

September/October

2014

# SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



## 2014 LCM SW Zone and SPMS Regional Championship Meet

by  
Coach Mark and Coach Jeff

### ...and the Results are in...Fast Times...and Fun by All

What a weekend! Started the meet Friday with a crazy people doubling up in the 1500 m. free-style and 400 m I.M. The 400 started with a heat composed of supporters, complete with matching pink caps for Colleen Yanco, the eventual high point winner in her age group and a recent cancer survivor. The Friday session, as was the case with all sessions, ended ahead of the timeline and the only item in the Lost and Found was a faux diamond bracelet and matching belly button stud.

The Santa Rosa Sun Goddesses showed up, all five of them. loaded for bear. They ran the gamut from four of them cheering on the fifth in all their races to dancing to Loggins and Messina's "your Mama don't dance..." They concluded with the medley relay in which they all wore multi-hued (hey, I'm a guy - I only know blue and orange) suits with sequins and a plethora of flowers on their caps (who knows what color they were).

The meet was as much about your own, and your teammate's swims as you wanted to make them. This was a meet where a person could have fun and finally swim for "Just the Fun of It!" Thank you to all the swimmers, officials and volunteers who took part in the 2014 SW Zone and SPMS Regional Championship Meet held in Mission Viejo.

Over 40 clubs attended the meet from all over the Southwest region. Teams from Canada, Utah, Masters Swim Team at Chelsea Piers Connecticut, Puget Sound Masters, and Santa Rosa Masters were among the ones from outside our region. We always attract swimmers and team from all different locations which make for fast times.

Among the top six team scoring in the meet were: 1) Rose Bowl Masters, 1595 pts, 2) Nova Masters, 1409 pts, 3) Mission Viejo Masters, 1364 pts, 4) San Diego Swim Masters, 1266 pts, 5) Conejo Valley Multisport Masters, 834 pts, and 6) Santa Rosa Masters, 227 pts.

Scoring the top place for the women's division was the Mission Viejo Masters and the men's division was the Rose Bowl Masters.



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### Swim with Colleen

My name is Colleen Yanco, and in August of 2013, I competed in USMS Nationals for the first time. With Nationals being conveniently located in Mission Viejo, virtually my backyard, how could I not participate? It was a great experience and I had some solid swims, achieving top ten in the nation and some national champion status on relays. My right shoulder had been bothering me, so after Nationals I took a break from swimming to allow it to heal. After about 3-4 weeks out of the water I decided it was time to return to my favorite exercise, swimming. Once again my right shoulder was tender, particularly when swimming backstroke. For some intuitive reason I decided to get my mammogram before seeing a doctor for my shoulder. In October of 2013, two months after Nationals, I was diagnosed with stage IV breast cancer. It was a shock because of not fitting any of the stereotypical criteria; I always ate healthy, never smoked, didn't really drink, exercised regularly, and didn't have a history of breast cancer in my family. How could this be happening? So, the cancer whirlwind began! The cancer was in my right breast, 6-7 lymph nodes and a small lesion on my liver. My first thought was "cut it out, cut all of it out!" The liver lesion was never biopsied due to the location, at the top of the dome in a very challenging spot to reach, so my oncologist went on the images of the PET scan and the radiologist's interpretation. In the oncologist's office last November I sat stoically as I listened to an endless amount of information about my diagnosis, what the treatment would be, and the potential prognosis. It was like swimming with water in your ears and fogged goggles that would not clear, like you would never find the shore or the end of the pool.

In mid-November I started six cycles of chemo; this lasted until the end of February. I still receive chemo treatments every three weeks but the nasty drug Taxotere has been dropped. Through all of this I continued swimming. One of the reasons I decided to keep swimming regardless of how terrible I felt, is it gave me a place to leave cancer behind, at least for a short period of time. Swimming is my Zen; it is the place where I can empty my mind; it is meditative for me even when I am breathless. As time went on with the treatments each of my PET scans improved, they became cleaner and cleaner. After the last scan at the end of April, a breast MRI in May, and a biopsy in May, I was declared in complete remission on July 3, 2014. What wonderful news to hear before we left for my oldest daughter's wedding. So many things to celebrate!

When we returned from the wedding SPMS Championships were quickly approaching, about 5-6 weeks away. I planned on competing in them regardless of what kind of condition I was in because it gave me a goal to strive towards. In June I swam in three events at the Senior Games in Pasadena; it was to have fun, see friends, and get a benchmark of my new "normal". My times were off for distance but pretty good for sprints. The results struck me as odd because I have never been a sprinter, but it also told me I needed to rebuild my endurance and maybe I could get back to some of my best times. During this, cancer never completely left my mind, but I could at least find ways to mentally distance myself from it.

Registration for SPMA Championships quickly approached. My good friend, Kris, who is a sprinter, convinced me to enter the 400 IM and agreed to swim it with me. I had not swam a 400 IM since 2006 at Worlds. The 400 IM is painful, it leaves you completely breathless, and takes quite a bit of training, probably the biggest reasons Michael Phelps no longer swims it. I tried to convince her to swim the 1500 free instead but she said she couldn't "count that high". Little did I realize that there was a scheme for this event in the process. Not only was Kris going to swim this event with me but several of my Nova teammates; many of them never swam a 100 fly, let alone a 400 IM! The secret planning continued, which I remained completely oblivious to. Sherry Brooks had pink "Swim with Colleen" swim caps made. Everyone who was doing this event with me was told to enter a 10:00 seed time. As we got closer to August 22, I was still completely unaware of what was about to happen. The week of the meet I got a small clue when viewing the psych sheets for the meet. When I saw the psych sheet for the 400 IM my jaw dropped and my eyes filled with tears. People I hardly know were willing to become painfully breathless to show support for me and my battle with breast cancer. I was completely awestruck.



Friday arrived and the 400 IM was on. I told my incredibly supportive husband he may want to come watch me swim, that I suspected something special was about to happen. He came equipped with cameras, ready to record the event. We scurried to get to the pool due to the meet running ahead of schedule. Thankfully we arrived with enough time for a quick warm-up and some photos. As friends and teammates gathered around the our area I was stunned to see who was swimming with me and the pink caps; it was very difficult to keep it together emotionally. The entire first heat consisted of my friends and teammates, every one of them donning a pink "Swim with Colleen" cap. We were individually announced, as if we were Olympians, with me being the last even though I

was in Lane 4. As I approached the starting block, my eyes were tearing up inside my goggles, there was so much love and support; it took my breath away before I dove into the pool. As I approached my starting block I told myself "no tears" just keep it together and quickly wiped the inside my goggles.

The starter blew the whistle and we stepped onto the starting blocks. The starter called us to take our mark, and we were off! It was an amazing swim! Not my personal best time, but the best swim of my life! It did indeed hurt but it was also joyful. My friends, teammates and coaches, and family have been a huge part of my journey with cancer; I wouldn't be a thriving survivor without them. A huge thank you to all of you! You have cheered me on, consoled me when I was down, held my hand, let me lean on your shoulder when I needed to, and pushed me to strive to get well. I also want to thank the Nadadores for their support and willingness to allow us to bring this disease out in the open at their meet. You are all amazing people and gifts in my life. As I continue on this journey I have discovered many others who face personal challenges every day. Many tell me I am an inspiration to them, but it is them who inspire me to live and love life to the fullest. My motto is *life is meant for living*, and that is exactly what I am doing, living life to the fullest because it is so precious.

Suffice it to say, it was an incredible day – lots of joy, tears, and laughter among teammates, family and friends. A day many of us will never forget. We want to thank everyone mentioned in this article for all of the incredible support. It became bigger than life and it would not have happened but for all of your kindness, generosity, and love, and for that I thank every one of you.

**Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it is found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it is easier to treat. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer.**

October is National Breast Cancer Awareness Month



## Don Burns' 26<sup>th</sup> Annual Corona del Mar One-Mile Ocean Swim

by  
Sherry Brooks

My eyes locked on the bank sign that read 86 degrees at 9:02 a.m. on Saturday morning as I drove toward the corner of Marguerite Avenue. Pacific Coast Highway was already bustling with beachgoers headed to see the surf at Corona del Mar's "Big Beach." In about an hour, the starting horn would blow for 213 swimmers to attack the surf and swim an out-and-back mile swim in this year's 26<sup>th</sup> Annual Don Burns' Scholarship Open Water Swim.

The water temperature was 71 degrees; conditions were good. The surf was bigger than usual due to Hurricane Marie off of the Baja California coast, which created an increased energy among spectators, lifeguards, and participants. Big Beach is usually pretty flat, and it is a popular "novice" beach for beginning open water swimmers.

The race starts from the sand next to the Corona del Mar jetty. Swimmers swim to a buoy approximately 300 yards offshore and then down the coast, past spectacular cliff-side homes and a beautiful rocky coastline to the secluded cove of Little Corona. As swimmers round the buoys, they return up the coast and swim to a finish onshore, near the start, at Lifeguard Tower #3.

The first finisher, Ryan Bullock, came in at 17 minutes, 54 seconds, and the last finisher made it in in just a little over 54 minutes. Swimmers ranged from the 19-24 age group to 75-79. Not many swimmers donned wetsuits this year due to the warm conditions. Nearly fifty Newport Lifeguards volunteered to flawlessly support the event. A big thanks to the Burns family for attending, and to Rose Burns for presenting the awards.



## SPMS Swimmers Join Forces to Swim the English Channel

by  
Steve West

On August 3, 2014, Irvine Novaquatics Masters swimmers, Bernie Zeruhn and Steve West travelled to Dover England to join the rest of the EC6 – Total Immersion Relay team consisting of Christof Wandratsch (Germany), Kirsten Cameron (New Zealand), Steve West (USA/California), Bernie Zeruhn (Germany/California), Dave Warren (UK) and Andrew Chamberlain (UK).

For months, our team manager, Wayne Soutter, was working on assembling and coordinating a team of Masters swimmers all over the age of 40 that were fast enough to have a shot at breaking the 22 year old English Channel relay record of 6 hours, 52 minutes set by the USA National Team in 1992.



The planned swim day was Tuesday, August 5, a neap tide; fortunately, there was a brief weather window of not perfect weather, but calm enough with south wind of about 10 to 15 MPH, and sun in the forecast. The entire team assembled at 6:30 in the morning at one location for the first time on the *Viking Princess*.

The team got started at about 7:23 AM, with Christof leading the initial leg from Shakespeare Beach in Dover. Christof was the most experienced open water swimmer on the team, having formerly held the solo English Channel crossing record and numerous other open water swimming accolades. With the tide rushing out, Christof covered 5,800 meters in the first hour, and the team was on target. Kirsten swam second, then Steve, Bernie, Dave and Andrew. English Channel relays typically consist of six swimmers and each swimmer swims for an hour, rotating in order until you reach Cap Griz Nez France.

After six hours, at an average pace of 1:08 per 100 meters, the team was within striking distance of breaking the record. Hoping for a strong tidal push into Cap Griz Nez, Christof swam his second leg. The shore grew closer and closer; it became apparent the team would be just short of breaking the record. The final relay exchange happened 250 yards off France as Kirsten raced to shore. The team finished in a time of 7 hours, 3 minutes, 11 seconds. The second fastest relay know crossing, and definitely the fastest “over 40 crossing” ever.



**SPMS Says Aloha  
to  
Trish Commons**



***In honor of your service to SPMS the committee members  
wanted to share their thoughts with you.***

“Thank you Trish for the many years of service working swim meets for SPMS. Trish worked many years with Steve Schofield and later myself as swim meet coordinator. When you see Trish on deck make sure you thank her for the many years she has spent at the swim meets.”

“Thank you Trisha for all your years of service to the Southern Pacific Masters Swimming community. Your love, enthusiasm, and dedication to the sport of swimming was heartfelt by many and greatly appreciated.”

“I have never attended a swim meet in California when Trisha Commons was not there to greet me and warn me against dripping on the result sheets or awards labels when I was anxious to pick up my ribbons or medals at "her" table. She has always been extremely helpful to me in my marketing efforts. I shall miss her assistance.”

"Congratulations Trish! We will miss you on deck."

“Thanks for consistently going above and beyond for an extraordinary length of time! You will remain the face of SPMS for many of us.”

“I have always enjoyed having Trisha as a steady presence at all the meets. She was often the most accessible person who knew what was going on.”

“Good luck Trish in your future swimming ventures. Looking forward to swimming the 200 Backstroke with you!”

“Thank you Trisha for all your years of service. It was always great seeing a friendly face representing SPMS and helping swimmers sign up for USMS and register for the swim meets. You provided great customer service.”

“Trisha has attended and worked at almost every SPMS swim meet for so many years that she became the face and voice of SPMS to many people. She has always tried to be the person who would answer questions and help swimmers and meet hosts in any way possible. Thank you, Trisha, for all that you have done for SPMS and it's members.”

**Gold Wave Masters  
“Say Goodbye to Summer” SCY Swim Meet  
Sunday, September 21, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 334-S037**

**Facility:** Garces Memorial High School pool, 2800 Loma Linda Drive, Bakersfield, CA 93305

**Directions:** *From the north or south*, take I-99 to Hwy 178 East. Travel through downtown, exit at Union Ave. Turn north. Proceed approximately two miles north. Turn right on Columbus St., left on Loma Linda, left on Monte Vista. Turn left into the Garces High School parking lot. The pool is straight ahead.

**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 finals. Age on September 21st determines age group for competition. You must be at least 18 years of age to compete.

**Entries:** The pre-entry postmark deadline is Saturday, September 13, 2014. Deck entries will close at 8:30 am for 500 yd. Freestyle and 400 yd. IM; at 10:00 am for all other events.

**Entry fees:** There is a \$25.00 flat fee per swimmer. For swimmers in relays only, the fee is \$5.00. Deck entries or online entries after September 13th are allowed for \$30.00 flat fee.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, with ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers *must* check in to swim the 500 yd. Freestyle and 400 yd. IM.

**Relays:** All relays will be deck entered. Relay fees are \$5.00 per relay, due upon entry. All relays must be submitted on SPMA relay forms, which will be available at the meet. For each relay swimmer not entered in individual events, a signed release must be submitted with the relay entry. Relays of unattached or mixed-team swimmers will be deck-seeded for those who desire to compete for the unofficial fun of it!

**Awards:** Individual: SPMS ribbons for places 1-3. Relay: SPMS ribbons for first place.

**Checks payable to:** The Gold Wave

Mail consolidated entry card, a copy of your 2014 USMS card, and check to The Gold Wave, c/o Dorothy Brelieh, 10601 Hinderhill Drive, Bakersfield, CA 93312.

**Questions:** Meet Director, Dorothy Brelieh, [dotswims@gmail.com](mailto:dotswims@gmail.com)

**Sunday, September 21, 2014**

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

**500 yd. Freestyle starts at 9:00 a.m.**

1. 500 yd. Freestyle
2. 400 yd. Individual Medley

**Additional Warm-up after 500 yd. Freestyle  
Event #3 starts at 10:30 a.m.**

3. 200 yd. Individual Medley
4. 200 yd. Freestyle Relay (**Men, Women, Mixed**)
5. 50 yd. Backstroke
6. 200 yd. Breaststroke
7. 100 yd. Butterfly
8. 200 yd. Freestyle
9. 100 yd. Backstroke
10. 50 yd. Freestyle
11. 200 yd. Butterfly
12. 100 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Butterfly
15. 50 yd. Breaststroke
16. 200 yd. Backstroke
17. 100 yd. Individual Medley
18. 200 yd. Medley Relay (**Men, Women, Mixed**)

**Mission Viejo Nadadores  
Short Course Meters Masters Swim Meet  
Sunday, October 5, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 334-S042**

**Facility:** Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. 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 & Parking:** From the north or south, take the 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

**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.

**Entries:** Pre-entry postmark deadline and early online registration: Saturday, September 27, 2014. Online registration is open until 6:00 p.m. on Friday, October 3, 2014. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 1500 and at 10:00 a.m. for events 2 to 8. All other events will close at 11:00 a.m. Age on December 31, 2014 determines age group for the meet. You must be at least 18 years old to compete.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries or online entries after Saturday, September 27, 2014 allowed for a total of \$35.00. Meet entry fees are non-refundable and non-transferable.

**Checks payable to:** Mission Viejo Nadadores  
Mail consolidated entry card, a copy of your USMS 2014 card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-A Marguerite Parkway #391, Mission Viejo, CA 92692.

**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 1500 m Freestyle and the 400 m Freestyle.

**Relays:** All relays will be deck entered. Relay fees are \$5.00 per relay, due upon entry. 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: MVN ribbons for places 1 to 3. Relay: MVN ribbons for first place.

**Snack Bar:** A snack bar will be available serving hot and cold food and drinks.

**Questions:** Meet Director, Mark Moore (949) 489-1847,  
[coachmark@mastersmvnswim.org](mailto:coachmark@mastersmvnswim.org).

**Sunday, October 5, 2014**

1500 warm-up at 7:00 a.m.

1500 starts at 8:00 a.m.

**1. 1500 m Freestyle (check-in required)**

**Additional warm-up after the 1500**

**Event #2 starts no earlier than 10:00 a.m.**

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

**UCLA Bruins  
SCM Swim Meet  
Sunday, October 19, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.  
Sanction # 334-S037**

**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 ¼ 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, 2014 determines age group for the meet. You must be at least 18 years of age to compete.

**Entries:** Pre-entry postmark deadline is Saturday, October 11. Online registration closes at 6:00 p.m. on Saturday, October 18. Deck registration is permitted. Deck entries for the 800 m Freestyle, if spots remain, will close at 8:30 a.m. and at 10:00 a.m. for all other events. The 800 m Freestyle will close at 40 entries max.

**Entry Fees:** \$25.00 per swimmer flat fee for paper entries postmarked, or online entries received, by Saturday, October 11. Deck entries or online entries after Saturday, October 11 are allowed for a total of \$35.00. Entry fees are non-refundable and non-transferable. Swimmers are limited to four individual events plus relays.

**Checks payable to:** UC Regents. Mail consolidated entry card, a copy of your USMS 2014 card, and check to: Sunset Canyon Recreation Center, c/o Dana Dickerson, 111 Easton Drive, Los Angeles, CA 90095.

**Seeding:** All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 800 m Freestyle must check in to be seeded.

**Relays:** For each relay swimmer who is not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry. No Charge - Fun Event! 4 x 50 "T-shirt" relay. Each team member must swim with a T-shirt on. The shirt is exchanged from one swimmer to the next. Bring a T-shirt to use.

**Awards:** Individual: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

**Questions:** Meet Director, Alina de Armas, [alina@dearmas.co](mailto:alina@dearmas.co), (805) 444-0317.

**Sunday, October 19, 2014**

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

800 starts at 9:00 a.m.

**1. 800 m Freestyle (check-in required)**

**Additional warm-up after the 800 m.**

**Event #2 will start no sooner than 10:30 a.m.**

2. 200 m Individual Medley
3. 200 m Freestyle Relay (**Men, Women, Mixed**)
4. 50 m Backstroke
5. 100 m Butterfly
6. 200 m Freestyle
7. 100 m Backstroke
8. 50 m Freestyle
9. 200 m Medley Relay (**Men, Women, Mixed**)
10. 100 m Breaststroke
11. 100 m Freestyle
12. 50 m Butterfly
13. 50 m Breaststroke
14. 100 m Individual Medley
15. 4 x 50 m T-shirt Relay (**deck enter**)



## STRETCHING IT OUT

I mentioned last time that we needed to talk about stretching. Stretching has always been a big part of the athlete's world. The biggest question physicians, coaches and trainers get is: When is the most effective time to stretch?

The main point we are going to make is that stretching does not reduce injury acutely. According to Witvrouw, et al., in 1994 of the *Sports Med Journal* stretching may actually reduce your ability to use maximum contractibility during performance; without the muscles' ability to contract at maximum, you experience decreased strength during performance. This is why I question why we have been taught to stretch before performance. *TIME* magazine reports: One, a study being published in *The Journal of Strength and Conditioning Research*, concluded that if you stretch before you lift weights, you may find yourself feeling weaker and wobblier than you expect during your workout. Those findings join those of another new study from Croatia, a bogglingly comprehensive reanalysis of data from earlier experiments that was published in *The Scandinavian Journal of Medicine and Science in Sports*. Together, the studies augment a growing scientific consensus that pre-exercise stretching is generally unnecessary and likely counterproductive. Now, this is not saying that stretching is bad, rather it is good, but it is most effective when used consistently and chronically during times other than activity! Just like was mentioned in our last message *CONSISTENCY TRUMPS INTENSITY*.

Suggestively, this is the reason why so many athletes/swimmers that stretch shoulder muscles before activity might actually be causing more injury than they first thought; of course we could include other joints in this equation; there is no need to limit this to just shoulder muscles and joints. Some really critical areas to keep stretched are the hamstrings, the biceps and the pectorals.

Ever feel like that muscle just will not loosen up? Will stretching help? It might, but might I suggest two stepping stones first; get your nervous system checked by a trusted chiropractor. You will be surprised how your body will work and heal at a level you may not have experienced yet. It will also help to retrain muscles to relax and balance your whole muscular system: Then enlist a solid massage therapist to retrain those muscles that are being a little more stubborn than most. Physical therapy could also be a good addition to this team.

There are a variety of ways to stretch; there is static, dynamic, resistive, flexion/extension, and combinations of all sorts. You can also use a variety of times and repetitions to complete a stretching circuit; 30-second hold static, or 20-second dynamic, 5-second hold resistive repetitive, 10-second flexion with 5 second resistive and so on and so on. Really whether you make it up yourself or consult a physician/PT/trainer/other, you should know that *CONSISTENCY ALWAYS TRUMPS INTENSITY*.

So the biggest concern that we need to touch on quickly is the intensity of stretch used. Most stretches do not need to be intense. On a pain scale of 10 (10 being the worst), you should not need to exceed 4 out of ten on the pain scale. Therapists and physicians may use more intense stretches for testing results or more excessive treatment at time of treatment, but normally the 4/10 rule for stretching will benefit the user greater than intense stretching because as you know, *CONSISTENCY TRUMPS INTENSITY*.

Well, I hope by now you understand that it is not a matter of acute, one-time stretching that really makes the difference. It may make you feel better but it won't necessarily help you either. Schedule your stretch times for after activity or at a different time altogether. No, I won't tell you which stretches are good or bad. That is up to you and your team of health peeps. Just know that stretching has changed in the last few decades and you may not be benefitting from past years of stretching education. So until next time...stretch or stretch not, there is still butterfly.

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

"Expect Miracles"

Cell: [\(435\) 574-9993](tel:4355749993)

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For archived newsletters,  
Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>



## Southern Pacific Masters Swimming Schedule for 2014

<u>Date</u>	<u>Event</u>
Sept 6-7	USMS Coaches Certification Courses 1,2 &3
Sept 11	SPMS Committee Conference Call
Sept 17-21	USMS Convention
Sept 21	Gold Wave SCY Swim Meet, Bakersfield
Oct 5	MV SCM Swim Meet, Mission Viejo
Oct 16	SPMS Committee Conference Call
Oct 19	UCLA SCM Swim Meet, Los Angeles
Oct 31	SPMS Jim Marcus Award Nominations Due
	SPMS Steve Schofield Award Nominations Due
	SPMS Swimmers of the Year Award Nomination Due

For a complete and updated list of events go to [www.spmasterswim.org](http://www.spmasterswim.org)

## 2014 SPMS Annual Awards Nominations

The nomination period is now open. Please nominate your teammates and competitors for male or female swimmer of the year, Jim Marcus Award, and the Steve Schofield Award.

Letters of nomination should describe the Masters swimmer's excellence and qualifications. Submit up to 4 letters for your candidate(s) by email: [memberatlarge@spmasterswim.org](mailto:memberatlarge@spmasterswim.org) no later than October 31.

For details on the awards criteria, go to <http://spmasterswim.org/w/SPMS/awards/>

The winners will be announced on December 5 & 6 at the Short Course Meters Championship held in Commerce.

