



2014 SPMS Award Winners

Contributions by
SPMS Members

It is a pleasure to recognize Hubie Kerns as the 2014 SPMS Male Swimmer of the Year. Hubie was a Hollywood stuntman and many time winner at USMS Nationals and a World Record holder. Then in 2008, life, as he knew it, changed. Hubie was hit by a car, while performing as a stuntman in a commercial, and his leg was severely shattered. Hubie never gave up. He never felt sorry for himself. Now fast forward to 2014. It is impressive that Hubie is still swimming at all, much less being competitive. We will let you decide if he is just competitive or simply a walking and swimming miracle. This year, he broke five World Records, one National Record and was *National Champion* in 6 events at USMS Long Course Nationals. Hubie has the distinct honor to be the *Top Ten* in USMS for all 17 long course meters events in the 60-64 year old age group. More impressively, he is the *Top Ten* in the World for all 17 events. To date, he is *Top Ten* in all events that he swam for short course meters, and no doubt will add to that list this season. In 2014, Hubie is the *Open Water World Champion* and the winner of all five Open Water events that he entered. Hubie is a well-loved teammate, a supporter of Masters swimming, and a true inspiration for all that know him.



Congratulations, Sarah Condor, as the 2014 SPMS Female Swimmer of the Year! Sarah regularly competes at the local SPMS swim meets. She has competed at the USMS Nationals this past spring, in Santa Clara and the FINA Masters World Championships in the summer at the Jean Drapeau Park Aquatics Complex in Montréal, Québec, Canada. Sarah has competed in over 50 individual events, acquired eight 2014 U.S. Masters Swimming *Top Ten* Times, along with 29 first place finishes. Sarah's list of swimming accomplishments this past year reflects her athlete-swimming past. Sarah is a former Czechoslovakia Olympic swimmer. She recently formed the Masters of Cerritos (MACS) USMS team, which practices at the Cerritos Olympic Swim and Fitness Center. According to Ben Laurin, the Cerritos Pool Manager, "I am impressed with Sarah's work ethic, consistently training twice a day and running as well. She is a wonderful Ambassador of Masters Swimming. Sarah is very focused and is always looking for ways to improve." She is a well-rounded individual and in keeping with her swimming career, Sarah has taken her passion for swimming to the press. With two books to her credit on swimming, *Swim Workouts for Masters Swimmers* (2013) and *Advanced Swimming* (2014), Sarah continues to add to her many accomplishments with her drive and determination to always better herself.

CONGRATULATIONS HUBIE AND SARAH

IN THIS ISSUE:

- 2014 Award Winners
- SCY Meet Forms
- No Glass on Deck
- Calendar of Events

2014 SPMS Award Winners

Congratulations goes to Anita Cole as the first recipient of the 2014 SPMS Contributor of the Year Award. The purpose of this award is to recognize outstanding contributions to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of Masters Swimming at the club, local or national level(s) during the year under consideration. Anita Cole is the SPMS Marketing Chair, and her mantra is *"Recruiting new members to SPMS is my goal as well as retaining the existing members by serving their needs."* Just a few of the things that Anita has accomplished this year: promoting SPMS at triathlons and marathons and open water swims; attending non Masters Swimming functions such as Pasadena Senior Games and open water swims such as the Catalina Swim Challenge; marketing new items such as SPMS swim caps; publishing and printing SPMS calendars for sale. The 2015 SPMS calendar includes dates of swim meets and other important events as well as photos of pools and swimmers you might know...possibly even you!



Congratulations to Robin Smith as one of the SPMS 2014 Jim Marcus Award winners. Robin is our current secretary for SPMS. Her duties include, but are not limited to, keeping accurate minutes for the monthly conference calls. She works closely with the chair to develop the agenda and with the committee chairs for reporting monthly activities. Southern Pacific prides itself on awarding our swimmers for participation, and Robin is the go-to person to make our season fun and exciting. During 2014, Robin began tracking the last three years of motions to update our policies and procedures. Robin incorporated all actions, motions and directives by the committee to correctly reflect all changes to bring our policies and procedures to date. SP by-laws were reformatted and made available to all our members in a more user friendly design. Every member and future member is rewarded by Robin's generous time and effort in making our LMSC strong and successful. From working with clubs to mentoring and developing programs for new masters swimmers to her dedication and integrity in keeping our LMSC a great place to swim, her promotion of the sport is inspiring to all that know her. Robin Smith is true ambassador of Southern Pacific Masters Swimming.

Congratulations to Bob Eberwine as another winner of the SPMS 2014 Jim Marcus Award. Bob is the current SPMS Treasurer, and a member of the South Bay Swim Team (SOBA). Bob is a long time member of USMS and SPMS with *Top Ten* individual and relay swims dating back to 1985. He has participated on the SPMS Committee from 2010 to the present. In April of 2011, Bob accepted the role of interim SPMS Treasurer and was then elected as SPMS Treasurer in November of 2011 and again in November of 2013. As SPMS Treasurer, Bob implemented new financial software to streamline budget tracking and account reporting. He selected and implemented new expense reporting software which made the reimbursement request and approval process much easier for the user. Bob participates on the USMS LMSC Peer-to-Peer conference calls with other LMSC Treasurers. With the Southern Pacific LMSC name change from SPMA to SPMS, Bob facilitated the transfer to a new bank account and worked with the SPMS accountant, USMS National Office, and the SPMS Secretary to complete all of the required paperwork involved.



Congratulations to Michael Heather as the recipient of the Steve Schofield Distinguished Service Award. During the past 30 years, Michael contributed to the growth of Masters Swimming in Southern California through his leadership with SPMS and USMS. In 1976, he joined SPMS as a member of Caltech Masters, the first Masters club in Southern California, and in 1980, attended the USMS National Championship Swim Meet. His involvement with the SPMS committee began in 1982 and followed in 1986 by attending the USMS Convention. Michael received the SPMS 2012 Jim Marcus Award for outstanding contributions made to Masters swimming. To add to his leadership roles, Michael was the meet director at several SPMS championship meets: SCY 1991 Championship Meet Director; LCM 1992 Championship Meet Director; SPMS SCM Championship co-meet director for the years between 1994-1997; and the SPMS 1992 Open Water Event Director. Also, Michael designed medals for SPMS championship meets and officiated at local swim meets. His accomplishments also include writing articles for SWIMMER magazine. To add to his abilities, he designed and constructed a special device to hold the bulkhead in a 25 meter position at the deep end of the Belmont Plaza where we held SCM Championship swim meets. Michael has held several roles with SPMS. They include Vice Chair 1984-1991, Chair 1991-1992, and Treasurer 1990-1991. Michael has the ability to look at an issue and determine what is best for the organization given the overall needs of US Masters Swimming. He works diligently to create a positive result for all involved. Michael is a leader in encouraging others to get involved and stay involved. His abilities and enthusiasm are evident in his work with SPMS and USMS. Michael truly shows a lifelong passion for swimming by going above and beyond in his commitment to SPMS.

**Las Vegas “Free Play”
SCY Meet and Coach Vic’s 80th Birthday Celebration
Saturday, January 17, 2015**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #335-S002

Facility: *Note new location for this meet.* Las Vegas Municipal Pool, 431 E Bonanza Rd, Las Vegas, NV 89101. Near Fremont Street casinos. Indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up. Two lanes will remain available for warm-up throughout the meet. 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: I-15 Fwy Northbound (from CA), take exit 43 for D Street. Keep right at the fork toward D Street. Turn right on D Street. Turn left onto W. Bonanza Rd. The pool will be on the right.

Rules: 2015 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. Swimmers are limited to a total of 5 individual events, not including relays. Age on January 17, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday January 9, 2015. Online entry deadline closes on Wednesday, January 14, 2015 @11:59 p.m. Deck registration is permitted. Deck entries close at 12:30 p.m. for events 1-6, and at 1:30 p.m. for events 7-15. Deck entries will be processed “paperless and cashless” on a computer at the pool. Bring your credit card for payment of deck entries.

Entry Fees: \$40.00 per swimmer flat fee. Deck entries are \$50.00. For swimmers in relays only, the fee is \$5.00.

Seeding: Swimmers will be seeded in heats according to entry time, regardless of age and gender. Heats will be ordered slowest to fastest. Please use SwimPhone online check-in for all events, marking yourself *checked in* or *scratched*. Positive check-in for the 500 Freestyle closes at 12:40 p.m.

Relays: All relays will be deck entered. Relay Team entries are free. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

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

Special Awards: Events marked VFP (Vegas Free Play) will have a special award from a local casino for “free play” at the casino. Winners of age groups will be eligible for coupons redeemable at a Las Vegas casino. You must be at least 21 years of age in order to get a VFP free slot play.

Checks payable to: Coach Victor Hecker. Mail consolidated entry card, a copy of your 2015 USMS card, and check for \$40 to 8593 Verde Park Circle, Las Vegas, NV 89129 by January 9, 2015.

Meet Admin: Robert Mitchell swimworks@gmail.com

Party after the Meet: More information on Coach Vic’s birthday party to be posted soon on the Club Assistant meet information page.

Questions: LVMswimming@gmail.com

Saturday, January 17, 2015

Warm-up at noon

Events start at 1:00 p.m.

Check-in Encouraged for All Events

1. 500 yd. Freestyle (**check-in required**)
2. 200 yd. Mixed Medley Relay
3. 100 yd. Individual Medley - VFP
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Freestyle
7. 50 yd. Breaststroke
8. 200 yd. Individual Medley
9. 100 yd. Butterfly
10. 50 yd. Freestyle
11. 50 yd. Backstroke
12. 400 yd. Individual Medley – VFP
13. 100 yd. Breaststroke
14. 200 yd. Mixed Free Relay
15. 100 yd. Freestyle

This year our annual short course yards meet will have VERY fast swimming and a party atmosphere “Vegas-style” for Coach Victor Hecker’s birthday. Several nationally and internationally-ranked swimmers will attend for swimming, fun, and a post-meet party. Come to Vegas and join us!

**Piranha Masters-Palm Springs
SCY Swim Meet
Saturday, January 24, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S004**

Facility: Palm Springs Swim Center 405 S. Pavilion Way Palm Springs, CA 92262 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: From 10E exit Hwy111, Left on Ramond Rd, Left on Sunrise, Right on Baristo

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 January 24, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Monday, January 19, 2015. Online entry are due Wednesday, January 21, 2015 @11:59 p.m. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1650 yd. Freestyle and at 10:00 for all other events.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee. For swimmers in relays only, the fee is \$5.00.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 and 500 yd. Freestyle.

Relays: All relays will be deck entered. 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Checks payable to: Piranha Swim Team

Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Alina de Armas, PO BOX 63, Simi Valley, CA 93062 alina@dearmas.co (805) 444-0317

Questions: Meet Director Jeff Conwell, admin@piranhaswimteam.org (760) 318-SWIM

Saturday, January 24, 2015

Warm-up at 7:30 a.m.

1650 yd. Freestyle starts at 8:30 a.m.

1. 1650 yd. Freestyle
2. 200 yd. Freestyle
3. 50 yd. Backstroke
4. 100 yd. Butterfly

Additional warm-up after 1650

Event #2 starts no earlier than 10:30 a.m.

5. 200 yd. Individual Medley
6. 200 yd. Freestyle Relay (**men, women, mixed**)
7. 100 yd. Backstroke
8. 50 yd. Freestyle
9. 100 yd. Breaststroke
10. 200 yd. Medley Relay (**men, women, mixed**)
11. 100 yd. Freestyle
12. 50 yd. Butterfly
13. 50 yd. Breaststroke
14. 100 yd. Individual Medley
15. 500 yd. Freestyle

**Rose Bowl Masters
SCY Swim Meet
Saturday, February 7, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S005**

Facility: Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up. 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: *Going west on I-210*, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. *Going east on 134*, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. *Going south on I-210*, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

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. Swimmers are limited to a total of 5 individual events, not including relays. Age on February 7, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, January 31, 2015. Online entries are due Wednesday, February 4 @11:59 p.m. Deck registration is permitted. Deck entries will close at 8:00 a.m. You must be at least 18 years old to compete.

Entry Fees: \$25.00 per swimmer flat fee. Deck entries February 4, 2015 are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$5.00. Relays are Free of charge.

Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.

Relays: All relays will be deck entered at no cost. The T-Shirt relays is exhibition.

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

Checks payable to: Rose Bowl Aquatics

Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

Questions: Chad Durieux, cdurieux@rosebowlaquatics.org. Admin: Maureen Lennon, maureen@lennonassociates.com

Saturday, February 7, 2015

Warm-up at 7:00 a.m.

Meet starts at 8:30 a.m.

1. 50 yd. Freestyle
2. 400 yd. Individual Medley
3. 200 yd. Backstroke
4. 50 yd. Butterfly
5. 200 yd. Breaststroke
6. 100 yd. IM
7. 200 yd. Butterfly
8. 50 yd. Backstroke
9. 200 yd. Individual Medley
10. 50 yd. Breaststroke
11. 200 yd. Freestyle
12. 400 yd. Freestyle Relay (**men, women, mixed**)
13. 200 yd. t-shirt relay

**Caltech Pentathlon
SCY Swim Meet
Sunday, March 1, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S006**

Facility: The Caltech facility is an outdoor, eight lane, 25 yard, all-deep pool with a separate 25 yard warm up pool. Address: 1201 E. California Blvd, Pasadena. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: Take Hill Ave south from the 210 freeway. After 1.5 miles turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of the Brown Gym. Or take the 110 freeway north until it ends. Go 1 mile and turn right on California Blvd., 2 miles to Caltech. Parking is free on the 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 March 1, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, February 22, 2014. Online entries will close Wednesday, February 25, 2015 @11:59 p.m.. Deck registration is permitted. Deck entries close at 8:15 a.m.

Entry Fee: \$30.00 flat fee per swimmer. Deck entry fee is \$35.00. Late mail in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Seeding: All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

Checks Payable To: Caltech Masters. Mail signed consolidated entry card, a copy of your 2015 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

Questions: Meet Director, Suzanne Dodd, (626)449-7536
srdodd@jpl.nasa.gov

**Sunday, March 1, 2015
Warm up at 8 a.m.
Meet starts at 9 a.m.**

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

**Mission Viejo Masters
SCY Swim Meet
Sunday, March 15, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S003**

Facility: Mission Viejo Pool is an outdoor, 25-yd. by 50-m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. 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: From the north or south, take the I-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.

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. Swimmers are limited to a total of 5 individual events, not including relays. Age on March 15, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday, March 7, 2015. Online entries will close Wednesday, March 11, 2015 @11:59 p.m. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley, and at 10:00 a.m. for all other events.

Seeding: All events will be deck seeded slowest to fastest, by entered time. Check in is not required in order to be deck seeded, except swimmers must check in to swim the 500 and 1000 yd. Freestyle and the 400 yd. Individual Medley.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$2.00 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.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries allowed for a total of \$35.00.

Checks payable to: Mission Viejo Nadadores (MVN). Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 33055 Dolphin Ct., San Juan Capistrano, CA 92675

Questions: Meet Director, Mark Moore (949) 489-1847;

coachmark@mastersmvnswim.org. Admin, Judi Divan, judi.divan@oracle.com

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

**Sunday, March 15, 2015
Warm-up at 7:30 a.m.
Meet starts at 8:30 a.m.**

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)

**Additional warm-up after 400 IM
Event #3 will start no earlier than 10:30 a.m.**

3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. **25 yd. Freestyle***
7. 200 yd. Medley Relay (**men, women, or mixed**)
8. 200 yd. Individual Medley
9. 50 yd. Breaststroke
10. 100 yd. Freestyle
11. **25 yd. Breaststroke***
12. 100 yd. Butterfly
13. 50 yd. Backstroke
14. 200 yd. Freestyle Relay (**men, women, or mixed**)
15. **25 yd. Butterfly***
16. 100 yd. Breaststroke
17. 50 yd. Freestyle
18. **25 yd. Backstroke***
19. 100 yd. Individual Medley
20. 200 yd. Fun Fin Relay
21. 1000 yd. Freestyle (check-in required)

***25 yd. events are not recognized by USMS and will not be submitted for Top Ten considerations.**

**CVMM Matt Biondi
Masters SCY Classic
Sunday, March 22, 2015**

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction #335-S001

Facility: The beautiful Rancho Simi Community Park Pool is an outdoor, 25 yard by 50 meter competition pool situated at 1765 Royal Ave, Simi Valley, CA 93065.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: Take the 118 Ronald Reagan Freeway to the Erringer Rd. Exit. Take Erringer Rd. south 1.5 miles. Turn right on Royal Ave., pool entrance and parking is on the right.

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. Swimmers are limited to a total of 7 individual events, not including relays. Age on March 22, 2015 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Saturday March 14, 2015. Online entry deadline registration is 11:59 a.m. on Wednesday, March 18, 2015. Deck registration is permitted. Deck entries will close at 8:00 a.m. for all individual events.

Entry Fees: \$35.00 per swimmer facility fee plus \$3.00 per event splash fee. Deck entries allowed for a total of \$50.00 plus \$3.00 per event splash fee.

Seeding: All events will be deck seeded slowest to fastest by entered time. Check in is required for all events to ensure the meet runs efficiently.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$7.00 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: Unique awards for places 1 to 3. Relays: Unique award for first place. Special Award for fastest Male and Female in the 50 Free will be awarded, in addition to the winner's names being added the Matt Biondi Perpetual Award.

Checks payable to: CVMM. Mail consolidated entry card, a copy of your 2015 USMS card, and check to: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062. Alina@dearmas.co (805) 444-0317

Questions: Meet Director, Nancy Kirkpatrick Reno (818) 469-9972

Snack Bar: Hot and cold drinks, snacks, and food will be available for purchase.

Sunday, March 22, 2015

Warm-up at 7:30 a.m.

Meet starts at 8:30 a.m.

- | | |
|---|---|
| 1. 25 yd. Butterfly | 14. 400 yd. Individual Medley |
| 2. 25 yd. Backstroke | 15. 200 yd. Freestyle Relay (Men, Women, or Mixed) |
| 3. 25 yd. Breaststroke | 16. 100 yd. Breaststroke |
| 4. 25 yd. Freestyle | 17. 50 yd. Backstroke |
| 5. 100 yd. Individual Medley | 18. 200 yd. Fun Freestyle Kick Board Relay ** |
| 6. 100 yd. Medley Relay (Men, Women, Mixed) | 19. 400 yd. Freestyle Relay (Men or Women) |
| 7. 400 yd. Freestyle Mixed Relay | 20. 500 yd. Freestyle (check-in by start of event 14 required) |
| 8. 50 yd. Butterfly | |
| 9. 100 yd. Backstroke | ** Kickboard relay swimmers start in the water. Flutter kick without fins the entire length of the course is required. Swimmers must touch the wall with hand at each end of each length pool. |
| 10. 200 yd. Individual Medley | |
| 11. 50 yd. Breaststroke | |
| 12. 100 yd. Freestyle | |
| 13. 100 yd. Butterfly | |
| 14. 50 yd. Freestyle | |
| (Special Matt Biondi 50 yd. Freestyle Event) | |

No Glass on Deck

Everyone already knows that proper nutrition is important both on and off the blocks. The brain and body are more than capable of building and repairing your eyeball with just a fried-up potato, but you may have better luck with some dark leafy green vegetables and a protein source.

Let us explore what happens at the swim meet. An event can be stressful, draining and downright boring. What you eat and drink can actually make a significant difference in how you perform. The first rule, when eating at swim meets, is never eat to be full; eat to stay satisfied, so that you don't feel heavy or sick. When you are properly trained, you should not cramp after eating while having fuel for any race, depending on your needs.

Of course, the first thing you need to be doing all day is drinking liquids. We previously discussed sports drinks; let me just add that your decision to use sport drinks should come with much reading and understanding about what and why you are drinking that particle drink. Quick energy sources usually come with some negative effects like quick energy drops, or vice versa, long energy releasing may take too long to replenish nutrients that were expended. The one idea that I hold to about using sports drinks with the athletes that I have trained over the years is, one bottle of water equivalent to one sport drink you just consumed.



I also recommend that you supplement with fruits and vegetables high in electrolytes. The most important time to do this is when you have just competed; you need to replenish nutrients and electrolytes in the body as quickly as you can without feeling full, especially when you have to compete again right away. If fresh, many berries and melons have a great source of not only nutrients but electrolytes with some liquid. Perhaps you might even consider cutting your melons previously and putting them in a container for quick access; I even like to drink the juice sometimes instead of just eating the fruit right after a competition.

Nuts and legumes also are a great way to stay charged or recharged. They have a factor that many fruits and vegetables can lack, protein. This little snack also has a good amount of calcium in them too (a needed electrolyte for muscle contraction). One cool thing about protein is that you start digesting it right away in the mouth. You need protein in your diet for tissue repair and transporting nutrients. You may wish to have a mild protein drink with you; I say mild because too much protein can also make you feel heavy and lethargic. No one knows the perfect amount, so test yourself during heavy practice times to find out what combination works best for you during a real competition.

There are a couple of *stay away* items that you will want to be aware of. The first is *DAIRY*; with the exception of some cheeses dairy products will actually deplete you of nutrients by leaching them out of the system, also it can churn and sit very heavy in the stomach. The other food to avoid is your white breads; these will act like glue inside the gut and make you feel icky after an event. Extra negative to white bread is that it competes with all foods for digestion, meaning those nutrients you are trying to get into the body. Yep, you just wasted them. *STAY AWAY!*

It is only normal to feel drained and tired post competition; if you are doing everything you can to recover properly and still feel drained for prolonged periods of time, you may need to seek some more professional or a physician's advice.

Lastly, just remember that nutrition during competition is vital to the repair and ongoing condition of your ability to perform. Your brain and body can do amazing things given proper care and nutrition.

Have a GREAT NEW YEAR and see you at the finish line!

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

"Expect Miracles"

Cell: (435) 574-9993

Office: (435) 688-0444

Email: doctor@simplyhealthchiropractic.com

Web: simplyhealthchiropractic.com

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Eileen Span

vicechair@SPMasterSwim.org

(540) 327-1597

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

(949) 933-7100

Secretary:

Robin Smith

secretary@SPMasterSwim.org

Member At-Large:

Jacque Cole

memberatlarge@SPMasterSwim.org

(562) 754-9856

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org

3773 Price Ridge Ct
Las Vegas, NV 89147
(310) 564-6958

Newsletter Editor:

Kim Thornton

newsletter@SPMasterSwim.org

For archived newsletters,
Please go to:

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



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
Jan 15	SPMS Committee Conference Call
Jan 17	Las Vegas SCY Swim Meet
Jan 24	Palm Springs SCY Swim Meet
Feb 7	Rose Bowl SCY Swim Meet
March 1	Caltech Pentathlon Swim Meet
March 15	MVN SCY Swim Meet
March 22	CVMM SCY Swim Meet

For a complete and updated list of events go to www.spmasterswim.org

Important Information for SPMS Members

Did you know that the yearly SPMS Awards are *YOUR* awards?

How is that so; you may be asking? Well, when a call for nominees goes out to the Southern Pacific Masters Swimming members for these awards, which are given out at specific times of the year, SPMS is asking *YOU* for a submission of nominees. Maybe it's your lane mate, your volunteers, or your coach? Whom do you know that has been working hard to accomplish their swimming goals through record setting events? Maybe it's your coach who has contributed to not only your team, but also to the SPMS and US Masters Swimming organizations?

Almost all of us are in Masters Swimming for the joy that we find in and around the pool. Whether it is: the exercise; the challenges; the competition; and the friendships and camaraderie, we all know someone who just goes above and beyond their part in this wonderful world of swimming.

I encourage all of you to take a look at the awards criteria, and see who may be best suited from your team that should be recognized for their hard work. *(Please ensure to follow the submission guidelines and instructions.)*

The next SPMS award is for the 2014 Coach of the Year, which will be presented on Saturday, April 11, 2015 at the SPMS SCY Championships swim meet. Start researching and compiling the great things your coach has done for your team and for Masters Swimming. Look for your SPMS e-mail call for nominees coming soon! The list of awards can be found on the SPMS website at:

SPMastersSwim.org/w/SPMS/awards/

Christine D. Maki

SPMS Awards Committee

SPMS Coaches Chair 2010 – 2014

Head Coach of Competitive Tri-Swim Masters

