

November/December

2014

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2014 Open Water Season

Thank you all for making 2014 a successful open water season!

Good News... the results are in, and SPMS would like to congratulate our top female, Christie Ciraulo of UCLA, and our top male, James Riddle of NOVA, as the overall winners. We would like to direct you to the SPMS website, <http://www.spmasterswim.org/w/SPMS/open-water-series-results/> to see the top three per age group for the 2014 Open Water Series. The results were compiled by Sherry Brooks, SPMS Open Water Chair.

Thinking forward to 2015, all SPMS sanctioned races are part of the SPMS Open Water Series. To be eligible to score points for the series, a swimmer must be registered with SPMS prior to the start of the swim to score any points for that swim. To qualify for an award, a swimmer must swim at least three sanctioned races. The top five races of each swimmer will be tallied. The top three point winners in each age group (if they have participated in no less than three swims) will receive an award. (Refer to <http://www.spmasterswim.org/w/SPMS/open-water-series/> for all open water race rules.)

The 2014 SPMS sanctioned races are listed below that counted toward the points.

Salt Creek Rough Water Swim, 2.4 mile

Seal Beach Rough Water Swims, 1 mile and 3 mile

Inaugural SoCal Cup - Castaic Lake (lower lake) Open Water Swims

Balboa to Newport Pier-to-Pier, 2 mile

Semana Nautica Open Water Swim, 6 mile

Don Burns Open Water Swim, 1 mile

Again, SPMS wants to thank all the athletes, meet meets hosts and volunteers in contributing to make the 2014 open water season not only successful but also a safe and fun summer. We look forward to you joining us again for the 2015 open water season. Please bring your swimming friends and join us next year for 2015 season.



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2014 USMS Convention News from a Newbie

by

Sherry Brooks

After deplaning in Dallas from the O.C., I could see ahead of me at the gate a barrage of swimmers standing in line to board the next jet to Jacksonville, Florida. We were all headed *en masse* to the 2014 United States Masters Swimming Convention which hosts meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual *US Aquatic Sports* Convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

At the gate, Speedo and TYR backpacks were the norm, and looking at the ground I could see mostly bare feet in flip flops – comforting to me since I was traveling to this week-long event solo. When I arrived in Jacksonville, my USMS luggage tags got me an invited spot by some USA Swimming coaches on the local shuttle. Off to a great start – the people were friendly and helpful.



Our convention this year was held at the Jacksonville Hyatt on the St. John's River. I was invited to go as a delegate representing SPMS to vote on policies and procedures for USMS. The hotel was full of a congregation of watersport people; swimmers, divers, water polo players, synchronized swimmers, coaches, and passionate enthusiasts who dedicate a significant part of their lives to their sport. Thousands of hours go into making the non-profit function successfully, tedious amounts of brainstorming goes into decision-making, and everyone seems to do it eagerly with tremendous enthusiasm and passion.

I was welcomed whole-heartedly as a “newbie” as many of the delegates have been involved for decades. Most of my time I spent listening since I am in the “learning curve” phase of convention life. At the many breakout sessions, any ideas I had were received with grace, and everyone was very attentive in responding. Being the SPMS Open Water Chair, I

attended all of the Open Water and Long Distance breakout sessions. I also randomly decided to sit in on the USMS Foundation breakout and watched an incredible video about Coach Benicia Rivera of the Richmond Plunge Masters who received a Swimming Saves Lives Foundation Grant in 2014.

It was a busy week, and we passed new policies and rules in record time. I was very impressed by all of the delegates, and what they do to keep the organization meet its mission: to promote health, wellness, fitness and competition for adults; all with safety paramount. The main theme that ran through our meetings was “how will this benefit the members.” My experience in Jacksonville really made me proud to be a member of USMS.



SPMS Delegates

**Santa Clarita Masters
SCY Swim Meet
Sunday, November 9, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S044**

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: 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 Golden Valley Rd. Turn left onto 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.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on November 9, 2014 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, November 1. Online entries deadline is Wednesday, November 5 at 6:00 p.m. Deck entries for the 1650 yd. Freestyle will close at 8:45 a.m.; all other deck entries close at the conclusion of the 1650.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries will be allowed on the day of the meet at a total of \$35.00.

Checks payable to: City of Santa Clarita

Mail consolidated entry card, a copy of your USMS 2014 card, and check to: Santa Clarita Aquatic Center, c/o Lance O'Keefe, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91350.

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 800 m Freestyle and the 400 yd. Freestyle.

Relays: All relays will be deck entered. 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Questions: Meet Director, Lance O'Keefe, (661) 250-3767, lokeefe@santaclarita.com.

Sunday, November 9, 2014

1650 warm-up at 8:00 a.m.
1650 starts at 9:00 a.m.

1. 1650 yd. Freestyle (check-in required)
20 minute warm-up after the 1650
Event #2 will not start before 10:30 a.m.
2. 100 yd. Butterfly
3. 200 yd. Freestyle
4. 200 yd. Mixed Freestyle Relay
5. 100 yd. Breaststroke
6. 50 yd. Freestyle
7. 200 yd. Individual Medley
8. 400 yd. Freestyle (check-in required)
9. 100 yd. Backstroke
10. 50 yd. Butterfly
11. 100 yd. Individual Medley
12. 200 yd. Breaststroke
13. 100 yd. Freestyle
14. 50 yd. Backstroke
15. 200 yd. Butterfly
16. 200 yd. Mixed Medley Relay
17. 50 yd. Breaststroke
18. 200 yd. Backstroke

**Turkey Shoot at Pierce College
SCM Masters Swim Meet
Sunday, November 16, 2014**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 334-S043**

Facility: Pierce College Pool is an outdoor pool. The address is 6201 Winnetka Ave., Woodland Hills. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: Take the 101 Freeway to Winnetka. Exit at Winnetka and go north one mile to the college. Winnetka is located 6 miles west of the San Diego Freeway (405) and Ventura Freeway (101) interchange.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed final. Swimmers are limited to a total of 5 individual events, not including relays. Age on December 31, 2014 determines the age group of the swimmer for the meet. You must be at least 18 years old to compete.

Entries: The pre-entry postmark deadline is Saturday, November 8. Online entries deadline is Wednesday, November 12 at 6:00 p.m. Entries for the 800 m Freestyle will close at 8:45 a.m. and at the conclusion of the 800 for all other events.

Entry Fees: \$25.00 per swimmer flat fee for online and mail-in entries. Deck entries and online entries after Saturday, November 8 allowed for a total of \$35.00.

Checks payable to: Southwest Aquatic Masters
Mail consolidated entry card, a copy of your 2014 USMS card, and check to: Southwest Masters Turkey Shoot, P. O. Box 204, Lake Forest, CA 92609-0204.

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 800 m Freestyle and the 400 m Individual Medley.

Relays: All relays will be deck entered. 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. Event 8 is a rare 800 m Freestyle relay, a chance for a record. Event 16 is men's, women's, mixed, freestyle or medley relays.

Awards: Individual: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place. Special awards will be given for the swimmers who swim closest to their entered time in each event.

Questions: Deborah Hefter, hefterdj@piercollege.edu, (818) 710-4234

Sunday, November 16, 2014

1500 warm-up at 8:00 a.m.
1500 starts at 9:00 a.m.

1. 1500 m Freestyle (check in required)
Additional warm-up after 1500 M Free
Event #2 will start no sooner than 11:00 a.m.
2. 200 m Individual Medley
3. 50 m Freestyle
4. 100 m Butterfly
5. 200 m Breaststroke
6. 50 m Backstroke
7. 200 m Butterfly
8. 50 m Breaststroke
9. 800 m Freestyle Relay (Men, Women, Mixed)
10. 100 m Individual Medley
11. 200 m Freestyle
12. 50 m Butterfly
13. 100 m Backstroke
14. 100 m Breaststroke
15. 100 m Freestyle
16. 200 M Backstroke
17. 200 M Relay (Men, Women, Mixed; medley or freestyle)
18. 400 M Individual Medley

SLO CLASSIC MASTERS SHORT COURSE YARDS SWIM MEET

Friday, November 21 - Sunday, November 23, 2014

Sanction: 334-S045 Sanctioned for Southern Pacific Masters for USMS, Inc.

Location: Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, 8-lane course with eight deep water lanes for competition and nine lanes for warm-up/warm-down. Two separate courses with warm-up/warm-down lanes available may be used if needed.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd.(4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Entries: Fill out an SPMA Consolidated Entry Card (below). The pre-entry postmark deadline is Wednesday, November 12th.

Deck entries: Friday, November 21st deck entries will close at 4:00 p.m.; Saturday, Nov 22nd deck entries will close at 11:00 a.m.; Sunday, Nov 23rd deck entries will close at 9:00 a.m. Age on November 23rd determines age group for the meet. **This is a Short Course YARDS Meet! Adjust entry times accordingly.**

Seeding: All events will be deck seeded fast to slow by entered time, all ages combined. Women's & Men's events may be combined.

Check-in: Check-in for all events will be required. For Friday's events you must check-in by 4:30 pm on Friday. For Saturday's events you must check-in by 11:30 a.m. on Saturday. For Sunday's events you must check-in by 9:30 a.m. on Sunday.

Relays: There will be no relays for this meet.

Awards: Individual: Ribbons for places 1 to 3.

Entry Fees: \$25.00 per swimmer flat fee if you enter by the postmark deadline of Nov 12th. Deck entries allowed for a total of \$35.00.

Checks payable to: SLOSC **Mailing Address:** Mail entry card, a copy of your USMS card, and check to: SLO Gobbler, PO Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org. Meet info is also available at www.smpa.net.

PLEASE NOTE: This is a combined USA Masters and USA Swimming Competition.

FRIDAY, November 21, 2014

Warm-up: 4:00 PM, Start: 5:00 PM

Event # (W/M)	Event
3/4	200 Freestyle
7/8	1650 Freestyle

SATURDAY, November 22, 2014

Warm-up: 10:00 AM, Start: 30 min after conclusion of the novice session, no sooner than 12:00PM

Event # (W/M)	Event
33/34	100 Butterfly
37/38	50 Breaststroke
43/44	100 Freestyle
47/48	50 Backstroke
53/54	200 Individual Medley
59/60	400 Individual Medley

SUNDAY, November 23, 2014

Warm-up: 9:00 AM, Start: 10:00 AM

Event # (W/M)	Event
63/64	100 Backstroke
67/68	100 Individual Medley
73/74	50 Butterfly
79/80	100 Breaststroke
83/84	50 Freestyle
91/92	500 Freestyle

Entry Card (Below) – Mail to SLO Swim Club (address above) – Postmarked Entry Deadline is Wed, Nov. 12th.

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 _____ × \$ _____ = \$ _____

Surcharge \$ _____

Total \$ _____

FOR OFFICE USE ONLY

Amt Rec'd _____

Date _____

Include a copy of USMS card

Maximum 5 individual events per day

Include a copy of USMS card

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.

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: _____



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Long Beach Grunions
2014 SPMS Short Course Meters Championships
December 5 – 7, 2014

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 334-S005

Facility: Brenda Villa Aquatic Center, 5600 Harbor St, Commerce, CA 90040. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions: Go to <http://scmc.lbgrunions.org> and click on Venue.

Fees: Flat fee of \$45.00 if entered online or postmarked by Monday, November 17, 2014. Entry fee includes a meet T-shirt. Add a \$15.00 late fee for all entries *postmarked* (or entered online) after Monday, November 17, 2014. All entries *must be received* by 6:00 p.m. on Monday, December 2, 2014. No individual deck entries are allowed.

Entries: Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped. On the entry form, please indicate your sixth event with an asterisk. There will be no refund of entry fees after December 2, 2014. Age on December 31, 2014 determines age group for the meet.

Relays: Relay entries are \$10.00 per relay. All relays will be deck entered. A USMS-registered swimmer who wishes to only swim relay events must enter the meet **before the start of event #1**, by paying the \$10.00 relay-only entry fee (which does not include a meet T-shirt) and must sign a consolidated entry card. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: *Positive check-in is required for all events.* Swimmers may check in at <http://www.swimphone.com> or in-person at the meet.

Check-in is available for the 1500 m Freestyle and will close at 8:30 a.m. on Friday.

Check-in for events 2 to 7 will close at 1:00 p.m. on Friday

Check-in for the 400m Freestyle will close at 8:30 a.m. on Saturday.

Check-in for the 800m Freestyle will close at 8:30 a.m. on Sunday.

Check-in will close one hour prior to the anticipated start of an event on Saturday and Sunday.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top five teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at <http://scmc.lbgrunions.org>, click on "Register." Or mail an SPMS entry card, copy of 2013 USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

Questions: call 714-273-8793, or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to <http://scmc.lbgrunions.org>.

Long Beach Grunions
2014 SPMS Short Course Meters Championships
December 5 – 7, 2014

Friday, December 5, 2014

Warm-up 8:00 a.m., Meet starts at 9:00 a.m.
Check in for 1500 m Freestyle closes at 8:30 a.m.

1. 1500 m Freestyle (Women, Men)
2. Women's 200 m Individual Medley
3. Men's 200 m Individual Medley
4. Women's 100 m Freestyle
5. Men's 100 m Freestyle
6. Women's 200 m Backstroke
7. Men's 200 m Backstroke
8. *800 m Freestyle Relay (Women, Men, Mixed)

Saturday, December 6, 2014

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 400 m Freestyle closes at 8:30 a.m.

9. Women's 400 m Freestyle
10. Men's 400 m Freestyle
11. Women's 50 m Butterfly
12. Men's 50 m Butterfly
13. 400m Freestyle Relay (Women, Men, Mixed)
14. Women's 100 m Backstroke
15. Men's 100 m Backstroke
16. Women's 100 m Breaststroke
17. Men's 100 Breaststroke
18. Women's 200 m Butterfly
19. Men's 200 m Butterfly
20. *200 m Medley Relay (Women, Men, Mixed)
21. Women's 50 m Freestyle
22. Men's 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

Sunday, December 7, 2014

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 800 m Freestyle closes at 8:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 100 m Butterfly
26. Men's 100 m Butterfly
27. Women's 50 m Breaststroke
28. Men's 50 m Breaststroke
29. *400m Medley Relay (Women, Men, Mixed)
30. Women's 200 m Freestyle
31. Men's 200 m Freestyle
32. Women's 200 m Breaststroke
33. Men's 200 m Breaststroke
34. Women's 50 m Backstroke
35. Men's 50 m Backstroke
36. Women's 100 m Individual Medley
37. Men's 100 m Individual Medley
38. *200 m Freestyle Relay (Women, Men, Mixed)

*Relays: A swimmer may swim only one relay in each of events 8, 13, 20, 29, and 38.

Swimming Mentality

If you swim, you know that it is not about flapping your arms and sloshing your feet and away you go. You know that physical training is a must, but if you are not there mentally, your physical training may suffer more than you think.

My coaches over the years taught me how to be mentally tough as well as physically tough. They did this by having me mentally visualize or recall what I wanted to do or had done in a practice or event. Why do this interesting ritual? Does it make you go faster? Does it make you get stronger? The answer to that is a resounding YES!

You may recall a study done by Dr. Biasiotto at the Univ of Chicago. He took three groups and tested them at free throws in basketball. Thirty days later he tested them again. The first group, who practiced every day for an hour, improved by 24%; the second group, who VISUALIZED themselves making free throws, improved by 23% and the last group, who did nothing, improved but not marginally. While we are not saying that the physical work is not needed, we are implying that mental strength is just as important, if not a significant part of the athletes health, strength and balance.

An interesting fact is that the visualizing mind cannot tell the difference between real and fake. The more you visualize the task you wish to do the easier the task will become even without real experience. By doing this, you can create a firm and steady mental state that will help you to train even better physically. Let's not be naïve either - ***you will need to get swimming to really get swimming.*** You will be surprised how visualizing, what you are going to do and reviewing what have done, will help you create a strong mental arena that you can change any part of you quickly and effectively while maintaining strength and balance. Could this be an effective life lesson as well!?!

Mental imagery will not necessarily make you win; it won't make everyone else lose either. However, it does provide you a window to look inward at your own actions and positions. Even though you still have to believe and trust your training, you can use mental imagery to affirm ideas you need to work on and what you already have down pat. Perhaps even by this small mental activity you could find things to correct about your swimming stroke, or your dive or perhaps other areas of your swimming, or personal or even professional lives. Perhaps you will even find things that are great about your swimming, personal and professional lives that you didn't see before. There is an old proverb that reads, "One should meditate for 15 minutes a day; if one cannot find time to meditate 15 minutes a day, one should meditate for 30 minutes a day." Remember practice makes better and consistency trumps intensity.

Of course at the end of the day no matter how much you visualize and concept in your mind's eye, make sure that you consult with your coaches and physicians and therapists. Then listen and apply the best solutions. Also, remember to ask questions; swim for fun sometimes, experiment, learn, read, watch others and most importantly get the information you need to keep your body and mind in tip top shape.

Until next time ... I see you on deck!



Dr. Kyle Durieux, B.Sc., D.c.

“Expect Miracles”

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For archived newsletters,
Please go to:

<http://www.spmasterswim.org/w/SPMS/newsletter-archives/>



SPMS Calendar of Events for November and December 2014

<u>Date</u>	<u>Event</u>
Nov 9	Santa Clarita SCY Swim Meet
Nov 14-16	Gobbler Classic SCY Swim Meet
Nov 16	Pierce College Turkey Shoot SCM Swim Meet
Nov 20	SPMS Annual Meeting
Dec 5-7	SPMS SCM Championship Swim Meet

For a complete and updated list of events go to www.spmasterswim.org

Important Information for SPMS Members

2015 SPMS Printed Calendars

The new colorful printed 2015 SPMS calendars with photos of pools and swimmers you know and the dates of most Masters Swim events can now be purchased on line for \$15 using the SPMS website or you can bring \$10 cash or check made out to SPMS to your next swim meet and buy directly from a marketing representative near the awards table. Feel free to email me for more details go to:

marketing@SPMasterSwim.org or call me:

(310)367-4606.

Thanks for supporting SPMS!

SPMS Marketing Chair, Anita Cole



Annual "Face-to-Face" Meeting and Dinner

November 20, 2014 7-10 p.m.

El Torito Restaurant
3301 Atlantic Ave, Long Beach, CA 90807

The meeting is a great way to see how the SPMS organization runs, put faces to names, and to learn how to get involved. Free for all SPMS members.

For more information and register, go to:
<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1781&cid=59647>

