

SPMS News

July/August
2017



2017 Open Water Series Opener



In This Issue:

2017 Open Water Series

Freestyle Technique

Upcoming Meets

OMG2WTF (One Man's Guide 2 Where's the Fun?)

The 2017 Open Water Series kicked off
Saturday, May 20 at Castaic Lake with the
4th Annual SoCal Cup Open Water Championships

More Events in the SPMS Open Water Series:
48th Annual Seal Beach Rough Water Swim
Newport Beach Pier to Pier
Don Burns Corona Del Mar
Nadadore Mile Swim

July 8, 2017 Newport Pier to Pier 2 Mile Swim

10 am Start Time **9 am check-in and late registration opens at lifeguard tower M**

USMS Sanction

Location: Balboa (Main St Parking lot). Palm St. & Balboa Blvd.

Directions: South on Balboa Blvd. to Palm St. Right turn into Main St. parking lot.

Pay and Park, walk to tower closest to Balboa Pier on North Side. No transportation available.

Entry Fee: \$60 pre-entry. \$80 race day (please pre-enter!).

Course: 2 mile swim starts at Balboa Pier and ends at Newport Pier.

Starting at Tower M, swimmers will proceed to a buoy and make a right shoulder turn towards the Newport Pier. Swimmers will continue parallel to the beach until they reach the Newport Pier at Tower 20. The finish line is at Tower 20. This is an open ocean swim with no bottom or walls to hang onto, ocean conditions are always changing. water temp and conditions subject to change.

Rules: U.S. MASTERS SWIMMING RULES GOVERN THIS EVENT.

Awards: 1st, 2nd, and 3rd Overall Finishers and 1st Place Divisional Awards presented at conclusion of the swim.

Paddlers: It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

Divisions:

All Wetsuits/Neoprene caps must enter wetsuit division.

Seniors 19-24 years

Seniors 25-29 years

Masters 30-34 years

Masters 35-39 years

Masters 40-44 years

Masters 45-49 years

Masters 50-54 years

Masters 55-59 years

Veteran 60-64 years

Veteran 65-69 years

Veteran 70-74 years

Super Veteran 75 year plus

All Newport Lifeguard Division

All Men's Wetsuit Division

All Women's Wetsuit Division

August 19, 2017 "Don Burns"

Corona del Mar 1 Mile Swim

10 am Start Time **9 am check-in and late registration opens at lifeguard tower #3, Corona del Mar Main Beach**

USMS Sanction

Location:

Lifeguard Tower 3 – Tower nearest the jetty Big Corona Beach in Corona del Mar

Directions: 73 south/north to MacArthur Blvd, PCH south, Turn onto Marguerite and right onto Ocean Blvd. Take the large driveway on the left down to the City parking lot on the beach. Parking charge at Big Corona Beach lot.

Entry Fee: \$60 pre-entry. \$80 race day (please pre-enter!).

Course: Starting from the sand next to the Corona del Mar jetty. Swim to buoy 300 yards offshore and then down coast. Round buoys on your left shoulder, return up coast along the swim lines to the first buoy and swim to a finish onshore where you began, at Lifeguard Tower #3.

Awards: 1st, 2nd and 3rd Place Overall Finishers (Male and Female) - and 1st Place Divisional Awards presented at the conclusion of the event.

Rules: U.S. MASTERS SWIMMING RULES GOVERN THIS EVENT.

Paddlers: It is always recommended that swimmers wear a bright cap and be accompanied by a safety paddler!

Divisions:

All Wetsuits/Neoprene caps must enter wetsuit division.

Seniors 19-24 years

Seniors 25-29 years

Masters 30-34 years

Masters 35-39 years

Masters 40-44 years

Masters 45-49 years

Masters 50-54 years

Masters 55-59 years

Veteran 60-64 years

Veteran 65-69 years

Veteran 70-74 years

Super Veteran 75 year plus

All Newport Lifeguard Division

All Men's Wetsuit Division

All Women's Wetsuit Division



For years, I have observed that in many swim articles or videos that turn the spotlight towards freestyle “technique,” that somehow I still have an unclear picture of what is the “latest and greatest” contemporary thing happening with this stroke. Especially the pulling motion! It seems that when anyone writes about the physics part of the stroke or other technical mechanics, things just get confusing. Then there are the videos. Sometimes they are shot so that all you see are blurry side-view pics that really don’t show you the actual arm pull. I’ve concluded, with regard to freestyle, that the pulling motion is one of swimming’s best-kept secrets.

Freestyle Technique: Pulling Motion

By Coach Bill Paine, Tech Masters @MIT

In November 2016, 4-time Olympian and noted author, Sheila Taormina, delivered an enthusiastic, laughter infused, and extremely insightful presentation to 150 coaches at the National Coaches Clinic held in beautiful San Mateo, CA. Taormina confessed that this was her first time talking about the stroke to a group of masters’ coaches.

Taormina’s session was called “Beyond Mechanics: Coaching a Propulsive Freestyle Stroke” and focused on the power generated from what happens underwater. For this article, I’d like to zero in on the arm entry and pulling motion. Of course, I have come to realize that it is much easier to demonstrate these mechanics on deck with my swimmers from Tech Masters (MIT), but for today, I’ll do my best to describe some key areas that Taormina highlighted, and offer my own words and descriptions to help you get started on improving your technique. And just so visualizing this is a bit easier, try to think of lying on your belly on the pool deck, and think of all the small tiles underneath you as if they were lines on a piece of graph paper.

Let’s start with hand entry:

The older and outdated method involved your hand landing in front of your head (fingers first), then tracking to a target that would be your centerline (think straight out in front of the center of your skull). The newer method suggests that your hand enters the water, fingers first, and moves forward and targets a spot that is basically in alignment with the width of your shoulders. As the arm is extended and the hand starts to “catch” water, the elbow pops up a bit, allowing the hand, wrist, forearm, and even other parts of the arm to become, in essence, a bigger paddle, thus giving you a bigger surface area, and for simpleminded folks (like myself), a bigger pull. Sometimes this is referred to as a “high elbow catch.” This bigger “paddle” gets you more resistance and traction during the pull, which needs to move you forward down the lane. Don’t make the mistake of focusing on the “hand” pull because the pulling motion is bigger, so think of it as an “arm” pull.

As the hand/arm creates resistance and the pulling motion begins, the hand/arm starts to track in an outward direction. Remember the right arm tracks out toward the lane line on your right. The left arm tracks out to the lane line on your left. I sometimes tell my swimmers to think of the arm pull motion as being similar to a small “question mark.” This is significant, because some coaches and swimmers like to think of the pulling motion as a straight arm pull, but Taormina thinks differently. After the catch and the elbow popping up a bit, your hand should track outward toward the lane line. This can be between 4 and 8 inches, or about one to two hand-widths.



Elbow position is key when learning this technique:

As the pulling motion begins, the hand/arm tracks outward. Now, right around the time the arm crosses, let's say, the chin line, at this point, the arm starts to track inward toward the body. For some swimmers, in the old stroke, your hand and arm would move towards your centerline, which would be the middle of your chest, and then push backwards. But with the new propulsive freestyle stroke described by Taormina, your arm tracks in toward your body but only to a line that would be equivalent to your shoulder line. I know this is confusing, so visualize this: draw an imaginary line that would go from your nipple (can I say nipple?) to your feet. The arm never crosses this boundary during the pulling motion.

The last area of the pull to discuss is the "finish." For me, I used to tell my swimmers that your hand should pull as far back to where the coins would be in your pockets (if you were wearing slacks). This way, you would have big long finishing strokes, especially for distance swimmers. However, with the newer propulsive freestyle stroke, pretend you are wearing blue jeans, and put your fingers in that weird tiny pocket that is above the regular pocket. Taormina suggests that your hand tracks back to this area, and then you would end the pulling motion and finish phase. Next your hand would exit the water and you would begin the recovery stage.

Of course, learning to have a propulsive freestyle stroke involves many items and details, i.e., moving body parts, rotation, kicking, an open mind, and more! If you are looking for more info, you might want to read *Swim Speed Secrets for Swimmers and Triathletes* by Sheila Taormina. Gaining a better picture and understanding of what is happening during the pulling motion can make a big difference in your freestyle.

Last point:

Getting advice from a 4-time Olympian as she unravels the mystery is a great start. And make no mistake – Sheila Taormina is letting the best kept secrets out of the bag!

Freestyle Technique: Pulling Motion (cont'd)

By Coach Bill Paine, Tech Masters @MIT



Club Swimmers of the Month

Beata Konopka
Conejo Valley Masters
Coach Nancy Kirkpatrick-Reno
Outstanding Performance at 2017 Spring Nationals

April 2017

Marlow Peterson
Mission Viejo Masters
Coach Mark Moore
Improvement, Performance, and Commitment

Elizabeth Olsheim
Mission Viejo Masters
Coach Tina Sanderson
Discipline in practice and competitive spirit!

May 2017

Ana Fradkin
Southern California Aquatic Masters
Coach Rossella Pescatori
For Organizing the team and relays for Nationals

MISSION VIEJO NADADORES
8th Annual PATRICK MOORE
MEMORIAL RELAY MEET
FAMILY RELAYS

Sunday, July 9th, 2017--10:00AM

Sanctioned by Southern Pacific Masters Swimming for USMS,
Inc.

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund

Facility: Saddleback College Pool is an outdoor, 50m competition pool at Saddleback College located at 28000 Marguerite Parkway, Mission Viejo, CA. 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.

STARTING BLOCKS FOR THIS MEET WILL BE AT THE START END ONLY.

Directions: From the I-5 freeway, exit at Avery Parkway in Mission Viejo and head East. Once you pass through Marguerite Parkway and up a small hill, you will enter the campus on your left. Turn right on Campus Drive East and follow it around to the athletic facilities. The pool will be on your left. Parking in Lot 4 or 7/7a. \$5.00 parking fee.

Eligibility: Open to any current 2017 USMS registered swimmers. Age on December 31, 2017 determines age group for USMS swimmers in the meet. **Swimmers under 18 must be USMS members.** **Entry Deadline:** Relay cards for events 1 to 4A are due by 9:30 a.m., events 5 to 8A by 10:30 a.m., and events 9 to 12A by 11:30 a.m.

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

Relays: All relays will be deck entered at the meet.

Awards: 1st place medals, ribbons 2nd -3d place.

Family Relays Rules: Must have at least one adult (18+) on the relay. At least two members must be from the same family. (2 families can swim together)

Entry Fees: USMS members: \$30.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2017 USMS card. \$10.00 (family only relay swimmer)

Family BBQ: - around 1:00 after the meet. (BBQ pull pork, baked beans, and watermelon)
Cost: \$10.00 per person.

Online Entries: Sign-up early at
<http://www.spmasterswim.org/w/SPMS/>

Questions: Mark Moore, Meet Director
(949) 233-6521; coachmark@mastersmenswim.org



Order of Events
10:00AM Start

1. Women 400 m. Medley Relay
2. Men 400 m. Medley Relay
3. Women 200 m. Freestyle Relay
4. Men 200 m. Freestyle Relay

10 minute Break
4A - 4 x 50 Freestyle Family Relay

5. Mixed 200 m. Medley Relay
6. Women 400 m. Freestyle Relay
7. Men 400 m. Freestyle Relay
8. Mixed 200 m. Freestyle Relay

10 minute Break
8A - 4 x 50 Wet T-shirt Family Relay

9. Mixed 400 m. Freestyle Relay
10. Women 200 m. Medley Relay
11. Men 200 m. Medley Relay
12. Mixed 400 m. Medley Relay

15 minute Break
12A - 4 x 50 Watermelon Family Relay

USA Masters Games
2017 Southwest Zone Long Course Championships
July 14 – 16, 2017

Sanctioned by San Diego-Imperial Local Masters Swimming Committee for United States Masters Swimming, Inc Sanction #447-S004

Facility: Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad, CA 92009. The length of the competition course is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1, 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.

Directions from north or south: From the 5 Freeway, exit at La Costa Avenue and head east on La Costa Avenue. Turn left onto El Camino Real. Turn right onto Poinsettia Avenue. Turn left onto Alicante Road. Alga Norte Community Park and Aquatic Center is on the left.

Fees and Due Date: Registration fees are \$60 per athlete before June 1 and \$80 per athlete beginning June 1. Additional Swimming Entry Fees are \$4 per individual pool swimming event. There is a \$5.00 service fee at the time of registration. All entries must be received by 11:59 p.m. PDT on Wednesday June 26th, 2017. No individual event deck entries are allowed.

Eligibility: All persons holding a 2017 United States Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate.

Rules/Entries: United States Masters swimming rules will govern. Current San Diego-Imperial Masters Swimming 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 finals. Swimmers are limited to entering a total of 10 individual events for the entire meet and no more than 5 individual events per day. Swimmers may enter only once per relay event. Age as of December 31st, 2017, determines age group for the meet.

Age Groups: Individual Events 18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 ... (five-year age groups as high as is necessary). Relay event age groups are 72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group

Relays: Relay entries are \$12.00 per relay. All relays will be deck entered. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Relay-only Swimmer Registration: A USMS-registered swimmer who wishes to only swim relay events must enter the meet before the start of event No. 1) by paying the \$12.00 relay-only swimmer entry fee and signing a consolidated entry card and USMS waiver form.

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

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: Positive check-in is required for all events at the pool and will close approximately one hour prior to the event.

Awards: Individual: Medals for places 1 to 3. Relays: Medals for 1st place. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top three teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at <https://usamastersgames2017.com/sports/swimming/>

Questions: call 714-273-8793, or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to <https://usamastersgames2017.com>

USA Masters Games
2017 Southwest Zone Long Course Championships
July 14 – 16, 2017

Friday, July 14th, 2017

Warm-up 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 1500 closes at 8:30am

1. 1500 Freestyle (Women, Men)
2. Women's 400 IndividualMedley
3. Men's 400 IndividualMedley
4. * 400 Freestyle Relay (Women, Men,Mixed)

Saturday, July 15th 2017

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 400 m Freestyle closes at 7:30 a.m.

5. Women's 400Freestyle
6. Men's 400 Freestyle
7. Women's 200Butterfly
8. Men's 200 Butterfly
9. * 800 Freestyle Relay (Women, Men, Mixed)
10. Women's 50Freestyle
11. Men's 50Freestyle
12. Women's 200Breaststroke
13. Men's 200 Breaststroke
14. Mixed 200 FreestyleRelay
15. Women's 100 Backstroke
16. Men's 100Backstroke
17. Women's 50 Butterfly
18. Men's 50 Butterfly
19. Mixed 200 MedleyRelay
20. Women's 100Breaststroke
21. Men's 100Breaststroke
22. Women's 200Freestyle
23. Men's 200Freestyle

Sunday, July 16th 2017

Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 800 m Freestyle closes at 7:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 200 IndividualMedley
26. Men's 200 IndividualMedley
27. * 400 Medley Relay (Women, Men,Mixed)
28. Women's 100Freestyle
29. Men's 100Freestyle
30. Women's 50Backstroke
31. Men's 50Backstroke
32. 200 Free Relay (Women, Men)
33. Women's 100 Butterfly
34. Men's 100 Butterfly
35. Women's 50 Breaststroke
36. Men's 50 Breaststroke
37. Women's 200Backstroke
38. Men's 200Backstroke
39. 200 Medley Relay (Women,Men)

*Relays: A swimmer may swim only one 400 Free Relay, 800 Free Relay, and 400 medley Relay

USA Masters Games
2017 Southwest Zone Long Course Championships
July 14 – 16, 2017

Release Of Liability
PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	



WTF people are always on the lookout for local, regional, national and sometimes international activities to express their fun-ness. Afterward the eternal question lurks in the deep recesses of their mind, "How Fun Was That?"

This edition of OMG2WTF features a club that occupied one of the most iconic pools in Southern California, host to AAU championships (blast from the past!), Olympic Trials, NCAAs, and for most of the last 40+ years the CIF SS championships. Of course it's Belmont Plaza in Long Beach and the Masters club is the **Long Beach Grunions**.

OMG2WTF (One Man's Guide 2 Where's The Fun?)

Location: The facility I swam in was at the site of the former Belmont Plaza Pool. The great thing about the location is there is plenty of parking. On the sand in Long Beach can be problematic when it comes to actually getting there. 20 miles from John Wayne Airport down a pretty sketchy 405 going north (30 to 90 minutes) or 24 miles from LAX and the equally sketchy 405 going south. I guarantee getting there is worth it. **Score 4/5**

Organization: The club seems well organized. Practices were when they said they were on the website. Practice was run by a coach that introduced me to people at practice. Digital pacerlock, a favorite of mine, and a written practice on a whiteboard. When I emailed the coach I got a response back and I found they delivered on everything they said they would. **Score 5/5**

Cost: Just have your USMS card (a pic on my phone sufficed). **Score 5/5**

Facilities: The pool itself is a temporary pool by Myrtha Pools. They have provided temporary pools for the Olympic Trials and once in it one can't tell the difference. It is a 50 meter by 25 meter pool and we swam the 25 meter direction. There was water polo going on and some club kids as well. A multi use facility for aquatics that accommodated all peacefully. The locker room and rest room situation needs some help as all are temporary facilities similar to what you might have seen at Nationals in Riverside in April. I just counted on a deck change before and after. Additionally the pool deck itself is elevated some 10 feet above the sand providing plenty of beach breeze so bring your parka. **Score 4/5**

Fun Factor: So we come to the most subjective of all the categories. Do you want to walk on deck and feel like you'll be taken care of? It's like that song from the TV show Cheers, "You wanna go where everybody knows your name". That was a Grunion practice for me. I had a great time, not because of the incredibly effective practice and coaching (it was more than adequate), nor the incredibly awesome facility (also more than adequate). It was a nice cozy practice in the historically super cool town of Long Beach. **Score 5/5**

So there it is. Overall the Grunions score 4.5/5 on the fun rating scale and I look forward to reporting back with more on SPMS programs.



Welcome! New SPMS Club

Palm Desert Aquatic Center Masters (PDAC)
Coach Amanda Stone

SPMS Officers

Chair:

Mark Moore

chair@SPMasterSwim.org

(949) 233-6521

Vice-Chair:

Ken Brisbin

vicechair@SPMasterSwim.org

Treasurer:

Bob Eberwine

treasurer@SPMasterSwim.org

(949) 933-7100

Secretary:

Robin Smith

secretary@SPMasterSwim.org

Member At-Large:

Nancy Kirkpatrick-Reno

memberatlarge@SPMasterSwim.org

Registrar and

Webmaster:

Dan Wegner

registrar@SPMasterSwim.org

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Newsletter Editor:

Tami Barrera

newsletter@SPMasterSwim.org

For archived newsletters

Please go to:

[http://www.spmasterswim.org/w/
SPMS/newsletter-archives/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

Upcoming SPMS Events

Saturday, July 8

Newport Beach Pier to Pier 2 Mile

[Registration](#)

Sunday, July 9

The Patrick Moore Memorial Relay

[Registration](#)

Sunday, July 9

SPMS Committee Conference Call

Friday, July 14 - Sunday, July 16

USA Masters Games

2017 Southwest Regional Zone Championships

[Registration](#)

Wednesday, August 2 - Sunday, August 6

USMS Summer National Championships

Monday, August 14 - Sunday, August 20

2017 FINA World Masters Championships

[Registration](#)

Saturday, August 19

Don Burns Corona del Mar 1 Mile

[Registration](#)