



**SPMLS**  
SOUTHERN PACIFIC MASTERS SWIMMING

# NEWSLETTER

MAR-APR 2024





# 2024 SPMS SCY CHAMPIONSHIPS HOSTED BY CCAT MASTERS

Submitted by: *Robin Smith* }  [ViceChair@SPMasterSwim.org](mailto:ViceChair@SPMasterSwim.org)

The 2024 edition of the SPMS SCY Championship Meet will take place Friday April 5th through Sunday April 7th at the Crespi Carmelite High School Robinson Family Aquatic Center, located at 5056 Zelzah Ave, Encino, CA 91316.

The Robinson Family Aquatic Center opened in 2021 and is a state-of-the-art 50 meter by 25 yard competition pool on the campus of Crespi Carmelite High School. There will be 10 competition lanes running throughout the meet with additional warmup lanes available.

The 3-day meet will follow a creative format due to facility scheduling. Start your Friday evening on April 5th at 6:30PM with a one event session featuring the 1650yd Freestyle.

Then enjoy sleeping in on Saturday April 6th as the meet will start at 12:00PM. Sunday April 7th will be a full day of fun starting at 8:30AM. All individual events and relays will be offered on the schedule.

**Link to online Registration:**

**[https://www.clubassistant.com/club/meet\\_information.cfm?c=2657&smid=18347](https://www.clubassistant.com/club/meet_information.cfm?c=2657&smid=18347)**

Crespi Carmelite High School is located West of I-405 and South of US 101. Local airports include Hollywood Burbank Airport (BUR) and Los Angeles International Airport (LAX). There are numerous hotels in the vicinity of the pool (see list on the meet announcement form).

Due to the dates of the meet, SPMS requests that all teams please assist with lane timing as needed, especially on Sunday April 7th. Check the SPMS website for more meets including the MVN Masters SCY Meet on March 3rd and the CVMM Annual Matt Biondi Meet with a special Pentathlon format on St Patrick's Day March 17th!

<https://www.spmasterswim.org/>





# PALM SPRING SPMS STROKE CLINIC FEBRUARY 25TH

Submitted by: *Ken Brisbin* }  [Chair@SPMasterSwim.org](mailto:Chair@SPMasterSwim.org)

On the sun-filled Saturday, February 25th, a group of 18 SPMS members embarked on a journey to Palm Springs, setting the scene for an unforgettable day of aquatic learning. It was a dive into the world of swimming, where every stroke, start, and turn was transformed, thanks to the wisdom and expertise of our stellar coaches.

Leading this SPMS clinic were none other than - Ralph Porrazzo from Rose Bowl Aquatics, Kim Onisko of the Long Beach Grunions, and Diego Pombo from Costa Mesa Aquatics Club. Together, they conducted a top-notch clinic for SPMS members.

The swimmers plunged into a day filled with learning and laughter, emerging with new skills in the water. Each participant

was thrilled to share that they increased their knowledge and perfected new techniques across all strokes, starts, and turns. Missed out on the clinic? Fear not! We're already making a splash with more clinics planned for 2024.





# SWIM WITH MIKE

## SAT, APRIL 6TH, 8AM-2PM MEET

REGISTRATION 7:30 AM - MASTERS WORKOUT – 8AM-9:30AM

Submitted by: *Kaia Hedlund*

The 43rd annual Swim With Mike will take place at the University of Southern California's Uytengsu Aquatics Center on Saturday, April 6th. Among the many activities at this exciting event is the Tod Spieker Masters Workout. You don't need to be affiliated with a Masters Team or even a great swimmer. All Masters donations and sponsorships will be matched by Tod Spieker. After your swim and shower, enjoy the rest of the event including the Diving Exhibition, Biggest Splash Contest, Trojan Marching Band and Song Girls, Silent Auction, Treasure Chest and photos with Traveler. Join us at hospitality and then finish the day off with the ceremony featuring scholarship recipients and the presentation of the Claire Snow Volunteer of the Year award and the Making A Difference Award.

The 1974 USC Men's Swimming Team that won the first of four

consecutive NCAA Championships will be honored at the beginning of the ceremony at 11:30 am. Celebrate and swim with these champions 50 years after their historic one-point victory over Indiana. Five Olympians including Gold Medalists and World Record holders were on this team.

Swim With Mike raises funds to support the Physically Challenged Athletes Scholarship Fund. The Swim with Mike Foundation changes the lives of many by spreading hope, inspiring courage, and providing the gift of education to physically challenged athletes.

Over \$29 million has been raised since 1981, providing assistance to over 295 athletes in 60 different sports, and representing 152 universities nationwide. During this 2023-24 academic year, Swim With Mike is supporting 46 scholarships or a total of \$645,000 in 22 states.

At the April 6 Swim With Mike event, Masters Workout registration begins at 7:30 am. The workout will start at 8:00 am and run until 9:30 am. Swimmers are encouraged to solicit sponsorships and/or donate to support the Swim With Mike Foundation and its mission.

Swimmers who raise or donate a minimum of \$50 will receive a t-shirt and meal however there are many more incentives for larger amounts raised or donated. For those of you who are up for the challenge of continuing on to do the distance you are encouraged to stick around and spend the rest of the event swimming laps in this incredible facility which hosted the 1984 Olympic Games as well as many many other championship events as well as every Swim With Mike since 1983.

Parking is free for people attending Swim With Mike. Parking gates open at 7 am. The Jefferson lot entrance at 1066 West Jefferson Blvd is adjacent to the Uytengsu Aquatics Center.

For more information and to participate and/or donate, visit:  
<http://www.swimwithmike.org>







Virgil Chancy officiated the “two for one” Women’s 70-74, 800/1500scm Masters World Records (from left) timed by Makiko Maemoto, SDSM, swum by Christie Ciraulo, WH20, and counted by Lex Higlet, OREG. That’s what Virgil calls a “team effort!”

# VIRGIL CHANCY WHISTLES WHILE HE WORKS

Submitted by: *Christie Ciraulo* }  [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

This boy needs to learn to swim. We want to take him fishing. I can’t swim, his grandfather can’t swim, who’s going to save us if Virgil can’t swim?”

And that’s the short version of why Virgil Chancy learned to swim. “My grandparents took me fishing all the time. So many times, I had to go in and help my grandmother get out of the water because she just would not let go of a fish,” Virgil laughed.

Now, Virgil keeps busy officiating at USMS, USA Swimming, NCAA and special needs swim meets.

“I really enjoy the comradery of masters swimming. I love to see how masters swimmers progress.

The beauty of masters is you can plug in to whatever level you want. You can focus on healthy lifestyles, goals, socialization, exercise, racing...we're here to have fun."

Virgil is involved in people of color swimming organizations, including as Membership Director of Diversity in Aquatics. He is also working to bring swimming back to Historically Black Colleges and Universities (HBCU).

In 2022, Virgil helped organize and officiate at the inaugural HBCU alumni swim meet. More than a dozen teams traveled to Moorehouse College in Atlanta with swimmers from the 50s, 60s, and 70s.

"When colleges start cutting budgets, they cut aquatics in particular," explained Virgil. "Many HBCU had very strong swimming programs that were eliminated. The only swim program going strong today is Howard University in Washington D.C. I'm on board with the concerted effort to get aquatics back on HBCU campuses.

"I know the cost of fielding a varsity swimming team is prohibitive for many colleges. We're focusing on getting campus club teams into HBCU and then having those colleges add masters swimming programs, which can pay for themselves."

Virgil was taught to swim in a Black YMCA in Toledo, Ohio, but was strongly urged to join the competitive swim program at the White Y, Glass City Aquatics. "I learned about racing and about racism at the same time," he said.

"I loved the competitive swimming, but I didn't like the White Y because they didn't want me there. I only kept swimming because my grandmother told me racism was an unfortunate fact of life and I needed to learn this life lesson. I had to learn to deal with it.

"My mom wanted to let me off the hook. But her mom, my grandmother, was right. From a very early age I learned how to channel the anger into a positive swimming career. I took out my frustration by excelling in swimming.

"Here's an example. Electronic timing in those days was not as prevalent as it is today. I was at the mercy of the timers. And if they didn't want me to win, they just stopped their watches a few seconds late. The swimmers knew, though.

“I learned to handle that type of aggression at a very early age. You never saw people like me on deck, running a meet. And those memories keep me on the deck now.”

Although Virgil traveled quite a bit with his swim team, there was rarely other swimmers of color either in high school or AAU club swimming. “Some of my teammates were inclusive, some were not. It was based on the teaching of their parents. It was a 50/50 toss up whether a swimmer would welcome me or not. I rolled with it.

“That’s what it was. Even when someone was receptive to friendship, I was leery, because my guard was always up. Sadly, one of the things that help me excel in age group, high school and college swimming was the bias I experienced. It became a motivator.”

Virgil continued his education while serving in the Marine Corps, earning a bachelor’s degree with a major in aviation from Southern Illinois University. For many years Virgil was in aviation project management, finishing up his service in aviation information security.

“I followed my dad and uncles into the Armed Services. I’ve lived all over Asia and the Middle East. I’m only semi-retired now,” Virgil laughed.

Virgil performed many peripheral jobs while in the Marine Corps, including instructing Combat Water Survival.

“I’d be on deck and the trainees would be looking around, wondering where the instructor was. I’d stand up and introduce myself and I’d get the ‘whoa, wait a minute, you know how to swim?’ My reply was always, ‘Yea, and now I’m going to find out if YOU know how to swim!’ It really was a shocker for them and a little levity for me.”

Virgil, who lives in the Inland Empire, has gotten back in the water. “I stressed out my back and knees, so now I work out at LA Fitness. There are four in my area, but the pools are too warm!”

Virgil enjoys the pool but stays away from the California open water scene. “I love SCUBA and respect the creatures down there, but I don’t like diving in the cold waters of California.

“In Japan, I saw sea snakes – they backed me out of that water in a hurry! I also didn’t like being around sharks, barracuda, mean sea

lions and groupers. They are too big.

“My favorite dives places were the Sea of Cortez, Belize, and Okinawa. So much beauty. They were good times before, during and after the dives with food, entertainment and enjoying friends.”

Virgil is currently planning his 2024 officiating and volunteering schedule. “It’s all so exciting. I love participating in all these events because of what swimming has done for me. Every time I think of stopping or slowing down, something comes up that increases my enjoyment of the process. I love talking to folks and being an information source.

“I’ll be in Indy with the Diversity, Equity, and Inclusion Camp for USA Swimming Western Zone during the USA Swimming Trials in June. Then USMS Nationals. Being a USMS national DEI committee member, I feel it is important to be on deck. I also am Co-Chair for DEI Southern California Swimming committee.”

Meanwhile, there are numerous USA Swimming and Masters Swimming meets that Virgil will be officiating this spring. Virgil proclaimed, laughing, “I’m having too much fun! I’m not ready to hang up my whistle just yet!”





# 100 X 50'S FOR A GREAT CAUSE

Submitted by: *Christie Ciraulo* }  [OpenWater@SPMasterSwim.org](mailto:OpenWater@SPMasterSwim.org)

Dozens of SPMS swimmers signed up, donated, and swam The Great Relay to raise money to aid inner city students in their quests for college educations, on February 10th, at Middle College High School, Los Angeles,.

Although fundraising is the goal, the 100 x 50s relay is the fun. A team captain rallies ten swimmers to come together to raise funds and donate, and then rotate through 100 x 50s as the challenge.

The total fundraising topped \$46,000! The top individual fundraisers were Amy Dantzler and Daniel Banchik from WH20, and Paul Marc-Schweitzer, NYAC. The funds will be used to provide quality aquatics programming at Alliance Ted K. Tajima High School and Middle College High School, Los Angeles. These campuses would otherwise lack access to facilities, equipment and coaching staff needed to field swim teams.

The event is sponsored by The Trident Foundation, the brainchild of three masters swimmers in New York City, Jeremy Fain, Alan Fishman, and Kristin Gary. “We were all swimming masters together,” explained Kristin, “and, unknowingly, we were all thinking along the same lines.... how can we give back to the community? I thought about teaching English as a Second Language, or teaching reading, but trying to break through the red tape was so onerous.

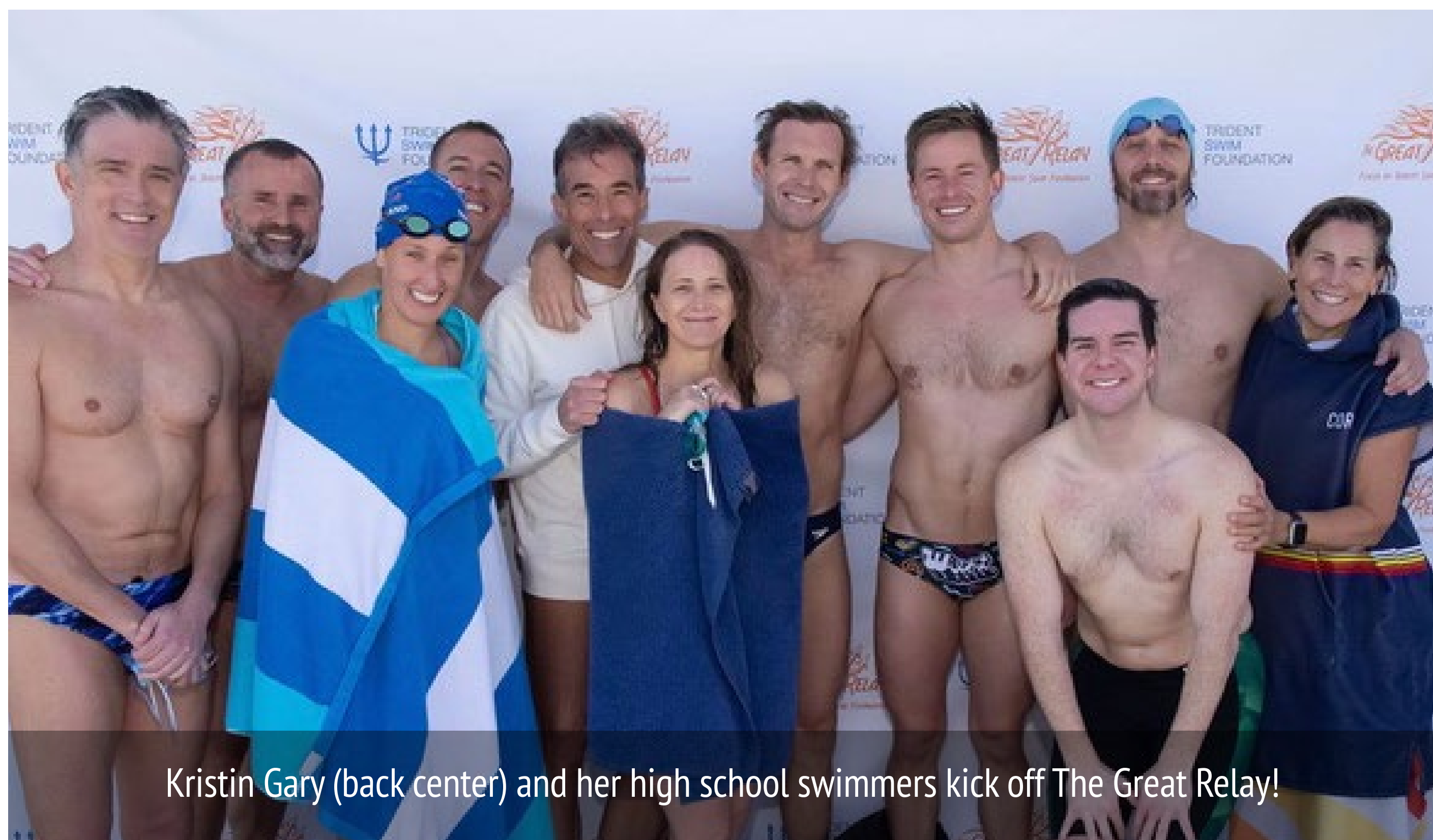
“At the same time, I was looking around my pool and realizing -- everyone was White, but looking at my social life and work – everyone was so diverse! Up to that point, I had never given it much thought.

“Our experiences managing our athletics and academics growing up was a huge part of who we are now and our personal success stories. We wanted to share those opportunities with others.”

At its core, the program consists of a daily swim practice, at which all are levels are welcomed. If needed, the students are taught to swim and then go on to compete as a team under the guidance of Trident coaches. Team activities include teacher-mentored study halls, where students learn to apply their skills of time management, dedication, goal setting, and teamwork to their academics.

They are also offered a variety of wrap-around services such as academic tutoring, standardized test preparation, and college admissions counseling which includes navigating the intricacies of financial aid.

“We want to make swimming barrier free in economically disadvantaged areas,” said Kristin. “You follow the rules, you come to swim practice every day, you do your homework. We’ll help you through. We’re very proud of our virtually perfect graduation and college acceptance rate.”



Kristin Gary (back center) and her high school swimmers kick off The Great Relay!



Team WH20 scorches the top fundraising spot.




And they're off! Team #BestPodEver leads off 100 x 50s with Jaime Balboa.




# 2023 GO THE DISTANCE

Submitted by: *David Johannsen*

The following swimmers broke SPMS records for their age group in the USMS 2023 Go the Distance event.



**WOMEN 35 - 39**  
**LYNN FAHEY (UNAT)**  
**865.23 MILES**



**WOMEN 65 - 69**  
**SUSAN HANSELL-SMUCK (VCM)**  
**760.53 MILES**

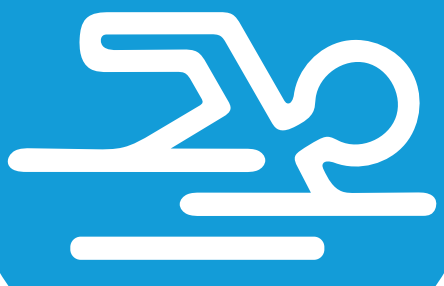




WOMEN 70 - 74

**CHRISTIE CIRAULO (WH20)**

**733.52 MILES**



MEN 70 - 74

**ANDY SERETAN (MVN)**

**1476.28 MILES**

The following 2023 swimmers made (or broke their previous mileage) on the SPMS all-time TOP 10 list for their age groups.



WOMEN 65 - 69

**CAROL WILSON (MVN)**

**393 MILES**



WOMEN 70 - 74

**SHERRY KEIGHER (SBM)**

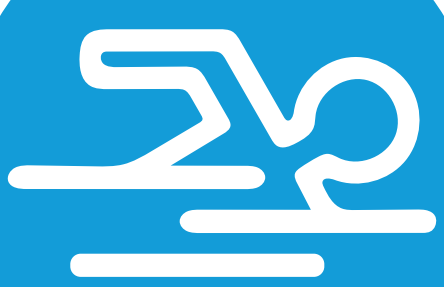
**673 MILES**



WOMEN 70 - 74

**JOANNE CORRAO (MVN)**


**193 MILES**




MEN 25 - 29

**ANTHONY BERTUCCI (UNAT)**

**184 MILES**



**MEN 50 - 54**  
**KEVIN SCOTT (UNAT)**  
**682 MILES**



**MEN 55 - 59**  
**KURT DICKSON (GRA)**  
**675 MILES**





# MARKETING MATTERS!

Submitted by: *Anita Cole* } ✉ [Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

Every club has previous members who have not yet renewed for 2024. Let's work together to encourage these swimmers to renew asap. If you no longer see one of your previous lane mates, maybe check on him or her to find out why this swimmer has not renewed with USMS attaching to your club. The cornerstone of successful amazing Masters Swim Clubs is inclusivity: It is important for everyone to be warmly welcomed with friendship, support, fun, with plenty of coached swimming along the way!

April is Adults Learn to Swim Month. Hopefully your swim club is participating to teach adults to swim. Please encourage a non-swimming relative, friend, neighbor, or co-worker to go with you to the pool to learn to swim! Adult swimmers enjoy amazing aging. Club lane mates support each other at the wall and elsewhere. Each club develops its own personality largely determined by the coach or coaches on deck as well as the diversified roster of swimmers.

Each club needs to establish some goals and a flow chart of how to reach that goal. Retaining and growing membership is essential. I am encouraging coaches or other club leaders to request SPMS Luggage Tags, new orange SPMS Swim Caps, new SPMS Stickers and Static Decals with SPMS QR Code. They are available upon request. You can grab a supply at the next swim meet or just email your request with your name, number of items of each, and physical mailing address to me, Anita Cole.

**TAG US ON INSTAGRAM:** Please send photos to our instagram account via direct messages or tag [@spmastersswimming](https://www.instagram.com/spmastersswimming) in all your posts! This increases visibility of SPMS online! Ralph thanks you!

My committee members, Lucila Davies, Ralph Porrazzo, and I, are available to help coaches and club leaders reach their goals.





# HERE, TAKE MY GOGGLES... **WHY DO I LOVE MASTER SWIM?** LET ME SHARE A STORY

Submitted by: *Anita Cole* }  [Marketing@SPMasterSwim.org](mailto:Marketing@SPMasterSwim.org)

It was October 3, 2021. I had finally completed my 6th and final chemotherapy treatment in September and had scheduled the surgical removal of my port or VAD for mid October. My oncologist said she thought it was okay for me to swim again even if I still had my port. She too was a swimmer and tennis player in her spare time and so understood how anxious and happy I was to resume my sports.

So, I signed up for the SCM Swim Meet at Mission Viejo just making the September 29 deadline before the close of registration for this October 3, 2021 SCM Swim Meet.

I dove in off the blocks for my 100 IM event. It was not a good dive. I hit the water hard, chest first. My chest hurt so badly that I thought I must have busted the port area open, and so I looked around to see

if blood was in the pool. No blood was visible! “That is good,” I thought. Oh, no, what next! I felt my goggles and cap creeping up to the top point of my head. I had no hair at all, I mean no hair like anywhere. I lost it all from my chemo treatments for ovarian cancer. By the time I reached the middle of the pool, my cap and goggles were long gone. My bald head was totally exposed. How embarrassing I felt. Ugh! I kept on swimming. When I arrived at the end of the pool completing my butterfly lap, I touched the wall with both hands and a kind, handsome face was on the deck, low at my eye level. He looked into my eyes and said, “Here, take my goggles!” He then placed the eye pieces on my eyes, like I was his child, and put the straps around the back of my bald head and nodded at me to go. I left the wall and continued with my back stroke, breast, and freestyle laps. I was in a lane next to the wall and so climbed out using the conveniently located ladder.

When I stepped off the ladder onto the deck, a group of smiling, bald male swimmers all embraced me saying, “No hair, don’t care!” It was such a sweet gesture. Then one of them dove into the pool to retrieve my Grunion Swim Cap and my goggles. I tried to find the swimmer who loaned me his goggles, but could not find him. I am still looking for him. If you are reading this, a big thank you to you. Those are my favorite goggles. They did so much more than keep the water out of my eyes. They made water form on the inside of the goggles from an act of such kindness to a stranger. I would love to thank this swimmer in person and maybe, even return his goggles. Please let me know who you are!

*Masters Swimmers are the best!*

Thank you all for being such wonderful anonymous friends to me on that special day at Mission Viejo Marguerite Aquatic Center as well as other times when so many of you cheer for me while I am swimming my pool events!

*I love you all!*

# UPCOMING SPMS EVENTS



**MARCH 03 | SUNDAY**

Mission Viejo Masters SCY Meet

**MAR**  
**17**

## **MARCH 17 | SUNDAY**

CVMM Matt Biondi Classic SCY Meet

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**MAR**  
**21**

## **MARCH 21 | THURSDAY**

SPMS Committee Conference Call

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**APR**  
**05**

## **APRIL 05 - 07 | FRI - SUN**

CCAT Masters SPM SCY Championships

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**APR**  
**11**

## **APRIL 11 - 14 | THUR - SUN**

Fran Crippen Memorial Swim Meet of Champions  
(dual sanction)

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**APR**  
**18**

## **APRIL 18 | THURSDAY**

SPMS Committee Conference Call

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**APR**  
**20**

## **APRIL 20 | SATURDAY**

Rose Bowl Masters SCY Meet

# **SPMS OFFICERS**

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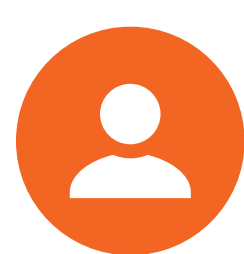
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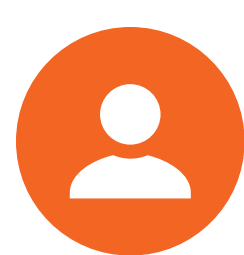


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