



SPMLS

SOUTHERN PACIFIC MASTERS SWIMMING



NEWSLETTER
SEPTEMBER-OCTOBER 2023



USMS 2023

SUMMER LONG COURSE METERS NATIONAL CHAMPIONSHIPS

HOSTED BY THE SARASOTA SHARKS – AUGUST 2-6, 2023

Submitted by: *Diana Dolan LaMar*

It was a typical hot and humid summer week in Florida; however, it did not detour 15 swimmers from Southern Pacific Masters Swimming (SPMS) from heading to Sarasota Florida to compete in the USMS Long-Course Meters National Championships. And compete they did.

Despite the warnings of severe thunder showers, the meet was rain-delayed for 30 minutes only once. The weather Gods were smiling upon us. The Sarasota Sharks ensured there were plenty of water stations, hospitality, volunteers, and officials to assist with running an effective meet although some of the days were long – starting at 7:30 a.m. and finishing at 7:00 p.m.

There may have only been a few SPMS swimmers, but they were very impressive and scored big points for their teams.

Mike Selna (75-79) from Costa Mesa Aquatic Club was the SPMS high-point scorer with 53 points after securing 4 gold medal swims and 1 silver medal swim.

Four gold medal swims, including one world record, and a bronze medal by the mermaid **Christie Ciraulo (70-74)**, at Sarasota Nationals featured her scoring 52 points while representing West Hollywood Aquatics. “I was totally excited to set the world record in the 1500 in Mission Viejo in May, and then the next week set the 800 in Huntington Beach,” exclaimed Christie. “But dropping 23 seconds in the 1500 at Nationals was totally unexpected and a blast. I’ve been swimming competitively since I was seven - with a twenty-year break for college and family - so it’s a culmination of so many swimming years of friendships and good times.”



The beautiful custom design medals (pictured above), by Meet Director Anna Lea Matysek include the symbolic blue lifeguard tower in Sarasota. When someone says, “let’s go for an open water swim in Sarasota,” that’s where they meet.

Jeff Farrell (85-89), representing Santa Barbara Masters, and **Kurt Dickson (55-59)**, Golden Road Aquatics, each scored 51 points with 3 gold medal swims and 2 silver medal swims. Golden Road Aquatics coach Mike Lucero proudly stated, “Kurt Dickson the ER Doctor continues to amaze us all.



Christie Ciraulo

Pictured at the meet in Sarasota, he was pure domination. Look for him next at Open Water Nationals in Mission Viejo. He’s a force to be reckoned with.”



Jeff Farrell

The lone swimmer from Las Vegas Masters, **Stephanie Saucy (60-64)**, also had two golds, one silver, one bronze, and one 4th to score 46 points.

Jennifer Weiderman (55-59) and **Kelly Karren (50-54)** from Conejo Valley Masters combined for 9 top-ten finishes for a total of 63 points.

Other top-ten medalists included **Stefanie Capizzi (35-39)**, Rose Bowl Masters, **Diana Dolan LaMar (65-69)** and **Robert Mitchell (65-69)** representing Mission Viejo Nadadores. **Jake Fisher (30-34)**, La Verne Brewing, **Randy Miller (65-69)**, CCAT Masters, and the Beaver Swim Club comprised of four swimmers, **Aiden Asuncion (18-24)**, **Taras Polakoff (18-24)**, **Alexander Damecki (25-29)** and **Nicholas Gutierrez (25-29)**, combined for 98 points in the two youngest age groups.

Congratulations to Fort Lauderdale Masters Swimming for a strong finish over runner-up Sarasota Sharks.

Next year, USMS Long Course Meters National Championships are scheduled in Southern Pacific from August 21-25, 2024, at the Margarite Aquatic Center hosted by the Mission Viejo Nadadores (MVN) in Mission Viejo, CA. As in past years, MVN is excited to host and promises a fast and fun event. See you there



Diana Dolan LaMar & Robert Mitchell

SPMS ELECTIONS 2023

Submitted by: *Mary Hull*

It will soon be time for Southern Pacific Masters Swimming to hold our biennial elections and nominations are now open for the positions of Chair, Vice Chair, Secretary, Treasurer, and Member at Large.

2. The Nominating Committee will canvas persons and present at least one (1) nominee for each office at least one (1) month prior to the election meeting.
3. The list of nominees shall be published on the SPMS website.
4. Additional nominees may be presented at the election meeting by any Member providing the nominee has given written consent.

Nominations will remain open until the Annual Meeting, and elections will take place that same day at the meeting.

The Board members will hold office from January 2024 until December 2025.

If you would like to get more involved in the administrative side of Masters swimming or if you are interested in becoming a member of the SPMS Executive Committee, please contact Mary Hull (lazyswimmer@pacbell.net) as she will be accepting nominations and coordinating the elections.

The duties and responsibilities of the officers are outlined in the Policies & Procedures:

https://www.spmastersswim.org/c/8B6A80C/file/documents/SPMS_Policies_Procedures_20151026.pdf

A summary of the duties follows:

- The Chair shall preside at all meetings of the Southern Pacific Masters Swimming Committee (SPMSC) and shall execute all policies established by the SPMSC. The Chair may appoint or dismiss standing Committee Chairs, sub-committees, and ad hoc committees as necessary.
- The Vice-Chair shall be in charge of the scheduling and sanctioning of all swim meets, subject to approval by the SPMSC.
- The Secretary shall be responsible for recording and keeping minutes of the business meetings of the SPMSC, and administrative assistance to the SPMSC and SPMSC Officers.
- The Treasurer shall be responsible for the financial affairs of SPMS.
- The Member-at-Large shall represent the membership at SPMSC meetings and be a liaison between the officers and members of SPMS.

Nominations and Elections Procedures:

1. The Chair will appoint a Nominating Committee of at least three (3) persons two months prior to the election meeting of the SPMSC.



A PARALLEL SWIMMING UNIVERSE

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

SEVEN DEGREES OF SEPARATION. IT'S A SMALL WORLD. SWIMMING IS A WAY OF LIFE.

Whatever you might call it, parallels in life are all around us. We just have to suss them out. Bev (Mission Viejo Nadadores) and Jim Montrella are often seen on deck together at Masters swim meets. Their positive attitudes and big smiles reflect their love of swimming, the people around them, and each other.

In 1974, the USA and East Germany swam a dual meet in Concord, California. At the time the two countries dominated the world records in swimming. Jim and Bev both went to the meet – independently. At the time, Jim was head coach of Lakewood Aquatic Club, and Bev was working parttime as an assistant coach at Mission Viejo Nadadores and as a receptionist at the Mission Viejo Rec Centers.

I asked them how they met.

"We met at a swimming meet," Jim reminisced. "I'd heard of him, he was a pretty famous coach," said Bev. "I had no clue," said Jim. "I went to the party after the first day of swimming," said Bev. "It was back in the disco days. I was having a great time." "I got there late," said Jim. "I walked in with Donna de Varona (Olympic gold medalist and Title IX advocate). Within seconds, every guy in the place had edged me out." "Yes," Bev laughed. "They fled my side to go talk to Donna." "I asked Bev to dance," said Jim. "Best move I ever made!" They were married in 1975.

Recently, Bev and I started chatting on deck.

I asked her how she got into swimming.

"My first real team was a YMCA," she said. "Gosh," I said, "me, too!" "No kidding," said Bev. "It was in Illinois." "Com'on," I said, "me, too!" "At the Harvey Y," she said. "No way," I said, "me, too!" Small world, right? Sixty years later, we're reminiscing about the same four lane, 20 yard, over-heated pool -- 2,000 miles away in a tiny town on the southside of Chicago. We missed each other by months.

I asked Bev about her first experience with open water.

"My first open water was as a toddler in Lake Michigan. We had access to the Chicago beach. We learned to swim with no formal lessons," said Bev.

"This is getting crazy," I said, "me, too!" and we started laughing.

"In the 60s the Chicago Tribune newspaper sponsored a 100 yard swim and every local child was invited to attend," Bev said. "We had no tank suits, no swim caps, and goggles didn't even exist. My sister and I both ended up qualifying in the top eight for our age groups and came back the next day to swim in the finals." Bev's mother set out looking for a swim team for her girls. It took two years, but that's how they ended up swimming for the Harvey Y.

"I swam with the Y and we participated in two workouts a week for 45 minutes and maybe a workout on Saturday. After 2 years swimming with the Y, I transferred to Ridge Park Swim Club where we did a bit more training."

"We had moved to the suburb and joined a country club. The summer became one long pool party!" she said. "It was there that the pool manager suggested we do the Chicago Trib swim." "Me, too," I said, stunned. "What country club?" Bev's pool was at the Calumet Country Club, while I spent my tween years less than seven miles away, hanging out summers at the Park Forest Aqua Center. It was a summer thing for Midwesterners.

I was curious about Jim's coaching career.

"I joined the Lakewood YMCA in junior high school and after high school graduation, I was asked if I wanted to be the Aquatics Director of their new pool. I was 18. I said 'yes.'"

"After starting my new job, I took a call from another Y aquatics director who said, 'let's have a dual meet.' I told him we didn't have a team and his response was 'get one!'"

"I went back out to the pool during free swim and cleared it. We lined the boys up on one side and the girls on the other and had races. Whoever had legal strokes or went the fastest became the beginning of the swim team. I told those kids to come back with their parents for a meeting at 6pm. They thought they were in trouble, but they weren't. That meet added Swim Coach to my duties as Aquatic Director," laughed Jim.

"We had no lane lines, no black lines, no wall targets. But we had swimmers. At the end of the summer, I closed the whole place down, got a bucket of black paint and hand-painted the lines and the targets, myself."

"We had a swim team!"

"Whoa," I said, "that's my first memory of swimming!"

My Park Forest Aqua Center was challenged to a dual meet by the neighboring country club. I was six. All the cool kids were doing it, so I wanted in.

My mom loved telling this story... "They lined up all the 10 and unders on the side of the pool," my mom would explain, "and told them to swim one length butterfly. I turned to my neighbor and said 'She doesn't know what that is...' I looked back toward the pool, the lifeguard blew a whistle and off she went with a beautiful butterfly that blew away the field." (Aren't swim moms the best??!!)

Bev didn't have the opportunity to swim again until she moved to California in 1972. She needed to exercise, and since she always loved swimming, she found a pool. The next year, 1973, an AAU Masters Nationals was held in the 25 yard indoor pool at Santa Monica High School.

"I swam in that meet. I was still coaching at Mission Viejo when I was asked by the coach to swim at Saddleback College. By then I was 29 and a single mom to two daughters and travelling as manager for the Nadadores national team."

I asked Bev how she ended up in California.

"When I was 17, we moved to Colorado. I moved to California when my parents and sister moved from Colorado back to Hinsdale, Illinois."

"Wait, what??" I said, totally stunned. "Hinsdale? No way." That's where we lived while I was in middle school. I swam age group for Hinsdale. Although it was several years later, Bev's little sister attended the same high school my brothers graduated from. She swam for my same age group team, in the same pool and was a high school graduating classmate of my lifetime best swim bud.

Flash forward to the present.

I wanted to know Bev's workout and lifestyle regimen.

"I usually work out an hour, four times a week, in the Mission Viejo pool, with Coach Mark (Moore). I average 2400-2800 yards, rarely I get to 3000. The week before the meet Bev gets in every day. "I can't really call it a taper because I don't train enough anymore, but I do Rest. I cut the yardage down to 1000-1300, loosen up, do a small, short-rest set and some sprints focusing on technique and maybe some turns."

"I love Italian and Mexican food, but I'm good with nutrition and I cook lots of vegetables and make salads for every meal. I also drink P2LIFE, a recovery drink, after my workouts."

"She is unbelievably good about sweets and never over eats," Jim interjects.

"And I get eight or nine hours of sleep a night," Bev finishes.

Jim and Bev are soon to depart for Turkey and Greece on a swimcation. "We're going to be on a Turkish gulet wooden boat. We have a guide, eight state rooms and 16 swimmers. We get to do open water swims every morning and every evening," says Bev, her voice rising in anticipation.

This fall, I'm off to Bermuda to meet up with four of my closest swim friends, the Mighty Mermaids, to swim our 15th long distance open water relay together.

Six decades later, Bev Montrella is still spending her summers... and her falls, winters, and springs...swimming. Me, too.





PROGRESSIVE MILE SWIM CHALLENGE



THERE'LL BE SNACKS,
SOCIAL, FUN, & MORE!

COME JOIN US

Sunday, October 15th at 9 am
Palm Park: 5703 Palm Ave, Whittier, CA 90601

Register Entry \$10 at the door.

*or Free entry if show proof that you
registered for USMS Mile Swim
Challenge with your SWIM CAP.*

**Register [HERE](#) to
reserve your spot.**

MARKETING MATTERS!

HELLO, COACHES AND SWIMMERS!!

THE SPMS MARKETING AND CLUB DEVELOPMENT COMMITTEE HAS BIG NEWS!

Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

October 15, starting at 9 am, is our first ever SPMS Fall Fitness Event to be held at Palm Park Pool, 5703 Palm Avenue, Whittier, Ca. Look for more information and link to register in special separate article in this newsletter. The price is \$10 per participant or show proof of paid registration for Fall USMS Fitness Event. The proper swim cap mailed to each swimmer who signed up for the USMS Fall Fitness Event could be your entry ticket. It is for me! This October event should be a fun social way to swim one progressive mile with other swimmers from all over SPMS. It will be an easy way to make new swim friends and to meet other coaches as well as get in some exercise, snacks, and maybe a swim tip or two. Rewards are cheers and vinyl stickers.

My committee composed of Lucila Davies, Ralph Porrazzo, and I are always at work promoting Masters Swimming and striving to make your club grow and give your members greater benefits to make our LMSC even better.

The Marketing budget has \$5000 remaining to spend in 2023 to help you market your swim club for the rest of this calendar year. A few clubs plan to buy co-branded marketing items like caps and luggage tags and will request reimbursement. From \$500 to \$1000 is available for each club until funds run out. Contact Anita Cole for more details.

Word of mouth is still the best way to market Masters Swimming. A Referral Rewards Program organized for each club might encourage more swimmers to recommend or invite friends, relatives, and co-workers. If a swimmer refers someone, perhaps a thank you email note would suffice from the coach or designated other club swimmer. If same member repeatedly refers other swimmers, maybe a \$10 gift card to Trader Joe's or Starbuck's could be awarded. Even a Club Swimmer of the Month Award could be presented to this enthusiastic club member. It could be described as a spirit award for so many referrals. Each club or coach could do whatever seems right for their needs. If club needs financial assistance for this Referral Rewards Program of giving out gift cards, coach or captain of team can apply for reimbursement from SPMS. It is a marketing tool in my opinion.

A rapid response mechanism for each inquiry regarding swimming with a club should be in place. Try to respond by email within 24 hours of the receipt of swimmer inquiry welcoming this swimmer

to try out a swim practice if possible and appropriate. The USMS 30 Day Free Trial Membership Application is a great marketing tool.

Try Masters in July was moderately successful. We want swimmers to try Masters all year long! A Masters Prep Program is a new plan to assist a new member or prospective new member who knows how to swim, but has never been on any swim team before. Again this would need to be addressed at the local club level. If a swimmer cannot swim 50 yards unassisted with side breathing, special attention is needed before this swimmer jumps in for a Masters Club Practice. A volunteer club member could help this new swimmer if a coach is not available. An extra lane or more required pool time may result in an additional expense. Marketing funds are available for such a new Masters Prep Program. Ask me if you need help with this.

Instead of a large order of generic USMS Swim Caps for central supply that get distributed by the marketing committee to clubs upon request, clubs can order their own customized co-branded swim caps with their club logo on one side and our SPMS and USMS logo on the other side. Don't miss out on this opportunity to be reimbursed for your customized orders!

USMS still offers a free co-branded banner for each club every 4 years. Order one for your club if you need a new one or just want another banner to display at your pool. Some clubs have never ordered any banner! Just do it! Email Melanie Jaudon to request a co-branded banner with your club logo and USMS logo. Her email address is MJaudon@USMastersSwimming.org

I would love to hear how your club is marketing to increase membership or what interesting benefits your club is offering to its members.

Please inform me what your financial needs are before ordering your marketing items for which you wish to be reimbursed. Our funds may run out.

My goal is to help the clubs/coaches/members help themselves by sharing marketing ideas and offering financial assistance when appropriate and available.

Anita Cole
SPMS Marketing and Club Development Chair
Email: Marketing@SPMasterSwim.org
Cell: 310-367-4606



UPCOMING

SPMS EVENTS

SEP 16 **SEPTEMBER 16 - SATURDAY**
USMS OW Nationals MVN (1mile/5 km)

SEP 17 **SEPTEMBER 17 - SUNDAY**
USMS OW Nationals MVN (1mile/5 km)

OCT 01 **OCTOBER 01 | SUNDAY**
MVN Masters SCM Meet


SPMS

OFFICERS

EXECUTIVE COMMITTEE:

 **Chairman: Ken Brisbin**
chair@SPMasterSwim.org

 **Vice-Chair: Robin Smith**
vicechair@SPMasterSwim.org

 **Treasurer: Bob Eberwine**
Treasurer@SPMasterSwim.org

 **Secretary: Lucila Davies**
secretary@SPMasterSwim.org

 **Member At-Large: Becky Cleavenger**
memberatlarge@SPMasterSwim.org

CONTRACTORS:

 **Membership Coordinator: Judi Divan**
Membership@SPMasterSwim.org

 **Newsletter Editor: Jorge Ferrero**
newsletter@SPMasterSwim.org


 **Top Ten Recorder: Judi Divan**
TopTen@SPMasterSwim.org

COMMITTEE CHAIRS:

 **Awards: Becky Cleavenger**
memberatlarge@SPMasterSwim.org

 **Coaches: Cory Nguyen**
Coaches@SPMasterSwim.org

 **Diversity and Inclusion: Virgil Chancy**
DiversityInclusion@SPMasterSwim.org

 **Finance: Bob Eberwine**
Treasurer@SPMasterSwim.org


 **Fitness: Mary Jurey**
Fitness@SPMasterSwim.org

 **History and Archives: Robert Mitchell**
HistoryArchives@SPMasterSwim.org

 **Marketing Committee: Anita Cole**
Marketing@SPMasterSwim.org

 **Meet Operations: Robin Smith**
Sanctions@SPMasterSwim.org

 **Officials: Alina DeArmas**
Officials@SPMasterSwim.org

 **Open Water: Christie Ciraulo**
OpenWater@SPMasterSwim.org

 **Sports Medicine: Arlette Godges**
SportsMedicine@SPMasterSwim.org

ASSIGNMENTS:

 **Webmaster: Steve Ingram**
Webmaster@SPMasterSwim.org