

## SPMA MASTERS SWIMMING

### Call for Nominations: 2004 SPMA Coach of the Year by Wayne McCauley



It is time again to honor the coaches who stand out on the deck in the early morning or late evening hours, in the cold and rain, or heat of the sun. We'd like to accept nominations for the 2004 SPMA Coach of the Year award. The winner's nomination will be forwarded to the USMS Coaches Committee for consideration as USMS Coach of the Year.

Every once in a while, it's nice to be recognized by one's peers as having brought something special, something extra to the table. Perhaps you have a coach who has made a difference in your training, in your competition, in your life. Perhaps your coach has spent extra time working on some part of your swimming that makes you just a little bit better because of it. Now is your chance to tell your coach "Thank you." Round up your teammates and start talking it up!! Just being nominated by one's swimmers brings a real sense of satisfaction to a coach.

The selection criteria is as follows: The Coach of the Year is selected on the basis of inspirational and instructional qualities; club and indi-

vidual accomplishments including championships and world records; and non-competitive club and individual accomplishments including club size and growth, club participation, volunteering, and events run by the club; and the coach's service to SPMA, USMS and other Masters organizations, participation in clinics, and published works.

To nominate your coach, provide a letter listing his or her accomplishments and a maximum of four letters from your teammates supporting your nomination.

Nominations are due by March 15, 2005 and should be submitted to the SPMA office by email (pdfF, Word, or text file) at registrar@spma.net. Please contact the SPMA office if you are not able to submit by email or if you have any questions. The telephone number is (626) 296-1841.

Criteria can be found online at <http://www.spma.net/coachyearspecs.htm>

### SPMA Membership over 3,000—Record Growth

There were over 3,000 registered members in Southern Pacific Masters Swimming in the 2004 registration year. This represents an increase of nearly 500 over 2003 and an increase of 300 over our previous all time high four years ago.

Several of our existing teams have seen significant growth, and we have new teams that have increased our membership totals.

Our previous high was in 2000, which was also an Olympic year. The presence of the Olympic Trials in Long Beach last year, and the publicity generated by the Olympics (and the success of the American swimmers) in Athens kept our sport in the news. We had quite a few swimmers register this year who hadn't registered in nine or ten years! We hope that you keep with the swimming if

you're part of that group.

Another factor in our growth is likely to be the improvement in the economy in Southern California. However, both our neighbors to the north (Pacific Masters Swimming) and the south (San Diego-Imperial) saw decreases in their membership.

The largest clubs in SPMA for 2004 were:

- |          |              |
|----------|--------------|
| 1. UCLA  | 295 swimmers |
| 2. UCI   | 278          |
| 3. MVN   | 226          |
| 4. NOVA  | 219          |
| 5. WH2O  | 208          |
| 6. SCAQ  | 188          |
| 7. LBG   | 112          |
| 8. CLVM  | 67           |
| 9. SLOM  | 63           |
| 10. SOBA | 60           |

The unattached swimmers are still the biggest group at 452.

We're looking forward to some exciting events in the next two years, with Long Course Meters Nationals at Mission Viejo next summer and the FINA World Games at Stanford in 2006.

#### *In this issue:*

- Short Course Yards meet information
- Short Course Yards meet schedule
- Core Strength Training by Jessica Seaton

# 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  
VENTURA: Rio Mesa Masters Toby Petty (805) 642-6674; tonthego00@sbcglobal.net

## **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; dbottom@santa-clarita.com; pool: (661) 250-3766

## **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 Brett MacKnight (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@lbrunions.com; www.lbrunions.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**

CHINO: Chino Valley YMCA Masters Julie Potocki (909) 597-7445; julie.cwymca@verizon.net  
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  
FULLERTON: FAST Masters Team Kevin Perry (714) 871-9616; kperrywim@earthlink.net  
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.masterswim.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) 617-8130; flowery719@cox.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 for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in 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); use of any watch in competition; and 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.

*Check out our website  
www.spma.net  
for up-to-date information*

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



## Las Vegas Masters SCY Meet Saturday, January 15th, 2005

Sanction number: 335-002

**Location and Directions:** Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up. From the I-15 Fwy., take the Flamingo Road exit (#38). Go west on Flamingo Road for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles.

**Entries:** The pre-entry postmark deadline is Monday, January 10th, 2005. Deck entries will close at 12:30 p.m. for the first six events. Age on January 15th determines age group for the meet. You must be at least 18 to compete.

**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 500 yd. Freestyle and the 400 yd. Individual Medley.

**Relays:** All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. 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 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$2.00 for each individual event entered and a \$10.00 surcharge per swimmer. For swimmers in relays only, the fee is \$5.00. NOTE: Deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** Southwest Masters  
Mail consolidated entry card, a copy of your USMS card, and check to: Las Vegas SCY Meet, 7914 Sadring Ave., West Hills, CA 91304.

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

### Saturday, January 15, 2005

Warm-up at noon

Events start at 1:00 p.m.

- A. 200 yd. Mixed Medley Relay
- 1. 500 yd. Freestyle
- 2. 100 yd. Individual Medley
- 3. 50 yd. Butterfly
- 4. 100 yd. Backstroke
- 5. 200 yd. Freestyle
- 6. 50 yd. Breaststroke
- B. 200 yd. Mixed Freestyle Relay
- 7. 100 yd. Butterfly
- 8. 50 yd. Freestyle
- 9. 50 yd. Backstroke
- 10. 400 yd. Individual Medley
- 11. 100 yd. Breaststroke
- 12. 100 yd. Freestyle

## Renew now for 2005

It is time to register for 2005 for SPMA. If you send in your registration now you won't miss out on USMS Swimmer or SPMA Swimming News. This will be your last issue if you don't renew for 2005 before January 25th!

The registration form was in the November/December newsletter, and is online at [www.spma.net](http://www.spma.net). Invoices are also being sent by email and regular mail to current members. If you need a form call the SPMA Office at 626-296-1841.

## El Segundo Masters 11th Gary Grandi Memorial Swim Saturday, January 29th, 2005

Sanction number: 335-003

**Location and Directions:** Indoor pool at Urho Saari Swim Stadium has 8 lanes, of which 7 lanes will be used for competition, and one for warm-up. El Segundo is located south of L. A. Airport. From north or south on the 405, 110, 710, or 605 Fwy. take the 105 Fwy. west, until it turns into Imperial Hwy. Turn left when you reach Main Street, and drive five blocks (south) to Mariposa. Turn right on Mariposa and the pool is two short blocks west of Main Street. Parking can be found in the lot on the corner of Mariposa and Main as well as on the streets surrounding the facility. Go to [www.spma.net/infoelsm.htm](http://www.spma.net/infoelsm.htm) for a map to the pool.

**Entries:** The pre-entry postmark deadline is Wednesday, January 19th, 2005. Deck entries will close at 9:30 a.m. Age on January 29th determines age group for the meet. You must be at least 18 to compete.

**Seeding:** All events will be deck-seeded slowest to fastest, by entered time, ages and sexes combined.

**Awards:** Individual: SPMA ribbons for places 1 to 3. All swimmers will automatically be entered in a drawing for free prizes.

**Entry Fees:** \$15 entry fee for up to 5 events. NOTE: Deck entrants will pay an additional \$10.00 entry charge.

**Checks payable to:** City of El Segundo

Mail consolidated entry card, a copy of your USMS card, and check to: Wayne McCauley, 12841 Hawthorne Blvd. #302, Hawthorne, CA 90250.

**Questions:** Meet Director, Wayne McCauley, (310) 702-6393, [breastraker@usa.net](mailto:breastraker@usa.net).

### Saturday, January 29, 2005

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

- 1. 100 yd. Individual Medley
- 2. 50 yd. Breaststroke
- 3. 50 yd. Butterfly
- 4. 200 yd. Freestyle
- 5. 200 yd. Individual Medley
- 6. 100 yd. Backstroke
- 7. 100 yd. Butterfly
- 8. 100 yd. Breaststroke
- 9. 100 yd. Freestyle
- 10. 50 yd. Backstroke
- 11. 50 yd. Freestyle
- 12. 500 yd. Freestyle



Wayne McCauley, our fearless leader!

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

**Santa Clarita Masters  
SCY Meet  
Saturday, February 12th, 2005**

Sanction number: 335-004

**Directions:** Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. From the north, take I-5 to the Valencia Blvd exit in Valencia. Go east several miles (Valencia Blvd turns into Soledad Canyon Rd) to Ruether Ave. Turn right and cross over railroad tracks. Turn right at Centre Pointe Pkwy. Turn left into driveway for Aquatic Center. From the south, take I-5 to Hwy. 14 north. Exit at Placerita Canyon Rd. Turn left under the bridge. Turn right on Sierra Hwy. Turn left on Golden Valley Rd. Turn right on Centre Point Pkwy. Make a right into the driveway for the Aquatic Center. Parking available in both upper and lower parking lots.

**Entries:** The pre-entry postmark deadline is Saturday, February 5th, 2005. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m., all other deck entries close at 11:30 a.m.

**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 1650 yd. Freestyle and the 500 yd. Freestyle.

**Relays:** All relays will be deck entered. Relay fees are \$2.00 per relay due upon entry. 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 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$15.00 per swimmer flat fee. Deck entries allowed for a total of \$25.00.

**Checks payable to:** City of Santa Clarita

Mail consolidated entry card, a copy of your USMS card, and check to: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

**Questions:** Doug Botton, (661) 250-3771, dbotton@santa-clarita.com; Jon Terwilliger, (661) 250-3760, jterwilliger@santa-clarita.com.

**Saturday, February 12, 2005**

1650 warm-up at 8:00 a.m.

1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)  
Additional warm-up after 1650  
Event #2 starts at noon
2. 200 yd. Mixed Freestyle Relay
3. 100 yd. Butterfly
4. 200 yd. Freestyle
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 500 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 400 yd. Individual Medley
12. 100 yd. Freestyle
13. 200 yd. Breaststroke
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 50 yd. Breaststroke
17. 200 yd. Backstroke
18. 200 yd. Mixed Medley Relay

**Caltech Masters  
Pentathlon Swim Meet  
Sunday, March 6th, 2005**

Sanction number: 335-001

**Directions:** The Caltech facility is an outdoor, eight-lane, 25-yard, all-deep pool with a separate 25-yard warm-up pool. 1201 E. California Blvd, Pasadena. Take Hill Ave south from the 210 Fwy. After 1.2 miles, turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of Brown Gym. Or take the 110 Fwy. north until it ends. Go 1 mile and turn right on California Blvd., and continue 2 miles to Caltech.

**Entries:** The pre-entry postmark deadline is Wednesday, February 23rd, 2005. Deck entries close at 9:15 a.m. sharp!

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined.

**Awards:** Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must swim all five events to be considered for an award.

**Entry Fees:** \$20 flat fee per swimmer. Deck entries are allowed for \$30. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

**Checks payable to:** Caltech Masters

Mail consolidated entry card, a copy of your USMS card, and check to: Caltech Pentathlon, c/o Suzanne Dodd, 211 Eastern Ave, Pasadena, CA 91107.

**Questions:** Meet Director, Suzanne Dodd, (626) 449-7536.

**Sunday, March 6, 2005**

Warm-up at 9:00 a.m.

Meet starts at 10:00 a.m.

1. 50 yd. Butterfly
2. 50 yd. Backstroke
3. 50 yd. Breaststroke
4. 50 yd. Freestyle
5. 100 yd. Individual Medley

## Goodbye SWIM!

This will be the final issue of *SWIM Magazine* that will automatically go to all of our members. Starting with the March/April issue all USMS members will be sent a new national publication, *USMS Swimmer*. You will continue to find the *SPMA Swimming News* as an insert in the new publication.

I would like to thank *SWIM Magazine* for providing SPMA the opportunity to publish our newsletter as an insert in *SWIM*. It has enhanced our communications with our members by providing information on a regular basis, and it is so much easier than doing our own mailing, not to mention much more cost-effective. The folks at *SWIM Magazine* and their printer, MD Printing, have been wonderful to work with.

*Julie Heather, SPMA Registrar*



*Mary Hull, Jeff Moxie, Trisha Commons, and Mark Moore share some good cheer at the SPMA Annual Meeting.*

# THE VALUE OF CORE STRENGTHENING by Jessica Seaton, D.C.

Swimming is a good all-around exercise. In addition to working the cardiovascular system, swimming increases strength and flexibility of the upper extremities and, to a lesser extent, of the lower extremities. Between the extremities lies the trunk, also known as the core. While swimming works the core muscles, dry land training of these muscles can enhance one's swimming.

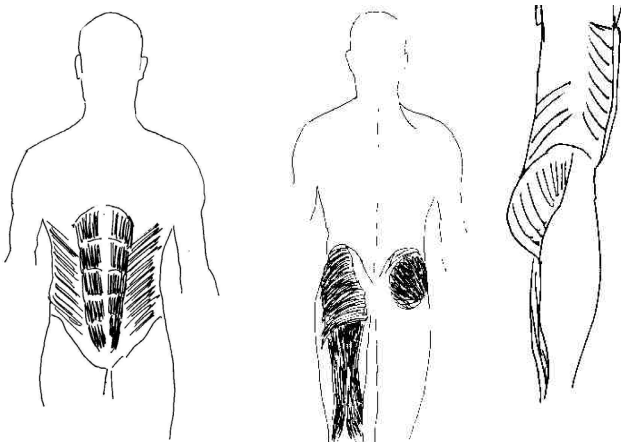
A study of 24 Masters swimmers published in 1995 (Magnusson SP, NW Constantini, MP McHugh, GW Gleim: Strength Profiles and Performance in Masters' Level Swimmers, *Am J Sports Med.* Vol. 23, pp 626-631. 1995) suggested that stronger abs were correlated with faster swimming.

The core muscles are the muscles of the trunk (see illustration). They include the abdominal, the hip, and the spinal musculature. Core muscles are like an internal girdle, providing a stable base for the propulsive movements of the arms and legs. Many people with lower back pain are given core strengthening exercises to develop a more stable spine, thus preventing further injury.

Good body position, balance, and posture are as important in the water as on land. The abdominal muscles in front, and the back and hip extensors in back maintain the good body position in all of the strokes.

During the front crawl and backstroke, the swimmer rotates along a long axis, thus rolling from side to side. The abdominal obliques in front and the quadratus lumborum muscles in back are primarily responsible for this action. The exercises that work these muscles are the dead bug on a foam roller and the side-lying push-up.

Breaststroke and butterfly are considered short axis strokes. Both of these strokes require the swimmer to propel him- or herself forward using a wave motion. The movement is accomplished using the abdominals and the hip extensors. Good exercises for these muscles include crunches, sit-backs on the ball, and bridging on the ball. The hip extensors are crucial for a strong dolphin kick and important for the flutter kick.



The sketch to the left shows the abdominal muscles. The figure is seen from the front. Viewing the body from behind (figure in the middle), one can see the hip extensors, with the hamstrings and gluteus maximus on the left and gluteus medius and minimus on the right. The sketch on the right is a side-view showing how the abdominal muscles in front and the hip extensors in back work together to maintain a neutral posture. The *quadratus lumborum* muscles are on the back, directly opposite the abdominal muscles.

Some exercise programs, such as yoga and Pilates, are particularly good at emphasizing core strength. There are also a number of floor exercises that develop core muscles.

The pictures illustrate exercises that are particularly well suited to develop strength, balance, and coordination in the core muscles swimmers use. Exercise balls (physioball) or foam rollers help develop strength and improve spinal stability while contracting the trunk muscles. Good balance and a stable spine help to maintain good body position in the water.



**Bridging on the physioball.** Tighten the glutes and abs and then lift the pelvis. The closer the ball to the buttocks, the easier the exercise. Start with five repetitions and increase to 50 repetitions, three to six times per week. This exercise mimics dolphin kicking. Notice the perfect streamlined position.



**Ball Sit-backs.** These are reverse crunches on the ball. Lead with your chin, keeping your neck aligned with the rest of your spine. Repeat until fatigued. This exercise may be done six times per week.



**Ball crunches.** Roll the ball toward the buttocks while simultaneously doing a crunch. Lead with your chin and only sit  
*(continued on next page)*



## Mission Viejo Nadadores SCY Swim Meet Sunday, March 20th, 2005

Sanction number: 335-005

**Directions:** Mission Viejo Pool is an outdoor, 8-lane competition diving pool with two 25-meter warm-up lanes. Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. From the north or south, take 5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. There will be no parking in the upper parking lot.

**Entries:** The pre-entry postmark deadline is Monday, March 14th, 2005. Deck registration is permitted. Deck entries will close at 8:45 a.m. for the 500 yd. Freestyle and 400 yd. Individual Medley and at 10:30 a.m. for all other events.

**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 500 and 1000 yd. Freestyle and the 400 Individual Medley.

**Relays:** All relays will be deck entered on SPMA relay forms available at the meet. Relay fees are \$2.00 per relay due upon entry. 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 to 3. Relay: SPMA ribbons for first place.

**Entry Fees:** \$20.00 per swimmer flat fee. Deck entries allowed for a total of \$30.00.

**Checks payable to:** Mission Viejo Nadadores (MVN)

Mail consolidated entry card, a copy of your USMS card, and check to: Mission Viejo Nadadores — Mark Moore, 25108-B Marguerite Parkway #175, Mission Viejo, CA 92692.

**Questions:** Meet Director, Mark Moore (949) 489-1847; m.w.moore@cox.net.

**Snack Bar:** Hot and cold drinks, snacks, and food will be available.

### Sunday March 20, 2005

400 IM and 500 warm-up at 8:00 a.m.

500 starts at 9:00 a.m.

1. 500 yd. Freestyle (check-in required)
2. 400 yd. Individual Medley (check-in required)  
Additional warm-up after 400 IM
- Event #3 will start no earlier than 11:00 a.m.
3. 200 yd. Freestyle
4. 50 yd. Butterfly
5. 100 yd. Backstroke
6. 200 yd. Medley Relay (men, women, or mixed)
7. 200 yd. Individual Medley
8. 50 yd. Breaststroke
9. 100 yd. Freestyle
10. 100 yd. Butterfly
11. 50 yd. Backstroke
12. 200 yd. Freestyle Relay (men, women, or mixed)
13. 100 yd. Breaststroke
14. 50 yd. Freestyle
15. 100 yd. Individual Medley
16. 200 yd. Fun Fin Relay
17. 1000 yd. Freestyle (check-in required)

up far enough so that your shoulder blades barely leave the floor. Repeat until fatigued. This exercise can also be done with the feet resting on a chair, rather than a ball. This exercise may be done six times per week.



**Dead Bug on a Foam Roller.** Alternate extending an arm and the opposite leg. Doing this on a foam roller about 6" in diameter is very challenging. Subtle weaknesses become obvious. Repeat until fatigued, three or four times per week.



**Side-lying Push-ups.** Both of these exercises work the oblique muscles, but the top exercise (knees bent and aligned with hips) is easier than the bottom one. The spine, knee, and hips should be perfectly aligned during this exercise. Repeat up and down until fatigued, twice per week.

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

*The swimmer in the photographs is Mauro Bordovsky. He is one of the founding members of West Hollywood Aquatics and has been swimming with them for over 22 years.*

*SPMA apologizes for the fact that the Holiday Invitational Meet entry information was not included in the November/December issue of the SPMA Newsletter. A sanction for this meet was not awarded until after the newsletter deadline.*

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# Southern Pacific Masters Association Schedule

January	13	SPMA Committee Conference Call
	15	Las Vegas SCY Swim Meet
	29	El Segundo SCY Swim Meet
February	12	Santa Clarita SCY Swim Meet
March	6	Caltech Pentathlon SCY Swim Meet
	20	Mission Viejo SCY Swim Meet
April	2	UCLA SCY Swim Meet
	17	SCAQ Loyola SCY Swim Meet
May	19-22	USMS SCY Nationals, Ft. Lauderdale, Florida

For a complete, updated list of events, check [www.spma.net](http://www.spma.net) or call the SPMA office

## SPMA Video Library

SPMA has a video library available for use by our members. There is a \$7 charge for one tape or DVD, \$10 for two, or \$12 for three. This covers the cost of the envelopes and mailing both ways. Tapes must be brought to the post office for return due to USPS security requirements. 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, and 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)
- 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)
- 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, and 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
- American Red Cross Swimming and Diving Skills
- Swim Fast: Butterfly (Michael Phelps) DVD
- Swim Fast: Breaststroke (Ed Moses) DVD
- Swim Fast: Freestyle (Lindsay Benko) DVD