

# SPMS News

September/October  
2017



## 2017 Newport Pier to Pier 2 Mile



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*Swimmers at Safety Meeting at Balboa Pier before start of swim.*

The Newport Pier to Pier event is a 2 mile swim from Balboa Pier to Newport Pier. It takes place every year in July in Newport Beach, California.



*Balboa to Newport Pier-to-Pier Swim Start*

## It's the 2017 SPMS Open Water Season!

*By Sherry Brooks*

Open Water season is here! Conditions have been outstanding and water temperatures are above average. In May, our Southern Pacific LMSC kicked off the first race of the SPMS Open Water Series, the [4th Annual SoCal Cup](#) one-mile open water swim, followed in June by the 47th Annual Seal Beach Rough Water one- and three-mile swims. Midsummer, NBOLA hosted the [Balboa Pier to Newport Pier](#) two-mile ocean swim and Corona del Mar Don Burns one-mile swim. Water temperatures were well above average.

We finish the SPMS 2017 season September 24th with the [Lake Mission Viejo one-mile swim](#).

## 2017 Open Water Series

### RULES FOR SPMS OPEN WATER SERIES AWARDS

All SPMS listed races are part of the SPMS Open Water Series, To qualify for awards the following rules apply:

- A swimmer must participate in at least three sanctioned races to qualify for an award.
- A swimmer must be registered with SPMS prior to the start of the swim to score any points for that swim.
- The top five races of each swimmer will be tallied to reach high point. If both swimmers have won every race in their respective age groups (they have swum every race offered), a tie will be declared.
- In case of a tie, additional races will be added until the tie is broken.
- The top three point winners in each age group (if they have participated in no less than three swims) will receive an award.
- A high point award will be given to the top male swimmer and the top female swimmer overall.



*Newport Pier-to-Pier Finish Line*



*48th Annual Seal Beach Rough Water Swim*



**Join your Teammates and be a Part of the SPMS Open Water Series!**

For more information regarding the SPMS Open Water Series, go to our website at: <http://www.spmasterswim.org/w/SPMS/open-water-series> and/or contact me, the Open Water Chair, Sherry Brooks, at [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org).

**See you in the water!**

*So I'm thinking the other day, "My monthly dues are \$72 so I need to come to 15 practices a month to get it under \$5 a practice." How Fun Is That? Well if you factor in facilities, practice schedule, location, quality of instruction, etc it is FUN! So to condense it down I'm willing to pay money to have fun. WTF people are always on the lookout for local, regional, national and sometimes international activities to express their fun-ness. Afterward the eternal question lurks in the deep recesses of their mind, "How Fun Was That?" So I'm going to look at some places and report back live, up close and personal with that question, to some extent, answered. Here is the criteria:*

**Location:** Is the location convenient? Two extremes, it's right next to the airport or I'm trying to park in Newport Beach on a Saturday morning in July. You get the point.

**Organization:** Just how organized is it? BTW a little disorganization is sometimes not such a bad thing. So two extremes, it's a gang of guys hopping the fence so they can jump off the 10 meter (could be a lot of fun!) or 2 coaches, 2 lifeguards, a printed out organized practice, sign in with the office, fill out the waiver etc, you get the idea (I've actually participated in both).

**Cost:** Obvious. I paid a lot more for a MacBook Pro but it was worth it and so much more fun. At the same time the pier swim and jumping off the 10 meter can be both free and fun.

**Facilities:** If it's pool swimming is it 9 pm doing a deck change at a high school or is it air conditioned locker rooms, two pools, one is a 50 meter 8 lane, nice visible synchronized pace clocks etc?

## PALM SPRINGS PIRANHAS

Welcome back fellow WTFers. Let's all say a hearty thank you to the people that keep the pools looking nice. I know I REALLY miss them when they're not around. I'm kicking off this edition's WTF question with a look at an aquatics program in a town famous for it's wonderful winters (January is the best) and a great place for a mellow outdoor meet in the winter with lots to do after. It's Palm Springs Piranhas.

### OMG2WTF

#### (One Man's Guide 2 Where's The Fun?)

*with Coach Jeff*

**Location:** 1.2 miles from the Palm Springs International and another 2 miles to the 111 freeway. I would consider that pretty convenient and so it's pretty quick even at traffic hour. The parking was good every time I've been there. Even if it's a big weekend with all the other activities that go on in this sports complex it's usually an easy walk. **Give it a 5/5.**

**Organization:** The actual organization ran as advertised. Head Coach Jeff Conwell was on deck when I went for practice and he was were pretty involved with the athletes. There were a variety of skill levels at practice and there was enough room (16 SC lanes) so that you could either pair up with someone or take a lane all to yourself. Practice times were Palm Springs Swim Center: M/TU/W/FR 5:30-7am TU/TH/FR Noon-1:30pm Sat 7-8:30am and Palm Desert Aquatics Center: 5:30-7am Tuesday and Thursday Long Course. The practices were not particularly difficult and seemed to be geared around 1700 to 2500 yards a practice. **Score 5/5**

**Cost:** Drop in fee is \$10 and have your USMS card. **Score 4ish/5.**

**Facilities:** I've only visited the Palm Springs Aquatic Center and never been to the Palm Desert (note the distinction) Aquatic Center where apparently one can swim long course. A little ways away but might be worth the drive for long course. I've mainly seen the Palm Springs Aquatic Center because that is where their annual swim meet is held in January. It is a 50 meter by 25 yard facility with a funny little L at one end with some stairs. There is a bulkhead there to keep it 16 lanes and that is how it is when they run the meet. Locker room facilities are great. With the weather out there the locker rooms are not real big on airtight construction so lots of flow thru ventilation. Water quality at the pools was great as was the pool temp, something I've strangely become picky about lately. The pool is run by the city so lots of lifeguard supervision to go around. **Score 5/5.**

So there it is. Overall the Piranhas score 4.7ish/5 on the fun rating scale and to me a lot has to do with how cool a city I think Palm Springs is.



# UCLA Bruin Masters SCM Swim Meet

Sunday, October 8, 2017

SANTION PENDING

**Facility:** UCLA's Spieker Aquatics Center – 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.

**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 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, 2017 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is September 30, 2017. Online entries will close @ 11:59 p.m. on Wednesday, October 4, 2017. 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. Payment can be made by check or credit card only. Cash will not be accepted on the pool deck.

**Checks payable to:** UC Regents. Mail consolidated entry card, a copy of your USMS 2017 card, and check to: Sunset Canyon Recreation Center, c/o Dana Lopez, 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, PENDING.

Sunday, October 8, 2017

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

800 m starts at 9:00 a.m.

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

# Spooky Shoot at Pierce College

## SCM Masters Swim Meet

### Sunday, October 22, 2017

**Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.**

**Facility:** Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills. 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, 2017 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

**Entries:** The pre-entry postmark deadline is Saturday, October 14th, 2017. On-line entry deadline is Wednesday, October 18, 2017 at 11:59 p.m. Entries for the 400 m Freestyle will close at 8:45 a.m. and at the conclusion of the 400 for all other events.

**Entry Fees:** \$30.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 12 is 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 400 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: Ribbons for places 1 to 3. Relay: 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 2017 USMS card, and check to: Southwest Masters Spooky Shoot, P.O. Box 204, Lake Forest, CA 92609-0204.

**Questions:** Deborah Hefter, hefterdj@piercecollege.edu, (818) 710-4234 Meet Referee: Omar De Armas, [omar.dearmas@gmail.com](mailto:omar.dearmas@gmail.com) Meet Admin: Alina De Armas, [alina@dearmas.co](mailto:alina@dearmas.co)

**Sunday, October 22, 2017**

**Warm-up at 8:00 a.m.**

**Meet starts at 9:00 a.m.**

1. 400 m Freestyle

**Additional warm-up after 400 m 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



## Meet & Greet

with surprise guest, Olympian Shirley **Babashoff**.

Come and hear her Olympic story

Shirley's book, '**Making Waves**' (2016) will be available



## Competitive Swimming Clinic: Open to Coaches & Swimmers

Get signed up today for the 2017 SPMS Coaches Clinic.

All coaches and swimmers are invited.

Come, listen & learn from the national talent of Coaches that are coming together for a day that is all about competitive swimming, presented by Southern Pacific Masters Swimming.

Food, networking, learning and building camaraderie, conveniently located in Mission Viejo.

Don't miss out on this opportunity! Register today!  
Registration details click [here](#).



**International Hall of  
Fame Honor Coach**

Mark Schubert



**National & Olympic  
Coach**

Jim Montrella



**Olympic Trials Simmer  
& Coach**

Courtney Eads

# SPMS AWARD SEASON IS JUST AROUND THE CORNER!

You can find details on all our SPMS Awards on the [SPMS website](#) under Awards. The 2017

Annual SPMS Awards coming up that we need your nominations.

## Male and Female Swimmer of the Year

*Nominations must be received on or before October 31, 2017.*

**The criteria for this award are: Swimmer must be a member of SPMS during the year and must have competed in at least two SPMS meets or SPMS sanctioned open water events during the time period being considered.**

Nominations can be made by any SPMS swimmer or SPMS club in the form of a written statement based on the criteria. Please include a detailed list of swimming accomplishments. Nominations and a maximum of four supporting letters should be submitted by email to the SPMS Member at Large. This award is presented at the SPMS Short Course Meters Championships.

## Jim Marcus Award

*Nominations must be received on or before September 30, 2017.*

The purpose of this award is to express special thanks to the individuals or groups who have made significant contributions to Southern Pacific Masters Swimming.

**The criteria for the award are: The individual or group has maintained current SPMS registration for the last five years and they have made significant contribution or effort toward the conduct, leadership, or support of Southern Pacific Masters Swimming.**

Nominations may be made by any registered SPMS member using the SPMS Nomination Form and listing the criteria above and submitted to the Awards Chair by the published deadline. Selection will be made by the SPMS Awards Committee and the award is announced at the SPMS Short Course Meters Championships and presented at the SPMS Annual Meeting. There may be multiple awards given each year.

## Steve Schofield Distinguished Service Award

*Nominations must be received on or before September 30, 2017.*

The purpose of this award is to recognize outstanding long term service to Southern Pacific Masters Swimming. **The criteria for the award require the recipient has maintained a SPMS registration for the last ten years and has consistently demonstrated outstanding service to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of masters swimming at the club, local and national level.**

Nomination may be made by any registered SPMS member using the SPMS nomination form and listing the criteria above and submitted to the Awards Chair by the deadline. Nomination form is on the SPMS website under the various award descriptions. Selection will be made by SPMS Awards Committee at the first meeting following the nomination deadline. The award shall be announced at the SPMS Short Course Meters Championships and presented at the Southern Pacific Masters Swimming Annual Meeting.

## 2017 SPMS Awards



ATTENTION SPMS-

In April, the SPMS committee voted to have the Coach of the Year award presented within the year it is designated for.

The 2017 SPMS Coach of the Year award will be presented on Saturday, December 2, 2017 at the SCM Championships.

Coach of the Year will be presented for the coaching cycle of December 2016 to November 2017.

A call for nominations will be made via the SPMS e-mail on October 1, 2017.

Nominations will be due by November 15, 2017. Please submit up to 4 letters of support along with the SPMS Coach of the Year application, with can be found at [SPMasterSwim.org](#) under Awards.

Please submit all nominations to the SPMS Registrar, Dan Wegner, at [registrar@SPMasterSwim.org](mailto:registrar@SPMasterSwim.org)

## Submit your nominations now!

If you have any questions about the awards process contact [MemberAtLarge@SPMasterSwim.org](mailto:MemberAtLarge@SPMasterSwim.org)

# Club Swimmers of the Month

## **Diane Smith**

Conejo Valley Masters  
Coach Nancy Kirkpatrick-Reno  
USMS 70-74 Nstional Champion 2 Mile Cable Swim

*June 2017*

## **Kris McPeak**

Silver Peak Performance  
Coach Charles McPeak  
My Runner Wife has become a Swimmer!

## **Blanca Garcia**

Silver Peak Performance  
Coach Charles McPeak  
High Point for SPP at her First Swim Meet

## **Brian McAteer**

Southern California Aquatic Masters  
Coach Clay Evans  
For swimming fast and being a great teammate

*July 2017*

## **Bruce Walton**

Mission Viejo Masters  
Coach Audrey Viers  
Positive attitude and competitive spirit

## **Keith Robinson**

Conejo Valley Masters  
Coach Nancy Kirkpatrick-Reno  
Dropped over 26 seconds in his LCM swims in 2017

## **Grahm Scott**

Silver Peak Performance  
Coach Charles McPeak  
1st sub minute 100 yard in practice

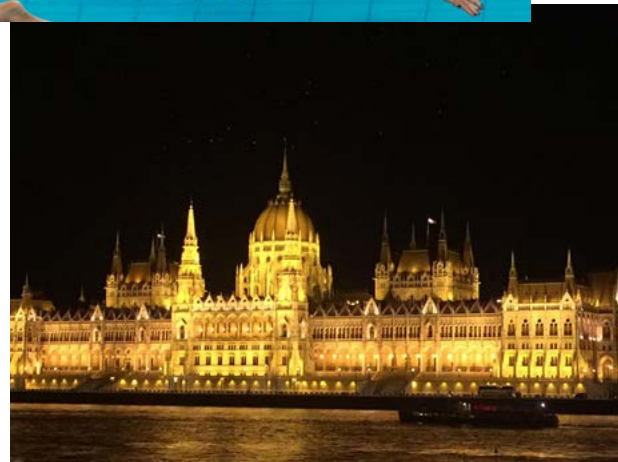
## **Blanca Garcia**

Silver Peak Performance  
Coach Charles McPeak  
Seven ribbons in 1st Meet, High Point for SPP

## **John Campbell**

Mission Viejo Masters  
Coach Mark Moore  
Practice and meet performance, and team support

*August 2017*



## Budapest 2017 FINA World Championships





# Welcome! New SPMS Club

San Pedro Peninsula YMCA (SPY)

Contact Ryan Blaney

## SPMS Officers

Chair:

Mark Moore

[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

(949) 233-6521

Vice-Chair:

Ken Brisbin

[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

Treasurer:

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(949) 933-7100

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For archived newsletters

Please go to:

[http://www.spmasterswim.org/w/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

[SPMS/newsletter-archives/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

## Upcoming SPMS Events

September 15 - November 15

**Speedo USMS 3000/6000-Yard  
ePostal National Championships**

Thursday, September 21

**SPMS Committee Conference Call**

Sunday, September 24

**Mission Mile Swim - Lake Mission Viejo**  
[Registration](#)

Sunday, October 8

**UCLA Masters Short Course Meters**  
[Registration](#)

Thursday, October 19

**SPMS Committee Conference Call**

Sunday, October 22

**Pierce College Spooky Shoot Short Course Meters**  
[Registration](#)