

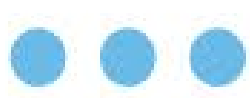


SPMMS

SOUTHERN PACIFIC MASTERS SWIMMING



NEWSLETTER
JANUARY - FEBRUARY 2023





2023 USMS SPRING NATIONALS COMING TO IRVINE!

Submitted by: *Robin Smith* }  ViceChair@SPMasterSwim.org

Mark your calendars. U.S. Masters Swimming Nationals are coming back to SPMS! The 2023 USMS Spring SCY National Championship will be held at the William Woollett Jr Aquatics Center located at 4601 Walnut Ave, Irvine, CA 92604 from Thursday April 27 through Sunday April 30, 2023.

The outdoor facility is adjacent to Irvine High School and Heritage Community Park and has hosted multiple USA Swimming Nationals and Senior Invitational Meets. There are two 50 meter by 25 yard pools plus an additional 25 yard pool. There will be lots of space around the pool decks to sit and spread out.

Bring your friends to the Social Event planned at the Hangar 24 Craft Brewing Restaurant and Taproom in Irvine. And enjoy the live music, food, and conversation for a little break away from the pool.

Deck officials are greatly needed. If you are interested, please complete the application on the USMS Event webpage:

<https://docs.google.com/forms/d/e/1FAIpQLSfqsLh-CW3UaY-BRe7ZxbOParlGZfVA89s43vnD4dq0IWQgo7A/view-form?vc=0&c=0&w=1&flr=0>

The Order of Events and the qualifying times are posted on the USMS website. Remember that you can enter 3 events without meeting the qualifying times. Participants will be allowed to swim both the 1000 yard free and 1650 yard free, however, you must meet the qualifying time for the 1650 yard free event. Meet Registration and more details will be available soon.

For more information:

<https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-spring-national-championship>

Our SPMS Meet Hosts are ready to help you prepare for the 2023 USMS Spring Nationals.

There are four excellent meets on the SPMS calendar. We are headed back to the Palm Springs Swim Center on Sunday January 29th for a SCY meet hosted by Palm Springs Masters Swim Team. Next up is the Mission Viejo Nadadores Masters SCY Meet on Sunday March 12th. The following weekend on Sunday March 19th, Conejo Valley Multisport Masters is hosting their Annual Matt Biondi Classic SCY Meet at the Rancho Simi Community Pool. Don't miss their ever popular gift basket raffle! The final meet tune-up opportunity will be the fun and fast SCY Pentathlon hosted by OC Riptide Masters on Saturday April 1st at Ocean View High School in Huntington Beach. Look for some April Fools Fun at this meet too!

Check the SPMS Upcoming Meet Schedule for updates, information, and registration links:

<https://www.spmasterswim.org/meet-schedule/>



SPMS MEMBERS MAKE A SPLASH!

2022 ANNUAL MEETING AND INAUGURAL SWIM FEST

Submitted by: *Becky Cleavenger* } ✉ MemberAtLarge@SPMasterSwim.org

Southern Pacific Masters Swimming (SPMS) holds its annual meeting annually in November. This meeting is a business meeting during which we must accomplish certain tasks, such as presenting the following year's budget and meet schedule, reviewing the prior year's expenses, and presenting various awards. But consistent with the SPMS executive committee's effort to find value added ways to give back to membership, this year's meeting was conducted as part of a Swim Fest.

Swim Fest? What's that, you ask? Well, this year a committee was formed to explore ideas to enhance the annual meeting with the objectives of making it more swimming oriented and attracting more members to attend. Many ideas were floated but the committee landed on offering a swim clinic and a guest speaker. The annual meeting component and food were always offered, but those were not sufficient enticements and attendance typically hovered between

25 and 30, mostly those who attend the monthly meetings and the volunteers. There are over 4800 SPMS members, so one could characterize turnout as somewhere south of low.

The agenda for the day-long event consisted of a brief welcome message followed by a short 40-minute workout by head coach Charles McPeak to get the warmed up and ready for the technique breakout sessions. The breakout sections consisted of 3 stations – #1 Starts, #2 Turns, and #3 Butterfly or Breaststroke (swimmers chose one) – each of which ran for 30 minutes and was led by one of the top SPMS coaches (Michael Collins, Charles McPeak, Cory Nguyen, and Diego Pombo). We then had time for a shower and change into dry clothes, and boxed lunches and socializing. The afternoon consisted of an hour-long annual meeting followed by our guest speaker, Paralympian and Golden Road Aquatics member Jamal Hill.

Jamal spoke eloquently about his swimming and life journey, and his struggle and eventual acceptance of his condition, Charcot-Marie-Tooth disease, a neurological condition that affects the muscles in his arms and legs. A relentless hard worker and odds-defier, Jamal won a bronze medal at the Tokyo Paralympic Games. Not satisfied with his accomplishments in the pool, Jamal has a goal of teaching one million people how to swim through his foundation, Swim Uphill, and has made incredible progress towards that goal. Jamal made us laugh and he made us tear up, eloquently relaying his relentless pursuit for excellence and his love for swimming.

The enhanced agenda did its magic, as 74 members attended, approximately 70% of whom had never attended an annual meeting before. We sent out a survey after the meeting to get feedback on what worked, and what didn't. Respondents were very happy with the workout, breakout sessions and guest speaker. 95% took part in the workout and breakout sessions, and 50% stayed for the annual meeting and guest speaker. Lessons to be learned here as the guest speaker was fantastic! Some were concerned about the meeting and guest speaker taking place in an enclosed room, and with COVID still lurking around, did not feel it was in their best interest. Others left after lunch. Feedback regarding the annual meeting was less enthusiastic: we know the business meeting is boring, but it has to happen.

Based on the positive feedback provided both during the Swim Fest and via the survey, the combined Swim Fest & Annual Meeting will become a regular offering. We look forward to finessing the agenda and returning in 2023 with an even better event and we hope to see even more happy members there!



MAURINE KORNFIELD
Maurine Kornfield



JAMAL HILL
Jamal Hill



**SPMS CHAIR KENNY BRISBIN AND
VICE CHAIR ROBIN SMITH**



A clear acrylic trophy with a shield-shaped top and a base of three curved lines. The text "SPMS ANNUAL AWARDS" is printed in bold black letters on the shield.

SPMS ANNUAL AWARDS

SPMS ANNUAL AWARDS

Submitted by: *Becky Cleavenger* }  MemberAtLarge@SPMasterSwim.org



JIM MARCUS AWARD

JESSICA SEATON, WEST HOLLYWOOD AQUATICS

Jessica Seaton

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to SPMS. Jessica not only can be found at every meet, she goes to every team event, and encourages others to try meets. She sets goals for herself, and the team as a whole. She participates in every SPMS meeting and announces SPMS initiatives at practice, while encouraging her teammates to get involved with SPMS and USMS as much as possible. Jessica spearheads sending coaches to conventions and clinics. Nobody promotes and supports SPMS and its programs as much as Jessica does. She is one of the founding members of WH20 as well as a winner of USMS Diversity and Inclusion Award as an IGLA planning committee member. She is incredibly well connected in the Southern California swimming community and a key member of SPMS.



JIM MARCUS AWARD

LIZ CARLIN, LONG BEACH GRUNIONS

Liz Carlin

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to SPMS. Liz certainly has done so. She was a vital member of the IGLA organization team, recognized with the USMS Diversity and Inclusion award this fall, and serves as the Long Beach Grunions Board President. Liz is instrumental in promoting SPMS events and is a recognized presence

on deck where she can cheer for her teammates and competitors! She has had success in numerous pool and open-water events. She is always encouraging her teammates and everyone she encounters to get involved, challenge themselves, and participate in meets and open water swims. In addition, Liz completed Grunions Ultimate Check-Off Challenge, which consists in competing in every single event in a single season.



STEVE SCHOFIELD AWARD

ROBIN SMITH

Robin Smith

This award recognizes outstanding long-term service to Southern Pacific Masters Swimming. Robin has been an active member of SPMS for approximately twenty years and has held multiple positions within our organization, from the secretary and Open Water Chair to now Vice-Chair of SPMS. Not only does she volunteer countless hours to SPMS, but she is a coach with Nova Aquatics and Vice President of Programs for USMS. In addition, Robin is a go-to person for history and knowledge of SPMS. She is one of the first always to step up, willing to put in the time and dedication to promoting swimming in our LMSC. Robin embodies what this award represents.



CONTRIBUTOR OF THE YEAR

RALPH “RJ” PORAZZO, ROSE BOWL MASTERS

Ralph Porazzo

This award recognizes outstanding contributions to Masters Swimming during the year preceding the year in which the award is presented. RJ took on the role of assistant coach at Rose Bowl, and hit the ground running with his enthusiasm and inspiring workouts. Every time he is on deck, he is giving advice to swimmers at all levels in a way they relate to and appreciate. His attitude is so positive, swimmers can feel the love in what he does. RJ is happy on deck and he makes others feel the same. He even makes 6 AM practice a joy to be at.

2022 SWIMMERS OF THE YEAR

THE 2022 SPMS SWIMMER OF THE YEAR AWARDS WERE PRESENTED DURING A BREAK AT THE SPMS SHORT COURSE METERS CHAMPIONSHIPS, HOSTED BY THE LONG BEACH GRUNIONS DEC 2 THROUGH 4 AT LONG BEACH CITY COLLEGE.



2022 SWIMMERS OF THE YEAR

VERONICA HIBBEN, NOVA

Veronica Hibben

Congratulations to Nova Masters Swimmer Veronica Hibben who received the 2022 Female Swimmer of the Year Award. Roni, a 100 and 200 freestyle aficionado, had USMS #1 times in all three courses (SCY, SCM, LCM) and FINA (world) #1 times in the same events in SCM and LCM. On top of that, Roni is a great teammate, humble, and inspiring to all. Roni always comes to practice with a smile on her face, a positive attitude, and a motivating voice. She encourages everyone around her and helps to bring out the best in those she swims with. She also encourages her lane mates to join her at swim meets and open water swim events. She is a true ambassador of the sport!



2022 SWIMMERS OF THE YEAR

CHRIS GIBSON, WH20

Chris Gibson

Congratulations to West Hollywood Aquatics swimmer Chris Gibson, co-winner of the 2022 Male Swimmer of the Year award. Chris is someone who not only inspires swimmers on West Hollywood Aquatics, but the swimming community as a whole. Chris is a coach, and his knowledge and talent of the sport has elevated everyone around him. Even more than that, he never hesitates to get in the water and join with the WH20 community. You can find him leading the lane when nobody else wants to, and asking everyone what kind of workout they want, and how to best get them to the results they seek.

Chris has earned the USMS All-American designation in backstroke events in each of the past 5 years, with the exception of 2020, when there were very few competitions. In 2021 he had 5 Top Ten Swims in Long Course Meters. So far he's had 2 Top Ten Swims in Short Course Yards. While the personal success of repeatedly winning events is remarkable in and of itself, it is the inspiration to others in the pool and outside the pool that is most exemplary. The West Hollywood Aquatics team has a range of beginning to elite swimmers, and Chris inspires all of them.



2022 SWIMMERS OF THE YEAR

RYAN BULLOCK, LAPS

Ryan Bullock

Congratulations also go out to Ryan Bullock of Los Angeles Peninsula Swimming. Ryan has been on the Board of Directors for the last 4 years. He's been a mentor at workouts for Johnny Pierce, a Special Olympics swimmer and a member of the US National Paralympic swim team who also happens to be a SPMS member. Ryan helps Johnny with the swim sets and challenges him throughout the workout. Johnny is now a Paralympic American record holder and medal winner!

An outstanding open water swimmer, Ryan has competed in 10 Southern California open water races and has won his 35-39 age group in all of them, often placing first overall. Further, Ryan was second overall out of 692 participants in the Waikiki 2.4 mile OW swim, and the first American finisher. He also serves as a LA County Ocean Lifeguard and competes in surf lifesaving competitions.



2022 SPMS LIFETIME ACHIEVEMENT AWARD

Submitted by: *Ken Brisbin* }  Chair@SPMasterSwim.org

LIFETIME ACHIEVEMENT AWARD

MARK MOORE, MISSION VIEJO NADADORES

Mark Moore

Mark Moore was awarded the SPMS Lifetime Achievement award at the Regional Championships held in Long Beach.

Mark started coaching Masters over 20 years ago. He began with a team of fewer than ten swimmers, but with his philosophy of meeting the needs of all levels and assessing swimmers' physical and mental needs, the team excelled under his leadership. As a result, mission Viejo Masters became a highly visible USMS Masters Team. So much so that just a few years later, his team nominated him, and subsequently was awarded his first of several SPMS "Coach of the Year" awards.

In addition to his leadership skills for his team, he wanted to help at the LMSC level.

For over ten years, he has held either the Sanction Chair, Vice-Chair, or Chair of our LMSC. He runs multiple one-day meets, Regional Championships, Open Water events, and USMS National Championships.

Also impressive is that he volunteered for many years at the USMS level.

His volunteerism does not just benefit SPMS members. . A few years back, he started the Patrick Moore Memorial Relay meet in honor of his son, where the proceeds go to the Patrick Moore Memorial College Scholarship Fund.

Mark embodies what this award was created for by giving countless volunteer years. He has persevered, sacrificed, and shown his dedication not only to our LMSC and at a national level but to all those swimmers who wanted to improve their quality of life through the great sport of swimming.

Congratulations, Mark, on your Lifetime Achievement Award for Southern Pacific Masters Swimming.





2022 SPMS COACH OF THE YEAR

Submitted by: *Kris McPeak* } 

SPMS COACH OF THE YEAR

KEN BRISBIN, LONG BEACH GRUNIONS

Ken Brisbin

This year's recipient is not someone unknown to SPMS, but maybe what you didn't know about this person is how unselfish they are with their time.

This coach oversees a USMS Gold Team as Head Coach, a member of their team's board, and is what you might call a super volunteer. This coach receives no compensation for any of the roles played through their involvement.

And they aren't just a volunteer to their home team - this person has given of his time over and over in the past 12 months, working tirelessly as a Meet Director for SPMS and IGLA, as the Coach's Chair for USMS and as our current Chair of SPMS. On any given evening during

the week, this coach can be found on committee zoom calls for both SPMS and USMS creating follow-up surveys for various projects and initiatives, and never denies his Executive Committee the opportunity to text him at night or on the weekends to vent or ask questions.

He's a Dorothy Donnelly Service Award Recipient, Jim Marcus Appreciation Award Recipient, and today he officially becomes the Southern Pacific Masters Swimming Coach of the year. Please join me in congratulating Head Coach Kenny Brisbin of the Long Beach Grunions





JUST' A WALKIN' THE DOGS!

Submitted by: *Christie Ciraulo* } ✉ OpenWater@SPMasterSwim.org

It's an internet interview. Welcome to the new normal. It's a FaceTime audio and video with Jen and Mike Davidson, Southern Pacific Masters swimmers -- but something is missing. The soundtrack! You would think that Jen's Pawriffin Doggy Services would have a few barks in the background. When asked about the neighbors, Jen laughs, "I don't allow my pack to bark. Our pups are very quiet because we are here with them all day. We're home by 8am from the ocean swim and my last one leaves by 7:30pm. Occasionally I hear a bark, but it's the dog across the street!"

Mike and Jen consider swimming their time out from the pups. At least five days a week, they can be found in Santa Monica Bay, toes in at 6am. "I love the sunrise," Mike says. "This morning it was gorgeous. All the light and color breaks through the clouds and it's a bit surreal."

Both started swimming as children. Jen was four when her father died, and her mother moved her four little girls back to her family home.

When Jen's grandparents decided to put in a backyard pool, they immediately had an instructor come to the house to give swimming lessons.

"I wouldn't get in the water then," Jen explained "but when they moved me to group lessons, I loved it because I was there with all my friends. I graduated to the swim team and started working out with the E Team. Gradually I worked my way up to the A Team!

"I can remember the exact moment everything clicked," Jen continued. "My coach was intense about drills and technique. One day, I was looking up in the sky doing backstroke and all that drill work fell into place. I thought 'Ah....this is easy!'" Jen went on to earn a swimming scholarship to the University of Alabama, to be a seven-time All-American backstroker, and to compete in the 1986 Olympic swimming trials and the 1996 Olympic cycling trials.

Meanwhile, 8,000 miles away, literally on the opposite side the world, Mike was learning to swim in the creek on the family farm in Whangarei, New Zealand. At age 15, he was representing New Zealand in major competitions, and then at the 1984 Olympics in Los Angeles. As an Olympian, he posted top-16 finishes in the 400 and 1500-meter freestyles. He also was recruited to Alabama and was an All-American miler, team captain, and member of the 1987 SEC Championship team.

"I was at a UA fraternity party with some girlfriends," Jen reminisces, "and I wasn't having any fun. I left and walked down to the local bar, thinking I would find some of the swimmers there to give me a ride home. I saw Mike and his buddy, but I didn't really know him. I was a sprinter and Mike was distance guy – he worked out in lane 16, and I was lane 1 or 2. I knew who he was and I wasn't really interested since he was a freshman and I was a junior. But I knew him and I REALLY needed a ride home. Turns out he was a 21-year-old freshman, as was allowed in those days for foreign scholarship athletes. He offered to drive me home and chatted away in that lovely Kiwi accent and the rest is history!"

So, how does a sprint backstroker and an Olympian miler manage to swim together in the ocean? Jen smiles and said, "If he's bareback and I'm in a wetsuit and fins, I can give him a race. But mostly he waits."

"Not really," says Mike. "I've been wearing a wetsuit because it's so cold, and she is right there with me."

Jen picks up the story, “I’ve been to the whimpering stage in the ocean trying to swim with him, but I don’t want people to see me cry. We have a deal. I need to take the first 100 strokes easy; I need to get warmed up and set a rhythm. Once I sent the tempo and pace, with fins on I can stay with him – unless he puts the hammer down, then I’m done for!”

They started open water swimming in 2018, but like many others turned to it in earnest when the Pandemic shut down all the pools. Their first course logged them a mile, from Bay Street to the Tower 26 buoy and back. Gradually they worked their way up to 4,000 yards and their course now starts at Tower 26 and they work their way down to the Rocks in Venice and back.

“We drive 25 minutes to get there from the valley,” says Mike, “and 25 minutes back. We want to get in enough yardage to make all that driving worth it. If we had time, I would really love to swim a ‘round trip to the Venice Pier, but that’s about 6000 meters and would take us too much time.”

“I would be famished if we did that,” said Jen. “Right now, I usually bring gels and bars tucked in my wetsuit. We keep swimming to stay warm, but at the turn-around we stop for a snack.”

Like many age group and college swimmers, Mike and Jen took a hiatus from swimming. “Our son Jake was born in 2000 and adult responsibilities such as parenting and earning a living took over,” Mike explained. “We were in our early 30s and we tried so many things to stay in shape, like the baby jogger!! We also turned to Weight Watchers and are life members now.”

Always entrepreneurs, Jen and Mike were living in Florida when Jake was born. They owned and operated a total of five cafes while there. In addition, they started a swim team, thinking Jake would follow in the family sport.

“There we were, working two jobs and running and coaching a swim team of 70 swimmers, and our 10-year-old walks in and announces, ‘I hate swimming!’ Now what,” Mike asks. The what turned out to be a move to California for Jake and Jen, where Jake was determined to start a career in the film industry. Mike stayed in Florida to keep the swim team going and Jen started looking for work in LA.

“I was perusing Craig’s list when I saw what dog sitters made.

OK, I was in a tiny apartment, living next door to the landlord, with a 'no dogs allowed' lease. But we needed the income, so I set up an app, and literally, within five minutes, I had a customer with two Huskies. Eventually, we were required to move, and I called and called other apartments. I was about spent, when I hear this gruff male voice answer the line and upon being queried about dogs, replied 'the bigger the better.' We moved in!"

Mike eventually sold the swim team, the café leases were up, and the family unit came back together in Los Angeles. Jen's dog sitting business thrived and Mike set up work as an independent adjuster for catastrophic insurance claims. They bought their home in 2019 and set up the backyard and house to be dog friendly. Most times, Mike can work out of the house, but recently he spent a month in Florida, on site with claimants and insurance reps evaluating the damage from Hurricane Ian.

"We've made the full circle," Mike says. "I've done two Kona Ironmans, Jen's cycled and run marathons, I've run marathons, we've done World Championships for age group triathlons, and here we are, back to swimming."

"I've walked hundreds of thousands of steps with seven dogs leashed to my wrist. Run and cycled thousands of miles. My joints are shot. I started swimming again, concentrating on technique and enjoyment. I talked Mike into joining me. Then we were talked into open water swimming – and then an open water race."

"I couldn't believe she signed me up for a two-mile race. I went off in the wetsuit division and was swearing the entire two miles. It hurt and I promised myself every stroke that I would never do it again. Then the results came up and Jen looks at me and says 'hey, you won overall wetsuit!' and boy did I feel better all of a sudden." Mike smiles and admits, "we've done the race the last three years."

(In the interest of transparency, during a 90 minute interview, this reporter heard ONE bark, and it was the dog – across the street!)



IS YOUR POSTURE AN ASSET OR A LIABILITY?

Submitted by: *Arlette Godoyes* } ✉ SportsMedicine@SPMasterSwim.org

WHAT IS GOOD POSTURE AND WHY IS IT IMPORTANT?

When our bodies are aligned, all joints are efficiently stacked and muscular effort and stresses on other soft tissues are minimal. This allows for optimal muscle contractions, adding power at every contraction and allows for pain free mobility and less risk of injury – thus, strains to your low back and neck, shoulders and hips, and to your connective tissues, your tendons, ligaments, and joints are decreased. These potential strains, of course, are scaled with activities, repetitive motions, exercise, and/or work-related movements. How do you know if you are using an efficient alignment with your posture? Here are 2 ways:

1. Stand against a wall facing forward. Heel at base of wall (if possible), hips against wall, shoulder blades against wall and head slightly tucked and up against wall. Do you feel any stresses in your body, or is this stance not available to you? Now you know that areas to focus on to regain alignment.

2. Stand barefoot and equal pressure on the center of both heels, the base of your pinky toes and the base of your big toes; does it feel like you are swaying backwards or leaning forwards? Adjust accordingly and feel the new alignment.

The above tests are static standing. Imagine how the strains are exaggerated with speed and force? Having proper muscle length is crucial for optimal strength and flexibility to allow our skeletal system to be aligned in all positions - standing, sitting and especially while moving. Repetitive injuries like plantar fasciitis, Achilles tendinitis, patellar tendinitis, IT band issues, hamstring strains, sciatic pain, and low back, mid back, neck, and shoulder pain and the associated with common disorders like rotator cuff injuries, and bicipital tendinitis, and neck-related headaches all have an origin in postural alignment flaws and muscle length limitations. These impairments often lead to a decrease of range of motion at one joint and compensatory excessive mobility and strains at other joints. When we superimpose repetition of force full movements with flawed alignment, we are stuck with overuse and annoying injuries and poor joint function leading us on the path toward articular cartilage loss and joint replacement surgeries.

Another culprit to injuries due to postural malalignment is our time spend sitting in front of electronics and/or constantly looking at our phones. These activities tend to position our head forward and increase our compression at our neck. Our head weighs between 10 and 15 pounds. This is the weight we carry on our neck and shoulder girdle in proper upright posture. A 12-pound head shifted 2 inches forward now creates a 32 lbs force on our thoracic spine and ribs and shifter further forward larger forces. This weight places great strain on our muscles, nerves and structures of our neck, upper back, and shoulders and changes our ability to move comfortably and with ease. It promotes rounded shoulders, tightness in our shoulder girdle and neck muscles, and weakness in our anterior neck muscles. To compensate, your torsos and hips move out of alignment and loose flexibility, and we enter a cycle of poor posture. This posture we now super impose on athletic, work, and daily activities like carrying groceries, driving, walking, and swimming.

You may think these issues are not so significant because we are in a horizontal position, and not weight bearing in the water while swimming. That is not accurate. Impingements at the shoulder girdle, compression in the neck and low back and knee pain, are annoying at best and showstoppers for workouts, competition and fitness at worst. These ailments don't get better with rest, if they do, they return upon activity.

The cure is to fix the alignment and establish muscle balance, to maintain proper posture and alignment in the pool while swimming. This is achieved by strengthening the weak smaller muscles around the shoulder girdle and spine, while stretching the tight big “mover” muscles. Find out what you need to do and have a professional guide you. Then, work on your strokes with your coach to change some habits that are not serving your musculo-skeletal health.

Follow me [@AgeUpWell](#) for tips on how to improve your posture and stay pain and injury free as you do all the things you enjoy.





REGIONAL CHAMPIONSHIP MEET

Submitted by: *Ken Brisbin* } ✉ Chair@SPMasterSwim.org

On December 2nd, 3rd, and 4th, the SPMS Short Course Meters Regionals Championships returned after a three-year hiatus. The Long Beach Grunions were happy to bring this back to our region and host the event at the new Long Beach City College Facility.

During this three-day event, we had every weather system pass over the pool, from light rain and cool temperatures on Friday to a beautiful sunny day Saturday and finally Sunday with some heavy rain in the afternoon. The Grunions had heaters on deck so swimmers could stay warm and swim their best.

Despite this being an outdoor facility, we had over 400 participants attend from as far as Canada and Mexico. We had over 20 National and World Records broken, with many personal bests each day. So congratulations to everyone.

We want to give special thanks to the Long Beach Grunions and their

family and friends who volunteered to work. SPMS could not have put on such a well-organized meet without the dedication and commitment of the members of the Long Beach Grunions.

2022 SPMS SHORT COURSE METERS CHAMPIONSHIPS

12/2/2022 TO 12/4/2022 | THROUGH EVENT 45

MEN HIGH POINTS

18 - 24 MEN - INDIVIDUAL SCORES

1st	Polakoff, Taras (BEAV)	37 Points
1st	Graczyk, Sawyer (CVMM)	37 Points

25 - 29 MEN - INDIVIDUAL SCORES

1st	Nguyen, Cory (RIPT)	52 Points
2nd	AmiryinClipps, Jamaal (ROSE)	41 Points

30 - 34 MEN - INDIVIDUAL SCORES

1st	Gimenez, Ruben (SDSM)	47 Points
2nd	Porrazzo, Ralph (ROSE)	43 Points

35 - 39 MEN - INDIVIDUAL SCORES

1st	Morris, Jeffrey (SWLB)	54 Points
2nd	Song, Jimmy (MEMO)	49 Points

40 - 44 MEN - INDIVIDUAL SCORES

1st	Godor, Frank (ROSE)	43 Points
2nd	Marshall, Mario (GRA)	34 Points

45 - 49 MEN - INDIVIDUAL SCORES

1st	Popko, David (ROSE)	48 Points
2nd	Commings, Jeff (DDSA)	45 Points

50 - 54 MEN - INDIVIDUAL SCORES

1st	Magee, Mark (GRA)	42 Points
2nd	Borton, Dan (ROSE)	37 Points

55 - 59 MEN - INDIVIDUAL SCORES

1st	Shaffer, Mike (VCM)	52 Points
2nd	Sullivan, Scot (OMS)	48 Points

60 - 64 MEN - INDIVIDUAL SCORES

1st	Hathaway, David (OMS)	47 Points
2nd	Burke, Tom (GRA)	38 Points

65 - 69 MEN - INDIVIDUAL SCORES

1st	Stephenson, Dan (ROSE)	54 Points
2nd	Blatt, Michael (VCM)	42 Points

70 - 74 MEN - INDIVIDUAL SCORES

1st	Umholtz, Ken (OJAI)	37 Points
2nd	Sterne, Erik (Uc33)	36 Points

75 - 79 MEN - INDIVIDUAL SCORES

1st	Springer, Douglas (ARIZ)	54 Points
2nd	Burns, Richard (TAM)	50 Points

80 - 84 MEN - INDIVIDUAL SCORES

1st	Ronay, Peter (ROSE)	54 Points
2nd	Bergstrom, Robert (FMT)	18 Points

85 - 89 MEN - INDIVIDUAL SCORES

1st	Mitchell, Thomas (SDSM)	41 Points
2nd	Farrell, Jeff (SBMS)	36 Points

2022 SPMS SHORT COURSE METERS CHAMPIONSHIPS 12/2/2022 TO 12/4/2022 | THROUGH EVENT 45 WOMEN HIGH POINTS

18 - 24 WOMEN - INDIVIDUAL SCORES

1st	Becraft, McKinley (RIPT)	51 Points
2nd	Ramirez, Rayana (ROSE)	42 Points

25 - 29 WOMEN - INDIVIDUAL SCORES

1st	Yao, Sarah (RIPT)	48 Points
2nd	Taylor, Hannah (SPP)	40 Points

30 - 34 WOMEN - INDIVIDUAL SCORES

1st	Hawthorne, Meghan (Uc33)	52 Points
2nd	Stacy, Jessica (OMS)	48 Points

35 - 39 WOMEN - INDIVIDUAL SCORES

1st	Higlett, Alexis (OMS)	52 Points
2nd	Kisacik, Seda (SPP)	45 Points

40 - 44 WOMEN - INDIVIDUAL SCORES

1st	Hitch, Susan (LVM)	50 Points
2nd	Nehrebecki, Helene (DAM)	46 Points

45 - 49 WOMEN - INDIVIDUAL SCORES

1st	Mcclafferty, Christine (OMS)	54 Points
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2nd	Kramer, Stephanie (NOVA)	43 Points
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50 - 54 WOMEN - INDIVIDUAL SCORES

1st	Leichter, Nancy (ROSE)	54 Points
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2nd	Pescatori, Rossella (SCAQ)	52 Points
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55 - 59 WOMEN - INDIVIDUAL SCORES

1st	Gellatly, Jill (CVMM)	47 Points
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2nd	Cleavenger, Becky (CVMM)	43 Points
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60 - 64 WOMEN - INDIVIDUAL SCORES

1st	Delmage, Arlene (OMS)	50 Points
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2nd	Finley, Ann (LAPS)	48 Points
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65 - 69 WOMEN - INDIVIDUAL SCORES

1st	Hibben, Veronica (NOVA)	54 Points
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2nd	Ciraulo, Christie (Uc33)	47 Points
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70 - 74 WOMEN - INDIVIDUAL SCORES

1st	Val, Laura (TAM)	54 Points
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2nd	Kaguni, Laurie (SDSM)	44 Points
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75 - 79 WOMEN - INDIVIDUAL SCORES

1st	Montrella, Beverly (CVMM)	54 Points
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2nd	Levinrad, Jan L (MVN)	51 Points
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80 - 84 WOMEN - INDIVIDUAL SCORES

1st	Shockro, Ellen (NOVA)	9 Points
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2022 REGIONAL CHAMPIONSHIP MEET: TEAM TOP TEN

PLACE	TEAM	POINTS
1st	Rose Bowl Masters	1,634.50
2nd	San Diego Swim Masters	1,280
3rd	Long Beach Grunions	908.50
4th	Conejo Valley Masters	780.50
5th	Golden Road Aquatics	690.50
6th	Novaquatics Masters	612
7th	Mission Viejo Masters	586
8th	Southern California Aquatic Masters	434
9th	SilverPeak Performance	365
10th	Oregon Masters	346



UPCOMING

SPMS EVENTS



JANUARY 21 - SATURDAY

USMS Adult Learn-to-Swim Instructor Certification



JANUARY 29 - SUNDAY

Palm Springs Masters SCY Meet

UPCOMING

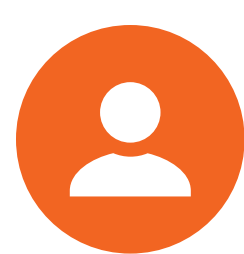
SPMS EVENTS

EXECUTIVE COMMITTEE:



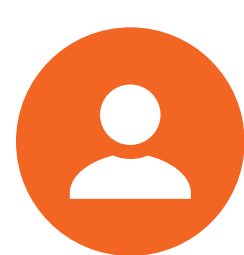
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Vice-Chair: Robin Smith

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Treasurer: Kris McPeak

Treasurer@SPMasterSwim.org



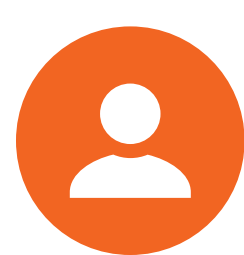
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