

November/December  
2008



## SPMA MASTERS SWIMMING



### USMS Offers Online Registration

by Julie Heather, SPMA Registrar

USMS converted to a web-based registration system last year, in time for the registrars to use it for the 2008 registrations.

In January we started offering online registrations. By starting in the middle of the registration year, after the 'big rush' was over, we were better able to tweak the system and fix the problems, while inconveniencing fewer swimmers.

For the 2009 registrations, the online registration system will be available to all, and I encourage you to give it a try. Of course, you can still mail in your form (found on the seventh page of this newsletter) if you prefer.

A big advantage is that you are able to print out a copy of your USMS card at the end of the registration process (and save it for future reference).

Although 2009 online registrations will be available in early November, please re-

member that you can only affiliate with a club that has already registered for 2009! I will be mailing club registration forms to current clubs at the beginning of October, with a \$10 reduction in cost if the form is mailed by October 29th!

Here are a few hints for using online registration:

- USMS accepts MasterCard and VISA, and debit cards with those logos.
- Have your current USMS card at hand, which will make the renewal process quicker.
- Annual dues are \$40 (\$25 goes to USMS and \$15 is for local programs).
- Please do not select "new member" if you were ever registered in the past (the error will be caught and the registrations merged, which a lot of extra work for me and the National Office).
- If you recently got married or changed your name, it's easiest if you send me an email with the details ahead of time and I'll update your record before you try to register online.
- Check your mailing address and make any necessary changes. I'm always surprised at the number of cards I get back from the post office for newly registered swimmers!
- Call the SPMA office (626-296-1841) if you have problems. The best time to reach me is in the afternoon or early evening.

#### *In this issue:*

- *SCM meet entry information*
- *2009 SCY meet schedule*
- *Clovis in the Spring, by Ahelee Sue Osborn*
- *2009 SPMA registration form*

### SPMA Swimmers Set Long Course Meters Records

The following SPMA swimmers broke USMS and/or World records in local meets:

Jenny Cook (UCLA): 200 Breaststroke

Erik Hochstein (SCAQ): 100 Freestyle

Dawn Heckman (ROSE): 1500 Freestyle

Walt Pfeiffer (MVN): 200, 400 Individual Medley, 50, 100, 200 Butterfly, 1500 Freestyle

Rita Simonton (GWSC): 100, 200, 400, 800 and 1500 Freestyle, 50 Butterfly

Ventura County Masters (Jim McConica, Hubie Kerns, John Derr, and Larry Raffaelli): 400 Medley Relay

A note on email addresses:

Every time I send out an email, I get some messages that bounce. This is understandable, swimmers change their email addresses and forget to notify me. However, I also receive "bounces" from Yahoo and Hotmail that they will not deliver my emails because there are "too many recipients." I have tried to work with these providers, without success. I also always receive replies from uci.edu that "greylisting is in effect." Therefore, if you use one of these services, please provide an alternate email address if you would like to continue to receive the updates.

# SWIM FOR LIFE!

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

ATASCADERO: Team K-man  
ATASCADERO: No. SLO Masters  
BAKERSFIELD: Gold Wave Masters  
BAKERSFIELD Swim Club  
LOMPOC: Lompoc's Other Swim Team  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO Masters  
SAN LUIS OBISPO: Kennedy Club Fitness  
SANTA MARIA: Santa Maria Swim Club

Jennifer Glenesk (805) 434-1912; swimcoach@teamkman.org; www.teamkman.org  
Kass Flaig (805) 704-9797; kassflaig@hotmail.com  
Rafael Guijarro (661) 472-7246; rago@sbcglobal.net  
John Kraetsch, lkraetsch@bak.rr.com; www.bakersfieldswimclub.org  
Jeff Storie (805) 875-2703; j\_storie@ci.lompoc.ca.us  
Spencer Szejkowski (805) 237-0654; spencersz@yahoo.com; northcountyaquatics.org  
Philip Yoshida (805) 543-9515; sloswimclub@sbcglobal.net; www.sloswimclub.org  
Linda Stimson (805) 781-3488 x17; sloaquatics@kennedyclubs.com; www.kennedyclubs.com/slomultiplex  
Mike Ashmore (805) 928-9655; santamariaswim@verizon.com

## **SANTA BARBARA (South) and VENTURA**

CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA Masters  
SANTA BARBARA: Oceanucks  
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  
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  
Emilio Casanueva (805) 637-8331; emilio@zapallar.net  
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; tonthego00@sbcglobal.net

## **LOS ANGELES (North)**

LANCASTER: Oasis Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
PORTER RANCH: Porter Valley 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  
Amy Lau (818) 523-3981; amylau@earthlink.net; www.pvmasters.com  
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  
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)**

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 and East County)**

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

Yuji Utsumi; (562) 252-0220; info@lbgrunions.com; www.lbgrunions.com  
Kathy Davids (310) 643-6523; kdavids@socal.rr.com; www.southbayswimteam.org  
Beverly Garman (949) 552-1710; ihaccoach@aol.com  
Cindy Jarvis (562) 426-7601 x1047; cjarvis@alpertscc.org; www.alpertscc.org  
Cindy Summers (562) 597-9744; summerscm@hotmail.com  
Matthew Mitchell (818) 398-1048; mattymitchell@mac.com; www.shoreaquatics.com  
Corey Lakin (562) 430-1073 x511; clakin@ci.los-alamitos.ca.us; www.ci.los-alamitos.ca.us  
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**

BEAUMONT Masters  
CORONA: Corona Aquatic Team Masters  
MURRIETA: MESA Aquatic Masters  
RIVERSIDE: Riverside Aquatics Assn.  
TEMECULA: City of Temecula Masters  
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087; christy@nds-ca.net  
John Salvino (866) SWM-CRNA; coachsalvino@hotmail.com  
Debbie Mone (951) 461-1577; msmone@msn.com; mesaaquatics.com  
Eric Tanner (951) 313-9274; ertanner@gmail.com  
Gwen Willcox (951) 694-6410; gwen.willcox@cityoftemecula.org  
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; ctschober@uci.edu; www.mastersswim.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; pacificoastaquatics.org  
Jeni Buys (949) 706-9991; gojeni@aol.com  
Jim Turner (949) 644-3046; jturner@nbfid.net; www.newportlifeguard.org  
Rod Snyder (949) 366-1630; rdsnyder4@cox.net  
Belinda Eschenwald (949) 636-1665; ironbee@cox.net; 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.lowerysmultisport.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

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.



**Santa Clarita**  
**Short Course Meters Swim Meet**  
**Saturday, November 8, 2008**

Sanction number: 338-043

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, November 1st. 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, 2008 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@santa-clarita.com, (661) 250-3760

**Saturday, November 8, 2008**

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 Individual Medley

12. 200 m Breaststroke

13. 100 m Freestyle

14. 50 m Backstroke

15. 200 m Butterfly

16. 50 m Breaststroke

17. 200 m Backstroke

18. 200 m Mixed Medley Relay

***Due to pool renovations, the Pierce College Turkey Shoot meet will not be held in 2008. Look for this very popular meet to return in 2009!***

**San Luis Obispo Masters**  
**Short Course Yards Swim Meet**  
**Friday and Saturday, November 21-22, 2008**

Sanction number: 338-044

Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50-meter x 25-yard, 8-lane course with eight deep-water lanes for competition and nine lane for warm-up/warm-down. Two 6-lane courses with 4 warm-up/warm-down lanes may be used if needed due to a long timeline.

**Directions:** From North or South US 101, take Marsh St. off-ramp. Turn right on Broad St. (third stoplight), turn left on Orcutt Rd. (fourth stoplight). Cross railroad tracks, then take the first left onto Laurel Lane and left onto Southwood Dr (first stop sign). Swim Center is one block at end of road.

**Entries:** The pre-entry postmark deadline is Saturday, November 15th. Deck entries for the 1650 yd. Freestyle will close at 5:00 p.m. on Friday, November 21st; all other deck entries close at 2:00 p.m. on Saturday November 22nd. Age on November 22nd 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 1650 yd. Freestyle and the 500 yd. 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: Ribbons for places 1 to 3. Relay: Ribbons for first place.

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

**Checks payable to:** SLOSC

Mail consolidated entry card, a copy of your USMS card, and check to: San Luis Obispo Gobbler Classic, P. O. Box 142, San Luis Obispo, CA 93406.

**Questions:** Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

***This is a Short Course YARDS meet!***  
***Adjust your entry times accordingly!***

**Friday, November 21, 2008**

1650 warm-up following Age Group Meet

1650 starts no earlier than 6:00 p.m.

1. 1650 yd. Freestyle (check-in required)

**Saturday, November 22, 2008**

Warm-up following Age Group Meet

Event #2 starts no earlier than 3:00 p.m.

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. 500 yd. Freestyle (check-in required)

9. 100 yd. Backstroke

10. 50 yd. Butterfly

11. 100 yd. Freestyle

12. 50 yd. Backstroke

13. 50 yd. Breaststroke

14. 100 yd. Individual Medley

15. 200 yd. Mixed Medley Relay

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

# Long Beach Grunions

## 2008 SPMA Short Course Meters Championships

### December 5 - 7, 2008

Sanction number: 338-045

**Directions:** The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803. Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

**Fees:** Flat fee of \$45.00 if postmarked before Monday, November 17th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries POSTMARKED (or entered on-line) after Monday, November 17th. Entries received after November 17th will not appear in the meet program. All entries MUST be RECEIVED by 6:00 p.m. Tuesday, November 25th. No individual deck entries are allowed. Age on December 31 determines age for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 25th. Relay entries are \$10 per relay.

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

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

**Check-in:** Due to the anticipated large number of swimmers, *positive check-in is required for all events*. Phone check-in is available for the 1500 Freestyle from 8:00 to 9:30 a.m. and for the 400 IM and 800 Freestyle from 8:00 a.m. until 11:00 a.m. on December 5th by calling (714) 273-8793 during those hours. Check in will close one hour before the anticipated start of each event, except you must be checked in by 11:00 a.m. for all events on that day.

**Awards:** Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, 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 five teams, based on combined scoring for men and women, individual events plus relays.

**Entries:** Register online at [www.lbgrunions.com](http://www.lbgrunions.com), click on Swim Meets, then on Register. Or mail an SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

**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."

For more information on host hotels and on-line entries, visit [www.lbgrunions.com](http://www.lbgrunions.com)

#### Friday, December 5th

Warm-up 9:00 a.m.,

Meet starts at 10:00 a.m.

*Check in for 1500 m Freestyle closes at 9:30 a.m.*

1. 1500 m Freestyle (Women, Men)  
*Check in for 400 IM closes at noon.*
2. 400 m Individual Medley (Women, Men)  
*Check in for the 800 m Freestyle closes at 1:00 p.m.*
3. 800 m Freestyle (Women, Men)

#### Saturday, December 6th

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

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

#### Sunday, December 7th

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.*

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

**Relays:** A swimmer may swim only one relay in each of events 8, 15, 20, 27, and 34

## Las Vegas Masters Vegas Free Play SCY Meet Saturday, January 24, 2009

Sanction number: 339-001

Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.

**Directions:** From the I-15 Fwy., take the Flamingo Road exit (#38). Take the Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.

**Entries:** The pre-entry postmark deadline is Monday, January 19th, 2009. Deck entries will close at 12:30 p.m. for the first six events. Age on January 24th 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 genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.

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

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

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

**Entry Fees:** \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** Las Vegas Masters

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

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

### Saturday, January 24, 2009

Warm-up at noon

Events start at 1:00 p.m.

1. 500 yd. Freestyle
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle
7. 50 yd. Breaststroke
8. 200 yd. Mixed Freestyle Relay
9. 100 yd. Butterfly
10. 50 yd. Freestyle (VFP-1)
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP-2)

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

## Clovis in the Spring!

By Ahelee Sue Osborn

Masters swimmers are always up for swimming. Let's face it, most of us are not getting up out of bed early before work to coach or swim the 6:00 a.m. practice because of Michael Phelps and his eight gold medals! Or are we? Will anyone actually admit to being totally re-inspired about swimming right now? I will!

In the past weeks and months since the Olympics in Beijing, all swim programs are in a high state of building and swim awareness. Admit it or not, people want to swim now, and faster! Membership numbers are higher than ever. SPMA has bragging rights to a 20% increase in members already!

You have probably noticed it in your own lanes at practice – that new swimmer asking questions about better underwater dolphin kick, or a flip turn, and, hard to believe, how to swim butterfly! New goals, demonstration of focus on improving technique, less grumbling about September Stroke Improvement practices and even swim meet participation.

So how lucky are we, that the 2009 USMS Short Course Yards National Championships are going to be held right here in California next spring? In Clovis, near Fresno, in the middle of the state!

Coaches, your swimmers will be primed and ready after the fall/winter post-Olympic inspired training.

Swimmers, the fact that the meet will be short course means that you don't have to worry about not getting in long course pool time, and travel costs will be lower because the meet will be relatively close by. This should make it easier for teams to have enough swimmers to build lots of relays!

California can once again *own the nationals!* It may take a little coaxing and rebuilding of the pride in our California Swim Traditions. Over the last few years, we have let it slip to Colorado, Texas, Oregon, Florida, and Washington.

Though California Masters swimmers represent their own local teams, let's get as many swimmers as we can to "our" national championships. Everyone can participate as qualifying times are waived for the first three events. Encourage the entire team to swim and plan to travel together with other swimmers as a team social weekend trip!

Start preparing now!

\*Add May 7-10, 2009 – USMS Short Course Nationals, Clovis, California to your calendar!

\*Book hotel rooms!

\*Have a championship team shirt made! (How about including CALIFORNIA or the state flag on your design?)

\*Hold mini-clinics for novice swimmers to learn legal and faster technique.

\*Make Short Course Nationals a team goal in 2009!

While the date has not yet been announced, the USMS 1-Mile Open Water Championships will also be held in May at Millerton Lake in Clovis.

Need a practice meet at the same pool where Nationals will be held? Clovis Swim Club & Fig Garden Masters are holding a SCY Masters Meet on Saturday, November 8, 2008. Both online and deck entries are available!

<http://www.pacificmasters.org/comp/08closocy.pdf>

*Ahelee Sue Osborn is the SPMA Coaches Committee Chair, and coaches for Irvine Novaquatics. She can be reached at [ahleesue@gmail.com](mailto:ahleesue@gmail.com).*

# Southern Pacific Masters Association

## *2009 Membership Form*

The 2009 membership form will be available on November 1, 2008

### Benefits of 2009 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership (\$8.00 of the annual dues is designated for the magazine subscription).
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA office to answer your swimming related questions or concerns.

*2009 USMS Registration is valid through December 31, 2009*

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



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# Southern Pacific Masters Association Schedule

November	8	Santa Clarita SCM Swim Meet
	20	SPMA Annual Meeting, Pasadena
	21-22	San Luis Obispo SCY Swim Meet
December	5-7	SPMA SCM Championship Swim Meet, Long Beach
January	24	Las Vegas SCY Swim Meet
February	22	Fullerton SCY Swim Meet
March	8	Caltech Pentathlon SCY Swim Meet, Pasadena
	21	Santa Clarita SCY Swim Meet
April	4	UCLA SCY Swim Meet
	24-26	SPMA SCY Championship Swim Meet, Mission Viejo
May	7-10	USMS SCY National Championships, Clovis, California

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 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 DVDs 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)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion