

May/June  
2003



## SPMA MASTERS SWIMMING



### Carole Shigaki Named 2002 SPMA Coach of the Year

Congratulations to Carole Shigaki of West Hollywood Aquatics (WH2O) on being honored with the 2002 SPMA Coach of the Year award. Carole has been a swimmer since the tender age of six, swam for UC-Berkeley and

UCLA, and leads a successful career as both a Masters swimmer and coach. She started as an age group coach and has worked her way up the ladder to the Masters level.

Carole enjoys coaching adults for several reasons: swimmers are at practice by choice, they're eager to work, and they're sociable (or, as she described it, "all the Peyton Place stuff"). In addition to giving sets on deck, you will find Carole also works out with the team, modeling what she preaches!

Practices with Carole tend to focus on technique over yardage, and she goes to the pool with a goal in mind, such as streamlining or touching with two hands in breaststroke or

butterfly. She's a firm believer in nailing down the technique before increasing yardage. Carole wants her swimmers to be so efficient that they will still be in the pool at the age of 90!

Carole likens coaching to conducting an orchestra, coordinating dozens of swimmers of varying ability across several different lanes simultaneously. She's focusing on the overall

theme of the workout, while staying attuned to all the individual swimmers. She makes it a point to say at least one positive thing to each individual swimmer at every workout.

*Information about Carole was obtained from an article by Kristen Muller in the WH2O newsletter.*



### SPMA Hosts Swimmer and Coach Clinic by Wayne McCauley

SPMA recently hosted a swimmers and coaches clinic in conjunction with USMS. The guest Mentor Coach was Kerry O'Brien from the Walnut Creek Masters in Northern California. He is featured in an article and is also on the cover of the Mar/April 2003 issue of SWIM magazine. USMS Coaches Committee Chairman Michael Collins (NOVA) was instrumental in getting this clinic in Southern California, and he also assisted at the clinic. Both Michael Collins and Kerry O'Brien are past winners of the USMS Coach of the Year Award.

The swimmers and coaches who attended learned a lot during the two-day clinic, and equally important, had fun doing it. We all want to improve in the water, and learning from watching your swimming stroke using underwater videotaping is the best way to improve quickly.

If you missed this clinic don't hesitate to attend a clinic hosted by another SPMA club. A couple of years ago I gave a very successful clinic in Glasgow, Scotland. The coach kept saying that I was giving them the same information he had, but they were listening to me so much better. Going to someone else's clinic may just ring the bell, light the bulb that gets the information to the brain. You may come back to your regular coach swimming better and knowing that he was trying to teach you to get better.

After a clinic, a good measure of your success is a swim meet or ocean event. Our newsletter and web site will list all the sanctioned events for you to try out your improved strokes.

#### Swimmers in the news:

- *Maurine Kornfeld was heard on "NPR: Elite Elder Athletes." You can hear it too, at [discover.npr.org/features/feature.jhtml?wflid=995370](http://discover.npr.org/features/feature.jhtml?wflid=995370)*
- *In Senior Outlook (Kaiser Permanente), several USMS members were highlighted in the article "Member Swims into Record Books." Adrienne Pipes, Carol Sing, Deborah Peckham, Sandra Vickers, Betsy Jordan, and Janet Lamott formed the oldest relay team to complete a swim of Catalina Channel.*
- *Check out the last page of the March 24, 2003 issue of Sports Illustrated for a wonderful article about San Diego swimmer Jim Eubank by Rick Reilly. "Forget Faces in the Crowd. Is it too late to give him a cover?"*
- *The February 3, 2003 issue of The New Yorker has a Personal History by Lynne Cox, "Swimming to Antarctica."*

# SWIM FOR LIFE!

Get the most out of your water time by working out with other swimmers at organized coached practices.

## SANTA BARBARA, VENTURA, KERN, SAN LUIS OBISPO

ARROYO GRANDE: South County Aq Waves  
ATASCADERO: Kennedy Aquatics  
BAKERSFIELD: Golden Wave Masters  
BAKERSFIELD SWIM CLUB  
CAMARILLO: Pleasant Valley Swim Club  
OJAI: Ojai Masters  
PASO ROBLES: North County Aquatics  
SAN LUIS OBISPO: TRISLO Roadrunners  
SAN LUIS OBISPO MASTERS  
SANTA BARBARA: UCSB Masters  
SANTA BARBARA MASTERS  
SANTA CLARITA  
SANTA MARIA SWIM CLUB  
SANTA PAULA: Heritage Valley Masters  
THOUSAND OAKS: Daland Masters  
VENTURA AQUATIC CLUB  
VENTURA COUNTY MASTERS

Mark Bennett (805) 478-0202; marben009@yahoo.com  
Jennifer Brown (805) 466-6775; jennicraig@tcsn.net  
Evelina Steele (661) 663-9884  
Keith Moore (661) 637-1403; www.bakersfieldswimclub.org  
Bruce Brown (805) 383-6927  
Malchia Olshan (805) 646-1091, gjaidar@aol.com  
Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com  
Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com  
Lynne Anderson (805) 541-2585; iswimslo@yahoo.com; www.sloseahawks.org  
Brandon Seider (805) 893-2505, brandon.seider@athletics.ucsb.edu  
William Robert (805) 966-9757  
(661) 284-1470 or 284-1741 (pool); Rob Harbo, rharbo@santa-clarita.com  
Michael Ashmore (805) 349-8980, (805) 928-9655; santamariaswim@aol.com  
Cindy Blatt (805) 524-5157; cmswm@aol.com  
Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com  
Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net  
Ken Grey (805) 650-0400; gobuena@aol.com

## NORTH LOS ANGELES COUNTY

GLENDALE: Adult Aquaphobia Swim Center  
GRANADA HILLS: CSUN Masters  
PASADENA: Caltech Masters  
PASADENA: Rose Bowl Masters  
SANTA CLARITA MASTERS  
WOODLAND HILLS: Southwest Aq Masters

Paul Lennon, (800) 200-SWIM, prlennon@earthlink.net  
Edward Lapporte (818) 667-6389, (818) 363-3858; elapporte@aol.com  
Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu  
Gary Anderson (626) 397-4993; www.rosebowlaquatics.com  
Rob Harbo (661) 290-2204; pool: (661) 284-1470 or (661) 284-1471  
Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

## SOUTH LOS ANGELES COUNTY

CULVER CITY: SCAQ  
EL SEGUNDO MASTERS  
EL SEGUNDO: Play Hard Swim Hard  
HAWTHORNE: South Bay Swim Team  
HOLLYWOOD: Hollywood Wilshire YMCA  
LA: City of Los Angeles Masters  
LA DOWNTOWN & WEST: SCAQ  
LA MID WILSHIRE: Meridian Swim Club  
LA WEST: UCLA Bruin Masters  
LONG BEACH: Shore Aquatics  
LONG BEACH Swim Club  
LONG BEACH: Beach Swim Club Masters  
LONG BEACH: Grunions  
RANCHO PALOS VERDES: Zenith Aquatics  
SANTA MONICA: SCAQ  
SOUTHGATE MASTERS  
TORRANCE: LA Peninsula Swimmers  
VENICE & WESTCHESTER: SCAQ  
WEST HOLLYWOOD AQUATICS

SCAQ Office (310) 390-5700; www.swim.net/scaq  
Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net  
Marcel Rinzier (310) 529-4468; swimrinz@hotmail.com  
Kathy Davids (310) 643-6523, www.southbayswimteam.org  
Ricardo Espinoza (213) 639-7537; ricardoespinoza@ywcala.org  
Ricardo Vera (323) 906-7953; rvera@rap.lacity.org  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Timothy Sharpe (323) 954-1100  
Gerry Rodrigues (310) 645-5937; www.idyll.org/~henryh/bruinmasters  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Tom Trapp  
Beach Swim Club hotline (562) 597-9744  
Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com  
DeAnne Preyer (310) 372-3762  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Patricia Mitchell (323) 563-5753; southgatepark@yahoo.com  
Michael Hamm (310) 993-4977; swimdude41@aol.com  
SCAQ Office (310) 390-5700; www.swim.net/scaq  
Carl Anhalt (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org

## ORANGE COUNTY

COAST MASTERS  
FOUNTAIN VALLEY: Typical Tropical Swim Cl.  
HUNTINGTON BEACH: Golden West Swim Cl.  
HUNTINGTON BEACH SWIM CLUB  
IRVINE NOVAQUATICS  
IRVINE: Sports Club  
IRVINE: UCI Masters  
MISSION VIEJO MASTERS  
NEWPORT BEACH MASTERS  
NEWPORT BEACH: Lifeguard Association  
NEWPORT BEACH: Pacific Coast Aquatics  
TUSTIN: SOCAL  
VILLA PARK: Orange Regional Comp. Aquatics  
YORBA LINDA: East Lake Eagle Rays

Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518  
Robert Sands (714) 969-1056; cwoof@msn.com  
Blair Roy (714) 894-6266, Rick Graves (714) 374-8705  
Buddy Belshe (949) 362-4727  
Mike Collins (949) 338-6682, Kim Hoesterey (714) 731-8067; www.novaquatics.com  
Matt Smith (949) 975-8400, mattsmith@thesportsclub.com  
Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.masterswim.uci.edu  
Mark Moore (949) 489-1847, (949) 233-6521, m.w.moore@cox.net; www.mvn.org  
Ronald Clark (949) 673-5278; vimclark@hotmail.com  
Jim Turner jturner@city.newport-beach.ca.us  
Mark Desmond (949) 733-0044  
Debra Cruze-Meyer (714) 285-9033; (714) 545-6452; decruzmyer@hotmail.com  
Mark Tiemey (714) 639-7531; Susan Spiewak (714) 633-4702  
Bill Peery (714) 779-0657

## SAN GABRIEL VALLEY, KERN, RIVERSIDE, SAN BERNARDINO

CHINA LAKE AQUATICS MASTERS  
INDIO: Top Fin Aquatics  
LANCASTER: Oasis Masters  
LOMA LINDA/RIALTO: Inland Masters  
MURRIETA: TEAM Masters  
RIVERSIDE: Corona Swim Team  
YUCAIPA: Masters of Yucaipa

Anne Moorehead (760) 375-9390  
Veronica Duran (760) 564-5000; laquintamike@aol.com  
Tom Otto (661) 948-0057; ottolfixit@hotmail.com  
Mike Murphy (909) 382-6546; mdmswim@mindspring.com  
Debbie Mone (909) 461-6603; coachdebbie@nctimes.net  
Todd Wines (909) 359-5251; tr4eternity@aol.com  
Don Harlan (909) 797-0824; ddharlan@eee.org

## LAS VEGAS

HENDERSON Southern Nevada Masters  
CITY OF LAS VEGAS MASTERS

Frank Lowery (702) 260-8181 Dan Geary (702) 214-4210; flowery719@earthlink.net  
Keith Hughes (702) 592-7805; keith@h2ovelocity.com

# SPMA Competition Information and Instructions

**Rules:** Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet. You must be 19 years of age to compete in short course yard meets. If your 19th birthday is before December 31, 2003 you may swim long course meter and short course meters meets.

**Eligibility:** Events are open to any **current** USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

**Affiliation:** A swimmer's affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

**Submitted Times:** Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a

SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

**Entry Confirmation:** To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card "Return Reply Request". No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

**Strictly Forbidden:** Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); smoking in any area where swimmers may be present.

**Open Water:** Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

## SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name \_\_\_\_\_ Male Female USMS # \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •								
	800/1000 • •								
	1500/1650 • •								

  

Meet _____	
No. of events _____ × \$ _____ = \$ _____	<b>FOR OFFICE USE ONLY</b> Amt Rec'd _____ Date _____
Surcharge _____ \$ _____	
Total _____ \$ _____	

Include a copy of USMS card

**Signature on back is REQUIRED!**

Include a copy of USMS card

fold..... fold

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

**ALL MASTERS** swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM, OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, ALL CITIES, COUNTIES, DISTRICTS AND/OR STATES IN WHICH SAID EVENT MAY BE STAGED OR IN WHICH SEGMENTS MAY BE RUN, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

**PLEASE SIGN:** \_\_\_\_\_ **DATE** \_\_\_\_\_

Is this your first Masters Meet?    Yes  
No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

## H2O Velocity-Las Vegas Masters 2003 LCM Meet Saturday, June 7th, 2003

Sanction number: 333-021

**Directions:** New indoors Desert Breeze Park pool, 8275 W. Spring Mountain Road, 50-meter by 25-yard pool. Six lanes will be available for warm-up. From I-15 fwy. North, take the Flamingo Road West exit #38. Take Flamingo Road West for 3.5 miles. Turn right onto South Rainbow Blvd. Turn left onto Spring Mountain Road and go 1.7 miles to the pool.

**Entries:** Pre-entry postmark deadline: Saturday, May 31st. On deck registration permitted. **Deck entries will close at 11:30 a.m. for the first 6 events. Deck entries will close at 1:00 p.m. for events 7-11.** Age on December 31, 2003 determines age for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2003.

**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 400 meter freestyle.

**Relays:** All relays will be deck entered, on SPMA relay forms available at the meet. Relays are FREE. For each relay swimmer who is not entered in individual events, a fee of \$5.00 and a signed liability release must be submitted with the relay entry.

**Awards:** Individual: SPMA ribbons for places 1 - 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$2.00 per each INDIVIDUAL EVENT entered and a \$10.00 surcharge per swimmer. NOTE that deck entrants will pay an additional \$5.00 entry charge.

Checks payable to: **Southwest Masters (SWAM)**

Mail consolidated entry card and check to: Las Vegas LCM Meet, 7914 Sadring Ave, West Hills, CA 91304.

**Questions:** Meet Director, Victor Hecker (702) 247-7788. Meet Entries: Steve Schofield (818) 992-1820; spmasteve@aol.com

### Saturday, June 7th, 2003

Warm-up at 1:00 p.m.

Meet starts at 2:00 p.m.

1. 400 m Freestyle (check-in)
2. 50 m Butterfly
3. 400 m Medley Relay
4. 100 m Freestyle
5. 100 m Backstroke
6. 200 m Freestyle
7. 50 m Breaststroke
8. 100 m Butterfly
9. 50 m Freestyle
10. 50 m Backstroke
11. 200 m Individual Medley
12. 200 m Freestyle Relay
13. 100 m Breaststroke

*Please read the general information on entering swim meets on the third page of this newsletter!*

## Santa Barbara Masters Reg Richardson Memorial LCM Meet Saturday, July 12th, 2003

Sanction number: 333-022

**Directions:** The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 64<sup>th</sup> year! Learn more at [www.semananautica.com](http://www.semananautica.com). Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 freeway going north, exit at Cabrillo Blvd. (off-ramp is in fast lane). Turn towards the ocean and drive west along the beach. Cabrillo Blvd becomes Shoreline Drive at Castillo St., which dead-ends at the pool. From the 101 Freeway going south, exit at Castillo Blvd. Turn right and the pool is at the end of Castillo. Parking is available on Castillo and in the lot behind the pool. The parking lot entrance is west of the pool at Harbor Way and Shoreline Drive. There is a parking fee at the lot.

**Entries:** Pre-entry postmarked deadline: Saturday, July 5th. On deck registration permitted. Age on December 31, 2003 determines age group for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2003.

**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 1500 m Freestyle.

**Relays:** The 200 freestyle relay will be deck-entered. Relay fees are \$5.00 per relay due upon entry. All relays must be submitted on SPMA relay forms that will be available at the meet. For each relay swimmer who is not entered in individual events, a signed liability release must be submitted with the relay entry.

**Awards:** Individual: SPMA ribbons for places 1 - 3. Relay: SPMA ribbons for first place. High point awards for all age groups. Heat prizes throughout the meet!

**Entry Fees:** There is a \$30 flat fee per swimmer. This fee includes a lunch ticket for the picnic, immediately following the meet. For relay-only swimmers, the fee is \$5.00. PLEASE NOTE that deck entrants will pay an additional \$7.00 entry charge.

**Checks payable to:** Santa Barbara Swim Club

Mail consolidated entry card and check to: Santa Barbara Swim Club, P. O. Box 4125, Santa Barbara, CA 93140.

**Questions:** Meet Director, Ira Klein, (805) 966-9797; Meet Processing, Robert Mitchell, (949) 689-7946, MitchellRobert@cox.net

### Sunday, July 12th, 2003

Warm-up at 8:00 a.m.

1500 m Freestyle starts at 9:00 a.m.

1. 1500 m Freestyle  
*Additional warm-up after 1500 m Freestyle  
Event #2 starts at 11:00 a.m.*
2. 100 m Freestyle
3. 100 m Breaststroke
4. 200 m Individual Medley
5. 50 m Freestyle
6. 50 m Butterfly
7. 100 m Backstroke
8. 200 m Freestyle
9. 100 m Butterfly
10. 50 m Backstroke
11. 50 m Breaststroke  
*---10 minute break ---*
12. 200 m Freestyle Relay (Male, female, or mixed; deck enter)

## Newport Beach Lifeguards Balboa-Newport Pier-to-Pier Saturday, July 12th, 2003

Sanction number: 333-051

**Distance:** 2 miles

**Location:** Start from the beach next to the Balboa Pier. Swim to a buoy offshore and then up the coast to a buoy just off the Newport Pier. Round the buoy at the Newport Pier and finish on shore in front of Lifeguard Headquarters. It is always recommended that swimmers wear a bright cap and be accompanied by a paddler.

**Check-in:** Registration is at 9:00 a.m. at Lifeguard Tower "M," next to the Balboa Pier. The swim starts at 10:00 a.m.

**Entries:** Pre-registration is \$20 (includes a t-shirt) and is due by Saturday, July 5, 2003. Race day registration is \$25. Souvenir t-shirts are \$10.

To enter, send a copy of your USMS card, an SPMA consolidated card, and your t-shirt size with your check payable to: N. B.O.L.A. Mail to: Nadine Turner, One Giverny, Newport Coast, CA 92657.

**Additional Information:** Nadine Turner, nadineturner3@cox.net; 949-640-5350; www.newportlifeguard.org

## Long Beach Swim Club 2003 Omar Nielson Naples Island Swims Sunday, July 27th, 2003

Sanction number: 333-053

**Distance:** 1000 meter, 1-mile, and 3-mile.

**Location:** Alamitos Bay, Long Beach (Bay Shore and 54th Place, between Ocean Blvd. and 2nd St.). Water temperature for this race is usually 63-66°F. The courses are located entirely within Alamitos Bay (no surf). Parking is available along Ocean Blvd. and in city lots (\$0.25 per 15 minutes). No parking along Bay Shore or 54th Place (tow-away zone).

**Check-in:** Check-in begins at 7:30 a.m. and closes at 8:50 a.m. The 1-mile starts at 9:00 a.m., the 3-mile starts at 9:10 a.m., and the 1000 meter swim starts at 9:30 a.m. Anyone still in the water at 11:30 a.m. will be picked up and returned to the finish line.

**Entries:** Pre-registration is \$25 and must be postmarked by Friday, July 18, 2003. Fee includes long-sleeved t-shirt designed for this event. Race day registration (or if postmarked after July 18) is \$30 (t-shirts not guaranteed for late entries). Additional t-shirts may be pre-ordered for \$13. To enter, send a copy of your USMS card, a completed SPMA consolidated card (indicate 1000 m, 1-mile, or 3-mile), and your t-shirt size with your check payable to: Long Beach Swim Club. Mail to: Long Beach Swim Club, P. O. Box 3368, Long Beach, CA 90803.

**Awards:** Custom Naples Island awards for 1st to 3rd in each age group and each race.

**Additional Information:** Lucy Johnson, lucyj@uci.edu

## Seal Beach Swim Club 35th Seal Beach Rough Water Swim Saturday, July 12th, 2003

Sanction number: 333-052

**Distance:** 1-mile and 3-mile events. At press time, the decision had not been made whether or not to include the 10-mile swim. Events for age group swimmers will also be available.

**Location and directions:** Take the 405 fwy to Seal Beach Blvd. South, turn right on Pacific Coast Hwy, and then left on Main St. Make a right turn on Ocean Ave. Parking is available in the lot on the left side for a fee. Note that parking on Ocean Ave and side streets is limited to one hour.

**Check-in:** Check-in times vary with event. Check-in starts at 6:45 a.m. for the 3-mile swim, you must check in by 7:15 a.m., and the start is at 8:00 a.m. The 1-mile check in is by 8:00 a.m. with a 9:30 a.m. start time.

**Entries:** Pre-registration is \$25 and must be postmarked by Saturday, July 5, 2003. Race day registration is \$30.

To enter, send a copy of your USMS card, and a completed SPMA consolidated card with your check payable to: Seal Beach Swim Club. Mail to: S.B.R.W.S., P. O. Box 605, Seal Beach, CA 90740.

**Additional Information:** Maria Fattal, 562-430-1092; www.sealbeachswimclub.org

## Swimming Across the Wires

Swimming pervades every aspect of our lives, including our email addresses. Here is a selection of swimming related user-names (ISPs have been deleted to protect the innocent). I've highlighted my favorites:

aquaman003	pjswims
aquamarie	robinswimm
breastroker	Runswim
chbswimmer	<b>seawomyn1</b>
fishswimfast	<b>swim2me33</b>
<b>fly2back</b>	swimandfish
frankswims	swimcte
<b>flyswimmy</b>	swimdude41
<b>h2obuggg</b>	swimjee
hocswim01	swimmingonly
janeswims	swimminnat
<b>jimcantswim</b>	swimnca
jjqswim	swimpro
lilwaterbeetle	swimrboy
mileswimmer	swimrinz
mbswim	swimsjg
mdmswim	swimsmitty
moswimm	<b>swimstrokesat6am</b>
oceanswimmer	trisha5swim
peterswim2	uottoswim

*Many thanks to Shannon Sullivan  
for many hours of hard work she  
has put towards scheduling of 2003  
Open Water events.*

# Spring Short Course Yard Meets: Photo Corner



*The Mission Viejo Natadores will be hosting a social Friday, August 8th before the Long Course Regional Championships. The social is sponsored by TYR and CAS and will be from 5:00 to 7:00 p.m. at the Holiday Inn.*



*The Mission Viejo Natadores hosted a short course yard meet on March 30th, one of the warmest days of the year. Photos by Mark Moore (upper right), MVN.*

*Sprints were the order of the day at the Caltech Pentathlon on March 9th.*

*Photo by Armando Arorizo (The Perfect Exposure).*



*Errol Graham greatly improves this newsletter by proofing each issue. I appreciate his eagle eyes. THANKS, ERROL!*

*Julie Heather, Editor*

# Be Prepared for Cardiac Emergencies by Katherine Branch

Within the past year, the Baltimore Sun ran a story about a very fit male swimmer and runner in his mid-40s who passed out after workout in the locker room. It took more than twenty minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a masters coach sent an email to a list of friends describing an incident in which a man who she described as “an extraordinarily fit runner” passed out in the pool after warm-up with no prior symptoms. He had had a cardiac arrest and, once again, luckily recovered.

How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximize the chances that your friend will survive his or her cardiac episode?

Although most of us don't like to think about these situations, incidents do occur. One way that masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money. Well-recognized organizations offering training include:

American Red Cross. <http://www.redcross.org/>  
American Heart Association. <http://www.americanheart.org/>  
National Safety Council. <http://www.nsc.org/>

The following section of the State Health and Safety Code applies to those in California:

*116033. Persons providing aquatic instruction, including, but not limited to, swimming instruction, water safety instruction, water contact activities, and competitive aquatic sports, at a public swimming pool shall possess an American Red Cross Emergency Water Safety Course certificate, or have equivalent qualifications, as determined by the state department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). Persons who only disseminate written materials relating to water safety, are not persons providing aquatic instruction within the meaning of this section.*

*The requirements of this section shall be waived under either of the following circumstances: (a) when one or more aquatic instructors possessing the American Red Cross Emergency Water Safety Course Certificate or its equivalent are in attendance continuously during periods of aquatic instruction, or (b) when one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction.*

Note: California has a very broad view of the definition of “public pool,” and it includes all pools where we would work out!

If you have questions about this requirement, contact Julie Heather at the SPMA office at (626) 296-1841. We can't provide legal advice, but we can provide additional information!

## SPMA Video Library Reviews by Shannon Sullivan

SPMA has a video lending library available to all registered swimmers (see the last page of the newsletter for a list of videos and borrowing information).

### ***Freestyle from the Bottom Up***

This is a good instructional video, featuring excellent underwater videography of swimmers Steve Kroker and Jenna Johnson, and narrated by Mike Bottom.

Basic freestyle drills are emphasized to show the importance of body and head positions. The freestyle stroke is broken down into segments, including the placement phase, entry, rotation, catch and scull; the pull phase, arm position inward and upward, and the push phase, outward and upward sculling. This is followed by a review of each segment. Sculling drills are demonstrated with explanations of how they can help improve your freestyle stroke. Starts from the block, a breakdown of the turn from the waterwheel tumble, foot placement and wall push-off are also covered.

Whether you are swimming for recreation, fitness, competition, or rehabilitation, this video will help you accomplish your goals.

### ***Freestyle: Don Gambriel's Gold Medal Series***

The video starts with a disclaimer stating that coaches are responsible for providing a safe environment for training and competition. The exciting opening sequence shows Rowdy Gaines swimming the 100-meter freestyle at the 1984 Los Angeles Olympics, setting a new Olympic record of 49.80 seconds.

The introduction continues with Don Gambriel and Rowdy Gaines conversing in a casual setting, with Don engaging Rowdy to discuss how he prepares for a race, and about his training and motivational techniques, interspersed with great film clips of The Duke and Johnny Weissmuller swimming their premier

events.

This video keeps your interest with good graphics and music. It shows different styles of freestyle (e.g., six beat kick; cross over broken tempo kick; high head swimming, and various elbow positions). I really enjoyed seeing the swimming film clips of Dawn Fraser in 1956, 1960, and 1964, Mark Spitz's seven gold medals in 1972, and Jim Montgomery breaking 50 seconds in the 100-meter freestyle in 1976.

The 1984 Olympic medalists (Tiffany Cohen, Michael O'Brien, George DiCarlo, Mary Wayte, Carrie Steinseiffer, Jeff Float, Nancy Hogshead and Mary T. Meagher) demonstrate swimming mechanics such as kicks, starts, hand entry, arm recovery, underwater pulls, rotation, momentum to the wall, turns, push-offs, streamlining, and water efficiency. Don narrates while describing the different techniques for each swimmer, commenting that in 1976 Jonty Skinner swam without a cap or goggles. There is some gorgeous footage of Matt Biondi, highlighting his speed and stamina. The remainder of the video reviews many of the suggested drills, each explained in detail.

This is a lengthy video, but certainly worth viewing. It ends with Rowdy talking about competition warm-up distances, prelims and finals, and to “leave your race at the pool,” and “be the best that you can be.” This is definitely a must for your video library.

### ***US Swimming—Let's Talk Safety***

This short video emphasizes pool safety and is geared toward the junior swimmer in your family. Obeying rules on the deck (e.g., no running, proper water entry, not hanging on the lane lines, etc.) are emphasized. Mel Stuart advises you to “think before you act,” and continues to explain safety first and the possible consequences. Interviews and testimonials are given by Kristi Elliot, Nelson Diebel, and Trip Schwenk. Borrow this one for the future Masters swimmers in your household.

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# Southern Pacific Masters Association Schedule

\*\*Tentative date and/or location

May	
4	Loyola Marymount SCY Swim Meet
15-18	USMS SCY Nationals, Tempe, AZ
22	SPMA Committee Meeting
June	
7	Las Vegas Desert Breeze LCM Meet
July	
12	Santa Barbara LCM meet
12	Balboa-Newport Pier-to-Pier Open Water Swim
12	35th Seal Beach Rough Water Swim
17	SPMA Committee Conference Call
27	Naples Island Open Water Swim
August	
3	USMS 6+ Open Water Champ., Santa Cruz, CA
9-11	Mission Viejo LMC Regional Champs
10	La Jolla Shares 5 mi Open Water Swim
14-17	USMS LCM Nationals, Piscataway, NJ
23	Don Burns Corona del Mar Open Water Swim
28**	SPMA Committee Meeting
September	
10-14	USMS Convention, San Diego, CA
13	Pismo to Avila Pier-to-Pier Open Water Swim
14	American Mile, Dana Point Open Water Swim
27**	UCI Masters Laguna Beach Open Water Swim

Only USMS Sanctioned Events are included in the above schedule. For a full listing of Southern California Open Water swims, including those not sanctioned by SPMA, visit [www.spma.net](http://www.spma.net)

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$6 charge for one tape (or book), \$8 for two, or \$10 for three. This covers the cost of the mailing and envelopes both ways. We also need a separate check for \$50 per tape that will be held as a deposit until the tape(s) are returned. This check will not be cashed unless you don't return the tapes. The rental period is one month. Give the SPMA office a call, and we'll discuss what videos would best fit your needs. Titles available for rental include:

- Swim Smarter/Swim Faster (Richard Quick and Skip Kenny)
- Starts, Turns, & Finishes (Richard Quick and Skip Kenny)
- Swimming Techniques (Don Gambriel's Classic Series)
- Coaches' Drills (Don Gambriel's Classic Series)
- Women's Swimming (Don Gambriel's Classic Series)
- Men's Swimming (Don Gambriel's Classic Series)
- Backstroke from the Bottom Up (David Bottom)
- Freestyle from the Bottom Up (Dave Bottom)
- Freestyle and Backstroke: The Total Immersion Way (Terry Laughlin)
- Butterfly and Breaststroke: The Total Immersion Way (Terry Laughlin)
- Getting Better: Championship Swimming with John Naber
- Sprint Freestyle (Aleksandre Popov)
- Flyaway: The Butterfly Stroke in Swimming (Univ. of Calgary)
- Breaststroke (Don Gambriel's Gold Medal Series)
- Backstroke (Don Gambriel's Gold Medal Series)
- Butterfly (Don Gambriel's Gold Medal Series)
- Freestyle (Don Gambriel's Gold Medal Series)
- Breaststroke: Stroke Problems and Drill Solutions (Roque Santos)
- Ultimate Breaststroke (Adrian Moorhouse and Nick Gillingham)
- The Wave Breaststroke (Mike Barrowman and Jozsef Nagy)
- Body Segment Awareness (Bill Boomer)
- Assembling Aquatic Body Lines (Bill Boomer)
- U. S. Swimming, Let's Talk Safety