

July/August
2004



SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News



SPMA MASTERS SWIMMING

Mark Moore, Mission Viejo Nadadores, 2003 SPMA Coach of the Year

Mark Moore, coach of Mission Viejo Nadadores, was presented with the 2003 Southern Pacific Masters Swimming Coach of the Year Award at the Short Course Yards Regionals at UC-Irvine. The other coaches nominated were Debra Cruze-Meyer (SOCAL Masters), Victor Hecker (City of Las Vegas Masters), Steve Hyde (South Bay Swim Team Masters) and Frank Lowery (Henderson Southern Nevada Masters). Each of the nominated coaches deserves recognition, because being nominated by your swimmers is an honor.

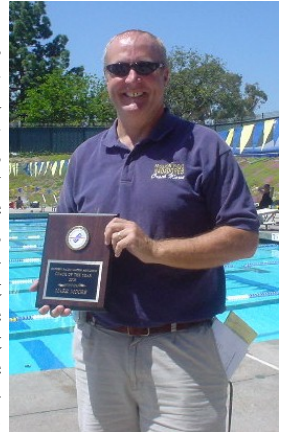
Mark Moore has rebuilt MVN from 30 members in 2001 to over 120 today. Coach Mark runs 22 workouts per week in two locations for a full range of skill levels, from novice to current All-Americans and former Olympians.

MVN has held three SPMA meets every year, and their bid for the 2005 USMS Long Course Nationals, led by Mark, was successful. Mark is a familiar face at SPMA Committee meetings and the USMS Convention. He is on the USMS Championship, Officials, and Planning

committees.

Mark's swimmers note that "he welcomes each and every new swimmer...and makes them feel that they count, no matter the level of ability." His swimmers appreciate his attendance at every meet, and the social environment of the club. The most repeated adjectives used to describe Mark are supportive, enthusiastic, committed, and motivating. He communicates with his swimmers through two weekly flyers, a team newsletter, and an extensive website.

SPMA has submitted Mark Moore's name and letters supporting his nomination for consideration along with others nominations for the USMS Coach of the Year award.



Mark Moore, MVN, accepts his award at SCY Regionals. Photo by Errol Graham.

2003-2004 Short Course Yards Records

The following swimmers set USMS short course yards records during the 2003-2004 season.

Woody Bowersock (CM) - 100 backstroke, 200 backstroke; 100 freestyle, 200 freestyle

Karen Melick (SCAQ) - 200 breaststroke

James M Pearce (CLVM) - 50 freestyle

Walt Pfeiffer (CM) - 50 butterfly, 100 butterfly, 200 butterfly; 100 IM, 200 IM, 400 IM; 200 breaststroke

Rita Simonton (GWSC) - 100 IM; 200 freestyle, 500 freestyle, 1000 freestyle, 1650 freestyle

Rita Simonton (GWSC) accepts her 2003 Female Swimmer of the Year award at SCY Regionals.

In this issue:

- *Recipe for Meet Disaster* by Mark Moore
- *Dry Land Training* by Jessica Seaton
- *Long Course Regionals meet information*



SWIM FOR LIFE!

SAN LUIS OBISPO, SANTA BARBARA (North) and KERN

ARROYO GRANDE: South County Aq Waves Alan Freeman (805) 458-0989; alanfreeman@digitalputty.com
ATASCADERO: Team Kman Kass Flaig, (805)462-1691; kass@teamkman.org; www.teamkman.org
BAKERSFIELD: Golden Wave Masters Evelina Steele (661) 663-9884
BAKERSFIELD SWIM CLUB Val Kalmikous (661) 637-1403; www.bakersfieldswimclub.org
PASO ROBLES: North County Aquatics Matt Brown (805) 239-3013, swimnca@aol.com; www.northcountyaquatics.com
SAN LUIS OBISPO: TRISLO Roadrunners Roger Warnes (805) 544-2385; coachwtrislo@aol.com; www.trislo.com
SAN LUIS OBISPO MASTERS Richard O'Neil (805) 543-9515; sloswimclub@sbcglobal.net; www.sloseahawks.org

SANTA BARBARA (South) and VENTURA

CARPINTERIA, S. BARBARA: Channel Island Vic Anderson (805) 403-5425, vic.anderson@dakocytomation.com
OJAI: Ojai Masters Malchia Olshan (805) 646-1091, gjaidar@aol.com
SANTA BARBARA: UCSB Masters Jeremy Kipp (805) 637-0732; kipp11@juno.com
SANTA BARBARA MASTERS William Robert (805) 966-9757
THOUSAND OAKS: Daland Masters Peter Daland (805) 523-3207, 495-5210; peter@dalandswim.com
VENTURA AQUATIC CLUB Bob Anderson (805) 654-6400 ext.1345; banderson@vcccd.net
VENTURA COUNTY MASTERS Ken Grey (805) 644-1735; gobuena@aol.com

LOS ANGELES (North)

LANCASTER: Oasis Masters Tom Otto (661) 948-0057; ottolfixit@hotmail.com
PASADENA: Caltech Masters Suzanne Dodd (626) 449-7536; sdodd@ipac.caltech.edu
PASADENA: Rose Bowl Masters Gary Anderson (626) 397-4999; gmandersonla@msn.com; www.rosebowlaquatics.com
SANTA CLARITA MASTERS Doug Botton (661) 250-3766; dbotton@santa-clarita.com; pool: (661) 284-1470

LOS ANGELES (Westside)

CULVER CITY: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
EL SEGUNDO MASTERS Diane Graner-Gallas (310) 379-9109; diane.gallas@verizon.net
EL SEGUNDO: Play Hard Swim Hard Marcel Rinzler
LA WEST: UCLA Bruin Masters Gerry Rodrigues (310) 702-9327; swimpro@pacbell.net
SANTA MONICA: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
VENICE & WESTCHESTER: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
WEST HOLLYWOOD AQUATICS Casey Schick (310) 288-6555 (team hotline); info@wh2o.org; www.wh2o.org
WOODLAND HILLS: Southwest Aq Masters Fred Shaw (818) 347-1637; swamfred@aol.com; www.swam.us

LOS ANGELES (Central and South)

HOLLYWOOD: Hollywood Wilshire YMCA Ricardo Espinoza (213) 639-7543; ricardoespinoza@ywcala.org
LA: City of Los Angeles Masters Ricardo Vera (323) 906-7953; rvera@rap.lacity.org
LA DOWNTOWN & WEST: SCAQ SCAQ Office (310) 390-5700; www.swim.net/scaq
LA MID WILSHIRE: Meridian Swim Club Timothy Sharpe (323) 710-5248; aquanatureboy@hotmail.com

LOS ANGELES (South Bay)

HAWTHORNE: South Bay Swim Team Kathy Davids (310) 643-6523, www.southbayswimteam.org
LONG BEACH: Shore Aquatics SCAQ Office (310) 390-5700; www.swim.net/scaq
LONG BEACH Swim Club Tom Trapp
LONG BEACH: Beach Swim Club Masters Beach Swim Club hotline (562) 597-9744; www.beachswimclub.com
LONG BEACH: Grunions Sergio Rodriguez (562) 252-0220, info@lbgrunions.com; www.lbgrunions.com
RANCHO PALOS VERDES: Zenith Aquatics Shari Twidwell (310)937-3535; shari@zapswimming.com
TORRANCE : LA Peninsula Swimmers Michael Hamm (310) 993-4977; swimdude41@aol.com

INLAND EMPIRE

INDIO: Top Fin Aquatics Veronica Duran (760) 564-5000; laquintamike@aol.com
MURRIETA: TEAM MASTERS Debbie Mone (909) 461-6603; coachdebbie@nctimes.net
YUCAIPA: Masters of Yucaipa Laurie Odium (909) 790-9126; bobodlum@aol.com

ORANGE COUNTY

COAST MASTERS Lou Giberson (949) 837-3091; lgiberson4@aol.com; Maurine Kornfeld (213) 469-8518
FOUNTAIN VALLEY: Typical Tropical Swim Cl. Robert Sands (714) 969-1056; cwoof@msn.com
FULLERTON: Fullerton Comp. Aquatics Pete Snyder (714) 992-7128; plschneid@yahoo.com
HUNTINGTON BEACH: Golden West Swim Cl. Rick Graves (714) 892-7711 x55129; (714) 425-5657
HUNTINGTON BEACH SWIM CLUB Buddy Belshe (949) 362-4727
IRVINE NOVAQUATICS Mike Collins (949) 338-6682, mcollins@multisports.com; www.novaquatics.com
IRVINE: Sports Club Matt Smith (949) 975-8400, mattsmith@thesportsclub.com
IRVINE: UCI Masters Lucy Johnson (949) 824-5830, lucyj@uci.edu; www.mastersswim.uci.edu
MISSION VIEJO MASTERS Mark Moore (949) 380-2552; m.w.moore@cox.net; mastersmvnswim.org
NEWPORT BEACH MASTERS Ronald Clark (949) 673-5278; vimclark@hotmail.com
NEWPORT BEACH: Lifeguard Association Jim Turner (949) 640-5350; nadineturner3@cox.net
NEWPORT BEACH: Pacific Coast Aquatics Mark Desmond (949) 733-0044; markdesmond@highhopes.ws
TUSTIN: SOCAL Debra Cruze-Meyer (714) 241-8590; decruzmyer@hotmail.com
VILLA PARK: Orange Regional Comp. Aquatics Mark Tierney (714) 639-7531; mtierney@msn.com
YORBA LINDA: East Lake Eagle Rays Bill Peery (714) 701-9440; wpeery@elvca.com

LAS VEGAS

HENDERSON Southern Nevada Masters Frank Lowery (702) 400-2790; Dan Geary (702) 6178130; flowery719@earthlink.net
CITY OF LAS VEGAS MASTERS Victor Hecker (702) 247-7788; heckerrealestate@hotmail.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, 2004 you may swim long course meters and short course meters meets during 2004.

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.

A big "THANK YOU" to Errol Graham for proofing the newsletter, often on a very tight deadline!

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 • •		Meet _____							
	800/1000 • •		No. of events _____ x \$ _____ = \$ _____						FOR OFFICE USE ONLY	
	1500/1650 • •		Surcharge \$ _____						Amt Rec'd _____	
			Total \$ _____						Date _____	

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, INCLUDING ALL 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, 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."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

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

**Santa Barbara Masters
Reg Richardson Memorial LCM Meet
Saturday, July 10th, 2004**

Sanction number: 334-023

The Reg Richardson Memorial Meet is part of Semana Nautica, Santa Barbara's annual summer sports festival, now in its 65th year! Learn more at www.semananautica.com.

Directions and Location: Los Banos Del Mar Pool, 401 Shoreline Drive, Santa Barbara. From the 101 Freeway going north, exit at Cabrillo Blvd. (off-ramp is in the 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 St. Turn right and the pool is at the end of Castillo. Parking is available on Castillo St. 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 3th. On deck registration permitted. Age on December 31, 2004 determines age group for the meet. You may swim at age 18 if your 19th birthday is before December 31, 2004.

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 m 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 to 3. Relay: SPMA ribbons for first place.

Entry Fees: There is a \$25.00 flat fee per swimmer. For relay-only swimmers, the fee is \$5.00. Deck entries allowed for an additional \$7.00 charge.

Checks payable to: Santa Barbara Swim Club

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

Questions: Meet Director, Joe Bishop, (805) 966-9757. Meet Processing, Robert Mitchell, (949) 689-7946, MitchellRobert@cox.net

Saturday, July 10th, 2004

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

SPMA Swimming News, July/August 2004

Recipe for Meet Disaster

By Mark Moore

Have you ever been disqualified at a meet? Did you know what you did wrong? I recently asked few of my swimmers and got the following replies:

"I got DQ'd in breaststroke. I did a dolphin kick off the turn. Allowed in every other stroke except breaststroke."

"I was DQ'd at the British Masters LC meet for moving on the blocks. I did not hit the water first and my reaction time was 0.84 seconds but, because I twitched visibly, my race was over before it started. The bad news was it would have been a massive personal best and it was a 400 meter swim! I wish that I had been stopped after one length rather than finding out after eight lengths!"

"Ugh, DO I really have to remember that one... DQ'd on a 200 freestyle, because I miscounted! Failure to complete the distance. I missed the last 50 yards of the race. 8 lengths, 4 laps, just how hard is it to remember that! Well, at least I stopped at the right end of the pool. Then, more recently, I started too soon off the blocks on the relay. As if that split second would really have made the difference at the speed I swim (SLOW), so I got the whole relay DQ'd. My batting average is one DQ per season ... so far."

Short List of Ingredients for DQ Swimmers:

Breaststroke

Kick - alternating, scissors, dolphin any time during the swim

Arms - one hand or non-simultaneous touch on turns/finish, two strokes under water

Body - not toward the breast off the wall, stroke out of cycle (double kicks or pulls)

Butterfly

Kick - alternation, (anytime during the swim)

Arms/hands - one hand or non-simultaneous touch on turns/finish, one arm or non-simultaneous stroke during swim, or underwater recovery

Body - not toward the breast (past vertical) off the wall, head did not break the surface by 15 meters

Backstroke

Toes - over lip of gutter at start

Head - did not break the surface by 15 meters

Turn - non-continuous turning action, shoulders past vertical into or out of turn, not touching wall

Freestyle

Turn - No touch on turn

Head - Head did not break the surface by 15 meters

Did not finish the distance

Relays

Early take-offs - did not wait for the touch of previous swimmer, toes left before the swimmer touched

Other

False Start - moving, left early, delay in starting

Add any of these items on your meet day and join the many who have been disqualified. Always practice good strokes, good turns, and good finishes to avoid the DQ's! GOOD LUCK!

Finishes, Starts and Turns are vital to success.

However, as it is with excellence in all fields of endeavor,

PRACTICE DOES NOT MAKE PERFECT.

PERFECT PRACTICE MAKES PERFECT.

There is a big difference between just practicing starts, turns and finishes in training and perfectly practicing perfect starts,

Mission Viejo Nadadores

2004 SPMA Regional and Southwest Zone LCM Championships

Friday—Monday, July 30—August 1, 2004

Sanction number: 334-024

Directions: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

Fees: Flat fee of \$40.00 if postmarked on or before Wednesday, July 14, 2004 (includes meet T-shirt). Add \$10.00 late fee for all entries POSTMARKED (or entered online) after Wednesday, July 14, 2004. All entries must be RECEIVED by 8:00 p.m., Wednesday, July 21, 2004. **NO INDIVIDUAL DECK ENTRIES ARE ALLOWED.** Relay-only swimmers: Swimmers who plan to swim only in relays may do so, for a \$10.00 fee. Relay-only swimmers must also sign a consolidated entry card and may deck enter the meet. Swimmers are limited to entering and swimming a total of 8 individual events for the entire meet (but no more than 5 per day), plus relays.

Seeding: Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be separate, by gender and age group. All individual events plus 400 and 800 meter relays will be seeded and swum slowest to fastest. The 200 meter relays will be seeded by age group.

Timing: Electronic timing will be used. The meet hosts will make every effort to provide one timer for each lane. Swimmers from all clubs are expected to assist with timing. Clubs may be assigned lanes for timing, based on the number of their swimmers participating in the meet. Swimmers in the next heat should assist by stepping forward and pushing a timing system button for the finish of the swimmer in the preceding heat.

Check-in: Check-in is required for the 400, 800 and 1500 m Freestyle events and the 400 IM.

Awards: Individual: Custom medals for places 1st to 3rd, SPMA ribbons for places 4th to 6th for each age group and gender. Relays: Custom medals for 1st place, SPMA ribbons for 2nd and 3rd places. Special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to top 8 teams, based on combined scoring for men and women, individual events plus relays, including mixed relays.

Entries: Mail entries, entry card, copy of USMS card, and check (payable to Mission Viejo Nadadores) to: MVN Masters Swimming, 25108-B Marguerite Parkway PMB #175, Mission Viejo, CA 92692. Receipt of entry will **NOT** be verified by phone. Send a SASE or stamped postcard for return receipt. On-line entries will be accepted at www.mastersmvnswim.org.

Social Event: MVN is planning a meet social at Casta Del Sol Golf Course across the street from the pool on Saturday evening. Enjoy steak, chicken, or pasta in a relaxing environment with music. Tickets are \$15 and limited to 75 people.

Questions: Call (949)489-1847 or send an email to Mark Moore: coachmark@mastersmvnswim.org

Friday, July 30th

Warm-up at 2:00 p.m.

Meet starts at 3:00 p.m.

Check-in for the 1500 m Freestyle will close at 2:30 p.m..

1. 1500 m Freestyle (Women, Men)

Check-in for the 400 m IM will close at 4:00 p.m..

2. 400 m Individual Medley (Women, Men)

Saturday, July 31st

Warm-up at 7:00 a.m.

Meet starts at 8:00 a.m.

Check-in for the 400 m Freestyle will close at 7:30 a.m.

3. Women's 400 m Freestyle

4. Men's 400 m Freestyle

5. Women's 200 m Butterfly

6. Men's 200 m Butterfly

7. **Women's 200 m Medley Relay***

8. **Men's 200 m Medley Relay***

9. Women's 50 m Freestyle

10. Men's 50 m Freestyle

11. Women's 200 m Breaststroke

12. Men's 200 m Breaststroke

13. **Mixed 200 m Freestyle Relay***

14. Women's 100 m Backstroke

15. Men's 100 m Backstroke

16. Women's 50 m Butterfly

17. Men's 50 m Butterfly

18. **400 m Freestyle Relay* (Women, Men, Mixed)**

19. Women's 50 m Breaststroke

20. Men's 50 m Breaststroke

21. Women's 200 m Freestyle

22. Men's 200 m Freestyle

Sunday, August 1st

Warm-up at 7:00 a.m.

Meet starts at 8:00 a.m.

Check-in for the 800 m Freestyle will close at 7:30 a.m.

23. 800 m Freestyle (Women, Men)

24. Women's 400 m Ind. Medley

25. Men's 400 m Ind. Medley

26. **Women's 200 m Freestyle Relay***

27. **Men's 200 m Freestyle Relay***

28. Women's 100 m Freestyle

29. Men's 100 m Freestyle

30. Women's 50 m Backstroke

31. Men's 50 m Backstroke

32. **Mixed 200 m Medley Relay**

33. Women's 100 m Butterfly

34. Men's 100 m Butterfly

35. Women's 100 m Breaststroke

36. Men's 100 m Breaststroke

37. **800 m Freestyle Relay (Women, Men, Mixed)**

38. Women's 200 m Backstroke

39. Men's 200 m Backstroke

40. **400 m Medley Relay* (Women, Men, Mixed)**

***Relays:** A swimmer may swim only one relay in each of event 18, 37 and 40 (e.g., Women, Men or Mixed). For entry information please see the additional information online at www.spma.net.

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

Seal Beach Swim Club
35th Seal Beach Rough Water Swim
Saturday, July 17th, 2004

Sanction number: 334-054

Distance: 1-mile and 3-mile events.

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 6:30 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 7:00 a.m. with a start after the age group events.

Entries: Pre-registration is \$25 and must be postmarked by Saturday, June 30, 2004. 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

For a complete list of open water events in the Southern California area, including those not sanctioned by SPMA, visit:

www.spma.net
Click on Ocean Events

Don Burns
Corona del Mar 1-mile Swim
Saturday, August 28th, 2004

Sanction number: 334-056

Distance: 1 mile from the Corona del Mar jetty to the secluded cove of Little Corona and back.

Location: From the north: Take Hwy 73 to MacArthur Blvd and follow it to Pacific Coast Hwy. Turn left to Marguerite. Turn right on Marguerite then right again at Ocean Blvd. This will take you to a large driveway down to the city parking lot on the beach (\$10) or park on the street and walk down. From the south: Take Hwy 73 to Newport Coast Rd. Turn left and follow it to Pacific Coast Hwy. Turn right to Marguerite and follow directions above.

Check-in: Registration is at 9:15 a.m. at Lifeguard Tower #3 (next to the jetty). The swim starts at 10:00 a.m.

Entries: Entries are \$25 and include a T-shirt. Additional 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., c/o Nadine Turner, One Giverny, Newport Coast, CA 92657.

Additional Information: Nadine Turner, (949) 640-5350, nadeturner3@cox.net.

Long Beach Swim Club
2004 Omar Nielson Naples Island Swims
Sunday, July 25th, 2004

Sanction number: 334-055

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 16, 2004. Fee includes long-sleeved T-shirt designed for this event. Race day registration (or if postmarked after July 16) 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

WH2O
Will Rogers Beach 1-mile Swim
Saturday, September 18th, 2004

Sanction number: 334-051

Distance: 1 mile

Location: Will Rogers State Beach, 17700 Pacific Coast Highway at Temescal Canyon Rd. There are numerous parking spaces at Will Rogers State Beach. The race will begin and end at Tower 15.

Check-in: Registration is at 7:00 a.m. The swim starts at 8:30 a.m.

Entries: Pre-registration is \$25 and must be postmarked by Friday, September 10, 2004. Fee includes T-shirt designed for this event. Race day registration (or if postmarked after September 10th) is \$30. Additional T-shirts may be pre-ordered for \$13. To enter, send a copy of your USMS card, a completed SPMA consolidated card, and your T-shirt size with your check payable to: WH2O, P. O. Box 691651, West Hollywood, CA 90069.

Awards: Awards will be presented for 1st to 3rd in each age group.

Additional Information: Daniel Adams, ocean-swim@wh2o.org.

Dry Land Training by Jessica Seaton, D. C.

Masters swimmers know that swimming is an excellent way to get in good shape. Many swimmers do not feel the need to supplement their swimming workouts with a dry land routine, because swimming addresses the most important aspects of a well-rounded exercise program. However, dry land exercises can be beneficial for both the competitive and the fitness swimmer.

1. *Aerobic exercise:* Most Masters swim workouts are geared toward middle distance swimming. The average swimmer is getting an average aerobic workout. Swimmers who want to improve their swimming endurance should be swimming 400, 800, or 1500 meter distances or longer. A set of 10 x 100 meters on 5 seconds rest is also aerobic. Sprinting is not considered an aerobic workout.

To improve their aerobic capacity outside of the pool swimmers can include such exercises as cycling, jogging, running, walking at a brisk pace, hiking, or rowing to their exercise routine. These exercises have the additional benefit of exercising the lower body more than the upper body. One or more of these exercises combined with swimming provides a well-balanced aerobic routine.

2. *Strength training:* Swimmers generally develop good upper body strength, since moving through the water provides more resistance than moving against air. Anaerobic sets, such as all-out sprints and sprint kicking with fins (for a short duration) work on strength and power (strength and speed).

Fitness swimmers may want to supplement their swim workouts with resistance exercise, especially for the abs, hips, and legs. Because of the body's buoyancy and the fact that the legs are not planted on a surface (except during turns), swimming does not work the major muscles of the legs and thighs as much as most dry land activities. A competitive swimmer will want to strengthen the lower extremities for the starts and turns. Options for strength training include weight-lifting, Pilates, and yoga, where one's body provides the resistance.

Swimmers should also emphasize core strength, which involves strengthening the muscles of the trunk: the abdominal muscles, the gluteal muscles, and the back muscles. In swimming, body rotation along either the long axis (for freestyle, backstroke) or short axis (for breaststroke, butterfly) engages the abdominal

muscles. Core strengthening exercises include abdominal crunches and pelvic bridging. Stronger core muscles will lead to a more efficient stroke.

3. *Flexibility:* While most swimmers have terrific shoulder flexibility, many lack flexibility in their hips and lower extremities. Tight hip flexors can lead to groin pulls in breaststroke. Tight hamstrings can lead to lower back pain and even put a strain on the shoulder. A tight lower back will also put additional stress on the shoulders. Flexibility exercises include stretching exercises with and without a strength component. Yoga, for example, involves both stretching and strengthening simultaneously.

4. *Coordination and balance:* Swimming demands both coordination and balance in the water, and may translate to overall better balance. For seniors and for people with osteoporosis, good balance helps prevent falls. Older swimmers should pay special attention to improving their balance and coordination through dance, yoga, free weights, hiking on uneven terrain, or tennis.

There are many types of exercise that work several systems at once:

Yoga: flexibility, balance/coordination, and strength

Plyometrics (jumping, medicine ball, propulsive exercises): balance/coordination, strength, and flexibility (depending on the activity)

Weight training with free weights: strength, coordination/balance

Tennis: balance/coordination, strength, and depending on the intensity, aerobic

Running:

For most Masters swimmers, when it comes to exercise activities aside from swimming, convenience and enjoying the activity are probably the most important factors. Above all, keep swimming!

Jessica Seaton, D.C., is a chiropractic orthopedist in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for 14 years. She can be reached at (310) 470-0282 or jseaton@aol.com or www.drjessicaseaton.com.



Early July Open Water Swims
July 10: Balboa Newport Pier-to-Pier
July 11: Santa Barbara Semana Nautica 6-mile
Entry information is in the May/June newsletter or available from the SPMA Office

At the San Luis Obispo Masters LCM meet, May 16th, Channel Island Masters compete as a team for the first time (above left). Coach Vic Anderson times a swimmer (right).
Photos by Shannon Sullivan.

SPMA Officers

Chairman:

Wayne McCauley
12841 Hawthorne Blvd. #302
Hawthorne, CA 90250
(310) 702-6393
breastroker@usa.net

Vice-Chair:

Steve Schofield
7914 Sadring
West Hills, CA 91304
(818) 992-1820
spmasteve@aol.com

Secretary:

Mary Hull
10415-2 Larwin Ave
Chatsworth, CA 91311
(818) 885-5934
ai107@pacbell.net

Treasurer:

Jeff Moxie
395 Stonebrook St.
Simi Valley, CA 93065
(805) 501-3883
jeffmoxie@yahoo.com

Member At-large:

Errol Graham
(323) 851-7171
egramham@irell.com

SPMA Office, Registrar, and Swimming News Editor

Julie Heather
957 N. El Molino Ave
Pasadena, CA 91104
(626) 296-1841
registrar@spma.net

www.spma.net

SPMA Swimming News is published six times a year as an insert in the bi-monthly SWIM Magazine, for swimmers registered with Southern Pacific Masters Swimming.

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Southern Pacific Masters Association Schedule

July	10	Santa Barbara LCM Swim Meet
	10	Balboa Newport Pier-to-Pier 2-mile OW
	11	Santa Barbara Semana Nautica 6-mile OW
	17	35th Seal Beach Rough Water Swims 1-, 3-, and 10-mile OW
	25	Long Beach Naples Island 1000 m, 1- and 3-mile OW
	30-Aug 1	SPMA LCM Regionals & SW Zone Champs, Mission Viejo
August	12-15	USMS LCM Nationals, Savannah, GA
	28	Don Burns Corona del Mar 1-mile OW
September	15-19	USMS Convention, Orlando, FL
	18	WH2O Will Rogers Beach 1-mile OW
	25	Santa Clarita SCM Swim Meet
October	17	Mission Viejo Nadadores SCM Swim Meet
	23	UCLA SCM Swim Meet (tentative)
November	21	Pierce College Turkey Shoot SCM Swim Meet

*For a complete list of open water (OW) events, including those not sanctioned by SPMA, go to www.spma.net, click on the Ocean Events link.

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 envelopes and mailing 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 which 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 (David 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
- Quick-Championship Winning Freestyle
- Quick-Championship Winning Backstroke
- Quick-Championship Winning Butterfly
- Quick-Championship Winning Breaststroke
- Quick-Championship Winning Starts
- Quick-Swimalates: Pilates for Swimmers
- Quick-Championship Winning Walls: Turns for All Strokes
- Quick-Swimmers' Shoulder: Prehab and Rehab
- Quick-Posture, Line, & Balance: The Foundation of Championship Winning Swimming
- Quick-Championship Winning Walls: Underwater Swimming, The Fifth Competitive Stroke
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues) DVD