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SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



Short History of Laguna Beach Open Water Swimming

by
Lynn Kubasek

Back in the mid-1980s, a group of UCI Masters swimmers training for local open water swims were led by Michael Trudeau. Mike taught scuba to the local Laguna Beach lifeguards and was able to get us access to the hot showers in the basement of the historic tower at Main Beach! I bet you did not know there were showers or a basement in that tiny tower! We only did little swims from Main Beach to Bird Rock and back, but it was *really* cold and very kelpy.

In 1987, a group of NOVA Masters swimmers that included Scott Zornig, Mike Trudeau, Lynn Kubasek, Craig Taylor, Preston Drake, Margorie Roland, Keith Fieldhammer, and others would meet regularly at Crescent Bay on Saturdays at 8 a.m. to swim to Seal Rock, into Emerald Bay to take a potty break at the private restrooms, then on to Irvine Cove for the next potty break in the other private restrooms!

Throughout the next decade until 2007, Scott Zornig gave the call to open water swimmers through an email list he had developed, called "Open Water Swims." There were about 40 swimmers, some of whom still swim with us today. Swims were usually out of Main Beach where we would meet at the tower and swim either north or south, depending on the whim of the group. Mike graciously did not discriminate against those who chose to use wetsuits although they had to stay 25 yards behind the "real swimmers."

continued on next two pages



IN THIS ISSUE:

OC Open Water
SCY Swim Meets
Secret Recovery Article
Places to Swim
Calendar of Events
Call to Members for
Coach of the Year Award

Short History of Laguna Beach Open Water Swimming

continued

During 2009, Lynn Kubasek and Patsee Ober met up with fellow NOVA swimmer Chris Roberts at Oak Street to swim. Chris had swum Catalina Channel in 2008 with Lynn as kayak support. Chris set up the Google group OCopenwaterswims and added Lynn as moderator.

The group has flourished and been a great training opportunity for open water swimmers training for local swims as well as marathon swims. That year, Ray Meltvedt also joined in the fun from Santa Cruz! He left a vibrant ocean swimming group in Santa Cruz that swam around the Santa Cruz pier year round. Ray led the charge on most of our Bring-Your-Own-Glowstick Night swims, swimming with a lifeguard can-buoy for group safety.

Patsee Ober coined the Oak Streakers name from the Oak Street group. When traveling to swim events, the name morphs to fit the event! When we go to "Slam the Dam" at Lake Mead we are the "Oak Slammers". It is all about having fun! We have had many memorable swims from swimming under a full-moon eclipse last year, to swimming with inflatable animals tied on to the swimmer during an Oak Street lap. Fun swim themes in the winter help you to forget the cold and ultimately acclimate for longer swims.

OCopenwaterswims is a Google group dedicated to publicizing open water swim practices and events in Orange County and surrounding areas. There is also a spin-off Shaw's Cove email group that swims year-round on Tuesdays and Thursdays at 6 a.m.

The group now has 125 members and meets regularly at Oak Street on Saturday mornings at 7 a.m. and 9 a.m., at Shaw's Cove on Sundays 8 a.m., or other locations as announced. Anyone can post a swim or request for a swim buddy, which is one of the great things about the group.

Group Adventures, Travel and Participation

Slam the Dam - Lake Mead
Sharkfest Alcatraz
Sharkfest Coronado
Semana Nautica 10k
Waikiki Rough Water Swim
Newport Pier to Pier
Seal Beach Rough Water Swim
Don Burns Swim
Random Night swims!!!
Jamie Patick's Swim Camp
Catalina Channel swims
 Solos and relays
 Support crew
Anacapa Channel swims
 Solos and relays
 Support crew
Maui Channel swims
 Solos and relays
 Support crew

To join the Oak Street group and receive postings, go to:

<http://groups.google.com/group/ocopenwaterswims>

Let us know you are a swimmer and join the group!

We invite everyone to join us in a celebration of the beauty of the open water, every day, every week, year round, whenever we can...it is so close.

Let's enjoy this together!



Fun Times with OC Open Water Swimmers



Caltech Pentathlon

SCY Swim Meet

Sunday, March 3, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-006

Facility: The Caltech facility is an outdoor, eight 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.

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. Age on March 3rd determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, February 23, 2013. Deck registration is permitted. Deck entries close at 8:15 a.m. sharp. NOTE: THE MEET START TIME IS ONE HOUR EARLIER THIS YEAR.

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.

Seeding: All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. A 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.

Checks Payable To: Caltech Masters. Mail signed consolidated entry card, a copy of your 2013 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

Questions: Meet Director, Suzanne Dodd, (626) 449-7536. Meet Processing, Robert Mitchell, (949) 689-7946, mitchellrobert.cox@gmail.com.

Sunday, March 3, 2013
Warm up at 8:00 a.m.
Meet starts at 9:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

UC-Irvine Masters

SCY Swim Meet

Sunday, March 17, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-008

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 (\$10.00 per day).

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. Age on March 17th determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, March 9, 2013. Deck entries will close at 8:30 a.m. for 500 yd. Freestyle, and at 10:00 a.m. for all other events. You must be at least 18 to compete.

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.

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 2013 USMS card, and check to: Charlie Schober, UCI Crawford Hall, Irvine, CA 92697-4500.

Questions: Meet Director, Charlie Schober, ctschobe@uci.edu.

Sunday, March 17, 2013
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 start no earlier than 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)

Southwest Masters
SCY Swim Meet
Sunday, April 7, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-007

Facility: Steven E. Schofield Aquatic Center at Pierce College is an outdoor pool. Address is 6201 Winnetka Ave., Woodland Hills. A Colorado timing system and scoreboard will be available 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. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on April 7th, determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: Online registration is preferred. Online entries will close at 6:00 p.m. on April 6, 2013. Mailed entries must be received by April 2. On deck entries for the 500 yd. freestyle will close at 8:45 a.m. and at the conclusion of the 500 for all other events.

Entry Fees: \$25.00 per swimmer flat fee for online, ages 18-79. Swimmers 80+ are free. \$30.00 per swimmer flat fee for mail-in entries, ages 18-79. Deck, online, and mail-in entries after Saturday, March 30 allowed for a total of \$35.00.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Check-in is required in order to be seeded for all events. SwimPhone.com online check in will be used.

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 6 is a men's, women's, mixed 200 yd. Freestyle Relay. Event 17 is a men's, women's, mixed, 200 yd. Medley Relay.

Awards: Individual: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place. Special award will be given to the fastest time in the 200 yd. IM with handicap. The handicap details will be available at the meet.

Checks payable to: Southwest Aquatic Masters

Mail consolidated entry card, a copy of your 2013 USMS card, and check to: Robert Mitchell, Attn: Pierce College Spring Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Questions: Fred Shaw (818) 710-2824, Deborah Hefter (818) 710-4234; Robert Mitchell, mitchellrobert.cox@gmail.com.

Sunday, April 7, 2013
500 warm-up at 8:00 a.m.
500 starts at 9:00 a.m.

1. 500 yd. Freestyle
Additional warm-up after 500 Freestyle
Event #2 will start no earlier than 11:00 a.m.
2. 100 yd. Individual Medley
3. 50 yd. Butterfly
4. 100 yd. Backstroke
5. 200 yd. Breaststroke
6. 200 yd. Freestyle Relay (Men, Women, Mixed; deck enter)
7. 50 yd. Freestyle
8. 100 yd. Butterfly
9. 200 yd. Backstroke
- Break (10 min.)**
10. 200 yd. Individual Medley
(prize given to top time overall based on a handicap)
11. 50 yd. Breaststroke
12. 100 yd. Freestyle
13. 200 yd. Butterfly
14. 50 yd. Backstroke
15. 100 yd. Breaststroke
16. 200 yd. Freestyle
17. 200 yd. Medley Relay (Men, Women, Mixed; deck enter)
18. 400 yd. Individual Medley

UCLA Bruin Masters
SCY Swim Meet
Sunday, April 21, 2013

Sanction by Southern Pacific Masters Swimming for USMS, Inc
Sanction # 333-009

Facility: UCLA's Spieker Aquatics Center – outdoor 52m x 8-lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead.

Address: 114 Easton Drive, Los Angeles, CA 90095 – UCLA

Directions & Parking: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately ¾ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the Bel-Air Gate). Turn right onto UCLA campus. Go to the second stop sign and turn right – toward parking Lot 11. Use the pay station to purchase a daily pass at \$11.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: 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. Age on April 21st determines age group for the meet. You must be at least 18 to compete.

Entries: Online registration is preferred. Online entry deadline is midnight Pacific Standard Time Saturday, April 20th. The paper pre-entry post-mark deadline is Saturday, April 13th. 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.. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers for the 1650 yd. Freestyle.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries and online entries after April 13th are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1650 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.

Checks payable to: UC Regents, mail consolidated entry card, copy of your 2013 USMS card and check to: Bruin Masters Meet, PO Box 204, Lake Forest, CA 92609.

Questions: Meet Director: Robert Mitchell,
mitchellrobert.cox@gmail.com,

Sunday, April 21, 2013
1650 warm-up at 8:00 a.m.
1650 starts at 9:00 a.m.

Event #2 will start no earlier than 10:30 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
2013 SPMS SCY Regional Championship Meet
Friday, April 26 - Sunday, April 28, 2013



Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction Number: 333-S0010

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 2, 2013. Add a \$10.00 late fee for all entries postmarked (or entered on-line) after Friday, April 12th. All entries must be received by 6:00 p.m. on Friday, April 19th. Entries received after April 12th may not appear in the meet program. No individual deck entries will be allowed. Age on April 26th 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. Relay only swimmers must enter the meet prior to the first event.

Seeding: All events will be seeded and swum slowest to fastest. 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 12:30 p.m. on Friday for the 1650 yd. Free, 8:30 a.m. on Saturday for the 500 yd. Freestyle, and 8:30 a.m. on Sunday for the 1000 yd. Freestyle. 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 2013 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.

City of Santa Clarita
2013 SPMS SCY Regional Championship Meet
Friday, April 26 - Sunday, April 28, 2013

Friday, April 26, 2013

Warm-up at 12:00 p.m.

Meet starts at 1:00 p.m.

Check-in for the 1650 yd. Freestyle closes at 12:30 p.m.

Events

(Women/Men)

1. 1650 yd. Freestyle (Women & Men combined)
2. 400 yd. IM. (Women & Men combined)
3. 400 yd. Medley Relay (Women, Men, Mixed)

Saturday, April 27, 2013

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 500 yd. Freestyle closes at 8:30 a.m.

Events

(Women/Men)

4. 500 yd. Freestyle (Women & Men combined)
- 5/6. 200 yd. Freestyle
- 7/8. 50 yd. Backstroke
9. 200 yd. Medley Relay (Women, Men, Mixed)
- 10/11. 200 yd. Breaststroke
- 12/13. 100 yd. Butterfly
- 14/15. 100 yd. I.M.
16. 400 yd. Freestyle Relay (Women, Men, Mixed)
- 17/18. 200 yd. Backstroke
- 19/20. 50 yd. Butterfly

Sunday, April 28, 2013

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 1000 yd. Freestyle closes at 8:30 a.m.

(Women/Men)

21. 1000 yd. Freestyle – Women & Men combined
- 22/23. 100 yd. Backstroke
- 24/25. 100 yd. Freestyle
- 26/27. 50 yd. Breaststroke
28. 800 yd. Freestyle Relay (Women, Men, Mixed)
- 29/30. 200 yd. Butterfly
31. 200 yd. Freestyle Relay (Women, Men, Mixed)
- 32/33. 200 yd. I.M.
- 34/35. 50 yd. Freestyle
- 36/37. 100 yd. Breaststroke

Relays: A swimmer may swim only one relay in each of events 3, 9, 16, 28, and 31.

Caffeine: The Secret Recovery Remedy!

by

Ben Lovelace

Why recover slower, when you can recover faster? For anyone who participates in regular endurance activity, recovery, or rate of recovery, is an important topic. It is no mystery that endurance exercise often performed by triathletes, cyclists, runners, and swimmers decreases the energy in your muscles to perform work. For individuals who are participating in consecutive days of endurance activity having your 'fuel-tank' topped-off before each exercise bout is a beneficial advantage for a variety of reasons.

For decades, exercise physiologists have conducted research on a number of different combinations of macro and micronutrients that could possibly speed up recovery from a bout of endurance exercise. Although the macronutrients recommendations are somewhat well established post exercise, scientists and athletes alike, in traditional American fashion, have concluded we can recover even faster!

So how do we recovery faster you may ask? Recent work from a group of scientists from the RMIT University of Bundoora, Victoria in Australia have demonstrated that ingesting appropriate amounts of caffeine (8mg/kg or about two cups of coffee) with carbohydrates after endurance exercise will increase the amount of energy stored in the muscle. It turns out that caffeine, when ingested with carbohydrate post exercise, has the ability to speed up recovery by turning on and off certain genes in your body that regulate muscle energy recovery.

How does the body increase its ability to recover while you sit back and enjoy your steamy latté you may ask? Well aside from turning on a number of genes that accelerate the delivery of sugar into your muscle cell, caffeine also works at the intestine. It is widely believed that energy is lost during recovery due to its inability to be absorbed into the blood stream. One of the major 'lock-and-key' checkpoints after the food goes through our stomach is our intestine. Luckily science folks from the Netherlands used a technique that could measure the amount of potential energy your body can absorb from your intestine. These scientists-at-large had participants in a research study drink fixed amounts of sugar contained in a variety of tasty beverages to determine the rate at which sugar entered the blood stream. Using this technique, scientists observed a 23% increase in intestinal absorption when sugar was ingested with a certain amount of caffeine! So it seems that caffeine has the ability to increase intestinal absorption of nutrients during recovery, and in turn, allow access to essential sugars that will contribute to your overall muscle recovery.

When all is said and done and you have put in the miles or yards for the day, sit back, relax, and have a caffeine-loaded cup-of-Joe! Not only will you enjoy this tasty beverage as you prop your legs up after a hard day's work, but, you will recover better in/for the long run!

Van Nieuwenhoven M.A, Brummer R.M, and Brouns F. Gastrointestinal function during exercise: comparison of water, sports drink, and sports drink with caffeine. *J Appl Physiol* 89: 1079-1085, 2000.

Pedersen D.J, Lessard S.J, Coffey V.G, Churchley E.G, Wooton A.M, Ng T, Watt M.J, Hawley J.A. High rates of muscle glycogen resynthesis after exhaustive exercise when carbohydrate is co-ingested with caffeine. *J Appl Physiol* 105: 7-13. 2008

Rush J.W, Spriet L.L. Skeletal muscle glycogen phosphorylase a kinetics: effects of adenine nucleotides and caffeine. *J Appl Physiol*. 91: 2071-2078, 2001.

Thong, F.S, Derave W, Kiens B, Graham T, Urso B, Wojtaszeski J.F, Hansen B.F, Richter E.A. Caffeine-induced impairment of insulin Action but Not Insulin Signaling in Human Skeletal Muscle Is reduced by Exercise. *Diabetes* 51: 583-590, 2002.

Battram D.S, Shearer J, Robinson D, Graham T.E. Caffeine ingestion does not impede the resynthesis of proglycogen and macroglycogen after prolonged exercise and carbohydrate supplementation in humans. *J Appl Physiol* 96:943-950, 2004.



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For archived newsletters,

Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>

Southern Pacific Masters Swimming Schedule for 2013

<u>Date</u>	<u>Event</u>
March 3	Caltech Pentathlon Swim Meet, Pasadena
March 17	UCI SCY Swim Meet, Irvine
March 21	SPMS Committee Conference Call
March 23-24	Splash LCM Swim Meet, San Luis Obispo
April 7	Southwest Masters SCY Swim Meet, Woodland Hills
April 18	SPMS Committee Conference Call
April 21	UCLA Master SCY Swim Meet, Los Angeles
April 26-28	SPMS SCY Championship, Santa Clarita
May 16	SPMS Committee Conference Call
May 19	UCI LCM Swim Meet, Irvine

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

A Call to all Clubs, Coaches and Swimmers

Nominations for 2012 Coach of The Year

Nominate your favorite coach for the 2012 Coach of The Year award. All nominations must follow the SPMS requirements, and must be submitted by email to Dan Wegner at registrar@spma.net. For more information, please go to:

<http://www.spmasterswim.org/w/SPMS/coach-of-the-year/>

