

May/June

2015

SPMS News

SOUTHERN PACIFIC MASTERS SWIMMING



2014 Coach of the Year

Victor Hecker

We are proud to announce that the recipient of the 2014 SPMS Coach of the Year is Victor Hecker of the Las Vegas Masters Swim Team. Coach Vic's commitment to Masters swimming and the growth and development of his team members and program are to be commended.



Vic's focus on his swimmers can be seen by his team's results this past year. Las Vegas Masters had 135 individual and 32 relays represented in the Top Ten and placed 4th at the 2014 U.S. Masters Spring National Championships in Santa Clara and 2nd at the 2014 SPMS Short Course Meters Championships in Commerce.

His athletes tend to average more points per person than many of our larger team. Coach Vic's efforts to guide and create season plans for his team's members are demonstrated in the accomplishments of his swimmers.

Coach Hecker also made great strides in garnering attention for masters' swimmers by the local media. He has been tireless in his goal to bring recognition in the general community for the training, hard work and successes of his athletes.

The enthusiasm and commitment of his Las Vegas team members is a tribute to Coach Vic's passion for the sport of swimming. He continues to be faithful by helping those around him share in the process of improving in the pool while still keeping it fun and social. Coach Vic turned 80 years young this past January and volunteers his time to provide and nurture a great environment for improvement and success.

Congratulations Coach Vic!

You have truly gone above and beyond in your efforts to be the best coach you can be for your swimmers. Masters swimming is lucky to have you on the pool deck!

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SPMS March and April Meet Pictures





4th Annual Nadadores 2.4 Mile Rough Water Swim (Wetsuit and Non-Wetsuit Divisions)

Salt Creek Beach in Dana Point, CA
Saturday, May 16, 2015
8:00 a.m.



Online registration closes at midnight (Pacific time) on Friday, May 8.

Hosted by *Mission Viejo Nadadores Masters*

Sanctioned by Southern Pacific Masters Swimming LMSC. for USMS, Inc. Sanction #335-W001

Date: Saturday, May 16, 2015

Start Time: 8:00 am (Sharp)

Location: Salt Creek Beach, 33333 S Pacific Coast Hwy, Dana Point, CA 92629 (Parking is \$1.00 an hour)

Finish Time: 9:30 am

Race Distance: 2.4 miles

STARTS/FINISH

The event will start on the beach approximately 20 feet from the water's edge. The finish will be on the beach marked with flags.

RACE DAY TIMELINE

7:00am Check-in opens on beach

7:40am Mandatory Safety Meeting

8:00am 2.4 mile first wave start

8:05am 2.4 mile all proceeding wave start (fast to slow)

Course:

2.4 mile (3 x loop) course marked with colored buoys. Swimmers will swim in a clockwise direction. The event will start on the beach approximately 20 feet from the water's edge and finish on the beach marked with flags through the chute at the computer-timing chip pad.

Eligibility: All swimmers must be registered with USMS for 2015 or foreign equivalents. You must submit a copy of your 2015 USMS card or foreign equivalent with mail in entries, and bring a copy of your current registration to day of registration with on-line entries. Wetsuits are allowed and will be scored separately and will not be eligible for awards.

Rules: USMS open water rules will govern. Current SPMS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form. **ALL ENTRANTS MUST BE 18 AND OVER AND MEMBERS OF UNITED STATES MASTERS SWIMMING.** One day USMS event registration **WILL NOT** be available.

Conditions: Since the safety of swimmers is of prime concern, the swimming event may be delayed or canceled due to bad weather. The Event Director and OC Lifeguards will make this decision. There will be no refund.

Entry Fee:

- **The early online entry fee is \$30.00 (paper entry \$35.00) if received before midnight (Pacific Time) on Friday, May 1.**
- **\$40.00 (paper entry \$45.00) if received between May 2 and May 8, 6:00pm.**
- **Day-of-Race fee \$50.00.**
- **Fee includes refreshments, electronic timing, and cap.**
- **Incomplete entries will not be processed.**
- **ONLINE ENTRIES ARE PAID BY CREDIT CARD TO CLUBASSISTANT.COM EVENTS.**

Chip Timing: Each swimmer will be given a timing chip to wear under the swim cap during the race to provide accurate times and finish places. Results and awards will be available within 30 minutes of the last swimmer finishing. Timing provided by One Time Racing.

Awards: Ribbons will be awarded to the top 3 men & women in each age group. Age groups are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90. Awards will be presented within 30 minutes of the last swimmer finishing. Results will be posted at www.nadadoresroughwaterswim.org and USMS.org.

Safety – Our Primary Concern: For safety reasons, participants should be adequately trained for competition. Previous experience is required and should be able to swim a pool mile under 30 minutes. Swimmers not completing the race course in the required time of 2 hours will be removed from the course. [Safety Plan and General Safety](#) and [Thermal Plan for Cold Water Swims](#)

For more information please contact Mark Moore via email at coachmark@mastersmvnswim.org or via phone at 949-233-6521. Visit our Facebook Group at Nadadores Rough Water Swim. More event information and on-line registration available at www.nadadoresroughwaterswim.org



masters

4th Annual Nadadores Rough Water Swim at Salt Creek

ENTRY FORM

Online entries are preferred, but if you must, mail in entries **MUST BE POSTMARKED BY May 8, 2015.**

Include a copy of your 2015 USMS membership card, signed liability release and make checks payable to:

Mission Viejo Nadadores, 27474 Casta Del Sol, Unit #2, Mission Viejo, CA 92692

To register online: www.nadadoresroughwaterswim.org

Saturday, May 16, 2015

NAME:	DOB:	AGE:	GENDER: M/F
ADDRESS:	CITY	STATE	
ZIP:	PHONE:		
EMERGENCY CONTACT:		PHONE:	
EMAIL ADDRESS:			
Please enter your membership number and team affiliation: USMS: _____			Team Abb. _____
(a copy of your USMS membership card is required to enter)			
HEALTH CONCERNS: _____			
EVENT CHOICE:	2.4 Mile	2.4 Mile Wetsuit	
OPEN WATER EXPERIENCE: (list 2014 events/times)			

Early Paper Entry (\$45.00 Late)	\$35.00		
Event T-shirt (S, M, L, XL)	\$20.00		
Day-of-Race Fee	\$50.00		
TOTAL COST:			

**Santa Clarita Masters
LCM Swim Meet
Sunday, May 17, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S013**

Facility: Santa Clarita Aquatic Center, 20850 Centre Pointe Pkwy. The competition pool is 50-meter by 25-yard and has 8 competition lanes. An additional pool is available for warm-up. 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 is available in both upper and lower parking lots.

Rules: USMS rules will govern. Current SPMS meet procedures will be enforced and take precedence over any errors or omissions on this entry form. Age on December 31, 2015 determines age group for the meet. You must be at least 18 years of age to compete. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Entries: The pre-entry postmark deadline is Saturday, May 9, 2015. On-line entries will close Wednesday, May 13, 2015 @11:59 p.m. Deck registration is permitted. Deck entries for the 1500 m Freestyle will close at 8:45a.m. and deck entries for the 400 m Freestyle will close at the conclusion of the 1500 m Freestyle; all other deck entries close at 11:00 a.m. Swimmers are limited to entering a total of 5 individual events. 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 and the 400 m Freestyle.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pools during the times except into the designated sprint lane(s). Warm-up rules will be announced and posted.

Relays: All relays will be deck entered. Relay fees are \$4.00 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: SPMS ribbons for places 1 to 3. Relay: SPMS ribbons for first place.

Entry Fees: \$25.00 per swimmer for online entries, \$30.00 for mail-in entries. Deck entries allowed for a total of \$35.00.

Checks payable to: City of Santa Clarita. Mail consolidated entry card, a copy of your 2012 USMS card,

and check to: Santa Clarita Aquatic Center, c/o Santa Clarita Masters Club, 20850 Centre Pointe Pkwy, Santa Clarita, CA 91355.

Questions: Meet Director: Lance O'Keefe, (661) 250-3767

lokeefe@santa-clarita.com.

Admin official, Alina de Armas, alina@dearmas.co, (805) 444-0317.

**Sunday, May 17, 2015
1500 warm-up at 8:00 a.m.
1500 starts at 9:00 a.m.**

1. 1500 m Freestyle (check-in required)
20 minute warm-up after 1500
2. 400 m Freestyle
3. 100 m Butterfly
4. 200 m Freestyle
5. 100 m Breaststroke
6. 50 m Freestyle
7. 200 m Individual Medley
8. 400 m Mixed Freestyle Relay
9. 100 m Backstroke
10. 50 m Butterfly
11. 400 m Individual Medley
12. 200 m Breaststroke
13. 100 m Freestyle
14. 50 m Backstroke
15. 200 m Butterfly
16. 50 m Breaststroke
17. 200 m Backstroke
18. 400 m Mixed Medley Relay

**Las Vegas Masters
LCM Swim Meet
Saturday, June 13, 2015**

**Sanction by Southern Pacific Masters Swimming for USMS, Inc.
Sanction # 335-S015**

Facility: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Lanes will be available for warm-up. 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 I-15 Fwy, take the Flamingo Rd exit (#38). Take Flamingo Rd west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left on Spring Mountain Rd and go 1.7 miles. Pool is on the left.

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. Age on December 31, 2015 determines age group for the meet. You must be at least 18 years of age to compete.

Entries: \$35.00 per swimmer flat fee. Pre-entry postmark deadline is June 8, 2015. On-line entries will close Wednesday, June 10, 2015 @11:59 p.m. On-deck/day-of-meet entry is permitted for \$45.00. Your credit card statement will reflect a charge from "ClubAssistant.com Events." There are no relays. Deck entries will close at 1:30 p.m. for events 1-6, and at 2:30 p.m. for events 7-13. We encourage deck entry processing "paperless and cashless" on a computer at the pool. Bring your credit card, cash, or check.

Seeding: All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Positive check-in is required for the 400 m Freestyle and encouraged for all events. Check-in will be available on SwimPhone.com beginning at 8:00 p.m. on June 12.

Warm-up: USMS warm-up policies will be enforced by USA Swimming Officials. There will be **NO DIVING** into the pool during warm-up times except into the designated sprint lane(s). There will be a warm-up/warm-down lane available throughout the meet. Warm-up rules will be announced and posted.

Awards: Individual: SPMS ribbons for places 1 to 3.

Checks payable to: Coach Victor Hecker. Mail consolidated entry card, a copy of your 2015 USMS card, and check for \$35 to: 9961 Spider Creek Ct, Las Vegas, NV 89149

Questions: Meet Director, Karin Wegner (732) 233-0019 LVMswimming@gmail.com

Meet Admin: Robert Mitchell swimworks@gmail.com

**Saturday, June 13, 2015
Warm-up at 1:00 p.m.
Meet starts at 2:00 p.m.**

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

NOTE: Last event expected to conclude by 6:00 p.m. Dinner, drinks, and gaming after the meet at Porchlight Grille, 8416 W Desert Inn Rd, Las Vegas, NV 89117.

MISSION VIEJO NADADORES
6th Annual PATRICK MOORE MEMORIAL
RELAY MEET & FAMILY RELAYS
SUNDAY, JULY 5, 2015
10:00 a.m.

Sanction by Southern Pacific Masters Swimming for USMS, Inc. Sanction # 335-S014

A portion of the proceeds from this meet will go towards the Patrick Moore Memorial College Scholarship Fund

Facility: Mission Viejo Pool is an outdoor, 25yd. by 50m competition pool at the Marguerite Aquatic Center, 27474 Casa Del Sol, Mission Viejo. 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 or south, take the I-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.

Eligibility: Open to any current 2015 USMS registered swimmers. Age on December 31, 2015 determines age group for USMS swimmers in the meet.

Entry Deadline: Relay cards for events 1 to 4 are due by 9:30 a.m., events 5 to 8 by 10:30 a.m., and events 9 to 12 by 11:30 a.m. Age on December 31, 2015 determines age group for the meet.

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

Relays: All relays will be deck entered at the meet. Relay fees are \$12.00 per relay due upon entry.

Awards: 1st place medals, ribbons 2nd -3d place.

Family Relays Rules: Must have at least one adult (18+) on the relay and two swimmers under 18. At least two members must be from the same family. (2 families can swim together)

Entry Fees: USMS members: \$30.00 per swimmer surcharge. Swimmers must complete an entry card and provide a photocopy of their 2015 USMS card. \$10.00 (family only swimmer under 18)

Family BBQ: – around 1:00 after the meet. (BBQ pull pork, baked beans, and watermelon)

Cost: \$10.00 per person.

Online Entries: Sign-up early at

<http://www.spmastersswim.org/w/SPMS/>

Questions: Meet Director, Mark Moore,

(949) 489- 1847; coachmark@mastersmvnswim.org.



Order of Events

10:00 a.m. Start

1. Open Women 400 m. Medley Relay
2. Open Men 400 m. Medley Relay
3. Open Women 200 m. Freestyle Relay
4. Open Men 200 m. Freestyle Relay

10 minute Break

4A - 4 x 50 Freestyle Family Relay

5. Mixed 200 m. Medley Relay
6. Open Women 400 m. Freestyle Relay
7. Open Men 400 m. Freestyle Relay
8. Mixed 200 m. Freestyle Relay

10 minute Break

8A - 4 x 50 Wet T-shirt Family Relay

9. Mixed 400 m. Freestyle Relay
10. Open Women 200 m. Medley Relay
11. Open Men 200 m. Medley Relay
12. Mixed 400 m. Medley Relay

15 minute Break

12A - 4 x 50 Watermelon Family Relay

SAN LUIS OBISPO SWIM CLUB **2015 FIRECRACKER** **JULY 3 - 5 2015**

Meet Details (informational only – detailed information available soon on <http://spmasterswim.org/w/SPMS/>)

- ★ This is a Long Course Meet.
- ★ This is a combined USA Swimming and USMS event.
- ★ Masters athletes will swim in the same heats as USA Swimming athletes.
- ★ A complete meet sheet will be available on www.sloswimclub.org once approved.

Entry Deadline: Wed. June 24, 2015 by 5:00pm **Deck Entries may be taken space available**

Deck Opens: Fri – 12:00pm, Sat/Sun – 8:00am

Warm-Up Start: Fri – 12:00pm,
Sat/Sun – (1st session-10/under swimmers): 8:00am &
(2nd session): Competition Pool will open for at least 45 mins, at the completion of the 1st session

Meet Start: Fri – 1:00pm,
Sat/Sun – (1st session-10/under swimmers): 9:30 am &
(2nd session): No sooner than 45 minutes after the completion of the last heat of the 1st session

Location: Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. 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 1072.1. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures.

Entry Deadline: The entry deadline is Wednesday, June 24th. Masters deck entries will be taken space available. Deck entries/Check-In for Friday's events will close at 12:30pm. Deck entries/Check-In for Saturday & Sunday's events will close 30 minutes prior to the start of the 2nd session.

Entries: Fill out a SPMA Consolidated Entry Card *AND* the USMS Waiver (*Entry cards/waivers can be found online at www.sloswimclub.org*). Include a copy of your 2015 USMS registration. Age on December 31, 2015 determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. ****Masters swimmers may enter any 13&Up event.**

Entry Limit: Swimmers are limited to 5 individual events per day.

Entry Fees: \$25.00 per swimmer flat fee if you enter by the postmark deadline of Wednesday, **June 24th**. Deck entries allowed for a total of \$40.00. Late entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Relays: Relays can be deck entered. Relay fees are \$5.00 per SPMS relay due upon entry. *For each relay only 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.

Seeding: This is a "combined" USA-S and USMS event. All events will be deck seeded FASTEST to SLOWEST by entered time, all ages combined. Check-in will be required for all events.

Awards: There will be no awards. Individual printed results are available upon request.

Event List: A complete list of events can be found online at www.sloswimclub.org once the final meet sheet is approved. All 10&under swimmers will compete in the 1st session, all other swimmers (11 and over, including Masters) will swim in the second session.

Friday:	200 Fly, 100 Free, 800 Free
Saturday:	50 & 100 Fly, 50 & 100 Back, 50 & 100 Breast, 200 Free, 400 IM
Sunday:	200 Breast, 50 Free, 200 IM, 200 Back, 400 Free

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org

★ **In Celebration of the 4th of July, a patriotic gift will be given to everyone entered in the meet.**

Finally ... It's Open Water Season!

by Sherry Brooks

For those of you who love not seeing the bottom of the pool, don your swimsuits, Open Water season is fast approaching. Water temperatures are above average and conditions have been magnificent. This is a picture of some of our open waters swimmers on Easter weekend in Laguna Beach preparing for a swim.



Photo Courtesy of Mary Hurlbut

SPMS kicks off its season with two swims in mid-May – one salty ocean swim at Salt Creek, and two clear, freshwater lake swims at Lake Castaic. The swims are on May 16th and 17th, respectively. Online registration is now open on the SPMS website. Come join the fun and take part in our Open Water series. The rules are listed below.

Join your Teammates and be a Part of the SPMS Open Water Series

All SPMS listed 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.

A high point award will be given to the top male swimmer and the top female swimmer overall. The top five races of each swimmer will be tallied to reach high point. In case of a tie, additional races will be added until the tie is broken. If both swimmers have won every race in their respective age groups (they have swum every race offered), a tie will be declared.

The 2015 SPMS sanctioned races are listed below. Only SPMS sanctioned races count toward points.

Upcoming Open Water Swim Schedule

- Sat. May 16, 2015 - Dana Point, CA - Salt Creek Rough Water Swim, 2.4-mile swim
- Sun. May 17, 2015 – 2nd Annual SoCal Cup - Castaic Lake (lower lake) 1- and 2-mile swims
- Sat. June 6, 2015 – Santa Barbara Open Water Swim (tentative) – Santa Barbara, CA – 2.4-mile swim
- Sat. June 13, 2015 - Seal Beach Rough Water Swims – Seal Beach, CA - 1-mile and 3-mile swims
- Sat. July 11, 2015 - Balboa to Newport Pier-to-Pier – Newport Beach, CA – 2-mile swim
- Sun. July 12, 2015 - Semana Nautica Open Water Swim – Santa Barbara, CA – 6-mile swim
- Sat. August 22, 2015 – Don Burns Corona Del Mar Open Water Swim – Corona del Mar – 1-mile swim

For more detailed information regarding the SPMS Open Water Series, go to our website at: <http://www.spmasterswim.org/w/SPMS/open-water-series> and/or contact me, the Open Water Chair, Sherry Brooks, at OpenWater@SPMasterSwim.org.

See you in the water!



4th Annual SPMS Coaches Clinic



Date: Saturday, May 30, 2015

Time: 9:00 a.m. – 3:00 p.m.
Optional morning practice session from 7:15 a.m. – 8:30 a.m.
Continental breakfast and lunch will be provided.

Where: UCLA's Sunset Canyon Recreation Center
111 Easton Drive
Los Angeles, CA 90095

Directions & Parking: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately ¾ mile to Bellagio Drive. Turn right on Bellagio Drive onto the UCLA campus. Go to the Second stop sign and turn left on DeNeve Drive. Go straight until you reach the Sunset Village Lot of the right. Use the pay station to purchase a daily pass for \$8. No parking allowed beside the pool – UCLA permits only.

Theme: Improvement in Efficiency and Performance

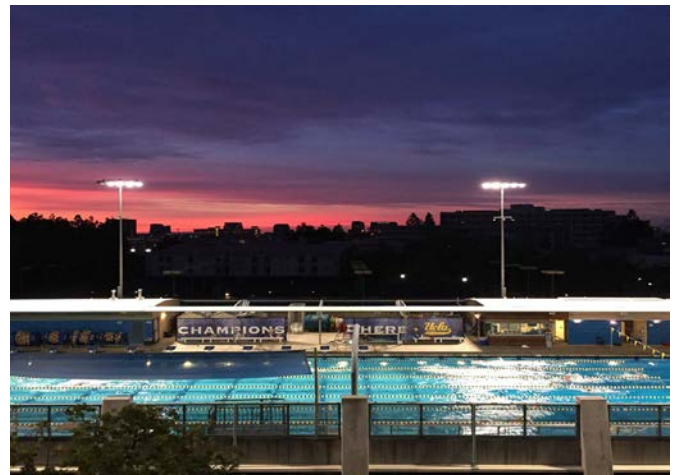
List of Speakers:

Jeremy Vail Director of Rehabilitation for UCLA Athletics
Nutrition and the Use of Various Modalities to Aid in Recovery

Katie Arnold USA Swimming National Team High Performance Consultant
The Evolution of Stroke Technique and Racing Trends

Jax Cole SPMS Member at Large
How to Maintain Top Speed for Longer

RSVP: To register - Please go to:
www.spmasterswim.org



USMS Adult Learn to Swim (ALTS)

by Robin Smith

Instructor Certification Comes to La Mirada Splash...

According to the Centers for Disease Control and Prevention, 37 percent of American adults can't swim the length of a pool, which puts them at risk of being one of the 10 people who drown every day in the United States.

USMS's resources and expertise are uniquely positioned to address the problem of adult drowning. In 2013, the Swimming Saves Lives Foundation launched the inaugural *April is Adult Learn-to-Swim Month* campaign to bring awareness to the staggeringly high drowning rate and to effect change by providing funds to programs offering adult learn-to-swim opportunities in communities across the country.

During the first ALTS campaign, USMS discovered that their members and member-coaches needed more resources for teaching adults to swim and become safer in water. So in 2015, USMS launched its Adult Learn-to-Swim Instructor Certification Program.



The curriculum draws from nationally recognized experts and includes the five basic water competencies identified by the American Red Cross.

On Saturday, March 21, 2015, twenty one USMS swimmers representing the Southern Pacific, San Diego-Imperial, and Florida LMSCs participated in the USMS ALTS Instructor Certification Course held in La Mirada. Course Instructors were Bill Meier, New England LMSC Chair and Head Coach of Simon's Rock Pace Makers Masters Swim Club in Great Barrington MA, and Bill Brenner, USMS Swimming Education Services Director.

The morning classroom session covered basic water safety and learn to swim topics focused on the adult learner.

There were lots of questions and stories and helpful ideas especially when working with fearful adults. Instructor Bill Meier shared his experiences with developing a Learn to Swim Program in his LMSC using a Swimming Saves Lives Grant.

After a nice lunch provided by Subway, everyone changed into their suits and got ready to get into the water for the afternoon session. The swimmers broke into pairs and worked with each other practicing the teaching skills and the learning plan under the watchful eyes of Bill and Bill.

The "final exam" required each swimmer to demonstrate the 5 water competency skills: step or jump into the water over your head; return to the surface and float or tread water for 1 minute; turn around in a full circle and find an exit; swim 25 yards to the exit; and finally, exit from the water (if in a pool, you must be able to exit without using the ladder).

All of the course graduates received certification pins and diploma certificates and are now officially USMS Adult Learn to Swim Instructors! And, one of our course graduates, Tselane Gardner from Rose Bowl Masters, was profiled in an April USMS website article, "Divining the Water" (<http://www.usms.org/articles/articledisplay.php?aid=3077>).

The Benefits of Swimming

Most anyone has heard by now the benefits that swimming can have as an exercise. If you haven't then it is about time that you did:

1. Swimming is known to reduce wear and tear on joints. Even according to his book *YOU: THE OWNERS MANUAL*, Dr. Oz states that, "swimming won't unconditionally save you from joint pain but it may help delay the onset. " Right, so don't think just because you are swimming that you won't have joint pain, but, there is less pressure on joints while swimming, and so even arthritic joints can find some relief with the exercise. **LIVESTRONG.COM** corroborates by saying, "The [swimming] exercise combines with the water's support provides an aerobic workout without putting extra stress on your aching joints."
2. Swimming is a whole body workout!!! Yep arms and legs work in some sort of synchronicity to be able to move you through the water; not only that but your core has to be somewhat with it and your postural muscles and your neck and lungs and ribs and heart! It really can work you good! Plus according to <http://sporteology.com/> swimming is the second most difficult sport in the world next to gymnastic. I disagree somewhat, but we might be biased.
3. Swimming has been touted as a really great Aerobic workout. Many have wondered why this might be the case. Well, you shouldn't breathe underwater; so, your body really has to work hard at using and distributing the oxygen that it does have. If efficiency is not accomplished your desire for air becomes more prevalent whilst swimming. Just be aware that continuous swimming in increments of 45 minutes or more is how you can engage aerobic systems in the water at peak efficiency.
4. Despite its ability to enhance aerobic abilities, it does an amazing job with the anaerobic systems too. Again because you can't always "catch a breath" any ol' time you want your body become very efficient at producing ways to use the non-oxygen systems in your body to make you function and adapt even better for future exercises.
5. Swimming aids healing. How cool is that? When you swim your tissues actually relax and expand just a touch due to the decreased gravitational element on your body. This allows for proper flow of nerve, blood and fluid exchange thereby allowing for better repair and healing in the whole body.
6. Swimming is great for your heart! Yeah, for the same reasons as above the natural tissue dilation decreases the exertion of the heart. That's right; the heart can work less hard to push the blood around the body, this decrease obviously puts less stress on the heart allowing it to work more efficiently, for longer in life. Did you know that the average heart rate is 13 beats lower in the water? Huh... cool.
7. You live longer. Harvard University put out a 13 year study in 2005 where only 2% of swimming men studied died while deaths for other activities were 8% of runners, 9% of walkers and 11% of non-exercisers. I love swimming.

We are sure there are way more benefits that just this little list of seven, and we didn't even get very technical on these points but rest assured, swimming benefits you no matter what level of exertion you put into it.

Just get in and enjoy!

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

"ExpectMiracles"

Cell: (435) 574-9993

Office: (435) 688-0444

Email: doctor@simplyhealthchiropractic.com

Web: simplyhealthchiropractic.com



National Water Safety Month

3rd Annual



SWIM
TO WIN

SATURDAY, MAY 23

9AM - 5PM

Learn to Swim
WITH
OLYMPIC CHAMPIONS

Get Autographs from
Olympic Metalists

- Basic Water Safety
- Water Slides & Diving Boards
- Swim Fun Races
- Meet Team USA Olympians
- Free Food



Reservations required by calling or in person at the pool prior to the event

760-565-7467 • www.pdpool.com

73751 Magnesia Falls Drive, Palm Desert



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For archived newsletters,

Please go to:

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



SPMS Current Newsletter Calendar of Events

<u>Date</u>	<u>Event</u>
May 16	Salt Creek Rough Water Swim
May 17	Santa Clarita LCM Swim Meet
May 21	SPMS Committee Conference Call
May 30	4th Annual SPMS Coaches Clinic
June 13	Las Vegas LCM Swim Meet
June 18	SPMS Committee Conference Call
July 4, 5	SLO Firecracker LCM Swim Meet
July 5	Patrick Moore Memorial Relay Swim Meet

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

2015 Swim to Win

Teaching the World to Swim, One Child at a Time

Robin Smith

"If we teach our kids to swim we will have a profound and lasting impact on the numbers of kids dying and being injured in our recreational water right NOW. Swimming is a LIFE SKILL." – Steve Little, CEO Claro Pools.

The Swim to Win Foundation, <http://www.swimtowin.org>, is a non-profit organization founded by Steve Little that seeks to make this belief common. The Board of Directors include Janet Evans (U.S. Olympic multiple gold and silver medalist in 1988 and 1992), and Rowdy Gaines (U.S. Olympic gold medalist in 1984).

This year, the signature event will offer **FREE** water safety and awareness clinics for both children and adults on Saturday May 23, 2015 from 8:30 a.m. to 5:00 p.m. at the Palm Desert Aquatic Center in Palm Desert, California. There will be separate water safety and awareness clinics for children and adults, along with swimming and stroke clinics for Masters Swimmers. All clinics will be led by Olympic swimmers including Rowdy Gaines, Janet Evans, Aaron Peirsol, Jason Lesak, Eric Shanteau, Brian Goodell, Chloe Sutton, and Amanda Beard.

See flyer on previous page regarding this event.

To reserve a space in the Saturday clinics or for more information, contact Coach Mark Harmon (Pirahnas Swim Team) at mark@harmonaquatics.com or (949) 279-7702 (mobile).

On Friday May 22, 2015, New York's rock band Madison Rising will perform a benefit concert at *THE SHOW* in Rancho Mirage in Support of the Swim to Win Foundation. The name of this event is Celebrate America 2015.

Purchase tickets at <http://startickets.com/events/item/madison-rising>