



SPMMS

SOUTHERN PACIFIC MASTERS SWIMMING

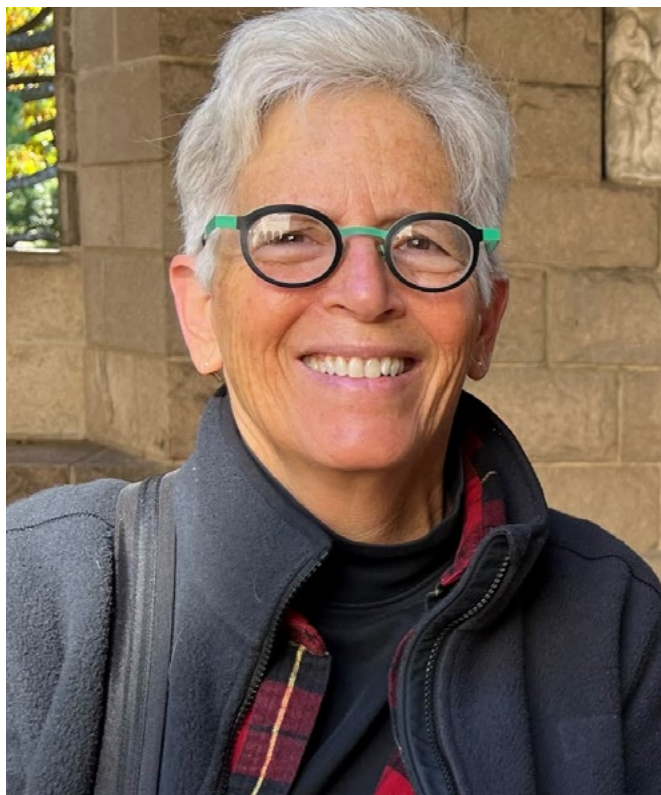


NEWSLETTER
JANUARY - FEBRUARY 2023



SPMS ANNUAL AWARDS

Submitted by: *Becky Cleavenger* {  MemberAtLarge@SPMasterSwim.org



JIM MARCUS AWARD

JESSICA SEATON, WEST HOLLYWOOD AQUATICS

Jessica Seaton

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to SPMS. Jessica not only can be found at every meet, she goes to every team event, and encourages others to try meets. She sets goals for herself, and the team as a whole. She participates in every SPMS meeting and announces SPMS initiatives at practice, while encouraging her teammates to get involved with SPMS and USMS as much as possible. Jessica spearheads sending coaches to conventions and clinics. Nobody promotes and supports SPMS and its programs as much as Jessica does. She is one of the founding members of WH20 as well as a winner of USMS Diversity and Inclusion Award as an IGLA planning committee member. She is incredibly well connected in the Southern California swimming community and a key member of SPMS.



JIM MARCUS AWARD

LIZ CARLIN, LONG BEACH GRUNIONS

Liz Carlin

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to SPMS. Liz certainly has done so. She was a vital member of the IGLA organization team, recognized with the USMS Diversity and Inclusion award this fall, and serves as the Long Beach Grunions Board President. Liz is instrumental in promoting SPMS events and is a recognized presence on deck where she can cheer for her teammates and competitors! She has had success in numerous pool and open-water events. She is always encouraging her teammates and everyone she encounters to get involved, challenge themselves, and participate in meets and open water swims. In addition, Liz completed Grunions Ultimate Check-Off Challenge, which consists in competing in every single event in a single season.



STEVE SCHOFIELD AWARD

ROBIN SMITH

Robin Smith

This award recognizes outstanding long-term service to Southern Pacific Masters Swimming. Robin has been an active member of SPMS for approximately twenty years and has held multiple positions within our organization, from the secretary and Open Water Chair to now Vice-Chair of SPMS. Not only does she volunteer countless hours to SPMS, but she is a coach with Nova Aquatics and Vice President of Programs for USMS. In addition, Robin is a go-to person for history and knowledge of SPMS. She is one of the first always to step up, willing to put in the time and dedication to promoting swimming in our LMSC. Robin embodies what this award represents.



CONTRIBUTOR OF THE YEAR

RALPH "RJ" PORAZZO, ROSE BOWL MASTERS

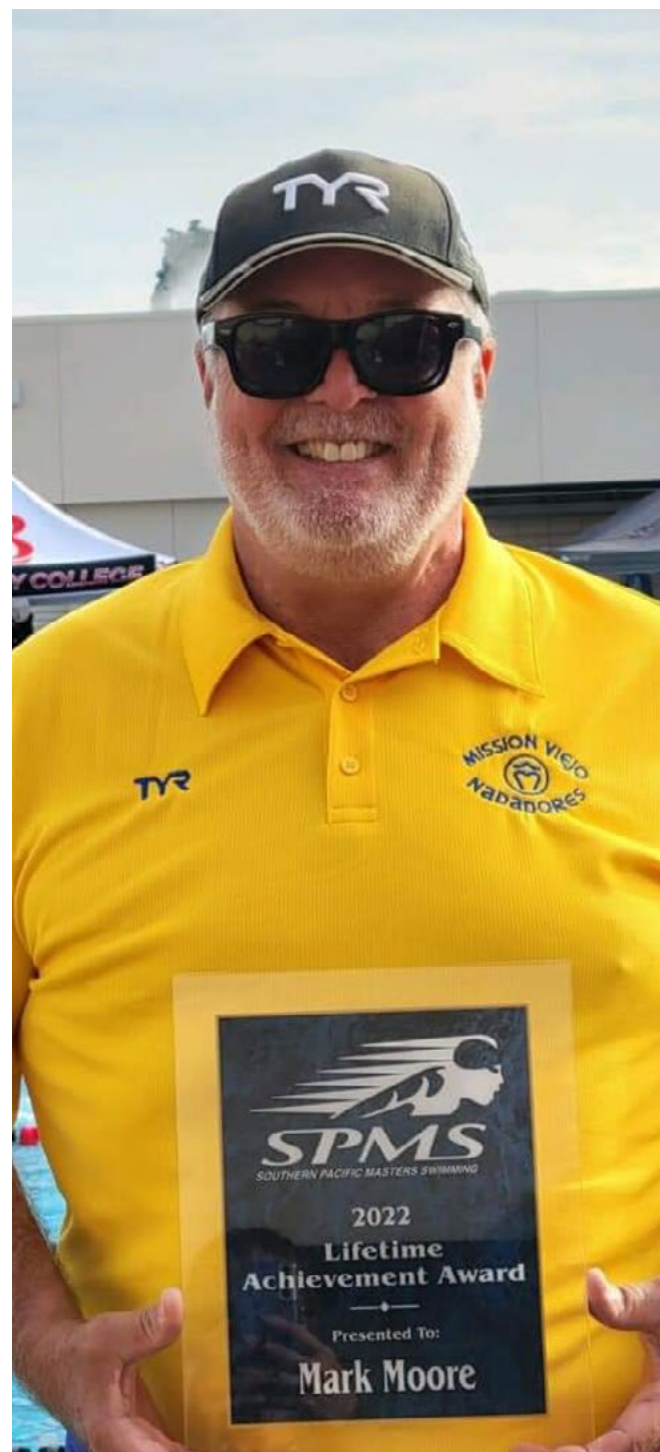
Ralph Porazzo

This award recognizes outstanding contributions to Masters Swimming during the year preceding the year in which the award is presented. RJ took on the role of assistant coach at Rose Bowl, and hit the ground running with his enthusiasm and inspiring workouts. Every time he is on deck, he is giving advice to swimmers at all levels in a way they relate to and appreciate. His attitude is so positive, swimmers can feel the love in what he does. RJ is happy on deck and he makes others feel the same. He even makes 6 AM practice a joy to be at.



2022 SPMS LIFETIME ACHIEVEMENT AWARD

Submitted by: *Ken Brisbin* } ✉ Chair@SPMasterSwim.org



LIFETIME ACHIEVEMENT AWARD

MARK MOORE, MISSION VIEJO NADADORES

Mark Moore

Mark Moore was awarded the SPMS Lifetime Achievement award at the Regional Championships held in Long Beach.

Mark started coaching Masters over 20 years ago. He began with a team of fewer than ten swimmers, but with his philosophy of meeting the needs of all levels and assessing swimmers' physical and mental needs, the team excelled under his leadership. As a result, mission Viejo Masters became a highly visible USMS Masters Team. So much so that just a few years later, his team nominated him, and subsequently was awarded his first of several SPMS "Coach of the Year" awards.

In addition to his leadership skills for his team, he wanted to help at the LMSC level. For over ten years, he has held either the Sanction Chair, Vice-Chair, or Chair of our LMSC. He runs multiple one-day meets, Regional Championships, Open Water events, and USMS National Championships.

Also impressive is that he volunteered for many years at the USMS level. He served as Chair of the Championship committee and has been a member of other USMS committees.

His volunteerism does not just benefit SPMS members. A few years back, he started the Patrick Moore Memorial Relay meet in honor of his son, where the proceeds go to the Patrick Moore Memorial College Scholarship Fund.

Mark embodies what this award was created for by giving countless volunteer years. He has persevered, sacrificed, and shown his dedication not only to our LMSC and at a national level but to all those swimmers who wanted to improve their quality of life through the great sport of swimming.

Congratulations, Mark, on your Lifetime Achievement Award for Southern Pacific Masters Swimming.

2022 SPMS COACH OF THE YEAR AWARD

Submitted by: *Kris McPeak* } ✉



SPMS COACH OF THE YEAR

KEN BRISBIN, LONG BEACH GRUNIONS

Ken Brisbin

This year's recipient is not someone unknown to SPMS, but maybe what you didn't know about this person is how unselfish they are with their time.

This coach oversees a USMS Gold Team as Head Coach, a member of their team's board, and is what you might call a super volunteer. This coach receives no compensation for any of the roles played through their involvement.

And they aren't just a volunteer to their home team - this person has given of his time over and over in the past 12 months, working tirelessly as a Meet Director for SPMS and IGLA, as the Coach's Chair for USMS and as our current Chair of SPMS. On any given evening during the week, this coach can be found on committee zoom calls for both SPMS and USMS creating follow-up surveys for various projects and initiatives, and never denies his Executive Committee the opportunity to text him at night or on the weekends to vent or ask questions.

He's a Dorothy Donnelly Service Award Recipient, Jim Marcus Appreciation Award Recipient, and today he officially becomes the Southern Pacific Masters Swimming Coach of the year. Please join me in congratulating Head Coach Kenny Brisbin of the Long Beach Grunions.



JUST'A WALKIN' THE DOGS!

Submitted by: *Christie Ciraulo* } ✉ OpenWater@SPMasterSwim.org

It's an internet interview. Welcome to the new normal. It's a FaceTime audio and video with Jen and Mike Davidson, Southern Pacific Masters swimmers but something is missing. The soundtrack! You would think that Jen's Pawriffic Doggy Services would have a few barks in the background. When asked about the neighbors, Jen laughs, "I don't allow my pack to bark. Our pups are very quiet because we are here with them all day. We're home by 8am from the ocean swim and my last one leaves by 7:30pm. Occasionally I hear a bark, but it's the dog across the street!"

Mike and Jen consider swimming their time out from the pups. At least five days a week, they can be found in Santa Monica Bay, toes in at 6am. "I love the sunrise," Mike says. "This morning it was gorgeous. All the light and color breaks through the clouds and it's a bit surreal."

Both started swimming as children. Jen was four when her father died, and her mother moved her four little girls back to her family home. When Jen's grandparents decided to put in a backyard pool, they immediately had an instructor come to the house to give swimming lessons.

"I wouldn't get in the water then," Jen explained "but when they moved me to group lessons, I loved it because I was there with all my friends. I graduated to the swim team and started working out with the E Team. Gradually I worked my way up to the A Team!

"I can remember the exact moment everything clicked," Jen continued. "My coach was intense about drills and technique. One day, I was looking up in the sky doing backstroke and all that drill work fell into place. I thought 'Ah...this is easy!'" Jen went on to earn a swimming scholarship to the University of Alabama, to be a seven-time All-American backstroker, and to compete in the 1986 Olympic swimming trials and the 1996 Olympic cycling trials.

Meanwhile, 8,000 miles away, literally on the opposite side the world, Mike was learning to swim in the creek on the family farm in Whangarei, New Zealand. At age 15, he was representing New Zealand in major competitions, and then at the 1984 Olympics in Los Angeles. As an Olympian, he posted top-16 finishes in the 400 and 1500-meter freestyles. He also was recruited to Alabama and was an All-American miler, team captain, and member of the 1987 SEC Championship team.

"I was at a UA fraternity party with some girlfriends," Jen reminisces, "and I wasn't having any fun. I left and walked down to the local bar, thinking I would find some of the swimmers there to give me a ride home. I saw Mike and his buddy, but I didn't really know him. I was a sprinter and Mike was distance guy – he worked out in lane 16, and I was lane 1 or 2. I knew who he was and I wasn't really interested since he was a freshman and I was a junior. But I knew him and I REALLY needed a ride home. Turns out he was a 21-year-old freshman, as was allowed in those days for foreign scholarship athletes. He offered to drive me home and chatted away in that lovely Kiwi accent and the rest is history!"

So, how does a sprint backstroker and an Olympian miler manage to swim together in the ocean? Jen smiles and said, "If he's bareback and I'm in a wetsuit and fins, I can give him a race. But mostly he waits."

"Not really," says Mike. "I've been wearing a wetsuit because it's so cold, and she is right there with me."

Jen picks up the story, "I've been to the whimpering stage in the ocean trying to swim with him, but I don't want people to see me cry. We have a deal. I need to take the first 100 strokes easy; I need to get warmed up and set a rhythm. Once I sent the tempo and pace, with fins on I can stay with him – unless he puts the hammer down, then I'm done for!"

They started open water swimming in 2018, but like many others turned to it in earnest when the Pandemic shut down all the pools. Their first course logged them a mile, from Bay Street to the Tower 26 buoy and back. Gradually they worked their way up to 4,000 yards and their course now starts at Tower 26 and they work their way down to the Rocks in Venice and back.

"We drive 25 minutes to get there from the valley," says Mike, "and 25 minutes back. We want to get in enough yardage to make all that driving worth it. If we had time, I would really love to swim a round trip to the Venice Pier, but that's about 6000 meters and would take us too much time."

"I would be famished if we did that," said Jen. "Right now, I usually bring gels and bars tucked in my wetsuit. We keep swimming to stay warm, but at the turn-around we stop for a snack."

Like many age group and college swimmers, Mike and Jen took a hiatus from swimming. "Our son Jake was born in 2000 and adult responsibilities such as parenting and earning a living took over," Mike explained. "We were in our early 30s and we tried so many things to stay in shape, like the baby jogger!! We also turned to Weight Watchers and are life members now."

Always entrepreneurs, Jen and Mike were living in Florida when Jake was born. They owned and operated a total of five cafes while there. In addition, they started a swim team, thinking Jake would follow in the family sport.

"There we were, working two jobs and running and coaching a swim team of 70 swimmers, and our 10-year-old walks in and announces, 'I hate swimming!' Now what," Mike asks. The what turned out to be a move to California for Jake and Jen, where Jake was determined to start a career in the film industry. Mike stayed in Florida to keep the swim team going and Jen started looking for work in LA.

"I was perusing Craig's list when I saw what dog sitters made. OK, I was in a tiny apartment, living next door to the landlord, with a 'no dogs allowed' lease. But we needed the income, so I set up an app, and literally, within five minutes, I had a customer with two Huskies. Eventually, we were required to move, and I called and called other apartments. I was about spent, when I hear this gruff male voice answer the line and upon being queried about dogs, replied 'the bigger the better. We moved in!'"

Mike eventually sold the swim team, the café leases were up, and the family unit came back together in Los Angeles. Jen's dog sitting business thrived and Mike set up work as an independent adjuster for catastrophic insurance claims. They bought their home in 2019 and set up the backyard and house to be dog friendly. Most times, Mike can work out of the house, but recently he spent a month in Florida, on site with claimants and insurance reps evaluating the damage from Hurricane Ian.

"We've made the full circle," Mike says. "I've done two Kona Ironmans, Jen's cycled and run marathons, I've run marathons, we've done World Championships for age group triathlons, and here we are, back to swimming."

"I've walked hundreds of thousands of steps with seven dogs leashed to my wrist. Run and cycled thousands of miles. My joints are shot. I started swimming again, concentrating on technique and enjoyment. I talked Mike into joining me. Then we were talked into open water swimming – and then an open water race."

"I couldn't believe she signed me up for a two-mile race. I went off in the wetsuit division and was swearing the entire two miles. It hurt and I promised myself every stroke that I would never do it again. Then the results came up and Jen looks at me and says 'hey, you won overall wetsuit!' and boy did I feel better all of a sudden." Mike smiles and admits, "we've done the race the last three years." (In the interest of transparency, during a 90 minute interview, this reporter heard ONE bark, and it was the dog – across the street!)



REGIONAL CHAMPIONSHIP MEET

Submitted by: *Ken Brislin* | ✉ Chair@SPMasterSwim.org

On December 2nd, 3rd, and 4th, the SPMS Short Course Meters Regionals Championships returned after a three-year hiatus. The Long Beach Grunions were happy to bring this back to our region and host the event at the new Long Beach City College Facility.

During this three-day event, we had every weather system pass over the pool, from light rain and cool temperatures on Friday to a beautiful sunny day Saturday and finally Sunday with some heavy rain in the afternoon. The Grunions had heaters on deck so swimmers could stay warm and swim their best.

Despite this being an outdoor facility, we had over 400 participants attend from as far as Canada and Mexico. We had over 20 National and World Records broken, with many personal bests each day. So congratulations to everyone.

We want to give special thanks to the Long Beach Grunions and their family and friends who volunteered to work. SPMS could not have put on such a well-organized meet without the dedication and commitment of the members of the Long Beach Grunions.

2022 SPMS SHORT COURSE METERS CHAMPIONSHIPS 12/2/2022 TO 12/4/2022 | THROUGH EVENT 45 MEN HIGH POINTS

18 - 24 MEN - INDIVIDUAL SCORES

| | | |
|-----|------------------------|-----------|
| 1st | Polakoff, Taras (BEAV) | 37 Points |
| 1st | Graczyk, Sawyer (CVMM) | 37 Points |

25 - 29 MEN - INDIVIDUAL SCORES

| | | |
|-----|-------------------------------|-----------|
| 1st | Nguyen, Cory (RIPT) | 52 Points |
| 2nd | AmiryinClippis, Jamaal (ROSE) | 41 Points |

30 - 34 MEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|-----------|
| 1st | Gimenez, Ruben (SDSM) | 47 Points |
|-----|-----------------------|-----------|

| | | |
|-----|------------------------|-----------|
| 2nd | Porrazzo, Ralph (ROSE) | 43 Points |
|-----|------------------------|-----------|

35 - 39 MEN - INDIVIDUAL SCORES

| | | |
|-----|------------------------|-----------|
| 1st | Morris, Jeffrey (SWLB) | 54 Points |
| 2nd | Song, Jimmy (MEMO) | 49 Points |

40 - 44 MEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|-----------|
| 1st | Godor, Frank (ROSE) | 43 Points |
| 2nd | Marshall, Mario (GRA) | 34 Points |

45 - 49 MEN - INDIVIDUAL SCORES

| | | |
|-----|----------------------|-----------|
| 1st | Popko, David (ROSE) | 48 Points |
| 2nd | Comings, Jeff (DDSA) | 45 Points |

50 - 54 MEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------|-----------|
| 1st | Magee, Mark (GRA) | 42 Points |
| 2nd | Borton, Dan (ROSE) | 37 Points |

55 - 59 MEN - INDIVIDUAL SCORES

| | | |
|-----|----------------------|-----------|
| 1st | Shaffer, Mike (VCM) | 52 Points |
| 2nd | Sullivan, Scot (OMS) | 48 Points |

60 - 64 MEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|-----------|
| 1st | Hathaway, David (OMS) | 47 Points |
| 2nd | Burke, Tom (GRA) | 38 Points |

65 - 69 MEN - INDIVIDUAL SCORES

| | | |
|-----|------------------------|-----------|
| 1st | Stephenson, Dan (ROSE) | 54 Points |
| 2nd | Blatt, Michael (VCM) | 42 Points |

70 - 74 MEN - INDIVIDUAL SCORES

| | | |
|-----|---------------------|-----------|
| 1st | Umholtz, Ken (OJAI) | 37 Points |
| 2nd | Sterne, Erik (Uc33) | 36 Points |

75 - 79 MEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------------|-----------|
| 1st | Springer, Douglas (ARIZ) | 54 Points |
| 2nd | Burns, Richard (TAM) | 50 Points |

80 - 84 MEN - INDIVIDUAL SCORES

| | | |
|-----|-------------------------|-----------|
| 1st | Ronay, Peter (ROSE) | 54 Points |
| 2nd | Bergstrom, Robert (FMT) | 18 Points |

85 - 89 MEN - INDIVIDUAL SCORES

| | | |
|-----|-------------------------|-----------|
| 1st | Mitchell, Thomas (SDSM) | 41 Points |
| 2nd | Farrell, Jeff (SBMS) | 36 Points |

2022 SPMS SHORT COURSE METERS CHAMPIONSHIPS 12/2/2022 TO 12/4/2022 | THROUGH EVENT 45 WOMEN HIGH POINTS

18 - 24 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------------|-----------|
| 1st | Becraft, McKinley (RIPT) | 51 Points |
| 2nd | Ramirez, Rayana (ROSE) | 42 Points |

25 - 29 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|----------------------|-----------|
| 1st | Yao, Sarah (RIPT) | 48 Points |
| 2nd | Taylor, Hannah (SPP) | 40 Points |

30 - 34 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------------|-----------|
| 1st | Hawthorne, Meghan (Uc33) | 52 Points |
| 2nd | Stacy, Jessica (OMS) | 48 Points |

35 - 39 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|-----------|
| 1st | Higlett, Alexis (OMS) | 52 Points |
| 2nd | Kisacik, Seda (SPP) | 45 Points |

40 - 44 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------------|-----------|
| 1st | Hitch, Susan (LVM) | 50 Points |
| 2nd | Nehrebecki, Helene (DAM) | 46 Points |

45 - 49 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|------------------------------|-----------|
| 1st | Mcclafferty, Christine (OMS) | 54 Points |
| 2nd | Kramer, Stephanie (NOVA) | 43 Points |

50 - 54 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|----------------------------|-----------|
| 1st | Leichter, Nancy (ROSE) | 54 Points |
| 2nd | Pescatori, Rossella (SCAQ) | 52 Points |

55 - 59 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------------|-----------|
| 1st | Gellatly, Jill (CVMM) | 47 Points |
| 2nd | Cleavenger, Becky (CVMM) | 43 Points |

60 - 64 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|-----------|
| 1st | Delmage, Arlene (OMS) | 50 Points |
| 2nd | Finley, Ann (LAPS) | 48 Points |

65 - 69 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|--------------------------|-----------|
| 1st | Hibben, Veronica (NOVA) | 54 Points |
| 2nd | Ciraulo, Christie (Uc33) | 47 Points |

70 - 74 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|-----------|
| 1st | Val, Laura (TAM) | 54 Points |
| 2nd | Kaguni, Laurie (SDSM) | 44 Points |

75 - 79 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|---------------------------|-----------|
| 1st | Montrella, Beverly (CVMM) | 54 Points |
| 2nd | Levinrad, Jan L (MVN) | 51 Points |

80 - 84 WOMEN - INDIVIDUAL SCORES

| | | |
|-----|-----------------------|----------|
| 1st | Shockro, Ellen (NOVA) | 9 Points |
|-----|-----------------------|----------|

UPCOMING

SPMS EVENTS

JAN
21

JANUARY 21 - SATURDAY

USMS Adult Learn-to-Swim Instructor Certification

JAN
29

JANUARY 29 - SUNDAY

Palm Springs Masters SCY Meet

SPMS

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