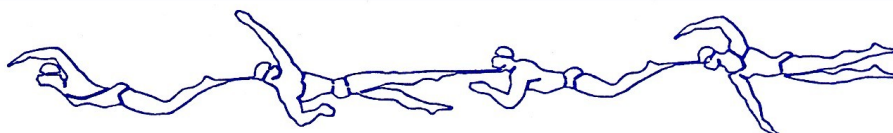


Nov/Dec
2011



SPMA MASTERS SWIMMING



USMS Convention Report 2011 SPMS Delegates

by Karin Wegner

Jacksonville, Florida was the host city of the U.S. Aquatic Sports Convention this September 14-18, 2011. Directors, Board Members, Committee Leaders, and Delegates from U.S. Masters Swimming, USA Synchro, USA Diving, USA Swimming, and USA Water Polo came together from around the country for meetings, collaboration, new legislation, awards presentations, and some fun social time too.

Southern Pacific Masters Swimming (SPMS) sent 13 delegates to the U.S. Masters Swimming convention in Jacksonville. Our delegates were Errol Graham, Chair of our LMSC; Mark Moore, our Vice-Chair and Meet Operations Chair, Mary Hull; our Secretary (also the Southwest Zone Chair); Dan Wegner, our Registrar; Robert Mitchell, our Officials Chair; Jessica Seaton, our Sports Medicine and Fitness Chair; Chris Lundie, our Social Media Chair and Webmaster; Connie Barrett, our Marketing Committee Chair; Trisha Commons, our Meet and Awards Coordinator; Michael Heather, USMS VP of Administration; Lucy Johnson, member of the USMS Finance Committee; and Michael Collins, member of the USMS Coaches Committee. My name is Karin Wegner, and I was the 13th delegate from SPMS, filling in for the Open Water Chair.

The days at convention for USMS delegates begin with the optional swim workout coached by some of the best in the nation. If you can handle the 4:30am wake-up and the 4:45am bus ride, workout can be one of the highlights of convention.

After workout, you drop in to the USMS Hospitality Suite for a free breakfast of bagels and juice. The Hospitality Suite at this year's convention was located on the 18th floor of the hotel with a gorgeous view of both river and ocean. It was staffed, and well-stocked with goodies, by the friendly Florida LMSC volunteers.

With bagel in hand, you rush down to the House of Delegates meeting where all dele-

gates from all over the country, 52 LMSCs in total, convene for important business. At the House of Delegates, there is a long orientation which seems helpful to newbies and veterans alike, especially for giving everyone tips on how to follow Robert's Rules of Order. There is the Executive Director's address, election nominations from the floor, and ultimately the elections. There are award presentations, a remembrance of those who have passed away in the last year, and many committee reports. There is the unveiling of the new USMS inspirational video. There is so much to tell about the House of Delegates, but perhaps I'll summarize by telling you that the major hub-bub from this year's HOD was a topic quite interesting here in SPMS. The hotly debated issue was One-Event Registrations for open water swims. The national office wants to streamline One-Event Registrations (this is a "membership" to USMS for a single competition), governing their availability and fee. Many members of the House disputed this, asking for the rights to remain with the LMSCs. After much argument, the national office's proposal was voted down by the House. Nevertheless, the topic of One-Event Registrations will continue to be hot here in SPMS as we improve and streamline our open water event procedures.

After the House of Delegates, you'll be on your way to a quick lunch and then to a committee meeting, an LMSC meeting, or a Zone meeting. I attended all open water committee and long distance committee meetings, the registrar's roundtable, and the Southwest Zone meeting.

Continued on next page...



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

USMS Convention Reports 2011

by SPMS Delegates

At Long Distance Committee, some of the more exciting news was the announcement of future National Postal Championship hosts and National Open Water Championship hosts, including some here in SPMS. The 3000/6000 Yard Postal Championships of 2012 will be hosted by the Long Beach Grunions. The 2013 National 10K Open Water Champs will be hosted by Swim Las Vegas Masters. The 2013 National 2.4 Mile Open Water Champs will be hosted by Mission Viejo Masters.

As a delegate's day of committee meetings comes to a close, there is dinner and then the return to the Hospitality Suite for some great social gatherings and free adult beverages and snacks. The interesting topics of the day's meetings continue in the social environment, where it is apparent how much we all love our sport and USMS.



Jacksonville Florida at Night - Convention 2011

On Saturday night the Aquatics Awards Banquet brings everyone out in their best suits and dresses. This is where all sports represented at the convention come together to present awards, eat a good meal, and have some laughs. The USMS portion of the show is always the best, with a hilarious skit that brings the whole banquet hall into laughter. One of the highest honors in USMS, the Coach of the Year Award, was presented during the banquet to SPMS's own Chad Durieux from Rose Bowl Masters. Great job Chad!

Sunday morning, convention wraps up and all delegates take flights or drives back home full of ideas and plans for bettering their local organization. A few of our SPMS delegates would like to share their convention experiences with you.

Mark Moore's Report

As a member of the Championship Committee, I serve in an advisory capacity to national championship hosts and make recommendations and decisions that enhance the quality of championship meets. Here is an update on the National Championship pool meets for 2012-2013. I hope that you all plan to attend several of these meets!

2012 Spring Nationals: April 26-29, 2012
Will take place in the brand new Greensboro Aquatic Center in Greensboro, N.C.

2012 Summer Nationals: July 5-8, 2012
Omaha, Nebraska. This is an opportunity to swim in an amazing facility and experience Olympic Trials.

2013 Spring Nationals: May 9-12, 2013

Will take place in the newly renovated IU Natatorium in Indianapolis, Indiana.

2013 Summer Nationals: August 7-11, 2013

Will be held in Mission Viejo, CA, hosted by Mission Viejo Masters!!!

Dan Wegner's Report

Being the SPMS Registrar I attended all of the Registration Committee meetings. The meeting discussions centered around requirements for card printing and one-event registrations.

Some registrars are not printing membership cards regularly, and the committee voted to change card-printing to a requirement within 14 days of member registration. If cards are in the queue for 30 days, the National Office may print and mail the cards and bill the LMSC. Southern Pacific is not one of the LMSCs of concern, but I volunteered to take on the card printing of other LMSCs if they get behind.

Like the annual club welcome package I created for SPMS, and which the National Office adopted, there was discussion about creating a member welcome package.

For One-Event Registrations there is a problem with accurate information arriving at the National Office. To address this, the committee wants all one-event registrations to be done via online entry.

After the defeat of a proposed national One-Event Registration fee, I spoke with Executive Director Rob Butcher and volunteered our LMSC as a potential pilot program for the new one-event fee registration solution.

Congratulations to Chad Durieux for being selected USMS 2011 Coach of the Year! This is a great honor for SPMS, and the 7th time that a SPMS coach has received this award.

Everyone received the shirts I ordered for SPMS delegates, and everyone looked great representing SPMS at convention!

Jessica Seaton's Report

The Jacksonville Hyatt Regency Hotel and Conference Center is located on the St. John's River, with a boardwalk running along side the river. Although most of my time was spent in meetings, a short walk along the boardwalk to grab lunch each day provided a nice break.

Being a member of the Rules Committee, I attended the three meetings that were held. This was not a Rules year, so in order for a rule change to be passed, the Rules Committee first has to deem it an emergency. If we deem it an emergency, then 90% of the House of Delegates (HOD) has to vote in favor of the rule in order for it to be implemented. *Continued on next page...*

No rules were deemed an emergency, but USMS automatically adopts rule changes made by USA Swimming unless the Rules Committee votes not to adopt a change. We approved several of those rules. The HOD voted to approve a suspension of the rules to allow the use of overhead cameras without a tertiary system (no timers) at the request of the Championship Committee at the upcoming Long Course National Championships being held in 2012 in Omaha directly following the Olympic Trials.

I was Vice Chair of the Sports Medicine Committee. We discussed several research projects, whether sports medicine lectures at National Championship meets are worth the time and effort (they're not), and our relationship to USMS *Swimmer* magazine. We did decide that health screenings at Nationals are valuable. At Mesa this past May, a skin cancer screening was well received. The sports medicine lecture this year was a presentation of the film about the Pathstar program organized by Dr. Nancy Iverson. Oglala Lakota tribe members are sent to the Bay Area for a week to learn to swim and then swim from Alcatraz to San Francisco. The participants are instructed in good nutrition and taking good care of oneself. The participants have then gone back to their community and made many positive changes.



The House of Delegates at Convention 2011

Trisha Commons' Report

I am on the History & Archives Committee. We had a discussion about projects we are working on and new projects that are coming up. I spoke about the two stories that I submitted this year (biographies of Mark Moore and Jeff Moxie). I reported that I am working on four more new stories about SPMS members and people of interest Errol Graham, Lucy Johnson, Jim McConica, and Rita Simonton. On the USMS website you can read some of the hundreds of great stories written by members of the H&A Committee: <http://www.usms.org/hist/>

I also attended the Recognition and Awards Committee meetings where there were many SPMS delegates also in attendance.

This convention was one of the better conventions that I have attended. The location in Florida was good, the weather was nice, and the hotel was great.

Michael Heather's Report

I was reelected to my position of Vice-President of Administration, which oversees the following committees and their activities: Rules, Legislation, Championship, and Registration. I attended most of their meetings. My input was mostly as a reference for the committee members. Being on the executive committee affords a comprehensive view of the organization.

We elected a new president during convention, Nadine Day, and a new Vice-President of Community Services, Jody Smith. They will be part of the Board of Directors which will guide the organization into the future. We also have a new charitable foundation, "Swimming Saves Lives," which will dedicate its energies to making the adult population of the United States watersafe, much like "Make a Splash" does for children. A few learn-to-swim clinics have already been held under its sponsorship.

There is a lot of work behind the scenes that creates the ability for USMS to offer programs and clubs to exist for training and fitness. Hundreds of volunteers on the national level and thousands on the local level across the country make it possible for you to enjoy your Masters experience, whatever your goals may be. Take a moment to thank a volunteer when you have the opportunity; they do their jobs for free because they love our sport that much.

Lucy Johnson's Report

I am on the Finance Committee, which is a committee of the Board of Directors. Our role is to review the annual budget proposed by the National Office, and make recommendations to the BOD, and also to review and make recommendations for amendments to the Financial Operating Guidelines (FOG). We had three conference calls prior to convention to discuss questions on the proposed budget, and met four times during convention to finalize the budget, propose amendments to FOG, and to review the audit of the USMS financial statements, the activities of the Investment Committee and to discuss the status of the financial needs and performance of Swimming Saves Lives.

At the second Swimming Saves Lives meeting, I heard a presentation from Jerry Clark (from North Carolina Masters) about a project he has developed with local doctors to involve some of their patients in Masters Swimming to assist in improving their health. In addition, I attended the second Investment Committee meeting, where the investment manager described the USMS portfolio allocations and returns.

Thank you delegates for your participation at convention this year in Jacksonville! Thank you for the reports submitted for this article. To learn more about USMS annual conventions, you may go to <http://www.usms.org/admin/convy/>. We look forward to representing the membership of SPMS again next year at convention in Greensboro, North Carolina, September 12-16, 2012.

San Luis Obispo Masters Short Course Yards Swim Meet

Friday - Sunday, November 18-20, 2011



Sanction: Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction #331-023

Location: 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 lanes for warm-up/warm-down. Two separate courses with warm-up/warm-down lanes available 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. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Entries: See Note below. The pre-entry postmark deadline is Wednesday, November 9th **Deck entries:** For events on Friday, November 18th deck entries will close at 4:00 p.m.; all other deck entries close at 9:30 a.m. on Saturday, November 20th (for Saturday's events), and Sunday, November 21st (for Sunday's events). Age on November 21st determines age group for the meet. **This is a Short Course YARDS Meet! Adjust your entry times accordingly.**

Seeding: All events will be deck seeded fast to slow by entered time, all ages combined.

Check-In: Check-in for all events will be required. Check-in for Friday's events will close at 4:00 p.m. on Friday. Check-in for Saturday's events will close at 9:30 a.m. on Saturday. Check-in for Sunday's events will close at 9:30 a.m. on Sunday.

Relays: There will be no relays for this meet.

Awards: Individual: Ribbons for places 1 to 3. **Entry Fees:** \$20.00 per swimmer flat fee if you enter by the postmark deadline of Nov 9th . Deck entries allowed for a total of \$30.00. **Checks payable to:** SLOSC Mail consolidated entry card, a copy of your USMS 2011 or 2012 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. Meet info is also available at www.smpa.net.

PLEASE NOTE: This is a combined USA Masters and USA Swimming Competition. If entries warrant, the sessions may be split to accommodate more swimmers.

FRIDAY, November 18, 2011

Deck Entries must be received by 4:00 p.m.

Event

(Women/Men) Event

1/2 200 Yard Freestyle

3/4 1650 Yard Freestyle

SATURDAY, November 19, 2011

Deck Entries must be received by 9:30 a.m.

Deck Entries must be received by 9:30 a.m.

Event

(Women/Men) Event

11/12 100 Yard Butterfly

15/16 50 Yard Breaststroke

25/26 100 Yard Freestyle

29/30 50 Yard Backstroke

SUNDAY, November 20, 2011

Deck Entries must be received by 9:30 a.m.

Deck Entries must be received by 9:30am

Event

(Women/Men) Event

47/48 100 Yard Backstroke

51/52 100 Yard Individual Medley

59/60 50 Yard Butterfly

69/70 100 Yard Breaststroke

75/76 50 Yard Freestyle

83/84 500 Yard Freestyle

Hotel Information:

Remember to reserve early... San Luis Obispo is a popular place to visit most times of the year.

The following hotels have helped accommodate our swimming visitors for past meets.

Quality Suites

1631 Monterey St, SLO

(805) 541-5001

Note: Fill out an SPMA Consolidated Entry Card (go to www.spma.net, SCM 2011 season, SLO SCY meet form, fourth page).

Long Beach Grunions

2011 SPMS Short Course Meters Championships

December 2nd – 4th 2011

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 331-022

Facility: The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach, CA 90803.

Directions: Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo Ave. Then turn left on Redondo to Ocean Blvd., left on Ocean to Termino, right on Termino, and park only in the southeast lot. All day parking passes will be available at the meet.

Fees: Flat fee of \$45.00 if entered online or postmarked by Monday, November 14th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries *postmarked* (or entered online) after Monday, November 14th. Entries received after November 14th will not appear in the meet program. All entries *must be received* by 6:00 p.m. on Monday, November 21st. No individual deck entries are allowed.

Entries: Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. There will be no refund of entry fees after November 21st. Age on December 31st, 2011 determines age group for the meet.

Relays: Relay entries are \$10.00 per relay. 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. There is no limit on relays, 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 800 and 1500 m Freestyle and also the 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.

Check-in: *Positive check-in is required for all events.* Swimmers may check in at www.SwimPhone.com or in-person at the meet. Check-in is available for the 1500 m Freestyle and will close at 8:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 1:00 p.m. on Friday

Check-in for the 400m Freestyle will close at 8:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 8:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event, except that check-in will close at 11:00 a.m. for all remaining Saturday and Sunday events.

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.org, 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. For hotels, information, and directions, go to www.lbgrunions.org and click on "Swim Meets."

Friday, December 2, 2011

Warm-up 8:00 a.m., Meet starts at 9:00 a.m.
Check in for 1500 m Freestyle closes at 8:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. *800 m Freestyle Relay (Women, Men, Mixed)

Saturday, December 3, 2011

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.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. 400m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke
15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 m Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
20. *200 m Medley Relay (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

Sunday, December 4, 2011

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 800 m Freestyle closes at 8:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 100 m Butterfly
26. Men's 100 m Butterfly
27. Women's 50 m Breaststroke
28. Men's 50 m Breaststroke
29. *400m Medley Relay (Women, Men, Mixed)
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 100 m Individual Medley
37. Men's 100 m Individual Medley
38. *200 m Freestyle Relay (Women, Men, Mixed)

*Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.

**Mission Viejo Masters
SCY Swim Meet
Sunday, January 15th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #332-001

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo.

Directions: 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.

Parking: The lower parking lot of the Marguerite Aquatics Center is closed for renovation. Parking opportunities are Marguerite Parkway – street parking will be allowed along the east side of Marguerite Parkway. Casta Del Sol - street parking will be allowed on the south side. Trabuco Road and Via Santa Clara – the public streets adjacent to the YMCA and the public parking lot on Via Santa Clara below Trabuco Road.

Entries: The pre-entry postmark deadline is Saturday, January 7th, 2012. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events. Age on January 15th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to 4 individual events.

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

Relays: All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry.

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

Entry Fees: \$25.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Mission Viejo Nadadores Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

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

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

**Sunday, January 15, 2012
Warm-up at 8:00 a.m.
Meet starts at 8:30 a.m.**

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

**Additional warm-up after 400 IM
Event #3 will start no earlier than 11:00 a.m.**

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle***
7. 200 yd. Medley Relay (men, women, or mixed)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (men, women, or mixed)
15. **25 yd. Butterfly***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

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

SPMA Swimming News, Nov/Dec 2011

**Las Vegas Masters
Vegas Free Play SCY Meet
Saturday, February 18th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-003

Facility: 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 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, February 13th, 2012. Deck entries will close at 12:30 p.m. for the first six events. Age on February 18th determines age group for the meet. You must be at least 18 to compete.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and 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 at least 21 years of age in order to get a VFP coupon.

Entry Fees: \$25.00 per swimmer flat fee. For swimmers in relays only, the fee is \$5.00. NOTE: deck entrants and online entries after February 17th will pay an additional \$10.00 entry charge.

Checks payable to: “Las Vegas Masters Coach Victor Hecker”
Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

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

**Saturday, February 18, 2012
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 (VFP)
7. 50 yd. Breaststroke
8. 200 yd. Individual Medley
9. 100 yd. Butterfly
10. 50 yd. Freestyle
11. 50 yd. Backstroke
12. 400 yd. Individual Medley
13. 100 yd. Breaststroke
14. 100 yd. Freestyle (VFP)

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

A Good Core Food Plan

by Jessica Seaton, D.C.

Nutrition is the most powerful tool in preventing and treating chronic illness. Eating a healthy diet, exercising regularly and not smoking would prevent 70% of chronic illness in this country. There isn't a pill that can match that kind of success rate.

Many swimmers think that since they don't smoke and they do exercise regularly, nutrition is not as important. Nutrition not only affects your long-term health, it is important to fuel your body properly for optimal performance both in and out of the water.

The core diet plan serves as a good starting point for most people. It follows the principles that author Michael Pollan stated so succinctly: ***eat food, not too much, and mostly plants***. *Eat food* sounds so simple and logical. However many people are eating what can at best be called food-like substances that are highly processed and barely recognizable as whole food. The closer your food looks to its original state, the better. Whole grain pastas, cereals, and breads are better than white pastas and breads, but the whole grains themselves are the best. Brown rice is less processed than white rice, and therefore more nutritious. Fruits are best eaten as whole fruits, and are preferred over fruit juices. So the principle is that you want your food as whole or as close to the original form as possible.

Our portions are generally too large in this country and we often eat more than we need to. Each meal should contain about as much food as you can put in your two hands together. Snacks should be smaller. Most people feel best when eating every three to four hours, with three meals and two to three snacks. Eating less can be a challenge. There are certain tricks that may help: eat your meals on smaller plates, drink at least one glass of water before a meal, look at and smell your food before you begin eating, chew your food thoroughly, and eat slowly and mindfully.

A good diet is plant-based with adequate protein and good fats. The standard American diet (SAD) is meat-based with very few plants. This kind of diet has contributed to our high rates of obesity, diabetes, heart disease, and cancer. The core food plan recommends that your diet roughly consist of 45% carbohydrates, 25% protein, and 30% healthy fats. The easiest way to see if this is close to what you're consuming is to track your diet for several days using one of the free online or smart phone applications, such as livestrong.com or myfitnesspal.com.

Diet is much more than carbohydrates, proteins, and fats. Carbohydrates, which make up nearly half your food should include the most servings of non-starchy vegetables (asparagus, bell peppers, broccoli, cabbage, cauliflower, carrots, greens, green beans, kale, lettuce, mushroom, tomato, etc.), and half as many starchy vegetables (butternut squash, sweet potato, beets, corn, green peas). Also included in the carbohydrate category would be fruits, which should be the equivalent of about one to one and a half bananas, or two to three small apples, oranges, or peaches per day, or 30 to 45 grapes per day. Grains should be eaten as close to their whole form as possible. Depending on your caloric requirements and activity level, your total grains should be the equivalent of 1/2 of a bagel to 3/4 of a whole grain bagel or, one to 1 1/2 cups of a whole grain cooked cereal, or 2/3 to 1 cup of rice per day.

Legumes (beans, hummus, lentils), low-fat dairy and dairy alternatives (cow, goat, nut, hemp, soy milk, yogurt, kefir) are considered as both carbohydrate and protein and should be included in a balanced diet.

Ideally part of your daily protein should be from plant sources such as legumes, nuts and seeds, as well as tofu, other soy foods, and miso. Animal sources include egg, cheese, fish, poultry, and meat. Where appropriate the animal sources should be lean, organic and grass fed. Grass-fed animals have a higher percentage of healthy fats than grain-fed animals. Organically raised animals are generally not pumped full of antibiotics and hormones. A serving should be about 3-4 ounces or about the size of the palm of your hand or a deck of cards. Two to three such servings a day is recommended on this plan.

Nuts and seeds belong to both the protein and the fats and oils category. Nuts are a healthy source of fat, and are high in calories. A daily dose would be 24 almonds. Fats and oils include avocado, butter, chocolate, coconut milk, half and half, olives, parmesan cheese, as well as what we think of as oils such as cooking oils. Cooking oils are preferably cold-pressed or extra virgin. They retain more nutrients that way.

A good diet includes a variety of foods to take advantage of all the different nutrients that various foods offer. A good rule of thumb is to try and eat every color of the rainbow every day. Blue/purple foods are good for the heart and mind, cellular functions, and are anti-cancer and anti-inflammatory. This group includes blue or black berries, purple cabbage, dates, eggplant, figs, purple grapes, purple kale, plums, and black rice. Red foods are good for your DNA, immune system, prostate, blood vessels and are also anti-inflammatory and anti-cancer. These include everything from cherries, kidney beans, to radishes, rooibos tea, and tomatoes. Orange foods are good for your skin, your cells in general, immune system and seem to contribute to longevity. This group includes acorn squash, apricots, carrots, grapefruit, mango, sweet potato, and turmeric root. Yellow foods are good for your eyes, brain, skin, and heart, and include corn, and succotash. White/tan foods can be anti-microbial, good for your liver and intestinal health and hormones. This group includes bean dips, cinnamon, dark chocolate, garlic, ginger, hummus, nuts, and whole grains. Green foods are anti-cancer, anti-inflammatory, are good for your brain, heart, liver, skin, and hormones. Green foods include green leafy vegetables, okra, rosemary, celery, broccoli, brussels sprouts, chard, kale, collard greens, and bamboo sprouts.

When designing your meals and snacks, it's important to include protein with every meal and every snack. This helps to control hunger and can keep stress eating in check. At a minimum you should have one serving of nuts and seeds (equals 4 almonds), one serving of legumes (1/2 cup lentils), and one each of a red, orange, yellow, green, and blue-purple fruit or vegetable per day. It is very important that you start your day with breakfast that includes a protein. This can be a shake if you don't have time to eat breakfast. Having breakfast will make you less ravenous at lunch or dinner.

Above all else enjoy your food, eat mindfully and peacefully, and share your meals with family and friends!

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SWIM FOR LIFE

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BAKERSFIELD Aquatics Club
LOMPOC: Lompoc's Other Swim Team
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SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Masters
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SANTA BARBARA (South) and VENTURA

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L.A. Van Nuys: SCAQ
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PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
PORTER RANCH: Porter Valley Masters
SANTA CLARITA Masters
WALNUT: Faster Masters Swim Team

LOS ANGELES (Westside)

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EL SEGUNDO MASTERS
HOLLYWOOD: Hollywood Wilshire YMCA
L.A. Pac Palisades, Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. Echo Park and USC: SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A.: Los Angeles Athletic Club Masters
SOUTH GATE Masters Swim Team

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: Long Beach Masters Swim
LONG BEACH: Shore Aquatic Masters
LOS ALAMITOS Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE: LA Peninsula Swimmers

INLAND EMPIRE

BEAUMONT Masters
CORONA: Circle City Aquatics
CORONA: Corona Aquatic Team Masters
RIVERSIDE: Riverside Aquatics Assn.
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
YUCAIPA: Masters of Yucaipa

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
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FULLERTON: FAST Masters Team
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IRVINE: UCI Masters
MISSION VIEJO Masters
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NEWPORT BEACH Lifeguard Association
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LAS VEGAS

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2012 Membership Application

All memberships expire on December 31, 2012



Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
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RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: Masters Coach
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	FULL-YEAR FEES (if joining between Nov. 1, 2011, and Aug. 31, 2012):	END-OF-YEAR FEES (if joining between Sep. 1, 2012, and Oct. 31, 2012):
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I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
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USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

WAIVER: 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.

Signature (required): _____ **Date** _____

Please make check for total fee plus any donation amounts payable to:

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Southern Pacific Masters Association Schedule for 2011 and 2012

Nov	6	MVN SCM Swim Meet, Mission Viejo
Nov	17	SPMA Committee Annual Meeting, Long Beach
	18-19	SLO SCY Swim Meet, San Luis Obispo
	20	Pierce College Turkey Shoot SCM Swim Meet, Woodland Hills
Dec	2-4	SPMA SCM Championships, Belmont Shore
Jan	15	MVN SCY Swim Meet, Mission Viejo
Jan	19	SPMA Conference Call
Feb	18	Las Vegas SCY Swim Meet, Las Vegas

For a complete and updated list of events go to www.spma.net

SPMA Annual General Meeting, Long Beach - Thursday, Nov 17th 7:30-10:00 p.m.

2011 SPMA Annual General Meeting is being held at:

El Torito
3301 Atlantic Ave
Long Beach, CA 90807

The meeting is open to all currently registered SPMA members. Online registration for the annual meeting is now open.

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1781&cid=52610>

We will need everyone who will be attending to register by 4 p.m. on Thursday, November 10th. Committee member elections will be held at the meeting.

Everyone in SPMA is invited to attend.

Hope to see you there!

SPMA has merged it's video library collection with the much larger U.S. Masters

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The U.S. Masters Swimming Video Library has various titles to choose from and is available for all registered U.S. Masters Swimming members. To rent a video from the U.S. Masters Swimming Video Library, please follow these steps:

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