



IN MEMORIAM

Lynn Kubasek
(1958-2019)

We are sad to report that Lynn Kubasek, long distance endurance swimmer extraordinaire, ended her battle with pancreatic cancer on January 24, 2019. She was 60 years old. Lynn will always be remembered for her smile and the joy that she brought to everyone in her life. In addition to her long list of open water swimming achievements and accolades, Lynn always took the time to mentor others and offer assistance as a paddler, support swimmer, and observer.

Lynn was a longtime member of the Irvine Novaquatics Masters Swim Team. Her teammates and coaches remember her:

“Lynn will be seriously missed by her Nova Masters lane-mates and 6am crew. She always showed up to practice with a giant smile on her face ready to swim, and TALK. She liked swimming, but she LOVED swimming with her friends. I loved that she continued to set very challenging swimming goals and kept a super positive attitude while trying to achieve them. Completing the 28.5 mile Manhattan Island Swim was truly an amazing accomplishment for her at age 60. I was so happy to see her exceed her expectations for the event.” -Michael Collins, Nova Masters Head Coach.

“We were synchro ocean swim partners. Always doing something crazy.” -Carol Schumacher Hayden, Nova Masters teammate.

“Lynn was the ‘greeter with a smile’ for anyone interested in open water swimming. She introduced me to the sport 10+ years ago. We also swam together at NOVA. She took everyone under her wing to meet other swimmers, encourage them, and share her enthusiasm for the sport. In her last few months, as I took her to lab and chemo appointments, she remained ever the optimist, planning her next open water swims.” -Barbara Helton, Nova Masters teammate.

“Lynn’s favorite sets in the pool involved any distance with her pull buoy and paddles. I will always remember her smile, her joyful positivity, and her gifts of ‘Random Acts of Soap.’” -Robin Smith, Nova Masters Coach and teammate.

A Celebration of Life was held on Saturday February 23, 2019 at Festival of Arts in Laguna Beach followed by a paddle-out and swim to honor Lynn on Sunday February 24, 2019 at Shaws Cove in Laguna Beach. Lynn requested that donations in her memory be made to the Ronald McDonald House.

Lynn is survived by her three children, four grandchildren, and her parents. Southern Pacific Masters Swimming sends our sincere condolences to her family. We all miss her very much.

Submitted by Robin Smith, Irvine Novaquatics Masters Swimming and SPMS Open Water Chair; Photos courtesy of Michael Collins, Carol Schumacher Hayden, and Wendy Theders



Are you ready for the 2019 Open Water Season?

Time to start planning for the upcoming 2019 SPMS Open Water Season! Our first event will be the **50th Annual Seal Beach Rough Water Swim** scheduled for **Saturday June 22, 2019**. Details and registration for the event are currently being finalized. The current SPMS Open Water Event calendar is continuously being updated. Here is the link to the web page for more information:

<https://www.spmasterswim.org/open-water-schedule/>

Get started in the pool:

1. Safety is key in any open water swim. Do you know how to tread water or to rescue yourself while waiting for the lifeguard or safety kayaker to assist you? Practice treading water and floating on your back in the pool. Practice treading water and taking your goggles off and on.

2. Do you swim straight? Practice swimming with your eyes closed in the pool for a few strokes to see if you drift to one side of the lane. Practicing good freestyle technique and learning to breathe comfortably on both sides is helpful in maintaining a straight line in the open water.

3. Sighting the course buoys and being able to see any landmarks is an important skill to practice. Two ways to sight are swimming “heads up water polo style” (also called Tarzan-style swimming) and “alligator sighting”. Alligator sighting involves lifting your head so only your eyes are above the water (like an alligator) before or after you breathe to the side.

Some sets to try during your next swim practice:

--- 4 x 50 swim – practice sighting and stop at far flags, tread water for 10-20 seconds (or take off your goggles and put them back on) and swim back. Don't touch the wall to turn.

--- 4 x 75 swim – don't touch the walls to turn, instead turn early at the flags at each end.

(Notes: Take 10-15 seconds rest between each rep. If your pool doesn't have backstroke flags, just don't touch the walls when turning on the 50s and 75s.)

Practice these open water skills the next time you head to the beach:

1. Practice running and swimming out through the waves to a point just beyond the surf line. Turning to your side as the wave hits you allows the water to go around your body more easily. Going underneath the wave also keeps you moving forward. Some swimmers elect to dive into the surf as they go out. Just make sure you know how deep the water is to prevent any injury.

2. Practice catching a wave or the swell as you swim into the beach. Continue swimming until your hand touches the bottom. This gives you enough leverage to push yourself up with your hands as you begin to run onto the beach. If you stand up too early, for example, when you see the bottom instead of touching the bottom, then it is much harder to run. The water level should be between your ankles and knees when you stand up to start to run onto the beach.

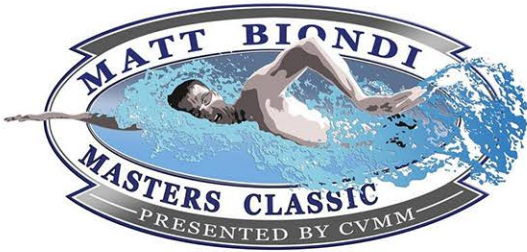
3. Practice sighting on “landmarks” while you are swimming out through the surf and back to the beach. Look at the jetty, the pier, a lifeguard tower, a buoy, a boat, a palm tree, a house or building, or anything else you see to practice your sighting skills. And remember, sighting can be to the side of you in addition to in front of you.

See you at the beach!

*Submitted by Robin Smith, SPMS Open Water Chair
(openwater@spmasterswim.org)*

Matt Biondi

Swim meet



Calling all swimmers to the 6th Matt Biondi SCY Swim Meet. CVMM is looking forward to hosting this event at the very fast California Lutheran University Pool on Sunday March 17, 2019. Last year we had ninety-two meet records broken and we were so lucky to have a day without the rain. Thank you to all the coaches who brought swimmers to the meet last year. We hope you will be returning again in 2019.

Matt Biondi will be swimming again this year, and he's happy to take photos and sign autographs throughout the meet. He is truly a great ambassador of Swimming. We hope you enjoy all the extra things we, at CVMM, do to make the Matt Biondi Swim Meet special. We aim to honor Matt Biondi's 11 Olympic medals, 9 of which are gold, and his illustrious career.

At the Matt Biondi Masters Classic, CVMM tries to create an experience with a happy vibe for all participants. We have raffle baskets, a special basket for the swimmer who traveled the farthest distance to the meet, and a gift for the Coach with the most team entries. We never ask our swimming participants to time between their swims or to even lap count. We will do it for you! To add to the competitor experience, we provide: free parking, on-site snack bar, a swim vendor with discounted suits, special warm up and warm down lanes for those 65 and older, medals 1st-3rd, ribbons 4th-6th, and heat winner awards.

We have received an overwhelming amount of positive feedback about the meet, and we will continue to do all the extras that make our competitors enjoy this event.

CVMM is offering the 1650 Yard Freestyle to the first 32 entries! **Sign up today!**

The 50 Freestyle is always a fast and fun event! Winners of the 50 Freestyle get flowers, a trophy and their name inscribed on the Matt Biondi Perpetual Trophy. To top it off, they get free entry fees to our meet so they come back year after year to defend their title. Last year, our 50 Freestyle male winner was Alexander Aceino (26) from Golden Road-a repeat winner with a 21.57! Our female winner was also a repeat winner Lauren Frendreis (29) of Rose Bowl with a 24.97.

All USA Olympians receive a free entry to the meet. Contact our Meet Director Nancy Kirkpatrick-Reno at Nancy@conejovalleymultisportmasters.com to get registered.



The benefits of USMS for Fitness Swimmers

One might ask, why do fitness swimmers join USMS? At the SPMS Rose Bowl Swim Meet on February 10 in Pasadena, California I had the opportunity to meet such a person.

On a cold, wet, rainy morning, Wanda Bogin, 56 years old, was on deck entering her second-ever event as a USMS swimmer and her first 1650. “What is a lap counter,” she asked? Just two days prior, she practiced her dives off the starting blocks, which she described as “intimidating,” with Abe, an assistant coach of the Palm Springs Piranha Masters.

In 2016, Wanda was a novice swimmer. After a total knee replacement, she decided to “go for it in the water to get that new knee moving.” She also wanted a challenge of a full body workout that would be gentle on her recovery. Wanda winters in the warmth of the Coachella Valley in La Quinta, California and not knowing where to start, she enlisted the help of USMS Certified Coach Ben Hobbins of the Desert Olympic Tritons at the Palm Desert Aquatic Center.

Coach Ben taught Wanda to swim. She was hooked and enjoyed swimming so much that she joined the Tritons and trained three days per week at 5:30am. When I asked Wanda why she joined the Masters Swim Team she replied, “the encouragement and camaraderie from my coach and other swimmers instilled my desire to improve.” Her swim mates dubbed her “Fish.”

Wanda’s event was a success – she started off the blocks, goggles intact, and almost met her goal of breaking 30 minutes for the 1650. At the end of the meet Wanda enthusiastically stated, “now that I’ve done it, I’ll know next time how to better approach the race. More than anything else, it gave me the confidence that I CAN compete in Masters and I realized it’s fun. Getting a 2nd place ribbon also helped!”

So, what’s next for Wanda? Having recently joined the Piranhas, she’s motivated to continue her training to gain speed, perfect her butterfly and learn the breaststroke so that she can enter the 400 IM. Look for her at the next meet.

This is USMS

Submitted by Diana Dolan LaMar, Fitness Chairperson, SPMS Swimming



SWIM MEET RESULTS

Mission Viejo - Jan 13, 2019

Southern Pacific Yards
Records were broken by:

Women 45-49

Laurie Dodd (UCLA)

500 Free (5:24.34) and 400 IM (5:05.60)

Women 65-69

Christie Ciraulo (UCLA)

500 Free (6:16.61), 50 Fly (32.51) and 400 IM (6:07.33)

The following Southern Pacific swimmers went undefeated in the maximum of 5 individual events:

Women 40-44

Stephanie Kramer (NOVA)

Women 45-49

Laurie Dodd (UCLA)

Women 55-59

Ming Robinson (NOVA)

Women 65-69

Christie Ciraulo (UCLA)

Men 25-29

Ryan TerBush (MVN)

Men 45-49

Steve Gunnell (MVN)

Las Vegas - Jan 19, 2019

Southern Pacific Yards
Records were broken by:

Women 65-69

Beverly Meteyer (LVM)

50 Free (31.06)

The following Southern Pacific swimmers went undefeated in the maximum of 5 individual events:

Men 25-29

Gareth Cocks (LVM)

Men 35-39

Billy Gaines (GRA)

Men 65-69

Erik Sterne (ROSE)

Men 70-74

Craig Jorgensen (LVM)

Rose Bowl - Feb 9-10, 2019

Southern Pacific Yards
Records were broken by:

Women 60-64

Bonnie Spivey (LAPS)

200 Back (2:34.17) and 400 IM (5:25.22)

Women 65-69

Christie Ciraulo (UCLA)

50 Free (30.43) and 200 Fly (2:50.88)

Men 60-64

Andrew Bray (UNAT)

1650 Free (17:48.66).

Andrew's 1650 time is also a pending National Record.

The following Southern Pacific swimmers went undefeated in the maximum of 5 individual events:

Women 18-24

Melissa Knell (SBM)

Women 55-59

Becky Cleavenger (CVMM)

Women 65-69

Christie Ciraulo (UCLA)

Women 70-74

Anita Cole (LBG)

Men 25-29

Jonathan Pierce (LAPS)

Men 30-34

Keenan Newman (OJAI)

Men 70-74

Michael Farmer (ROSE)

Building a Training Community: Sharing Wisdom & Celebrating Progress

By SPMS Member Dan Wegner



Our coaches have much wisdom to offer. Our swimmers yearn for more and better training tools. We all need better, easier tools for writing, tracking, and sharing workouts. With these needs in mind, we've created Swim Share. Swim Share is a free gift to our swimming community. Swim Share is the quickest, easiest way for coaches to reach more swimmers and for swimmers to share in a training community and track their progress.

You are welcome to use the free version for as long as you want. Down the road, we plan to add a "freemium" services to enhance the experience. Use Swim Share on any device, any platform.

Volunteering Spirit

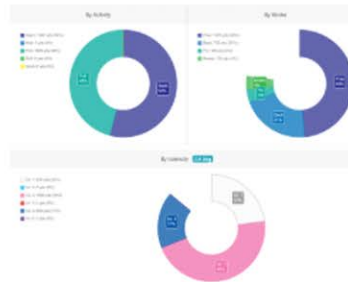
As you may already know, I am the SPMS LMSC Registrar and volunteer Webmaster. I first volunteered for SPMS in 2000 and have attended 12 USMS National Conventions. On the National level of US Masters Swimming, my company, Club Assistant, helps USMS with membership registration, websites and accounting.

A Sneak Peek at Swim Share:

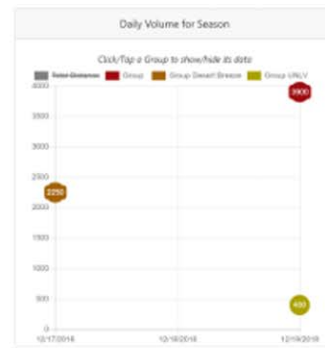
Swim Share makes it easy to record your workout:

Set	Rounds	Reps	Dist	Stroke • Equipment • Details	Min	Sec	Int	Tools	Distance			Time (mins)			
									Row	Set	Total	Row	Set	Total	/100
1		16	50	Warmup	1		1		800	800	800	16	16	16	2:00
2		4	400	Pull free	6		3		1600	1600	2400	24	24	42	1:30
3		6	100	Backstroke	1	30	5		600	600	3000	9	9	53	1:30
4		10	50	IM	1	30			500	500	3500	15	15	70	3:00

Graphs break down yardage by stroke, activity and intensity:



Season Tracking:



Please give Swim Share a try and tell us what you think.

<https://SwimShare.ClubAssistant.com>

If you don't like it, tell me, but if you do like it, tell EVERYONE!

Have a great workout!

CALTECH PENTATHLON

SCY SWIM MEET

Sunday, March 3, 2019

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Facility: The Caltech facility is an outdoor, eight lane, 25 yard, all-deep pool with a separate 25 yard warm up pool. Address: 1201 E. California Blvd, Pasadena. 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 Hill Ave south from the 210 freeway. After 1.5 miles turn right on California Blvd. Go to the second stop light and turn left into the parking lot. Continue past the tennis courts to the gym. The pool is located west of the Brown Gym. Or take the 110 freeway north until it ends. Go 1 mile and turn right on California Blvd., 2 miles to Caltech. Parking is free on the weekends.

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. Age on March 3, 2019 determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Saturday, February 23, 2019. Online entries will close Wednesday, February 27, 2019 @11:59 pm. Deck registration is permitted. Deck entries close at 8:15 a.m.

Entry Fees: \$30.00 flat fee per swimmer. Deck entry fee is \$40.00. Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Seeding: All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

Awards: Custom pentathlon awards will be given to the top three finishers in each age group. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

Checks payable to: Caltech Masters. Mail signed consolidated entry card, a copy of your 2019 USMS card and check to: Caltech Pentathlon - Suzanne Dodd, 211 Eastern Ave, Pasadena, CA, 91107.

Questions: Meet Director, Suzanne Dodd, 626-449-7536, srdodd@jpl.nasa.gov
Meet Administrator: Robert Mitchell, swimworks@gmail.com

Sunday, March 3, 2019
Warm-up at 8:00 am
Meet starts at 9:00 am

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

**CVMM**

MATT BIONDI SCY SWIM MEET

Sunday, March 17, 2019

Sanction by Southern Pacific Masters Swimming for USMS, Inc.

Facility: Cal Lutheran University, Samuelson Aquatics Center, 60 West Olsen Rd., Thousand Oaks, CA. Pool is an outdoor 25- yard by 50-meter pool with up to 8 competition lanes. 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 101 Freeway, take 23 North, exit Olsen Rd and head west toward Thousand Oaks. Approximately 3 miles on right. Lots of free parking.

Timing System: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

Rules: United States Masters Swimming rules will govern. Current SPMS meet procedures will be enforced and take precedent 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 March 17, 2019 determines age group for the meet. You must be at least 18 to compete.

Entries: On-line registration is preferred. The pre-entry postmark deadline is Sunday, March 10, 2019. The online entry deadline is 11:59 p.m. Pacific Time on Wednesday, March 13, 2019. Deck registration is permitted. Deck entries will close at 9:00 a.m. (7:30 a.m. for Event 1)

Entry Fees: \$39.00 per swimmer flat fee. Deck entries allowed for \$55.00 flat fee.

Seeding: All events will be deck seeded slowest to fastest by entered time. Check-in is required for all events to ensure the meet runs efficiently.

Relays: All relays will be deck entered on SPMS relay forms available at the meet. Relay fees are \$10.00 per relay due upon entry. For relay swimmers who are not entered in individual events, a fee of \$10.00 and a signed liability release must be submitted with the relay entry prior to the first event.

Awards: Individual: Medals for places 1 to 3 and ribbons for 4th through 6th. Relays: Ribbons for 1st place. A special award (the Matt Biondi Award) and award presentation ceremony for the fastest male and female in the 50 Freestyle; in addition, the winners' names will be added to the Matt Biondi Perpetual Award. St Patrick's Day themed Heat Winner Awards.

Checks payable to: Conejo Valley Multisport Masters. Mail your consolidated entry card, a copy of your 2019 USMS card, and check to: Alina de Armas, P.O Box 63, Simi Valley, Ca 93062

Admin: Alina de Armas, Alina@dearmas.com, (805) 444-0317

Questions: Meet Director Nancy Kirkpatrick Reno (818) 469-9972; nancy@conejovalleymultisportmasters.com.

Raffle tickets for sale: Crowd pleasers at our first five Matt Biondi meets were our fabulous raffle baskets which will be available again this year. Raffle tickets available for purchase at the meet. All meet entrants receive swag bags. Snack Bar.

Sunday March 17, 2019

Warm-up at 7:00am

Meet starts at 8:00am

1. 1650 yd Freestyle*
2. 400 yd Freestyle Relay (Men or Women)
3. 200 yd Breaststroke
4. 200 yd Backstroke
5. 200 yd Butterfly
6. 200 yd Freestyle
7. 100 yd Individual Medley
8. 400 yd Freestyle Relay (Mixed)
9. 50 yd Butterfly
10. 100 yd Backstroke
11. 200 yd Individual Medley

12. 50 yd Breaststroke
13. 100 yd Freestyle
14. 100 yd Butterfly
15. 50yd Freestyle (Matt Biondi Event)
16. 400 yd Medley Relay (Men, Women, Mixed)
17. 400 yd Individual Medley
18. 100 yd Breaststroke
19. 50 yd Backstroke
20. 200 yd Freestyle Relay (Men, Women, Mixed)
21. 800 yd Freestyle Relay (Men Women, Mixed)

*1650 limited to four heats

UCLA BRUIN MASTERS

SCY SWIM MEET

Sunday, April 7, 2019

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Facility: UCLA's Spieker Aquatics Center. The address is 114 Easton Drive, Los Angeles, CA 90095. The pool is an outdoor 52m x 8 lane, all deep water competition pool. Warm-up lanes are available behind the bulkhead. 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: Take the 405 to Sunset Blvd – East. Take Sunset Blvd approximately $\frac{3}{4}$ mile to the intersection of Bellagio Drive (just after the intersection of Veteran Blvd, across from the West Bel-Air Gate). Turn right 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 on the right. Use the pay station to purchase a daily pass for \$12.00. No parking allowed beside the pool – it is for UCLA permits only. NOTE: Parking enforcement does ticket on weekends.

Timing System: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

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. Age on April 7, 2019 determines age group for the meet. You must be at least 18 to compete.

Entries: The pre-entry postmark deadline is Friday, March 29, 2019. Online entries will close @ 11:59p.m. on Wednesday, April 3, 2019. On deck registration is permitted. Deck entries for the 1650 yd Freestyle if spots remain, will close at 8:30 a.m. All others event entries will close at 10:00 a.m. Swimmers are limited to four individual events plus relays. There will be a limit of 32 swimmers for the 1650 yd Freestyle.

Entry Fees: \$30.00 per swimmer flat fee. Deck entries are allowed for \$40.00 flat fee, For swimmers in relays only, the fee is \$10.00. Day of the meet credit card payments only.

Checks payable to: UC Regents. Mail consolidated entry card, a copy of your USMS 2019 card, and check to: Sunset Canyon Recreation Center, c/o Clint Svatos, 111 Easton Drive, Los Angeles, CA 90095.

Seeding: All events will be deck seeded slowest to fastest by entered time, ages and sexes combined. Swimmers in the 1650 yd Freestyle must check in to be seeded.

Relays: 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: UCLA ribbons for places 1 to 3. Relay: UCLA ribbon for first place.

Meet Questions: Meet Admin: Judi Divan divanj@cox.net

Sunday, April 7, 2019

1650 yd Freestyle Warm-up at 8:00 am

1650 yd Freestyle Starts at 9:00 am

Event 2 will start no sooner than 10:30am

1. 1650 yd. Freestyle (32 max entries)
2. 200 yd. Butterfly
3. 200 yd. Individual Medley
4. 50 yd. Backstroke
5. 200 yd. Freestyle Relay (Men, Women, Mixed)
6. 100 yd. Breaststroke
7. 200 yd. Freestyle
8. 50 yd. Butterfly
9. 100 yd. Individual Medley
10. 200 yd. Backstroke
11. 50 yd. Breaststroke
12. 50 yd. Freestyle
13. 100 yd. Butterfly
14. 200 yd. Medley Relay (Men, Women, Mixed)
15. 400 yd. Individual Medley
16. 100 yd. Backstroke
17. 200 yd. Breaststroke
18. 100 yd. Freestyle

Upcoming SPMS Events



March 03 - Sunday
Caltech Pentathlon



March 17 - Sunday
CVMM Matt Biondi SCY Masters Classic
Swim Meet



March 21 - Thursday
SPMS Committee Conference Call 7:30P



April 07 - Sunday
UCLA Short Course Yards Swim Meet



April 18 - Thursday
SPMS Committee Conference Call 7:30P



April 25 - Thursday
USMS National Short Course Yards
Championships



April 26 - Friday
USMS National Short Course Yards
Championships



April 27 - Saturday
USMS National Short Course Yards
Championships



April 28 - Sunday
USMS National Short Course Yards
Championships

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<https://www.spmasterswim.org/newsletter-archives/>