



SPMLS

SOUTHERN PACIFIC MASTERS SWIMMING



NEWSLETTER
JULY-AUGUST 2023



USMS 2023

OPEN WATER FESTIVAL AND OPEN WATER NATIONAL CHAMPIONSHIPS COMES TO SPMS!

Submitted by: *Robin Smith* {  ViceChair@SPMasterSwim.org

Mission Viejo Nadadores Masters is hosting the USMS 2023 Open Water Festival on Saturday September 16th and Sunday September 17th at Lake Mission Viejo in Mission Viejo, CA. There will be two (out of six) USMS Open Water National Championships contested during the Open Water Festival – Sprint-Distance (One-mile) and Long-Distance (5K). This is a dual sanctioned event with USMS and USA Swimming. Participants must be current 2023 members of USMS, USA Swimming, or FINA equivalents.

Directions/Parking: Lake Mission Viejo (North Beach) 22555 Olympiad Rd, Mission Viejo, CA 92692. From Interstate 5 Freeway EXIT at Alicia Pkwy. EAST on Alicia Pkwy to Marguerite Pkwy. LEFT on Marguerite Pkwy to Olympiad Rd. RIGHT on Olympiad Rd. North Beach Parking Lot Entrance will be on RIGHT. Lake Entrance Fee: \$10.00 per car.

USMS Registration link:

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=16469

USA Swimming Registration link:

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=16477

WEEKEND SCHEDULE OF EVENTS:

SATURDAY SEPTEMBER 16TH

RACE DISTANCES: 1-Mile, 800M, 400M

(Race Start Times are Subject to change)

8:00 AM – Check-in opens on North Beach

8:00 AM – Warmup begins in designated swimmer area.

8:45 AM – Mandatory Safety Meeting for 1 Mile Event

9:00 AM – 1-mile (13 and over) first wave start (USA), then remaining waves start (USMS) (fast to slow)

9:45 AM – Mandatory Safety Meeting for 800m Event

10:00AM – 800M (11-14)

10:15AM – Mandatory Safety Meeting for 400m Event

10:30AM – 400M (12 & under)

SUNDAY SEPTEMBER 17TH

RACE DISTANCES: 5K (Race Start Times are Subject to change)

8:00 AM – Check-in opens on North Beach

8:00 AM – Warmup begins in designated swimmer area.

8:45 AM – Mandatory Safety Meeting for 5k Event

9:00 AM – First wave starts (USA), then remaining waves start (USMS) (fast to slow)

A HISTORY OF LAKE MISSION VIEJO:

Lake Mission Viejo sits on land in the Oso Creek Valley that was part of the Rancho Santa Margarita Las Flores land grant issued in the mid-1800s. The lake measures approximately 1 mile by ½ mile with just over 3 miles of shoreline and is located just 5 minutes north of the famed Marguerite Aquatic Center. The water depth is 35 to 70 feet and the average water temperature in September ranges from 73 to 76 degrees.

This private recreational lake is a constructed fresh-water reservoir that opened in 1978. An advanced water purification system was implemented in 2016 as a sustainable new source to refill the lake, amid the severe drought conditions and water restrictions in the state.

Please plan to join this FUN FALL WEEKEND of swimming and more in Mission Viejo, California!

Be sure to check the SPMS website for updates:

<https://www.spmasterswim.org/>



UNIDOS MASTERS SWIM TEAM

Submitted by: *Lucila Davies* {  Secretary@SPMasterSwim.org

If you're into clerical work, then the administrative backside of starting up a masters club is super fun but incredibly hard. This fact is something I am finding to relate to more and more as I create Unidos Masters Swim Team become a reality. Especially when you are trying to find a facility to host your practices - I cannot imagine what it's like to find a facility to host swim meets and clinics! Whoa.

I've been in and out of the USMS world since 2014, and I am taking the plunge of creating a masters team. When I joined USMS and a local masters team in my neighborhood, I knew I wasn't the top-notch swimmer out of high school, nor would I be in college. However, I knew I still wanted to stay competitive and in shape. The desire to remain competitive and in shape motivated me to take the plunge and create Unidos Masters Swim Team, as I aimed to extend these opportunities to others.

Attending an in-person meeting and connecting with the welcoming and collaborative USMS and SPMS community inspired me to make a positive impact and contribute to neighboring communities. Then in late 2022, I decided to reply to those emails that we all get from time to time from SPMS and USMS. First, I responded to an invitation email to an Annual in-person meeting, ensuring I was welcome to come to the forum. Yes - the email was addressed to me and referred to me as you, but I wonder if they were really asking for me. Ultimately, I am so happy to have replied and RSVP'ed because I met many kind and welcoming people. The swimmers, the coordinators, and the people were all friendly and warm. I learned how much USMS and SPMS are based on collaboration and volunteerism. It was a place that I wanted to be a part of that I became determined to establish Unidos Masters Swim Team.

There is a lack of Latinx/Hispanic and other minorities in the volunteering aspect of USMS. The Masters swimming community is remarkable in its inclusivity, warmth, and kindness. They have done a fantastic job of fostering an environment where everyone feels welcome. One club that I have been participating and that encompasses the positivity and inclusivity is Long Beach Grunions; a club that I sought out as a reference when building up Unidos.

Despite all of that, we do need to acknowledge that the financial aspect of participating in masters swimming can be a barrier for many. When I acknowledged this shortcoming, creating Unidos Masters Swim Team through USMS emerged. With the establishment of Unidos Masters Swim Team, I envision a future where swimming is accessible to all, irrespective of their economic circumstances, addressing the financial barriers associated with the sport.

With Unidos Masters Swim Team, I envision a future where everyone can enjoy swimming and volunteering without financial barriers. The goal is to establish a masters club that offers affordable membership options, ensuring that the transformative power of the sport is accessible to all, regardless of their economic circumstances. Unidos should be dedicated to utilizing the club's fees to benefit its members and more. By strategically reinvesting these funds, it can offset the expenses associated with swim meets, clinics, and other valuable opportunities.

Creating a successful masters club requires the support of others, as Unidos cannot be established alone. I've made significant progress in creating a digital footprint for Unidos, but I need your support to make Unidos a reality. By joining our board of directors, you can bring your unique skills and expertise to the table, amplifying our impact and creating a thriving organization.

Together, we can redefine what it means to participate in masters swimming. Let's create a space where affordability is not an obstacle, where opportunities are within reach, and where swimming improve lives. Join us at Unidos today and be part of something extraordinary. Together, we can uplift communities, ignite a movement of hope and empowerment, and make a lasting difference beyond the pool.

I hope to hear from you soon at :
membership@unidosmastersswimteam.org
 or (562) 204-6383 text or call.



WE COME TO SWIM, WE STAY FOR THE PEOPLE. JOIN SPMS!

Submitted by: *Melissa Jasso*

What does it mean to join Southern Pacific Masters Swimming? It is a volunteer-run non-profit organization, which means it depends on an active community to thrive and grow. The more active members there are, the more the organization can do. Growth could lead to possibilities for things like more practice times, more swim clinics, more clubs, and team-building events. I encourage everyone to ask themselves what they can do to become a more active member. After all, we come to swim, we stay for the people.

When I first started swimming with the Long Beach Grunions three months ago, I thought the purpose of becoming a member of the United States Master Swimming was for competitions and insurance. It had not occurred to me that there was a regional division, and I just assumed the emails I was receiving from SPMS were sent to all USMS members. I was also unaware that SPMS was comprised of committees that operated on the local level. SPMS local committees, officially called the Southern Pacific Masters Swimming Local Masters Swimming Committees (SPMS LMSC), operate in accordance with policies and procedures given in the USMS Code of Regulations and Rules of Competition. They run everything from coordinating events to distributing this newsletter. I felt quite silly after learning all this, especially because the definitions are in the names and on the emails. In my defense, the swim world notoriously uses acronyms for everything: USMS, SPMS, LMSC, LCM, IGLA...who could keep track? When I explained my embarrassing revelation to a fellow Grunion, she reassured me that it was a common mistake and that she herself recently learned about the USMS hierarchy after attending the monthly local committee meeting. Attending a meeting is just one of the many ways you can become more involved and is a great first step.

I encourage all members to attend at least one SPMS monthly meeting via Zoom to get a personal sense of how the organization is run and to meet the people who put in the work so that we can enjoy the sport we love. The meetings are very accessible: you can call in on your phone or simply click the link provided from the same email that sent out this newsletter. There is no need to show your face or talk (besides saying your name for the attendance record), so it is a great way for those of us who are shy to slowly be more involved. You could listen in while driving home or cooking dinner or plucking your eyebrows, which is what I did. Just make

sure you click that mute button! In the meeting, members can learn about upcoming events, volunteer opportunities, and budget decisions. As an added bonus, members who attend over half of all eligible meetings during the same calendar year (11 total eligible meetings) will have their USMS annual fee reimbursed. More engagement from members helps not only their organization's growth, but their individual growth as well.

I began to learn the personal benefits when I volunteered at the USMS Spring Nationals this past April. One of the perks of volunteering was being able to meet coordinators, competitors, and volunteers from different states and cities. Everyone was so fun, welcoming, and appreciative of my time despite me not being much of a social butterfly. I appreciated the opportunity to network, which led to interesting conversations, new friendships, and learning opportunities. Another perk was that I got a better sense of what it would be like to compete. Previously, I had not considered competing as an option since I am so new to swimming. My mind was quickly changed when I saw the competitors from a range of sizes, ages, and skill levels. There is something quite reassuring about seeing yourself in others and it can give you the inspiration to push yourself to try new things. For instance, if you think you'd be too nervous to compete, you should volunteer to be a timer and you'll notice how many swimmers get so anxious before they step up to the diving block! Yet another personal benefit is the more involved you are, the more accountability you have, which means the less likely you are to fall back on your swimming and/or fitness goals. So, whether you are a new member or a seasoned swimmer, ask yourself how you can dive in and contribute even if it's just attending a swim meet to cheer your teammates on, volunteering an hour of your time, or being on the lookout for new members.



MASTERS SWIMMING AN OLYMPIAN'S LIFELINE

Submitted by: *Christie Ciraulo* }  OpenWater@SPMasterSwim.org

Coach Nancy Reno had reason to be suspicious. It's not every day that an 11-time Olympic medalist signs up for a "try out workout" with her Masters club. But, Matt Biondi, looking for a pool, found a home in 2012 when he connected with the Conejo Valley Multisport Masters.

"I think I sealed the deal when he walked on deck late for a practice and I said to him, 'you're not going to be a prima donna are you?'" Nancy laughed. "He wants someone to motivate and encourage him and I am certainly willing to do that. I don't treat him any differently than anyone else."

Matt picked up the story. "Nancy saw my name on her 'free trial workout' list and thought it was someone's idea of a joke. I had recently moved from Hawaii to LA for a teaching job and really needed to swim," he explained. "My goal was to find a group to swim with and still be on time for class when the bell rang in the morning."

Matt was smiling as he reminisced about starting his Masters swimming career. He became serious when asked why he so badly needed to swim.

"After 16 years of marriage and raising my three children on the Big Island, Hawaii, my marriage was over, and I was heading for a new teaching job in Los Angeles. It was a hard time emotionally and the transition was difficult," Matt said.

"The world had just fallen apart, and I felt like I was in a free fall. My oldest son had moved with me, and my second son came shortly thereafter. I was getting a divorce, starting a new job as a full-time math teacher, working after school as a part-time high school swimming coach, and fully engaged as a single dad. I had a lot of responsibilities and stress.

"The best advice I got from a friend was 'come home tired every night.' The only thing that really gave me relief was to swim and swim hard. I started Masters for emotional therapy.

"It took almost two years of the support of Nancy and my team mates to feel like myself again. I love telling jokes, teasing the swimmers, and having them razz me back. Back then I was angry and motivated, now I'm just fat and happy," Matt laughs.

Several months into swimming with CVMM, Matt asked Coach Reno if she minded him giving stroke tips to the other swimmers. "A three-time Olympian offering stroke tips? Coach from the water, coach from the deck -- sounds like a win-win to me!" said Nancy. "I welcomed it. He is such a good buddy to his teammates. He fits right in. He'll be in the pool and suddenly I'll see him three lanes over demonstrating technique. And the other swimmers are bragging, 'oh, yea, like I was hangin' with Biondi this morning!'"

Along with socialization and exercise, Matt is aware of how diet is a part of feeling good. "My experience as an Olympian in the 1980s did not include any health and well-being education. We had no instruction in nutrition. It didn't matter so much when I was young, because my metabolism was cranking so fast, and I was working out many hours a day. Unfortunately, though, it did develop some bad eating habits. There was a before-and-after when I turned 50. I don't recover from workouts and injuries as fast. I need reading glasses. I developed a tummy paunch.

"I wouldn't say that I'm a dieter now, but rather a watcher of my diet. I love soups and salads, grilled vegetables, and fish. My favorites are grilled bell pepper, corn and asparagus. I'm aware that what I eat makes a difference."

Health and well-being are Matt's objectives. He likes to workout at least three days a week. "Ultimately, I swim because I want to be a healthy human being. I like the way I sleep and the way it makes me feel. My father was always the life of the party, but he didn't take care of himself. He ended up falling apart physically and mentally. I don't want to be like that. I want to be an older person that you look at, and they may be having physical challenges, but you look in their eyes and you see a spark, you see a special light. That's how I want to be, and I think swimming helps."

Although Matt absolutely dreads racing, he did participate in the Long Beach Grunions' SPMS SCM Zone Championships at Long Beach City College last December. (Save the Dates: December 1-3, 2023.)

"I swam the 400 free and I didn't mind because I have never swum it so I knew I'd get a best Masters time!" said Matt. "Then I was in the 50 free...I was seeded in an outside lane. I was stiff from sitting around, had a terrible start, and got dead last in the heat. I got out, I'm done, and I want to get my shower and go home.

As I'm walking down the side of the pool another guy in the heat gently bumps into me and says, 'when is the last time you got last in a 50 free heat?' We started laughing. Nothing like Masters to put life in perspective. 'When I was seven!' I replied!"

First held in 2014, one of the hallmark events of the SPMS short course yards season is the CVMM Matt Biondi Masters SCY Classic. (Save the Date, Sunday March 17, 2024.)

"Hosting a meet was really Nancy's idea to help the club financially and she asked me if I would be willing to have my name attached. I felt it was a great fit. Masters and CMVV were doing a lot for me and I wanted to give back.

"A fun story -- I was at a local pool with my kids and got chatting with a guy there. He said he had been training and was psyching up to compete in his first meet the next day. He told me all about his workout program, his goals and yes, he mentioned it was the Matt Biondi meet. He had no idea he was talking to me. The next day, I did my welcome speech, and went and found him on deck, and we had a good laugh!"

Matt is occasionally recognized when he is out and about. Being 6' 7" certainly helps him stand out in a crowd. "Yes, it happens, and it is always very mellow. I go to my kids' volleyball tournaments and people come up and tell me how great it was to see me swim in the Olympics, and to thank me for representing the USA."

Matt is a great storyteller and continued with "I took my daughter to a pool obstacle course. She really wanted to try it out. She passed the swim test to get the wristband that would allow her access. She waited in the line and when it was her turn, she panicked. She asked me to come with her. I got up to join her and the lifeguard was like 'whoa, buddy, you don't have a wristband!' I had to go pass the swim test and go to the end of the line! One of the other lifeguards knew who I was and apologized, but, hey, the kid was just doing his job."

Family and being a dad are obviously Matt's priorities. Oldest son Nate followed in his father's footsteps and was a walk on swimmer at University of California, Berkeley. Nate reached his personal goal when he anchored the Cal sprint relay to gold at NCAA's his senior year. At graduation he was selected as one of ten seniors on the west coast to be named NCAA Academic All American. Second son, Luke, played volleyball briefly at Ball State and is currently back in Hawaii working as a store manager in a golf course pro shop. The youngest, Makena, was five at the time of the divorce. Several years ago, she was on a two week visit with Matt and asked to stay. She is currently a high school volleyball player. Amy, Matt's girlfriend of 10 years, is a potter, and makes and sells a wide variety of custom ceramics from her shop.

Matt graduated from Cal, where he was a two-sport athlete. He started college as a math major but found that the study load was too overwhelming while competing in both swimming and water polo. "I missed too many classes going to competitions.

I'm the type of student that must be in classes and connect directly to the professors. I transitioned to a major that still involved math -- The Economic History of the United States. I was a five-year student, swimming my first four years. I redshirted my senior year of water polo, so was eligible to play my fifth year."

This, of course, leads to the question -- Water Polo or Swim? "I loved playing water polo. I dealt well with my Cal team mates and it was a social, fun group. I really enjoyed the guys and I think they enjoyed me. Swimming is isolating by its very nature. In water polo, you're hopefully above water," Matt said, smiling, "but in swimming you're following the black line.

"I also feel that water polo gave me a mental edge. I was able to leave the intensity of swimming behind and do something completely different. I was in the best sprinter shape right after water polo season."

In 1988, Matt graduated from Cal, where he was a member of three NCAA water polo team championships in 1983, 1984 and 1987. In 1985, he became the first swimmer in 50 years to win all three NCAA sprint freestyle events and repeated the same feat in 1986.

"Water sports don't get the publicity that football and basketball do. I was a four time All-America in both swimming and water polo and the third string guys sitting on the football bench got more scholarship money than I did.

"I always felt that I was well-respected in swimming, but not in sports overall. After Seoul in '88, I traveled more than 25 days a month for almost two years. Sometimes I was in three cities in the same day. The first national organization to really reach out and develop a relationship with me was the National Italian American Sports Hall of Fame. They received funding for a display, and I packed up my Olympic medals and shipped them to their home base in Chicago. It's a neat exhibit. The medals are floating on a 45-degree angle. The bronze is the prettiest as it shows the relief and the detail. I also gave them my first high point trophy from 1973. I was seven."

As a youngster, Matt knew he was fast. At the age of five, he set a record for the 25 yard freestyle that lasted 20 years -- 16.5. "I was tall as a little boy, but really, really skinny. As a high school freshman, I was 6'1" and 130 pounds. And I had huge feet! I really had to focus on technique and developing a strong kick. I kept getting beat by kids who were muscled and filled out. They could just out power me. I didn't really develop until ages 18-19. I went to 6'7" and 210 pounds, at four percent body fat and a pulse of 40 beats per minute. I was in good shape."

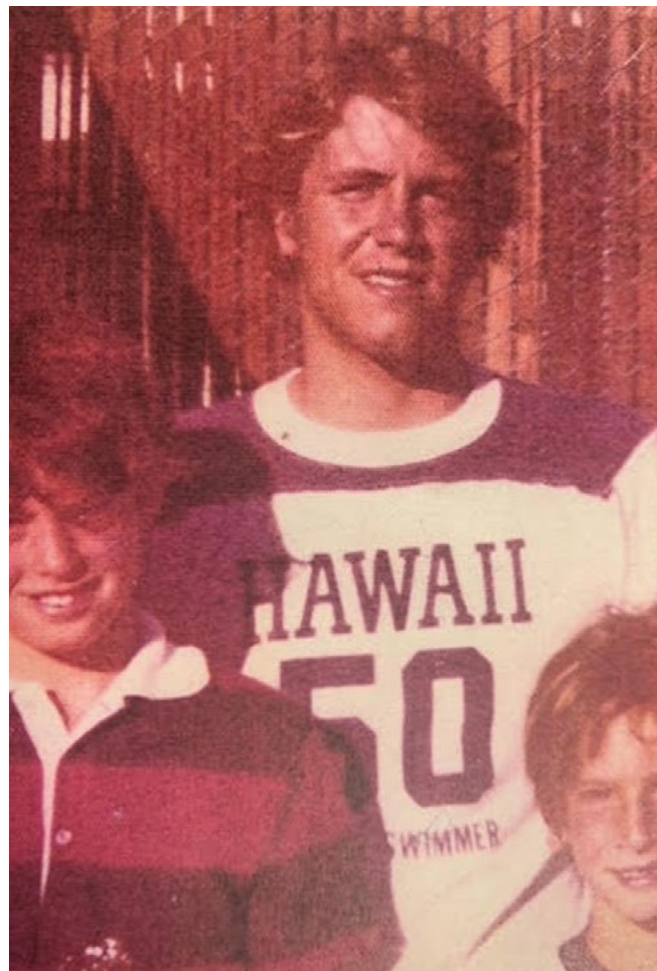
When asked his favorite Olympian, Matt thought for a second and then said "Peter Rocca. When I was eight, Peter came to our age group meet with his medals. I got his autograph and had my photo taken with him.

He went to my same high school and college, and I always identified with him. I'm not much of a saver, but my sister and my mom kept several boxes of my swim career memorabilia. And I still have that photo with Peter."

Finishing up the interview, Matt volunteered, “the million-dollar question I am always asked is ‘what are you thinking right before a race?’

"The truth is, on a good race day, I'm not thinking about anything. What I learned from swimming and have carried through my life, is that all I can do on any given day is my best. I expect -- what's going to be, is going to be. I think -- I'll do my best and that's the best I have. I've broken a world record and gotten second. I've lost an Olympic gold medal by .01 of a second. But it's not about one day, even if it is the Olympics. I've had plenty of successes, too.

"My last Olympic race was more than 30 years ago. Now, ten years into Masters swimming, I've found that it really helps me stabilize my emotions. Swimming provides more to me than healthy exercise, it helps me keep my head on straight and as a bonus, it gives me this wonderful community."



Matt and his little brother Mike with Matt's Olympic idol, Peter Rocca (Montreal 1976, Silver in 100 and 200 Backstroke, and gold on the 4x100 Medley Relay.)



Matt at 10. Already tall, already fast!



On display at The National Italian American Sports Hall of Fame in Chicago:
 Los Angeles 1984 – gold for the 4x100m freestyle relay.
 Seoul 1988 – golds for 50m freestyle, 100m freestyle, 4x100m freestyle relay, and 4x200m freestyle relay; silver 100m butterfly, and bronze 200 freestyle.
 Barcelona 1992 – gold 4x100m freestyle relay, silver 50m freestyle and 5th in the 100m freestyle.
 Along with the high point trophy he won as a seven year old!



Matt and Amy traveling in Sydney, Australia, 2020.

MARKETING MATTERS!

HELLO, COACHES!

MARKETING AND CLUB DEVELOPMENT COMMITTEE HAS BIG NEWS!

Submitted by: *Anita Cole* {  Marketing@SPMasterSwim.org

A My committee composed of Lucila Davies, Ralph Porrazzo, and I are always at work promoting Masters Swimming and striving to make your club grow and our LMSC even better. The Marketing budget has \$5000 available to help you market your swim club for the rest of this calendar year. The Marketing budget has \$5000 in total available for clubs to request for reimbursement.

Word of mouth is still the best way to market Masters Swimming. A Referral Rewards Program organized for each club might encourage more swimmers to recommend or invite friends, relatives, and co-workers. If a swimmer refers someone, perhaps a thank you email note would suffice from the coach or designated other club swimmer. If same member repeatedly refers other swimmers, maybe a \$10 gift card to Trader Joe's or Starbuck's could be awarded.

A Masters Prep Program is a new plan to assist a new member or prospective new member who knows how to swim, but has never been on any swim team before. Again this would need to be addressed at the local club level. If a swimmer cannot swim 50 yards unassisted with side breathing, special attention is needed before this swimmer jumps in for a Masters Club Practice. A volunteer club member could help this new swimmer if a coach is not available. An extra lane or more required pool time may result in an additional expense. Marketing funds are available for such a new Masters Prep Program.

Instead of a large order of generic USMS Swim Caps for central supply that get distributed by the marketing committee to clubs upon request, clubs can order their own customized co-branded swim caps with their club logo on one side and our SPMS and USMS logo on the other side. Clubs can select their own colors for the caps and order caps from their choice of vendor. Club can request reimbursement for expenses for these swim caps out of current marketing budget. These caps are marketing tools. Other co-branded marketing items like banners or luggage tags are also eligible for reimbursement. Check out our new digital banners on our website.

Please fill out this form prior to placing your order and send back to me for approval. We may run out of budgeted funds.

https://docs.google.com/forms/d/e/1FAIpQLSeD0eU_vqcu-9Tyv7Boe4liC0vxqd-wmpQokpmNhug07j0dYQ/viewform

Once you fill out the form, I will contact you right away.

Anita Cole

SPMS Marketing and Club Development Chair

Email: Marketing@SPMasterSwim.org

Cell: 310-367-4606



SPMS CLUB SWIMMER OF THE MONTH NOMINATION!

Submitted by: *Anita Cole* {  Marketing@SPMasterSwim.org



UPCOMING

SPMS EVENTS

JUL
01

JULY 01 - SATURDAY

CCAT Masters LCM Meet

JUL
06

JULY 06 - 09 | THURSDAY - SUNDAY

Los Angeles Invitational LCM Dual Sanction Meet

JUL
09

JULY 09 | SUNDAY

MVN Masters Patrick Moore Memorial Relay Meet

JUL
29

JULY 29 - SATURDAY

- Balboa to Newport Pier-to-Pier (2 mile)
- Rose Bowl Masters LCM Meet

AUG
02

AUGUST 02 - 06 | WEDNESDAY - SUNDAY

USMS Summer Nationals Championship - Selby Aquatic Center

AUG
11

AUGUST 11 - 13 | FRIDAY - SUNDAY

SPMS & SW Zone LCM Championship hosted by MVN Masters

AUG
26

AUGUST 26 | SATURDAY

Don Burns Corona Del Mar Mile

SPMS

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