



2020 SPMS Awards

Submitted by Becky Cleavenger | SPMS Member at Large
(MemberAtLarge@SPMasterSwim.org)

Southern Pacific Masters Swimming (SPMS) held its 2020 annual meeting in November. During a year of many firsts, this was SPMS' first virtual annual meeting. In addition to committee business such as approving the budget, SPMS also recognized the 2020 Coach of the Year and honored many of its deserving volunteers with service awards.

The following SPMS special awards were presented to your dedicated and worthy SPMS volunteers and coach:



Coach of the Year: **Michael Collins**

The 2020 SPMS Coach of The Year is regarded as, "a passionate and innovative leader in the Masters swimming community."

2020 has proven to be a challenging year for us all. Each Masters club has strived to keep their swim community together.

Our coach of the year has not only reached out to his club swimmers, he also reached out to the swimming community providing Dryland



Zoom meetings, open water swim training sessions, and provided the swimming community with a "wow factor" series of videos to help train for swimming at home.

You may know our 2020 SPMS Coach of The Year as "The Soup Can Work Out Coach"... Congratulations to Coach Michael Collins, head coach of the Irvine NOVA Masters, for his innovative and imaginative approach to getting not only his team but also other Masters swimmers through the dry spell of the pandemic.



Lifetime
Achievement Award:
Bob Eberwine

Over the past 10 years Bob has selflessly volunteered to serve as the SPMS Treasurer which was his second time in this volunteer capacity. Even though he made it abundantly clear a year and a half ago that he did not wish to run again in 2019, and was willing to train a new treasurer, when no one “stepped up to the plate” Bob continued in this time-consuming role. Now, one year into his re-elected two-year term, a new SPMS member has generously offered to step into Bob’s shoes as treasurer. As we know, following in the footsteps of someone who is successful and accomplished can be intimidating. However, Bob’s patience is making the transition smooth and trouble-free for the new volunteer treasurer.

Not only has Bob been a dedicated SPMS volunteer and contributor over the past 35 years, he has been acknowledged for his many accomplishments with recognitions including the SPMS Jim Marcus Appreciation Award (2014), SPMS Steve Schofield Distinguished Service Award (2016), SPMS Contributor of the Year Award (2017), and the USMS Dorothy Donnelly Service Award (2019).

All of us at SPMS recognize that Bob is well deserving of this highest honor of the Lifetime Achievement Award.



Contributor
of the Year:
Diana LaMar

This award recognizes outstanding contributions to SPMS and USMS. Diana has proven to be an asset at the local and national levels of Masters Swimming. She has demonstrated outstanding support and leadership to SPMS and the Executive Committee not only in her duties as the SPMS Secretary but serving on two subcommittees: Policies & Procedures and Contractors.

Not only was Diana responsible for recording and keeping records of the business meetings of SPMS, but her ongoing support and promotion of Masters swimming at the club, local, and national levels during 2020 shows that she is truly the one to receive this award. Always willing to volunteer where needed, Diana’s service has contributed to the growth, improvement, and success of SPMS.



Steve Schofield
Award:
Robert Mitchell

The purpose of this award is to recognize outstanding long-term service to Southern Pacific Masters Swimming. Robert has been a member of SPMS for over 30 years and has served as a volunteer member on a variety of USMS committees including Membership Committee 1990–1991, Records and Tabulation Committee 1990–1993, Insurance Committee 1994–1995, Championship Committee 2006, and Rules Committee 2012. Robert has attended the USMS Convention for the past 30 years, 28 of which he was as a voting delegate for SPMS. Robert has been involved at the local level with SPMS previously serving as Registrar, Top-Ten Recorder, and on various subcommittees. He has served as the History and Archives Chair since 2018 and, in September 2020, volunteered to serve as the SPMS webmaster. In 2012 Robert was recognized with the USMS Dorothy Donnelly Service Award.

Throughout summer 2019 LCM Nationals, Robert was one of the first MVN swimmers to arrive at the pool and the last to leave as he was working at the hospitality desk and assisting swimmers with relay registrations and other online needs. Robert is very deserving of this award, and it holds extra significance to him as Steve Schofield was a personal friend of his.



Jim Marcus
Award:
**Nancy
Kirkparick-Reno**

The purpose of this award is to express special thanks to individuals or groups who have made significant contributions to SPMS. Nancy has been a member of SPMS for 25 years. She has served on SPMS Coaches Committee, USMS National Coaches Committee, USMS National Marketing Committee, and as SPMS Chair, and SPMS Member at Large. She is currently a member of the USMS LMSC Committee. She has attended eight National Conventions over the years. She has formed two Masters teams: CSA Masters and CVMM, and has created and hosted the Matt Biondi Masters Classic annual meet. Her swimmers have broken World and National Records and place consistently in the Top Ten at rankings.

Nancy has been SPMS Coach of the Year three times and was also recognized as USMS Coach of the Year. She has been an on-deck coach at over 12 National Championship meets. She has given presentations to SPMS coaches on training triathletes, open water clinics and how to grow membership, and has presented open water clinics in the Pacific LMSC for their annual coaches meeting. Nancy's long-time dedication and drive make her an ideal recipient of this award.



Open Water
Contributor
of the Year:
Robin Smith

This award honors individuals who have made significant service contributions to promoting and building excellence in USMS open water swimming. The go-to resource for the Southwest Zone, Robin has worked tirelessly to increase the number of sanctioned Open Water events and assists event directors with their safety plans and the USMS sanctioning process.

Robin attends each sanctioned event in person to assist, answer questions, and hand out SPMS marketing materials. Robin has been key in getting SPMS organizations to bid for USMS Open Water National Championships and ePostal National Championship Events and her efforts resulted in SPMS teams being selected to host Open Water National Championships events in 2020 (Santa Barbara) and 2021 (Newport Beach). Robin's hustle and relentless enthusiasm in promoting open water swimming make her the ideal winner of this award.



The Newport Beach Pier-to-Pier Ocean Swim

History Revisited

Submitted by Robin Smith | SPMS Open Water Chair
(openwater@spmasterswim.org)

Did you know that the Newport Pier-to-Pier Two Mile Ocean Swim was started back in 1976 to help celebrate the United States Bicentennial?

The late Newport Beach Lifeguard Captain Buddy Belshe and Newport Beach Lifeguard Lieutenant Logan Lockabey were urged, by then-City Councilwoman Evelyn Hart, to create the initial race in conjunction with the Newport Beach Ocean Lifeguards Association (NBOLA) as part of the local Bicentennial festivities.

The course for the ocean swim starts on the north side of the Balboa Pier in Newport Beach, CA, then proceeds northwest along the coastline for two miles, and finishes on the south side of the Newport Pier.

The Balboa Pier was built in 1906 as a sister project to the historic Balboa Pavilion to help develop the Balboa Peninsula at the beginning of the century. The Peninsula is one of California's earliest seaside recreational areas. The Pavilion is opposite the Balboa Pier on the Newport Harbor bayside and is currently used as a marine recreation facility including boat rentals and whale watching activities. The Harborside Restaurant and Grand Ballroom is also located in the Balboa Pavilion.

The Newport Pier, built in 1888, is the oldest pier in Orange County, CA. It was originally known as McFadden Wharf and was used to offload lumber and other goods from vessels stopping in Newport Beach. The original pier was destroyed during a severe storm in 1939. The current Newport Beach Municipal Pier was reconstructed on the same site the following year and is registered as a California Historical Landmark. It also serves as the location for the Benjamin M Carlson Newport Beach Lifeguard Headquarters and is the home base for the Newport Beach Junior Lifeguards.

The Annual Newport Pier-to-Pier Two Mile Ocean Swim and NBOLA will host **the 2021 USMS Middle-Distance Open Water National Championship** currently scheduled for July 10, 2021.

While we don't know what will happen as we move forward these days, we can certainly have hope. And, of course, it is never too early to start your training for this open water race. Event information and updates will be posted, when available, on the SPMS Website and the SPMS Open Water Calendar: <https://www.spmastersswim.org/open-water-schedule/>



Desperados find a way or Desperados find courage in camaraderie

Submitted by Kaia Hedlund | Kaico Sports (kaiahedlund@msn.com)

Desperate times call for desperate measures. Long Beach State Masters morning workout swimmers challenge each other in the pool year-round, and in summer months, gather for weekend ocean swims. Suddenly in March, the Long Beach State pool closed with only a day's notice.

Then, after just one swim at the local Belmont, it closed too. The next day, the Y closed. Pandemic!

Swimmers gotta swim, so, two regulars on the Long Beach State Masters team, Julie Ruhlin and Anita Correa, found an alternative in the chilly waters of Alamitos Bay. The rest were relying on two weeks of isolation to flatten the curve, but as we know now, the diversion was to be much longer. One by one, the others, out of desperation, found the courage in May to join in for the daily early morning bay swims. Nature presented red tides, fluctuations of even colder water, storm runoff, and pea soup fog, but the group saw these only as challenges to be overcome. They donned bright caps and chose careful routes to avoid the rowers and paddlers, who also stake claim to the bay.

Summertime began, yet the pandemic still raged, keeping the usual events away. The Long Beach Aquatic Capital of America cancelled the Naples Island Swim, and in lieu, created a virtual Swim to Hawaii, competition style. The Long Beach State Masters coined the moniker "Pandemic Desperados," and kept on swimming seven days a week. As a team, the Desperados logged over 400 miles, with team captain Anita topping 100,500 yards in August alone. Road trips to Seal Beach, Newport Beach, and weekly swims around Naples Island broke up the monotony. The group grew from two to ten over the months, becoming a gang-like presence in the bay, synchronously swimming into the sunrise. Alas, two of the group relocated to Washington State at the end of summer and were sent off with celebratory Naples Island swims. They are continually missed.

Summer turned to fall, the water got cold again, and "real swimmers don't wear wetsuits" morphed into "which wetsuits are best for swimming?" Several sales and try-ons left the Desperados looking like a gang of baby seals (and one hot tamale). The holiday season adorns the Alamitos Bay with floating lighted Christmas trees, and a new reason to swim at night. The group suited up, lit up with glow sticks and Christmas lights, and waded into the chilly water one December evening, accompanied by a sea lion and two dolphins (curious to know why the crazy humans were swimming into the light of the trees).

2021 is in sight, but before the Pandemic ends, we must appreciate what has been. Pool closures, open waters, sunshine, road trips, rain, fire and smoke, new beginnings, birthdays, little things, and most of all, solidarity. The coldest months of swimming are ahead, and will, no doubt, be a match for the Desperados. The water is clear and clean without summer traffic, the sea animals escort, the sun is bright. The Long Beach State Masters have become a family of sea creatures and found appreciation for the ocean and for one another that words cannot express.



SPMS One Hour ePostal Records/top 10

Submitted by David Johansen (davidswim@johaninc.com)

SPMS Records and Top 10 yardage have recently been posted on our website for the One Hour National Championships which has been held every year since 1977. The 2021 One Hour swim will include swims done from January 1 to February 28 throughout the world. We hope that more SPMS teams participate in this ePostal National Championships. Medals are awarded to the top 10 individuals and top 6 relays in each age group.

Ventura County Masters has 11 of our current SPMS records. VCM individuals with records are:



CORI RAFFAELLI

18-24 Women
5270 Yards (2008)



STACEY WARMUTH

50-54 Women
4845 Yards (2011)



STACEY WARMUTH

60-64 Women
4765 Yards (2020)



MIKE SHAFFER

35-39 Men
5905 Yards (2003)



MIKE SHAFFER

40-44 Men
5910 Yards (2009)



MIKE SHAFFER

45-49 Men
5625 Yards (2013)



JIM MCCONICA

50-54 Men
5620 Yards (2002)



JIM MCCONICA

55-59 Men
5445 Yards (2010)



JIM MCCONICA

60-64 Men
5285 Yards (2011)



JIM MCCONICA

65-69 Men
4920 Yards (2017)



JIM MCCONICA

70-74 Men
4825 Yards (2020)

Other individuals that have at least 2 Records are:



Laurie Dodd (UCLA)

30-34 Women
5380 Yards (2007)



Laurie Dodd (UCLA)

35-39 Women
5420 Yards (2008)



Grace Altus (OSB)

70-74 Women
3600 Yards (1994)



Grace Altus (OSB)

75-79 Women
3260 Yards (1999)



Rita Simonton (GWSC)

80-84 Women
3235 Yards (2000)



Rita Simonton (GWSC)

85-89 Women
3005 Yards (2004)



Rita Simonton (GWSC)

90-94 Women
2720 Yards (2009)



Frank Piemme (OSB)

75-79 Men
4085 Yards (2000)



Frank Piemme (OSB)

80-84 Men
3530 Yards (2008)

We hope to see a lot of SPMS swimmers make our TOP 10 lists in 2021!



Without getting into minutiae of vaccines, politics and what it means for swimming events, I want to share some simple ways to monitor your health.

There are two tools I think every one should buy: A No-Contact Thermometer and a Pulse Oxymeter. The Thermometer is around \$35 and the Pulse Oxymeter is around \$20

These two tools provide you with crucial and important information on a daily basis. Let's talk temperature. Normal body human temperature is between 96.5 and 99.5F. Each one of us has a baseline that varies slightly day to day and morning to evening. However, if your "normal " is 96.5F (and at times you are 96 or 97.2), but all of a sudden you have a temperature of 98.8F, you should be vigilant and monitor yourself for other symptoms, i.e. lethargy, shortness of breath, sore throat, cough, etc. The CDC guideline for a COVID fever is 100.4F. Most places that monitor temperature will not allow you access with a temperature greater than 100F. My recommendation is to monitor your own temperature in the morning and at night. It's easy and will help protect you and others.

Let's talk oxygenation. Normal blood oxygen saturation is 99-100% in a healthy person. There are comorbidities, such as asthma, cardiac issues and pulmonary challenges that place individuals at a baseline around 95-97%. Few medical conditions place an individual at less than 95%, most likely they would not be swimming. The Pulse Oxymeter is a tiny gadget that is placed on one of your eight fingers (not your thumb) and gives an immediate read out of heart rate and blood oxygenation. One of the hallmarks of the COVID -19 virus is that individuals experience very low blood oxygen saturation levels but have few other symptoms initially. Measuring your own blood saturation once per day could give you valuable information.

What does it all mean? Know your baselines and if your temperature and/or your blood oxygen saturation is significantly off your baseline, get tested. Don't place yourself at risk with intense exercise, and don't place others at risk for exposure. We are all in this together. Being smart keeps us safe and swimming. 2021 will be the year to practice patience and stay focused, this is not a sprint, it's more like a 400 I.M.

Continued Good Health for 2021

Staying ahead of COVID-19

Submitted by Arlette Godges | Sports Medicine Chair
(SportsMedicine@SPMasterSwim.org)

HAPPY NEW YEAR!

2020 will be etched into our brains as a year that changed our lives in a massive way. As we turn the page to 2021, it is important to realize that we need to stay vigilant and smart about our health and how we continue to protect ourselves and the other people in our lives.



Full Name	2021 Office/ Appointment	Committee Name	Position
Brandon Franklin		Finance Committee	Committee Member
Brandon Franklin		Swimming Saves Lives Foundation	ViceChair
Jill Gellatly		Audit Committee	Committee Member
Jill Gellatly		Finance Committee	ViceChair
Jill Gellatly	BOD - At Large Director		
Arlette Godges		Sports Medicine and Science Committee	ViceChair
Michael Heather	Zone Chair - Southwest		
Mary Hull		LMSC Development Committee	Committee Member
Diana Dolan LaMar		Legislation Committee	Committee Member
Kris McPeak		LMSC Development Committee	Committee Member
Nancy Kirkpatrick		LMSC Development Committee	Committee Member
Mark Moore		Championship Committee	Committee Member
Alina de Armas		Officials Committee	Committee Member
Jessica Seaton		Rules Committee	Committee Member
Jessica Seaton		Sports Medicine and Science Committee	Committee Member
Jessica Seaton	USMS Liaison to International Gay and Lesbian Aquatics		
Robin Smith		Long Distance Committee	Committee Member
Karin Wegner		Fitness Education Committee	Committee Member
Laura Winslow		Audit Committee	ViceChair
Laura Winslow		Finance Committee	Committee Member

2021 SP LMSC Committee Directory

Submitted by Mark Moore | Chairman (Chair@SPMasterSwim.org)

Full Name	2021 Office/ Appointment	Committee Name	Position
Ken Brisbin		Coaches Committee	Chair
Virgil Chancy		Diversity and Inclusion Committee	Committee Member
Becky Cleavenger		Legislation Committee	Committee Member
Anita Cole		Fitness Education Committee	Committee Member
Mary Jurey		Fitness Education Committee	Chair
Omar De Armas		Officials Committee	Committee Member
Megan Johnston		Diversity and Inclusion Committee	Committee Member
Brandon Franklin		Audit Committee	Committee Member

Upcoming SPMS Events



Thursday, January 21st
SPMS Committee Conference Call 7:30P

SPMS Officers

Executive Committee:

 **Chair:**
Mark Moore
chair@SPMasterSwim.org

 **Vice-Chair:**
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 **Treasurer:**
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 **Secretary:**
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 **Member At-Large:**
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 **Membership Coordinator**
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 **Fitness Chair:**
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