Message from our New SPMA Chair:
Errol Graham

I am honored to have been elected your new Chairperson for Southern Pacific Masters Association. I plan to work with the SPMA Committee and its members to make SPMA the organization you’d like it to be.

For those of you who don't know me yet, I began swimming with West Hollywood Aquatics in May of 1989 and I have served on the WH2O Board of Directors nine times, including two terms as President. I started attending SPMA Committee meetings in 1994, and I was elected Vice-Chair of SPMA in 1996, a position I held for four years. I have also served two terms as SPMA Member-at-Large from 2002 to 2005 and have participated on various SPMA committees and USMS committees.

My life changed when I was introduced to Masters swimming 21 years ago and I have spent a lot of time over the years doing what I can to give back to the sport I love as well as to my club and to SPMA. I would love to hear what Masters swimming has meant for you, and I look forward to meeting you and chatting with you at swim meets.

Feel free to e-mail me at chair@spma.net.

In this issue:
- Short Course Meters meet sheets
- Heart Health, by Jessica Seaton
- Early season Short Course Yards meet sheets
- 2011 SPMA registration form

Long Course Meters Record Breakers

SPMA members and relays who set records in SPMA-sanctioned events during the 2010 long course meters season are:

Dawn Heckman (ROSE): 400, 800, 1500 Freestyle
Jim McConica (VCM): 400 Freestyle
Frank Piemme (LOST): 50, 100, 200 Breaststroke; 50 Butterfly; 200 Freestyle
LVM 400 Free Relay: Mark Magee, Becky Lamph, Bradley Boodt, Ursula Landreth
LVM 400 Medley, 400 Free and 800 Free Relays: Samantha Pearson, Christine Smith, Megan Kelley, Shannon Colavito
MVN 400 and 800 Free Relays: Maurine Kornfeld, Robert Rolph, Rudolf Graef, Margrit Graef
MVN 800 Free Relay: Andy Fujimoto, Cynthia Lewis, Kelly Richell, James Bergen
NOVA 400 Free Relay: Sherry Brooks, Kim Thornton, Henry Greenberg, Tom Angell
SPMA Competition Information and Instructions

**Rules:** Current USMS and SPMA rules will govern. All events are timed finals. Swimmers must check in with the Clerk of Course for deck seeded events that they wish to swim. After an event has been officially closed, swimmers may not check in. Age as of the last day of the meet determines age group for the meet for short course yards, and age as of December 31st of the year of competition determines age for long course and short course meters meets. You must be 18 years of age to register with SPMA and compete in meets.

**Eligibility:** Events are open to any current USMS registered swimmer or a foreign swimmer with a valid travel permit. SPMA swimmers are encouraged to submit their registration application with the submitted entry card, if NOT currently registered.

**Affiliation:** A swimmer’s affiliation as stated on the consolidated entry card, if valid as of the first day of the meet, will apply throughout the meet, except that swimmers may unattach at any time.

**Submitted Times:** Please enter your best time, a reasonable estimate or a workout time. All times must be submitted on a SPMA consolidated entry card or a copy of a SPMA consolidated entry card (below). Do not mail in the meet entry form.

**Entry Confirmation:** To avoid any concern regarding receipt of entry card, enclose a self-addressed stamped envelope or postcard or mail card “Return Reply Request”. No certified, registered or special delivery mail will be accepted. Receipt of entry will not be verified by phone.

**Strictly Forbidden:** Entering more than 5 individual events per day; using hand paddles in warm-up areas; diving in warm-ups unless in designated sprint lanes (entering the warm-up pool must be done with feet first with one hand in contact with the pool deck); use of any pacing device in competition; and smoking in any area where swimmers may be present.

**Open Water:** Swimmers using non-porous neoprene swim suits, wetsuits, or other non-porous attire will be ineligible for awards or place points.

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**SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD**

<table>
<thead>
<tr>
<th>Name</th>
<th>Male</th>
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<th>USMS #</th>
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**Birthdate / / **

**Age**

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<tr>
<th>Club</th>
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**Total**

**For Office Use Only**

**No. of events**

**Surcharge**

**Total**

Include a copy of USMS card

Maximum FIVE Individual Events/Day

Include a copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date MAY BE REJECTED!

**ALL MASTERS** swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT HERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.

In addition, I agree to abide by and be governed by the rules of USMS.*

**PLEASE SIGN:** 

**DATE**

---

Is this your first Masters Meet? Yes

No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

---

Non-SPMA swimmers please include your address:

Street:

City, State, Zip:

---

SPMA Swimming News, November/December 2010
Events per day.

1.1500 m Freestyle (Women, Men)
2. Women’s 200 m Individual Medley
3. Men’s 200 m Individual Medley
4. Women’s 100 m Freestyle
5. Men’s 100 m Freestyle
6. Women’s 200 m Backstroke
7. Men’s 200 m Backstroke
8. *800 m Freestyle Relay (Women, Men, Mixed)

Saturday, December 4, 2010

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 400 m Freestyle closes at 8:30 a.m.
9. Women’s 400 m Freestyle
10. Men’s 400 m Freestyle
11. Women’s 50 m Butterfly
12. Men’s 50 m Butterfly
13. 400m Freestyle Relay (Women, Men, Mixed)
14. Women’s 100 m Backstroke
15. Men’s 100 m Backstroke
16. Women’s 100 m Breaststroke
17. Men’s 100 Breaststroke
18. Women’s 200 m Butterfly
19. Men’s 200 m Butterfly
20. *200 m Medley Relay (Women, Men, Mixed)
21. Women’s 50 m Freestyle
22. Men’s 50 m Freestyle
23. 400 m Individual Medley (Women, Men)

Sunday, December 5, 2010

Warm-up at 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 800 m Freestyle closes at 8:30 a.m.
24. 800 m Freestyle (Women, Men)
25. Women’s 100 m Butterfly
26. Men’s 100 m Butterfly
27. Women’s 50 m Breaststroke
28. Men’s 50 m Breaststroke
29. *400m Medley Relay (Women, Men, Mixed)
30. Women’s 200 m Freestyle
31. Men’s 200 m Freestyle
32. Women’s 200 m Breaststroke
33. Men’s 200 m Breaststroke
34. Women’s 50 m Backstroke
35. Men’s 50 m Backstroke
36. Women’s 100 m Individual Medley
37. Men’s 100 m Individual Medley
38. *200 m Freestyle Relay (Women, Men, Mixed)

*Relays: A swimmer may swim only one relay in each of events 8, 13, 29, and 38.

Questions: Call (714) 273-8793 or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to www.lbgrunions.org and click on “Swim Meets.”
Las Vegas Masters  
Vegas Free Play SCY Meet  
Saturday, January 22nd, 2011

Sanction number: 331-001  
Facility: Desert Breeze Park, 8275 W. Spring Mountain Road, indoor 50-meter by 25-yard pool. Six lanes will be available for warm-up.  
Directions: From the I-15 Fwy., take the Flamingo Road exit (#38). Take Flamingo Road west for 3.54 miles. Turn right onto South Rainbow Blvd. and go 0.78 miles. Turn left onto Spring Mountain Road and go 1.70 miles. The pool is on the left.  
Entries: The pre-entry postmark deadline is Monday, January 17th, 2011. Deck entries will close at 12:30 p.m. for the first six events. Age on January 22nd determines age group for the meet. You must be at least 18 to compete.  
Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 500 yd. Freestyle and the 400 yd. Individual Medley.  
Relays: All relays will be deck entered. Relay fees are $2.00 per relay due upon entry. For each relay swimmer who is not entered in individual events, a fee of $5.00 and a signed liability release must be submitted with the relay entry.  
Special Awards: Events marked VFP (Vegas Free Play) will have special awards from local casinos for “free play” at the casino. Winners of age groups will be eligible for coupons redeemable at Las Vegas casinos. You must be at least 21 years of age in order to get a VFP coupon.  
Entry Fees: $25.00 per swimmer flat fee. For swimmers in relays only, the fee is $5.00. NOTE: deck entrants and online entries after January 17th will pay an additional $10.00 entry charge.  
Checks payable to: Las Vegas Masters Coach Victor Hecker  
Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Las Vegas SCY Meet, P. O. Box 204, Lake Forest, CA 92609-0204.  
Questions: Victor Hecker, (702) 247-7788; Robert Mitchell, mitchellrobert@cox.net, (949) 689-7946.

Saturday, January 22, 2011  
Warm-up at noon  
Events start at 1:00 p.m.  
1.  500 yd. Freestyle  
2.  200 yd. Mixed Medley Relay  
3.  100 yd. Individual Medley  
4.  50 yd. Butterfly  
5.  100 yd. Backstroke  
6.  200 yd. Freestyle (VFP)  
7.  50 yd. Breaststroke  
8.  200 yd. Individual Medley  
9.  100 yd. Butterfly  
10. 50 yd. Freestyle  
11. 50 yd. Backstroke  
12. 400 yd. Individual Medley  
13. 100 yd. Breaststroke  
14. 100 yd. Freestyle (VFP)

Please read the general information on entering swim meets on the third page of this newsletter!

Rose Bowl Masters  
SCY Distance Meet  
Saturday, February 5th, 2011

Sanction number: 331-002  
Facility: Rose Bowl Aquatics Center, 360 N Arroyo Blvd., Pasadena. There is an outdoor, 8-lane competition pool, with six additional lanes available for warm-up.  
Directions: Going west on I-210, exit Orange Grove as the free-way transitions to the 134. Go straight through the lights onto W. Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd, and right into the first parking lot. Going east on 134, exit Orange Grove Blvd, and turn left onto Orange Grove. Turn left on West Holly Street. Turn left onto Arroyo Drive, then right onto Arroyo Blvd and right into the first parking lot. Going south on I-210, exit Mountain, turn right onto Mountain. Go straight until you see the Rose Bowl. At the parking lots turn left onto Arroyo Drive and left into parking lot I.  
Entries: The pre-entry postmark deadline is Saturday, January 29th, 2011. Deck entries will close at 8:00 a.m. Age on February 5th determines age group for the meet. You must be at least 18 to compete.  
Seeding: All events will be deck-seeded slowest to fastest, by entered time, ages and genders combined.  
Relays: All relays will be exhibition and deck entered at no cost.  
Entry Fees: $20.00 per swimmer flat fee. Deck entries and online entries after January 29th are allowed for $30.00 flat fee. For swimmers in relays only, the fee is $5.00.  
Checks payable to: Rose Bowl Aquatics  
Mail consolidated entry card, a copy of your 2011 USMS card, and check to: Rose Bowl Aquatics Masters, c/o Chad Durieux, 360 N Arroyo Blvd., Pasadena, CA 91103.  
Questions: Chad Durieux, edurieux@rosebowlaquatics.org.

Saturday, February 5, 2011  
Warm-up at 7:00 a.m.  
Meet starts at 8:30 a.m.  
1.  500 yd. Freestyle  
2.  400 yd. Individual Medley  
3.  200 yd. Backstroke  
4.  200 yd. Breaststroke  
5.  1000 yd. Freestyle  
6.  200 yd. Butterfly  
7.  200 yd. Freestyle  
8.  200 yd. Individual Medley  
9.  400 yd. Freestyle Relay (Men, Women, Mixed)  
10. 200 yd. 2-person Tech Suit Freestyle Relay (exhibition)

Online entries are available for many of our meets. In some cases a discount is available for entering online, because it saves the meet host a lot of data entry! Please check www.spma.net for links to online entries.

SPMA Swimming News, November/December 2010
Swimmers tend to be healthier than their non-athletic peers. Studies have shown that people who exercise regularly are less likely to develop diabetes, several cancers, and cardiovascular disease. As we’ve seen over the last couple of years here in SPMA, a lower risk of having cardiovascular disease does not mean no risk. Swimmers can still experience major heart attacks—and they can occur while swimming. Most people don’t know they have heart disease and heart attacks can occur at any time.

Many heart problems are caused by narrowing or blockages of the coronary arteries that supply the heart with oxygen. The arteries are narrowed in response to inflammation and a build-up of fatty plaque. This is known as atherosclerosis. Aside from atherosclerosis, heart problems may be due to problems with the valves, electrical problems and arrhythmias, problems with the strength of the contractions, and problems with pacing. The underlying causes may be factors we can control, such as nutrition and exercise, or may be factors we can’t control such as genetic predisposition. Medications may also compromise the heart. People taking diuretics often need to take extra potassium, as the diuretics tend to deplete potassium. Other drugs, such as chemotherapy drugs, may cause a host of heart problems. Unfortunately, many problems have unknown causes.

The most common reason for heart problems associated with exercise is related to atherosclerosis. During swimming, the heart pumps oxygenated blood to the extremities with vigor and at a faster rate. If the heart itself is not getting enough oxygenated blood due to narrowed or blocked arteries, trouble develops. If you experience sudden onset of chest pains, upper body discomfort, nausea, light-headedness, faintness, or excessive breathlessness, you should notify somebody close by and have him or her call 9-1-1.

Not all heart problems are due to blocked arteries. Gail Roper is feeling pretty good these days. She can still swim 50 yards of freestyle from a push-off in 35 seconds. Not bad for someone 81 years old with a pacemaker. Six years ago, however, Gail was not doing as well. She nearly passed out when she put her head down and didn’t breathe on the last part of the final 100 of a set of five 100s all-out. Numerous tests determined that her arteries were clear, her heart is strong and healthy, she has no arrhythmias, but it seems that when she doesn’t breathe, her heart stops. Aside from having a pacemaker implanted, Gail is no longer a believer in hypoxic workouts. For other people, the problem is not a heart that beats too slow or not at all, but a heart that beats too fast. This condition may also warrant a pacemaker.

What can we do to prevent heart disease?
We know that a good diet is important for both preventing and managing heart disease. A good diet is rich in fruits and vegetables, includes fish, and occasionally skinless poultry, as well as whole grains and healthy fats, such as olive oil. It does not include beef or pork, or processed foods. Good stress management is also important. Being a dynamic, driven individual is not necessarily bad unless it is accompanied by a great degree of hostility. Then there are the obvious ways to lower your risk for heart disease such as swimming and not smoking. With all this, we know that people can still have heart problems. We simply don’t know what leads to many heart conditions. When we look for information on competitive athletes over age 60 there just isn’t much information available. We don’t know if hypoxic workouts are a risk factor for seriously compromised heart function in older people. We do know it is important for swimmers to pay attention to their bodies and seek medical advice when there is a change in their performance.

Dr. Jessica Seaton is a chiropractor in private practice in West Los Angeles. She has been swimming with West Hollywood Aquatics for nearly 20 years. To set up a 90-minute shoulder clinic for teams with the team coach at pools throughout the city or an individual consultation, please contact her at (310) 470-0282 or at JSeaton@aol.com or check out her website at www.drjessicaseaton.com.

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**WARNING SIGNS OF A HEART ATTACK**

Sudden onset of:
- chest pains or upper body discomfort or nausea, light-headedness, faintness, or excessive breathlessness

*If these signs are present, call 9-1-1*

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**SCREENING FOR HEART DISEASE**

♦ Routine EKG tests or treadmill tests are not recommended in people with no symptoms and no risk factors. Risk factors include advancing age, being male or a post-menopausal woman, smoking, diabetes, and a sedentary lifestyle.

♦ A deficiency in potassium or magnesium may cause serious heart problems.
**SPMA’s New Contractors**

Please join us in welcoming SPMA’s new contractors:

Dan Wegner, Registrar: Dan is well versed in the USMS online registration system—he wrote it. While currently registered in Pacific, Dan is a familiar face at many SPMA meets. The former SPMA phone number will have a recording with the new office phone number until the end of the year.

Kim Thornton, Newsletter Editor: Kim is a member of NOVA, and appears on the front page of this newsletter on a record breaking relay! She recently retired from her position as a technology technician with the local school district. She’ll do a great job putting your newsletter together.

Mary Beth Windrath, Top Ten Recorder: For many years Mary Beth has done the USMS Top Ten tabulations, accepting submissions from all 52 LMSCs and putting together the final report. She is looking forward to working with our meet directors to file record applications and make the Top Ten report.

Mark Moore, SPMA Vice-chair, will take over the Sanctions job.

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**Expand your horizons!**

Take a trip to a swim meet in a neighboring LMSC. For up-to-date information check out these websites:

- San Diego-Imperial: [www.simasterswim.org](http://www.simasterswim.org)
- Arizona: [www.azlmsc.org](http://www.azlmsc.org)

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**FAST Masters Short Course Yards Meet**

**Sunday, February 20th, 2011**

- Sanction number: 331-003
- **Facility:** Janet Evans Swim Complex, 801 W Valencia Ave, Fullerton, outdoor 10-lane, 25-yard competition pool, with separate warm-up lanes available.
- **Directions:** From the 91 Fwy take the Euclid Ave exit. Go north on Euclid to Valencia and turn right on Valencia. The swim complex is located on the left.
- **Entries:** The pre-entry postmark deadline is Saturday, February 12th. Deck entries will close at 8:45 a.m. for the 1650 yd. Freestyle and at the conclusion of the 1650 yd. Freestyle for all other events. The 1650 will be limited to four heats. Age on February 20th determines age group for the meet. You must be at least 18 to compete.
- **Seeding:** All events will be deck seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required in order to be deck seeded, except swimmers must check in to swim the 1650 yd. Freestyle.
- **Relays:** All relays will be deck entered. For each relay swimmer who is not entered in individual events, a fee of $5.00 and a signed liability release must be submitted with the relay entry. There are no additional fees for relays.
- **Awards:** Individual: ribbons for places 1 to 3. Relay: ribbons for first place.
- **Entry Fee:** $20.00 per swimmer flat fee. Deck entries and online entries after February 12th are allowed for $30.00 flat fee. For swimmers in relays only, the fee is $5.00.
- **Checks payable to:** FAST Swimming Mail consolidated entry card, a copy of your 2011 USMS card, and check to: FAST Masters Meet, P. O. Box 5468, Fullerton, CA 92838.
- **Snack Bar:** A snack bar will be available on site for water, Gatorade, and energy snacks.
- **Questions:** Meet Director, Terry Merlihan, (714) 693-3991, themerlihans@earthlink.net

**Sunday, February 20, 2011**

1. 1650 yd. Freestyle
2. 50 yd. Breaststroke
3. 100 yd. Freestyle
4. 50 yd. Backstroke
5. 100 yd. Individual Medley
6. 50 yd. Butterfly
7. 400 yd. Freestyle Relay (Men, Women, or Mixed)
8. 100 yd. Backstroke
9. 200 yd. Individual Medley
10. 50 yd. Freestyle
11. 100 yd. Breaststroke
12. 100 yd. Butterfly
13. 200 yd. Freestyle
14. 200 yd. Medley Relay (Men, Women, or Mixed)
## Benefits of 2011 SPMA Membership

- The opportunity to meet and train with some of the most experienced coaches and swimmers in the area.
- The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.
- A subscription to USMS Swimmer, a bi-monthly swimming publication which runs concurrently with your membership ($8.00 of the annual dues is designated for the magazine subscription).
- Liability insurance for your club and meet sponsors.
- Secondary accident insurance.
- Borrowing privileges from the SPMA videotape and book library.
- SPMA Swimming News, featuring up-to-date information on events occurring in our area and helpful articles on health and swimming.
- The privilege of participating in any SPMA or USMS sanctioned postal, pool, and open water events or clinics.
- Information and advice from the SPMA office to answer your swimming related questions or concerns.

## 2011 Membership Application

<table>
<thead>
<tr>
<th>United States Masters Swimming, Inc. &amp; Southern Pacific Masters Association</th>
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<tr>
<td><strong>2011 Membership Application</strong></td>
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### Please Print Clearly

Your name on this form and on meet entry forms must be identical.

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<th>Last Name</th>
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### Date of Birth (required, must be 18 or over)

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### Email Address (print in ALL CAPS)

### CLUE (If left blank, you will remain with your previous club, or “unattached” if new)

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### Check this box if you do not want any emails from USMS or SPMA, except regarding your registration.

- [ ]

### I am a Masters coach

- [ ]

### I am a certified official

- [ ]

### I would like to volunteer for SPMA

- [ ]

### I am a member of YMCA

- [ ]

### I am a member of USA Triathlon

- [ ]

### I am a member of USA Swimming

- [ ]

### Annual Fee: $44

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<th>Optional Donations:</th>
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<tr>
<td>$1.00 (or $______) to SPMA</td>
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<tr>
<td>$1.00 (or $______) to USMS Endowment Fund</td>
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<tr>
<td>$1.00 (or $______) to the International Swimming Hall of Fame</td>
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### TOTAL ENCLOSED

| $________ |

### Make check payable to SPMA, Mail to:

SPMA
c/o Dan Wegner
3773 Price Ridge Ct
Las Vegas, NV 89147
(310) 564-6958

“[I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICiating AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”]

### Signature ____________________________

(required)

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- Information and advice from the SPMA office to answer your swimming related questions or concerns.

## 2011 USMS Registration is valid through December 31, 2011

SPMA Swimming News, November/December 2010
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(213) 683-5821
chair@spma.net

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www.spma.net

SPMA Swimming News is published six times a year as an insert in the bi-monthly USMS Swimmer, for swimmers registered with Southern Pacific Masters Swimming.

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Southern Pacific Masters Association Schedule

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<td>November</td>
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<td>Santa Clarita SCM Swim Meet</td>
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<td>SPMA Committee Annual Meeting, location to be determined</td>
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<td>19-20</td>
<td>San Luis Obispo SCY Swim Meet</td>
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<td>Turkey Shoot SCM Swim Meet</td>
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<td>December</td>
<td>3-5</td>
<td>SPMA SCM Championships, Long Beach</td>
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<td>January</td>
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<td>SPMA Committee Conference Call</td>
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<td>Las Vegas SCY Swim Meet</td>
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<td>February</td>
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<td>Rose Bowl SCY Distance Swim Meet</td>
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<td>17</td>
<td>SPMA Committee Conference Call</td>
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<td></td>
<td>20</td>
<td>Fullerton SCY Swim Meet</td>
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For a complete and updated list of events, go to www.spma.net or call the SPMA office

SPMA DVD Library

SPMA has a DVD library available for use by our members. There is a $10.00 charge for borrowing up to three DVDs. This covers the cost of the envelopes and mailing both ways. Packages must be brought to the post office for return due to USPS security requirements. We also need a separate check for $100.00 that will be held as a deposit until the DVDs are returned. This check will not be cashed unless the DVDs are not returned. The rental period is one month. Give the SPMA office a call and we will discuss which videos would best fit your needs. Please include alternates with your request, or let us know if you would prefer to wait for videos that are currently out on loan. Send requests to the SPMA office and make checks payable to “SPMA.”

DVD format:
- Swim Fast: Butterfly (Michael Phelps)
- Swim Fast: Breaststroke (Ed Moses)
- Swim Fast: Freestyle (Lindsay Benko)
- Open Water Swimming, Skills, Techniques & Racing Tips (Mike Collins, Gerry Rodrigues)
- Go Swim, Freestyle with Karlyn Pipes-Neilsen
- Go Swim, All Strokes (with Kaitlin Sandeno and Erik Vendt)
- Go Swim, Butterfly with Misty Hyman
- Go Swim, Freestyle and Backstroke Drills
- Go Swim, Breaststroke with Dave Denniston
- Go Swim, Breaststroke with Amanda Beard
- Go Swim, Breaststroke Turns and Pullouts with Dave Denniston
- Go Swim, Breaststroke Drills with Staciana Stitts and Dave Denniston
- Go Swim, Backstroke with Jeff Rouse
- Eddie Reese on Freestyle
- Eddie Reese on Backstroke
- Eddie Reese on Butterfly
- Eddie Reese on Breaststroke
- Swimming Faster: Butterfly (Marsh & Durden)
- Swimming Faster: Breaststroke (Marsh)
- Swimming Faster: Freestyle (Marsh)
- Swimming Faster: Backstroke (Marsh)
- Training & Race Strategies for Backstroke (Marsh)
- Training & Race Strategies for Sprint Freestyle (Marsh)
- Training & Race Strategies for IM (Marsh)
- Training & Race Strategies for Breaststroke and Butterfly (Marsh & Durden)
- Training & Race Strategies for Middle Distance & Distance (Crocker)
- Swimming Faster: Turns (Marsh)
- Swimming Faster: Starts (Marsh, Bracklin, Pilczuk)
- Lane Lines to Shore Lines: Your Complete Guide to Open Water Swimming
- Becoming a Faster Swimmer: Butterfly (Tom Jager)
- Becoming a Faster Swimmer: Freestyle (Tom Jager)
- Freestyle Made Easy: Total Immersion
- Backstroke for Every Body: Total Immersion
- Better Fly for Every Body: Total Immersion
- Breaststroke for Every Body: Total Immersion

SPMA Swimming News, November/December 2010
Self Propelled Medium Artillery is a powerful walker that can lob energy bolts at great distances. When it must deploy to fire. Its light armor makes it vulnerable to fast enemy counterattacks, due to its immobility. 3 vehicles per company. Categories: Galactic Empire. Need Update. Walkers. Land Units. Artillery. Community content is available under CC-BY-SA unless otherwise noted.