

November/December
2010



SPMA MASTERS SWIMMING



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 WH20 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:

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- *Heart Health, by Jessica Seaton*
- *Early season Short Course Yards meet sheets*
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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

SOUTHERN PACIFIC MASTERS SWIMMING

SPMA Swimming News

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.

*Check out our website
www.spma.net
for up-to-date information*

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____ - _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____ - _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •	Meet _____						FOR OFFICE USE ONLY Amt Rec'd _____ Date _____	
	800/1000 • •	No. of events _____ x \$ _____ = \$ _____							
	1500/1650 • •	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 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."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes
No

Non-SPMA swimmers please include your address:

Street: _____

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

City, State, Zip: _____

Long Beach Grunions

2010 SPMA Short Course Meters Championships

December 3rd - 5th, 2010

Sanction number: 330-033

Facility: The Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza Dr., Long Beach CA 90803.

Directions: Take the 405 Fwy. to the 7th Street exit. Go west on 7th Street to Redondo. Left on Redondo to Ocean Blvd. Left on Ocean to Termino. Right on Termino, Termino dead ends into pool parking. You can park on either side of the pool. All day parking passes will be available at the meet.

Fees: Flat fee of \$45.00 if postmarked before Monday, November 15th. Entry fee includes a meet T-shirt. Add a \$10.00 late fee for all entries *postmarked* (or entered on-line) after Monday, November 15th. Entries received after November 15th will not appear in the meet program. All entries *must be received* by 6:00 p.m. Monday, November 22nd. No individual deck entries are allowed. Age on December 31st determines age group for the meet. All relays will be deck entered. Relay only swimmers may enter for a \$10.00 fee (which does not include a meet T-shirt) and must sign a consolidated entry card. Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. *If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate your 6th event with a * next to the event.* There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event. There will be no refunds of entry fees after November 22nd. Relay entries are \$10.00 per relay.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group. The 1500 m Freestyle may be limited to the first 80 entries at the discretion of the meet manager. Swimmers may enter both the 800 and 1500 m Freestyle.

Timing: Electronic timing will be used and two timers per lane will be provided. Clubs are requested to assist with timing where possible.

Check-in: Due to the anticipated large number of swimmers, *positive check-in is required for all events.* Online check-in is available for the 1500 freestyle from 7:00 to 8:30 a.m. on Friday. Check-in for events 2 to 7 will close at 1:00 p.m. Swimmers may check in for these events at swimphone.com or in-person at the meet prior to 1:00 p.m. Check-in for the 400 m Freestyle will close at 8:30 a.m. Saturday, and check-in for the 800 m Freestyle will close at 8:30 a.m. Sunday. Check-in will close one hour prior to the anticipated start of an event, except that check-in will close at 11:00 a.m. for all remaining events.

Awards: Individual: Medals for places 1 to 3 and ribbons for places 4 to 6 for each age group and gender. Relays: Medals for 1st place, ribbons for 2nd and 3rd places. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top eight teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at www.lbgrunions.org, click on "Swim Meets," then on "Register." Or mail an SPMA entry card, copy of USMS card, and check (payable to: Long Beach Grunions) to: LB Grunions, c/o Bart Parnes, 645 Terrylynn Place, Long Beach, CA 90807. Receipt of entry will not be verified by phone. Send a SASE or stamped postcard for return receipt.

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."

Friday, December 3, 2010

Warm-up 8:00 a.m., Meet starts at 9:00 a.m.
Check in for 1500 m Freestyle closes at 8:30 a.m.

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, 20, 29, and 38.

For information on host hotels and online entries, go to lbgrunions.org

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.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

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 freeway 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.

Awards: Individual: SPMA ribbons for places 1 to 3. Relay: SPMA ribbons for first place.

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, cdurieux@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.

Heart Health by Jessica Seaton

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.

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

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

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.

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.

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.

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

New Mexico: www.zianet.com/pdjang/nmms/index.htm

Arizona: www.azlmsc.org

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

1650 Warm-up at 8:00 a.m.

Meet starts at 9:00 a.m.

1. 1650 yd. Freestyle

Additional warm-up after 1650

Event #2 starts at noon

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)

Southern Pacific Masters Association

2011 Membership Form

United States Masters Swimming, Inc. & Southern Pacific Masters Association 2011 Membership Application <input type="checkbox"/> Renewal Previous number if known: _____	PLEASE PRINT CLEARLY			
	Your name on this form and on meet entry forms must be identical.			
	Last Name	First Name		Middle Initial
	Mailing Address			Home Phone No. ()
	City	State	Zip	Daytime or Cell Phone No. ()
Date of Birth (required, must be 18 or over)		Age	Gender	Email Address (print in ALL CAPS)
CLUB (If left blank, you will remain with your previous club, or "unattached" if new)				Today's Date (must be after 11/1/10)
<input type="checkbox"/> Check this box if you do not want any emails from USMS or SPMA, except regarding your registration.				
<input type="checkbox"/> I am a Masters coach	<input type="checkbox"/> I am a certified official		<input type="checkbox"/> I would like to volunteer for SPMA	
<input type="checkbox"/> I am a member of YMCA	<input type="checkbox"/> I am a member of USA Triathlon		<input type="checkbox"/> I am a member of USA Swimming	
Annual Fee: \$44 \$ _____ Optional Donations: \$1.00 (or \$____) to SPMA \$ _____ \$1.00 (or \$____) to USMS Endowment Fund \$ _____ \$1.00 (or \$____) to the International Swimming Hall of Fame \$ _____ TOTAL ENCLOSED \$ _____		"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."		
Make check payable to SPMA, Mail to: <p style="text-align: center;"> SPMA c/o Dan Wegner 5995 Rt 16g Tlf i g'Ev Neu'Xgi cu'PX'; 369 (310) 564-6958 </p>		Signature _____ (required)		

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.

Help SPMA keep costs down by sending in your registration form now. We won't have to invoice you, and you will have uninterrupted delivery of the USMS magazine and the SPMA newsletter.

Online registration is available, click on the link at www.spma.net

2011 USMS Registration is valid through December 31, 2011

SPMA Officers

Chair:
Errol Graham
(213) 683-5821
chair@spma.net

Vice-Chair:
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San Juan Capistrano, CA 92675
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Southern Pacific Masters Association Schedule

November	7	Santa Clarita SCM Swim Meet
	18	SPMA Committee Annual Meeting, location to be determined
	19-20	San Luis Obispo SCY Swim Meet
	21	Turkey Shoot SCM Swim Meet
December	3-5	SPMA SCM Championships, Long Beach
January	20	SPMA Committee Conference Call
	22	Las Vegas SCY Swim Meet
February	5	Rose Bowl SCY Distance Swim Meet
	17	SPMA Committee Conference Call
	20	Fullerton SCY Swim Meet

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

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.