

Sept/Oct
2012

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2.4 Mile Nadadores Rough Water Swim

by

Tanya MacLean and Mark Moore

The inaugural 2.4 Mile Nadadores Rough Water Swim at Salt Creek in Dana Point took place on Saturday August 4th, 2012. A total of 99 swimmers participated and the conditions were great with warm water temperatures. Timing for the 2.4 Mile Nadadores Rough Water Swim was provided by One Time Racing LLC with the use of Jaguar equipment from Innovative Timing Systems that included a chip timing system. The timing equipment was by far the most innovative, accurate, and reliable system in comparison to other open water events. The same course will be the venue for next year's U.S. Masters Open Water National Championships on Sunday, August 4th, 2013.



Top 3 Male Overall
1 Cox, Ryan - MVN
2 Giometti, Danny - UCI
3 Bourke, Matthew - MSCA

Top 3 Women Overall
1 Gleason, Dianne - SDSM
2 Perrey, Jenny - NOVA
3 Christensen, Heidi - CVMM

Age Group Winners
Men 18-24
Jorth, Clay - UNAT

Men 25-29
Giometti, Danny - UCI

Men 30-34
Schleich, Chris - NOVA

Men 35-39
Cox, Ryan - MVN

Men 40-44
Bergen, Jim - MVN

Men 45-49
Waldron, Ted - CVMM

Men 50-54
Voisard, Alan - SDSM

Men 55-59
Hardie, James - UNAT

Men 60-64
Kerns, Hubie - VCM

Men 65-69
Krakower, Mark - SDSM

Men 75-79
Cooke, William - SCAQ

Women 18-24
Schall, Kelley - UNAT

Women 25-29
Nordholm, Lisa - UNAT

Women 30-34
Perrey, Jenny - NOVA

Women 35-39
MacLean, Tanya - NOVA

Women 40-44
Chesley, Jana - ROSE

Women 45-49
Gleason, Dianne - SDSM

Women 50-54
Christensen, Heidi - CVMM

Women 55-59
Hibben, Veronica - UCLA

Women 60-64
Ober, Patsee - UNAT

IN THIS ISSUE:

*2012 LCM Championship
Meet Report and Results*

SCM Swim Meet Forms

Fearless Swimming

Blogs by Jessica Seaton

Coaches Clinic Info

Places to Swim

Calendar of Events

*SPMS, National and World
Records for LCM*

2012 SPMS Long Course Championship Meet Report

There were many fast swims during the three day SPMS Long Course Championship Meet at the Marguerite Aquatic Center in Mission Viejo. Over 40 clubs attended with just less than 400 swimmers. It was a great time of renewal of fellowships and camaraderie among swimmers from around Southern California and the surrounding areas like San Diego, Arizona, and Northern California. Below are the team and individual age group winners.

Top 8 Combined Team Scores

- 1 Mission Viejo Nadadores 2,668
- 2 Novaquatics Masters 2,256
- 3 Rose Bowl Masters 1,597
- 4 San Diego Swim Masters 1,063
- 5 Southern California Aquatics 622.50
- 6 Conejo Valley Multisport 424
- 7 Las Vegas Masters 355
- 8 Arizona Masters 305



Age Group Winners

Men 18-24

Alders, Alec (ROSE)

Men 25-29

Kraus, Evan (NOVA)

Men 30-34

Durieux, Chad (ROSE)

Men 35-39

Cox, Ryan (MVN)

Men 40-44

Welechuk, Jeff (CVMM)

Men 45-49

Jones, Kenton (SDSM)

Men 50-54

Jaegers, Al (AM)

Men 55-59

Blatt, Michael (VCM)

Men 60-64

Kerns, Hubie (VCM)

Men 65-69

Martinez, Jorge (SDSM)

Men 70-74

Bell, John (UCLA)

Men 75-79Coles, Bill (SDSM)
Mitchell, Tom (SDSM)**Men 80-84**

Best, Bob (SDSM)

Men 85-89

Piemme, Frank (LOST)

Women 18-24

Masehi-Lano, Jacqueline (CTM)

Women 25-29

Capizzi, Stefanie (ROSE)

Women 30-34

Morris, Merritt (MVN)

Women 35-39

Cybulskis, Astrid (NOVA)

Women 40-44Hannon, Martina (LVM)
Segraves, Ann (MVN)**Women 45-49**Major, Becki (AM)
Cleavenger, Becky (CVMM)**Women 50-54**

Carlsen, Jeanne (Calgary)

Women 55-59

Smith, Robin (NOVA)

Women 60-64

Thornton, Kim (NOVA)

Women 65-69

Montrella, Beverly (MVN)

Women 70-74

Williams, Anne (SDSM)

Women 75-79

Little, Jeanne (MVN)

Women 80-84

Caldwell, Dionne (NOVA)

Women 90-94

Simonton, Rita (UNAT)

Santa Clarita
SCM Masters Swim Meet
Sunday, October 7th, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 332-021

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

Directions: From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Golden Valley Rd. Turn left onto Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2012 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, September 29. Deck entries for the 1500 m Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1500.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries or online entries after Saturday, September 29 allowed a total of \$35.00.

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 1500 m Freestyle and the 400 m Freestyle.

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

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

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

Sunday, October 7, 2012
1500 warm-up at 8:00 a.m.
1500 starts at 9:00 a.m.

1. 1500 m Freestyle (**check-in required**)
20 minute warm-up after the 1500
2. 100 m Butterfly
3. 200 m Freestyle
4. 200 m Mixed Freestyle Relay (**deck enter**)
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Freestyle (**check-in required**)
9. 100 m Backstroke
10. 50 m Butterfly
11. 100 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 200 m Mixed Medley Relay (**deck enter**)
17. 50 m Breaststroke
18. 200 m Backstroke

UCLA Bruin Masters
SCM Swim Meet
Sunday, October 14th, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 332-022

Facility: UCLA's new Spieker Aquatics Center is state of the art, outdoor, all-deep water, 8-lane competition pool. Warm up is available behind the bulkhead.

Directions & Parking: Take the 405 Freeway to Sunset Blvd. Take Sunset east approximately ¾ mile to Bellagio Road (just after the light at Veteran Blvd. and across from the Bel Air gate). Turn right into campus. Go to stop sign and turn left, pool will be on your right. Continue on down the hill for 1/4 block to SV Parking Lot. Pay the parking attendant (\$10.00). There is no parking in the pool lot, it is for UCLA permits only. Parking enforcement *does* ticket on weekends!

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2012 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, October 6. On deck registration is permitted. Deck entries for the 800 m Freestyle will close at 8:30 a.m. and at 10:00 a.m. for all other events.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, October 6 allowed for a total of \$35.00.

Checks payable to: UC Regents

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Bruin Masters Meet, P.O. Box 204, Lake Forest, CA 92609.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle *must* check in to be seeded.

Relays: No Charge - Fun Event! 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. 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Snack Bar: Food will not be available within close proximity to the pool. There is a campus food court located in the center of campus which is a 15-20 minute walk.

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

Sunday, October 14, 2012
800 warm-up at 8:00 a.m.
800 starts at 9:00 a.m.

1. 800 m Freestyle
Additional warm-up after the 800
Event #2 will start no sooner than 10:30 a.m.
2. 200 m Individual Medley
3. 200 m Freestyle Relay (**Men, Women, Mixed; deck enter**)
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 200 m Medley Relay (**Men, Women, Mixed; deck enter**)
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 100 m Individual Medley
15. 4 x 50 m T-shirt Relay (**deck enter**)

**Mission Viejo Nadadores
SCM Masters Swim Meet
Sunday, November 4th, 2012**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 332-020**

Facility: Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes.

Directions & Parking: From the north or south, take the 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the meet should be directed to that person.

Entries: Pre-entry postmark deadline and early online registration: Saturday, October 27, 2012. Online registration is open until 6:00 p.m. on Friday, November 2, 2012. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 10:00 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2012 determines age group for the meet. You must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, October 27, 2012 allowed for a total of \$35.00. Meet entry fees are non-refundable and non-transferable.

Checks payable to: Mission Viejo Nadadores

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.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 1500 m Freestyle and the 400 m Freestyle.

Relays: All relays will be deck entered. Relay fees are \$5.00 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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

Snack Bar: A snack bar will be available serving hot, and cold food and drinks.

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

Sunday, November 4, 2012

1500 warm-up at 7:00 a.m.

1500 starts at 8:00 a.m.

1. 1500 m Freestyle (**check-in required**)
Additional warm-up after the 1500
Event #2 starts no earlier than 10:30 a.m.
2. 400 m Individual Medley
3. 50 m Butterfly
4. 100 m Backstroke
5. 200 m Breaststroke
6. 50 m Freestyle
7. 100 m Butterfly
8. 200 m Backstroke
9. 200 m Freestyle Relay (**Men, Women, Mixed; deck enter**)
10. 200 m Individual Medley
11. 200 m Medley Relay (**Men, Women, Mixed; deck enter**)
12. 50 m Breaststroke
13. 100 m Freestyle
14. 200 m Butterfly
15. 50 m Backstroke
16. 100 m Breaststroke
17. 200 m Freestyle
18. 100 m Individual Medley
19. 400 m Freestyle (**check-in required**)

**Turkey Shoot at Pierce College
SCM Swim Meet
Sunday, November 18th, 2012**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 332-023**

Facility: Pierce College Pool is an outdoor pool that has been newly renovated. 6201 Winnetka Ave., Woodland Hills. It is anticipated that a new timing system scoreboard will be installed in time for the meet.

Directions: Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Entries: The pre-entry postmark deadline is Saturday, November 10. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2012 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 12 allowed for a total of \$35.00.

Checks payable to: Southwest Aquatic Masters

Mail consolidated entry card, a copy of your 2012 USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. Relays are free. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

Awards: Individual: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place. Special awards will be given for the swimmers who swim closest to their entered time in each event.

Questions: Mary Hull (818) 885-5934; Robert Mitchell, mitchell-robert@cox.net, (949) 689-7946.

Sunday, November 18, 2012

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

800 starts at 9:00 a.m.

1. 800 m Freestyle (**check in required**)
Additional warm-up after the 800
Event #2 will start no sooner than 11:00 a.m.
2. 50 m Butterfly
3. 100 m Backstroke
4. 200 m Breaststroke
5. 50 m Freestyle
6. 100 m Butterfly
7. 200 m Backstroke
8. 800 m Freestyle Relay (**Men, Women, Mixed; deck enter**)
9. 50 m Breaststroke
10. 100 m Freestyle
11. 200 m Butterfly
12. 50 m Backstroke
13. 100 m Breaststroke
14. 200 m Freestyle
15. 400 m Relay (**Men, Women, Mixed medley or freestyle; deck enter**)
16. 400 m Individual Medley

Long Beach Grunions

2012 SPMS Short Course Meters Championships

November 30th – December 2nd, 2012

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 332-024

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 12th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries postmarked (or entered online) after Monday, November 12th. Entries received after November 12th will not appear in the meet program. All entries must be received by 6:00 p.m. on Monday November 19th. 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 19th. Age on December 31st, 2012 determines age group for the meet.

Relays: Relay entries are \$10.00 per relay. All relays will be deck entered. A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event No. 1), by paying the \$10.00 relay-only entry 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 400, 800, and 1500 m Freestyle

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 SPMS entry card, copy of your 2012 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: 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, November 30, 2012

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)

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 2, 2012

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)

Saturday, December 1, 2012

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 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly

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

Blog Posts

by

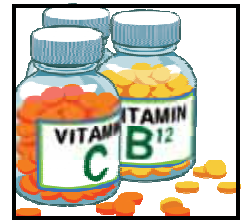
Jessica Seaton, D.C.

Vitamin C and Exercise

A recent study published in the journal *Nutrition* showed that vitamin C intake may decrease heart rate during exercise and reduce the perception of fatigue and exertion. This study was performed at Arizona State University and involved 20 obese adults (BMI of 34.3 kg/m²) with an average age of 35. The participants were given a calorie-controlled diet for four weeks with or without a daily vitamin C supplement of 500 mg. They were tested before and after the study by doing 60 minutes of exercise at an intensity of 50% of predicted maximal oxygen consumption. Those taking 500 mg vitamin C daily had a reduced heart rate and reduced perceived exertion by about 10%. It is difficult to know what to make of these results.

Do they apply to normal weight fit individuals? It certainly points out that in this population vitamin C may make exercise more enjoyable and certainly won't hurt.

Other studies have shown that regular vitamin C intake can help prevent upper respiratory infections in athletes. Vitamin C is also crucial in tendon and ligament repair.



Athletes and Travel

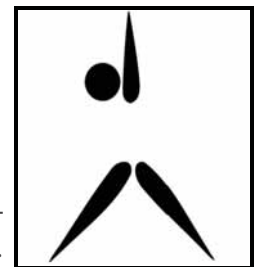
A study published in the August 8 *British Journal of Sports Medicine* looked at rugby players traveling across different time zones for competition and found an increase in illness during travel if they're traveling across more than 5 time zones. Most of the illnesses were infections, with about a third being upper respiratory and a third being digestive. Once the athletes returned home, there were no more incidences of illness than before travel. The reason for the increase therefore probably has to do not only with resetting one's biological clock, but also with the stress of travel.

I wrote an article about travel and competition in the May/June newsletter: <http://www.spmasterswim.org/c/8B6A80C/file/newsletter/2012/may2012.pdf>

Best Exercise for Type 2 Diabetics

A Danish study published in the August 6 edition of *Archives of Internal Medicine* found that weight training and aerobic exercise are each associated with a significantly lower risk for type 2 diabetes in men. The risk is further reduced when the two activities are combined. Other research has shown that regular moderate exercise reduces the risk of mortality in diabetics by 38%.

This study used data from the Health Professionals Follow-up Study, an ongoing prospective cohort study of 51,529 male health professionals who were aged 40-75 years in 1986. Interestingly, but not surprising, men who performed at least 150 minutes/week of weight training also did more aerobic exercise, had a healthier diet, drank less alcohol, were less likely to smoke, and watched less television. Healthy behaviors tend to go hand in hand. Exercise is often a good first intervention, as you're doing something, not being deprived of something.



Dr. Seaton is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for over 20 years.

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Phone (310) 470-0282.



Open Water and the Fearless Swimming Clinic

The morning begins under a cool, marine layered sky; A typical morning along the Southern California coast. Be-leaguered open water and triathlon swimmers make their way onto the beach, but this is not a race day. These early morning competitors are on a quest for knowledge and a perspective on managing their open water swimming races at the Fearless Swimming clinic.

Two years ago, I began coordinating U.S. Masters Swimming – Fearless Swimming clinics with Ingrid Miller, director and instructor of the clinics. Each time that I came to set up for the clinics, the aforementioned setting transpired. It is the results after the 3-hour clinic that I was impressed with and wanted to share with my fellow Masters swimmers, especially those who would like to get out of the pool and into the open water, or at least give it a try.

The purpose of this clinic is to help novice and intermediate competitive open water swimmers to incorporate stress management tools with open water swimming skills, no matter how experienced he or she may be (FearlessSwimming.com).

The clinic is instructed by Ingrid Miller, Masters swimmer, Ironman and USA Triathlon competitor, and certified USA Triathlon coach. Most important of all, Ingrid is the author of the book, “Fearless Swimming: Open Water Skills for Triathletes” (Meyer & Meyer, 2011). Ingrid educates participants on different techniques and provides training on an open water course along with other athletes. She also ensures that swimmers learn to get through anxiety-raising experiences one might encounter before and during an open water race.

First off, participants get to know everyone and each competitor’s anxieties and fears that have brought them to the clinic. Participants share their negative race experiences, or even the apprehension of a race that has yet to be contested, during a therapeutic exercise where participants release these fears and anxieties. By releasing the stressors that have brought everyone to the clinic, the lecture begins in a calm environment.

The lecture involves understanding the body’s physiological responses to cold water, sea-sickness, and panic, along with how to recognize these anxiety-producing issues. Ingrid gives a straightforward approach to participants in handling the different stressors and accentuates the practical approaches to a challenging sport.

After the lecture and Q&A period, swimmers prepare to get into the water. Comprehensive skill-building on the course allows for one’s anxiety-producing experiences to be dealt with. Swimmers go through skills from dealing with murky water, sighting and breathing, swimming with and through a crowd in a mass start, and much more. Stress and fears are often reduced and it is with Ingrid’s motto, “calm is fast,” which allows these participants to move forward with their training and racing goals.

By the end of the clinic, participants feel at ease about their race phobias and become close and train together. Once a swimmer participates in a Fearless Swimming clinic they become alumni and are part of the Fearless Swimming USAT club. Members are invited to attend future Fearless Swimming clinics for a refresher and swim the training course, as well as plan to meet and train together for their open water swims at other locations.

As a coach of both pool and open water Masters swimmers, I believe that whether you are a novice or an intermediate competitor, the Fearless Swimming clinic can be a significant tool in your training tool box.

Christine D. Maki
Chair, SPMS Coaches Committee
Head Coach, Covina Tri-Swim Masters



**A Call to all
Clubs, Coaches and Swimmers**

**Attention All Southern
Pacific Masters Coaches!
2012 SPMS Coaches Clinic
Saturday, September 29, 2012
9:00 a.m. to 3:00 p.m.
Hosted By CVMM
at Cal Lutheran University in
Thousand Oaks, CA**

**SPMS is sponsoring a day out
for our coaches**

**Open-Water Coaching and Safety
presentations by:**

Steve Munatones, Ingrid Miller, Steve Hyde

Additional Coaches Presentations

Catered Networking Lunch

Club & Team Communications

U.S. Masters Corporate Partner Presentation

SPMS Club Development & Marketing

U. S. Masters Swimming Resources

One Hour Morning Coaches Swim

Free Raffle Prizes

Goodie Bags For All Registered Participants

Register by e-mail with your confirmation R.S.V.P.

[Christine Dahlstrom@Yahoo.com](mailto:Christine_Dahlstrom@yahoo.com)

Stay Tuned For More Topics At

www.spmasterswim.org

SPMS is looking for new and exciting ways to improve our Newsletter. We would appreciate and are asking for your help to accomplish this.

If anyone has a personal interest story about their club or a swimmer and would like to share, this would add another level of interest for our readers.

Also, each season SCM, SCY, LCM and Open Water, we would like to highlight the events with articles as well as pictures taken at each of the venues. In order to do this, we need your help with photos that will be taken by your team.

Action, group or funny snapshots would be great. Remember to be complimentary in the photos that you want to share.

It would be appreciated if one team member would be designated to send the pictures with venue, date and names of the individual(s) in the photos.

**Please send your photos and any suggestions and/or questions to:
newsletter@spma.net**

Thank you in advance for your help!



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 Tri-Swim Masters Swimming
L.A. Van Nuys: SCAQ
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SAN FERNANDO: Triton Swimming and Triathlon Team
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. Santa Monica, Culver, Westwood, LMU
L.A. WEST: UCLA Bruin Masters
MALIBU Community Pool Swims Masters
Pacific Palisades and Santa Monica Tower 26
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)

HAWTHORNE: South Bay Swim Team
LONG BEACH/LOS ALAMITOS: Long Beach Grunions
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
REDONDO BEACH - SCAQ
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
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH Lifeguard Association
TUSTIN: SOCAL 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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Southern Pacific Masters Swimming Schedule for 2012

<u>Date</u>	<u>Event</u>
Sept 15 - Nov 15	3000-Yard and 6000-Yard Postal National Championship
Sept 20	SPMS Committee Conference Call
Sept 23	Swim Across America, Long Beach
Sept 29	SPMS Coaches Clinic, Cal Lutheran University
Oct 6	Slam the Dam Open Water Swim, Lake Mead
Oct 7	Santa Clarita SCM Swim Meet, Santa Clarita
Oct 14	UCLA SCM Swim Meet, Los Angeles
Oct 18	SPMS Committee Conference Call
Nov 4	MVN SCM Swim Meet, Mission Viejo
Nov 15	SPMS Annual Meeting
Nov 16-18	SLO SCY Swim Meet, San Luis Obispo
Nov 18	Pierce College SCM Swim Meet, Woodland Hills
Nov 30-Dec 2	SPMS SCM Championship Swim Meet, Long Beach

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

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Archived Newsletters can be found at:

www.spmasterswim.org

2012 Long Course Meter Records

<u>Name</u>	<u>Age</u>	<u>Club</u>	<u>Event</u>	<u>Record Types</u>
Heckman, Dawn	35	ROSE	200 Freestyle	SPMS, National, World
			400 Freestyle	SPMS, National, World
			800 Freestyle	SPMS, National, World
Lewis, Cynthia	36	NOVA	50 Breaststroke	SPMS, National
			100 Breaststroke	SPMS, National
			200 Breaststroke	SPMS, National
McConica, Jim	62	VCM	800 Freestyle	SPMS, National, World
			400 Freestyle	SPMS, National, World
			200 Backstroke	SPMS, National, World
Saeger, Rich	48	MVN	200 Backstroke	SPMS, National, World
			50 Breaststroke	SPMS, National, World
Schroeder, Richard	51	UCSB	100 Breaststroke	SPMS, National, World
			50 Breaststroke	SPMS, National
Strand, Robert	66	ROSE	200 Breaststroke	SPMS, National, World
			50 Breaststroke	SPMS, National
West, Steve	40	NOVA	200 Breaststroke	SPMS, National, World
			50 Breaststroke	SPMS, National
			100 Breaststroke	SPMS, National
			200 Breaststroke	SPMS, National

Relays:

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