

March/April
2012

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



SPMS 2011 Open Water Points Competition

by Robin Smith and Tanya MacLean

Thank you to everyone who participated in making 2011 a safe and fun open water season. We had high levels of participation in all the open water series events with participants from all areas covered by the SPMS and beyond. Overall top 3 results per age group are outlined below. Male and female high point winners were Bryan Buck and Tanya MacLean.

Results

19-24 Female

1 st Place Meredith Krom	Unat	76 points
2 nd Place Lexie Kelly	Unat	62 points

25-29 Male

1 st Place Jan Tichy	NOVA	66 points
2 nd Place Charles Leach	SHORE	54 points

25-29 Female

1 st Place Elizabeth Wood	ROSE	80 points
2 nd Place Maura Priest	UCI	72 points
3 rd Place Jen Schumacher	NOVA	68 points

30-34 Male

1 st Place Noah Garrett	ROSE	58 points
2 nd Place Aaron Chang	RMDA	56 points
3 rd Place Andrew Burch	Unat	52 points

30-34 Female

1 st Place Nathalie Mellow	Unat	82 points
2 nd Place Andrea Azuma	ROSE	62 points
3 rd Place Jessica Krick	Caltech	48 points

35-39 Male

1 st Place Kevin Nemeth	SOBA	62 points
2 nd Place Scott Ayers	Unat	50 points

35-39 Female

1 st Place Tanya MacLean	NOVA	110 points
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40-44 Male

1 st Place Robert Brietel	ROSE	60 points
2 nd Place Dan Borton	ROSE	52 points
3 rd Place Jim Bergen	MVN	50 points

45-49 Male

1 st Place Bryan Buck	UCI	106 points
2 nd Place David Neilan	SOBA	80 points
3 rd Place Chris Engelhart	TMEC	62 points

45-49 Female

1 st Place Debbie Mone	TMEC	80 points
2 nd Place Kathy Gore	SOBA	38 points
3 rd Place Susan Mendenhall	Unat	20 points



Don Burns CDM August 2011

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SPMS 2011 Open Water Points Competition

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50-54 Male

1 st Place	Andrew Bray	Unat	88 points
2 nd Place	Bill Ireland	SCAQ	72 points
(tie)	Parks Wesson	SCAQ	72 points

50-54 Female

1 st Place	Lynn Kubasek	NOVA	94 points
2 nd Place	Janice Clark	Caltech	78 points
3 rd Place	Alison Lee	SOBA	82 points

55-59 Male

1 st Place	Howard Burns	MVN	54 points
2 nd Place	Mike Mitchell	MVN	50 points
3 rd Place	Martin Risley	SOBA	28 points

55-59 Female

1 st Place	Veronica Hibben	UCI	98 points
2 nd Place	Christie Ciraulo	UCLA	88 points
3 rd Place	Diana Landis	Unat	48 points

60-64 Male

1 st Place	Bill Darby	Unat	88 points
2 nd Place	Hubie Kerns	VCM	62 points
3 rd Place	Craig Coffin	LBG	50 points

60-64 Female

1 st Place	Katherine Watson	Ojai	72 points
2 nd Place	Patsee Ober	Unat	66 points
3 rd Place	Kathleen Nielsen	GWSC	8 points

Refer to <http://www.spmasterswim.org/w/SPMS/open-water-series/> for the open water series rules. There are typos on all results. If you feel there is an error, go to the race results links on the SPMS website. Double check your results and email the details openwater@spma.net. We will do our best to correct any errors.

Thank you again for making 2011 a successful open water season and we look forward to you joining us for the 2012 open water season. Open water series event details for 2012 will be posted on the SPMS website.



Naples September 2011



Seal Beach July 2011

**UC-Irvine Masters
SCY Swim Meet
Sunday, March 18th, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 332-005

Facility: UCI Pool is located on the UCI campus, an outdoor, 8-lane competition pool with a warm-up area and fully automatic timing with 8 lane scoreboard.

Directions: *From the north*, take the Jamboree Rd. exit from I-405. Turn right on Jamboree Rd, left on Campus Dr., and right on West Peltason. The pool is ahead on the right. *From the south*, take the University Dr. exit from I-405. Turn left on University, left on Campus Dr., right on West Peltason. The pool is ahead on the right. Park in the Mesa Parking Structure at Mesa Rd and West Peltason (\$8.00 per day).

Entries: The pre-entry postmark deadline is Saturday, March 10, 2012. Deck entries will close at 8:30 a.m. for 500 yd Freestyle, and at 10:00 a.m. for all other events. Age on March 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.

Relays: All relays will be deck entered. 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries are allowed for \$30.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Charlie Schober, UCI Crawford Hall, Irvine, CA 92697-4500.

Questions: Meet Director, Charlie Schober, (949) 824-7946, cschobe@uci.edu.

**Sunday, March 18, 2012
Warm-up at 8:00 a.m.
500 yd. Freestyle starts at 9:00 a.m.**

1. 500 yd. Freestyle
**Additional warm-up after 500
Event #2 starts at 10:30 a.m.**
2. 200 yd. Individual Medley
3. 200 yd. Freestyle Relay (Men, Women, Mixed)
4. 50 yd. Backstroke
5. 100 yd. Butterfly
6. 200 yd. Freestyle
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 100 yd. Freestyle
11. 50 yd. Butterfly
12. 50 yd. Breaststroke
13. 100 yd. Individual Medley
14. 200 Medley Relay (Men, Women, Mixed)

*Most meets have online registration and prefer
that swimmers enter online. Please go to*

<http://www.spmasterswim.org>

for the list of our current meets and online registration.

**UCLA Bruin Masters
SCY Swim Meet
Sunday, April 1st, 2012**

Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 332-006

Facility: Dirks Pool is an outdoor, 25yd by 52m competition pool. Eight additional lanes available for warm-up during competition. Located at Spieker Aquatics Center – 114 Easton Drive, Los Angeles, CA 90024.

Directions & Parking: Take the 405 Freeway to Sunset Blvd. Take Sunset east approximately 3/4 mile to Bellagio Road (just after the light at Veteran Blvd. and across from the Bel Air gate). Turn right into campus. Go to the stop sign, turn right and park in Lot 11. Pay the parking machine, \$7/day exact change, \$10/day otherwise. There is no parking in the lot by the pool; it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends. Walk left out of Lot 11 down the hill towards Sunset Canyon Recreation Center. Spieker Aquatics Center will be on the right adjacent to Sunset Canyon Recreation Center.

Entries: Online entries are preferred. Online entry deadline is Saturday, March 31. The paper pre-entry postmark deadline is Saturday, March 24. On deck registration is permitted. Deck entries for the 1650 yd. Freestyle will close at 8:30 a.m. and for events #2-4 entries will close at the start of the 3rd heat of the 1650 all others event entries will close at 10:30 a.m. . Age on April 1st determines age group for the meet. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers based on the first 32 entries received for the 1650 yd. Freestyle.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1000 yd. Freestyle *must* check in to be seeded.

Relays: 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. No Charge for the 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use. This is quite a comical event and loads of fun.

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

Snack Bar: Food and swimming equipment vendors will be available for purchase adjacent to the pool.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries and online entries after March 24th are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Checks payable to: UC Regents. Mail consolidated entry card, copy of your 2012 USMS card and check to: Bruin Masters Meet, PO Box 204, Lake Forest, CA 92609.

Questions: Meet Director: Robert Mitchell, (949) 689-7946
mitchellrobert@cox.net.

**Sunday, April 1, 2012
1650 warm-up at 8:00 a.m.
1650 starts at 9:00 a.m.**

1. 1650 yd. Freestyle (32 max entries)
2. 200 yd. Butterfly
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 200 yd. Freestyle Relay (Men, Women, Mixed; deck enter)
6. 100 yd. Breaststroke
7. 200 yd. Freestyle
8. 50 yd. Butterfly
9. 100 yd. Individual Medley
10. 200 yd. Backstroke
11. 50 yd. Breaststroke
12. 50 yd. Freestyle
13. 100 yd. Butterfly
14. 200 yd. Medley Relay (Men, Women, Mixed; deck enter)
15. 400 yd. Individual Medley
16. 100 yd. Backstroke
17. 200 yd. Breaststroke
18. 100 yd. Freestyle
19. 4 x 50 yd. T-shirt Relay (deck enter)



City of Santa Clarita

2012 SPMS SCY Regional Championship Meet

Saturday, April 14th - Sunday, April 15th, 2012



Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 332-008

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy., Santa Clarita, CA 91350

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 is available in both upper and lower parking lots.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). **Warm-up rules will be announced and posted.** Warm-up in the competition pool will be available for one hour prior to the start of each session.

Entries: Flat fee of \$45.00 if postmarked on or before Monday, April 2nd. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Monday, April 2nd. All entries must be received by 6:00 p.m. on Monday, April 9th. Entries received after April 2nd may not appear in the meet program. No individual deck entries will be allowed. Age on April 14th determines age group for the meet. You must be at least 18 to compete. Swimmers are limited to entering a total of 7 individual events for the entire meet and no more than 5 individual events per day. There will be no refund of entry fees after April 9th.

Relays: All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee and must sign a consolidated entry card. Relay entries are \$12.00 per relay, and there is no limit on the number of relays a swimmer may swim, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest, except the 1000, and 1650 yd. Freestyle which will be swum fastest to slowest. Men and women will be seeded together for the 500, 1000, and 1650 yd. Freestyle and also the 400 yd. Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1650 yd. Freestyle may be limited to the first 60 entries at the discretion of the meet director. Swimmers may enter both the 1000 and 1650 yd. Freestyle.

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

Check-in: Positive check-in is required for all events. Check-in closes at 8:00 a.m. on Saturday for the 500 yd. Freestyle, 8:00 a.m. on Sunday for the 400 yd. IM. Check-in for all other events will close one hour prior to the anticipated start of the event.

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

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Alina DeArmas, P.O. Box 63, Simi Valley, CA 93062. Send a SASE or stamped postcard for a return receipt.

To register online, go to www.spma.net and click on 2012 SPMS SCY Championships.

Questions Meet Director, Lance O'Keefe, (661) 250-3767, lokeefe@santa-clarita.com.

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

Saturday, April 14, 2012

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 500 yd. Freestyle closes at 8:00 a.m.

- 1 500 yd. Freestyle (Men and Women combined)
- 2/3 200 yd. Freestyle
- 4/5 50 yd. Backstroke
- 6 200 yd. Medley Relay (W, M, X)**
- 7/8 200 yd. Breaststroke
- 9/10 100 yd. Butterfly
- 11/12 100 yd. Individual Medley
- 13 400 yd. Freestyle Relay (W, M, X)**
- 14/15 200 yd. Backstroke
- 16/17 50 yd. Butterfly
- 18 1650 yd. Freestyle - Men and Women combined (fastest to slowest)

Sunday, April 15, 2012

Warm-up at 7:15 a.m.

Meet starts at 8:30 a.m.

Check-in for the 400 yd. IM closes at 8:00 a.m.

- 19 400 yd. Individual Medley (Men and Women combined)
- 20 400 yd. Medley Relay (W, M, X)**
- 21/22 100 yd. Freestyle
- 23/24 50 yd. Breaststroke
- 25 800 yd. Freestyle Relay (W, M, X)**
- 26/27 200 yd. Butterfly
- 28/29 100 yd. Backstroke
- 30 200 yd. Freestyle Relay (W, M, X)**
- 31/32 200 yd. Individual Medley
- 33/34 50 yd. Freestyle
- 35/36 100 yd. Breaststroke
- 37 1000 yd. Freestyle - Men and Women combined (fastest to slowest)

Relays: A swimmer may swim only one relay in each of events 6, 13, 20, 25, and 30.

A Different Approach to Hypertension

by Jessica Seaton, D.C.

As Masters swimmers we know that regular exercise such as swimming, helps prevent many chronic illnesses, including cardiovascular disease. However, we are not immune from these diseases, of which hypertension is the most common. Clearly other factors besides exercise also play a role.

Optimal blood pressure is less than 120/80 mm Hg. A reading below 140/90 mm Hg is considered prehypertension and between 140/90 mm Hg and 160/100 mm Hg is considered stage 1 hypertension. Above 160/100 mm Hg is considered serious enough to have it managed immediately and is considered stage 2. Anything above stage 2 is a medical emergency. 90-95% of hypertension has no obvious underlying cause and is therefore called *essential hypertension* or *primary hypertension*.

Hypertension is a risk factor for coronary heart disease, stroke, renal failure, and peripheral vascular disease and therefore needs to be taken seriously. It is a sign of some underlying dysfunction or disease, which should be treated. Just reducing blood pressure with medication and not looking for the underlying dysfunctions is much like turning off a smoke alarm without extinguishing a fire. Once a drug is prescribed, it is usually a lifelong proposition unless some underlying problems are addressed. If these problems are not addressed multiple drugs may be necessary to keep the blood pressure within normal limits. All drugs have side effects, some more tolerable than others.

So what are some of the underlying factors?

Non-drug approaches that seek to discover the underlying dysfunction look at dietary factors, exercise, environment, and stress management. The functional medicine approach is to tailor the treatment to the patient.

Exercise

Regular moderate exercise does reduce blood pressure, but does swimming? A recent Chinese study found that swimming training for three months reduces blood pressure significantly in untrained individuals with mild hypertension but not in normal controls. Other studies have shown modest changes in blood pressure with exercise alone (no weight loss, no diet modification) in the order of -3.5/2-2.0 mm Hg. Exercise improves the health of the blood vessels, as well as normalizes the sympathetic nervous system response. The sympathetic nervous system is part of the autonomic nervous system that regulates predominantly involuntary body functions, such as muscle tone around the major blood vessels. It is the part of the nervous system associated with "fight or flight" and stress, but also with the ability to swim fast on demand, stay sharp during an examination, and react quickly to traffic. Having this system activated in short bursts is healthy and improves the tone of the blood vessels, but chronic activation may lead to stiffening of the arteries and lead to hypertension. However, exercise alone is not enough

Diet

Being overweight or obese is a significant risk factor for hypertension and diabetes, which in turn is a risk factor for hypertension. Healthy weight loss, following one of the diets suggested below, along with exercise, can normalize blood pressure and glucose control, and improve one's overall health, and be as effective as a commonly prescribed antihypertensive drug.

The most commonly recommended diet for people with hypertension is the Dietary Approaches to Stop Hypertension (DASH) diet. Since it was originally presented, several modifications have been made to combine many of the benefits of the Mediterranean Diet and higher protein diets with the DASH diet. These modifications have made the

diet even more effective. The suggestions I made in *A Good Core Food Plan* in the November/December 2011 issue of the SPMS News (<http://www.spmasterswim.org/c/8B6A80C/file/newsletter/2011/nov2011.pdf>) is pretty much what the modified DASH diet recommends: a diet high in fruits, vegetables, legumes, nuts and seeds, whole grains, moderate amounts of lean animal protein, and a preference for mono-unsaturated fats such as olive oil. Other diets that have been shown to lower blood pressure have been a healthy vegetarian diet and a raw food diet. All of these diets emphasize whole, and not processed, foods.

In several studies the DASH diet alone reduced blood pressure anywhere from -5.5/-3.0 to -11.2/-7.5. In one study exercise alone reduced blood pressure -3.5/-2.0 mm Hg. When the DASH diet was combined with aerobic exercise and caloric restriction the average changes ranged from -13.5/-8.2 to -16.1/-9.9, as much as some medications. So here we see that diet and exercise work together synergistically.

If you follow the modified DASH diet strictly, you should be getting just enough potassium, which has been shown to lower blood pressure. Potassium citrate is found in fruits and vegetables and has been shown to increase sodium excretion. Several studies have shown that tomato extract can lower blood pressure. Tomatoes are not only high in lycopene, often implicated as a cancer-preventative substance, but are also high in potassium.

Foods to eliminate or consume only rarely

Red wine is not included in the DASH diet, but is included in moderate amounts in the Mediterranean diet, a diet that has been touted for its heart-healthiness. Many observational studies have found a correlation between alcohol consumption and hypertension. Heavy and moderately heavy drinkers with hypertension who stop drinking or reduce their alcohol consumption drastically have their blood pressure return to normal. Consuming whole foods rather than processed foods cuts down on the amount of sodium in the diet and can keep it in the healthy range. About 30-50% of hypertensives are sensitive to sodium chloride (salt) and benefit from restricting their sodium chloride further by not salting their food.

Caffeine and sucrose may have a modest effect on blood pressure, with some people being more sensitive than others. Food allergies may also affect some people by raising their blood pressure.

Foods that may help lower blood pressure

Onions and garlic have both been used as folk remedies to reduce blood pressure. Far more research has been done on garlic than onion. Garlic is also known to be good at preventing cardiovascular disease by reducing serum lipids and platelet aggregation and improving the health of the blood vessels. Garlic preparations appear to reduce blood pressure in people with elevated blood pressure, but not in people with normal blood pressure. A meta-analysis published in 2008 (*Annals of Pharmacotherapy*) found that garlic reduced systolic blood pressure by 16.3 mm Hg and diastolic blood pressure by 9.3 mm Hg in people with hypertension, equal to the effect seen with medication.

Whole grain oats were shown to reduce blood pressure significantly compared to controls in a study where subjects were fed 60 g of Quaker Oatmeal and 77 g of Quaker Oat Squares daily for 12 weeks and controls were fed refined wheat cereals. Soy has also been shown to reduce blood pressure when given as 500 ml of soy milk daily or as ½ cup of unsalted soy nuts. Organic soy is the preferred form of soy, as most non-organic soy has been genetically modified and there is discussion about problems with that soy.

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A Different Approach to Hypertension

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People with high systolic blood pressure due to atherosclerosis, usually seen in older people, would do well to drink 6-8 ounces of fresh pomegranate juice (can be from concentrate) daily. Studies have shown that after a year there was an average drop in systolic blood pressure of -20 mm Hg in the pomegranate-drinking group. Pomegranate is also an excellent anti-oxidant.

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People with high systolic blood pressure due to atherosclerosis, usually seen in older people, would do well to drink 6-8 ounces of fresh pomegranate juice (can be from concentrate) daily. Studies have shown that after a year there was an average drop in systolic blood pressure of -20 mm Hg in the pomegranate-drinking group. Pomegranate is also an excellent anti-oxidant. Dark chocolate in amounts ranging from 6.3 g per day to 100 g per day have been shown to reduce blood pressure. Chocolate with a cocoa content of 70% and higher is more beneficial. Milk chocolate does not have the blood pressure lowering effect as the milk inhibits the absorption of the polyphenols responsible for relaxing the blood vessel walls.

Meditation, Relaxation Techniques, and Sleep

Although research is spotty, studies have suggested numerous health benefits from meditation and other relaxation techniques. The effect of meditation or relaxation on hypertension would be to decrease the activity of the sympathetic nervous system and thus lower blood pressure. Meditation has additional benefits of improved concentration, possibly less brain atrophy with aging, and improved brain function. For anyone interested in a non-religious approach to meditation I would recommend Mindfulness Based Stress Reduction. If you prefer monitoring your progress on the computer or with a gadget, I would recommend checking out the Institute of Heart Math. Relaxation “tapes” can be found on iTunes. Like exercise, these techniques need to be done on a regular basis, several times a week.

A quick and easy technique that has been shown to lower blood pressure is to sit quietly and take 10 slow and deep inhaleds and exhaleds. Do this a couple of times a day.

Sleeping 7 or more hours per night is important for blood pressure control. Over a five-year period, people who slept 5-6 hours per night had higher blood pressure.

Supplements

For people who do not respond well enough to the diet, exercise, stress reduction, and sleep interventions, the first line of supplemental therapy should be coenzyme Q₁₀ (ubiquinone). Studies have shown CoQ₁₀ to be helpful in doses ranging from 100-120 mg/day and that improvement is seen after 1-4 months of treatment. CoQ₁₀ typically lowers blood pressure by about -15/-9 mm Hg and can be safely used with antihypertensive medications. In fact, it is safer than the medications.

Many, but not all, studies have found that supplementing vitamin D in people who are low and have hypertension will lower their blood pressure. I recommend that all patients have their blood 25-hydroxyvitamin D levels measured. If their levels are below 40 ng/mL I recommend that they take vitamin D3 supplements. Vitamin D is very important for general health, and if it lowers blood pressure as well, that is a bonus. Along with vitamin D, some studies have suggested that calcium lowers blood pressure in salt-sensitive individuals.

Essential fatty acids found in fish oil or oily fish have also been shown to reduce blood pressure. Like vitamin D, it is important for most people to consume oily fish or take fish oil supplements for all of the health benefits, including cardiovascular health, brain health, and the reduction of overall inflammation.

Supplementing one's diet with probiotics, or beneficial bacteria and yeast, has been shown to lower blood pressure in a small study. However, probiotics have many health benefits, including improving one's immune system and digestive system, and therefore should be considered as a health-promoting supplement. Foods that contain probiotics are fermented foods, yogurt, and kefir.

Magnesium and vitamin C also tend to be low in most people's diet and both have been associated with lowering blood pressure and improving cardiovascular health. The B vitamins thiamin, riboflavin, folic acid, and pyridoxine (B6) have all been shown to help reduce blood pressure in certain patients.

The amino acid L-arginine and the amino acid-derivatives acetyl-L-carnitine and L-carnitine have also been shown to reduce blood pressure. L-arginine's effects are short-lived and may cause a flare-up of the herpes virus. L-carnitine is probably best used by people who also have metabolic syndrome or diabetes.

Spinal manipulation

Several studies have shown that spinal manipulation of specific areas can lower blood pressure in hypertensive, but not normotensive, patients. Spinal manipulation can affect blood pressure receptors in the neck as well as autonomic tone, or how active the sympathetic (“fight or flight”) nervous system is. As with dietary therapy, it is important that patients monitor their blood pressure if they are on drugs, as this therapy can be as effective as antihypertensive medication and their dosage might need to be lowered, or they may no longer need to be medicated.

All of these lifestyle modifications can reduce blood pressure and have as a “side-effect” of improved health. Ideally you'd be making these changes with the guidance of someone familiar with this kind of approach, and who can help you.

Jessica Seaton, D.C., is a chiropractic orthopedist and functional medicine practitioner in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 20 years, and has been in private practice even longer. She can be reached at (310) 470-0282 or on the web at www.drjessicaseaton.com.

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: 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
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
LOS ALAMITOS 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

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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
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):	\$ 44.00	\$ 34.00
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:		
Total:		

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
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Archived Newsletters can
be found at:

www.spmasterswim.org

Southern Pacific Masters Swimming Schedule for 2012

<u>Month</u>	<u>Day</u>	<u>Event</u>
March	4	Caltech Penthalon SCY Swim Meet
	15	SPMS Committee Conference Call
	18	UCI SCY Swim Meet
March/April	31-1	SLO LCM Swim Meet
April	1	UCLA SCY Swim Meet
	14-15	SW Zone and SPMS SCY Championship Meet
	19	SPMS Committee Conference Call
	26-30	USMS Spring Nationals Swim Meet

For a complete and updated list of events go to www.spmasterswim.org

ASCA Masters Clinic

Cal Lutheran University, Thousand Oaks

February 11, 2012



On Saturday, February 11, South Coast Masters hosted the first ever USMS/ ASCA Level 1 and Level 2 Masters coaches certification clinic held in SPMS. The event took place at Cal Lutheran University in Thousand Oaks and thirty-five eager coaches attended. The clinics were wonderfully presented by USMS Certification Trainers: Mel Goldstein, Scott Bay and Bill Brenner. From start to finish, every aspect of coaching, building and enhancing a Masters team was covered.

Level 1 and Level 2 certification clinics are being given throughout the U.S. this year and Level 3 is being developed. If you are a coach and you missed our event, please consider taking these clinics the next time they come around.

Doug Green
South Coast Masters