

July/August
2010



SPMA MASTERS SWIMMING



Caltech Pentathlon Sets Records by Suzy Dodd

March 7th looked to be a rainy day, but the clouds parted in Pasadena prior to warm-ups and the rain held off until just after the last heat finished. 207 swimmers took part in the annual multi-stroke sprint event, and several fast early season times were turned in.

Frank Piemme, swimming for LOST, set five new National records in the 85-89 year old age group. Frank's record times are 39.89 50 Fly, 42.46 50 Back, 42.72 50 Breast, 31.92 50 Free, and 1:28.37 100 I.M. Frank won his age group with teammate Jurgen Schmidt finishing second. For the senior ladies, Maurine Kornfeld, age 88, finished all five races and received the gold medal for her efforts.

New fastest overall swimmers were crowned this year. Rebekah Olsen, 29, from Mission Viejo and Steve West, 37, from NOVA, each went home with an additional trophy for having the fastest overall times for their gender. Rebekah had the fastest women's times in the 50 Fly (27.58), 50 Back (29.52), 50 Free (25.36) and 100 IM (1:03.98). Merritt Johnson of SAM had the fastest time in the 50 Breast (33.86) and finished second to Rebekah in the 25-29 year old age group. Steve had the fastest men's time in the 50 Breast (26.44) and 100 IM (54.23). Jeff Hart of SOBA had the fastest times in the 50 Back (25.80) and 50 Free (21.12) and placed first

in the 18-24 year old age group. Matt Knedel of ROSE had the fastest swim in the 50 Fly (24.08) and took the gold medal in the 25-29 year old age group.

There were some very close overall races. Alycia Parker from MYST beat out Jinxi Caddel of CVMM by 0.77 seconds in the women's 35-39 year old age group. In the 60-64 year old age group, Beverly Montrella of MVN topped Kathleen Komar of UCLA by 0.82 seconds. For the men, Steve Davis of SCA finished 1.27 seconds ahead of Michael Blatt of VCM. Make sure to keep practicing those starts and turns for next year's Pentathlon!



Julie Heather (ROSE) and Lynn Canning (ROSE) prepare for the 100 IM at the Caltech Pentathlon.

Photo: Suzy Dodd

Age Group Winners:

18-24:	Loriann Mark (SCA)	Jeff Hart (SOBA)
25-29:	Rebekah Olsen (MVN)	Matt Knedel (ROSE)
30-34:	Kathyren Downing (NOVA)	Matthew Cornue (SCAQ)
35-39:	Alycia Parker (CVMM)	Steve West (NOVA)
40-44:	Julie Flores (CVMM)	Katsuya Takahashi (NOVA)
45-49:	Lisa Schoenneman (SCA)	Chuck Ponthier (LAPS)
50-54:	Ahelee Sue Osborn (CVMM)	Stephen Davis (SCA)
55-59:	Christie Ciraulo (UCLA)	Michael Heather (MVN)
60-64:	Beverly Montrella (MVN)	Robert Strand (ROSE)
65-69:	Bonnie Kotzbach (MVN)	Mike Freshley (SDSM)
70-74:	Sylvia Glenn (OJAI)	Jeff Farrell (SBM)
75-79:	---	Everett Smethurst (NOVA)
80-84:	---	Frederick Hoppe (CTMA)
85-89:	Maurine Kornfeld (MVN)	Frank Piemme (LOST)

In this issue:

- *Late summer open water swims*
- *Stretching for Swimmers, by Jessica Seaton*
- *2009 SPMA Coach of the year preview*

SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ATASCADERO: Team K-man
BAKERSFIELD: Gold Wave Masters
BAKERSFIELD Swim Club
LOMPOC: Lompoc's Other Swim Team
PASO ROBLES: North County Aquatics
SAN LUIS OBISPO Masters
SAN LUIS OBISPO: Kennedy Club Masters
SANTA MARIA: Santa Maria Swim Club

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Nancy Szejnkowski (805) 238-5591, betco@yahoo.com, www.northcountyaquatics.org
Philip Yoshida (805) 543-9515, office@sloswimclub.org, www.sloswimclub.org
Linda Stimson (805) 781-3488 x 17, sloaquatics@kennedyclubs.com, www.kennedyclubs.com
Mike Ashmore (805) 928-9655, santamariaswim@verizon.com, www.santamariaswim.net

SANTA BARBARA (South) and VENTURA

CAMARILLO: Camarillo YMCA
CARPINTERIA: Channel Island
OJAI: Ojai Masters
OXNARD: Rio Mesa Masters
SANTA BARBARA Masters
SANTA BARBARA: UCSB Masters
THOUSAND OAKS: Conejo Simi Aquatics
THOUSAND OAKS: Conejo Valley Multisport Masters
THOUSAND OAKS: South Coast Aquatics
VENTURA COUNTY Masters

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Rick Goeden (805) 646-7213, theswimguy@sbcglobal.net
Toby Petty (805) 642-6674, tonthego00@sbcglobal.net
SB Swim Office (805) 966-9757, swimoffice@sbswim.org
Debbie Miles-Dutton (805) 893-7616, dolphin@essr.ucsb.edu, http://recreation.sa.ucsb.edu/aquatics
Gardner Howland (865) 567-8989, ghowland@csaswim.com, l Hancock@csaswim.com, www.csaswim.com
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Jason York (805) 650-0400, jason.e.york@gmail.com, www.buenaventuraswimclub.org

LOS ANGELES (North)

CLAREMONT: The Claremont Club
LANCASTER: Oasis Masters
PALMDALE: Canyons Aquatic Masters
PASADENA: Caltech Masters
PASADENA: Rose Bowl Masters
SAN FERNANDO: Matador Triathlete Club
SAN FERNANDO: Triton Swimming and Triathlon Team
SANTA CLARITA Masters
WALNUT: FASTER Masters Swim Team

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Suzanne Dodd (626) 449-7536, sdodd@ipac.caltech.edu, www.its.caltech.edu/~swimclub/swim.html
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Louis Boehle (909) 657-7758, louisboehle@mac.com

LOS ANGELES (Westside)

L.A. WEST: UCLA Bruin Masters
WEST HOLLYWOOD Aquatics
WOODLAND HILLS: Southwest Aq Masters

Steve Najera (310) 206-1787, snajera@recreation.ucla.edu
Susan Shore (310) 288-6555 (team hotline), info@wh2o.org, www.wh2o.org
Fred Shaw (818) 347-1637, swamfred@aol.com, www.swam.us

LOS ANGELES (Central and South)

CATALINA Channel Swimming Federation
L.A.: Swimming Los Angeles
L.A. (various locations): SCAQ
L.A. MID-WILSHIRE: Meridian Swim Club
L.A. DOWNTOWN: Los Angeles Athletic Club Masters
L.A.: Pool Open Water
SOUTH GATE Masters Swim Team

Carol Sing (619) 588-2677, swim@swimcatalina.org, www.swimcatalina.org
Matt Harrigan, matt@swimmingla.com or Andy Copley, andy@swimmingla.com
SCAQ Office (310) 390-5700, www.swim.net/scaq
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.meridiansportsclub.com
Vanessa Mesia (310) 729-2971, vanessamesia@sbcglobal.net, www.laac.com
Gerry Rodrigues (310) 432-3683, coachgerry@yahoo.com
Patricia Mitchell (323) 563-5753, pmitchell@sogate.org

LOS ANGELES (South Bay and East County)

CARSON/LOS ALAMITOS: Long Beach Grunions
HAWTHORNE: South Bay Swim Team
LA MIRADA: La Mirada Armada
LONG BEACH: Alpert JCC
LONG BEACH: Long Beach Masters Swim
LONG BEACH: Shore Aquatic Masters
MANHATTAN BEACH: Magnum Masters
RANCHO PALOS VERDES: Zenith Aquatics
TORRANCE: LA Peninsula Swimmers

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Kristin Barth-Kredell (562) 331-1344, lbshoreswim@yahoo.com, www.shoreaquatics.com
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Shari Twidwell (310) 947-1323, shari@zapswimming.com, www.zapswimming.com
Brian K Johnson (310) 486-4603, info@lapsmasters.org, www.lapsmasters.org

INLAND EMPIRE

BEAUMONT Masters
CORONA: Corona Crocodiles
RIVERSIDE: Riverside Aquatics Assn.
RIVERSIDE, TEMECULA: Riverside Co. YMCA Masters
TEMECULA: City of Temecula Masters
TEMECULA Swim Club
YUCAIPA: Masters of Yucaipa

Christy Arwood (951) 769-2087, christy@nds-ca.net
John Salvino (866) 403-3219, coachsalvino@hotmail.com
Carrie Ridgway (951) 205-2268, info@raa-swim.org, www.raa-swim.org
Dorothy Thomas (909) 633-8304, waterdancer2@yahoo.com
Gwen Willcox (951) 694-6410, gwen.willcox@cityoftemecula.org
Bryan Davis (951) 285-2718, headcoach@temeculaswimclub.com, www.temeculaswimclub.com
Jason Bradbury (951) 505-3973, ystcoach.jason@verizon.net, www.yucaipaswim.org

ORANGE COUNTY

ALISO VIEJO: Renaissance Club Sport
COSTA MESA: Orange Coast Masters Swimming
COTO DE CAZA: Coyotes
FULLERTON: FAST Masters Team
HUNTINGTON BEACH: Golden West Swim Club
IRVINE Novaquatics
IRVINE: UCI Masters
LADERA RANCH Masters
LOS ALAMITOS Masters
MISSION VIEJO Masters
NEWPORT BEACH: Pacific Coast Aquatics
NEWPORT BEACH Lifeguard Association
SAN JUAN CAPISTRANO: Capo Masters
SAN JUAN CAPISTRANO: Multisports Orange County
TUSTIN: SOCAL Aquatics
YORBA LINDA: East Lake Eagle Rays

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Steve Pickell (714) 356-7390, coachsteve@socalaquatics.com, www.socalaquatics.com
Mike Pawloski (714) 372-6273, bonuspak@earthlink.net

LAS VEGAS

HENDERSON Southern Nevada Masters
LAS VEGAS: Las Vegas Masters
LAS VEGAS: Swim Las Vegas
LAS VEGAS: Viva Las Vegas Masters

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Victor Hecker (702) 247-7788, heckerrealestate@hotmail.com
Kara Robertson (702) 498-2316, swimlasvegas@gmail.com, www.swimlv.com
Melissa Gutierrez (702) 480-4321, marie@summerlinmasters.com, www.summerlinmasters.com

SPMA Competition Information and Instructions

Rules: Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

Eligibility: Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

Affiliation: A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

Submitted Times: Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

Entry Confirmation: To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

Strictly Forbidden: Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any pacing device in competition; and smoking in any area where swimmers may be present.

Open Water: Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

*Check out our website
www.spma.net
for up-to-date information*

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____ - _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •	Meet _____						FOR OFFICE USE ONLY	
	800/1000 • •	No. of events _____ × \$ _____ = \$ _____		Surcharge		\$ _____		Amt Rec'd _____	
	1500/1650 • •	Total		\$ _____		Date _____			

Include a copy of USMS card

Maximum FIVE Individual Events/Day

Include a copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

SPMA LCM Regional and Southwest Zone Championships
FAST Masters, Janet Evans Swim Complex, Fullerton
Friday to Sunday, July 23rd to 25th, 2010

Sanction number: 330-023

Facility: Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 8-lane, 50-meter competition pool, with separate warm-up area available.

Directions: From the 91 Fwy, take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.

Entries: Flat fee of \$45.00 if entered online or postmarked on or before Tuesday, July 13th. Entries entered online, postmarked or submitted after midnight on July 13th will be subject to a \$5.00 late fee. *All paper entries not received by 8:00 p.m. on Saturday, July 17th will be rejected. Online entries will close at midnight on Sunday, July 18th. No individual deck entries will be allowed.* Check www.spma.net for online entry link. Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 7 individual events for the entire meet (but no more than 5 per day), plus relays. Age on December 31, 2010 determines age group for the meet. You must be at least 18 to compete.

Seeding: Men and women will be seeded together for the 400, 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. The 1500 and 800 m Freestyle will be limited to the first 50 entries for each event. The 1500 m Freestyle will be swum fastest to slowest, all other events will be swum slowest to fastest. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events will be seeded and swum slowest to fastest.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM. Check-in will close at 2:30 p.m. Friday for the 1500, 8:00 a.m. Saturday for the 400 m Freestyle, 8:00 a.m. Sunday for the 800 m Freestyle, and 9:00 a.m. Sunday for the 400 IM.

Awards: SPMA medals for individual places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. SPMA medals for 1st place relay teams, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 clubs, based on combined scoring for men and women, individual events plus relays, including mixed relays. Scoring will be to ten places.

Checks payable to: FAST Swimming

Mail consolidated entry card, a copy of your 2010 USMS card, and check to: FAST Masters Meet, P. O. Box 204, Lake Forest, CA 92609-0204.

Snack Bar: A snack bar will be available on site.

Questions: Meet Director, Terry Merlihan, (714) 693-3991, themerlihan5@att.net. Meet Processing: Robert Mitchell, mitchellrobert@cox.net.

Friday, July 23, 2010

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

Check-in for the 1500 m Freestyle will close at 2:30 p.m.

1. 1500 m Freestyle (Women, Men; seeded fast to slow)

Saturday, July 24, 2010

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 400 m Freestyle will close at 8:00 a.m.

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

Sunday, July 25, 2010

Warm-up at 7:30 a.m.

Meet starts at 9:00 a.m.

Check-in for the 800 m Freestyle will close at 8:00 a.m.

20. 800 m Freestyle (Women, Men)
21. Women's 200 m Backstroke
22. Men's 200 m Backstroke
23. Women's 50 m Freestyle
24. Men's 50 m Freestyle
25. 400 m Individual Medley (Women, Men)
26. Women's 100 m Butterfly
27. Men's 100 m Butterfly
28. Women's 50 m Backstroke
29. Men's 50 m Backstroke
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. 200 m Medley Relay (Women, Men)
35. 200 m Freestyle Relay (Women, Men)
36. Mixed 200 m Medley Relay
37. Mixed 200 m Freestyle Relay

Relays: A swimmer may swim only one relay in each of events 5, 18, and 19 (e.g., Women, Men or Mixed). For entry information, please see the additional information online at www.spma.net.

Please read the general information on entering swim meets on the third page of this newsletter!

Shore Aquatic Masters, Naples Island Swim Sunday, August 15th, 2010

Sanction number: 330-024

Distance: 1000 m, 1-mile Classic and 3-mile Challenge

Location: Alamitos Bay, near 5437 E Ocean Blvd., Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-69°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

Check-in: Check-in begins at 7:00 a.m. and closes at 8:45 a.m. The 1-mile Classic starts at 9:00 a.m., the 3-mile Challenge starts at 9:20 a.m., and the 1000 m starts at 9:40 a.m. Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line. Swimmers with wetsuits are allowed but will not be eligible for awards. 3-mile swimmers are encouraged to bring pad-

dlers on paddleboards or in kayaks. All swimmers will be required to wear brightly colored swim caps.

Entries: Pre-registration is \$25.00 and must be postmarked or completed online by Saturday, August 7th. Fee includes T-shirt designed for this event. Race day registration (or if postmarked after August 7th) is \$35.00.

To enter, send a copy of your 2010 USMS card, a completed SPMA consolidated card (indicate 1000 m, 1-mile or 3-mile and T-shirt size), with your check payable to: Shore Aquatic Masters. Mail to: Naples Island Swim, c/o Merritt Johnson, 7218 E Premium St., Long Beach, CA 90808.

Awards: Wetsuits and/or neoprene caps are allowed, but swimmers wearing them are not eligible for awards.

Additional Information: Merritt Johnson, merritt.h.johnson@gmail.com, www.naplesislandswims.com.

Don Burns Corona del Mar 1-mile Swim Saturday, August 28th, 2010

Sanction number: 330-025

Distance: 1 mile from the Corona del Mar jetty to the secluded cove of Little Corona and back.

Location: *From the north:* Take Hwy 73 to MacArthur Blvd. and follow it to Pacific Coast Hwy. Turn left to Marguerite Avenue. Turn right on Marguerite then right again at Ocean Blvd. This will take you to a large driveway down to the city parking lot on the beach (\$10.00 fee) or you can park on the street and walk down. *From the south:* Take Hwy 73 to Newport Coast Rd. Turn left and follow it to Pacific Coast Hwy. Turn right to Marguerite Parkway and follow directions above.

Check-in: Registration begins at 9:00 a.m. at Lifeguard Tower #3 (next to the jetty). The swim starts at 10:00 a.m.

Entries: Entries are \$25.00 and include a T-shirt. Additional T-shirts are \$10.00. Deck entries welcome.

To enter, send a copy of your 2010 USMS card, an SPMA consolidated card, and your T-shirt size with your check payable to: N.B.O.L.A., c/o Nadine Turner, One Giverny, Newport Coast, CA 92657.

Additional Information: Nadine Turner, (949) 640-5350, nadineturner3@cox.net.

Swim Las Vegas Slam the Dam Open Water Swims Saturday, October 2, 2010

Sanction number: 330-026

Distance: 8K point to point, 1.2-mile, and 2.4-mile events.

Location: Lake Mead National Recreation Area, Boulder City, Nevada. Water temperature averages between 72°-78°.

Directions: Lake Mead NRA is 21 miles outside of Las Vegas. Take Nevada Hwy/US-93 south to Lake Mead NRA. Turn west at Lakeshore Rd/NV-147 W/NV-166 N. 8K swimmers will start at the Sunset View/Scenic Overlook turnoff 10 miles into the park. Other distances travel 2.4 miles into the park, turn right at Boulder Beach Special Events Beach. There is a \$5.00 fee to enter the park.

Check-in Times: Check-in for the 8K is from 5:00 a.m. to 6:15 a.m. 8K swimmers and their mandatory kayak escorts are required to carry kayaks 1/4 mile down a well-marked dirt path to the start. 8K race begins at 6:30 a.m. Check-in for the 1.2-mile and 2.4-mile events open at 6:00 a.m. The 2.4-mile event starts at 7:30 a.m. The 1.2-mile event starts at 9:30 a.m. Swimmers registered for the Grand Slam (8K + 1.2-mile) or Super Slam (2.4-mile + 1.2-mile) events must be at Boulder Beach 15 minutes prior to the start of their next event or will not be allowed to swim. Course closes at 10:00 a.m. for the 8K and 11:00 a.m. for the 1.2-mile and 2.4-mile swims.

Entries: Entries fees are \$60.00 for the 8K, \$50.00 for the 2.4-mile, \$40.00 for the 1.2-mile, \$90.00 for the Grand Slam, and \$80.00 for the Super Slam. The deadline for receipt of all discounted entries is August 1st. Entries fees increase by \$15.00 after August 1st.

To enter, send a copy of your 2010 USMS card, an SPMA consolidated card, T-shirt size, and distance to: Swim Las Vegas, 2605 Shakespeare Rd, Las Vegas, NV 89108 with checks payable to Swim Las Vegas. Online registration can be done at www.slamthedam.com.

Awards: Each swimmer will receive a swim cap, T-shirt, finishers award, and refreshments. Wetsuits are allowed, but swimmers wearing them are not eligible for awards.

Additional Information: Kara Robertson, (702) 498-2316, swimlasvegas@gmail.com, www.slamthedam.com.

For a complete list of open water events in the Southern California area, including those not sanctioned by SPMA, visit:

www.spma.net

Click on Open Water & Long Distance

Stretching for Swimmers

by Jessica Seaton

Some people stretch all the time, some people never stretch. Some people stretch before workout, some stretch afterwards. Is stretching important for swimmers? Yes and no.

Stretching improves your flexibility, which is your range of motion at a joint. Some people are naturally more flexible than others. Men are generally less flexible than women, active people are more flexible than inactive people, and we all get stiffer as we age. Dynamic flexibility is the range of motion required during active movements. In freestyle, butterfly, and backstroke, you want to have enough flexibility in your shoulders to be able to have a good reach. In butterfly you want to also have good lower back and hamstring flexibility. Ankle flexibility is the most important factor in having a propulsive flutter kick. Breaststrokers need good flexibility in their knees (external rotation), ankles (supination or ability to clap your feet), and hips. Like everything else in life, you want just the right amount of flexibility. Too much flexibility leads to unstable joints and the problems associated with them, such as swimmer's shoulder or biceps tendonitis. If you have too little flexibility in a joint that requires more, you're more likely to injure yourself in the course of swimming hard.

Muscles that are kept completely still will increase their stiffness two-fold in a few minutes. Any kind of movement or muscle contraction can help avoid this stiffness. Bonds or cross bridges are formed between muscle filaments. As we age these cross bridges form more rapidly and are more abundant. With age and inactivity fibrous connective tissue replaces degenerating muscle fibers. Stretching can break up the adhesive effects of this tissue. Because muscles are elastic, the increase in range of motion we achieve by stretching lasts only for about 15-90 minutes. The connective tissue surrounding the muscles and which make up the tendons are also plastic. With consistent stretching, it is possible, because of this plasticity, to increase your flexibility over time. Of course if you stop stretching, you will stiffen up again.

Another function of stretching is to improve posture. Using a muscle a lot can make it shorten and become tight. In swimmers the pectoralis major and the latissimus dorsi muscles, our big power generators, may become tight. The swimmer with the internally-rotated, rounded shoulders and forward head position is a good example of this. Tight and shortened muscles inhibit their antagonist muscles. The pecs and lats are both internal rotators at the shoulders. If they are tight and short, they will inhibit the external rotators, which could ultimately lead to swimmer's shoulder.

In contrast to what many people think, stretching is not the same as warming up. You should only stretch once you are warmed up. A good stretch can prevent a muscle from contracting forcefully for a full hour after the stretch is performed. So, stretching 15 minutes before a race doesn't make

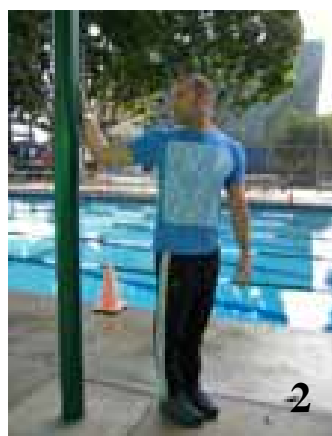
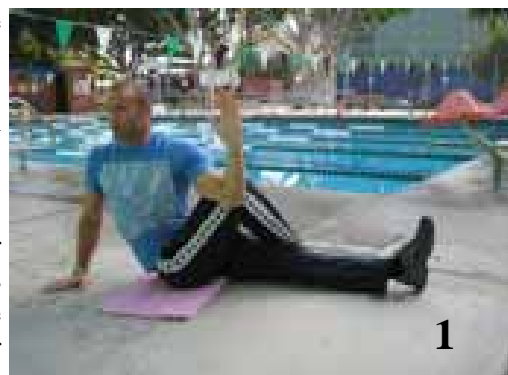
sense. It won't improve performance, and it won't help prevent injuries. Stretching after swim practice may help prevent injuries, if you're stretching correctly and stretching tight, shortened muscles, not hyper-flexible joints.

There are several good ways to stretch, many involving a trained partner to provide resistance. These methods are also known as hold-relax and contract-relax. Without a partner the safest way to stretch is to do static stretching. With this type of stretching you hold each stretch to the point of tension for 30 seconds or five deep breaths. You will find that you can relax and lengthen your stretch on an exhalation. Dynamic stretching involves movement. Yoga classes typically include both static and dynamic stretching.

Below are a few recommended stretches for swimmers. Coach Brian Olver was kind enough to be the model.

1. *Spinal Twist:* This is a nice way to stretch your lats.

2. *Pec Stretch:* This is a good stretch for your pectoralis major muscle. Be sure to keep your



elbow bent as you rotate your body away. Try placing your hand at several different heights to stretch different parts of the muscle.

3. *Forward Lunge Stretch:* This posture stretches your hip flexors at the front of your hip. Keep your front knee at a right angle. A towel under your knee makes it easier to tolerate.





4. *Side Lunge:* This is a good stretch for breaststrokers.

5. *Calf Stretch:* The calf muscles are used every time we push off from the wall. It is also important for triathletes and runners to stretch these muscles to avoid plantar fasciitis.

6. *Hamstring Stretch:* There are many ways to stretch your hamstrings. This way is particularly safe for your back. Tight hamstrings can contribute to lower back pain. Butterflyers with lower back pain should make sure they are stretching their hamstrings.

7. *Quadriceps Stretch:* This posture involves pushing your hip forward on the bent-knee side. Make sure that your thigh is also perpendicular to the ground and not out at an angle.



Jessica Seaton, D.C. is a Chiropractic Orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for 20 years. She can be reached at JSeaton@aol.com or 310-470-0282.



Chad Durieux, coach of the Rose Bowl Masters, was presented with the SPMA 2009 Coach of the Year Award at the Short Course Yards Championships in Mission Viejo. More information on Chad will be in the next issue of the newsletter.

Expand your horizons!

Take a trip to a swim meet in a neighboring LMSC.
For up-to-date information check out these websites:
San Diego-Imperial: www.simasterswim.org
New Mexico: www.zianet.com/pdjang/nmms/index.htm
Arizona: www.azlmsc.org

Online entries are available for many of our meets. In some cases a discount is available for entering online, because it saves the meet host a lot of data entry! Please check www.spma.net for links to online entries.

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SPMA Swimming News is published six times a year as an insert in the bi-monthly *USMS Swimmer*, for swimmers registered with Southern Pacific Masters Swimming.

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Southern Pacific Masters Association Schedule

July	2-3	San Luis Obispo LCM Swim Meet
	3	Mission Viejo LCM Relay Meet
	10	Santa Barbara LCM Swim Meet
	10	Balboa to Newport Pier-to-Pier 2-Mile Open Water Swim
	11	Seal Beach 1-Mile and 3-Mile Open Water Swims
	11	Santa Barbara Semana Nautica 6-Mile Open Water Swim
	23-25	SPMA LCM Regional and Southwest Zone Championships, Fullerton
August	15	Naples Island 1000 m, 1-Mile, and 3-Mile Open Water Swims
	28	Don Burns Corona del Mar 1 Mile Open Water Swim
October	2	Lake Mead Slam the Dam 8K, 1.2-Mile and 2.4-Mile Open Water Swims
	3	Mission Viejo SCM Swim Meet
	23	UCLA SCM Swim Meet
November	6	Santa Clarita SCM Swim Meet
	19-20	San Luis Obispo SCY Swim Meet
	21	Turkey Shoot SCM Swim Meet
December	3-5	SPMA SCM Championships, Long Beach

For a complete and updated list of events, go to www.spma.net or call the SPMA office

SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a \$10.00 charge for borrowing up to three DVDs. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for \$100.00 that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call at (626) 296-1841, and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office and make checks payable to "SPMA."

DVD format:

- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, Freestyle with Karlyn Pipes-Neilsen
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Go Swim, Backstroke with Jeff Rouse
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion