

January/February  
2012

# SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



## SPMS Award Winners for 2011

by Jacquie Cole

### Male Swimmer of the Year

**Ed Moses** began swimming year-round at age 17, rather late in life considering it was only three years later that he would win two medals at the 2000 Olympics – silver in the 100 Breaststroke and a gold in the 400 Medley Relay. Now, in 2011, Ed Moses is making a comeback. As part of his return to swimming, he swam at the 2011 USMS Short Course Nationals as well as several local SPMS swim meets this year. Not only are his times impressive, but when Ed is in the water, all eyes are focused on his incredible technique and stunning ability.

### Female Swimmer of the Year

**Janet Evans** has set world records in three free-style events, and those records have set new records for the length of time they went unbroken. Janet won three Olympic gold medals in 1988 at the tender age of 16, another two golds in 1992, and then qualified for the 1996 Olympics, after which she retired. Well, almost retired. This spring she came out of retirement and has swum at SPMS Masters swim meets to test her mettle and has decided to go all out for a whopping fourth Olympics. In 1988 she inspired youngsters with her astonishing speed in events dominated by older athletes. Now, in 2011, she inspires older athletes with her courage and speed at the age of 40. Janet's return to swimming has given Masters swimmers in her age group a boost of encouragement, and given hope to many swimmers who have held back in swimming because of a fear they could never compare to the times they set at a younger age. We wish Janet all the best in her bid for the Olympics.

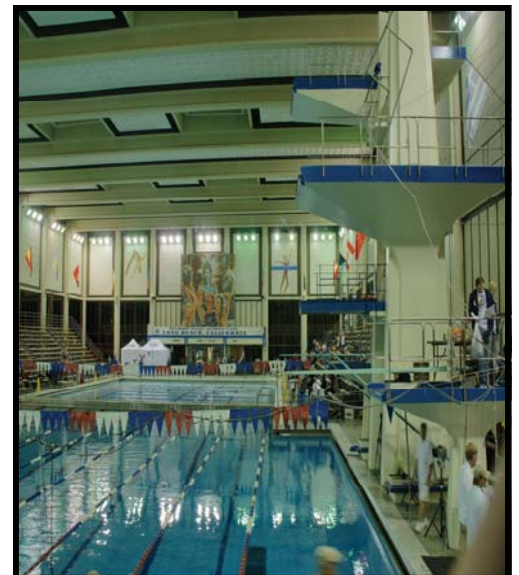
### Jim Marcus Award

This award is given to the person who exemplifies the spirit of Masters swimming and whose efforts have improved both SPMS and USMS. This year's recipient is **Errol Graham** who has given very generously of his time to SPMS for

well over a decade and has also contributed immensely to his own team, West Hollywood Aquatics, for much longer than that. Over the years, he has volunteered for a wide variety of duties within SPMS, and, as chairman since July of 2010, he has kept the focus on progress and has led with a spirit of community and increased services to our membership. Errol was recently re-elected chairman of SPMS for 2012-2013.

### Steve Schofield Award

This award is given to the person who, in the tradition of the late Steve Schofield, gives generously in time and experience to this Southern California Masters swim community. This year the award was presented to **Mark Moore** who, as Vice-Chair of SPMS and Meet Operations Chair, has improved the standards for running a successful swim meet. As coach of the Mission Viejo Nadadores, he has built a large, strong team and has made and continues to make a great, positive difference in swim fitness and camaraderie within a team.



### **IN THIS ISSUE:**

SCY Meet Entry Forms  
Video/DVD Library  
Places to Swim  
Message from SPMS Chair

# Snapshots Long Beach December 2011



**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. The lower parking lot of the Marguerite Aquatics Center is closed for renovation.

**Parking:** There are three options available—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;  
[coachmark@mastersmvnswim.org](mailto:coachmark@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.

**Rose Bowl Masters  
SCY Distance Meet  
Saturday, February 4th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-002

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up.

**Directions:** *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

**Entries:** The pre-entry postmark deadline is Saturday, January 28th, 2012. Deck entries will close at 8:00 a.m. Age on February 4th determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.

**Relays:** All relays will be exhibition and deck entered at no cost.

**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 and online entries after January 28th are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

**Checks payable to:** Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

**Questions:** Chad Durieux, [cdurieux@rosebowlaquatics.org](mailto:cdurieux@rosebowlaquatics.org).

**Saturday, February 4, 2012**

Warm-up at 7:00 a.m.

Meet starts at 8:30 a.m.

1. 500 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 200 yd. Breaststroke
5. 1000 yd. Freestyle
6. 200 yd. Butterfly
7. 200 yd. Freestyle
8. 200 yd. Individual Medley
9. 400 yd. Freestyle Relay (Men, Women, Mixed)
10. 200 yd. T-shirt relay

***Most meets have online registration and prefer that swimmers enter online. Please go to <http://www.spmastersswim.org> for the list of our current meets and online registration.***

**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 13<sup>th</sup>, 2012. Deck entries will close at 12:30 p.m. for the first six events. Age on February 18<sup>th</sup> 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](mailto: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)

**Caltech Pentathlon  
SCY Swim Meet  
Sunday, March 4th, 2012**

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc. Sanction #332-004

**Facility:** The Caltech facility is an outdoor, 8-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. Address: 1201 E. California Blvd, Pasadena.

**Directions:** Take Hill Ave south from the 210 Freeway. After 1.5 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 the Brown Gym. Or take the 110 Freeway north until it ends. Go 1 mile and turn right on California Blvd. 2 miles to Caltech. Parking is free on the weekends.

**Entries:** The pre-entry postmark deadline is Saturday, February 25th, 2012. Deck registration is permitted. Deck entries close at 9:15 a.m. Age on March 4th determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. Any swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

**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 complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

**Entry Fee:** \$25.00 flat fee per swimmer. Deck entry fee is \$35.00. Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Checks Payable To:** "Caltech Masters". Mail signed consolidated entry card, a copy of your 2012 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA 91107.

**Questions:** Meet Director, Suzanne Dodd, (626)449-7536

**Sunday, March 4, 2012  
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

SPMS has merged its video and DVD library with the much larger U.S. Masters Swimming Video Library

The U.S. Masters Swimming Video Library has various titles to choose from and is available for all registered members of U.S. Masters Swimming.

DVD rentals costs \$10.00 per video and swimmers can rent up to four videos or DVDs at a time.

If you have internet access, go to <http://www.usms.org/coach/videos.php> to see the latest selection of movies and follow the directions for emailing Kyle Deery.

If you do not have internet access, send a letter listing up to four videos or DVDs, make a check payable to U.S. Masters Swimming for \$10.00 per DVD, and send to the following address:

U.S. Masters Swimming

655 N. Tamiami Trail

Sarasota, FL 34236

**Below is a list of titles in the video/DVD library:**

1 Year Out Michael Phelps, Ryan Lochte, Ian Crocker, Katie Hoff, Megan Jendrick (2008)

Becoming a Champion Swimmer - Backstroke: Richard Quick (2006)

Becoming a Champion Swimmer - Breaststroke: Richard Quick (2006)

Becoming a Champion Swimmer - Butterfly: Richard Quick (2006)

Becoming a Champion Swimmer - Freestyle: Richard Quick (2006)

Becoming a Champion Swimmer - Starts and Turns: Richard Quick (2006)

Championship Winning Backstroke: Richard Quick (2003)

Championship Winning Breaststroke: Richard Quick (2003)

Championship Winning Butterfly: Richard Quick (2003)

Championship Winning Freestyle: Richard Quick (2003)

Championship Winning Starts: Richard Quick (2003)

Championship Winning Walls: Turns for all Strokes Richard Quick (2003)

Championship Winning Walls: Underwater Swimming Richard Quick (2003)

Core and Shoulder Stabilization: Matt Wren M.S., P.T. (2001)

Core Body Strength - Mobility and Flexibility: Scott Volkens (1998)

DryLand Training for Swimmers: Tim Vagan (2007)

Eddie Reese on Backstroke: Eddie Reese (2005)

Eddie Reese on Breaststroke: Eddie Reese (2005)

Eddie Reese on Butterfly: Eddie Reese (2005)

Fast Lane Freestyle: Frank Busch (2006)

Getting Better with David Marsh: Tips, Drills and Skills for Faster Freestyle (2007)

Go Swim All Strokes: Kaitlin Sandeno and Erik Vendt (2005)

Go Swim Backstroke with Aaron Piersol (2007)

Go Swim Backstroke with Margaret Holtzer (2009)

Go Swim Backstroke with Jeff Rouse (2004)

Go Swim Breaststroke: Dave Denniston and Glenn Mills (2003)

Go Swim Breaststroke Drills: Dave Denniston and Staciana Stitts (2005)

Go Swim Breaststroke Turns and Pullouts: Dave Denniston and Glenn Mills (2003)

Go Swim Breaststroke with Amanda Beard (2005)

Go Swim Breaststroke with Brendan Hansen (2007)

Go Swim Butterfly with Misty Hyman (2004)

Go Swim Fast Fly with Michael Phelps & Bob Bowman

Go Swim Freestyle and Back Drills: Glenn Mills and Barbara Hummel (2003)

Go Swim Freestyle with Jason Lezak (2009)

Go Swim Freestyle with Karlyn Pipes-Neilsen (2006)

Go Swim Sprint Freestyle with Roland Schoman (2007)

Go Swim Teaching Progressions: Steve Haufler (2008)

Go Swim Teaching Turns: Steve Haufler (2009)

Go Swim Triathlon Skills: Sara McLarty (2009)

Lane Line to Shore Lines: Gary Emich and Phil DiGirolamo (2007)

Open Water Swimming: Skills, Techniques and Racing Tips: Michael Collins and Gerry Rodriques (2003)

Out of the Pool: Michael Phelps, Ryan Lochte, Ian Crocker, Katie Hoff, Megan Jendrick, Whitney Meyers (2008)

Personal Best: Michael Phelps and Bob Bowman (2006)

Posture, Line, and Balance - The Foundation of Championship Winning Swimming: Richard Quick and Milt Nelms (2003)

Sports Mental Training: Shane Murphy, Ph.D. and Sean McCann, PhD.

Swim Fast Breaststroke: Ed Moses and Peter Morgan

Swimmer's Shoulder: Prehab and rehab June Quick (2005)

Swimming Faster Butterfly with David Marsh and Dave Durden (2004)

Swimming Faster Freestyle with David Marsh (2004)

Swimming Faster with David Marsh and Kim Brackin (2004)

Swimming Faster: Breaststroke Drills with David Marsh (2004)

Swimming in Australia - Butterfly: Ken Wood and Jessicah Schipper (2004)

Swimming in Australia - Sprint Freestyle: Libby Lenton and Melanie Schlanger

Swimalates - Pilates for Swimmers: June Quick (2005)

The Swim - Technique and Training for Triathletes: Trip Hedrick and Clark Campbell (2005)

Triathlon Swim Training: Chuck Burr (2009)

[www.goswim.tv](http://www.goswim.tv)-Drill of the Week Volume #1

[www.goswim.tv](http://www.goswim.tv)-Drill of the Week Volume #2

[www.goswim.tv](http://www.goswim.tv)-Drill of the Week Volume #3

## SWIM FOR LIFE

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

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

### SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA  
CARPINTERIA: Channel Island  
OJAI: Ojai Masters  
SANTA BARBARA Aquatics Club  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA Masters  
SANTA BARBARA: Oceanducks  
THOUSAND OAKS: Conejo Simi Aquatics  
THOUSAND OAKS: Conejo Valley Multisport Masters  
THOUSAND OAKS: Daland Masters  
THOUSAND OAKS: South Coast Aquatics  
VENTURA COUNTY Masters  
VENTURA: Rio Mesa Masters

### LOS ANGELES (North)

CLAREMONT: The Claremont Club  
COVINA: Covina Aq. Assn: Masters Swimming  
L.A. Van Nuys: SCAQ  
LANCASTER: Oasis Masters  
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)

CALABASAS: City of Calabasas Masters  
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 Aquatics 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  
LONG BEACH: Viking Aquatics/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  
COTO DE CAZA: Coyotes  
FULLERTON: FAST Masters Team  
HUNTINGTON BEACH: Golden West Swim Club  
IRVINE Novaquatics  
IRVINE: UCI Masters  
MISSION VIEJO Masters  
NEWPORT BEACH: Pacific Coast Aquatics  
NEWPORT BEACH Lifeguard Association  
TUSTIN: SOCIAL Aquatics  
YORBA LINDA: East Lake Eagle Rays

### LAS VEGAS

HENDERSON Southern Nevada Masters  
LAS VEGAS: Las Vegas Masters  
LAS VEGAS: Swim Las Vegas  
LAS VEGAS: Viva Las Vegas Masters

Jennifer Glensk (805) 610-7573 jglensk@charter.net, www.teamkman.org  
Kass Flaig (805) 704-9797, kassflaig@hotmail.com, www.c2multisport.com  
Chris Hansen (661) 654-2327; chansen6@csu.edu  
Keith Moore, bsc@bakersfieldswimclub.org, www.bakersfieldswimclub.org  
Charles Pike (661) 395-4663, bakersfieldaquatics@yahoo.com, www.bakersfieldaquatics.org  
Frank Piemme (805) 735-7574, conniefrank@verizon.net  
Nancy Szejkowski (805) 238-5591, betco@yahoo.com, www.northcountyaquatics.org  
Philip Yoshida (805) 543-9515, office@sloswimclub.org, www.sloswimclub.org  
Linda Stimson (805) 781-3488 x 17, sloaquatics@kennedyclubs.com, www.kennedyclubs.com  
Mike Ashmore (805) 928-9655, santamariawim@verizon.com, www.santamariawim.net

Martin Armstrong (805) 794-5525, kelpbedd@yahoo.com, www.ciyymca.org  
Vic Anderson (805) 403-5425, delphis13@msn.com, channelislandmasters.blogspot.com  
Rick Goeden (805) 646-6884, theswimguy@sbcglobal.net  
Gregg Wilson (805) 252-6469, sbacmasters@gmail.com, www.sbaquatics.com  
Naya Higashijima (805) 893-2505, ucsmasters@gmail.com  
SB Swim Office (805) 966-9757, swimoffice@sbswim.org  
Emilio Casanueva (805) 637-8331, emilio@zapallar.net  
Jon Irwin (310) 658-7276, jirwin@earthlink.com, www.csaswim.com  
Nancy Kirkpatrick-Reno (818) 469-9972, nancy@conejovalleymultisportmasters.com  
Kevin Lane (818) 917-6930, klane1956ct@sbcglobal.net, www.dalandswim.com  
Matt Warshaw (805) 660-2082, matt@southcoastaquatics.com, www.southcoastaquatics.com  
Jason York (408) 821-5600, jason.e.york@gmail.com, www.buenaventurawimclub.org  
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net, www.riomesawimclub.com

John Ries (909) 625-6791, tccswim@hotmail.com  
Christine Maki (626) 641-5680, covinamastersswimteam@yahoo.com  
SCAQ Office (310) 390-5700, www.swim.net/scaq  
Tom Otto (661) 948-0057, ottofixit@hotmail.com  
Jeff Conwell (661) 993-2868, jeffc@canyons.org, www.canyons.org  
Suzanne Dodd (626) 449-7536, srdodd@jpl.nasa.gov  
Chad Durieux (626) 564-0330, cdurieux@rosebowlaquatics.org, www.rosebowlaquatics.org  
Matt Olaya (661) 305-9720, alphamaleswim@gmail.com, www.pvmasters.com  
Lance O'Keefe, lkeefe@santa-clarita.com, pool: (661) 250-3767  
Louis Boehle (909) 657-7758, louisboehle@mac.com

Raine Kishimoto (818) 222-2782 x 110, lkishimoto@cityofcalabasas.com  
City of El Segundo (310) 524-2700 x2738  
Ricardo Espinoza (213) 639-7547, ricardoespinoza@ymcala.org  
SCAQ Office (310) 390-5700, www.swim.net/scaq  
Erica Stebbins (310) 206-1787, estebbins@recreation.ucla.edu  
Molly Larson (310) 456-2489 x272, mlarson@ci.malibu.ca.us, www.ci.malibu.ca.us  
Michael Jorgensen (310) 288-6555 (team hotline), info@wh2o.org, www.wh2o.org  
Fred Shaw (818) 347-1637, swamfred@aol.com, www.swam.us

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org  
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com  
SCAQ Office (310) 390-5700, www.swim.net/scaq  
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com  
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com  
Patricia Mitchell (323) 563-5446, pmitchell@sogate.org

Yuji Utsumi, (562) 252-0220, info@lbgrunions.com, www.lbgrunions.com  
Kathy Davids Gore (310) 643-6523, kdavids@socal.rr.com, www.southbayswimteam.org  
Beverly Garman (949) 552-1710, ihaccoach@aol.com, www.swimarmada.com  
Sascha Bryon-Zwick (562) 426-7601 x1035, sbryanzwick@alpertjcc.org, www.alpertjcc.org  
Cindy Summers (562) 416-6755, summerscm@hotmail.com  
Robert Lynn (562) 644-3883, europeanhouse@aol.com, www.shoreaquatics.com  
Chris Oeding (714) 478-3030, chris@vikingaquatics.com  
Corey Lakin (562) 430-1073 x511, clakin@ci.los-alamitos.ca.us, www.ci.los-alamitos.ca.us  
Chuck Milam (310) 546-3601, cdmilam@hotmail.com, www.manhattancc.com  
Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com  
Debi Blair (310) 813-9656, info@lpsmasters.org, www.lpsmasters.org

Christy Arwood (951) 769-2087, christy@nds-ca.net  
Scott Gainey (949) 315-1013, coachgainey@gmail.com, www.ccaqswim.org  
John Salvino (866) SWM-CRINA, coachsalvino@hotmail.com  
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org  
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org  
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com  
Jason Bradbury (951) 845-7458, ystcoach.jason@verizon.net, www.yucaipaswim.org

Alex Isaly (949) 643-6700, alex.isaly@clubsports.com, www.renaissanceclubsport.com/aliso-viejo  
Anthony Iacopetti (714) 369-9555, aiacopetti@occ.cccd.edu, www.coastmastersswimming.com  
Todd Conrad (949) 858-4100 x257, cotocoyotes@gmail.com  
Bill Jewell (949) 466-6523, swimbill@sbcglobal.net, www.fastswim.org  
Cindy Lim (714) 397-0132, cindylim@msn.com, www.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  
Mark Moore (949) 233-6521, swimoffice@mvnswim.org, www.mastersmvnswim.org  
Mark Desmond (949) 306-3599, markdesmond@highhopes.ws, www.pacificcoastaquatics.org  
Jim Turner (949) 644-3046, jturner@nbfid.net, www.newportlifeguard.org  
Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com  
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

Frank Lowery (702) 400-2790, flowery719@cox.net, www.lowerymultisport.com  
Victor Hecker (702) 247-7788, heckerrealestate@hotmail.com  
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com  
Melissa Gutierrez (702) 480-4321, mjvgutierrez@cox.net



# 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
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F	E-mail address	
Club or Unattached			Today's Date (required)	

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a:  Masters Coach  
 Certified Official

I am a member of:  YMCA  
 USA Triathlon  
 USA Swimming

	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):
US Masters Swimming full-year fee (\$31) or end-of-year fee (\$26) plus LMSC (local governing body) fee (\$13):	<b>\$ 44.00</b>	<b>\$ 34.00</b>
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to my LMSC:		
<b>Total:</b>		

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription).

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: Southern Pacific Masters Swimming**

Mail check (do not send cash) and completed form to: SPMS Registrar Dan Wegner  
 3773 Price Ridge Ct  
 Las Vegas, NV 89147

## SPMS Officers

### Chair:

**Errol Graham**

chair@spma.net

(213) 683-5821

### Vice-Chair:

**Mark Moore**

vicechair@spma.net

(949) 233-6521

### Treasurer:

**Bob Eberwine**

treasurer@spma.net

(310) 766-5328

### Secretary:

**Connie Barrett**

secretary@spma.net

### Member At-Large:

**Jacque Cole**

memberatlarge@spma.net

(562) 754-9856

### Registrar and

### Webmaster:

**Dan Wegner**

registrar@spma.net

3773 Price Ridge Ct  
Las Vegas, NV 89147

(310) 564-6958

### Newsletter Editor:

**Kim Thornton**

newsletter@spma.net

SPMS Newsletter is  
published six times a year.

Archived Newsletters can  
be found at:

[www.spmastersswim.org](http://www.spmastersswim.org)

## Southern Pacific Masters Swimming Schedule for 2012

<u>Month</u>	<u>Day</u>	<u>Event</u>
January	15	Mission Viejo SCY Swim Meet
	19	SPMS Committee Conference Call
February	4	Rose Bowl SCY Swim Meet
	11	USMS Coaches Certification Clinic, Cal Lutheran University
	16	SPMS Committee Conference Call
	18	Las Vegas SCY Swim Meet

**For a complete and updated list of events go to [www.spmastersswim.org](http://www.spmastersswim.org)**

## SPMS 2011 SCM Records

<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Event</u>	<u>Record Types</u>
Harris, Tyler	23	ROSE	400 Freestyle	SPMS, National
			200 Breaststroke	SPMS, National
Heckman, Dawn	34	ROSE	400 Freestyle	SPMS, National, World
			800 Freestyle	SPMS, National, World
			1500 Freestyle	SPMS, National, World
Kornfeld, Maurine	90	MVN	800 Freestyle	SPMS, National, World
			50 Backstroke	SPMS, National
			200 Backstroke	SPMS, National
Lewis, Cynthia	36	NOVA	100 Breaststroke	SPMS, National, World
Marchenko, Igor	36	NOVA	100 Butterfly	SPMS, National, World
McConica, Jim	60	VCM	800 Freestyle	SPMS, National, World
Moses, Ed	31	ROSE	100 Breaststroke	SPMS, National
Strand, Robert	65	ROSE	50 Breaststroke	SPMS, National
			100 Breaststroke	SPMS, National, World
			200 Breaststroke	SPMS, National, World
West, Steve	39	NOVA	200 Breaststroke	SPMS, National, World

### Relays:

Men's 240+ 400 Freestyle Relay: Glenn Gruber, Hubie Kerns, Jim McConica, Michael Blatt (VCM) SPMS, National, World Records

Men's 240+ 800 Freestyle Relay: Hubie Kerns, Glenn Gruber, Jim McConica, Michael Blatt (VCM) SPMS, National, World Records

**Over the course of the last year, the name of our organization has been transitioning from Southern Pacific Masters Association (SPMA) to Southern Pacific Masters Swimming. It was important to do this because the name did not include the word "swimming". We are excited to formally introduce our new name and also our new logo which is located on the front page of this newsletter.**

**On behalf of the Board of Directors and the SPMS Committee, I would like to wish all of our members everything of the best for 2012.**

*Errol Graham, Chairman*