



# 2019 USMS Long Course NATIONALS CHAMPIONSHIPS at Mission Viejo Nadadores

Submitted by Diana Dolan LaMar, Fitness Chair  
(Fitness@SPMastersSwim.org)

Once again, the SPMS Mission Viejo Nadadores hosted a fabulous Summer Long Course National Championships. With 1,377 USMS and FINA registered swimmers this was the 3rd largest long course Nationals in USMS history. The reputation of the Nadadores' fast pool, welcoming environment, and fun atmosphere brought swimmers from 47 LMSCs along with swimmers from Costa Rica, Spain, Philippines, Australia, Mexico, Slovakia, El Salvador and Canada. As evidence of the dominance of SPMS Masters swimming, 581 of the 1377 swimmers represented SPMS (42 percent).

As expected, there was rigorous SPMS team competition between MVN, NOVA, and ROSE with final local team standings:

<b>Mission Viejo Nadadores (MVN)</b>	<b>2nd place</b>	<b>1954.5</b>
<b>Novaquatics Masters (NOVA)</b>	<b>4th place</b>	<b>1583.5</b>
<b>Rose Bowl Masters (ROSE)</b>	<b>5th place</b>	<b>1283.0</b>
<b>Conejo Valley Masters (CVMM)</b>	<b>7th place</b>	<b>711.5</b>
<b>Golden Road Aquatics (GRA)</b>	<b>8th place</b>	<b>523.0</b>
<b>Santa Barbara Masters (SBM)</b>	<b>9th place</b>	<b>470.0</b>
<b>Southern California Aquatics (SCAQ)</b>	<b>10th place</b>	<b>431.0</b>

NOVA coaches Robin Smith, Mike Collins, and Kim Thornton represented their teams in swimming competitions, along with Nancy Kirkpatrick-Reno from CVMM, Chad Durieux from ROSE, and Mike Lucero from GRA. Coach Kenny Brisbin from LBG was caught officiating for 3 days and Coaches Christine Maki, Kenny Brisbin, and Robin Smith provided on-deck coaching at 6:00 a.m. each morning for

all swimmers. Not to be missed on deck from 5:30 am to 8:00 p.m. was MVN's coach and Meet Director Mark Moore.

The high point SPMS male swimmer was Hubie Kerns (70-74) of VCM, with 64 of 66 possible points, followed closely by MVN's Ryan Cox (45-59) with 63 points. Traci Granger (60-64) of LAPS was the high point female SPMS swimmer with 59 points and Veronica Hibben (60-64) of NOVA was second with 57 points.

SPMS Age Group high point winners were:

<b>WOMEN (18-24)</b>	<b>Maria Carlson (ROSE)</b>
<b>WOMEN (25-29)</b>	<b>Kaitlyn Jones (MVN)</b>
<b>WOMEN (60-64)</b>	<b>Tracy Granger (LAPS)</b>
<b>WOMEN (95-99)</b>	<b>Maurine Kornfeld (ROSE)</b>

<b>MEN (35-39)</b>	<b>Christopher Gibson (WHA)</b>
<b>MEN (45-49)</b>	<b>Ryan Cox (MVN)</b>
<b>MEN (70-74)</b>	<b>Hubie Kerns (VCM)</b>

**Jamie Fowler (60-64) from NOVA** set two National and World records in the **100 Back** and **200 Back** events; **Steve West, NOVA, (45-49)** set a National record in the **50 Breast**. **Jeff Natalizio, NOVA, (35-39)** bettered his own National record in the **50 Back** and just missed the world record by 15 one-hundredths of a second. **Hubie Kerns, VCM, (70-74)** set a National Record in the **200 IM**, and **Traci Granger, LAPS, (60-64)** set a National and World record in the **50 Fly**.  
Wow – we have some amazingly fast swimmers in SPMS.

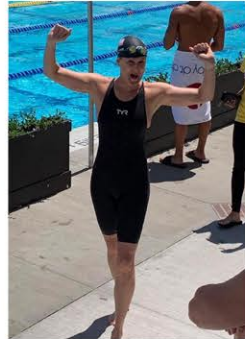
Relay National Records were set by **ROSE in the Mixed (100-119) 200 Medley**, and **Men's (72-99) 200 Free relay**. NOVA followed with **Women's (240-279) 200 Medley relay** and **(160-199) Mixed 200 Medley relay**; **VCM's Men's (280-319) 200 Medley** set new National and World records.

One of the highlights of the meet was our own **Maurine Kornfeld (ROSE)** at the age of 98 who still dives off the blocks, but in addition, while waiting for her events, walks around the pool to hand out water and Gatorade to the swim officials who seldom get breaks. Gotta love this woman! Another feature was former Olympic Gold medal winner **Brian Goodell (MVN)** swimming in the **(60-64) age group**. If you missed the opportunity to view the Speedo swim suit he wore in the Montreal Olympic Games during the 400 and 1500 Free, you'll have to check it out the next time you're at the Marguerite Aquatic Center!

Many thanks to our USMS and SPMS officials for their 5 days of dedication Omar and Alina de Armas, Diana Dolan LaMar, and CJ Wamser (MVN), Cami Stein and Chuck Warren (CCAM), Virgil Chancy, Sandy Comer, Joyce Phelps, Greg Wilson, (UN-33), Linda Simmons (CTM), Kenny Brisbin (LBG), Mary Hull (SWM), Paul Szuskiewicz, (RAA), and Carol Cracchiolo (ROSE).

The meet would be unsuccessful without the numerous planning and volunteer hours from Meet Director Mark Moore and the MVN staff, swimmers, parents, coaches, community members, and other local volunteers.

**We are proud and honored to be part of SPMS – the best LMSC in the country!**





New CVMM swimmers responded with comments after the meet like: *"It was fun, I did not realize so many young swimmers would be there"* (comment from a 26-year-old); *"It was awesome to swim relays and so exciting. I never dreamed I could get a medal at Nationals!"* and *"I did not know current Olympians like Anthony Ervin swim in Masters, I thought it was all old guys"*.

If you see a team at meets with a big group of swimmers, it's because their coaches are working behind the scenes putting in dozens of hours figuring out relays, renting popups, finding hotels and preparing workouts for taper groups. Thank your coaches for all the time they put in for your team.

Congrats to all the CVMM athletes who tried something new and found out how much fun we have. Congrats to all the SPMS teams that came out to the meet. Many thanks to Mission Viejo for holding a fabulous National Championship. If CVMM can do it so can your team.

## Conejo Valley Masters (CVMM) NATIONALS CHAMPIONSHIPS at Mission Viejo Nadadores

*Submitted by Nancy Kirkpatrick Reno, Head Coach and CEO of CVMM.*

Conejo Valley Masters (CVMM) scores at Summer Nationals with a 7th place team finish! This little team from the Thousand Oaks area came to compete with 40 swimmers entered in the meet. CVMM does not have a big age group program for financial support, they do not have their own pool for easy access to training facilities, no big corporate sponsors but they have a relentless dedicated Head Coach in coach Reno. A dedicated loyal group of fantastic athletes that support the team and coaches. They competed with 37 due to injuries before the meet and were elated with their success in the meet. For many of the swimmers who came to the meet, it was the first time they ever competed in a masters swim meet and with the guidance and encouragement from Coach Nancy Kirkpatrick-Reno and their teammates. They came out and competed in a National Championship!





**Both races will count in the SPMS OW Series.** So, if you complete both the One Mile and Two Mile races, these will count as *two* swims toward the minimum *three* swims required to score points in the Series.

Here is the link to the SPMS OW Series Rules and 2019 Races:  
<https://www.spmastersswim.org/open-water-series/>

**Safety Notes:** Swimmers not completing the race course in the required time of 1 hour (for 1 mile swim) and 2 hours (for 2 mile swim) will be removed from the course. **Heat-retaining swimwear (e.g., wetsuits, neoprene suits), & neoprene swim caps will not be permitted if the water temperature of the lake is above 78°F.**

Link for more information and online registration:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=964&smid=12444](https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=12444)

**Newport Beach OW Series Swims are in the books!**

**The Newport Beach Pier to Pier Two Mile Open Water Swim** was held on Saturday July 13, 2019 under cloudy skies. There were 235 participants who made the trek from the Balboa Pier to the Newport Pier. Ryan Bullock (LAPS) was the first swimmer out of the water in a time of 40:17. Lexie Kelly (NOVA) was the first woman to finish (4th overall) – her time was 43:22.

**The Corona Del Mar Don Burns One Mile Ocean Swim** was held on Saturday August 3, 2019 at the Corona Del Mar State Beach. There were 120 participants in the event under perfect conditions. Olympic Gold Medalist and current USA Swimming National Team member Melanie Margalis was the first swimmer out of the water in a time of 18:16, finishing ahead of her brother Robert Margalis (SPM) by 14 seconds!

For more information and updates: <https://www.spmastersswim.org/>

## 2019 SPMS Open Water Series: The First **Southwest Zone** **Open Water Championships** are Next!

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

Get ready for the first Southwest (SW) Zone Open Water Championships scheduled for Sunday September 22, 2019 at Lake Mission Viejo in Mission Viejo, CA. This is a dual sanctioned open water swim with USA Swimming/Southern California Swimming. Participants may enter the One Mile Swim, the Two Mile Swim or *both*. Check-in begins at 7:00 AM. The One Mile starts at 8:00 AM followed by the Two Mile at 9:00 AM.

Individual scoring will be up to 8 places and SW Zone Team Awards will be presented to the top three teams (combined scores men and women from both one mile and two mile swims).





## SWIM for FITNESS... SWIM for FUN!!!

*Submitted by Robin Smith, Level 3 USMS Certified Coach, Certified ALTS Instructor, and SPMS Open Water Chair*

With summer vacations almost over, and school starting up again, our days are getting busier. Many of us end up running out of time to exercise and getting to the pool becomes difficult or non-existent. Here are some tips to help you schedule your time in the pool:

- Calculate how much time you have to spend actually swimming. Be sure to subtract any travel and parking time, changing time, and “getting ready to swim” time from your overall timeframe. A planned one hour for swimming may turn into 30 minutes of actual pool time.
- Break your actual swimming time into 3 periods – warm-up, high-intensity interval set, and cool-down. It is easiest to start by dividing your time into 3 equal periods. Then, based on how you are feeling, you can increase or decrease the warm-up and cool-down periods.

- Consider incorporating dryland exercises into your swimming practice to increase your intensity. Yes, that means you climb out of the pool during the rest interval between swim repeats. You will get a total body workout in a short period of time. Dryland also adds weight-bearing activities to your water workouts.

Here are two sample practices for you to try the next time you head to the pool:

### Swimming PLUS Dryland Combination Practice

#### Warmup (300 yds):

200 swim  
4x25 kick

#### Combination Set (500 to 1000 yds swimming):

1x25 swim  
-**On pool deck:** Lunges (back, side, & front) or squats (10 reps)  
1x50 swim  
-**On pool deck:** Pushups (10 reps) or Plank (hold for 10 breaths)  
1x75 swim  
-**On pool deck:** On back (arms above head in streamline position) and flutter kick (10 breaths)  
1x100 easy recovery swim, pull, or kick  
---(Repeat Set 2-4 times through)---

#### Cooldown (300 yds):

100 pull  
100 kick  
100 easy swim

### Checking Your Pace Set

Warmup: Choice (10 minutes)

#### Main Set Part One (1000 yds):

**4x50** swim with 15-20 seconds Rest (hold a steady pace)  
**3x100** swim with 15-20 seconds Rest (time of your 100s should be double the time of your 50 swims)  
**2x200** swim with 15-20 seconds Rest (time of your 200s should be double the time of your 100 swims)  
**1x100** kick

#### Main Set Part Two (1000 yds):

**2x200** swim with 15-20 seconds Rest (hold a steady pace)  
**3x100** swim with 15-20 seconds Rest (time of your 100s should be half the time of your 200 swims)  
**4x50** swim with 15-20 seconds Rest (time of your 50s should be half the time of your 100 swims)  
**1x100** kick

Cool-down: Choice (10 minutes)



your feet) is essential for proper alignment in the pool. It is key to effective kicking and key to being able to have a streamline position. Each foot is made up of 26 bones, 33 joints and close to 100 ligaments, tendons and muscle attachments. What happens at the foot, effects the lower extremities and pelvis. A great way for swimmers to increase dexterity, strength and flexibility in their feet is by:

- Get out of your shoes and walk barefoot
- Do toe raises while brushing your teeth
- Stand on one foot while doing dishes
- Sit in a kneeling position on your feet; if this is not possible due to knee and hip issues, then place your feet under the couch or bed and stretch them while sitting in a comfortable position for knees and hips
- Kick with fins
- Kick on your back

Increased foot flexibility and strength will help you to a more powerful start, more effective kick and help place your body into a better streamline position.



## GATEWAY TO OUR FUTURE 2019 USMS ANNUAL MEETING

United States Masters Swimming hosts a convention and 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.

The SPMS delegation who will be going to St. Louis, Missouri on September 11-15 are:

- Brisbin, Ken
- Chancy, Virgil
- Cleavenger, Becky
- Cole, Anita
- De Armas, Alina
- De Armas, Omar
- Franklin, Brandon
- Gellatly, Jill
- Godges, Arlette
- Heather, Michael
- Hull, Mary
- Johannsen, David
- LaMar, Diana
- Maki, Christine
- Moore, Mark
- Seaton, Jessica
- Smith, Robin
- Wegner, Dan
- Wegner, Karin

This year's theme is "Gateway to Our Future". Leaders of U.S. Masters Swimming will consider and embrace what we need to accomplish to grow and thrive in service to our mission.

Southern Pacific Masters leadership looks forward to working with USMS and planning for its future when we gather in St. Louis.

For a detail list of activities and meetings go to:

<https://www.usms.org/volunteer-central/2019-annual-meeting>

## Sports Medicine Corner

*Submitted by Arlette Godges, MS, PT, OCS, GCS*

Take away points from Nationals and being at some OW races.

- 1) There are many questions out there, please start asking and we can answer
- 2) Many Masters swimmers are struggling with shoulder pain
- 3) Lots of questions about strength training
- 4) Curiosity on recovery and rest
- 5) Foam rollers were/are a success

Sustainable swimming requires injury free swimming. This is achieved with a balance of strength and flexibility and guided training by the many amazing Masters coaches. It is normal for Masters swimmers to have some aches and pains and at times struggle through an injury. The most important part is to adapt your training and focus on prevention. Alignment is key in proper ability to recruit muscles and maintain flexibility. I will make an effort to include a "Sports Med Tip" in each of our newsletters.

Starting with alignment. Even in swimming it's important, it's implied in running. We still start at the feet. Plantar flexion (being able to point



**October 6<sup>th</sup>, 2019**

## Mission Viejo Nadadores SCM Meet



First SCM meet of the season, start getting tuned up for Regional Championships.

[Click Below for the meet PDF](#)

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

**October 27<sup>th</sup>, 2019**

## UCLA SCM Meet

Very popular well attended meet

[Click Below for the meet PDF](#)

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



**Q: At Nationals, several people asked why San Diego Swim Masters competes as a local team, rather than a regional team.**

A: The short answer is that, while the San Diego-Imperial Local Masters Swimming Committee (LMSC) is comprised of approximately 20 clubs or workout groups, the majority of those clubs compete as San Diego Swim Masters at meets throughout the year. Were they to compete at non-championship meets as individual teams rather than under the San Diego Swim Masters name, they would not be eligible to compete at Nationals as a club team. Any San Diego-Imperial LMSC club that competes as an individual club in non-championship meets is not eligible to be part of San Diego Swim Masters. Riverside Aquatics Masters is an example of one such club. The pertinent rule, for those interested in the long answer, is USMS Rule 104.5.6 B(2) Club Scoring.

**Rule:**

**104.5.6 Club Scoring**

B Categories—Club scoring will be tabulated in two categories.

- (1) Regional clubs—For competition at national championship meets, a regional club consists of a club made up of those swimmers who represent a club at nationals, but at competitions within their LMSC, they compete for an entity or subgroup (such as a workout group) that is different than the one they compete with at nationals.
- (2) Local clubs—For competition at national championship meets, a local club consists of a club that does not qualify as a regional club.
- (3) The Championship Committee shall publish a list of regional and local clubs no later than February 15 of each year. A club may contest its designation or the designation of another club by filing an appeal with the chair of the Championship Committee at least 45 days prior to the first day of competition at the national championship meet.

## SEPTEMBER & OCTOBER Pool meets



**September 7<sup>th</sup>, 2019**

## Circle City Aquatics Masters 1<sup>st</sup> Annual Long Course Meet

Brand new location for meet. Come and check out the pool, have some great swims and see all your friends.

[Click Below for the meet PDF](#)

<https://www.spmasterswim.org/c/8B6A80C/file/meets/2019/Corona-FinalPDF.pdf>

# HEAD MASTERS COACH JOB DESCRIPTION

## Canyons Aquatic Club

24655 Rockwell Canyon Road. Santa Clarita, CA 91355 USA

661.877.3776

generalmanager@canyons.org

## JOB DESCRIPTION - Head Masters Coach

**Canyons Aquatics Club (Canyons)** is seeking a Head Masters Coach for a USMS affiliated program in the Santa Clarita, CA area. This coach will plan workouts and provide technical instruction for various levels of adult athletes. The right candidate will also work with the Canyons Head Coach and General Manager to grow and improve the program.

## ABOUT THE POSITION

Our Masters team is for swimmers over the age of 18 interested in coach-lead swim practices. This group will have a wide focus depending on each swimmer's goals. Many of our master's swimmers participate in organized swimming competitions, while others may be tri-athletes or simply looking to train with a group to stay in shape.

## This is a part-time position.

### Administrative Duties

- Register the club and swimmers with USMS
- Supervise masters assistant coaches
- Attend scheduled meetings with Head Coach and General Manager
- Serve as the club contact for USMS and attend all LMSC meetings as necessary
- Update "Places to Swim" on the usms.org website with current information
- Host USMS sanctioned swim meets and fitness events
- Host swim clinics and other educational opportunities for club members
- Identify, recruit, and develop club sponsorships
- Involve the Masters program in community service opportunities such as the USMS sponsored initiative "April is Adult Learn-to-Swim Month"
- Organize a support team consisting of club members and volunteers

### Coaching Duties

- Set goals for the team
- Develop a seasonal plan for the team
- Help each swimmer set individual goals
- Write workouts using main set
- Track attendance every practice
- Attend all group workouts as scheduled (mornings, evenings, and open to start a new group during Lunch time)
- Offer stroke development clinics
- Travel to events
- Attend continuing education offerings for swimming coaches
- Write monthly report to the head coach and Board of directors

## QUALIFICATIONS

- Hard working and passionate about swimming

- Have a strong understanding of stroke mechanics and training principles
- Have/be willing to secure all required USA Swimming certifications
- Must have prior coaching experience and competitive swimming experience/ triathlon
- Must be 18 years of age or older
- ASCA Level 2

## Summary of Qualifications

- Minimum 5 years of professional work experience
- Current membership in USMS
- Minimum of Level 2 USMS Masters coach certification (or will obtain within six months of hire)
- Ability to motivate adult athletes in a positive manner
- Demonstrated proficiency in teaching stroke development, stroke correction, and proper technique
- Understanding of the rules of USMS as described in the rulebook
- Exceptional organizational skills and ability to multitask
- Excellent interpersonal skills
- Excellent writing, listening, and verbal communication skills
- Ability to make clear recommendations and decisions
- Knowledge of Hy-Tek Meet Manager a plus
- Proficient on TeamUnify platform

## REQUIREMENTS

- Work with Masters swimmers to schedule/attend competitions as individuals or a team.
- Attend meets/competitions as scheduled
- Work with the Head Coach of O2 to design/implement training programs.
- All candidates being considered must pass a background check prior to employment

Compensation is commensurate with applicant's job qualifications.

## ABOUT Canyons

Founded in 1978, Canyons has grown into what is now one of the largest swim clubs in Southern California. The most notable alumni include Anthony Ervin, gold medalist in the 50 Freestyle at the 2000 Olympics in Sydney and the 2016 Olympics in Rio, and Abbey Weitzeil, who won a gold medal in the 4x100-meter Medley relay for swimming in the preliminary heats and a silver medal in the 4x100-meter Freestyle relay at the 2016 Rio Olympics. She is the American record holder in the 50-yard Freestyle and is part of the American Record in the 4x100-meter Freestyle relay.

Canyons has over 500 members at various competitive levels, ranging from novice/introductory levels through to nationally ranked competitors. As of 2000 the Canyons Aquatic Club had produced a U.S. Olympic team alternate, four USA national titlists, two U.S. Olympic Festival selections and numerous high school All-Americans. In 2010 five of its swimmers qualified for the Conoco Phillips National Championships. In 2012, Canyons Aquatics sent seven swimmers to the United States Swimming Olympic Trials, the most in club history.

The current head coach of the club is Kevin Nielsen. General Manager is Sean Kakumu

We are located in four to six facilities in the Santa Clarita area.



# UPCOMING SPMS EVENTS



**Sept 07<sup>th</sup>**

Circle City Aquatics Masters 1st Annual Long Course Meet



**Sept 11th - Sept 15th**

USMS Annual Convention



**Sept 15<sup>th</sup> (Ends Fri, 11/15/2019)**

USMS 3000/6000-Yard ePostal National Championship



**Sept 19th**

SPMS Committee Conference Call 7:30PM



**Sept 22<sup>nd</sup>**

2019 Mission Mile and Southwest Zone Open Water Championship



**Oct 04<sup>th</sup> - 05<sup>th</sup>**

2019 Open Water Summit



**Oct 06<sup>th</sup>**

- Mission Viejo Nadadores Short Course Meters Swim Meet
- Redondo Beach Coastal Challenge



**Oct 12<sup>th</sup>**

- USMS Clinic Course for Coaches
- USMS Levels 1&2 Coach Certification 8:00AM - 3:00PM
- USMS Level 3 Coach Certification 8:30AM - 3:00PM



**Oct 13<sup>th</sup>**

- USMS Clinic Course for Coaches
- USMS Stroke Development Clinic 8:00A-12:00P
- Adult Learn-to-Swim Instructor Certification Course 9:00AM - 4:30PM



**Oct 17<sup>th</sup>**

SPMS Committee Conference Call 7:30PM



**Oct 27<sup>th</sup>**

UCLA Short Course Meters Swim Meet

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