

SPMS News

November-December
2016



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Where's The Fun

Marguerite Aquatic Center Closes for Renovations

The renovation of the 44 year old aquatic complex was approved June 2015, and the long awaited makeover is finally starting. The home of the Nadadores swim and dive teams is set to re-open in 12-18 months. Meanwhile several facilities across south Orange County are graciously making room for the swimmers and divers during the \$10.2 million project.



Nadadores: A Bittersweet Farewell to Home Pool



photo courtesy of Alex Pinedo

“I think it means that the programs will again get to the highest level possible and bring the glory back to Mission Viejo,” said Brian Goodell, an original member of the Nadadores who won two gold medals at the 1976 Olympic Games.

The 2016 long course zone championships have come and gone. Now I suppose reporting on times and who won what might be expected. But you can look that up on Swim Phone, Mobile Me, Meet Mobile, FacePlant, InstaBook, SwimmingYour#%*off.com, whatever.

So with this last meet at the Nad pool I salute the real backbone of our swim meets. The people who are there to have fun. They might get 8th place in heat 1 of the 200 meter fly and yet there they are, suiting up and showing up. Alas, for the swimmers of the Mission Viejo Nadadores it will be the last championship meet held at this pool for 1 and maybe 2 summers. A lot to miss when one has swum in a long

course pool all year round since the mid 90's. All right, the deck is falling apart, the towers are not FINA compliant (OMG not that!) and when a Santa Ana wind comes through the pool looks like a koi pond. Then I look back and look at the variety of athletes that have passed through those gates, some still with us, and some have moved on to that 50 meter pool in the sky (oh wait that would be the other place) it's the 25 yard pool in the sky. The legacy of this team is quite remarkable and listing accomplishments might be redundant.

The Nad Masters simply want to say thank you to all who have “Suited up and Shown up” to our pool for all the regular season and championship meets we have hosted over the years. We hope to be back at it shortly (sorry even after the work is done here the parking and locker rooms will continue to be hopeless for championship meets) with our compliance with FINA, ADA and any other governing body out there. Thanks for putting up with this silly article and see you at the pool! -Coach Jeff, Mission Viejo Nadadores Masters

Jay Standish, a Mission Viejo resident since 1974, former member of the Mission Viejo Investment Advisory Commission, inaugural Mission Viejo Masters member and longest continuous Mission Viejo Masters swimming member was one of the supporters who spoke at the meeting. Standish noted, “I've seen a lot of these generations of children come and go through the program, and they come out of the program much better humans for the rest of their lives.”



photo courtesy of Alex Pinedo

Congratulations Kenny Brisbin and Christine Maki!

Ken and Christine are SPMS's recipients of the
2016 USMS Dorothy Donnelly Service Award.



Kenny Brisbin has been a member of the Long Beach Grunions and the Southern Pacific LMSC for over 11 years, serving as SPMS Vice-Chair for the last two. Kenny's contributions towards meet management have been invaluable as evidenced by his hosting efforts of a local short course meters meet for more than 10 years. In addition, Kenny is now applying his energies to the national USMS Coaches Committee by serving as its Vice-Chair.

Kenny's generosity and hard work make him a true ambassador of Masters Swimming. USMS is honored to award Kenny Brisbin the 2016 Dorothy Donnelly Service



As Head Coach of the SPMS Competitive Tri-Swim Masters, Christine Maki is a true inspiration and ambassador for U.S. Masters Swimming. Christine believes that swimming and its associated benefits should be enjoyed by everyone, from the beginning fitness swimmer to the elite competitor. As USMS Coaches Committee chair from 2010 to 2016, she planned and organized the annual Coaches Swim Clinic, educating, motivating and mentoring new and seasoned coaches.

Every member and future member is rewarded by Christine's generous time and effort in making Southern Pacific Masters Swimming a strong and successful LMSC.

Looking Glass

It has been my experience that when the definition of health is offered it usually touted as a state of feeling or absence of symptoms. The definition of health as touted by Dorland's Medical Dictionary claims that health is not merely the absence of disease or infirmity but rather feeling whole, physically, mentally, socially and spiritually.

So, which is it? Good question. Here is what I know. When we tend to gauge our health by how we feel we tend to dismiss one obvious notion: are you really healing?

To add to our line of questioning I will ask can you be in pain and still be very healthy? Is it possible to feel healthy and yet be very sick? If you really cannot answer the possibility exists that you are living a health fallacy. Seeking to remedy symptoms is not only deceitful it does not allow your body to receive and send life healing signals properly from brain to body and from body to brain.

Another good reason not to rely on symptoms to gauge your health is that most symptoms actually assist us in getting rid of harmful debris, bacteria, viruses and more from the body. Take coughing for example, why does one cough? Because, something has irritated the trachea or bronchi or even the lungs themselves; and your brain and body are so smart it starts you coughing so that it can get that stuff out! Unless to sleep or at the opera I find it fascinating when someone uses a cough suppressant to delay the ridding of foreign materials from the lungs. Isn't it fascinating that when someone has an upset stomach it is preferred to drink some pink stuff and force that toxic piece of chicken (or other foods) into the small intestines where the toxins can be absorbed into the blood stream even faster? I think it is fascinating that we fear what others think when we cough or sneeze and try to hold it in... I do not keep those things that are potentially dangerous to my body in! GET THEM OUT, I SAY!

Here is also what I know, that every cell in my body gets to communicate with my brain, they do and so do your organs and other functions. In fact, the brain has power over every cell and function in the body including the ones moving around. So how does one heal more that they feel? Good question and you may already have some answers to this question. One way that I know of is to keep your nervous system healthy and unobstructed. Things like Upper Cervical Chiropractic Care, Acupuncture, acupressure, good diets, exercise and healthful rest are at the top of my list of ways to keep your nervous system healthy. Surprisingly, our food and many prepared foods, medications, and even many of our technologies decrease our body's function of healing, sometimes very significantly. They do so by harming or even interrupting the signaling of cells of the nervous system. You may find it fascinating to discover things around your homes that is doing more damage than is normal.

So the next time you think about being healthy, think of the things you are doing to increasing healing, and make note of the symptoms but be aware that they could be there to assist in the process. Recruit a knowledgeable team of physicians, nutritionists, and others; as well as be keen on doing your own reading and thinking about what does health really look like for you!

Dr. Kyle Durieux, B.Sc.,D.C.

"ExpectMiracles"

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**UCLA Bruin Masters
SCM Swim Meet
Sunday, November 6, 2016**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 336-S024**

Facility: UCLA's Spieker Aquatics Center. The address is 114 Easton Drive, Los Angeles, CA 90095. The pool is an outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

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 West Bel-Air Gate). Turn right onto the UCLA campus. Go to the second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot on the right. Use the pay station to purchase a daily pass for \$8.00. 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 December 31, 2016 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is October 29, 2016. Online entries will close @ 11:59 p.m. on Wednesday, November 2, 2016. On deck registration is permitted. Deck entries for the 800 m Freestyle if spots remain, will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 40 swimmers for the 800 m Freestyle.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$10.00.

Checks payable to: UC Regents. Mail consolidated entry card, a copy of your USMS 2016 card, and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095.

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: 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: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

Questions: Meet Director: Robert Mitchell – mitchellrobert@cox.net

**Sunday, November 6, 2016
800m Freestyle warm-up at 8:00 a.m.
800m Freestyle starts at 9:00 a.m.
Event 2 will start no sooner than 10:30 a.m.**

1. 800 m. Freestyle
2. 400 m Individual Medley
3. 200 m Freestyle Relay (men, women, mixed)
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)
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 100 m Individual Medley

**Turkey Shoot at Pierce College
SCM Masters Swim Meet
Sunday, November 20, 2016**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 336-S023**

Facility: Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills, CA. 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 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 the meet referee.
- All events are timed final.
- Swimmers are limited to a total of 5 individual events, not including relays.
- Age on December 31, 2016 determines the age group of the swimmer for the meet.
- You must be at least 18 years old to compete.

Entries: Online meet entry deadline is Wednesday, November, 16, 2016 at 11:59pm. The pre-entry postmark deadline is Saturday, November 12, 2016. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events.

Entry Fees: \$30.00 per swimmer flat fee for online and mail-in entries. Note that online entries are paid by credit card to "ClubAssistant.com Events". Deck entries allowed for a total of \$40.00.

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 \$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. Special awards will be given for the swimmers who swim closest to their entered time in each event.

Checks Payable To: Southwest Aquatic Masters Mail consolidated entry card, a copy of your 2016 USMS card, and check to: Southwest Masters Turkey Shoot, P.O. Box 204, Lake Forest, CA 92609-0204

Questions: Deborah Hefter (818) 710-4234 hefterdj@piercecollege.edu. Admin Referee: Alina deArmas.

Sunday, November 20, 2016

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 800 m. Freestyle

Additional warm-up after 800 Freestyle

Event #2 will start no sooner than 11:00 a.m.

2. 200 m Individual Medley
3. 50 m Freestyle
4. 100 m Butterfly
5. 200 m Breaststroke
6. 100 m Backstroke
7. 200 m Butterfly
8. 50 m Breaststroke
9. 800 m Freestyle Relay (men, women, mixed)
10. 100 m Individual Medley
11. 200 m Freestyle
12. 50 m Butterfly
13. 50 m Backstroke
14. 100 m Breaststroke
15. 100 m Freestyle
16. 200 m Backstroke
17. 200 m Freestyle Relay (men, women, mixed)
18. 200 m Medley Relay (men, women, mixed)
19. 400 m Individual Medley



2016 GOBBLER MASTERS MEET INFORMATION



Sanction: XXX-XXXX Sanctioned for Southern Pacific Masters for USMS, Inc.

Location & Directions: San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road. Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. 6 to 8 lanes (depending on entries) will be used for the competition and a minimum of 4 lanes will be used for warm-up/warm down. Ample deck space is available for structures and seating. 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. *Bring tie-downs/weights to SECURE your canopies/structures.

Deck Opens: Fri: 3:30 PM, Sat/Sun: 7:30 AM

Warm-Up Start: Fri: 4:00 PM, Sat (Novice) 8:00 AM, Sat (Regular Session) 9:30 AM to 30 minutes after the completion of the Novice Session, Sun: 8:00 AM

Meet Start: Friday: 5:00 PM

Saturday (Novice Session): 9:00 AM

Saturday (2nd Session): 30 min after the conclusion of the Novice Session, NO SOONER THAN 12:00 PM

Sunday: 9:00 AM

Entry Deadline: The entry deadline is Wednesday, November 9, 2016. Masters deck entries will be taken space available. Deck entries for Friday's events will close at 4:15PM. Deck entries for Saturday's events will close 45 minutes prior to the start of the session. Deck entries for Sunday's events will close at 8:15AM.

Rules: USA Swimming rules will govern this combined USA-S and USMS meet

Entries: Fill out an SPMA Consolidated Entry Card AND the USMS Waiver (entry cards/waivers can be found online at www.sloswimclub.org). Include a copy of your 2016 or 2017 USMS Registration. Age on November 20th determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. This is a Short Course YARDS Meet! Adjust entry times accordingly. **Masters swimmers may enter any 13&UP and OPEN event.

Entry Limit: Swimmers are limited to 5 individual events per day.

Entry Fees: \$30.00 per swimmer flat fee if you enter by the registration deadline of Wednesday, Nov. 9th. Deck entries are allowed for a total of \$40.00. (Masters deck entries will be taken space available). Late entries (received after Nov. 9) and entries received without payment will be treated as deck entries and charged the deck entry fee.

Relays: Relays can be deck entered. Relays are \$10.00 per SPMS relay due upon entry. *For each relay only 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, along with confirmation of current USMS Registration.

Seeding: This is a combined USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined Check-in will be required for all events.

Check-In: Swimmers must check-in with the Clerk of Course for each event entered. After an event has been officially closed, swimmers may not check-in or scratch. Swimmers must check-in at least 30 minutes prior to the start of each session. Swimmers who check-in and fail to swim an event will be scratched from their next individual event. **Check-In Deadlines:** Check-In for Friday's events will close at 4:30pm. Check-in for Saturday's novice events will close at 8:30AM. Check-in for Saturday's regular session will close 45 minutes prior to the start of the regular session. Check-in for Sunday's events will close at 8:30 AM.

Awards: There will be no awards. Individual printed results are available upon request.

Checks payable to: SLO Swim Club (SLOSC)

Mailing Address: Mail consolidated entry card, signed USMS wavier, a copy of your USMS card, & entry check to: SLO Gobbler, P.O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.

EVENTS

FRIDAY, Nov. 18 – Start: 5:00PM.

GIRLS	LCM MIN	SCY MIN	AGE	EVENT	SCY MIN	LCM MIN	BOYS
1			7-8, 9-10, 11-12	200 FREE			2
3	22:11.60	21:32.10	OPEN	1650 FREE	21:51.50	22:10.90	4

SATURDAY, Nov. 19 – Start: No Sooner Than 12:00PM.

GIRLS	LCM MIN	SCY MIN	AGE	EVENT	SCY MIN	LCM MIN	BOYS
25			13 & UP	200 FREE			26
27			7-8, 9-10, 11-12, 13&UP	100 FLY			28
29			7-8, 9-10, 11-12, 13&Up	50 BREAST			30
31	3:31.00	3:08.80	OPEN	200 BREAST	3:09.00	3:31.20	32
33			7-8, 9-10, 11-12, 13&UP	100 FREE			34
35			7-8, 9-10, 11-12, 13&UP	50 BACK			36
37	3:09.20	2:46.20	OPEN	200 BACK	2:51.40	3:11.80	38
39			7-8, 9-10, 11-12	200 IM			40

SUNDAY, Nov. 20 – Start: 9:00 AM

GIRLS	LCM MIN	SCY MIN	AGE	EVENT	SCY MIN	LCM MIN	BOYS
45			7-8, 9-10, 11-12, 13&UP	100 BACK			46
47			7-8, 9-10, 11-12, 13&UP	100 IM			48
49			13 & UP	200 IM			50
51			7-8, 9-10, 11-12, 13&UP	50 FLY			52
53	3:05.70	2:43.20	OPEN	200 FLY	2:47.40	3:07.20	54
55			7-8, 9-10, 11-12, 13&UP	100 BREAST			56
57			7-8, 9-10, 11-12, 13&UP	50 FREE			58
59			5 & UP	200 MEDLEY Relay			60
61			9-10, 11-12	500 FREE			62
63			13 & UP	500 FREE			64

Long Beach Grunions
2016 SPMS Short Course Meters Championships
December 2nd - 4th, 2016

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #336-S025

Facility: Brenda Villa Aquatic Center, 5600 Harbor St, Commerce, CA 90040. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions: Go to <http://scmc.lbgrunions.org> and click on Venue.

Fees: Flat fee of \$52.00 if entered online or postmarked by Monday, November 14th. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries postmarked (or entered online) after Monday, November 14th. All entries must be received by 6:00 p.m. on Monday November 21st. No individual deck entries are allowed.

Rules/Entries: 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 finals. 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. Age on December 31st, 2016 determines age group for the meet.

Relays: Relay entries are \$15.00 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 \$15.00 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 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 <http://www.swimphone.com> or in-person at the meet. Check-in is available for the 1500 m Freestyle and will close at 7:30 a.m. on Friday.

Check-in for events 2 to 7 will close at Noon on Friday

Check-in for the 400m Freestyle will close at 7:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 7:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

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 <http://scmc.lbgrunions.org>, click on "Register." Or mail an SPMS entry card, copy of 2016 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: call 714-273-8793, or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to <http://scmc.lbgrunions.org>.

Host Hotel Information <http://scmc.lbgrunions.org>

Long Beach Grunions
2016 SPMS Short Course Meters Championships
December 2nd - 4th, 2016

Friday, December 2, 2016

Warm-up 7:00 a.m., Meet starts at 8:00 a.m.

Check in for 1500 m Freestyle closes at 7:30 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)

Saturday, December 3, 2016

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.

Check in for the 400 m Freestyle closes at 7:30 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 m Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
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 4, 2016

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.

Check in for the 800 m Freestyle closes at 7:30 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 100 m Individual Medley
 33. Men's 100 m Individual Medley
 34. Women's 50 m Backstroke
 35. Men's 50 m Backstroke
 36. Women's 200 m Breaststroke
 37. Men's 200 m Breaststroke
 38. *200 m Freestyle Relay (Women, Men, Mixed)
- *Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.

OMGWTF (One Man's Guide to Where's The Fun?) with Coach Jeff



The Fabulous Las Vegas Masters!

In this case what happens in Vegas does not stay in Vegas!

Location: The Desert Breeze Aquatic Center was located in a nice suburban neighborhood with big wide arterial streets and nice cozy neighborhoods. The only problem is nobody visiting comes out of the west side (no hotels) and east of the pool is the dreaded Strip (where you are probably coming from). Like all other areas I'm visiting traffic is becoming an issue and Las Vegas is no exception (even 5:30 am but I'm becoming a real baby about traffic).

Score 4/5

Organization: The facility itself was well organized with plenty of staff (lifeguards etc). At 5:30 in the morning I was surprised (shocked!) that most of the lot was full and it turns out most of the 50 M x 25 Y pool also was almost full with 3-4 per lane (set up short course). There is no written practice for swimmers to refer to and the coach (Vic Hecker) ran two practices. One for more developmental, stroke work and the other emphasizing meet prep. Vic kept track of EVERYTHING! He was calling out times to one group (how 'bout a low 22 for a 50) and teaching a backstroke drill to the other). Here is the big difference I see with this club. I have to ask how a team that has to travel big time miles to get to anywhere (except for their own meet they put on annually) and can bring 60 swimmers to Zone meets and win? I talked to Vic about this and he said, "We are a competitive swim team and if you don't want to go to meets you can join one of the other Masters programs in town." I didn't visit any other programs in LV to see what their attendance was but with 40-50 swimmers in the water, and really training, I could really see the commitment his team was making to swimming in meets. Vic doesn't make people sign some kind of pledge to swim, just an oral commitment, and it turns out he gets great participation.

Score 5/5

Cost: There is a charge for facility use. I have to interject with a coupla' two fun facts about the LVM. They pay \$60 every 3 months for a city swim pass and \$50 a year to Vic. Absolutely the bargain of the new millennium! Drop in swimmers pay the entrance fee for the city (\$5) and that's it.

Score 5/5

Facilities: The pool itself was excellent. Indoor 50 meters x 25 yards, 8 lanes long course and 16 short course, genuine handicap access and the water was really clean. I don't know how steamy it gets in the pool later in the day but with all but 3 practices at 5:30 am it doesn't seem to matter. As I become an elderly person my eyesight is getting a little sketchy so an illuminated digital clock is a super help for me, which they had. Locker room facilities great and overall a really nice facility with LOTS of parking.

Score 5/5



Fun Factor: I really believe they need to change the team name to the Fabulous Las Vegas Masters but that's just me. So Vic has the practice in his head and he flings it out there old school and expects everyone to listen (OMG not that!). I like it written out so its easier for me to visualize how I want to swim the set or how it fits in with the rest of practice. Actually it's so I know where I can sandbag for a while. Here if you don't know what's going on you have to ask someone in your lane. I think this brings a lot more engagement between the athletes, coaches and each other so people actually knowing each other brings a lot more team unity.

Score 5/5

Overall Score: 4.999/5 (just a little below 5 because I hate ANY traffic!)



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Upcoming SPMS Events

September 15–November 15, 2016

Speedo USMS 3000/6000-Yard ePostal Nationals

[Registration](#)

Sunday, November 6

UCLA Masters Short Course Meters

Los Angeles, CA

[Registration](#)

Friday, November 18 - Sunday, November 20

Gobbler Classic Short Course Yards

San Luis Obispo, CA

Sunday, November 20

Pierce College Turkey Shoot Short Course Meters

Woodland Hills, CA

[Registration](#)

Sunday, November 20

SPMS Annual Meeting

Woodland Hills, CA

[Registration](#)

Friday, December 2 - Sunday, December 4

2016 SPMS Short Course Meters Championships

Commerce, CA

[Registration](#)