

# SPMS News

January/February  
2018



## 2017 SW Zone/SPMS SCM Championship Meet



December 1-3, 2017

*hosted by the Long Beach Grunions*

### In This Issue:

2017 SPMS Swimmers of the Year

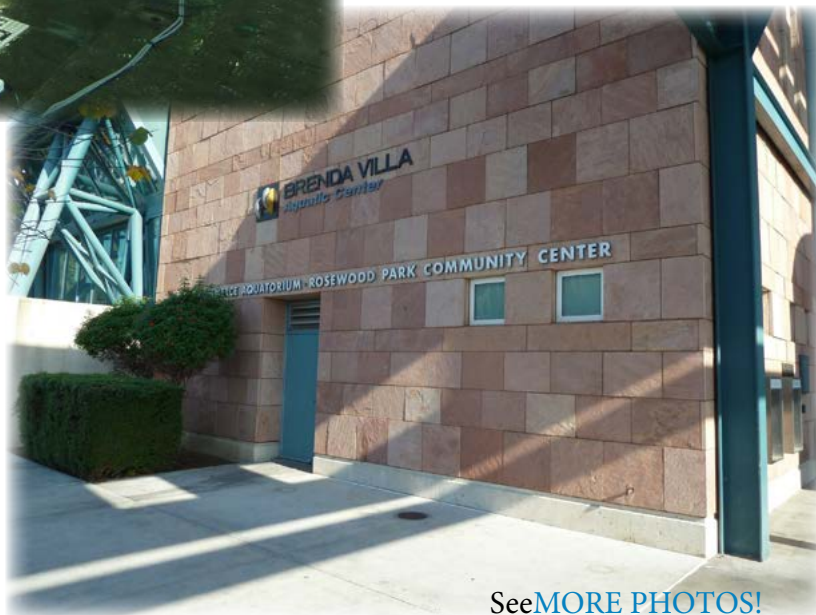
SPMS Zone Championships Results

USMS Winter Fitness Challenge

OMG2WTF (*One Man's Guide 2 Where's the Fun?*)

Upcoming Meets

Club Swimmers of the Month



See [MORE PHOTOS!](#)

# 2017 SW Zone/SPMS SCM Championship Meet



2017 ended with another amazing SPMS & SW Zone SCM Championship meet, held on December 1st, 2nd, and 3rd. With over 550 participants making up 64 teams from all over the country, it made for an exciting 3 days of swimming. Even with the largest numbers since 2009 and a lane issue, we were able to keep and exceed the posted timeline. There were some amazing fast swims by numerous Masters swimmers and as of this writing, there were over 35 potential World and National Records broken.

- 1st Place - Rose Bowl Masters 2,619 points
- 2nd Place - Golden Road Aquatics 2,585 points
- 3rd Place - Las Vegas Masters 1,714 points
- 4th Place - San Diego Swim Masters 1,290 points
- 5th Place - West Hollywood Aquatics 847 points



See [MORE PHOTOS!](#)

*I want to give special thanks to my team, The Long Beach Grunions and their family and friends who volunteered to work. SPMS could not put on such a well-organized meet without the dedication and commitment from the Long Beach Grunions. THANK YOU! -Coach Kenny Brisbin*

# 2017 Swimmers of the Year

**Ralph Porrazzo from Rose Bowl Aquatics** was selected as the male swimmer of the year for SPMS. He moved to the West Coast about a year and half ago for work and decided to get back and shape And try to make the 2020 Olympic Trials cuts. He had a great LCM Nationals in Minneapolis he was 1st in the 50 Freestyle, 100 Freestyle, 200 Freestyle, 50 Backstroke, 100 Backstroke and 200 Back.stroke At SCY nationals in Riverside he placed 1st in the 200 Free, 50 Backstroke 100 Backstroke and 200 Backstroke. Mike was an All American in three events. He is a leader on the team at Rose Bowl with a positive attitude at workouts and inspires others to



*Congratulations to  
Veronica Hibben and Ralph Porrazzo  
for their outstanding achievements!*



**Veronica Hibben known to most as “Roni” from UCLA** was selected as the 2017 SPMS Female Swimmer of the Year for SPMS. Roni has been an Individual All American for seven years and Relay All American for 4 years. She has participated on nine World and USMS Record Breaking Relays. In 2016 and 2017 it all came together for Roni with a 2016 USMS All Star Award with the most number one swims in her age group , eleven! In 2017 she was an All American and World Champion. Roni won 3 GOLD medals at the FINA World Championships in Budapest . 2017 Short course yards Roni was fastest women and All American in the 100 Freestyle and 50 Butterfly.

# 2018 SmartyPants Vitamins USMS Fitness Series

The SmartyPants Vitamins USMS Fitness Series starts with the Winter Fitness Challenge, which runs from Feb. 15-28, and is perfect for anyone who's setting a New Year's resolution of getting into better shape. The event is a 30-minute swim, done in any manner desired.

If you're just getting into swimming, or back to it after a long time away from the pool, swimming for 30 minutes is a solid fitness goal. We provide a six-week training plan for three different ability levels, for swimmers to train on their own or with their local USMS club.



For more information visit [http://www.usms.org/content/fitness\\_series](http://www.usms.org/content/fitness_series)

## SPMS Welcomes 6 New Swim Clubs!

### **Aquatic Training Center Masters ATCM**

Contact: Danielle Sanford

[danielle@mwrбилlets.com](mailto:danielle@mwrбилlets.com)

Website: [jftbmwrбилlets.com/aquatics](http://jftbmwrбилlets.com/aquatics)

### **Crafton Hills Aquatics CHA**

Contact: Kathy Fellenz

[kfellenz@craftonhills.edu](mailto:kfellenz@craftonhills.edu)

### **Circle City Aquatics CCAQ**

Contact: Tyler Harp

[coachtyler@circlecityaquatics.com](mailto:coachtyler@circlecityaquatics.com)

Website: <https://www.teamunify.com/Home.jsp?team=scscca>

### **PDAC Adult Learn to Swim PDAS**

Contact: Alexandria Espinosa

[pdacprograms@desertymca.org](mailto:pdacprograms@desertymca.org)

Website: [pdpool.com](http://pdpool.com)

### **Valley Masters Swim Club VMSC**

Contact: Janine Yoder

[janine.yoder@kidzaquatic.com](mailto:janine.yoder@kidzaquatic.com)

### **Bakersfield Aquatics Club CBAC**

Contact: Erik Wood

[erik7601@gmail.com](mailto:erik7601@gmail.com)

Website: <https://www.teamunify.com/Home.jsp?team=ccbac>

Welcome to another edition of OMG 2 WTF. I've decided to include more information in my "reports" but I don't want to get too wonky in descriptions. One item is to include some web addresses so you don't have to Google That Stuff (GTS). As I go through the WTF process I will develop more practical tools so that maybe these articles might be useful. The adventure in Virginia sputters on throughout the month of October. Checking the "Find a Place to Swim" on the USMS website I find a place that I can't resist checking out. It's the NOVA's of Richmond, VA.

**Location:** So this NOVA club (are there more out there?) is at 12207 Gayton Road, Richmond, VA 23238. I wanted to come to Richmond anyway as it has a lot of historical monuments and antebellum architecture. The pool is on the northwest side of the city and the airport is on the east side so it's a little ways away from the whole hotel/airport complex. The pool, owned by a private organization, is in a cute little neighborhood of single family homes. Traffic getting there was tolerable (at 6 am) and the local streets are easy to get around if you miss a turn. **Give it a 4.8/5.**

**Organization:** So the club has a website that's accurate (a big plus). The practice I attended had a mix of skill levels and it was easy to find a person/group that fitted me. The coach, Mark Kutz (the Ultimate Senior Assistant!), was engaged and active with the athletes. The practice itself was printed out for each lane. Practices were offered from 6:30 to 9:15 a.m. Monday through Friday. Visit [NOVA Masters](#) online. **Score 4.6/5**

**Cost:** \$0.00 (that's free) to get into the facility and coach's fee. I had my USMS card ready to go but I think it was not required. **Score 5/5**

**Facilities:** This is a privately owned facility and the owners get to decide the focus of the facility. In this case, as one can see by the website, this is a facility devoted to competitive swimming. There are 16 lanes available in two 8 lane, 25 yard pools so there is plenty of room to spread out. A digital pace clock was available, however it what set up to restart from 0 every interval. The pool itself was great, 6 feet or more deep and a good training temperature in and out of the water. Blocks permanently installed, gutters and lane lines worked well for absorbing waves and the lanes were wide enough to comfortably split with two in the lane. The locker rooms needed help with only 2 showers, a small changing area and toilets. **Score 3.8/5.**

So there it is. **Overall the 4.5/5** on the fun rating scale and I look forward to reporting back with more on SPMS and USMS programs.



Remember our guidelines?

**Location:** Is the location convenient?

**Organization:** Just how organized is it?

**Cost:** Obvious.

**Facilities:** Pool, parking and locker rooms.

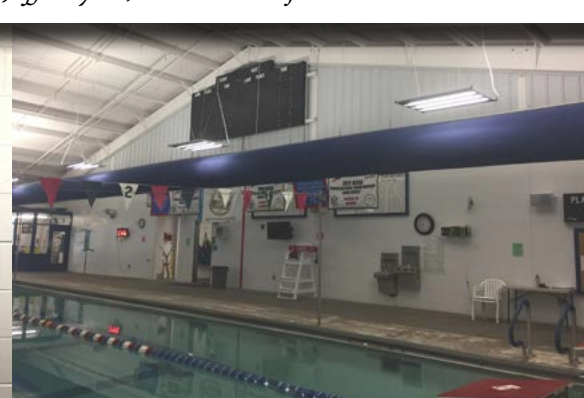
**Places to swim:** [Visit USMS online](#)



## OMG2WTF

**(One Man's Guide 2 Where's The Fun?)**

*with Coach Jeff Taylor, Mission Viejo Nadadores Masters*



**Fabulous Las Vegas Masters  
Short Course Yards Swim Meet  
Saturday Afternoon, January 20, 2018**

*Sanction by Southern Pacific Masters Swimming for USMS, Inc.*

**Facility:** UNLV Buchanan Natatorium, Jim Reitz Pool. Indoor 50-meter by 25-yard pool. There is no postal address; do not use the university's generic Maryland Pkwy address. Location is on E. Harmon Ave, 1000 feet east of the intersection of Harmon Ave and Swenson St, Las Vegas, NV. Map coordinates: 36.112081,-115.147381.

Very close to McCarran airport, Hard Rock Hotel & Casino, and Hyatt Place. 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:** From 15 North, take 215 East toward McCarran Airport. Continue onto McCarran Airport Connector. Continue onto Swenson St. Turn right onto E. Harmon Ave. Continue 1000 feet to Parking Lot L on your left.

Parking Lot L is available for free to non-students on weekends. Walk north on asphalt path toward Buchanan Natatorium entrance on right (tennis courts on your left).

**Rules:** Swimmers must be USMS members registered for 2018. 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 meet referee. All events are timed final. Swimmers are limited to a total of 5 individual events. Age on January 20, 2018 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Jan 15, 2018. Online entries will close Wednesday, January 17, 2018 at 11:59pm. Deck entry is permitted until 2:30pm for events 1-6 and 3pm for events 7-18. We encourage deck entry processing "paperless and cashless" on a computer at the pool. Bring your credit card, cash, or check. Entry Limits: the 500 Free will close at 32 entries (4 heats). The 400 IM and 200s of Back, Breast, and Fly will accept deck entries only, not pre-entry. Request entry into these events at the admin desk by 3pm on meet day.

**Entry Fees:** \$35 per swimmer flat fee.

**Seeding:** Swimmers will be seeded in heats according to entry time, regardless of age and gender. Heats will be ordered slowest to fastest. Positive check-in is required for the 500 Free and encouraged for all events. Check-in will be available on SwimPhone.com beginning at 8pm on January 19. Positive Check-In for the 500 Free closes at 2:30pm.

**Relays:** There are no relays in this meet.

**Awards:** Poker cards with your results stickers may be collected for competition with other swimmers to see who has the best poker hand. The best two poker hands win BIG prizes! More info on prizes coming soon on our online meet entry.

**Checks payable to:** Coach Victor Hecker. Mail consolidated entry card, a copy of your 2018 USMS card, and check for \$35 to 9961 Spider Creek Ct, Las Vegas, NV 89149 by January 15, 2018.

**Questions: Meet Director:** Karin Wegner [LVMswimming@gmail.com](mailto:LVMswimming@gmail.com); **Meet Admin:** Robert Mitchell

Saturday, January 20, 2018

Warm-up at 2:00pm

Meet starts at 3:00pm

- |  |   |
|--|---|
| 1. 500 yard Freestyle (limit 32 entries) | 9. 50 yard Freestyle                        |
| 2. 100 yard Individual Medley            | 10. 50 yard Backstroke                      |
| 3. 50 yard Butterfly                     | 11. 100 yard Breaststroke                   |
| 4. 100 yard Backstroke                   | 12. 100 yard Freestyle                      |
| 5. 200 yard Freestyle                    | 13. 400 yard Individual Medley (deck entry) |
| 6. 50 yard Breaststroke                  | 14. 200 yard Butterfly (deck entry)         |
| 7. 200 yard Individual Medley            | 15. 200 yard Backstroke (deck entry)        |
| 8. 100 yard Butterfly                    | 16. 200 yard Breaststroke (deck entry)      |

**Piranha Masters-Palm Springs, CA**  
**SCY Swim Meet**  
**February 3rd, 2018**

*Sanction Pending by Southern Pacific Masters Swimming for USMS, Inc.*

**Facility:** Palm Springs Swim Center 405 S. Pavilion Way Palm Springs, CA 92262 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 10E exit Hwy111, Left on Ramond Rd, Left on Sunrise, Right on Baristo, Right on Pavilion Way.

**Rules:** United StatesMasters 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. Age on February 3rd, 2018 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark is Monday, January 27, 2018, and online entry deadline is 11:59 p.m. on Wednesday, January 31, 2018. Deck registration is permitted. Deck entries will close at 8:00 a.m. for the 1650 yd. Freestyle and at 10:00 a.m. for all other events.

**Entry Fees:** \$30.00 per swimmer flat fee. You may enter a maximum of 5 events. Deck entries are allowed for \$40.00 flat fee. Relays are free.

**Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 and 500 yd. Freestyle.

**Relays:** All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of \$10.00 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.

**Checks payable to:** Piranha Swim Team

Mail consolidated entry card, a copy of your 2017 USMS card, and check to: Alina de Armas, PO BOX 63, Simi Valley, CA 93062 [alina@dearmas.co](mailto:alina@dearmas.co) (805) 444-0317

**Admin:** Alina de Armas

**Questions:** Meet Director Jeff Conwell, [admin@piranhaswimteam.org](mailto:admin@piranhaswimteam.org) (760) 318-SWIM

Saturday, February 3, 2018

Warm-up at 7:30 a.m.

1650 yd. Freestyle starts at 8:30 a.m.

1. 1650 yd.Freestyle
2. 400 IM
3. 200 yd.Freestyle
4. 50 yd.Backstroke
5. 100 yd.Butterfly
6. 200 yd. IndividualMedley

Additional warm-up after Event #2 starts no earlier than 11:00 a.m.

7. 200 yd. FreestyleRelay(Men,Women,Mixed)
8. 100 yd.Backstroke
9. 50 yd.Freestyle
- 10.100 yd Breastroke
11. 200 yd.MedleyRelay(Men,Women,Mixed)
12. 100 yd.Freestyle
13. 50 yd.Butterfly
14. 50 yd.Breaststroke
15. 100 yd. IndividualMedley
16. 500 yd.Freestyle

## Rose Bowl Masters SCY Swim Meet February 10th-11th 2018

*Sanction Pending by Southern Pacific Masters Swimming for USMS, Inc. Sanction #*

**Facility:** Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes 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:** Going west on I-210, exit Orange Grove as the freeway transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. Going east on 134, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. Going south on I-210, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.

**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 February 11, 2017 determines age group for the meet. You must be at least 18 to compete.

**Entries:** The pre-entry postmark deadline is Saturday, February 3, 2018. Online entries are due Wednesday, February 7, 2018 @11:59 p.m. Deck registration is permitted. Deck entries will close at 7:30 a.m. on Saturday Feb 10, 2018 and 8:30am on Sunday Feb 11, 2018. You must be at least 18 years old to compete. Sunday's individual events will be limited to 40 swimmers per event.

**Entry Fees:** \$25.00 per swimmer flat fee. Deck entries February 10th, 2018 and February 11th, 2018 are allowed for \$35.00 flat fee. For swimmers in relays only, the fee is \$10.00. Relays are Free of charge.

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

**Relays:** All relays will be deck entered at no cost and are due at before event 6, the 100 IM. Awards: Individual: Rose Bowl ribbons for places 1 to 3. Relays: Rose Bowl ribbons for first place. Checks payable to: Rose Bowl Aquatics Mail consolidated entry card, a copy of your 2018 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.

**Questions:** Chad Durieux, [cdurieux@rosebowlaquatics.org](mailto:cdurieux@rosebowlaquatics.org).

**Admin:** Robert Mitchell [mitchellrobert.cox@gmail.com](mailto:mitchellrobert.cox@gmail.com) Head Official: Cami Stein Cami [camster1@flash.net](mailto:camster1@flash.net)

Saturday, February 10th, 2018  
Warm-up at 6:00 a.m. - 7:20 a.m.  
Meet starts at 7:30 a.m.

Sunday, February 11th, 2018  
Warm-up at 8:00 a.m. - 8:50 a.m.  
Meet starts at 9:00 a.m.

1. 50 yd. Freestyle
2. 200 yd. Backstroke
3. 100 yd. Breaststroke
4. 50 yd. Butterfly
5. 200 yd. Breaststroke
6. 100 yd. Individual Medley
7. 100 yd. Backstroke
8. 200 yd. Butterfly
9. 50 yd. Backstroke
10. 200 yd. Individual Medley
11. 100 yd. Freestyle
12. 50 yd. Breaststroke
13. 200 yd. Freestyle
14. 100 yd. Butterfly
15. 200 yd. Freestyle Relay (Men, Women, Mixed)
16. 200 yd. T-Shirt Relay (exhibition)

- Limited 40 swimmers per individual event
17. 1650 yd. Freestyle
  18. 400 yd. Individual Medley
  19. 1000 yd. Freestyle
  20. 800 yd. Freestyle Relay (Men, Women, Mixed)
  21. 500 yd. Freestyle





# 2018 Membership Application

All 2018 memberships expire on December 31, 2018

\_\_\_ Renewal – my last USMS number was \_\_\_\_\_  
 \_\_\_ New registration



**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name			MI
Street Address					
City		State	Zip	Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F		E-mail address	
Club or Unattached					
Signature (required)				Today's Date (required)	

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: \_\_\_ Masters Coach \_\_\_ Certified Official

	FEES (if joining between Nov. 1, 2017, and Oct 31, 2018):
US Masters Swimming full-year fee (\$43) plus LMSC (local governing body) fee (\$18):	<b>\$61</b>
I wish to have USMS-Certified Masters Coach designation (+\$30)	
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:	
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:	
<b>Total:</b>	<b>\$</b>

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year. USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check for total fee plus any optional donations/purchases payable to: **Southern Pacific Masters Swimming**
- 3) Mail check and completed forms (both Pages 1 and 2) to:

Enter registrar's name and mailing address here

**SPMS Registrar Dan Wegner**  
**3773 Price Ridge Ct**  
**Las Vegas, NV 89147**



**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

## SPMS Officers

### Chair:

Mark Moore

[chair@SPMasterSwim.org](mailto:chair@SPMasterSwim.org)

(949) 233-6521

### Vice-Chair:

Ken Brisbin

[vicechair@SPMasterSwim.org](mailto:vicechair@SPMasterSwim.org)

### Treasurer:

Bob Eberwine

[treasurer@SPMasterSwim.org](mailto:treasurer@SPMasterSwim.org)

(949) 933-7100

### Secretary:

Deborah Hefter

[secretary@SPMasterSwim.org](mailto:secretary@SPMasterSwim.org)

### Member At-Large:

Becky Cleavenger

[memberatlarge@SPMasterSwim.org](mailto:memberatlarge@SPMasterSwim.org)

### Registrar and

### Webmaster:

Dan Wegner

[registrar@SPMasterSwim.org](mailto:registrar@SPMasterSwim.org)

3773 Price Ridge Ct

Las Vegas, NV 89147

(310) 564-6958

### Top Ten Recorder:

Kim Thornton

[TopTen@SPMasterSwim.org](mailto:TopTen@SPMasterSwim.org)

### Newsletter Editor:

Tami Barrera

[newsletter@SPMasterSwim.org](mailto:newsletter@SPMasterSwim.org)

For archived newsletters

Please go to:

[http://www.spmasterswim.org/w/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

[SPMS/newsletter-archives/](http://www.spmasterswim.org/w/SPMS/newsletter-archives/)

## Club Swimmer of the Month

**Brendan Herlihy**

Mission Viejo Masters

Coach Jeff Taylor

Brendan is ready to put his training to the test.

*December 2017*

## 2018 USMS/SPMS MEMBERSHIP RENEWAL IS DUE NOW!

renew online at [www.usms.org/reg/](http://www.usms.org/reg/)

**OR**

complete the form in this newsletter  
and mail it in with a check

You can view top ten records at

[www.spmasterswim.org/top-ten/](http://www.spmasterswim.org/top-ten/)

## Upcoming SPMS Events

ends Wednesday, February 28

**USMS 1-Hour ePostal National Championship**

Thursday, January 18

**SPMS Committee Conference Call 7:30pm**

Saturday, January 20

**Fabulous Las Vegas Masters SCY Swim Meet at UNLV**

[Registration](#)

Saturday, February 3

**Palm Springs Short Course Yards Swim Meet**

Saturday, February 10 - Sunday, February 11

**Rose Bowl Short Course Yards Swim Meet**

Sunday, March 4

**Caltech Pentathlon**