



### 2013 SPMS Award Winners

by

Jacquie Cole

**Beverly Montrella is the winner of the female *Swimmer of the Year Award*.**

Beverly is a 67 years young and a life-long swimmer. She swims many SPMS meets throughout the year including all three regional championships. This year alone she competed in at least forty-six individual events.



In the 2013 National Championship meet at Mission Viejo, Beverly placed 2nd in the 800 m Freestyle, 100 m Backstroke, 200 m Backstroke, 3rd in the 1500 m Freestyle, and 7th in the 50 m Freestyle.

As an age-grouper and now as a Masters swimmer, she is very dedicated to the sport. Her career in swimming continued when joining USMS in 1971. Beverly swam with USMS for a couple of years in her late twenties, but then left the sport only to return rejuvenated at the age of sixty for two reasons: jogging was not working well anymore, and an international FINA meet was planned to take place practically in her backyard. She says she trains harder when she has an objective, and the meet was an attainable goal.

Beverly swims with the Mission Viejo Nadadores. She likes to not only train but also swim for fun and fitness. Bev loves her teammates, who vary in age from twenty to ninety years young, and enjoys the camaraderie that goes along with almost-daily swims. Her group workouts are about 3,000 yards each, and she says she is fortunate to have her husband as her personal trainer and coach.

Beverly enjoys setting goals for herself, and *Go the Distance* helps her to do that. In 2013, her goal was to swim 365 miles, and now that was accomplished, what lies ahead for Beverly Montrella? Only time will tell!

**IN THIS ISSUE:**

- Meet SPMS Chair & Vice-Chair*
- SCY Meet Forms*
- Coaches' Clinic*
- Places to Swim*
- Calendar of Events*
- Marketing Madness*

continued on next page

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### **Brian Kremers is the winner of the male *Swimmer of the Year Award*.**

Brian is an inspiration to his teammates both in and out of the water with 2 - All American Honors and 84 - Top Ten Swims. He is involved with Masters swimming as an invaluable pillar of the Grunions swim team. He coaches, competes, leads and inspires his team. Nine years ago, he initiated a very successful team *Check-Off Challenge*, which increased the number of swim meets his teammates attended. Brian keeps the sport fresh for many who might otherwise burn out. Brian loves the sport of swimming. Over the past year, Brian averaged five swim workouts per week and competed in eight swim meets in 2013. Out of the pool, he revived the weekly Grunion Report as a must read newsletter. In addition, Brian coordinated with coaches for the best possible relays at IGLA and SPMS Championship meets.



While dealing with a very serious spinal injury, which required surgical fusion in August, he inspired and motivated his teammates to do their best. Brian is back in the water and working toward a full recovery.

### **Errol Graham is the winner of the *Steve Schofield Award*.**



In many ways, Errol has given to the SPMS community for several decades. He served on the board of SPMS for seventeen years with the last four year as Chair. While managing to find time in his busy work schedule and intercontinental travels, he continually contributes to Masters swimming. With his leadership, hard work and dedication, Errol helps SPMS attract and retain the personnel who will benefit the organization. He is always there to offer assistance and guidance to all. Truly, Errol is an ambassador to the sport of Masters swimming, and by the way, is an accomplished swimmer who competes for West Hollywood Aquatics. After serving four outstanding years as our Chair, Errol is now stepping down but will continue to serve SPMS.

### **Dan Wegner is the winner of the *Jim Marcus Award*.**

Dan has contributed to Masters swimming in many ways, but particularly in making the swim meet sign-up and sanctioning process as painless as it is. Dan became an integral part of SPMS by volunteering many long hours and focusing on the issue to streamline and improve the website experience for SPMS. Those streamlined processes are enacted within SPMS and then replicated on a national level. His creativity, energy, humility, and focus have made a big difference for SPMS. This year he introduced the welcome packet, so popular among SPMS clubs that it became a part of USMS operations. Also in 2013, Dan was honored by USMS with the Dorothy Donnelly Service Award.



## Personal Message from Mark Moore, the New Southern Pacific Masters Swimming Chair



As this is my initial Chairman's message, I thought it appropriate to provide a little bit of my background in the world of swimming. In the past eighteen years of my professional life, I have been blessed with the opportunity to be the Masters coach and program director for the Mission Viejo Nadadores Swim Club. In addition, I continue to teach several aquatic classes at Saddleback Community College for the past nine years.

Also, I served on the SPMS Executive Committee as the Vice Chair in charge of Meet Operations and Sanctions going on four years. We have seen growth in both our pool and open water events. I look forward to working with our new Vice Chair, Eileen Span and the Pool Operations Committee, to provide YOU, our members, the best possible swimming events possible. Now as the new year starts, it is with some trepidation that I follow Errol Graham as Chairman of Southern Pacific Masters Swimming.

During Errol's tenure, SPMS continued to be the second largest, and one of the most influential, Local Masters Swimming Committee. The organization has provided innumerable opportunities for pool and open water competition including the USMS 2013 National Summer Championship and two Open Water National Championships. Just as important as the growth opportunities that have been made available to coaches by providing scholarships to ASCA/USMS and other clinics, Errol has left some very large shoes to fill. In his farewell message, Errol stated that he believes in SPMS and what it offers to all its members. I agree with him wholeheartedly and look forward to serving you in my new position.

Regards, Mark Moore

(See next page for an article on Mark Moore from *Swimmer Magazine*)

## New Southern Pacific Masters Swimming Vice-Chair, Eileen Span

Eileen Span has been a USA swim coach for the last fourteen years, beginning in Rhode Island as the US Navy Blues Swim Coach. Then on to Virginia, where she was the head swim coach for the Men's and Women's Millbrook High School team for eight years. In 2011 and 2012, the men's Millbrook earned the title of *District Winners*, also earning Eileen the honor of *Coach of the Year* for each of those years. While in Winchester, swimming unattached led Eileen to the idea to form Winchester Masters Swimming.

In addition, Eileen was the head swim coach for the Winchester Country Club where she was also in charge of training the lifeguarding staff. In Virginia, she experienced the opportunity to swim numerous open water events on the East Coast: Save the Bay 1.7 mile; Newport RI (11 years); Chesapeake Bay 4.4 (5 years); Potomac River 7.5 (3 years); Reston Lake (12 years); Virginia Beach 1 mile ocean (5 years); and Smith Mountain Lake (4 years).

The Span family moved to California, and Eileen started coaching for The Gator Swim Club. Also, she is currently working with the City of San Clemente and LA Fitness as a WSI swim/water aerobics instructor. She has participated in pool meets with the Mission Viejo Masters and open water swims including Salt Creek Beach, Seal Beach, Newport Pier to Pier, Corona Del Mar, and La Jolla Rough Water.

Eileen has been married for thirty years to husband Mike. They have three children. Kati and Mary are Masters swimmers, and Michael swims USA with Mission Viejo Nadadores club team.



## Volunteer Profile: Mark Moore



**M**ark Moore, 55, head coach of Mission Viejo Nadadores Masters, USMS Club of the Year in 2009, has a long-standing relationship with USMS. And not just your garden-variety volunteer relationship—this one runs deep, like family ties. Moore has dedicated a lot of time and energy to advancing the cause of Masters swimming through his volunteer work and coaching. In return, Mas-

ters swimmers have been firm supporters in his corner when the chips have been down.

In recognition of his extensive service to USMS, Moore received the Dorothy Donnelly Service Award in 2004 and the Speedo USMS Coach of the Year in 2005. He followed those honors with the USMS National Championship Meets Award in 2010. Moore currently serves as the Southern Pacific LMSC Vice Chair. He also chaired the USMS Cham-

ampionship Committee from 2005 to 2010 and has served on the Coaches and Planning Committees in the past.

What the awards can't show is Moore's strength in overcoming the worst kind of heartbreak. When his 19-year-old son Patrick died of complications of Crohn's disease and an autoimmune disorder called HLH, a month before Summer Nationals in 2009, his fellow Masters swimmers stepped up. "I made the decision to go [to the meet] anyway, and the whole Masters family helped me through it," he says. Since then, Moore has established and run a memorial relay meet every summer in honor of Patrick, an accomplished swimmer and surfer.

Moore found his way to the Masters family after settling in Mission Viejo with his wife and young children in 1996. He had grown up a swimmer in the area and competed through high school and college. After graduating from college, Moore began coaching summer-league swimmers and enjoyed it, so when an opportunity to coach a budding Masters team in Mission Viejo came up, he took it. It didn't take long for Moore to build a world-class program; today, the Mission Viejo Nadadores Masters boasts 267 registered members and this year hosted a smashingly successful Summer Nationals, the second USMS national championship Moore has directed. The first, in 2005, was hailed by some attendees as the "best Nationals in 20 years."

In addition to coaching the Nadadores, Moore has also

led the Championship Committee as the meet operations chair. That committee determines which teams and facilities will host the championship meets and helps host teams put on top-notch meets.

All his volunteer work and full-time coaching creates a demanding schedule when laid over a part-time day job as an instructor at a local junior college. "Especially putting on Nationals, it's a lot of time." But he says it's worth it. "I wouldn't spend this much time if I didn't enjoy the people."

Moore says the 2013 Marriot USMS Summer National Championship went very well, largely because he had a lot of good help. "We have a great group of volunteers, many of whom are the same people who put on the 2005 meet. Lots of records were broken and we had some pretty good swims. It's a fast pool and always has been."

In addition to the buzz of putting on a world-class event, Moore says running Nationals gave him the motivation he needed to reach a personal goal: losing weight. "I wanted to be in good shape to run Nationals so I wouldn't be tired all the time. And in six months, I lost 96 pounds."

Leading by example, Moore is hoping to pass along his passion for involvement to his daughter Katie, who started swimming with Masters as soon as she turned 18. "When she gets a little older or more established, I'd like to see her get more involved on the volunteer side of things," he says. If she takes after her dad, involvement seems an inevitability.—ELAINE K. HOWLEY

Illustration: Ed Colley

**Piranha Masters  
SCY Swim Meet  
Sunday, January 12, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S002**

**Facility:** Palm Springs Swim Center 405 S. Pavilion Way Palm Springs, CA 92262. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** From 10E exit Hwy111, Left on Ramond Rd, Left on Sunrise, Right on Baristo

**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 January 12<sup>th</sup> 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, January 4, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1650 yd. Freestyle and at 10:00 a.m. for all other events.

**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 1650 and 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.

**Checks payable to:** Piranha Swim Team

Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Alina de Armas, PO BOX 63, Simi Valley, CA 93062, [alina@dearmas.co](mailto:alina@dearmas.co) (805) 444-0317

**Questions:** Meet Director Jeff Conwell, [admin@piranhaswimteam.org](mailto:admin@piranhaswimteam.org) (760) 318-SWIM

**Sunday, January 12, 2014  
Warm-up at 7:30 a.m.  
1650 yd. Freestyle starts at 8:30 a.m.**

1. 1650 yd. Freestyle
- Additional warm-up after 1650  
Event #2 starts no earlier than 10:30 a.m.**
2. 200 yd. Freestyle
  3. 50 yd. Backstroke
  4. 100 yd. Butterfly
  5. 200 yd. Freestyle Relay (Men, Women, Mixed)
  6. 100 yd. Backstroke
  7. 50 yd. Freestyle
  8. 100 yd. Breaststroke
  9. 200 yd. Medley Relay (Men, Women, Mixed)
  10. 100 yd. Freestyle
  11. 50 yd. Butterfly
  12. 50 yd. Breaststroke
  13. 100 yd. Individual Medley
  14. 200 Kickboard Relay (Men, Women, Mixed)
  15. 500 yd. Freestyle

Saturday January 11<sup>th</sup> The City of Palm Springs and the Piranha Swim Team are hosting The Mayors Health and Wellness Festival that will include a 5K and 10K running race in the morning, a freestyle technique clinic free of charge in the afternoon, and a 200 yard, 500 yard, and 15 minute swim for best distance competition. This is not a sanctioned US Masters event. For more information call (760) 323-8214 or go to [www.yoursustainablecity.com](http://www.yoursustainablecity.com)

**Rose Bowl Masters  
SCY Swim Meet  
Saturday, February 8, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S001**

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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

**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 February 8th determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Saturday, February 1, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. You must be at least 18 years old to compete. Online Entry deadline is February 7 2014 at 6 p.m.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries and online entries after February 2 2014 are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$5.00. Relays are Free of charge.

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

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

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

**Checks payable to:** Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

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

**Saturday, February 8, 2014  
Warm-up at 7:00 a.m.  
Meet starts at 8:30 a.m.**

1. 50 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 50 yd. Butterfly
5. 200 yd. Breaststroke
6. 100 yd. IM
7. 200 yd. Butterfly
8. 50 yd. Backstroke
9. 200 yd. Individual Medley
10. 50 yd. Breaststroke
11. 200 yd. Freestyle
12. 400 yd. Freestyle Relay (Men, Women, Mixed)
13. 200 yd. t-shirt relay

**Caltech Pentathlon  
SCY Swim Meet  
Sunday, March 2, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S004**

**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. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**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 2nd 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 22, 2014. Deck registration is permitted. Deck entries close at 8:15 a.m. sharp.

**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 2014 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

**Questions:** Meet Director, Suzanne Dodd, [srdodd@jpl.nasa.gov](mailto:srdodd@jpl.nasa.gov)  
(626) 449-7536

**Sunday, March 2, 2014  
Warm up at 8 a.m.  
Meet starts at 9 a.m.**

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

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

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 at each of the venues. In order to do this, we need your help with photos that have been 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@SPMasterSwim.org](mailto:newsletter@SPMasterSwim.org)

Thank you in advance for your help!

Kim Thornton, SPMS Newsletter Editor

**Mission Viejo Nadadores  
SCY Swim Meet  
Sunday, March 16, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc  
Sanction # 334-S003**

**Facility:** Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking.

**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 4 individual events, not including relays. Age on March 16th 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, March 9, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:30 a.m. for all other events.

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

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

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

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

**Checks payable to:** Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 33055 Dolphin Ct., San Juan Capistrano, CA 92675

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

**Questions:** Meet Director, Mark Moore, [coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org), (949) 489-1847

**Sunday, March 16, 2014  
Warm-up at 7:30 a.m.  
Meet starts at 8:30 a.m.**

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

**Additional warm-up after 400 IM**

**Event #3 will start no earlier than 11:00 a.m.**

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

**\*25 yd. events are not recognized times by USMS**

**CVMM Inaugural Matt Biondi Masters Classic**  
**SCY Swim Meet**  
**Sunday, March 23, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.**  
**Sanction # 334-S007**

**Facility:** The beautiful Rancho Simi Community Park Pool is an outdoor, 25 yard by 50 meter competition pool situated at 1765 Royal Ave, Simi Valley, Ca 93065. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Directions:** Take the 118 Ronald Reagan Freeway to the Erringer Rd. Exit. Take Erringer Rd. south 1.5 miles. Turn right on Royal Ave., pool entrance and parking is on the right.

**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 March 23, 2014 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 March 16, 2014. The on-line entry deadline is 6:00 p.m. on March 22, 2014. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1,650 yd. Freestyle and at 10:15 a.m. for all other events

**Seeding:** All events will be deck seeded slowest to fastest, by entered time. Check in is required for all events to ensure the meet runs efficiently. Check-in is required for the 500 yd. Freestyle by start of event 14 is required.

**Relays:** All relays will be deck entered on SPMS relay forms available at the meet. 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: Ribbons for places 1 to 3. Relay: Ribbons for first place. Special Award for fastest Male and Female in the 50 yd. Freestyle will be awarded, the Matt Biondi Perpetual Award.

**Entry Fees:** \$30.00 per swimmer flat fee. Online Entries after March 16<sup>th</sup> are \$35.00. Deck entries allowed for a total of \$40.00.

**Checks payable to:** CVMM, Conejo Valley Multisport Masters. Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062. [Alina@dearmas.co](mailto:Alina@dearmas.co)

**Questions:** Meet Director, Nancy Kirkpatrick Reno (818) 469-9972

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

**Sunday, March 23, 2014**  
**Warm-up at 7:30 a.m.**  
**Meet starts at 8:30 a.m.**

1. 1,650 yd. Freestyle (check-in required)\*
- Event #2 will start no earlier than 11:00 a.m.**
2. 200 yd. Freestyle
3. 50 yd. Butterfly
4. 100 yd. Backstroke
5. 200 yd. Individual Medley
6. 50 yd. Breaststroke
7. 100 yd. Freestyle
8. 100 yd. Butterfly
9. 50 yd. Backstroke
10. 400 yd. Individual Medley
11. 200 yd. Freestyle Relay (Men, Women, or Mixed)
12. 100 yd. Breaststroke
13. 50 yd. Freestyle
14. 100 yd. Individual Medley
15. 200 yd. Fun Freestyle Kick Board Relay \*\*
16. 500 yd. Freestyle

\*1,650 will be limited to the first 32 entries.

\*\* Kickboard relay swimmers start in the water. Flutter kick without fins the entire length of the course is required. Swimmers must touch the wall with hand at each end of each length pool.

One of the most accomplished swimmers of all time, Matt Biondi, returned to U.S. Masters Swimming when he joined Conejo Valley Multisport Masters (CVMM) in the summer of 2012. Matt quickly realized how rewarding and fun it is to be part of a team, and his passion for swimming was reignited. Soon, Matt decided to return to competition, and in December, 2012, he participated in the SPMS SCM Regional Championships at the Belmont Plaza Pool in Long Beach. In his first meet since the 1992 Olympic Games, Matt set a world record in the 50 m Freestyle, in the Men's 45-49 year old age group, and set a national record in the 50 m Butterfly. He just missed the world record but turned in the fastest time in the world for the 45-49 year old age group that year. In Southern California, we are very lucky to have Matt swimming in SPMS and are very open to sharing his expertise with the Masters swimming community.



CVMM is extremely happy to announce the *Inaugural Matt Biondi Masters SCY Classic* swim meet, Sunday March 23, 2014, honoring one of America's greatest swimmers. CVMM will be presenting the Matt Biondi Perpetual Award to the fastest male and female in the 50 yd. Freestyle. In addition, we will have a huge electronic display board showing photos and video from the past and present, including contributions submitted by participating athletes. Matt is holding a one-on-one swim clinic for the lucky winner of a raffle to be held at the conclusion of the meet.

Matt participated in three Summer Olympic Games in 1984, 1988, and 1992. He accumulated 11 Olympic swimming medals: 8 gold; 2 silver; and 1 bronze. Over the course of his prestigious swimming career, Matt set seven individual world records, 3 in the 50 m Freestyle, 4 in the 100 m Freestyle, and won six gold medals in the 1986 and 1991 World Championships. In 1986, his 3 gold, 1 silver, and 3 bronze medals were the highest number of medals ever at a World Championship meet (since equaled by Michael Phelps).

World records notwithstanding, Matt held numerous American, Olympic, and NCAA records. Competing for Cal, Matt had a storied collegiate career. He accumulated 13 NCAA championships and was honored as NCAA Swimmer of the Year three times, helping his team win three NCAA National Water Polo Championships. He was voted a collegiate All-American all four years in both swimming and water polo. Matt was also honored twice as the Swimming World Swimmer of the Year, United Press International Athlete of the Year in 1988. In addition, Matt is a member of the US Olympic Hall of Fame and International Swimming Hall of Fame and appeared on the cover of Sports Illustrated in 1988.

**We hope to see you there!**

Nancy Kirkpatrick Reno



**SATURDAY, 2/1/14**

**3<sup>RD</sup> ANNUAL**

# **COACHES CLINIC**

## **USMS Coaches & Swimmers Learn Strength Training Programs to Add To Your Swimming Workouts**

Come join us on Saturday, February 1<sup>st</sup>, 2014 / Swim with the Armada Masters Swim Team during morning practice (6:30 AM) Continental Breakfast / Catered Lunch / (9:00 AM) Guest Coaches & USMS Streamlines Columnist presenters  
Vendors presentations



**Please pre-register by 1/31/14**

Contact Christine via e-mail at:

Christine\_dahlstrom@yahoo.com

**SPMS  
Coaches Clinic**

**Strength Training  
for Masters  
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**Pool & Dry Land  
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13806 L Mirada Blvd.  
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90683  
[www.spmastersswim.org](http://www.spmastersswim.org)  
Saturday  
February 1<sup>st</sup> 2014

## 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 Valley Multisport Masters  
THOUSAND OAKS: South Coast Aquatics  
VENTURA COUNTY Masters  
VENTURA: Rio Mesa Masters

### **LOS ANGELES (North)**

CLAREMONT: The Claremont Club  
COVINA: Competitive Tri-Swim Masters LLC  
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 Masters  
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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For archived newsletters,

Please go to:

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



## Southern Pacific Masters Swimming Schedule for 2014

<u>Date</u>	<u>Event</u>
January 12	Piranha SCY Swim Meet, Palm Springs
January 16	SPMS Committee Conference Call—8:00 p.m.
February 8	Rose Bowl SCY Swim Meet, Pasadena
February 16	UCI SCY Swim Meet, Irvine
February 20	SPMS Committee Conference Call—7:30 p.m.
February 22	Vegas Free Play SCY Swim Meet, Las Vegas
March 2	Caltech Pentathlon SCY Swim Meet, Pasadena
March 9	Yucaipa SCY Swim Meet, Yucaipa
March 16	Mission Viejo SCY Swim Meet, Mission Viejo
March 20	SPMS Committee Conference Call—7:30 p.m.
March 22-23	SLO LCM Swim Meet, San Luis Obispo
April 6	Pierce College SCM Swim Meet, Woodland Hills
April 12-13	SPMS/SW Zone Championship SCY Meet, Santa Barbara
April 17	SPMS Committee Conference Call—7:30 p.m.
April 27	Santa Clarita SCY Swim Meet, Santa Clarita

For more information please go to [www.SPMastersswim.org](http://www.SPMastersswim.org)

## SPMS Marketing Madness Continues

There is a new and exciting marketing item customized just for SPMS. You will recognize familiar pools and faces, and maybe even see yourself on one of the 2014 SPMS printed calendar pages.



These calendars are available for only \$15 each and will be a constant reminder of your upcoming swimming events.

On our SPMS website, there is now a sample photo of the printed calendar and a link to purchase a calendar.

Take a look at the sample:

[https://www.clubassistant.com/club/shopping\\_cart/merchandise.cfm?c=1781](https://www.clubassistant.com/club/shopping_cart/merchandise.cfm?c=1781)

Please contact Anita Cole, [marking@SPMasterSwim.org](mailto:marking@SPMasterSwim.org) for more information.