



SPMLS

SOUTHERN PACIFIC MASTERS SWIMMING



NEWSLETTER

MARCH-APRIL 2023



2022 GO THE DISTANCE

Submitted by: *David Johansson*

The following swimmers broke SPMS records for their age group in the USMS 2022 Go the Distance event.

WOMEN 65-69
SUSAN HANSELL-SMUCK (VCM)
700.91 MILES

WOMEN 70-74
SHERRY KEIGHER (SBM)
660.03 MILES

WOMEN 85-89
JACQUIE ANDERSON (KMAN)
400.60 MILES

MEN 65-69
ANDY SERETAN (UNAT)
1512.42 MILES

MEN 70-74
JIM MCCONICA (VCM)
1003.50 MILES

WOMEN 55-59
STEPHANIE SAUCY (LVM)
580 MILES

WOMEN 55-59
NIKKI TAKARBE (CTM)
561 MILES

WOMEN 60-64
LINDA SCOTT (SCAQ)
510 MILES

WOMEN 65-69
CHRISTIE CIRAULO (UNAT)
658 MILES

WOMEN 65-69
NIKI STOKOLS (CVMM)
448 MILES

WOMEN 65-69
DIANA DOLAN LAMAR (MVN)
377 MILES

WOMEN 70-74
MARCIA DUFF (NOVA)
200 MILES

WOMEN 70-74
JOANNE CORRAO (MVN)
125 MILES

The following 2022 swimmers made (or broke their previous mileage) on the SPMS all-time TOP 10 list for their age groups.

Women

WOMEN 18-24
DANICA ADAMS (UNAT)
454 MILES

WOMEN 30-34
LYNN FAHEY (SCAQ)
820 MILES

Men

MEN 25-29
JOHN PAVIA (SBM)
387 MILES

MEN 25-29
ANTHONY BERTUCCI (UNAT)
177 MILES

MEN 55-59
KURT DICKSON (GRA)
641 MILES

MEN 60-64
STEVEN MUNATONES (UNAT)
1444 MILES

MEN 60-64
A. SHAWN HICKS (UNAT)
617 MILES

MEN 65-69
JEFFREY DOBRA (LBG)
543 MILES

MEN 65-69
MICHAEL BLATT (VCM)
462 MILES

MEN 70-74
STEPHEN STEDRY (ROSE)
727 MILES

MEN 75-79
STAN SMITH (LBG)
150 MILES



SWIM CLINIC

MARCH 5, 2023

MISSION VIEJO NADADORES MASTERS

Submitted by: *Diana Dolan LaMar* } ✉ Secretary@SPMasterSwim.org

You asked for clinics, and we responded! MVN masters is proud to offer a fun-filled morning for all levels of swimmers on March 4, 2023. Register early because the clinic is limited to 40 swimmers.

CLINIC TIMELINE:

10:00-10:15 Check-in
(be prepared to swim at 10:15AM)

Join MVN for a workout before the clinic, coffee and light snacks will be provided afterwards. Workout times are 8:00-9:00 AM or 9:00-10:00 AM – or both

CLINIC DETAILS:

- The clinic will be broken into four 30 min stations (you can pick the ones you need the most help with, or even repeat a station if you want additional help).
- Each station will start with 5-10 min of instruction progression followed by 20 minutes to practice the skills under the supervision of coaches.
- All stations will run at the same time for approx. 30 minutes)
10:15 to 10:45AM, 11:00 to 11:30 AM, 11:45 to 12:15PM

STATIONS:

1. Block starts and breakouts for Fly, Breast, & Free
2. Backstroke Starts w/ ledge
3. Flip Turns for Free & Back
4. Turns for Fly & Breast, and IM (Fly/Back, Back/Breast, Breast/Free)

FACILITY:

Marguerite Aquatic Center, 27474 Casta Del Sol, Mission Viejo, California.

DIRECTIONS & PARKING:

From the north or south, take the I-5 Freeway to the Alicia Parkway exit in Mission Viejo. Go east (away from the ocean) to Trabuco Road. Turn right on Trabuco to Marguerite Parkway. Go left on Marguerite to Casa Del Sol, turn right onto Casa Del Sol, and turn into the driveway for pool parking. No parking in reserved tennis spots or YMCA lot.

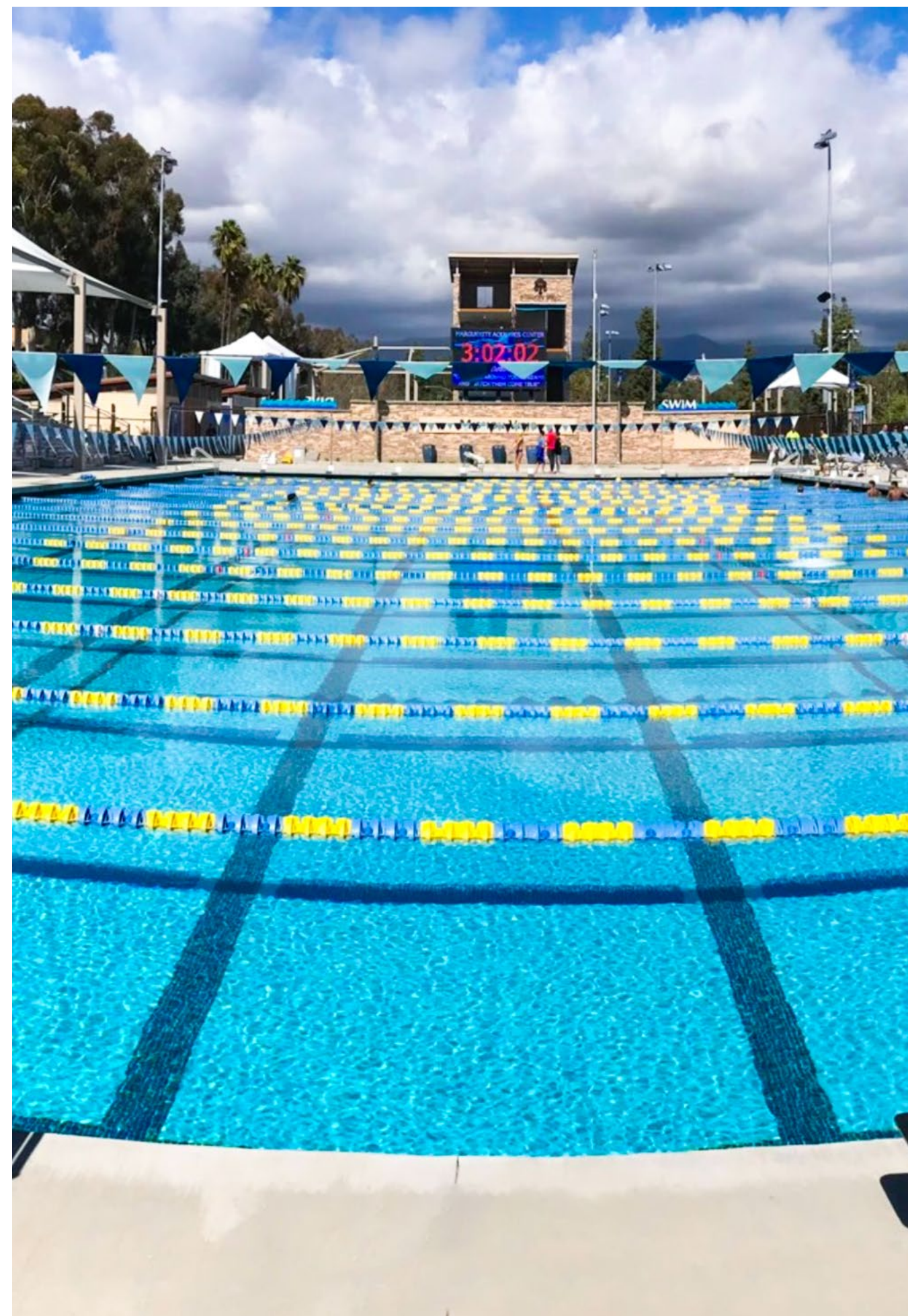
ENTRIES:

All participants must be registered with USMS for 2023 or foreign equivalents.

- Registration Fee \$12.50 (includes CC processing fee).
- Registration closes Friday, March 3, 2023, at 11:59pm Pacific Time
- NO DECK/SAME DAY REGISTRATIONS

DISABILITY SWIMMERS:

Disability swimmers are welcome. Please notify the Clinic Director and Event Host prior to the clinic, of any disability and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment if required.



SURVEY COMMITTEE RESPONSES

Submitted by: *Survey Committee*

ON OCTOBER 16, 2022, SPMS SENT A SURVEY TO 4,760 ACTIVE MEMBERS AND 320 OF YOU RESPONDED. THE SPMS EXECUTIVE COMMITTEE HEARD YOU.

SWIM CLINICS

You want them, and they are coming. The first one was held in Palm Springs with 22 enthusiastic swimmers. The next one will be on March 5 at Mission Viejo. Sign up soon.

COMMUNICATION AND VOLUNTEERING

We are listening. Email blasts will continue. We have a new Instagram account at @spmastersswimming, Facebook will stay – one can join team Facebook accounts as well as SPMS; and of course, we have our newsletter. Please provide feedback or write articles – we would love to get your input with any new ideas.

MISCELLANEOUS

We understand rising costs – we don't like them either; thus, SPMS is trying to support clubs and teams as much as possible with hosting meets, clinics, etc.

ANNUAL MEETING

There seems to have been some confusion about this. The SPMS Annual meeting is held in November. Last year's meeting was held at Golden West College in Huntington Beach in conjunction with a swim clinic and social. We had a guest speaker and lunch was provided. Next year it will be held in a location further north. Please let us know if you are interested in helping.

SOCIALS

Would you be interested in serving on this new committee? We need ideas, venues, etc.



SWIM MEETS

More meets – yes – they are planned. The Rose Bowl meet is back, and we are looking at more venues beyond Los Angeles. And, yes, we are providing funds to help teams conduct these meets – no grants required.

OPEN WATER EVENTS

Clinics, clinics, events, and events, events, events – yes....we agree. Keep a lookout on the SPMS website for more information and details.

ALTS (ADULT LEARN TO SWIM)

This is a huge passion for all of us. The first clinic was held at Mission Viejo in January, and it was a huge success. Thirteen SPMS members attended. Who wants to host the next one?

CALLING FOR CLUB REPS

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Coaches, who are your club reps?

WE WOULD LOVE IF THEY ATTENDED OUR MONTHLY MEETINGS!

Please fill out this link:

https://docs.google.com/forms/d/e/1FAIpQLSdau9tttb_fgqZBYFTiAxCIq-5HOdMmX1MZoaJSs12IN0bBQ/viewform

The SPMS MARKETING TEAM:

Anita Cole
Lucila Davies
Ralph Porrazzo

MARKETING MATTERS! WE WANT TO HELP COACHES & CLUBS

Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

We now have an active SPMS Instagram account. Please email your photos and articles to the marketing email address below to be forwarded to Ralph for Instagram posting.

Please share your swim stories. Everyone enjoys reading about your love in the swim lanes or funny swim events worth sharing on our social media platforms or in this newsletter. We are one big swim family! Lucila is willing to help you write your stories. Just email marketing and we will assist you.

We want to help Coaches & Clubs in any way we can! Coaches and swimmers feel free to contact us to discuss your problems, needs, and goals. One of us on our marketing and club development team will get back to you offering help.

Coaches, please seek out or assign one of your swimmers to be your club rep to join the SPMS Monthly Zoom Meetings. Please identify that rep by name with contact information to share with our marketing committee/team. We want every club to have a voice at our meetings.

We want to help clubs grow their membership and help new clubs get started. If you know a pool that needs a club, please let us know!

Also, please reach out to us if your Masters Club could use free marketing materials. We have free stickers, decals, caps, and luggage tags. These items make excellent goodie bag stuffers for new members.

Coaches, please order a new free USMS co-branded banner to display at your pool if you don't have one or if your old one needs replacing.

Please make sure your website is still functioning with easy to find contact information, schedule of workouts, cost of monthly dues, description of your membership, and other relevant information to keep the visitor engaged.

A reasonable goal for 2023 might be to increase membership by 10% over the 2022 number by clubs welcoming new swimmers all year long to try out workouts at no charge for a brief period

of time and making that first workout magical in any way possible. The USMS 30 Day Free Trial Membership Application Form is a great tool to grow membership. Try before you buy!

Clubs who host a swim meet or swim clinic will receive financial assistance from SPMS of \$1500 per day of event.

We look forward to hearing from you, whether you are an interested swimmer, coach, or club volunteer. We all have the same passion.

The SPMS Marketing Team is composed of Anita Cole, Ralph Porrazo, and Lucila Davies.

Marketing@SPMasterSwim.org



SWIMMING IS FOR ALL BODIES AND GENDERS

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

This International Transgender Day of Visibility, March 31st, the [West Hollywood Aquatics \(WH2O\)](#) masters swim team is hosting a trans gender and non-binary swim event we call LANEMATE x WH2O.

Alongside coached and private swim clinic, this event plans involve directed gender diversity and inclusion training for coaches, lifeguards, and pool staff. This educational initiative is about helping pools and swim teams ready to welcome all swimmers, regardless of gender identity or expression.

The team's collaboration with LANEMATE Project brings visibility and dialogue within the Los Angeles community for trans and non-binary swimmers. This 18+ event is free: participants should expect to have fun (USMS membership not required).

WH2O is excited to host this inaugural event that expands our mission for inclusive swimming as one of the founding swim teams of International Gay and Lesbian Aquatics (IGLA).

SWIMMING IS FOR ALL BODIES AND GENDERS

Free swim clinic hosted by LANEMATE x West Hollywood Aquatics for trans and non binary swimmers of all skill levels.

West Hollywood Aquatics Center

DATE: Friday, March 31, 2023
Time: 6:30-8pm (social after)
Location: West Hollywood Aquatic Center

RSVP: 

Email questions to Rook: lanemate@wh2o.org
Info: www.wh2o.org

BLACK HISTORY MONTH MOMENTS: VIRGIL CHANCY

Submitted by: *Virgil Chancy* | ✉ DiversityInclusion@SPMasterSwim.org

Virgil Chancy, Disability Coordinator at Southern California Swimming, shared his advice and takeaways from his experience in the sport.



HOW DID YOU GET INTO YOUR ROLE AS DISABILITY COORDINATOR?

"Disabled swimmers are diverse athletes. I think a voice needs to be there that isn't of the lemming mindset. And by saying that, it's not to be an agitator but to be a thought provoker. People are not comfortable with change agents. We need to look at this in another way. We've been doing things this way forever and still have problems. We need to step back and look at it. And while people are still uncomfortable with that, they don't want to do that, label you as a malcontent, an agitator – or you're just a troublemaker. We need explanation on this."

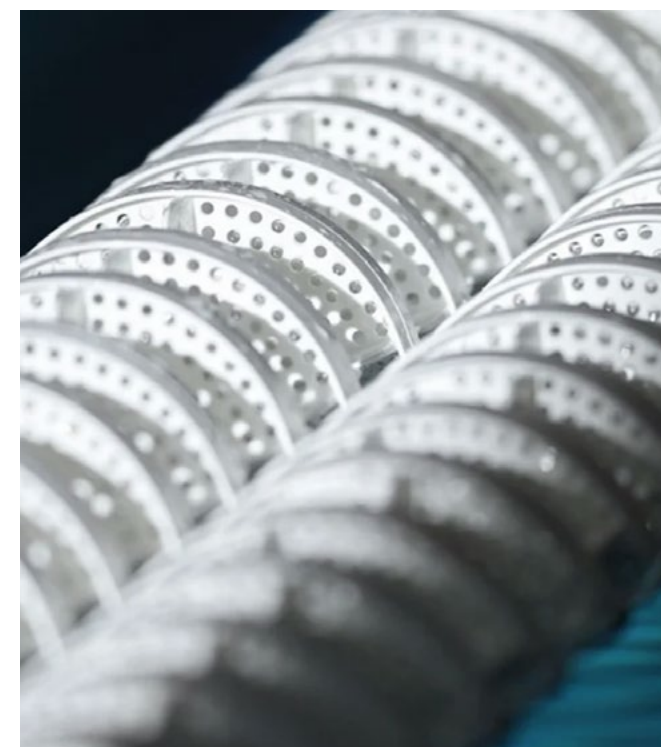
WHY IS THIS WORK IMPORTANT TO YOU?

"I officiate high school, too, so I see quite a few communities throughout several different counties here and as such, you see the haves and the have nots. I've been an advocate for having the haves do a big brother/sister and little brother/sister program with the high schools where the kids are just getting by."

WHAT ARE SOME IMPORTANT WAYS TO GROW OPPORTUNITIES FOR DIVERSE ATHLETES IN THIS AREA?

"It's a matter of letting swimmers in different communities know resources are available if they're interested. It's a slow process but it's there. For some it's slow because there's not a support system in their area and it's one of the things as an LSC (Local Swimming Committees), trying to make it as mandatory as possible. In some areas you need to encourage those more well-funded teams to do outreach in the areas that surround them. There's some pushback from teams but it's slowly coming around because they're finding these diamonds in the rough. Being an advocate, spreading the word to connect them with teams that are supportive. It's change. A lot of people don't like it but the same old hasn't changed things and there's a larger gap occurring."

[CLICK HERE FOR MORE INFORMATION](#)



LOVE SOMEBODY IN YOUR LANE?

Submitted by: *Anita Cole* }  Marketing@SPMasterSwim.org

LOVE STORY FOR LOVE LANES

MISSION VIEJO NADADORES' MASTERS TEAM

Raymond & Susanne Borgone

Ray met Susanne in a swimming pool at the Rockwell International recreation center in Anaheim. It was August 3, 1989 (a Thursday). Ray was doing some laps in the pool when he saw this hot redhead dipping her fingers into the pool like she was not sure if there would be ice-cubes floating in there or not. Before long the lifeguard was hitting on her - trying to explain to her how to swim butterfly.

Completely contrary to Ray's usual behavior he BUTTED IN, and offered to show Susanne how to fly in water. (Spoiler - she never really grasped the rhythm). However, Ray was immensely intrigued by this lovely woman, with soft brown eyes, who obviously had something going on upstairs, as well as a focus on fitness. Ray and Susanne dated, and Ray joined Susanne in step classes and other fitness regimens at various gyms over time. They enjoyed hiking and biking together, and Ray joined Susanne at astronomy club events. They married in 1991.

It wasn't until years after that marriage and bringing two boys into the world that Ray and Susanne really found swimming "together". They signed their 2 sons up for the Nadadores and (of course) came to the boys' practices. At one such practice, they were stunned to see OLD people (not your usual age-groupers) diving into the 50 meter pool. A judicious inquiry revealed that the parties of interest were part of the MV Master's swim team. Susanne said: "this is cool 'let's join'". Ray laughed, "you have no idea what you're in for with a swim work-out".

Susanne was only a recreational swimmer but was looking for a new way to work-out in her early 40s that was easier on the knees (and would let her eat whatever she wanted). Ray was an experienced high-school swimmer, but reluctant to join due to their full schedules with work and children.

One Saturday morning Susanne led Ray to a Masters work-out, and they were hooked. The team allowed for swimmers of a very broad level of experience. The two worked out a split-schedule by each taking a morning or evening workout.

Susanne felt somewhat intimidated at the outset, but she stuck with it participating and even participated in swim meets especially when there were fun family relays into which their boys could also join. Swimming is the core way the Borzones found to be fit in their middle years. And the morning swims can charge you up for the day and put a bounce in your step. The MVN Master were also a source of new friends to enjoy this marvelous sport with. Ray and Susanne have been members since 2004.



A SWISS VALENTINE STORY

Ian & Margaret Stuart

The triathlon World Championships took place in Lausanne Switzerland, in August of 1998. After a lot of hard work and preparation, I earned a position to compete at the race in Lausanne with the Canadian triathlon team.

The first training bike ride near the race site several days before the race with some of my teammates was interesting, traversing the Swiss hills and countryside, such an exciting experience. Arriving back at the hotel after the ride, several more teammates were mingling outside, people I hadn't met before. I was introduced to them by a mutual acquaintance, and one of them commented on the "flame stickers" on my bike helmet, and my blonde hair sticking out of the helmet air vents. His name happened to be Ian Stuart. We trained, rested and competed during that week. The race itself was a fading memory, as it was hanging out with Ian and the rest of the team that was the true experience. When the day came to return to our "regular" lives, and leave our 15 minutes of racing fame behind us in Lausanne, I said,

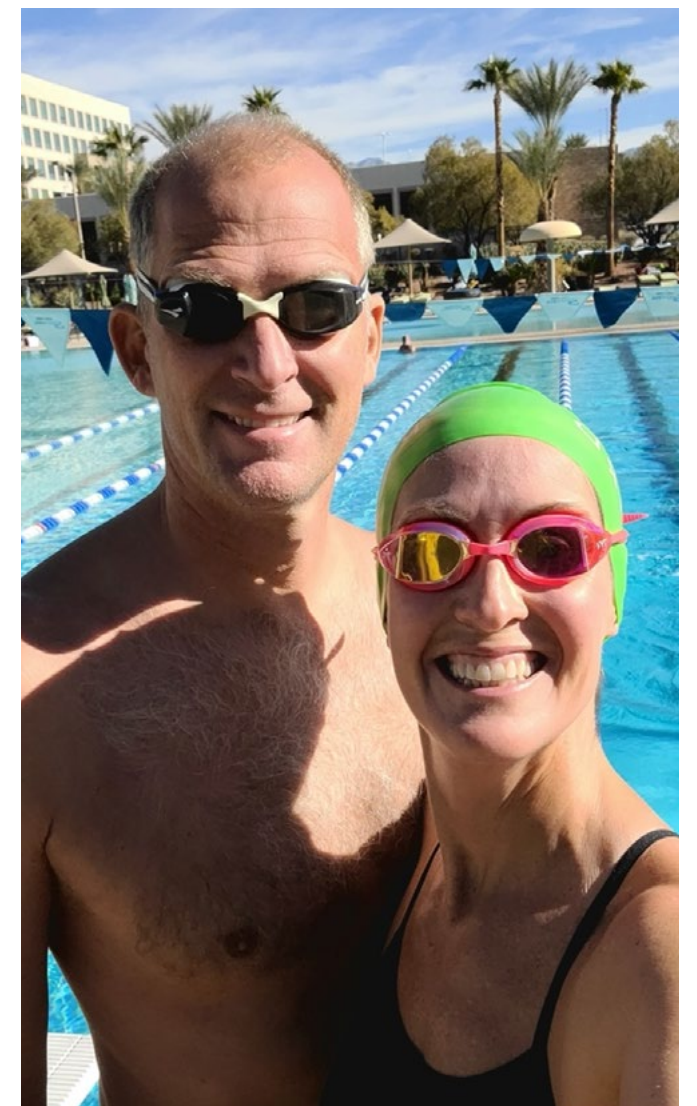
goodbye to Ian as he was boarding the bus to the airport. Just before he stepped onto the bus, he leaned in, and gave me the most wonderful kiss! I thought about that the whole journey back home. Needless to say, Ian called me the day I arrived home, and we have been together ever since! We will be celebrating 23 years of marriage and competitions this April!



KARIN AND DAN WEGNER HAVE THEIR OWN LOVE LANE!

Karin & Dan Wegner

Dan and I met at USMS Convention in Anaheim, CA in 2007. I was a delegate for New Jersey Masters. Dan was a newly hired contractor for the new USMS online member registration platform. Dan and I spent a lot of time talking during the 3 days of that Convention. We discovered that we had swum for the same club in NJ as kids, gone to the same movie theaters, had friends in the same high school cliques, but somehow, we never met! As a young adult, Dan had moved to LA, and I was still in NJ, so we discussed starting our family in NJ, where he grew up... but ultimately I chose to move to California with Dan. Since 2008, we have been swimming together every day, and attending USMS Conventions and USMS meets together. We've swum together for SCAQ, INDY, and LVM, plus a short stint for our own "Club Assistant Swim Team". We now have three children, all swimmers, and we live in Las Vegas. Having a spouse with the same passion for Masters swimming really works for both of us!



LOVE STORY FOR LOVE LANES

LONG BEACH GRUNION SWIMMERS

Bart James & Don Derbyshire

Don and I met at a holiday party hosted by mutual friends in December 2004. We began dating in 2005 and Don became a regular at Grunion events. He and a group of other non-swimming significant others formed a group known as the "Swim Widows." After considerable encouragement by several Grunions, Don began to swim with the team and compete at swim meets. We have both held numerous positions on the Board of Directors and now that we are both retired from our careers we swim at the morning practices at Silverado. We both enjoy traveling and competing at meets around the world.



LOVE LANES

MISSION VIEJO TEAM

Margaret & Van Cochran

Had it not been for swimming, Van would not have been a collegiate swimmer at the University of Wyoming. Then, he would not have been the assistant in the swim coach's swim/fitness class and met me, Margaret....52 years later, we swim with the Mission Viejo Nadadores, coached by Mark Moore. I am still the swim/fitness student and he's still the competitor, lovin' the experience and all the wonderful people we've met.



VALENTINES STORY

MISSION VIEJO NADADORES

Heather & Dave Barney

We met in a very romantic setting in college: a computer lab. Dave was a lab assistant and Heather was asking for help on a computer project. In the blue glow of the monitors, we quickly fell in love and have now been married for over 21 years. We did not swim competitively as youth. In fact, before joining the Masters Team, we didn't even know all the strokes! It was our children (we have 5 competitive swimmer sons) that got us into swimming. We always look for fun things to do together and so about 2-3 years ago, we joined the masters team at the same club where our boys swim: Mission Viejo Nadadores. We love it! It's been so fun to swim together, but also to better appreciate the work ethic and accomplishments in the pool of our boys. Swimming has become a big part of our family culture.

UPCOMING

SPMS EVENTS

- MAR 05** **MARCH 05 - SUNDAY**
SPMS/MVN Start and Turn Clinic
- MAR 12** **MARCH 12 - SUNDAY**
MVN Masters SCY Meet
- MAR 16** **MARCH 16 - THURSDAY**
SPMS Committee Conference Call
- MAR 26** **MARCH 26 - SUNDAY**
CVMM Annual Matt Biondi Classic Meet
- APR 01** **APRIL 01 - SATURDAY**
 - OC Riptide Masters SCY Pentathlon
 - Swim with Mike Foundation - Event
- APR 02** **APRIL 02 - SUNDAY**
Rose Bowl Masters & Rays Intersquad Meet
- APR 13** **APRIL 13 - 16 - THURSDAY - SUNDAY**
MVN Swim Meet of Champions (dual sanctioned)
- APR 16** **APRIL 16 - SUNDAY**
Rose Bowl Masters SCY Meet
- APR 27** **APRIL 27 - 30 - THURSDAY - SUNDAY**
USMS Spring Nationals Championships - Woollett Aquatics Center

SPMS

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