



# 2019 Southwest Zone Open Water Championships!

*Submitted by Robin Smith SPMS Open Water Chair (openwater@spmastersswim.org)*

The first Southwest (SW) Zone Open Water (OW) Championship took place at Lake Mission Viejo in Mission Viejo, CA on Sunday September 22, 2019. This was a dual sanctioned event with USA Swimming. The weather conditions were perfect and the water temperature was a warm 80 degrees Fahrenheit, so no wetsuits or neoprene were allowed.

The One-Mile Event started first with 120 swimmers in two waves, 5 minutes apart, with the USA Swimming participants going first. After all the participants had completed the one mile, the Two Mile Event was ready to go with 58 swimmers, also in two waves. This year, participants could enter both distances and there were over 50 swimmers who completed both swims!

We apologize for the technical problems with the timing and results. Results have been posted. Please let me know if you have any questions regarding the swim times or order of finish.

### Championship Club Awards:

1 <sup>st</sup> place	<b>Novaquatics Masters</b>	234 pts
2 <sup>nd</sup> place	<b>Mission Viejo Masters</b>	159 pts
3 <sup>rd</sup> place	<b>Conejo Valley Masters</b>	81 pts



SPMS would like to thank the officials, lifeguards, volunteers, and all of the participants for supporting the first SW Zone OW Championship!

The 2020 Southwest Zone Open Water Championships have been awarded to the New Mexico LMSC. Date of the event is pending and information will be posted in early 2020.



## START 2020 OFF WITH A SPLASH!

*Submitted by Arlette Godges, MS, PT, OCS, GCS*

### Swimmers and Coaches!

SPMS is excited to announce that we will be offering our Annual New Year's Masters Swim Camp here again at UC Santa Barbara. Come join us January 2-5, 2020 for a weekend covering freestyle training with members of the UCSB Swimming Coaching Staff, including the 2019 Kerry O'Brien Award recipient, Mark Stori, and the 2014 USMS Coach of the Year, Cokie Lepinski.

The goal is to start 2020 off in the spirit of USMS - Fit, Fun, Friends and Fast Swimming! There will be something for everyone; technique feedback to boost stroke efficiency and endurance in the water for all types of swimming, sprints, endurance, open water and fitness in water sessions. Swimmers should bring many dry swimsuits

There will be a workout for every liking, including drills, starts with wedge blocks, and flip turns done with power. There will be interactive classroom sessions, an opportunity to help plan your season, or fitness goals, discussion of training plans of sprinters vs distance, discussions on nutrition, recovery and yoga/stretching/foam rolling.

Each swimmer will be videotaped and receive one-on-one analysis of their freestyle.

This camp is open to all swimmers aged 23 and older. Save 10% by registering on or before Sunday, December 15 and another 5% by signing up with 3 or more other swimmers. We will also be offering payment plan options this year as well. Please contact [mark.stori@ucsb.edu](mailto:mark.stori@ucsb.edu) for more details on these offers! ALL COACHES: if you bring 3 swimmers you can attend free of charge and we would love to have your input at an informal coaches forum.

Our goal for this camp is to make sure that in addition to learning new tips, skills and workout ideas, you will have fun spending time and training with like-minded swimmers who are serious about improving their swimming. We have some fun social things planned and look forward to welcoming you in beautiful Santa Barbara!

Registration at:  
<http://www.totalcamps.com/UCSBSWIMMINGCAMP>

## Alignment is Everything!

When we work on the optimal streamline, we work on postural alignment. We discussed the importance of ankle flexibility in the last newsletter. Moving up the kinetic chain, the next big joints are our hips. As you can imagine, our hips are very important, with all musculature attached and surrounding these important joints, they allow us to ambulate upright.

Lots of research on proper alignment with land-based sports, as malalignment in gravity sports leads to degenerative issues and down the line joint replacements. In masters swimming we have swimmers in our lanes who have become swimmers because their hips can't adapt to the pounding any longer, and/or have replaced joints, that don't do well with sustained and excessive pounding, we also have the life swimmers who can barely walk and running shoes give them the shivers.

However, we all sit too much in our daily lives. With adding birthdays to our bodies and sitting in traffic and at jobs, most people over 40 have tight hips and have trouble optimally recruiting important muscles because of altered muscle length

This effects low back, hips, knees and in the end our shoulders and neck.

### Here are the important guidelines for all:

- Hip mobility is crucial in all planes
- Stabilizing on one leg is important for balance and fall prevention on land, but also for optimal kick efficiency in the water
- Recruitment of gluts (our biggest muscle) is crucial for hip extension, and only possible if our hip flexors are not tight
- Proper hip alignment in swimming will allow for core activation and thoracic rotation

All of the above mobilities will allow for pain-free and sustainable swimming and the ability to work on getting faster and more efficient in the water.

How to do get more hip extension? Here are two exercises that will get you started:

1. Cobbler's pose: sit on a block or foam roller for comfort, let gravity stretch your hip outward. Don't force it. If you are comfortable in this pose, bring heels closer to pelvis for more stretch, or increase the stretch by lying down (do not arch your back)
2. Runners lunge with knee down, stretch into hip and contract your glut on the same side. Hold this stretch sustained for 30+ seconds. Use a chair or other surface to stabilize your hands if needed. If this is easy, bring foot towards butt on the stretch side. Always keep glut contracted and do not hyper extend low back. More is not better.

As always, email me with questions and suggestions. Keep on swimming into 2020!



December 6<sup>th</sup>-8<sup>th</sup>, 2019

## Grunions SPMS SCM Regional Championships

Sign up early for discounted rate. Host hotel rooms must be booked by November 15th.

[Click Below for the meet PDF](#)

<https://www.spmasterswim.org/c/8B6A80C/file/-meets/2019/SPMSSCM2019re1.pdf>



**Q: How are USMS Convention delegates selected, and what do they do?**

**A:** To ensure we have a voice in USMS evolving rules and legislation, SPMS strives to send the maximum allowable number of voting delegates to the annual convention. The number of delegates we're allocated is based on the number of SPMS members. In 2019, based on membership, SPMS was allocated 10 delegates.

**Automatic Delegates:** Per the current SPMS Policies and Procedures (link), USMS officers, members of the USMS Board of Directors, chairs of USMS standing committees, Zone Chairs, or those members of national committees with automatic delegate status are considered automatic delegates.

**General Delegates:** If there are remaining delegate allocations, members of USMS committees that are not automatic national delegates may be selected; however, to be eligible they must have attended more than 50% of the prior year's SPMS committee meetings and be able to attend the entire convention.

## NOVEMBER & DECEMBER Pool meets

November 22<sup>nd</sup> - 24<sup>th</sup>, 2019

### San Luis Obispo SCY Dual Sanctioned Meet

Always a great, well-run meet. Sign up early as it sells out.

[Click Below for the meet PDF](#)

[https://www.spmasterswim.org/c/8B6A80C/file/-meets/2019/2019\\_Gobbler\\_Classic\\_Meet\\_Sheet.pdf](https://www.spmasterswim.org/c/8B6A80C/file/-meets/2019/2019_Gobbler_Classic_Meet_Sheet.pdf)

Delegates are responsible for participating in the entire convention, and in fact submit the breakout sessions and workshops they will attend to the SPMS Executive Board in advance of Convention. They are expected to participate actively throughout the Convention, and submit summaries of their meetings after Convention. Most importantly, delegates representing SPMS are required to review the proposed legislation and rules in advance of the Convention, and vote with SPMS interest in mind during the House of Delegates sessions.

All SPMS members are encouraged to get involved either at the local (SPMS) or national (USMS) level. The best way to start is by joining the monthly SPMS committee teleconferences. The details are posted on the SPMS website under Admin -> Committee Meetings.

## UPCOMING SPMS EVENTS



**November 14<sup>th</sup>**

SPMS Annual Meeting 2019



**November 15<sup>th</sup> - November 30<sup>th</sup>**

USMS Fall Fitness Challenge 1-Mile Swim



**November 22<sup>nd</sup> - 24<sup>th</sup>**

Gobbler Classic Short Course Yards Swim Meet



**November 28<sup>th</sup>**

Turkey Brine Pier Swim (tentative)



**December 6<sup>th</sup> - 8<sup>th</sup>**

2019 SPMS Short Course Meters Championships

# SPMS OFFICERS

Chair:



**Mark Moore**

[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

(949) 233-6521

Vice-Chair:



**Ken Brisbin**

[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

Treasurer:



**Bob Eberwine**

[treasurer@SPMasterSwim.org](mailto:treasurer@SPMasterSwim.org)

(949) 933-7100

Secretary:



**Deborah Hefter**

[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)

Member At-Large:



**Becky Cleavenger**

[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

Registrar and Webmaster:



**Dan Wegner**

[registrar@SPMasterSwim.org](mailto:registrar@SPMasterSwim.org)

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

Interim Top Ten Recorder:



**Judi Divan**

[TopTen@SPMasterSwim.org](mailto:TopTen@SPMasterSwim.org)

Newsletter Editor:



**Jorge Ferrero**

[newsletter@SPMasterSwim.org](mailto:newsletter@SPMasterSwim.org)



For archived newsletters, please go

<https://www.spmasterswim.org/newsletter-archives/>