

## Support Your Local Pool

There are many ingredients to a successful Masters swimming program: good coaching, enthusiastic teammates, friendly lane mates, convenient practice times, etc. But there is only one indispensable element: water. Within the Pacific Masters territory that water is probably contained in a pool owned by a local municipality or educational institution.

As local governments face budgetary challenges each line item faces scrutiny. Almost every city that operates an aquatic facility has seriously considered or already implemented actions to curtail operations ranging from reducing hours to complete closure. While school pools have generally avoided these threats many of the financial hardships faced by municipalities are shared by public private educational institutions. It may be just a matter of time before school affiliated aquatic facilities are threatened as well.

In the Bay Area, the age of public pools may exasperate the problem. Many facilities were constructed during the sixties and seventies when local suburbs were being built out. These pools are now 40 and 50 years old and approaching the end of their useful lives. If they haven't already failed they require a higher cost to be maintained. Few cities have established an adequate reserve to replace their deteriorating pools.

### What can you do?

**Start by educating yourself.** If your local community operates an aquatic facility, go to the city's website and look at the pool budget. The budget should indicate revenues and major expense items. Depending on your interests and inclinations, you may want to request additional detail from city staff. Many people are surprised to find out the majority of pool expenses come from labor rather than the gas and electricity used to heat and circulate the water. While lifeguards need to be paid, a large portion of the labor costs may come from fulltime employees who receive generous health and retirement benefits. The fulltime staff may provide essential services that reduce expenses or increase revenues. On the other hand, it may be that they could be replaced by a part time employee at a fraction of the cost. You may want to examine the budget for aquatic facilities in neighboring communities. In doing any comparisons you should be aware that differences may be due to alternate accounting policies.

## Chair's Message

You should also become familiar with how your city council or local legislative board makes budget decisions. Is there a surplus or are they struggling to fund essential police, fire and road maintenance services? What are the provisions for gathering community input? What are the competing discretionary items?

**Make your voice heard.** Unless swimmers are involved in your local city government, your local governing body may have no idea of the importance of the community's aquatic facilities. Even if there are no apparent threats to the pools it is important to let the city know how they contribute to the local quality of life. By California law every local governmental meeting must provide time for public comment. Usually public comment is at the beginning of council meetings. This is a good time for a representative of your club to let the local governing body know about the type of people who use the facility, how the pool is used by both youth and adult competitive programs, and how swimming is an excellent exercise for our aging population. While it is important to show respect for the staff and elected officials who have made decisions in the past there is nothing wrong with suggesting ideas that can make aquatic facilities more efficient and successful. As a swimmer, you may have firsthand experience with the operations of many aquatic facilities. This knowledge can be valuable input to the decision making process. You can be sure that the proponents of libraries, parks, arts and other discretionary programs are taking every opportunity to promote their interests with the people who make the budget decision.

**Volunteer.** Almost every local government is facing budgetary challenges and can use our help. Ask your club and pool management what you can do to support your local aquatic facilities. Serve on the local commission that oversees the city's recreational facilities. Consider running for your city council or work on the campaign of a candidate who recognizes the value of quality aquatic facilities. Even if you are fortunate enough to swim at a private facility that is immune to the financial pressures facing local governments, please support your community's pools. Local pools are essential to the vitality of our sport. Without them many people may be denied the opportunity to participate in an activity that brings us joy.



Peter Guadagni

## 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](mailto: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.  | Breaststroke      |
| 7 - 8  | 50 yd.  | Freestyle         |
| 9 - 10 | 100 yd. | Individual Medley |

## Redding Swim Team Whiskeytown Lake

### Open Water Swim

Sunday, September 09, 2012

Sanction #: OW-12-19, OW-12-20

**Directions to Swim:** All swims start at Brandy Creek Beach. Take central Redding / 299W / Eureka exit. Follow Hwy 299 west toward Eureka and just as you reach Whiskeytown Lake, turn left at the Tourist Information Center. Cross over the dam and continue until you reach Brandy Creek Beach. Please note the National Park Service charges a \$5.00 parking fee. Parking passes may be purchased at the Visitors Center or from a vending machine near the parking lot.

**Course Description:** 2 mile course is 6-turn course out of a cove and around two islands; 1 mile course is 5-turn course inside island; 500 yard course is triangle inside cove

Anticipated Water temp: 65-70 degrees

Special Course Conditions: Water grass in cove shallows

Registration & Check-in: Opens 8:00 AM race day.

All swimmers must check in 45 minutes before the start of their event. Race day registration is available *w/copy of USMS Swimming card.*

**Race Start Times:** 500 yd (USA) ages 8-10 - 10:00 AM; 1 Mile Masters - 10:30 AM; 1 Mile (USA) ages 11-18 - 10:45 AM; 2 Mile (USA) ages 13-18 - 11:15 AM; 2 Mile Pac Masters Championship - 11:30 AM

**Entries:** 500 yd \$17.00, 1 mile \$25.00, 2 mile \$25.00, both 1 & 2 mile \$35.00, all postmarked by 9/01/11. Late or race day entries add \$10.00.

Send Entries to: Redding Swim Team, C/O Kevin Lennon, 11599 Fox Estates Ct., Redding, CA 96003

**Awards:** Special awards will be given to male and female overall winners in each of the 4 distance events. Whiskeytown Mugs will also be given for the top three male and female finishers in each of the age groups for Masters, and the 11-18 age groups. Awards will also be given for the top three male and female finishers in the 500 yd swim.

Contact for information: Redding Swim Team, (530) 246-2666; [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com)

Race announcement and entry form to be posted on [reddingswimteam.com](http://reddingswimteam.com) website.

Editors Note: Hyperlinks to email and websites only work if the address is ALL on ONE line. Only the blue underlined addresses work. The other links you will need to copy and paste into your browser.

## Manatee Aquatic Masters and Pacific Masters Swimming 22nd Annual 2x1 Open Water Relay Saturday, September 15, 2012

USMS Sanction #OW-12-21, USA-S/PC Sanction Pending  
**Location:** The Del Valle Regional Park, Livermore, CA.

**Directions:** From I- 580 take the North Livermore Ave. exit and head south 3.9 mi (North Livermore Ave. will become South Livermore Ave.) Turn right onto Mines Road. Go 3.5 miles and continue straight on Del Valle Road (Mines Road turns left). Drive 4 miles over the hill to the park entrance. (There is a parking fee of \$6, and carpooling is highly encouraged.) After the entrance go right and park near lake.

**Race Description:** Each member of a two-person relay team will swim a 1-mile course in separate waves. The total team time will be the sum of the completion times of the two team members. A 2-hour total team cut-off time will be strictly enforced. Swimmers must wear provided swim caps and racing chips. Color of the swim cap will designate the leg of the relay.

**Course:** A counter-clockwise 1-mile loop in front of the East public beach. Water start and chute finish on the beach. Expected water temperature approximately 65° - 70°. No individual escorts permitted. Safety craft will patrol.

**Race Start/ Cutoff Times:** 6:30 a.m. Check-in and race-day registration -7:00 a.m. Lake open for warm-up -7:30 a.m. Registration closes -7:45 a.m. Pre-race instructions - 8:00 a.m. Begin race, first swimmer 9:00 a.m. Begin race, second swimmer 10:00 a.m. All racers complete swim -10:30 a.m. Post race results and distribute awards.

**Entry Fees And Deadlines:** *Mail:* Complete official entry form (available at [www.manateeswimming.org](http://www.manateeswimming.org), then click the "2x1 Open Water Relay" tab) and mail, with a photocopy of BOTH swimmer's current USMS/USA-S registration card and a check for \$75, to 4131 Gregory St., Oakland, CA 94619. Make check payable to Manatee Aquatic Masters 2x1 Relay. **Mailed entries must be received by 9/4/12.**

**Online:** Register at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1915&smid=3922](https://www.clubassistant.com/club/meet_information.cfm?c=1915&smid=3922). Online service fees of ~\$5 plus the \$70 registration fee will be charged to your credit card by 'ClubAssistant.com Event Billing' for this event. **Race Day:** \$85 registration fee. Online and race day entrants must present USMS or USA-S registration card race day. All registration fees are non-refundable.

**Awards: Relays:** Awards will be given for Category 1 teams for first through third place in 6 gender/age groups (see [www.manateeswimming.org](http://www.manateeswimming.org) for details) **Individuals:** All USMS-registered swimmers who complete the 1-mile course will be eligible for Pacific Masters open water points. Post-race refreshments will be provided for all swimmers.

**Information:** <http://www.manateeswimming.org> (click the 2012 2x1 relay tab), or email Race Directors Bob Upshaw and Rebecca Perry at [MAM2X1@manateeswimming.org](mailto:MAM2X1@manateeswimming.org)

## Richmond Plunge Masters Keller Cove Swim for Kids' Sake Sunday, September 30, 2012

Sanction OW-12-23, OW-12-24, OW-12-25

**Location:** Keller Beach, Miller/Knox Regional Shoreline, Richmond, California

**Directions:** From Hwy 580, take Canal Blvd exit and turn south; turn right at W. Cutting Blvd; turn left at Dornan Dr./S. Garrard and proceed past Richmond Municipal Natatorium ("The Plunge" ) through the tunnel. Keller Beach is on right upon exiting the south side of the tunnel. Parking available curbside along Dornan Dr. and in Point Richmond, and at Miller/Knox parking lots, up to ½-mile walk from Keller Beach (no parking fees).

**Course:** ½, 1 and 2-mile swims run concurrently in a counter-clockwise triangular course, with multi-wave starts. 500-yd USA youth swim conducted following completion of ½-mile swim. 2-mile swim consists of two loops of 1-mile course. All swims begin and end on a sandy beach. Swim takes place in SF Bay, with expected water temperatures of 60-64°. Swimmers are encouraged to wear wetsuits unless they are accustomed to swimming without wetsuits at the expected water temperature and swim distances.

**Time Schedule:** Swimmer check-in and same-day registration from 7:30-9:15 a.m.; Pre-race instructions from 9:15-9:30 a.m.; Swim events: 9:45-11:45 a.m. No late check-in or late starters.

**Swim Procedures:** Open to Masters swimmers and USA youth swimmers (6-18 years old). Masters may enter any one of the three swim distances; USA swimmers may enter either the 1/2 or 1-mile distance. The swims will be run concurrently, beginning with the 2-mile, followed by the 1-mile and then the 1/2-mile swim waves. All swimmers will be required to wear timing chip and brightly-colored swim cap (to be provided), and will receive body-marking for swimmer identification. Swim cap color matched to race distance.

**Swim Divisions and Awards:** Masters divisions include non-wetsuit and wetsuit, M/F, for each swim distance (1/2, 1-mile and 2-mile). Pac Masters points given for all three distances and divisions.

**Entry Fees:** Masters/USA-S, on or before: 9/10/12- \$40/\$30; 9/20/12-\$45/\$35; Race Day-\$50/\$40; T-shirts extra @ \$10 pre-reg; \$15 race day. One event registration (\$24 additional fee) available for non-USMS swimmers on or before race day. All fees are non-refundable.

**Registration:** *Online* at Active.com (with additional processing fee) or *mail* to: Richmond Plunge Masters c/o Richmond Swims, P.O. Box 70105, Richmond, CA 94807. Download Entry Form at <http://www.richmondswims.org>.

**Race Director:** Norm Hantzsche [nhantzsche@questaec.com](mailto:nhantzsche@questaec.com)  
510-236-6114, ext. 214

Safety Officer: Benicia Rivera [benicia.rivera@gmail.com](mailto:benicia.rivera@gmail.com)  
510-932-2239

Website: For additional information, entry form, map of race course and vicinity: <http://www.richmondswims.org>

## Mountain View Masters The 9<sup>th</sup> Annual Alan Liu Memorial SCM Meet

Sunday, September 23, 2012

Sanction # 38-12-15

Complete meet information is found at: [http://www.pacificmasters.org/comp/pool\\_meetsheet/12mvmscm.pdf](http://www.pacificmasters.org/comp/pool_meetsheet/12mvmscm.pdf)

**Location:** Eagle Park Pool, 651 Franklin Street, Mountain View, CA 94041. (Along Shoreline Blvd, between Church Street and High School Way). A map to the pool is at <http://mvm.org/about-location.php>. Park in Franklin and Church Street lots and on surrounding streets.

**Time:** Warm-up from 7:30 - 8:45 a.m. The meet starts at 9:00 a.m.

**Entries:** Swimmers may enter up to 5 individual events and both relays. Entries submitted by surface mail accepted if postmarked by September 15, or received by September 19. Online entries must be submitted by 11:59 PM PDT Thursday, September 20. NO REFUNDS of entry fees.

**Online Individual Entries:** Enter at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1291&smid=4044](https://www.clubassistant.com/club/meet_information.cfm?c=1291&smid=4044) to receive immediate confirmation of entry via email. Bring the billing information email to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost to enter online is \$10 per swimmer, and \$4.50 per individual event. The online processing fee of \$1.50 plus 5% of the individual event costs is included in these fees. Your credit card will be charged by "ClubAssistant.com Event Billing".

**Mailed Individual Entries:** The cost is \$10 per swimmer and \$5 per individual event. Mail your check, payable to Mountain View Masters, a copy of your 2012 USMS registration card and your consolidated entry form (<http://www.pacificmasters.org/comp/entrycard.html>) to: Mountain View Masters, Attn: Swim Meet Entries, PO Box 390570, Mountain View, CA 94039

**Relays and Deck Entries:** The cost for late or deck entries is \$15 per swimmer, and \$5 per event. Relays are deck-entered at \$5 per relay.

**Check In:** Positive check-in required for all events. **Awards:** Ribbons 1<sup>st</sup> through 8<sup>th</sup> in each age group.

**Meet Director:** Chris Campbell ([coachchris@mvm.org](mailto:coachchris@mvm.org), 408-730-8930)

**Meet Referee:** TBD

**Events: (Odd Numbers--Women, Even Numbers--Men)**

*Events seeded and swum slowest to fastest. Swimmers may enter one of each type of relay (11 or 13 or 14 for the 800s, and 23 or 25 or 26 for the 200s).*

1.- 2	400 m	IM
3.-. 4	200 m	Free
5.-. 6	50 m	Back
7.-. 8	200 m	Breast
9.-. 10	50 m	Free

### 20 Minute Break for Coach Alan Award

11	800 m	Women's Free Relay
13	800 m	Mixed Free Relay
14	800 m	Men's Free Relay
15.-. 16	100 m	IM
17.-. 18	200 m	Fly
19.-. 20	50 m	Breast
21.-. 22	100 m	Free

### 10 Minute Break

23	200 m	Women's Medley Relay
25	200 m	Mixed Medley Relay
26	200 m	Men's Medley Relay
27.-. 28	200 m	IM
29.-. 30	50 m	Fly
31.-. 32	200 m	Back
33.-. 34	400 m	Free

**Presentation of Animal Pentathlete Awards**

## Sacramento Masters 40th Annual Sprint Short Course Meters Pentathlon

Saturday, September 29, 2012

Sanction#: 38-12-16

**Facility:** Schaal Aquatic Center is an outdoor 50 meter pool (8-lane x 25 meter, 12-lane x 25 yard)

**Location:** Schaal Aquatic Center on the UC Davis campus. From I-80 (east or west), take Highway 113 north (toward Woodland), exit on Hutchinson, go east 100 yards to the first stop light and turn right onto Health Science Drive. At the first stop sign go forward about 25 yards where you will enter the west side of the parking lot for the Aggie Stadium which includes the Swim Center on the far east side of the parking lot. Parking is free on the weekends and for the meet.

**Check In:** Warm-up starts at 8:30 AM, Meet Starts at 10:00 AM and typically concludes by 1:30 PM Deck entries will close at 9:15 a.m. and check in for pre-entered swimmers will close at 9:40 a.m.

**Entries:** You may enter this meet either on line, by mail or the day of the swim meet. You may enter any or all of the events. Note that relays cost \$6 and are deck entered at the meet.

**Online Entry:** on-line entries must be submitted by Midnight on Thursday, September 27, 2012. \$4 per event plus a \$6 surcharge. Your credit card will be charged by 'ClubAssistant.com Event Billing' for this meet. [https://www.clubassistant.com/club/meet\\_information.cfm?c=1266&smid=4077](https://www.clubassistant.com/club/meet_information.cfm?c=1266&smid=4077)

**Mail-in Entry:** Entry Fees: \$4 per event plus a \$6 surcharge if postmarked by Saturday, September 22, and/or received no later than Wednesday, September 26, 2012. Make checks payable to Sacramento Masters. Mail your check, consolidated race entry, and 2012 USMS registration photocopy to: Sacramento Masters P.O. Box 188205, Sacramento, CA 95818.

**Deck Entries:** Opens at 8 a.m. and closes at 9:15 a.m.

**Entry Fees:** \$5 per event plus \$6 surcharge.

**Awards:** Special awards to those with the fastest combined time for all five events in each age group.

**Referee:** Niffey Carmody

**Meet Director:** A. Brenan [andybrenan@mac.com](mailto:andybrenan@mac.com) (916) 801-2627 (cell)

**Events:** (Odd=Women, Even=Men)

1-2	50 Meter	Fly
3-4	50 Meter	Back
5-6	50 Meter	Breast
7-8	50 Meter	Free
9-10	100 Meter	IM
11-13	200 Meter	Medley Relay

Mixed, Women and Men ~Relay event will be deck entered by 1 p.m.

## Walnut Creek Masters

### 2012 Pacific Masters Short Course Meters Championships

October 12, 13 and 14, 2012

Sanction # 38-12-12

**Location:** Clarke Swim Center, Heather Farm Park, Walnut Creek, CA

Complete information may be obtained at [http://www.pacificmasters.org/comp/pool\\_meetsheet/12pacmscm.pdf](http://www.pacificmasters.org/comp/pool_meetsheet/12pacmscm.pdf)

**Directions:** From I-680 North, take Ygnacio Valley Road Exit. Turn right onto Ygnacio Valley Rd. and drive east about 2 miles to San Carlos Dr.. Enter the left turn lane and turn left onto North San Carlos Dr.. Go one block to Heather Drive turn left. The Clarke Swim Center is on your right

**Facility:** All Deep 6-Lane 25 Meter course for competition with 6-25 yard lanes provided for warm-up and warm-down throughout the meet; electronic timing, bleachers and lawn seating, and snack bar.

**Check-In:** This is a Pre-Seeded meet. Swimmers are considered checked-in for all individual events with a distance of 200 Meters and less. Swimmers must check in for ALL Friday events, the 800 Meter Free on Saturday, and the 400 Meter Free on Sunday. The 400 IM (Friday events 1 & 2) must be checked in by 8:30 am. All other events over 200 Meters must be checked in **45 minutes** prior to the estimated start of the event.

#### Entries: TWO OPTIONS FOR MEET ENTRY:

**Option 1 - Online Meet Entry:** (Deadline: 11:59 PM, Wednesday, October 3, 2012). Enter at: <https://www.clubassistant.com/meets.cfm> to receive an immediate entry confirmation via email. The billing information email should be brought to the meet as proof of entry. This entry process will include a processing fee by Club Assistant and requires a credit card for payment. **The processing fee is included in the online entry fee.** Your credit card will be charged by "ClubAssistant.com Event Billing" for this meet.

**Option 2 - Traditional Mailed:** (Entries must be postmarked by 11:59 PM Friday, September 28, 2012, and/or received by 5:00 PM Monday October 1, 2012. Walnut Creek Masters, C/O Chris Stewart, 45 Willow Ave., Walnut Creek, CA 94595, Phone: 925-998-5866

**Note: This is a cardless meet. No late or deck entries will be accepted. No refunds will be made. No fax entries will be accepted. Incomplete entries cannot be processed and will be returned.**

**Enter short course meter times for seeding purposes.**

**Online Check In** for Friday's 400 IM (Events 1-2) and the 1500 Mixed Free (Event 7) will be available at [www.SwimPhone.com](http://www.SwimPhone.com) Online check in will close at 6:00 AM on Friday, October 12. There will be no online check ins for any of the Saturday or Sunday events. Saturday and Sunday events must be deck check ins.

**Mailed Entry Fees:** \$18 for one event, \$38 for 2-4 events, \$43 for 5-7 events

**Online Entry Fees:** \$18 for one event, \$38 for 2-4 events, \$43 for 5-7 events (all on-line processing fees are included)

**Relay Entry Fees:** Relays: Deck entered on yellow relay cards.

Fees for RELAYS are \$8.00 per relay. Swimmers may swim only once in each relay event.

**Deadline: Mailed entries** must be postmarked by Friday, September 28, 2012, and/or received no later than Monday, October 1, 2012. **Meet Directors are forbidden to accept late or incomplete entries!**

**Online entries** must be submitted by Wednesday, October 3, 2012, 11:59 PM. **No entries will be accepted after that time!**

**Awards:** Distinctive Awards will be given to the top three teams. Awards will be given 1<sup>st</sup> through 8<sup>th</sup> in all individual events.

**Snack Bar:** Available all three days.

**Program:** Available for \$5.00

**Meet Director:** Chris Stewart. For questions, contact Chris Stewart at (925) 998-5866.

**Referee:** John King **Starter:** TBD

**Events:** Women = Odd Men = Even

**Friday, October 12** Warm-up begins @ 8:00am. Meet starts @ 9:00am

1 - 2 400 IM

3 - 4 800 Free Relay

**(NOTE: Women and Men swim together)**

5 800 Mixed Free Relay

**(NOTE: Swum with events 3 and 4)**

7 - 8 1500 Mixed Free

**(NOTE: Men & Women swim together)**

**Saturday, October 13** Warm-up begins @ 7:30am. Meet starts @ 8:30am

9 - 10 100 Back

11 - 12 200 Fly

13 - 14 50 Breast

15 200 Mixed Medley Relay

17 - 18 200 IM

19 - 20 100 Free

21 - 22 50 Fly

23 - 24 100 Breast

25 400 Mixed Free Relay

27 - 28 800 Mixed Free

**(NOTE: Men & Women swim together)**

**Sunday, October 14** Warm-up begins @ 7:30am. Meet starts @ 8:30am.

29 - 30 200 Free

31 - 32 50 Back

33 - 34 200 Breast

35 - 36 200 Free Relay

37 - 38 100 Fly

39 - 40 50 Free

41 - 42 100 IM

43 - 44 200 Back

45 - 46 400 Medley Relay

47 - 48 400 Free

## **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

Davis: Sun, Sept 30th  
Brady Family Aquatics Bldg  
50 Russell Blvd  
Davis, CA 95616

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.

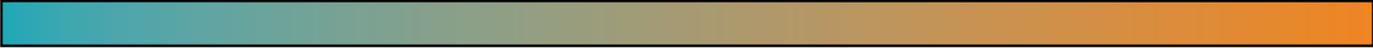
*Cokie Lepinski* is head coach of Swymnut Masters. She is Coaches Chair of Pacific Masters Swimming, a 2010 Kerry O'Brien Coaching Award winner, the 2011 Pac Masters Coach of the Year, and contributes to Streamlines and Swimmer.

**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](http://www.swimmingcoach.org)  
Upon successful completion of the course: Each person will receive a "Certificate of Participation".  
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:** A limited number of scholarships may be available to coaches registered with Pacific Masters Swimming whose team is also registered with Pacific Masters Swimming. Contact Cokie Lepinski at [swimnut@me.com](mailto:swimnut@me.com) for additional details. 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](mailto: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](mailto: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	

Rev 9/02

# 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		<b>Total</b>	<b>\$55</b>
City/ ZIP			
USMS/PacMasters #		Phone (   )	



# SAVE THE DATE

presents  
Janet Evans  
Olympic Gold Medalist  
Wprld Record Holder  
2012 Olympic Trials Qualifier  
Masters Swimmer



2012 Annual Meeting, **Sunday, November 11th.**  
Shadelands Art Center, Walnut Creek  
Clubs, coaches, and swimmers enthusiastically invited.  
Swim practice, lunch, snacks and program included.  
Meet Janet and hear her story of success as a youth and  
her quest to see how far her body could take her at age 40 and  
how Masters swimming was a part of that journey.

## Davis Aquatic Masters 4th Annual DAM Brute Squad Postal Swim

Sanction # 38-12-18

**EVENT:** The Brute Squad events - 200 yd Butterfly, 400 yd IM and 1650 yd Free.

**RULES:** 1. All 3 events must be swum in this specific order; 200 yd Fly, 400 yd IM, 1650 yd Free 2. The recorded time begins at the start of the 200 yd Fly and ends at the finish of the 1650 yd Free. Resting time between swims is included in the cumulative time. 3. Swimmers may rest between events as long as desired, provided Rule 2 is followed. 4. Results and awards are based on cumulative times.

**DATE:** As per rules, the Brute Squad must be swum between Nov 1 and Nov 30, 2012. All individual entries must be submitted by Mon, Dec. 10, 2012 and all relay entries must be submitted between Dec 11 and 17, 2012.

**LOCATION:** You may swim the Brute Squad in any 25-yard length pool.

**ELIGIBILITY:** This is a PacMasters-sanctioned event and all participants must be registered for 2012 or 2013 with USMS (or the equivalent organization for non- U.S. swimmers). Your USMS membership will be verified during online event entry. For those entering by mail, a copy of your current 2012 or 2013 registration card must accompany your entry.

**INDIVIDUAL EVENTS:** Men and women compete separately in age groups of five-year increments: 18-24, 25- 29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her Brute Squad events will determine his or her age group.

**RELAY EVENTS:** Relay events will be contested in 3 categories: 3 men, 3 women, or 2 mixed (2 men + 1 woman -or - 2 women + 1 man). Each relay member **MUST** also enter the individual event and be registered with the same USMS club.

Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, ... 95+.

**FEES:** \$10.00 for each individual entry and \$15.00 for each relay entry. Sign up online at the following link, paying with a credit card to "ClubAssistant.com Events". [https://www.clubassistant.com/club/meet\\_information.cfm?c=1741&smid=4141](https://www.clubassistant.com/club/meet_information.cfm?c=1741&smid=4141)

or submit entry by mail paying by check or money order to Davis Aquatic Masters. Fees are nonrefundable.

**AWARDS:** The top 5 finishers in each age group in the individual event and the top 3 relay teams in relay events will receive DAM Brute Squad Postal Swim Awards.

**RULES:** The 2012 USMS Rules govern these events. Complete timing rules are available at Club Assistant. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

**ENTRY FORMS** and **SPLIT SHEETS:** Enter online on Club Assistant or by paper/Mailed entry. For recording your splits, use the official split sheet at [www.damfast.org](http://www.damfast.org)

**SUBMIT ENTRIES BY MAIL TO:** 2012 Brute Squad Postal Swim, c/o Davis Aquatic Masters, PO Box 921 Davis, CA 95617

**T-SHIRTS:** Spectacular long-sleeved T-shirts are available for you to order. Cost: \$25.00

**RESULTS:** Preliminary results will be posted on the DAM and PacMasters websites at [www.damfast.org](http://www.damfast.org) and [www.pacificmasters.org](http://www.pacificmasters.org) by December 20, 2012, for two weeks.

**QUESTIONS:** Contact Karen Charney at [karencharney@](mailto:karencharney@)

Complete event information can be found at  
[http://www.pacificmasters.org/comp/pool\\_meetsheet/12dambspostal.pdf](http://www.pacificmasters.org/comp/pool_meetsheet/12dambspostal.pdf)

# 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

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

Meeting Schedule for 2012:

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.

Visit our website  
[www.pacificmasters.org](http://www.pacificmasters.org)

Follow us on  
Twitter and Facebook

For information on Hawaii Open Water Swims go to

<http://www.hawaiimastersswim.org/index.html>

## Call for Service Award Nominations

At this time of year, we also call for nominations for service awards to recognize those individuals that have made significant contributions during the past year to Masters Swimming. The categories are as follows:

**Contributor of the Year.** This award recognizes outstanding individual contributions that support masters swimming in the areas of support, leadership, recruitment, program development, and/or promotion of masters swimming at the club, LMSC or national level. The recipient must be a member of PacMasters.

**Distinguished service.** This award is given for outstanding and consistent contributions to Pacific Masters Swimming, in the areas of leadership, recruitment, program development, and/or promotion of masters swimming. PacMasters may give out more than one award in this category to currently registered PacMasters members.

**Personal achievement.** This award is for long-term dedication to our program with a noticeable improvement in a swimmer's skills and times. The recipient must have been a member of PacMasters

**Appreciation award.** This award expresses special thanks to individuals or groups that have made significant contributions to PacMasters. Nominees need not be registered members, but must have contributed significantly toward the conduct, leadership or support of PacMasters.

Nominations are due to Chair Peter Guadagni - [chairman@pacificmasters.org](mailto:chairman@pacificmasters.org) - on or BEFORE October 16th.

## PACIFIC MASTERS SWIMMING OFFICERS

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