra@socalaquatics.com
Mark Tierney (714) 639-7531; coachmark@orca-aquatics.com
Mike Pawloski (714) 372-6273; bonuspak@earthlink.net

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.lowerymultisport.com
Victor Hecker (702) 247-7788; heckerrealstate@hotmail.com
Melissa Gutierrez (702) 480-4321; 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

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

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

Caltech Pentathlon SCY Swim Meet Sunday, March 9th, 2008

Sanction number: 338-003

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 29rd. Deck entries close at 9:15 a.m. sharp! Age on March 9th 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 2008 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 9, 2008

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

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.azlmsc.org

Santa Clarita Masters SCY Swim Meet Saturday, March 29th, 2008

Sanction number: 338-004

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: The pre-entry postmark deadline is Saturday, March 22nd. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:00 a.m. Age on March 29th 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 and the 400 yd. Freestyle.

Relays: All relays will be deck entered. Relay fees are \$4.00 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 2008 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, Chris Lundie, (661) 250-3771, clundie@santa-clarita.com; Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com; Mike Coash, (661) 250-3760, mcoash@santa-clarita.com. General information and lodging information can be found at www.scmconline.com.

Sunday, March 29, 2008

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

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)
Additional warm-up after 1500
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 400 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 200 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 100 yd. Individual Medley
17. 50 yd. Breaststroke
18. 200 yd. Backstroke
19. 200 yd. Mixed Medley Relay

Mission Viejo Nadadores

2008 SPMA and Southwest Zone SCY Championship Meet

Friday to Sunday, April 11th to 13th, 2008

Sanction number: 338-005

Directions: Lower Marguerite Aquatic Complex, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to the La Paz exit. Turn east on La Paz, left on Marguerite, and right on Casta Del Sol. Turn right at the first driveway. The swim parking lot is behind the tennis courts on the right with the exit being at the upper lot. Do not park in the tennis lot on Marguerite.

Entries: Flat fee of \$45.00 if postmarked before Monday, March 31st. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, March 31st. All entries must be received by 6:00 p.m. Monday, April 7th. No individual deck entries will be allowed. Age on April 13, 2008 determines age for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refunds of entry fees after April 7th.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$10 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. 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 60 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

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

Check in: Positive check-in is required for 500, 1000, and 1650 yd. Freestyle and 400 yd. Individual Medley. All other events will be pre-seeded. Check-in closes at 12:30 p.m. Friday for the 1650 yd. Freestyle, 1:30 p.m. Friday for the 400 yd. IM, and 2:30 p.m. Friday for the 1000 yd. Freestyle and 8:30 a.m. Sunday for the 500 yd. Freestyle.

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

Checks payable to: Mission Viejo Nadadores

Mail consolidated entry card, a copy of your 2008 USMS card, and check to: Mission Viejo Nadadores Masters/Mark Moore, PMB #391 25108-B Marguerite Pkwy, Mission Viejo, CA 92692. Send a SASE or stamped postcard for a return receipt.

To register online, go to www.spma.net or www.mastersmvnswim.org and click on 2008 Southwest Zone and SPMA SCY Championships.

Questions: Call 949-489-1847 or send an email to Mark Moore, m.w.moore@cox.net. For hotels, information, and directions go to www.mastersmvnswim.org.

Snack Bar: A complete hot and cold snack bar will be available.

Online Entries (and additional information):

<http://mastersmvnswim.org/2008ShortCourseChamps.htm>

Friday, April 11, 2008

Warm-up noon

Meet starts at 1 p.m.

Check-in for 1650 yd. Freestyle closes at 12:30 p.m.

1. 1650 yd. Freestyle (Women, Men)

Check-in for 400 IM closes at 1:30 p.m.

2. 400 yd. Individual Medley (Women, Men)

Check-in for the 1000 yd. Freestyle closes at 2:30 p.m.

3. 1000 yd. Freestyle (Women, Men)

Saturday, April 12, 2008

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

4. Women's 200 yd. Freestyle

5. Men's 200 yd. Freestyle

6. Women's 50 yd. Butterfly

7. Men's 50 yd. Butterfly

8. 200 yd. Freestyle Relay (Women, Men, Mixed)

9. Women's 100 yd. Backstroke

10. Men's 100 yd. Backstroke

11. Women's 100 yd. Breaststroke

12. Men's 100 yd. Breaststroke

13. Women's 200 yd. Butterfly

14. Men's 200 yd. Butterfly

15. 200 yd. Medley Relay (Women, Men, Mixed)

16. Women's 50 yd. Freestyle

17. Men's 50 yd. Freestyle

18. Women's 200 yd. Individual Medley

19. Men's 200 yd. Individual Medley

20. 400 yd. Freestyle Relay (Women, Men, Mixed)

Sunday, April 13, 2008

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

Check-in for the 500 yd. Freestyle closes at 8:30 a.m.

21. 500 yd. Freestyle (Women and Men)

22. Women's 100 yd. Butterfly

23. Men's 100 yd. Butterfly

24. Women's 50 yd. Breaststroke

25. Men's 50 yd. Breaststroke

26. Women's 200 yd. Backstroke

27. Men's 200 yd. Backstroke

28. 400 yd. Medley Relay (Women, Men, Mixed)

29. Women's 100 yd. Freestyle

30. Men's 100 yd. Freestyle

31. Women's 200 yd. Breaststroke

32. Men's 200 yd. Breaststroke

33. Women's 50 yd. Backstroke

34. Men's 50 yd. Backstroke

35. Women's 100 yd. Individual Medley

36. Men's 100 yd. Individual Medley

37. 800 yd. Freestyle Relay (Women, Men, Mixed)

Relays: A swimmer may swim only one relay in each of events 8, 15, 20, 28, and 37.

**Mission Viejo Nadadores
LCM Swim Meet
Sunday, June 1st, 2008**

Sanction number: 338-011

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, May 26th. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1500 m Freestyle and at 10:30 a.m. for all other events. Age on December 31, 2008 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 400 and 1500 m Freestyle and the 400 m 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 2008 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, June 1, 2008

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

1500 starts at 8:30 a.m.

1. 1500 m Freestyle (check-in required)
Additional warm-up after 1500
Event #2 will start no earlier than 11:00 a.m.
2. 400 m Individual Medley (check-in required)
3. 200 m Freestyle
4. 50 m Butterfly
5. 100 m Backstroke
6. 200 m Breaststroke
7. 200 m Medley Relay (men, women, or mixed)
8. 200 m Individual Medley
9. 200 m Butterfly
10. 50 m Breaststroke
11. 200 m Backstroke
12. 100 m Freestyle
13. 100 m Butterfly
14. 50 m Backstroke
15. 200 m Freestyle Relay (men, women, or mixed)
16. 100 m Breaststroke
17. 50 m Freestyle
18. 200 m Fun Fin Relay
19. 400 m Freestyle (check-in required)

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

**Las Vegas Masters
LCM Meet
Saturday, June 14th, 2008**

Sanction number: 338-021

Directions: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Lanes will be available for warm-up. From the I-15 Fwy., take the Spring Mountain Rd West exit. Turn west on Spring Mountain Road and go 4 1/2 miles to the pool.

Entries: Pre-entry postmark deadline: Saturday, June 7th. On deck registration permitted. Deck entries will close at 12:30 p.m. for the first 6 events. Deck entries will close at 1:00 p.m. for the remaining events. Age on December 31, 2008 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 400 meter freestyle.

Relays: All relays will be deck entered, on SPMA relay forms available at the meet. Relays are *free*. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

Entry Fees: \$3.00 per each individual event entered and a \$10.00 surcharge per swimmer. Note that deck entrants will pay an additional \$10.00 entry charge.

Checks payable to: Las Vegas Masters

Mail consolidated entry card, copy of 2008 USMS card, and check to: Las Vegas LCM Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Meet Director, Victor Hecker (702) 247-7788. Meet Entries: Robert Mitchell (949) 689-7946, mitchellrobert@cox.net.

Saturday, June 14, 2008

Warm-up at noon

Meet starts at 1:00 p.m.

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

LATE BREAKING NEWS!

San Luis Obispo Masters will be holding a Long Course Meters Meet on Saturday, May 3rd, after their kids meet. Please check the SPMA website (www.spma.net) for meet entry information, or call the SPMA Office.

Swim Your Stress Away by Jessica Seaton

Masters swimmers know that swimming is good for dealing with stress. We know when we're not swimming we don't deal with stress as well. Understanding the physiology of the stress response and how exercise can help you might serve to keep you motivated to swim during stressful times.

A stressor is anything that unbalances our life, either physical or psychological, and causes a stress-response. These may be good events, such as a swim meet or an ocean swim, or bad events such as a divorce. A stressor can also be the anticipation of an event. The stress response is fairly consistent, regardless of the type of stressor, physical or psychological. Your body reacts similarly whether you're fleeing for your life or sitting in a chair stewing about some wrong that's been done to you. However, we are designed to optimally handle acute physical stresses, such as being physically attacked, and not repeated bouts of psychological stress. Not being able to turn off the stress response when the stress has passed or chronic stress can potentially lead to diseases that make you sick.

The Stress Response

In very broad strokes, the basic idea behind the stress-response is that your body is going to need to use your muscles to either fight or flee, even if all you're doing is sitting in a chair and thinking about a stressor. Muscles need energy in the form of glucose, simple proteins, and fat, which must be released from storage sites such as the liver. Your heart rate, blood pressure, and respiratory rate all increase in order to deliver this energy to the muscles more quickly. Non-essential physiological functions are tabled for the time being. Digestion, growth and tissue repair, sex drive and reproduction, and immunity are inhibited. If the stress is severe and long enough, your sensitivity to pain decreases. In acute stress your memory may improve and you have a heightened sense of awareness of your surroundings.

Long-term stress does not lead to hormonal exhaustion as originally thought, but rather the stress response, when continually activated, becomes damaging over time. What works well for the short-term, may not be good for the body over an extended period of time. If you are constantly mobilizing energy for your muscles at the expense of storing extra energy, you'll have no reserves and end up suffering from fatigue. Your risk of diabetes increases. Having your blood pressure constantly elevated may lead to hypertension and ultimately kidney damage or a stroke. With depressed immune function, you're more likely to contract an illness or disease. Once you're ill, your body's ability to heal is diminished. The hormones

that help sharpen your memory in the short term may contribute to memory loss later.

So How Does Swimming Help?

1. Exercise decreases your risk for cardiovascular and metabolic (for example: diabetes) diseases. If you're less likely to get these diseases, you're less likely to have stress aggravate these diseases.
2. Exercise makes you feel good. Competitive athletes tend to be well-adjusted, extroverted, and optimistic to begin with. However, many studies have shown that exercise improves mood in everyone and is beneficial for depression. Aside from the secretion of beta-endorphins, doing exercise gives you a sense of accomplishment. However, if exercising is not something you want to do, its beneficial effects for stress are greatly diminished.
3. The stress response is about preparing your body for the sudden use of muscular activity. If you actually use your muscles in an explosive manner you ultimately reduce tension in them. However, aerobic exercise appears to be a better stress reducer than anaerobic exercise. Swimming workouts tend to be more aerobic than anaerobic.
4. Those who exercise tend to have a smaller stress response to various psychological stressors.
5. Masters swimming also has another benefit: social support. Both getting and giving social support help reduce stress.

The positive effects of exercise on stress response and mood only last for a few hours to a day after exercising. This is a good argument for doing some form of exercise everyday, even if it isn't swimming. The bottom line for general health is at least 30 minutes of exercise everyday. However, moderation is still the key. Too much exercise can also be a stressor, in that it can lead to overtraining and burn-out.

If you'd like to read a very interesting and entertaining book about stress, I highly recommend *Why Zebras Don't Get Ulcers* by Robert M. Sapolsky, Ph.D. The latest edition was published in 2004. The author is very witty and thoughtful.

Jessica Seaton, D.C. is a chiropractic orthopedist with a Sports Medicine focus practicing in West Los Angeles for more than 20 years. Additionally, Dr. Seaton also specializes in Functional Medicine, a field that includes stress management, as well as genetic, environmental, nutritional, and other lifestyle factors. She can be reached at (310) 470-0282 or JSeaton@aol.com or www.drjessicaseaton.com.

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Southern Pacific Masters Association Schedule

March	9	Caltech Pentathlon, Pasadena
	29	Santa Clarita SCY Meet
April	11-13	Mission Viejo SCY Regional and Zone Championships
May	1-4	USMS SCY National Championships, Austin, TX
	3	San Luis Obispo LCM Swim Meet
	18	Santa Clarita LCM Swim Meet
June	1	Mission Viejo LCM Swim Meet
	14	Las Vegas LCM Swim Meet
July	12	Santa Barbara LCM Swim Meet
	12	Newport Pier-to-Pier 2 mile Open Water Swim
	27	Long Beach Naples 1 and 3 mile Open Water Swims
July or Aug tbd		SPMA LCM Regional Championships
August	14-17	USMS LCM National Championships, Mt. Hood, OR
	23	Don Burns Corona del Mar 1 mile Open Water Swim

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 DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$50 *per DVD* that will be held as a deposit until the DVD(s) are returned. This check will not be cashed unless the DVDs 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, Freestyle with Karlyn Pipes-Neilsen
- 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, Pilczuk)