

SPMS News

September/October
2018



CVMM broke the World Record in the 200-240 Mixed 800 Freestyle relay by 4 seconds with a 9:13.50.

CVMM Relay swimmers left to right Jill Gellatly, Kelly Karren, Becky Cleavenger, and Douglas Koehler.

In This Issue:

Zone Championships @MVN

Sports Rehab for Swimmers

Upcoming Events

Open Water Update

2018 SPMS Awards

Club Swimmers of the Month

**2018 Southern Pacific Masters and Southwest Zone
Summer Swimming Championships**

August 10 - 12



**2018 Southern Pacific Masters and Southwest Zone
Summer Swimming Championships**
August 10 - 12



Last article discussed mobility and flexibility and the importance of these aspects in proper alignment, injury prevention and having sustainable, pain free swim practices and fast meet swims at meets. Now that you have all foam rolled, stretched, and are nicely muscle balanced, the focus will be on inter-regional coordination. Coordination is having the correct sequence and timing of muscle actions and their related movements to enable optimal performance and prevent overuse injuries and time out of the water. Most Masters swimmers who have pain complaints fall into 3 categories: neck pain, shoulder pain and low back pain. The upper quadrant is a Pandora's box of opportunity for pain and poor coordination. In swimming, it is most likely due to an acquired compensation of elevation and downward rotation of the shoulder blade, or scapula. We need upward rotation of the scapula to do the "reach" of our "reach and pull" action correctly. This, in theory, simple motion gets more complicated with lack of thoracic mobility and poor sustained, gravitational posture adjustments as we gain birthdays, sit in chairs, look at screens, drive kids around, and ignore our foam rollers.

Sports Rehab for Swimmers

Part 2

Arlette Godges, MS, PT, OCS, GCS, MBA

Neck and Shoulder:

Fast and Pain Free Swimming requires Upward Rotation of the Scapula:

Upward rotation requires proper action of our serratus anterior and lower and upper trapezius muscles working in perfect synchrony. It is enhanced by thoracic mobility and neutral neck alignment. In order to activate these muscles actions at the correct time, we need normal flexibility of the pectoralis minor, pectoralis major, levator scapulae, and latissimus dorsi muscles and mobility of the shoulder joint.

Compensatory Movements leading to Neck Pain, Rotator Cuff Injures and Shoulder Pain:

Most Masters swimmers with poor flexibility and mobility common compensate with scapular elevation or even scapular downward rotation motor plans – instead of upward rotation – during their "reach." In essence, they use their neck muscles, engaging their scalenes, levator scapulae and rhomboids, rather than their strong back muscles, serratus anterior and trapezius, for their reach. Performing this inefficient motor plan in a repetitive fashion places great strain on both the joints and ligaments of the neck and the muscles and tendons of the shoulder, the rotator cuff muscles, which commonly is associated with "a pain in the neck" as well as shoulder pain. The inefficient pattern of scapular elevation also facilitates the head and neck to go into extension, or bending backward, and thus the head and neck are no longer able to stay in a neutral, streamlined, position for breathing (except in backstroke). When the head and neck extensors and scapular elevators are on overdrive, causing compression and decreased rotation in the neck when breathing, segments of the lower cervical spine and upper thoracic spine and ribs are required to function at abnormal end ranges, leading to aching, feelings of stiffness, pain and potentially compromising the blood flow and nerve conduction to the muscles of the shoulder, upper arm, forearm, wrist and hand. Sensations of tissue anoxia, or "burning," and numbness in the shoulder/arm is a sequelae to these abnormal/inefficient movement patterns. So, when it comes to inter regional coordination, the pattern of tightness of the chest muscles (pectoralis minor and major) and shoulder joint (especially the posterior capsule) and over use of the scapular elevators and downward rotator levators (levator scapulae and rhomboids), can lead to limited upward rotation of the scapulae (and reach), strain to the neck and rotator cuff muscles, and compromise to the blood flow to and venous return from the muscles and nerves of the arms – all leading to less than optimal performance and often reports of aching, pain, and numbness and tingling in the arms.

Self Assessment:

Since you have been foam rolling and stretching, you are now ready for this next step. If you have not been foam rolling and stretching, that is step #1. Continue step #1 as you progress to Wall Angels. Wall Angels are Snow Angels in standing up against the wall. Normal mobility, dexterity and coordination allows you to have your butt and shoulders up against the wall, feet slightly ahead of knees. Cactus both arms and maintain contact to the wall with elbows, wrists and top of hands. Now slide hands upward maintaining contact as the wall.....you should be able to completely extend your arms without a problem.

I realize that it is not easy, and most people cannot do this with one or both arms. This is where a professional like me, a PT, or whomever you prefer to see for guidance comes in to help you regain this motion. And, keep in mind, it is HOW you move your arm and shoulders and shoulder blade and thorax and neck to reach and grab that water and to breathe (not simply how many laps or yards that you complete) that will increase your ability to stay injury free, have a sustainable fun future in swimming, and to swim fast!

Low Back:

Fast and Pain Free Swimming requires A Neutral Low Back with Strong Engagement of the Abdominals and Glutes

Strong trunk flexors (abdominals) and hip extensors (gluteus maximus) are crucial to “take the load off” the spinal extensors. The back muscles, the multifidus and erector spinae, and quadratus lumborum) are relatively small muscles that function normally to maintain postural alignment and control. These muscles are not meant to repeatedly perform for mass movements and a high work load, such as extending the upper body for breathing or generating force for kicking while swimming. Inter-regional coordination inefficiencies in the lower back region are often the result of limited latissimus dorsi and hip flexor (iliacus and psoas) flexibility. We need normal latissimus dorsi length (remember that muscle from our shoulders) during the reach and initial pull during freestyle and butterfly. Otherwise, our low back goes into excessive arching (lumbar extension), which inhibits the ability of the abdominals to contract in normal, shortened position – thus allowing a swimmer to maintain a neutral position of the low back as well as that ever important streamlined position during the pull phase. Lats are massively important in swimming and need optimal flexibility in swimmers. Without this flexibility we are really “dead in the water” - it affects our shoulder mobility and low back position and health. As mentioned in my previous article, tight hip flexors are a huge liability for a swimmer. Combination of limited hip extension and a tight latissimus, causes excessive stress and compression (read pain) to the low back.

Compensation Movements to avoid Low Back Pain:

If you have low back pain associated with swimming, you should avoid kick sets and fins and consider using a pull buoy between your legs for your pull sets. You may also consider limiting your flip turns and choose to swim long course when it is an option. This is when yoga and dryland should become a part of your routine in order to maintain a pain free sustainable swim practice.

Self Assessment/Exercises:

Trunk on pelvis rotational stretches (think seated yoga twist rotating entire trunk on pelvis), pigeon pose (or any variation thereof available), foam roller with twisting element as tolerated. Add overhead latissimus dorsi stretches to your spinal rotation stretches. And don't forget the hip flexor stretches!

Again, it is about HOW you move. It is about exploring your movements and exploring alternation movement options to allow you to continue your preferred swim stroke. If you feel you need assistance, seek it from a professional.

It is my hope to give you all a bit of guidance to explore your range of motion, limits to mobility and barriers to pain and swimming fast. That said, pain is not normal and most mobility can be restored, most movement patterns re-educated and most pain reversed. We all love swimming, and it is my mission and passion to keep you all in the pool! Next time you are at the gym, at yoga, or in a spin room look in the mirror and see if your right side is balanced with your left. Is one shoulder higher, further back, rotated forward? Is your balance better on one foot than the other? Can you move your head better towards the right or left? All these things are signs of asymmetry, alignment and muscle balance issues. Have fun exploring movement, engage your coach, therapist or fellow lane mate. Don't ever hesitate to contact me.

Swim happy. Swim Pain Free. Swim Fast.

Mission Viejo Nadadores SCM Masters Swim Meet

Sunday, October 7, 2018

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo is an outdoor, 8-lane competition 25 m pool with additional 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 reserved tennis spots.

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: Wednesday, September 26, 2018. Online registration is open until 11:59 p.m. on Wednesday, October 3, 2018. On deck registration is permitted. Deck entries will close at 7:45 a.m. for the 400 Freestyle and at 8:30 a.m. for events 2 to 17. Age on December 31, 2018 determines age group for the meet. You must be at least 18 years old to compete.

Entry Fees: \$35.00 per swimmer flat fee. Deck entries or online entries after Wednesday, September 26, 2018 allowed for a total of \$40.00. Limit 4 individual events per swimmer. Meet will end at 2:00pm. Meet entry fees are non-refundable and non-transferable.

Checks payable to: Mission Viejo Nadadores. Mail consolidated entry card, a copy of your USMS 2018 card, and check to: Mission Viejo Nadadores — Mark Moore, 27474 Casta Del Sol-unit 2, 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 400m Freestyle and the 400m IM.

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) 233-6521, coachmark@mastersmvnswim.org

Meet Official: Omar de Armas omar.dearmas@gmail.com

Meet Admin: Judi Divan divanj@cox.net

Order of Events - Sunday, October 7, 2018

Warm-up at 7:00 AM

Meet starts at 8:00 AM

1. 400 m Freestyle (check-in required)

2. 50 m Butterfly

3. 100 m Backstroke

4. 200 m Breaststroke

5. 50 m Freestyle

6. 100 m Butterfly

7. 200 M Backstroke

8. 200 m Freestyle Relay (men, women, mixed)

9. 200 m Individual Medley

10. 200 m Medley Relay (men, women, mixed)

11. 50 m Breaststroke

12. 100 m Individual Medley

13. 200 m Freestyle

14. 50 m Backstroke

15. 100 m Breaststroke

16. 200 m Butterfly

17. 100 m Freestyle

18. 400 m Individual Medley (check-in required)

Spooky Shoot - Pierce College
SCM Masters Swim Meet
Sunday, October 21, 2018

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills. 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 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

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 final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2018 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, October 13th, 2018. On-line entry deadline is Wednesday, October 17, 2018 at 11:59 p.m. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events.

Entry Fees: \$30.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, October 13th are allowed for a total of \$40.00.

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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. Relays are free. 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: Ribbons for places 1 to 3. Relay: Ribbons for first place. Awards will be given for the swimmers who swim closest to their entered time in each event.

Checks payable to: Southwest Aquatic Masters Mail consolidated entry card, a copy of your 2018 USMS card, and check to: Southwest Masters Spooky Shoot, P.O. Box 204, Lake Forest, CA 92609-0204.

Questions: Deborah Hefter, hefterdj@piercecollege.edu, (818) 710-4234

Meet Referee: Omar de Armas omar.dearmas@gmail.com

Meet Admin: Alina de Armas alina@dearmas.co

Sunday, October 21, 2018

Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 800 m Freestyle

**Additional warm-up after 800 m Freestyle
Event #2 will start no sooner than 11:00 a.m.**

2. 200 m Individual Medley

3. 50 m Freestyle

4. 100 m Butterfly

5. 200 m Breaststroke

6. 100 m Backstroke

7. 200 m Butterfly

8. 50 m Breaststroke

9. 800 m Freestyle Relay (men, women, mixed)

10. 100 m Individual Medley

11. 200 m Freestyle

12. 50 m Butterfly

13. 50 m Backstroke

14. 100 m Breaststroke

15. 100 m Freestyle

16. 200 m Backstroke

17. 200 m Medley Relay (men, women, mixed)

18. 400 m Individual Medley

2018 Mission Viejo Nadadores Masters Mile 1 & 2 Mile Swim – Lake Mission Viejo



Hosted by Mission Viejo Nadadores Masters

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. #338-W002

Date: Sunday, September 23, 2018

Start Time: 8:00 am

Location: Lake Mission Viejo (North Beach)

Race Distances: 1 & 2 Mile

STARTS/FINISH: The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

RACE DAY TIMELINE:

7:30 am Check-in opens on North Beach

7:45 am Mandatory Safety Meeting

8:00 am 1 mile first wave start, then all proceeding wave start (fast to slow)

9:00 am 2 mile wave start, then all proceeding wave start (fast to slow)

COURSE: 1 mile course marked with colored buoys. Swimmers will swim in a clockwise direction. The event will start on the beach approximately 20 feet from the water's edge and finish on the beach marked with flags through the chute. 2 mile race will consist of two laps of the course.

ELIGIBILITY: All swimmers must be registered with USMS for 2018 or foreign equivalents. You must submit a copy of your 2018 USMS card or foreign equivalent with mail in entries, and bring a copy of your current registration to day of registration with on-line entries. Wetsuits are allowed and will be scored separately and will not be eligible for awards.

RULES: USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration **WILL NOT** be available.

Conditions: Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and Lake Lifeguards will make this decision. **There will be no refund**

Lake Entrance Fee: \$10.00 per car

Entry Fee: The early online entry fee is \$45.00 (paper entry \$50.00) if received before midnight (Pacific Time) on Friday, September 4th, 2018. \$55.00 (paper entry \$60.00) if received between September 5th and September 22nd, 6:00pm. Day-of-Race fee \$75.00.

One-Event (OEV) USMS registration membership is not available. Fee includes refreshments, cap, and awards. Incomplete entries will not be processed. Link to online registration: https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=10834

Awards: Ribbons will be awarded to the top 3 men & women in each age group and division. (Wet Suit and Non-Wet Suit) Age groups are: 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, and 90. Awards will be presented as soon as possible of the last swimmer finishing. Results will be posted at <https://www.spmasterswim.org/open-water-results/> and USMS.org

Safety – Our Primary Concern: For safety reasons, participants should be adequately trained for competition. Previous experience is required and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the required time of 1 hour will be removed from the course. **Safety Plan and General Safety and Thermal Plan for Cold Water Swims**

For more information please contact Mark Moore via email at coachmark@mastersmvnswim.org or via phone at 949-233-6521. More event information and on-line registration available at <https://www.spmasterswim.org/open-water-schedule/>

Submitted by Robin Smith, SPMS Open Water Chair. Robin is a Level 3 USMS Certified Coach and Certified ALTS Instructor. She swims and coaches for Irvine Novaquatics Masters.



Open Water Summer Fun!
The Newport Beach Ocean Lifeguards Association (NBOLA) hosted their two open water races over the summer. First up was the Newport Beach Pier-to-Pier 2 mile swim on Saturday July 14, 2018. The race started at the Balboa Pier and finished at the Newport Pier under sunny skies and warm water temperatures. There was high surf and lots of swells providing the 210 swimmers with a challenging “rough water” race course.

Electronic timing for the event was provided by Gemini Next.

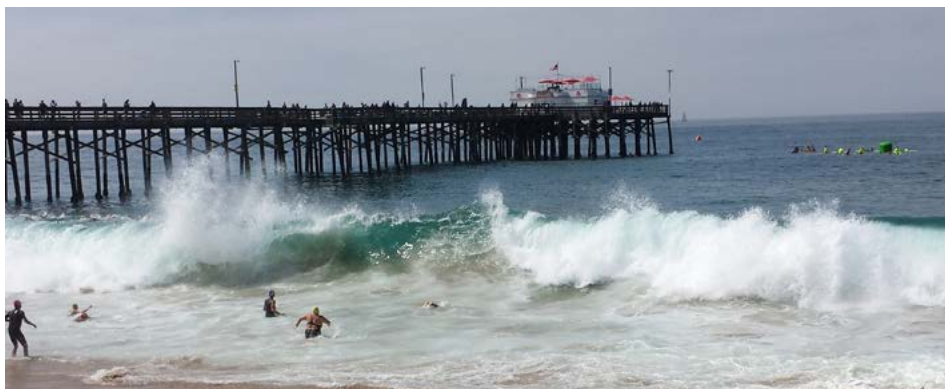
On Saturday August 4, 2018, the Don Burns One Mile open water swim took place off of the Corona Del Mar State Beach. There were 115 swimmers who navigated the course under sunny skies and warm water temperatures. Once again, Gemini Next provided the electronic timing. Swimmers had a great time swimming in the perfect ocean conditions.

The final event in the 2018 SPMS Open Water Series will be the 2nd Annual Mission Mile scheduled for Sunday September 23, 2018 at Lake Mission Viejo.

2018 SPMS Open Water

Lake MVN 1 Mile Swim

- Warm-up choice (10 minutes)
- 2 x 50 kick (simulates running into the water)
- 4 x 50 swim (practice sighting)
- 4 x 100 swim
- 3 x 200 pull
- 4 x 100 swim
- 4 x 50 swim (practice sighting)
- 2 x 50 kick (simulates running to finish line)
- Cool-down choice (10 minutes)



For more information on the 2018 SPMS OW Series, here is the link:
<https://www.spmasterswim.org/open-water-series/>

Submitted by Robin Smith, SPMS Open Water Chair. Robin is a Level 3 USMS Certified Coach and Certified ALTS Instructor. She swims and coaches for Irvine Novaquatics Masters

2018 SPMS Awards

ATTENTION SPMS !

The 2018 SPMS Coach of the Year award will be presented on Saturday, December 1, 2018 at the SCM Championships.

Coach of the Year will be presented for the coaching cycle of December 2017 to November 2018.

Nominations will be due by November 15, 2018. The SPMS Coach of the Year application can be found at SPMasterSwim.org under Awards.

Please submit all nominations to the SPMS Registrar, Dan Wegner, at registrar@SPMasterSwim.org

Ken Feick

Competitive Tri-Swim Masters LLC
Coach Nadia Franks
Really working hard and dropping intervals

July 2018

Nadia Franks

Competitive Tri-Swim Masters LLC
Coach Christine D. Maki
Attends the most SPMS swim meets & most improved

Samantha Pena

Competitive Tri-Swim Masters LLC
Coach Jim Torres
Hustling through Coach Jim's sets, "big time"

Todd Hartman

Competitive Tri-Swim Masters LLC
Coach Janet Matter
Always at practice & Works really hard on all sets

CLUB SWIMMERS OF THE MONTH

Brian McAteer

Southern California Aquatic Masters
Coach Clay Evans
Won age group at zone championships

August 2018

SPMS AWARD SEASON IS JUST AROUND THE CORNER!

You can find details on all our SPMS Awards on the [SPMS website](#) under Awards. The 2018

Annual SPMS Awards coming up that we need your nominations.

Male and Female Swimmer of the Year

Nominations must be received on or before October 31, 2018.

The criteria for this award are: Swimmer must be a member of SPMS during the year and must have competed in at least two SPMS meets or SPMS sanctioned open water events during the time period being considered.

Nominations can be made by any SPMS swimmer or SPMS club in the form of a written statement based on the criteria. Please include a detailed list of swimming accomplishments. Nominations and a maximum of four supporting letters should be submitted by email to the SPMS Member at Large. This award is presented at the SPMS Short Course Meters Championships.

2018 SPMS Awards

Jim Marcus Award

Nominations must be received on or before September 30, 2018.

The purpose of this award is to express special thanks to the individuals or groups who have made significant contributions to Southern Pacific Masters Swimming.

The criteria for the award are: The individual or group has maintained current SPMS registration for the last five years and they have made significant contribution or effort toward the conduct, leadership, or support of Southern Pacific Masters Swimming.

Nominations may be made by any registered SPMS member using the SPMS Nomination Form and listing the criteria above and submitted to the Awards Chair by the published deadline. Selection will be made by the SPMS Awards Committee and the award is announced at the SPMS Short Course Meters Championships and presented at the SPMS Annual Meeting. There may be multiple awards given each year.

Steve Schofield Distinguished Service Award

Nominations must be received on or before September 30, 2018.

The purpose of this award is to recognize outstanding long term service to Southern Pacific Masters Swimming.

The criteria for the award require the recipient has maintained a SPMS registration for the last ten years and has consistently demonstrated outstanding service to Masters Swimming, such as support and leadership, recruitment of members, program development, and promotion of masters swimming at the club, local and national level.

Nomination may be made by any registered SPMS member using the SPMS nomination form and listing the criteria above and submitted to the Awards Chair by the deadline. Nomination form is on the SPMS website under the various award descriptions. Selection will be made by SPMS Awards Committee at the first meeting following the nomination deadline. The award shall be announced at the SPMS Short Course Meters Championships and presented at the Southern Pacific Masters Swimming Annual Meeting.

**Submit your
nominations now!**

If you have any questions about the awards process contact MemberAtLarge@SPMasterSwim.org

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For archived newsletters

Please go to:

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

CORRECTION: In the July/August 2018 issue an article on 2018 Spring Nationals in Indianapolis listed **Karen Younkins** as the **200 yard Backstroke Champion**. Karen's team was incorrectly listed: She swims for **Silverpeak Performance**,

Upcoming SPMS Events

September 15 - November 15

USMS 3000/6000 yard ePostal National Championship

[Registration](#)

September 15 - September 16

Fall 2018 SPMS Clinic

[Registration](#)

Thursday, September 20

SPMS Committee Conference Call 7:30 pm

[Information](#)

Sunday, September 23

2018 MVN Mission Mile

[Registration](#)

Sunday, October 7

Mission Viejo Nadadores Short Course Meters Meet

[Preliminary Information](#)

Thursday, October 18

SPMS Committee Conference Call 7:30 pm

[Information](#)

Sunday, October 21

Pierce College Spooky Shoot Short Course Meters