

Events, Coaches & Community

Pacific Masters has three primary functions:

- Sanction competitive events in both pool and open water venues
- Support clubs and coaches
- Foster a sense of community among Pacific Masters members

The organization has a long history of supporting competition for local masters swimmers. In this message I would like to share how PacMasters is working on its other functions.

For most of us, masters swimming is about our club and coach. The Pacific Masters Board recognizes this and is allocating resources to support our coaches. On September 29 and 30, USMS Coach Certification Level 1 and Level 2 clinics will be conducted in Mt. View and Davis. While these clinics provide a foundation of skills for the new coach, they are appropriate and useful for coaches of any experience level. The material is specifically designed to educate coaches on the needs, capabilities and limitations of the adult swimmer. The cost of the clinic is \$170 but Pacific Masters Board has approved full reimbursement of this fee for coaches of any registered Pacific Masters club. Any coach who has not received this training should attend. Coaches should encourage their colleagues and swimmers should encourage their coaches to take advantage of this opportunity.

In order to build and strengthen the local masters swimming community, Pacific Masters has been enhancing its annual meeting. In addition to fulfilling legal requirements, this meeting provides an opportunity outside of the pool for members to meet and discuss the common challenges of building and maintain an adult swimming program.

Chair's Message



Peter Guadagni, Chair

It also provides a forum where members can have input to the organization's strategy and operations. Last year in effort to attract a larger group the meeting was moved to a weekend and featured renowned broadcaster and Olympic gold medalist Rowdy Gaines. This year's meeting will take place in Walnut Creek on November 11 and feature Janet Evans as the keynote speaker. From her many world records and Olympic medals to passing the torch to Muhammad Ali to begin the Atlanta Olympic games, Janet is one of the brightest stars of the swimming world. As the mother of two small children who needs to balance the demands of training and parenthood, she has a lot in common with the typical masters swimmer. Mark your calendar now to attend this year's annual meeting.

In another effort to foster a sense of community among Pacific Masters members a new Facebook group has been created. The Pacific Masters Swimming - Social group is meant to provide a forum for sharing pictures and news of common interest to Pacific Masters Swimming members. The other Pacific Masters Swimming Facebook page is an organization page that broadcasts "official" Pacific Masters news and does not facilitate the sharing of photos or news by members. Please use this new group to post photos and news that you think would be of common interest to other Pacific Masters members. Photos and news of an event while it is going on would be of particular interest. Pictures and news of a club party or event would also be worthwhile. Such posts develop a sense community across our membership and give ideas to and inspire other clubs. Facebook users should check out this new group and, hopefully, join. That is all for this issue. In the words of Dory from the animated feature *Nemo*, "Just keep swimming, just keep swimming, just keep swimming, swimming, swimming."

**Santa Cruz Masters and
Santa Cruz Surf Life Saving Assn
39th Annual Roughwater 1- Mile
Open Water Swim**

Saturday, July 28, 2012

Sanction # OW-12-11

Location: Lifeguard tower #1, Santa Cruz City main beach. Arrive early to secure parking.

Course: One-mile course around the Santa Cruz Wharf. Expected water temperature: 60°.

Time: Check-in and race-day registration begins at 9:30 a.m. Race begins at 11 a.m.

Swim Procedure : Pre-race instructions at 10:45 a.m. Contestants will receive a siren start. Two wave start system will be used. Swimmers proceed clockwise around the pier. A one hour cut-off time will be enforced.

Entries: Pre-race entries are \$30 per person if postmarked by July 16. Late entries and race-day registrations are \$35. Mail consolidated card or entry form, a copy of your 2012 USMS registration card, and a check payable to SCSLSA to: Santa Cruz Roughwater Swim, 323 Church St., Santa Cruz, CA 95060. or online at www.clubassistant.com.

Awards: All participants will receive a commemorative item. Awards, medals three deep in each age division.

Information: Lifeguard Headquarters 831-420-6015

**Sierra Nevada Masters
32nd Annual Donner Open Water Swim**

Saturday August 4, 2012

Sanction # OW12-15

Location: Donner Lake, Truckee, CA. Located 35 miles west of Reno, NV and 100 miles east of Sacramento, CA via Interstate 80. The start is at the east end of the lake by Donner Memorial State Park; the finish is at West End Beach.

Parking: This is a point-to-point swim with parking available at a designated parking area at the start and at the finish area. At the start of the race you may park at the Donner Museum

Course: Straight, point to point, 2.7 miles. Expected water temperature 65-68 degrees. Altitude is 5933 ft.

Time: Check-in and race day registration 6:30-8:00 a.m. Race begins at 8:30 a.m. for non-personal escort swimmers and 8:40 a.m. for swimmers with personal escorts.

Swim Procedures: Pre-race instructions at 8:15a.m. followed by a beach start. A 2-hour 30-minute race time limit will be strictly enforced. If you fail to finish the race prior to the time limit you will be removed from the water after your wave starts.

Entries: This event is open to 350 swimmers. \$40 per person, if you pre-register for the event. \$75 per person, for registration on race day. Entry fee is non-refundable. Registration opens June 1st. Registration for this event will be at www.active.com, **no mail in entries will be accepted. Registration closes Saturday, July 28th. Shirts:** Shirts may be preordered with registration **prior to July 20th** and a limited number will be available for purchase on race day.

Additional Race Information: www.sierrnevadamasters.com

Race Director: Laura (Hanson) Harsh, donnerlakeswim@gmail.com, (775) 843-1477.

**Santa Cruz Masters Aquatics
Cruz Cruise 2 Mile Open Water Swim**

Sunday, July 29th, 2012

Sanction # OW-12-12

Directions to swim: Follow signs to the Santa Cruz Municipal Wharf. The start/finish line will be on the Main Beach directly to the left of the Wharf entrance (near Ideal Fish's deck).

Course description: Swimmers will start in one wave, entering the water on the left side of the wharf (as you face the ocean). finishing on the beach at the original start/finish line.

Anticipated water temp: 57 to 61 degrees F.

Other special course conditions: Swimmers, as always, will be cautioned to take care entering and leaving the surf line, as the footing may be uneven, rocky, and subject to unpredictable wave action.

Registration and Check-in: 7 a.m. to 8 a.m.. Race will start at 8:30 a.m.. Entry fees are \$40.00 per person, and is non-refundable. Late (after July 26th), and race day entries will be \$45.00.

Contact: Scott Patterson (831) 706-7950 scott_patterson@comcast.net or Paul Wrangell (831) 566-1534 pwrangel@pacbell.net

Coach Karin Retires

Effective June 16, 2012 **Karin Hurley** has retired as coach of the Temescal Aquatic Masters Swim Team in Oakland CA. In her more than thirteen years as coach, Karin helped grow the team from 40 swimmers to its current roster of over 200 registered members.



Karin Hurley

Having recently completed her second degree in Criminal Justice, Karin is currently serving an internship with U.S. Federal Probation and is focusing on obtaining a full-time career in the justice field.

During her "Teme" tenure Karin fostered an environment of fun, friendship and fitness while helping innumerable swimmers exceed their goals. She plans to continue swimming with the team as a member.

San Mateo Masters
2012 Pacific Masters
Long Course Swimming Championships
August 10, 11, 12, 2012

Sanction # 38-12-12

Location: College of San Mateo & San Mateo Athletic Club,
1700 W Hillsdale Blvd. Building 5

Parking: Ample free parking is available on campus in
Beethoven Lot 2 on Saturday and Sunday. Do not park in
Olympian Lot 12 or any Staff parking lots. Friday parking
is \$2; pay at permit machines in parking lot. See Campus
map at: <http://collegeofsanmateo.edu/map/docs/CSM%20Campus%20Map%202012.pdf>

Course: Outdoor. Competition pool is 50 meters, 7 or 8
lanes will be used for competition. Instructional pool is
25 yards, 6 lanes will be available for warm ups

Entry and event information at <http://www.pacificmasters.org/comp/schd.html>

Online Entries: Enter this meet online at https://www.clubassistant.com/club/meet_information.cfm?c=1725&smid=3958 to receive immediate confirmation of acceptance via email.

Online Entry Deadline: On-line entries must be submitted
by Friday, August 3, 11:59 pm. No entries accepted after
that time.

Online Entry Fee: 1 event: \$18; 2-4 events: \$38; 5-7 events:
\$43. Please note that the online processing fee of \$1.50
plus 5% is included in these fees. Your credit card will be
charged by 'ClubAssistant.com Event Billing' for this meet.
(no refunds). Bring a copy of your entry confirmation with
you to the meet.

Meet Director: Henry Chan (650) 549-5727
hymc219@yahoo.com

Referee: TBD

Truckee Tahoe Swim Team
Hot August Chill
Donner Lake 500yard, ½ mi.,
1 mile PacMasters OW
Championship

Sunday August 19, 2012

Sanction #: OW-12-16-17-18

Location: West End Beach, Donner Lake, Truckee, CA.

Directions: From I-80, Donner Lake exit. Down to Donner
Pass Road, turnright. Turn left on South Shore Drive.
West End Beach on left. Special Events entrance. Parking
limited. Car Pooling encouraged.

Course: ½, 1 mile, & fun 500 yard (*no PMS OW points for
500 yard*). Start & chute finish on sandy beach. Expected
water temperature 60-70 degrees. Elevation: appx. 6000'.
PARTICIPANTS SHOULD BE ADEQUATELY TRAINED
FOR HIGH ALTITUDE, COOL WATER.

New for 2012: One event registration available for \$24

Registration: Active.com

Pre-registered Swim Check-In: Opens at 7:30 am; Closes
@ 8:30 for ½ mile; Closes @ 9:30 a.m. for 1 mile and 500
yard.

**Same day Registration for ALL events CLOSSES @ 8:30
A.M.** No late check-In.

T-Shirts/Sweatshirts: Pre-order available at Active.com.
Ltd. Number/sizes available on race day. NOT in entry fee.

Contact: Race Director: Lucy or Lynne: 530.723.6422 or
hotaugustchill@gmail.com

Full information and registration forms available at www.hotaugustchill.com.

Pre-register Deadline: August 12, 2012.



Open Water Swimmers Rich Burns and Laura Val.



Open Water Swimmer Linda Schoenberger.



Open Water Swim Winner Holden Hardcastle (front).

photos courtesy of Glenda Carrol and Rich Burns

Redding Adult Masters Redding Pentathlon SCY Swim Meet Saturday, September 8, 2012

Sanction # 38-12-14

Facility: Redding Aquatic Center Competition will be conducted in an all depth 8 lane, 25 yard outdoor pool. A separate 25-yard pool will be available for continuous warm-up throughout the meet.

Directions: Redding Aquatic Center, 44 Quartz Hill Road, Redding, CA 96003. From I-5: Take 299 East/Burney Exit (#680), turn west onto Lake Blvd. and drive approximately 0.7 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is about a half mile on the left.

Entries: The pre-entry postmark deadline is September 1, 2012. Deck registration is permitted. Deck entries close at 10:15 AM. Age on September 8, 2012 determines age group for the meet. You must be at least 18 to compete and belong to United States Master Swimming.

Entry Fee: \$25.00 flat fee per swimmer. Deck entry fee is \$35.00. Late mail-in entries and entries received without payment will be treated as deck entries and charged the deck entry fee.

Make checks payable to City of Redding and mail to: Redding Swim Team, P.O. Box 992112, Redding, CA 96099-2112

Questions: Phone Number (530) 246-2666 or email: reddingswimteam@yahoo.com

Race day registration will be available at the late registration table. **All entrants must either mail a photo copy of their USMS card with their registration form, or bring it with them on race day.** As per PacMasters rules, a \$3.00 look-up fee will be charged to those participants who do not bring their USMS card or have not pre-mailed a copy of their card prior to the event. A completed entry form with the exact entry fee will be appreciated for race day entries.

Time: Warm up at 10:00 a.m. Meet starts at 11:00 a.m. Check-in is not required.

Seeding: All events will be seeded slowest to fastest, by entered time, ages and sexes combined. Check-in is not required. A swimmer who misses their heat will not be reseeded into a later heat and will be disqualified for that event.

Awards: Custom pentathlon award will be given to the top finisher in each age group and gender. The swimmer with the lowest cumulative time for all five events shall be declared the winner. A swimmer must complete all five events to be considered for an award. If a swimmer is disqualified in one or more events, that swimmer is ineligible for a pentathlon award.

Events: (Odd Numbers—Women, Even Numbers—Men)

- 1 - 2 50 yd. Butterfly
- 3 - 4 50 yd. Backstroke
- 5 - 6 50 yd. Freestyle
- 7 - 8 50 yd. Breaststroke
- 9 - 10 100 yd. Individual Medley

Looking Back on Riccione

By Rich Burns

After reflecting on the World Championships in Riccione a few weeks after its conclusion, one is struck by the enormity of what FINA and the local organizing committee took on in hosting this aquatic extravaganza. While in the thick of it, there was quite a bit of criticism about the conduct of the meet. The inadequacies of the warm up pools, the chaos of the ready rooms, the very long days, crowds, lax entry standards, and a host of other issues that at the time seemed to not be in the best interests of the athletes, now fade into the background and all of the good things take front row.

The size of the event was almost hard to imagine. Almost 14,000 participants from 73 countries. 9,700 pool swimmers. That 5,400 of them came from Italy, a country the size of California, is almost unimaginable.

The overall ambiance was that of a great festival, county fair or rock concert. A large concession area offered everything from the obligatory logo wear to draft beer. Expansive lawns were full of bodies relaxing in the perfect weather awaiting their next event. The stands were always full to capacity with spirited fans, even on the nights when the events ran till well past midnight.

The charming beach resort of Riccione was a perfect host, although I must admit that my 7 days there were confined to the 8 blocks between our hotel and the pool. Only once did we make it to the beach and a swim in the Adriatic. This was a truly international competition and it was not uncommon to look at the scoreboard after a heat and see names from 10 different countries. The social dynamic was friendly and despite the obvious language barriers, communication happened and one came away with a host of new friends from far flung places.

Our team, Tamalpais, had 12 people at the meet. We all performed well and while I don't believe they compiled team scores, we think that if we were a small country we would have finished near the top of the standings. And of course, when you wake up after the last day of competition, you are in Italy, one of the most interesting and intriguing countries in the world. Each of our teammates headed off for their adventures in Italy and beyond and we're hearing their stories as they return to the States.

While it may have been a long way to go for a swimming meet, it was an easy journey for a amazing swimming experience that would be hard to duplicate.

IX FINA World Masters Championship 2012

by Anne B. Long, USF Masters, with help from Nancy Ridout, Tamalpais Masters

Riccione, Italy. It was the largest World Masters Championship ever—12,600 participants from 77 countries. So many open water swimmers (2300) that the event had to be spread over two days. Crowded sidewalks, events of 282 heats (men's 50 freestyle) and 224 heats (men's 100 freestyle), swimming at midnight for the men's 50 fly, and 5000 people still at the pools. But it all went off without a hitch and with remarkable efficiency.

People were everywhere cheerful and considerate. The weather was perfect on the two days I attended.

Because the genders swim in different pools, I saw only the women's events. Of the approximately 8,000 swimmers, about 5,000+ were men and those events saw over-crowded warmups and endless heats. Over 500 US Masters swimmers attended with many of those Pacific Masters members.

Here are a few of the highlights for me, attending my third Worlds.

- The graciousness of the 98-year-old Japanese woman acknowledging the crowd's cheers
- Meeting the two Pacific Masters women from Stockton who train without a team or coach and have attended all three World Championships since Stanford in 2006.
- Watching our Registrar, Nancy Ridout, win seventh place in the 200 meter free after giving each competitor a US Masters bathing cap.
- Looking up before my 400 IM to see my husband and four friends cheering in the stands. That's motivation—have to give my friends a good race.
- Enjoying the two young Frenchmen who yelled louder than any human being I've ever heard for their female friend. "At the breaststroke, she will crush them," exalted Renee.
- The genuine happiness of the people of Riccione to have the swimmers in their beach resort town. When my friends told the waiter that I had won a medal (8th place), he insisted that I order something on the house—wine, limoncello, gelato. "We love swimmers."
- Swimming with women from unexpected countries: Kazakhstan, Brazil, Argentina, Hungary, Russia, Portugal, Puerto Rico, as well as Japan, Canada, and the USA.

On the website, (<http://www.finamasters2012.org/>) there are hints that the eligibility for future championships may have to change because of the size of this year's event. Watch for announcements of the 2014 event in Montreal Canada, which will be conducted in 2 different pools at the same venue. The web site is www.finamasters2014.org where you can get on the mailing list.



1	8	FRANZON O.	USA	1:34.52
2	2	THORP C.	GBR	1:37.35
3	5	MAYOBRE G.	FRA	1:38.88
4	3	SPANO P.	ITA	1:39.64
5	7	DRONOV N.	RUS	1:39.88
6	6	KUNKEL W.	GER	1:40.80
7	0	JUST U.	GER	1:43.14
8	9	XELLA L.	ITA	1:45.65

Scoreboard showing winners from 6 different countries



View of outdoor pool at Riccione during FINA World Championships.

Photos courtesy of Rich Burns

Pacific Masters Swimming is pleased to offer the USMS / ASCA Masters Coach Certification Level 1 and Level 2

Saturday, September 29, 2012 8:30 a.m. – 5:30 p.m. in Mountain View
and also offered

Sunday, September 30, 2012 9:00 a.m. – 6:00 p.m. in Davis

Mountain View: Sat, Sept 29th
Mtn View Comm Center, Room 3
201 South Rengstorff Ave
Mountain View, CA 94043
<http://mapq.st/LRK8H3>

Davis: Sun, Sept 30th
Brady Family Aquatics Bldg
50 Russell Blvd
Davis, CA 95616
<http://mapq.st/MShsme>

The USMS Coaches Committee and Club and Coach Services have developed new curricula for Level 1 and Level 2 USMS Masters Coach Certification. The new courses are taught in classroom settings throughout the country. Participants receive a “Certificate of Participation” once they finish the class. If participants wish to become certified, they must join ASCA and deliver to ASCA the completed tests from the coursework and the application for USMS/ASCA Masters Coach Certification. ASCA will grade the tests, process the applications and deliver the certificates.

Coaches who achieved Masters coach certification through ASCA prior to December 31, 2010 will continue to have their certification recognized. However, these certified coaches are invited to participate in the improved Level 1 and Level 2 USMS Masters Coach Certification courses. Course credit (10 each) is earned, and can be applied to the continuing education requirements of ASCA.

Instructors: Mel Goldstein, Bill Brenner, Stu Kahn, Cokie Lepinski

Mel Goldstein was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of Masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and USMS All American with 255 Individual Top Ten Achievements.

Bill Brenner is the Club and Coach Services Director for USMS. He has 30 years coaching experience working with age group, college and Masters swimmers. He enjoys attracting adult athletes to the sport of swimming and coaching all levels of ability.

Stuart Kahn is head coach of the Davis Aquatic Masters, the largest masters club in America. Over the past 35 years, Stu has coached high school, junior college, college, USAS and now masters teams. He is Vice-Chair of the USMS Coaches Committee, a 2010 Kerry O'Brien Coaching Award winner, the 2012 Pac Masters Coach of the Year and contributes to *Streamlines* and *Swimmer*.

Cokie Lepinski is head coach of Swymnut Masters. She is Coaches Chair of Pacific Masters Swimming, a 2010 Kerry O'Brien Coaching Award winner, the 2011 Pac Masters Coach of the Year, and contributes to *Streamlines* and *Swimmer*.

Prerequisites: You must be a 2012 USMS Member to participate in the course. You must be a member of ASCA to receive certification. ASCA and USMS Membership information is provided on the application for this clinic. ASCA Membership fee is \$70 for one year. More information about ASCA may be found here: www.swimmingcoach.org

Upon successful completion of the certification process, including all required memberships, applications and completed tests: Each person will be awarded a USMS/ASCA Level 1 or Level 2 Coaches Certification certificate and a USMS Certified Coach pin.

Fees: \$170 for Levels 1 and 2 Certification

\$95 for Level 1 or Level 2 only.

Maximum: Maximum attendance is 40 at Mountain View and 24 at Davis.

Who should attend? Current full-time, part-time or volunteer coaches. Anyone interested in supporting their existing team and coach. Anyone interested in starting a Masters Program.

Scholarships: Scholarships are available to all coaches registered with Pacific Masters Swimming and whose team is also registered with Pacific Masters Swimming. Contact Cokie Lepinski at swimnut@me.com for additional details and to verify eligibility. Non Pacific Masters Swimming LMSC coaches and swimmers should contact their LMSC or club for scholarship availability.

Timeline for Mountain View offerings, Saturday, September 29th:

Course Check-In: 8:15-8:30 a.m.

Coffee, juice and light snacks will be provided in the morning

Level 1 Training: 8:30-12:30 p.m. Lunch: 12:30 p.m.-1:30 p.m.

The event hosts will take orders in the morning for participants who would like to purchase lunch.

Level 2 Training: 1:30-5:30 p.m.

Timeline for Davis offerings, Sunday, September 30th:

Course Check-In: 8:45-9:00 a.m.

Coffee, juice and light snacks will be provided in the morning

Level 1 Training: 9:00-1:00 p.m.

Lunch: 1:00 p.m.-2:00 p.m.

Lunch will be provided to the participants compliments of Davis Aquatic Masters

Level 2 Training: 2:00-6:00 p.m.

Level I Curricula – Coaching Basics

Chapter 1: Characteristics of a Successful Masters Coach

Chapter 2: Understanding the Adult Learner

Chapter 3: Coaching Triathlon & Open Water Swimmers

Chapter 4: Writing Workouts

Chapter 5: Basic Business Practices

Chapter 6: Marketing

Level II Curricula – Stroke School

Chapter 1: Stroke Correction and Development

Chapter 2: Backstroke

Chapter 3: Butterfly

Chapter 4: Breaststroke

Chapter 5: Freestyle

Chapter 6: Starts, Turns and Transitions

Online Registration: Online registration only. Registration closes at midnight pacific time on September 28th or when the course enrollment is reached (40 for Mountain View, 24 for Davis. Copy and paste (or click) this link to access online registration: <http://www.usms.org/content/coachcertsched>

Online registration is Paid by Credit Card:

Your online registration for this course will be paid by credit card and processed by Club Assistant. Please look for “ClubAssistant.com Events” on your credit card statement.

Questions: Contact Bill Brenner at bill.brenner@usms.org or 941-556-6278.

Cancellation Policy

Course registrations are non-refundable, non-transferrable. Questions, please email Bill Brenner at bill.brenner@usms.org.

COMPETITION ENTRY INSTRUCTIONS

Pacific Masters Swimming Competitions

HOW TO ENTER

Please read the following instructions before entering USMS/PacMasters sanctioned events. For further information on specific upcoming competitions, see elsewhere in this newsletter. Current USMS and PacMasters rules govern each swim event.

AGE GROUPS

Entrants must be at least 18 years old.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers. Short Course (yards) Relays: 18+, 25+ and subsequent ten year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199 and 40 year increments as high as necessary. The aggregate age of the four members shall determine the age group.

POOL COMPETITIONS

Entry Procedures: Thoroughly read the Entry procedures for each competition. For all meets, individuals must send a copy of the Consolidated Entry Form below with a photocopy of their USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Individual event information must be completed in the designated area. At all meets, relays must be entered on official yellow PacMasters relay entry cards.

Entry cards and PacMasters registration forms are available through Nancy Ridout, PacMasters Registrar, 580 Sunset Parkway, Novato, CA 94947 (415) 892-0771.

Check In Requirements: Swimmers must check in at all meets. Read specific check in requirements designated by the meet host.

Strictly Forbidden: Entering more than five individual events per day • Using hand paddles in warmup areas. • Diving in warmups unless in designated sprint lanes (entering the warmup pool must be done with feet first with one hand in contact with the pool deck). • Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS

Entry Procedures: Individuals must send a copy of the Consolidated Entry Form below or an entry form provided by the event host. It must be accompanied by a copy of the swimmers **current** USMS registration card. Failure to provide a copy of this card will result in a \$3.00 look-up fee.

Event Requirements: Swimmers using non-porous neoprene swim suits, wetsuits or other non-porous attire will be ineligible for awards or place points. Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of soft hand paddles or fins as a prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing highly visible caps is mandatory. Each course is patrolled by safety craft. Unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced.

Cut here

Consolidated Entry Form • Pacific Masters Swimming					
Name (as it appears on registration card)		Sex M <input type="checkbox"/>		1. Place USMS card in this space. 2. Photocopy with this consolidated entry form. 3. Send in photocopy with each entry. *Age for LCM & SCM meets is age as of Dec. 31st of current year. Age for SCY meets is age of last day of meet.	
Street		F <input type="checkbox"/>			
City		no. of events entered:			
State		Zip			
Phone		* Age			
Club		Club Abbr.		Birthday	
		Entry Fee			
For a Cardless Meet, enter your times in the table below				T-Shirt size: <input style="width: 100px;" type="text"/>	
Event No.	Est. Time	Distance-Stroke	Event No.	Est. Time	Distance-Stroke
			Email (Optional)		
"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."					
Name of Meet/Event		Date of Meet/Event		Signature	

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PACIFIC MASTERS SUPPLIES AND SERVICES

VIDEO LIBRARY

How to Borrow DVD's:

No charge to clubs. Charge to PacMasters members is a \$5.00 mailing fee per order and \$50.00 deposit (payable in two separate checks). Two DVD maximum per order for a two week borrowing period from the date of initial mailing to receipt by PacMasters office. If late, damaged or lost, clubs must pay full replacement cost and individuals must forfeit deposit checks. Temporary suspension of PacMasters membership for bounced checks or late replacement payments. Please tell PacMasters office about suggestions for new tapes.

DVD's in the PacMasters Swimming Library

New in the Library (2012)

[Josh Davis on Everything Swimming: All 4 Strokes, Starts and Turns](#)

with Josh Davis; U.S. Olympic Gold Medalist; American Record Breaker; Top Swim Clinician

[Start to Finish Women's Swimming Technique Series](#)

[Start to Finish Backstroke](#)

with Ray Looze, Indiana University Head Women's Swim Coach; 5x Big 10 Champs

[Start to Finish Breaststroke](#)

with Kelly Kremer, University of Minnesota Head Women's Coach; coach of the 2011 NCAA champions in the 100 and 200 breaststroke events

[Start to Finish Butterfly](#)

with Rich DeSelm, University of North Carolina Head Coach; 2011 World University Games Head Coach;

[Start to Finish Freestyle](#)

with Jack Bauerle, University of Georgia Head men's and women's swim coach; 4x NCAA Women's champion, 7x SEC Women's champion, 5x NCAA coach of the year, 12x SEC coach of the year; Team USA Women's Head Coach 2008 Beijing Olympics.

- Getting' Better with **David Marsh**, Head Coach Mecklenburg AC, 2007

1. Tips, Drills, & Skills for Faster Freestyle
2. Tips, Drills, & Skills for Faster Backstroke
3. Tips, Drills, & Skills for Faster Breaststroke
4. Tips, Drills, & Skills for Faster Butterfly
5. Tips, Drills, & Skills for Faster Starts
6. Tips, Drills, & Skills for Faster Turns

- Go Swim Backstroke, with **Aaron Piersol**, 2007

- In the Fast Lane, **Frank Busch**, Head Coach U. of Arizona, 2006

1. Fast Lane Freestyle
2. Fast Lane Backstroke

3. Fast Lane Breastroke
4. Fast Lane Butterfly
5. Fast Lane Starts & Finishes
6. Fast Lane Turns & Breakouts

- Lane Lines to Shore Lines, Your Complete Guide to Open Water Swimming, Gary Emich & Phil DiGirolomo, 2007

- Becoming a Champion Swimmer, **Richard Quick**, Head Coach Auburn University, 2006

1. Becoming a Champion Swimmer: Freestyle
2. Becoming a Champion Swimmer: Backstroke
3. Becoming a Champion Swimmer: Breastroke
4. Becoming a Champion Swimmer: Butterfly
5. Becoming a Champion Swimmer: Starts & Turns

- Personal Best - Butterfly, **Bob Bowman**, Head Coach U of Michigan, & **Michael Phelps**, 2006

- **Eddie Reese On**, Head Coach Univeristy of Texas, 2005

1. Eddie Reese On Freestyle
2. Eddie Reese On Backstroke
3. Eddie Reese On Breastroke
4. Eddie Reese On Butterfly

- The Swim: Technique & Training for Triathletes, **Trip Hedrick and Clark Campbell**, 2005

- Swimming Faster, **David Marsh**, Head Coach Auburn University, 2004

1. Swimming Faster Freestyle
2. Swimming Faster Backstroke
3. Training & Race Strategies for Breastroke & Butterfly
4. Training & Race Strategies for the Individual Medley
5. Training & Race Strategies for Middle Distance & Distance
6. Training & Race Strategies for Sprint Freestyle

DVD ORDER FORM

Please send two checks, payable to Pacific Masters Swimming, 580 Sunset parkway, Novato, Ca 94947; one for \$5 to help defray mailing costs and one for \$50 to cover damage and loss. This check will be sent back upon the timely return of the DVDs in good condition.

DVD title - 1	DVD title - 2	Deposit:	\$50
Name (Please Print)		Mailing	\$ 5
Address		Total	\$55
City/ ZIP			
USMS/PacMasters #	Phone ()		

2012 PACIFIC MASTERS SWIMMING AND HAWAII EVENT SCHEDULE

LC Long Course Mtrs. OW Open Water SC Short Course Yds. SCM Short Course Mtrs.

2012 MEET SCHEDULE

Th-Sun	7/5-8/12	USMS	USMS National LCM, Omaha, NB
Sat	7/21/12	TOC	**33st Annual Trans Tahoe Relays
Sat	7/28/12	CRUZ	39th Annual Roughwater Swim
Sun	7/29/12	CRUZ	Cruz Cruise 2-Mile
Sat	8/4/12	SNM	Donner Lake
Fri-Sun	8/10-12/12	SMM	PacMasters Long Course Championships
Sat	8/18/11	MAAC	5th Annual Summer SCM Meet
Sun	8/19/11	TTST	Hot August Chill 1 mile Open Water Championship (3 swims)
Sun	9/9/12	RAD	Whiskeytown Lake
Sat	9/15/12	MAM	Manatee 2x1 Relay
Sun	9/23/12	MVM	9th Annual Alan Liu Memorial SCM
Sat	9/29/12	SAC	40th Annual SCM Pentathlon
Sun	9/30/12	RPM	Keller Cove Swim for Kids, Open Water
Fri-Sun	10/12-14/12	WCM	PacMasters Short Course Meters Championship
November,	2012	DAM	Brute Squad Postal Meet
Sat	12/1/12	SNM	Reno "Winners" Meet

* recognized

** non-sanctioned

*** tentative

PRICE LIST

USMS Membership Forms free online at www.pacificmasters.org	
Membership Card Replacement	2.00
USMS Rule Book	8.00
USMS Mini Rule Book (rules only)	5.00
Video/DVD deposit	50.00
Video/DVD mailing charge per order	5.00

Meeting Schedule for 2012:

July 18, Aug.15(cc), Sept.5, Oct.17(cc), Nov. 11 (Annual Meeting with Janet Evans)

Directions to Heather Farms Community Center, Walnut Creek, CA: From I-680 take the Ygnacio Valley off ramp, head east. Left at San Carlos and take the second left at the Community Center sign. Parking to the right around the curve. Meetings are held in the community center room unless otherwise specified.
(cc) meetings will be via conference call.

For information on Hawaii Open Water Swims go to
<http://www.hawaiimastersswim.org/index.html>

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Deadline for pool and open water
swim information for the
September-October Newsletter is
August 1, 2012

poolmeets@pacificmasters.org
openwater@pacificmasters.org

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