



**SPMS**  
SOUTHERN PACIFIC MASTERS SWIMMING

NOV - DEC 2025

# NEWSLETTER





# 2025 SPMS ANNUAL MEETING & STROKE CLINIC

SUNDAY, 9 NOVEMBER 2025 – SANTA CLARITA AQUATIC CENTER

Submitted by: *Fiona Duncan* {  [MemberAtLarge@SPMasterSwim.org](mailto:MemberAtLarge@SPMasterSwim.org)

▶ Mark your calendars, swimmers the Southern Pacific Masters Swimming Annual Meeting and Stroke Clinic is fast approaching! This year's event promises to be a highlight on the SPMS calendar, bringing together coaches, swimmers, and volunteers for a day of learning, celebration, and community.

## MORNING STROKE CLINIC

Start the day in the pool with a dynamic stroke clinic led by top-tier USMS coaches and clinicians. You'll receive personalised instruction both in and out of the water, focusing on efficiency, power, and technique across all four strokes. Whether you're chasing a new PR or simply fine-tuning your form, this session is

designed to help you swim smarter and stronger.

Between sessions, enjoy refreshments, connect with fellow swimmers, and perhaps peek into the goodie bags which, rumour has it, are particularly splendid this year.

## SPMS ELECTIONS – YOUR VOTE COUNTS!

This year's Annual Meeting is more than just a celebration – it's also election year for SPMS leadership! Every two years, members elect the volunteers who guide our LMSC and represent our community within USMS. Positions up for election include Chair, Vice Chair, Secretary, Treasurer, and Member-at-Large, with

voting taking place immediately after the Stroke Clinic.

Your participation truly matters. Attending the meeting and casting your vote ensures that SPMS continues to reflect the diversity, enthusiasm, and dedication of its members. So do make sure to stay for the meeting and exercise that most vital of aquatic rights – your right to vote!

## 2025 SPMS ELECTION CANDIDATES:

- **Chair:** Kenny Brisbin
- **Vice Chair:** Robin Smith
- **Secretary:** Diana Dolan Lamar
- **Treasurer:** Bob Eberwine
- **Members-at-Large:** Anita Cole

## SPMS AWARDS & ANNUAL MEETING LUNCHEON

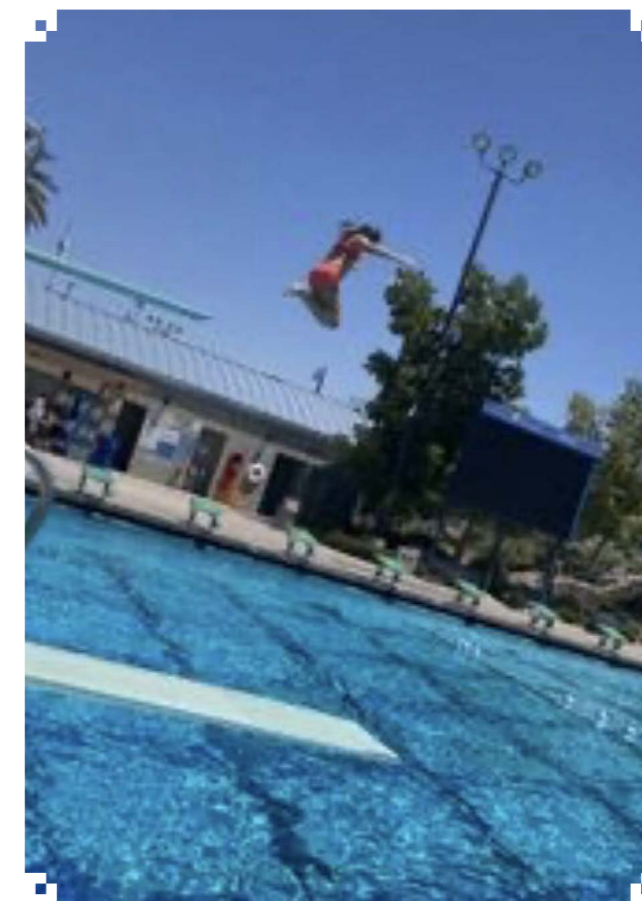
After elections, join us for the SPMS Annual Meeting and Awards Luncheon, where we'll honour our outstanding volunteers, Jim Marcus Appreciation Award, Steve Schofield Distinguished Service Award, and more.

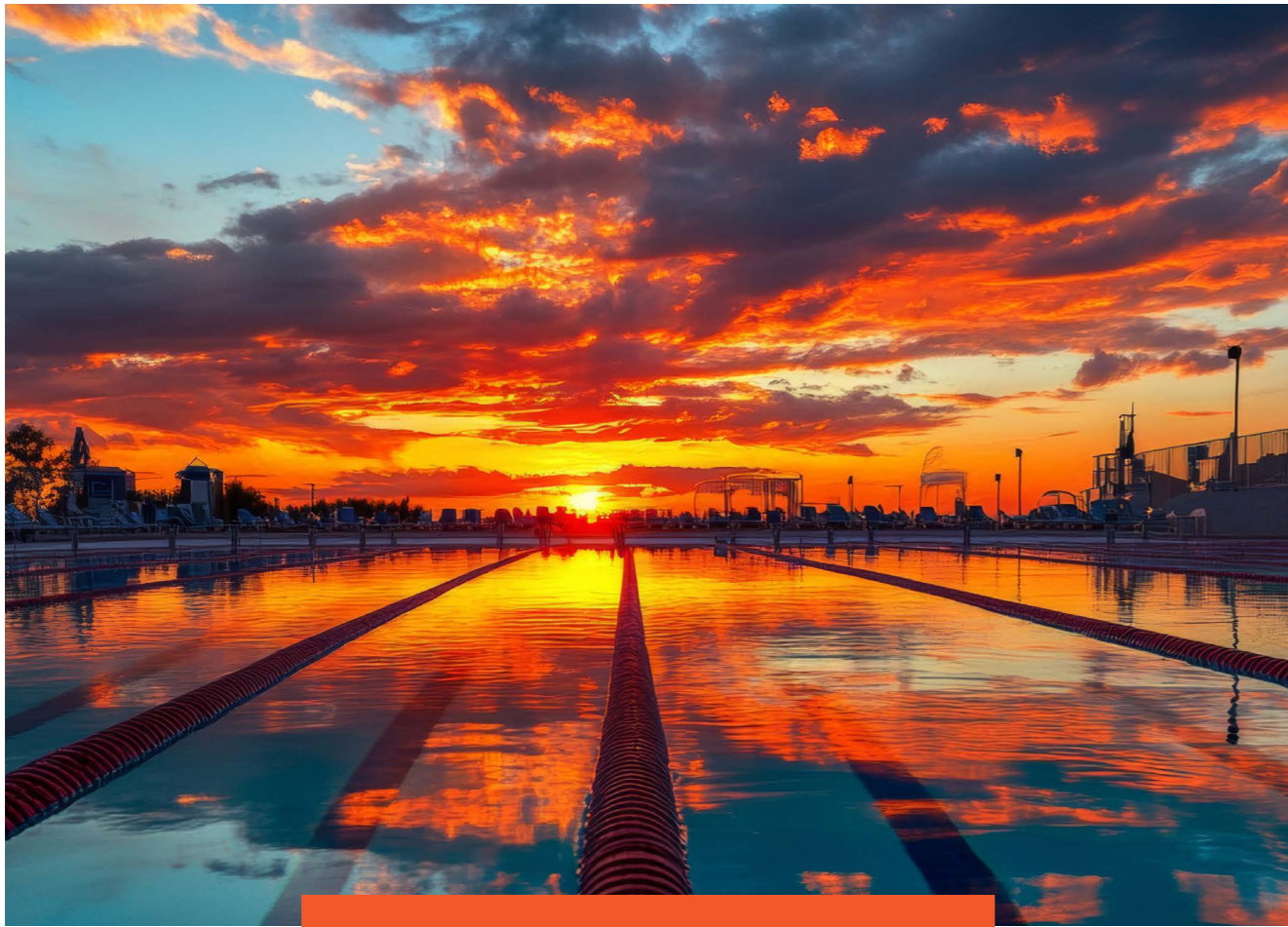
We'll also share exciting updates about Relay 2025, club development initiatives, and plans for strengthening Masters swimming across Southern California in 2026.

## EVENT DETAILS

- **Date:** Sunday, 9 November 2025
- **Location:** Santa Clarita Aquatic Center 20850 Centre Pointe Pkwy, Santa Clarita, CA 91351 (SCAC) – ample free parking for all.
- **Schedule:** Morning Stroke Clinic -> Lunch -> Elections -> Annual Meeting & Awards
- **Registration:** Details available soon at [SPMS Website](https://www.clubassistant.com/club/clinics/reserve.cfm?c=1781&cid=101187) and <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1781&cid=101187>

Come for the clinic, stay for the meeting and help steer the future of SPMS. It's not just another Sunday in the pool; it's your chance to shape the next chapter of Masters swimming excellence.





# BEFORE SUNRISE AT SOUTH O SEA MASTERS (SOCM)

OCTOBER 16, 2025

Submitted by: *Lucila Davis* | ✉ [Secretary@SPMasterSwim.org](mailto:Secretary@SPMasterSwim.org)

▶ I hurried to my car with a mini, coffee-filled Stanley cup, yawning like it was my early college practice morning. The air was brisk, the grass damp with dew. Somewhere beyond the quiet streets, the 405 hummed—a reminder of how much the world already demands before dawn. I'm always a tad late (working on it), but there's something invigorating about knowing people expect me to show up. The small comfort of being noticed—Where is she?—makes this early ritual feel human again.

Most mornings, I could have stayed in bed, half-awake, scrolling through the glowing notifications that pretend to connect us. However, gripping the steering wheel, sipping scalding coffee,

the quiet anticipation of water and company, I felt engaged. No digital feed can simulate that.

By the time I reached the pool, the stadium lights were still burning against the dark sky. The smell of chlorine mingled with ocean air as I waved at coach Allison Kari. Five swimmers were already carving steady lines through their lanes. The workouts—printed and sealed in plastic sleeves—waited at the pool's edge, each one a flexible outline for the morning: endurance, pace, or grind. Like my own team, Unidos Masters, Allison adapts each set to whoever shows up, balancing structure with empathy.

When practice ended, we stood in the frigid air, toweling off as the sky finally lightened. There were six of us—seven counting me. Conversation drifted easily: workouts, club stories, the people who keep it going. Allison, now the third coach of SOCM, follows in the line of Yvonne and the club's founder, Sandy, carrying forward a philosophy of steady structure and open arms. Bryan, one of the swimmers, smiled and said, "There's no way I can do this without others." The group laughed, sharing stories about their resident champion, Bryce, and their friend James, who once left the club because of the long commute—only to return a month later, admitting it was worth the drive.

Allison has been coaching SOCM for a year but started as a swimmer herself. She calls her teammates "swim buddies," and it's clear she means it. The term carries quiet affection—friendship built on shared laps and early mornings. She's impressed by the people who show up at 5:30, swim hard, and keep coming back. Their dedication and heart stand out to her.

Watching them—the laughter, the tired satisfaction, the quiet pride—I realized how rare this kind of connection feels. Online, it's easy to scroll through others' lives, half-present, half-numb. But here, in the chill of dawn, there's no illusion. Just people showing up, moving together, finding meaning in repetition and community.

That's the spirit of South O Sea Masters. The workouts are adaptable, the people consistent, and the community as real as the morning air.

**DETAILS:**

- **Practice times:** Monday–Thursday, 5:30–6:30 a.m.
- **Location:** San Clemente Aquatic Center, 987 Avenida Vista Hermosa, San Clemente, CA 92673
- **Email:** [southOCswimandfit@gmail.com](mailto:southOCswimandfit@gmail.com)
- **Instagram:** [@southocmastersswim](https://www.instagram.com/southocmastersswim)



Allison Kari second person from the left





## RELAY 2025 SPMS FIELD NOTES

Submitted by: *Lucila Davies* { [✉ Secretary@SPMasterSwim.org](mailto:Secretary@SPMasterSwim.org)

▶ I attended Relay 2025 in Kansas City as the SPMS Secretary and as a coach for Unidos Masters. The weekend focused on coach support and club development. Sessions ran from Friday evening through Sunday morning. Presentations, round tables, and open conversations filled the schedule.

### THE ICEBREAKER · UTAH LMSC

The first evening opened with conversation. Bruce Schroeder, president of the Utah LMSC, and Bob Olson, also from Utah, were among the first to speak. They leaned in when they talked and they listened closely. That tone carried through the weekend.

Bruce described the desert region where he swims. He mentioned fossils and red sand dunes.

Pools are far apart. Swimming takes planning. Bob recalled his youth team in the 1970s, the Price Pool Whales. He has revived the name for a masters club, the Blue Whales.

Both stories pointed to the same idea. Access can be a form of inclusion. In rural areas the barrier is often distance. Their simple humor helped the room relax. It made the large gathering feel smaller and familiar.

### SATURDAY · CLUB DEVELOPMENT SEMINARS

Saturday focused on how clubs are built and how they last. Speakers outlined models that ranged from coach owned programs to nonprofit boards and city partnerships.

Each format carried specific needs. Insurance. Pool rental. Volunteer time. Clear roles. Conversation returned to the same questions. How do we keep a club sustainable? How do we share leadership? How do we bring in new swimmers and keep the club's identity? Notes filled the margins everywhere. Some coaches traded volunteer hours for reduced fees. Others centered on communication. Short updates. A steady newsletter. A current website. People stay when they feel informed. The advice was practical. No single model fits every club. A common language did. Community. Fitness. Belonging. These words appeared again and again.

### SATURDAY DINNER · SHANNON MCCABE, BEAST

The dinner and costume contest gave the day a soft landing. I sat next to Shannon McCabe from the New Mexico LMSC. She helps run the Betsy Excellent Albuquerque Swim Team, known as BEAST. The team began with Betsy Patterson, a coach who has passed away. Her daughter, Ashley, founded BEAST to carry on her mother's vision. Shannon continues that work.

Over mashed potatoes, Parmesan chicken, and chocolate mousse cake, she told the story with warmth. Betsy wanted swimming to be something families could share. The pool in Albuquerque now carries her name.

Shannon's background in anthropology and in genealogy fits that mission. Tracing ancestry and keeping a swim legacy alive ask for the same patience. The records are different. The purpose is the same. She mentioned their mascot, Quincy the Sasquatch. The youth program used it first. The masters team kept it and aged him up. The story drew a laugh and also said something simple. Heritage can be carried forward.

Her account showed how legacy and club development overlap. Some teams begin from nothing. Others continue because people care enough to keep them steady.

### SUNDAY BREAKFAST · GABRIELLE FAUCON, POTOMAC VALLEY

By Sunday morning the focus turned to communication and outreach. Over breakfast before the LMSC communications session, I met Gabrielle Faucon from Potomac Valley. She swims with the DC Water Wizards. The team hosts a Juneteenth swim meet each year. It was a long course relay event at the Takoma Aquatic Center in Washington, D.C.

She learned to swim in Baltimore in the 1980s. She was about six or seven in a city Learn to Swim program. For her, swimming was part of Black culture. Families gathered at the pool. Music played. Food was shared. As she grew older and entered meets she saw fewer Black swimmers on deck.

Her calm delivery gave the thought weight. It was an observation, not a complaint. Those are themes I will do my best to carry with my team and LMSC as well. Access. Visibility. The steady work of holding a community together while a city changes around it.

### CLOSING REFLECTIONS

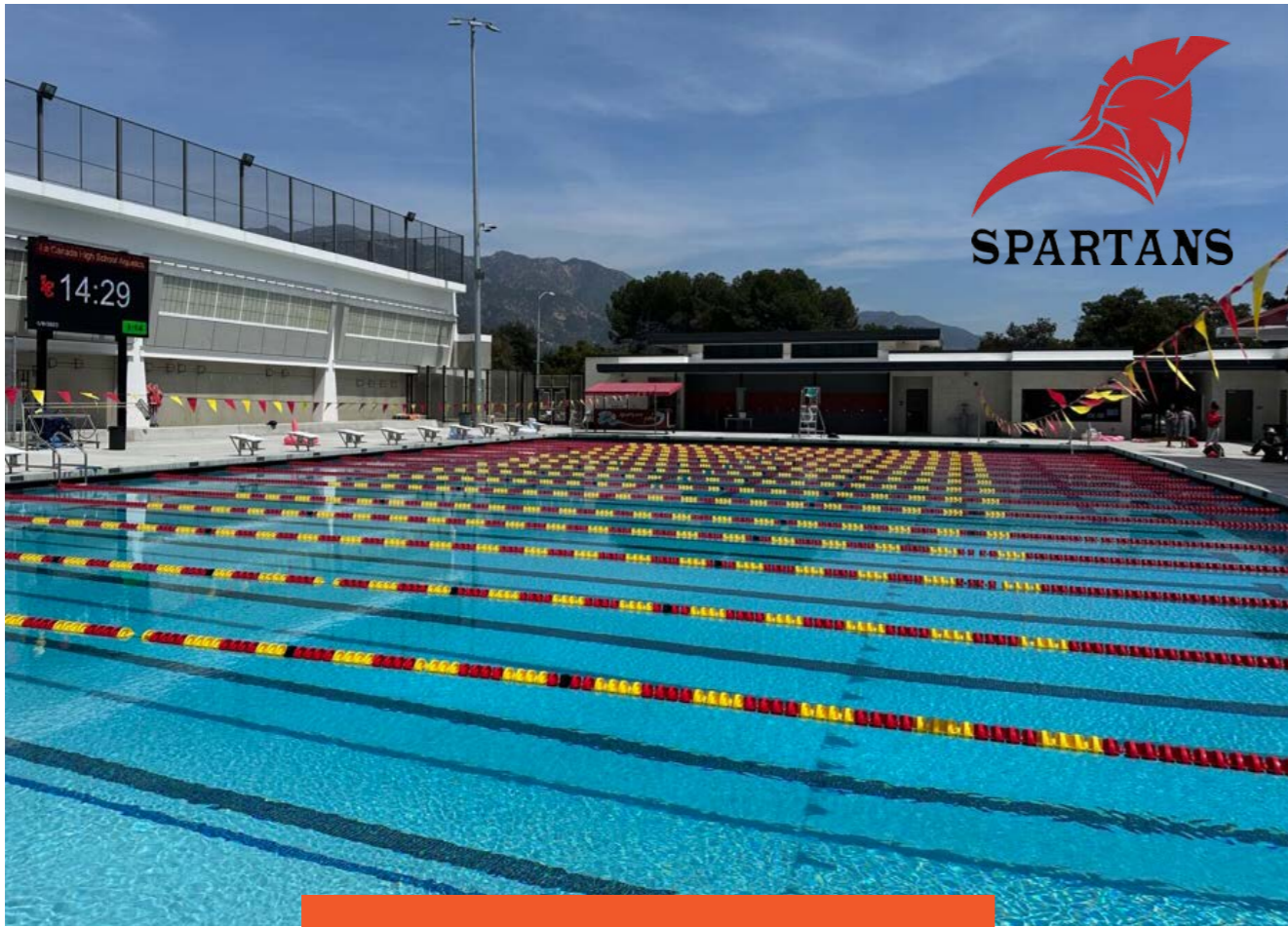
Relay 2025 ended with a call to action. Each participant was asked to bring home one idea for a club and one idea for an LMSC. Here are mine.

1. Community keeps a club alive.
2. Good leadership begins with listening.
3. Legacy can mean keeping something steady rather than starting over.
4. Belonging looks different in every place. It matters everywhere.

Since coming home I updated the Unidos Masters website so members can see live Instagram updates. Our next clinic is set for November 29 from 9 to 11 a.m. at Bellflower Aquatic Center. My focus as a coach is to make practices visible and easy to join. For SPMS, one useful step is simple presence. Visit local practices and meets. Listen. Encourage. Remind clubs that the region stands with them.

Relay 2025 was a reminder that leadership in masters swimming is built in small moments. Someone listens. Someone invites. Someone helps another swimmer stay in the water.





# THE AQUA KNUCKLES SCM FALL CLASSIC

HOSTED BY THE SPARTANS MASTERS

Submitted by: *Mario Marshall*

▶ **DON'T MISS OUT! THERE'S A NEW TEAM IN TOWN, AND THEY'RE THROWING A PARTY.**

- THE SWIM GUY
- CHARGEL USA

**OKAY, IT'S A SWIM MEET – AND WE'RE ALL INVITED!**

Two days – November 15 & 16 – at beautiful La Cañada High School pool. John, Margaret, and Mario have been pulling out all the stops to make sure everyone has a great time. Here's who will be on deck with all of us:

- TRI SWIM
- SBR SPORTS USA
- AQUATIC SPORTS PERFORMANCE

**What can we swim? Up to eight, yes, eight events. They're offering:**

- 100 & 200 & 400 IM (400 limited to 24 swimmers)
- 50 & 100 back
- 50 & 100 breast
- 50 & 100 fly
- 50 & 100 & 200 & 400 free (400 limited to 24 swimmers)
- 800 & 1500 free (both events limited to 16 swimmers each)

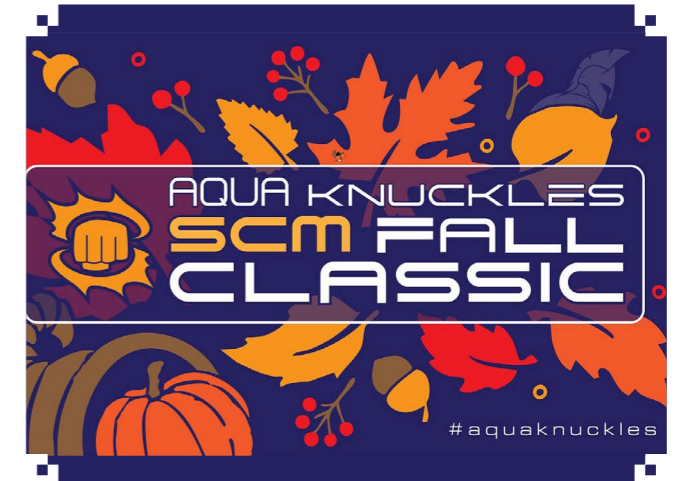
**What about relays? Have they got relays!**

- 200 & 400 free relays (men, women, and mixed)
- 200 & 400 medley relays (men, women, and mixed)

**PLUS**

A couple of fun events, the likes of which we've never seen before. Finally, cash prizes for breaking American or World Masters records! So, like we said, don't miss out!

[CLICK HERE TO REGISTER](#)





# SPMS OPEN WATER SERIES HIGH POINT RESULTS

Submitted by: *Christie Ciraulo* ✉ [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

▶ The 2025 SPMS Open Water Series is complete. The good news is that we had a wonderful turn out for all four of the series swims. The bad news is this means summer is over!

The four races in the series include the Newport 2 mile Pier to Pier, the Corona del Mar Don Burns one mile, the Mission Mile in Lake Mission Viejo, and the Mountain Pacific Sports Federation 1K or 5K (started simultaneously) in The Marine Stadium, Long Beach.

Three women tie for High Point, having qualified for the competition by swimming three of the four offered events. These women won their divisions in three races, thereby scoring 66 points each. They are:

WOMEN 40-44	POINTS
Christina Calarco - MVN	66 points
WOMEN 60-64	POINTS
Linda Simons - GRA	66 points
WOMEN 70-74	POINTS
Christie Ciraulo - WH20	66 points

Honorable mentions go to Diane Bathgate MSCA W60-64, 46 points, and Elizabeth Carlin LBG W50-54, 40 points, for participating in three of the swims.

## IN THE MEN'S DIVISION TOP HONORS WENT TO:

MEN 65-69	POINTS
Rick Wackerbarth - NOVA	58 points
MEN 55-59	POINTS
David Schumacher - NOVA	50 points

The rules for qualifying to participate for points in the SPMS Open Water Series include being registered to SPMS, swimming at least three of the four events, and no wetsuits. Remember, it is possible to place fourth in an event but score first place points if those finishing in your division ahead of you are not SPMS registered.

There are typos in all results. If you feel there is an error, double check your results and email us the details. We will do our best to correct any mistakes.

Stay tuned for some exciting news regarding the 2026 Open Water Series!



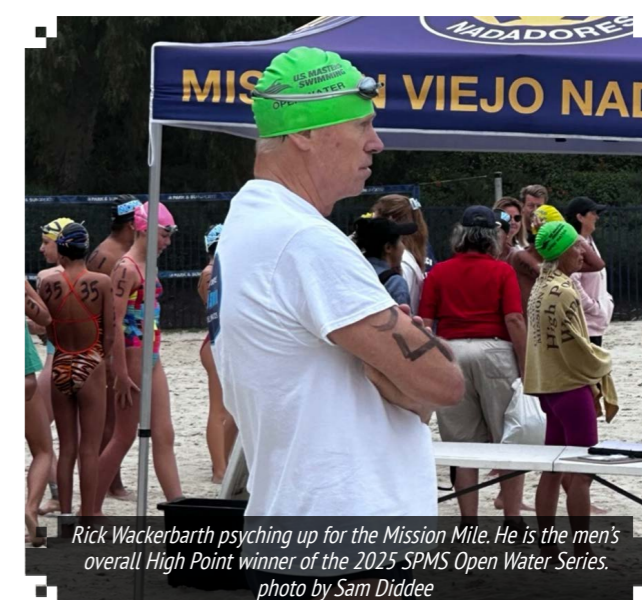
Charissa So CTM W45-49 and Linda Simons GRA W60-64 at the finish line of the MPSF 1K. Linda is co-High Point winner in the SPMS Open Water Series for women. Linda doubles as a race official and had to beach the officials' boat in-between races in time to get on her game face for the MPSF 1K.



4x Olympic Gold medalist John Naber congratulates 2025 SPMS Open Water Series women's co-High Point winner Christie Ciraulo WH20 W70-74. Both are USC graduates and represent the Trojans at the MPSF Open Water Championships. photo by Kristina Duggan, Long Beach City Council District 3



Christina Calarco MVN W40-44, picks up a first place at the Mission Mile in Lake Mission Viejo. She is the 2025 SPMS Open Water Series women's co-High Point winner. (photo by Matt Calarco)

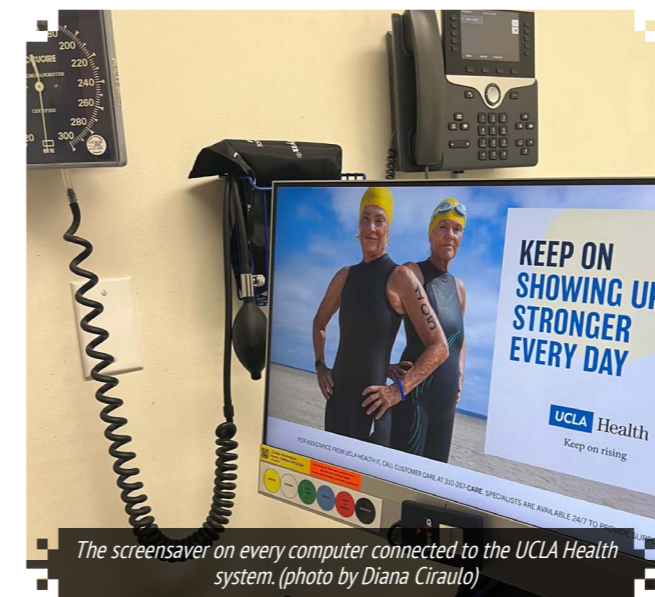


Rick Wackerbarth psyching up for the Mission Mile. He is the men's overall High Point winner of the 2025 SPMS Open Water Series. photo by Sam Diddee



Christine agreed, “It was quite the experience. One morning I woke up to a message in the MyUCLA health app from my dermatologist who was so excited to tell me I’m all over their website. Then, my 28-year-old son calls to say he’d seen the commercial and that I look like a total badass!

“Christie and I really had a hoot of a day, and we thoroughly enjoyed the whole experience together.”



The screensaver on every computer connected to the UCLA Health system. (photo by Diana Ciraulo)



Movie star pups in line awaiting their pupuccinos at Dog Beach. (photo by Christie Ciraulo)

## I KNOW THEM!!

Submitted by: *Christie Ciraulo* } ✉ [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

### ▶ ON THE BIG SCREEN IN THE UNITED AIRLINES TERMINAL AT LAX. photo by Leonie dePicciotto.

You may have seen this image flash past while watching the evening news, your favorite sitcom or on the big screen at Dodger Stadium and thought to yourself, wait...I know them! And you do! Long time SPMS masters swimmers and teammates Christie Ciraulo and Christine Mason, both of WH20, are featured in the new UCLA HEALTH ad campaign as Open Water swimmers. Although they do not race in wetsuits, the two women were asked to don them for the filming and were invited to pick their favorite race numbers to have Sharpied on their arms.

Ad creators approached the two swimmers on the beach prior to the Dwight Crum Manhattan Beach pier to pier race in August. They were looking for two women, older than 60, that were

veteran open water swimmers. The director was so enthused chatting with Christine and Christie, that they had to gently excuse themselves to get race ready.

The commitment included a morning to discuss and try on wardrobe and then several days later, an afternoon filming on the beach. Makeup and hair in the trailer were included in the afternoon activities and both women were, like, wait... “we’re wearing swim caps and goggles, lol.”

“It was a fun brush with Hollywood,” said Christie. “Chris and I carpooled down to Dog Beach in Long Beach for the shoot. We spent the afternoon running on the sand with a camera man running alongside. At one point they asked us if we could run slower and my total thought was “yes, pleeeeeease!”



Director's cue “look intense!” (photo by Kaia Hedlund)



## SPARTANS OF LA CANADA NAB FIVE 100-119 USMS

USMS NATIONAL RECORDS IN MISSION VIEJO

Submitted by: *Terin Frodyma* Stock photo via Mike Lewis/Ola Vista Photography

### ▶ 2025 SPMS SW ZONE LCM CHAMPIONSHIPS

- August 15-17, 2025
- Marguerite Aquatic Center, Mission Viejo, CA
- LCM (50m)
- "2025 SPMS SW Zone LCM Championships" on Meet Mobile

The Spartans of La Canada made a big splash in the pool at the SPMS Southwest Zone Long Course Meters Championships in Mission Viejo. The Spartans took down five USMS National records in the 100-119 age group and posted two times that would have stood as AQUA Masters World Records if not for age

eligibility restrictions (world records require all swimmers to the age of 25 or older).

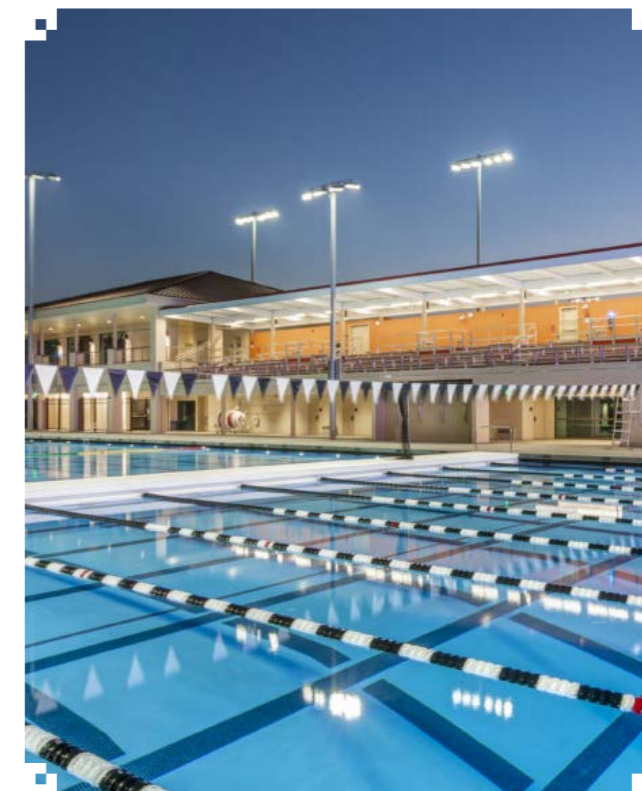
In the women's 200 freestyle relay, Faith Marshall, Daria Chebotareva, Amy Okada, and Madison Kennedy swam a 1:47.59, faster than the official World Record (1:48.16) of Olympic Club's Marie Ballenger, Lauren Green, Grace Zhao, and Virginia Burns, but not fast enough for the Spartans to claim it since only two of them are not yet 25.

The relay team then claimed the women's 200 medley relay in

2:00.93, breaking the former USMS National record of 2:01.28 of Lone Star Swim (Marina Spadoni, Ashley Lugbill, Erin Trahan, Ilektra Lebl).

The Spartans' mixed relay teams also saw similar success. Chebotareva, Kennedy, Mario Marshall, and Artem Selin set a blistering 1:39.41 for the 200 freestyle relay, over a second faster than the former record of 1:41.27 of Olympic Club (Benjamin Cono, Andy Song, Green, Zhao). Like the women's 200 freestyle relay, the time was also faster than the official World Record, but age eligibility prevented it from being official.

Chebotareva, Daniil Stanislavenko, Yusef Tibazi, and Kennedy then claimed the mixed 200 medley relay in 1:51.82, dropping the previous record of 1:52.66. To close out the weekend, Chebotareva, Stanislavenko, Tibazi, and Okada crushed their mixed 400 medley relay with a time of 4:15.99, obliterating the former record of 4:32.00.



## SPMS SCM REGIONAL CHAMPIONSHIP MEET

Submitted by: *Ken Brisben* }  [Chair@SPMasterSwim.org](mailto:Chair@SPMasterSwim.org)

Registration is now open for the SPMS Short Course Meters Regional Championships, and this is one meet you don't want to miss. Hosted once again by the Long Beach Grunions, the event will feature every race on the schedule, medals and ribbons for top finishers, a heated warm-up tent, and plenty of energy on deck. It's a great chance to race hard, reconnect with swimmers from across Southern Pacific, and close out the season with one of the most fun and competitive meets of the year. Sign up now and join in for an amazing weekend of swimming.

Hotel and all Meet information can be found here:

[scmchamps.org](http://scmchamps.org)



## SPARTANS MASTERS TO HOST INAUGURAL AQUA KNUCKLES SCM FALL CLASSIC IN NOVEMBER

Submitted by: *SwimSwam Partner Content*

▶ The inaugural Aqua Knuckles SCM Fall Classic, hosted by the Spartans Masters, will be Saturday, November 15th, and Sunday, November 16th in La Canada, California. This is going to be a fun and fast 25-meter masters swim meet!!

Spartans Masters was formed in January 2025 and is already making its mark as one of the fastest teams in U.S. masters swimming. The team took down five USMS National records in August 2025 at the SPMS Southwest Zone Long Course Meters Championship in Mission Viejo, California, and set one individual NAG record at the same meet (Daria Chebotareva, 50 back). Two of the Spartans' relay times at the meet would have stood

as AQUA Masters World Records if all relay swimmers were 25 years of age or older.

You can read about the August 2025 Mission Viejo meet here. American Paralympic swimmer and advocate Jamal Hill is also expected to swim at the Aqua Knuckles SCM Fall Classic. Hill swam at both the 2024 Paris Paralympics and the 2020 Tokyo Paralympics, winning a bronze medal in the 50m freestyle at the 2020 Tokyo Paralympics. Hill is the Founder of Swim Up Hill Foundation, which provides swimming instruction to low-to-middle middle-income people of color who haven't learned to swim and are at risk of drowning.

The Southern California meet location for the Aqua Knuckles SCM Fall Classic this November should provide agreeable weather for athletes ready to test their training before the 2025 Thanksgiving holiday. Other teams expected to attend include Southern California's Aquatic Sports Performance ("ASP"). The 2025 Aqua Knuckles SCM Fall Classic will award cash prizes for masters world records. The meet will feature delicious food offerings and swim-specific vendors present, including The Swim Guy and Triswim.

Eligibility for this meet will be any swimmer 18+ who is registered with US Masters.

Registration for the 2025 Aqua Knuckles SCM Fall Classic can be found here.

Aqua Knuckles are training aids worn during swim practice for competitive swimmers and anyone who wants to move through the water faster. Aqua Knuckles are double silicone bands slipped over the ring and middle fingers of each hand. They are sold in pairs and follow ring finger sizing, though many swimmers prefer a snug fit. You can read about Aqua Knuckles here.

Aqua Knuckles make swimmers faster. Our customer feedback from coaches and swimmers all over the world is very exciting and we are thrilled!



## MARKETING MATTERS!

Submitted by: *Anita Cole* | ✉ [Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

It is time to renew your USMS Membership now! Please do not delay! Recently I traveled to Portland, Maine where their open water swimmers and surfers are referred to as "aquaholics!" I think that thousands of us could be called aquaholics because of our obsession with or addiction to swimming. We understand and support each other. Swimmers who I do not know congratulate me at swim meets. A swimmer that I did not know gave me his goggles during an event at a meet when mine flew off landing at the bottom of the pool!

Marketing Masters Swimming has been part of my every day way of life for 20 years! If you want marketing supplies, please contact me. I have caps, luggage tags, ballpoint pens with stylus tips, and stickers. If you are attending our SPMS Annual Meeting on November 9 in Santa Clarita, I can give you marketing items in person. If you want to discuss marketing ideas and possible events, please contact me by phone call, text, or email. I am available to help.

Hope to hear from you soon.

## UPCOMING SPMS EVENTS

**NOV 01** **NOVEMBER 01 & 02 | SAT - SUN**  
Arizona Masters SCM State Championships

**NOV 09** **NOVEMBER 09 | SUNDAY**  
1. - Brian Lee Classic SCY  
2. - SPMS Annual Meeting  
3. - SPMS Clinic

**NOV 15** **NOVEMBER 15 - 16 | SAT - SUN**  
Aqua Knuckles SCM Fall Classic hosted by Spartans Masters

**NOV 21** **NOVEMBER 21 - 23 | FRI - SUN**  
SLOS Pumpkin Pie Invite (dual sanctioned)


**DEC 05** **DECEMBER 05 - 07 | FRI - SUN**  
SPMS SCM Championships


## SPMS OFFICERS

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 Treasurer: Bob Eberwine  
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 Secretary: Lucila Davies  
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