



THE NEWSLETTER OF BUENAVENTURA SWIM CLUB & VENTURA COUNTY MASTERS SWIM TEAMS

Established 1962

P O Box 3934 Ventura CA 93006 805-650-0400 www.buenaventuraswimclub.org Head Coach: Jason York

Buenaventura Swim Club

provides the young people of our community with a positive training environment where they have the opportunity to reach their greatest physical, intellectual, social and emotional potential through competitive swimming.

Our coaches teach time management skills, how to prioritize, and how to set and achieve goals. These skills help our swimmers not only in swimming but also in school and in life. Our coaches work to build positive self-esteem and social skills.

Ventura County Masters

provides organized workouts, competitions and clinics for adults aged 18 and over. Our team is comprised of fitness, triathlete, and competitive swimmers who are dedicated to improving their lives through swimming.

Coaches

Jason York, Head Coach
Danny Colvin
Brittany Day
Katie Corley
Betsy Harrison
Natasha Robinett
Mo Ashley
Mary Dugan

Board Members

Edith Ball
Darryl Mia
Nicole Horn
Amy Sponseller
Lisa Biolley
Rosemary Takeda
Mavis Laughlin
Bill Fedde
Shawn Lindstrom

Best wishes to all for a happy and safe holiday season!

Our 44th Annual David Graham swim meet was a testament to the heritage of our team and the quality of our swimmers, one of whom gave his life for our county.

Our coaches continue to work hard to develop great swimmers and to make sure they grow into mature and responsible adults.

As you enjoy this holiday season, take a moment to reflect on all that we have to be thankful for and to appreciate what a great group of swimmers and families we have at Buenaventura swim club.

Your editors,

Michelle McConica (michellemcconica@live.com)

John Derr (johnmderr@verizon.net)

IN THIS EDITION

Sept 2013

Jason York, Head Coach p. 2
Edith Ball, Board President p. 5
Coach Brittany p. 7
Coach Danny, p. 9
Coach Katie p. 10
Coach Betsy p. 11
VCM News p. 12
Mikes Multi-Sporters p. 16
Swim Meet Schedule p. 17
Nancy's Nutrition Notes, p. 18
Swimmer Mom's Recipe p. 19
Our Sponsors p.22

Buenaventura Swim Club Mission Statement: To Pursue Excellence Through the Sport of Swimming



Jason York, Head Coach

Our Proud Heritage

The Buenaventura Swim Club recently hosted its **44th annual David Graham Memorial Swim Meet**. With about 700 athletes converging on the Ventura Aquatics Center, Buena Swimmers shined as bright as the sun on a beautiful weekend of fast swimming. While the performance of the swimmers was inspiring, it is helpful to put this long standing meet into perspective.

Our Blue, Red, White swim meet is a "Memorial Meet" due to the fact that one of the charter members of Buenaventura Swim Club lost his life in combat while serving his country in Vietnam as part of the Marine Corps. His story follows;

Born in Ventura, California, on November 16, 1948, **David Bruce Graham** graduated from Buena High School in the class of 1966. While on the swim team, David held school records in the 200 and 400 yard freestyle events. Yes, there was no 500 Freestyle; it was only 400 yards back then. In addition, he was a member of the 400 yard freestyle relay that held the school record. In October of 1966, David Joined the U.S. Marine Corps and was assigned to Camp Pendleton for basic training. Subsequently, he was sent to Vietnam in September of 1967 and trained in Da Nang for



duties in a combined action group. After training, he was sent to an island near Chu-Lai in February of 1968 where he attended and worked with the South Vietnamese people until he attended Vietnamese Language School in Da Nang in July and August of 1968. David returned home on furlough in October of 1968. After reporting back to duty in November, he was assigned to a mobile training team at Tam Ky, Vietnam. On February 8, 1969, David lost his life while on patrol near Tam Ky. He was awarded the following medals for his service: Purple Heart, National Defense Service Medal, Vietnamese Campaign Medal and the Vietnamese Service Medal with three stars, and the Navy Commendation Medal with Combat V for meritorious service from November 20 to February 8, 1969.

The David Graham Swim Meet is a great tradition that honors David Bruce Graham. In addition to the swim meets' namesake, two other past members of Buenaventura Swim Club tragically lost their lives prematurely. **Shaun Treskes** passed away in 1981 at the age of 22 and **Stella Brittingham** lost her life in 1971 in an automobile accident on her way to her first teaching job while she was still in her early twenties. The overall winner of the men's 500 yard freestyle earns the David Graham

Memorial Trophy at this meet. The winner of the Women's 15 & Over 100 Breaststroke wins the Stella Brittingham Memorial Trophy and the overall winner of the Women's 500 Freestyle wins the Shaun Treskes Memorial Trophy.

Of special note, 15 year old **Brigid McNally** has now won the Shaun Treskes Memorial Award two years running for winning the 500 Yard Freestyle. She had to dig deep and finish strong beating the runner up swimmer by 1 second in a race that takes close to 5 minutes. Good Job Brigid! Also of special note, 14 year old **Alicia Harrison** had the overall fastest time in the 100 Breaststroke, but the award is only given to the 15 & Over age group. I'm sure she has her eye on a 4 year run beginning next year!

In addition to the Memorial Trophy Winners, there were many other great performances that helped honor the David Graham, Stella Brittingham, and Shaun Treskes legacies. **Alicia Harrison** went undefeated, not losing a single event she entered. **Lindsay Clark** won the 200 Fly and 400 IM and also had many top three performances. **Solie Laughlin** won the 200 Backstroke and had many other top five finishes. Also on the girl's side, **Delani Clark, Katrina Hayek, Melissa Yu, and Maria Petraitus** all had

many strong swims. For the boys, 14 year old **Josh Monroe** won the 100 and 200 Butterfly and had many top 3 finishes. **Josh Modglin, Luke Johnstone, and Spencer Allen** all had strong performances showing where the next generation of great Buena Swimmers will come from. Finally, in the 15 & Over Age Group for men, **Stewart Harrison** won the 100 Freestyle and had many other big drops. Other strong performers were **Skyler Schilke, Niles Biolley, Jack Burleigh, David Peterson, Ethan Bates, Jacob Sponseller, Brandon Lum, Andrew Ordonez, and Brendan Kearns.**

The Buenaventura Swim Club has been serving Ventura County since 1962, producing outstanding swimmers and upstanding young adults through a disciplined approach to athletics. The David Graham Memorial Swim Meet has been hosting athletes at its competition since 1969! This is a great tradition. Thank you to all our swimmers who compete to the best of their abilities and to all the parents who selflessly volunteer their time. By doing so, you are helping support the team and the legacy of all the kids in our community. We must always remember that this is a Memorial Meet and that is important.



Buenaventura Swim Club's 44th Annual David Graham Memorial Swim Meet Was A Success Thanks To:

 <p>TWO TREES CAFE Two Trees Cafe Kimball & Telegraph</p>	<p><i>Siblings Bakery</i></p> 	 <p>Simone's Coffe and Tea at Kimball & Telegraph Rd.</p>
	 <p>Cronies Sports Grill 2855 Johnson Dr. Ventura</p>	 <p>Noah's Bagels on Victoria Ave.</p>
		
 <p>ferraro's ITALIAN RESTAURANT 2788 E. Main St. Ventura</p>	 <p>Ventura's Water Store 1455 S. Victoria Ave. Ventura</p>	

Please Support
our Local Contributors



Nick Thoman teaching Buenaventura swimmers at the Swim Better, Faster, Smarter clinic.

EDITH BALL, BOARD PRESIDENT

What a Great Start of a Season!

During September and October 2013, Buenaventura Swim Club members got together for a few beginning-of-the-season events that we traditionally hold and some new ones that may be worth repeating. We hope our **New Member** meetings were helpful in introducing new families to the sport of swimming and we thank them for their interest and attendance. Our **Annual Member Meeting** was a blast and the following members were voted to serve as our board of directors for the 2013-2014 season: **Lety Ball** (President), **Darryl Miya** (Vice-President), **Nicole Horn** (Treasurer), **Amy Sponseller** (Secretary), **Lisa Biolley**, **Rosemary Takeda**, **Mavis Laughlin**, **Bill Fedde** and **Shawn Lindstrom**.

It seemed that our swimmers and families enjoyed the pool party on October 6 during our annual members meeting. It was very nice that so many families joined in the fun and the board was able to share information on how the team is doing financially, talk about the budget for the new season and put in context some income figures by comparing meet income and expenses and membership numbers. We handed out copies of documents with specific information about the meets Buenaventura Swim Club hosted during last season and a pie chart showing percentages of where the team's income is derived, as well as a comparison of membership numbers for the past four years. In general, we can report that hosting five meets last year brought \$53,328.59, which comprised 16% of the team's annual income. It is

important to share this information because the team will only host four meets this year and we are hoping that the difference in meet income will be made up in other types of contributions and that we will continue to increase our membership just as we have done in the past few years.



Buenaventura Swim-A-Thon 2013 Sets New Record

It is almost the end of November and by now we have had a couple of fundraisers and hosted our first meet of the season. All this has taken place thanks to the participation and support of all our members and we appreciate everything our members bring every time we get together.

To start the season, Buenaventura Swim Club organized a **Swim-A-Thon** as its first fundraiser of the year. This was a challenge to our swimmers to swim 100 or 200 laps in one hour (depending on age group) and to help our team raise \$15,000. And our swimmers answered the call. We were very happy to see all our swimmers attempting to swim as many laps as possible with the support and pride of their parents and friends. The great weather we enjoyed that day was a small reflection of the camaraderie and warmth brought by a team effort. The picture of this team event and the number of swimmers who participated are signs of empowered youth and family support.

And thanks to our members' efforts we set a new record in fundraising. We reached and surpassed our goal of \$15,000! This is

the most we have ever raised in our history of participating in swim-a-thons. In order to celebrate, we had a "Cupcake Social" to recognize the top donors with some nice prizes. We congratulate the 80+ swimmers who swam their 100/200+ laps and we thank all those who brought in donations.

Nice First Home Meet of the Season

Our first home swim meet of the season is done and everything went very well. Thanks to the work and donations of our families, Buenaventura Swim Club was able to host the 44th Annual David Graham Memorial swim meet, which brought almost 700 swimmers and their families. We had great (hot) weather, superb swimmers' performances and happy attendees. During this meet our hospitality crew handled a long Saturday with grace and poise and survived the absence of our Hospitality Team's leader, Rosemary Takeda. This brought other members to step up and hold down the fort. Thanks to **Mavis Laughlin, Linda Schilke, Amy Hall, and Marisa Burrier** for managing everything related to meal donations, set-up and take down of the Hospitality Booth and the Snack Bar.

We are very grateful to the following families for their donations: **Harris, Santos, Peterson** (double donation), **Clark, Ball** (Oxnard), **Miya, Burleigh, Harrison, Lum** (double donation), **White, Fedde** (double donation), Senesac, Singleton, Corona, **Maxwell, Hayek, Yu** (double donation), **Henley, Ball** (Ventura), **Shelton-Burrier, Arana, Stowell, West, King, Marble, Talmage**. These donations are sold to our

visitors and friends to cover the meet expenses like pool rent, equipment rent, officials fees, and, when necessary, pay for coaches and officials' meals. Again, we appreciate all the contributions of our members.

Ongoing and Upcoming Fundraisers

We would also like to thank **Dale and Anthony Espitia** for organizing the traditional *Marie Callender's Pies* fundraiser. And hope that our members will continue to support our team by taking part of the upcoming fundraisers.

If any member would like to share new ideas or comments, we ask that you contact a board member via email by clicking the Contacts Tab, under Coaches and Directors.

Fitter and Faster Clinic

Lastly, we would like to thank all the swimmers and families who attended the Fitter and Faster Clinic on October 26, 2013, with Olympic Gold and Silver medalist Nick Thoman and World Championship finalist Keri Hehn. We hope that this was a worthwhile experience and that everybody learned something. This clinic brought some visitors from other clubs and we heard very nice comments about the presentation and about our facility and pool. One particular email mentioned the actions of **Coach Katie Corley** toward a visiting swimmer. Her assistance and understanding made a world of difference to this swimmer and we are very proud to count Coach Katie as a member of Buenaventura Swim Club.

Thank you all for being part of Buena.

THE GOLDEN GIRLS

By Coach Brittany, Gold & Triathlete Coach



As you can see in this recent photo (right) from the *David Graham Memorial Swim Meet*, many of our Gold Group Girls (GGGs) have been reppin' pink swim caps this fall in honor of *Breast Cancer Awareness*. It is so cool to see our team come together in this way in

support of a very prominent battle presenting many our nation's women and families. How great that we can learn to unite with a common love and hope even while swimming laps in a pool!

In recent swim meet news...

We had GGGs representing our group at both the Santa Maria and David Graham meets. I cannot list all of the fabulous accomplishments that I have had the pleasure of witnessing, but I *can* say that I am very proud of every one of these ladies who are entering meets, accepting the challenge of racing, and giving 100%. I am happy to see an increase in confidence and desire for swimming some longer events, such as the 500y free, 200y butterfly, 200y breaststroke, 200y backstroke. These are events that all of our group can—and *should*—be swimming often! You learn best by doing, and you can't do it if you don't sign up! I challenge all of our GGGs to sign up for something out of their comfort zone—400y IM or 1650y free, anyone? For those who have yet to swim a 200y or 500y free, the time is now ☺

Big thanks to the ladies who turned in *Goal Sheets* to me for the David Graham Meet:

Eve Miya, Olivia Monarres, Torie Ball, Amy Maxwell, Lauren Kearney, Ula Bowman, Elizabeth Senesac, Tea Laughlin, Teagan Monroe, and Annika Arroyo. ...I made a deal



that if I received 10 goal sheets, I would make treats for the girls. They were sneaky and turned in exactly 10 to me, just in time to earn homemade meringues and hot chocolate the following week at practice.

I know that I have written quite a bit on the topic of goal sheets, but I cannot express enough how effective these little, seemingly insignificant, pieces of paper are. Goals are good on their own, but writing them down makes them more real. When there is a clear definition of how much improvement, how much work, and how much time is needed, the goal becomes something solid to reach and aim for. The process is outlined and the cost is counted. Otherwise, the "goal" is mostly just a thought.

Some of the benefits I have observed from goal sheets are:

- Better knowledge and sense of ownership of swim times and potential
- Sense of personal accountability to achievements vs. comparing to others' achievements
- Improved awareness of goal-setting in general and how to set high—yet achievable—goals

- Increased desire to work towards goals in practice, and even at home!

Committing to goals can be scary, but if you don't know what you want, how are you going to figure out what you need to do to get what you want? And if you don't know what you need to do, what is motivating you to do anything? As I have stressed in the past, the goal sheets are for learning about goal setting, not about being perfect at goal setting or predicting future times. I am always available and willing to help fill out goal sheets with the swimmers during practice time or outside if

needed. Additionally, it is important to note that goals do not need to be world-record-breaking. This is more about making small steps every day in practice for a goal desired, no matter how "big" or "small".

"Success comes from knowing that you did your best to become the best that you are capable of becoming." – John Wooden

Joy,
Coach Brittany



Keri Hehn teaching Buenaventura swimmers at the Swim Better, Faster, Smarter clinic.

Success in swimming has nothing to do with gold medals, world records or best times. For me, success in swimming is measured by what the sport brings to the rest of my life outside swimming. Swimming is only a small portion of my life, but the lessons learned while swimming will last forever.

-Nick Brunelli, 7 time world championship medalist & former American record holder

The Gold Group Boys

By Coach Danny, Gold Group Boys

The **Gold Group Boys** have come a long way since we started in August. They have set a new standard for the future of the group. All boys moving into the Gold Boys Group in the future are going find themselves challenged to maintain the high standards of the current group. And as their coach, I could not be more proud.

The boys hold each other accountable for everything. They do not tolerate missing practice or being late. And they especially do not tolerate being lazy *during* practice. They expect everyone to be on time and to give 100% effort during dry land and in the pool. The boys have created an environment that is challenging but fun. They have begun to really enjoy working

hard because swimming fast at meets is their reward. And nothing is more fun than swimming fast! And after the success they all experienced at the David Graham meet, I expect the boys will be working even harder.

The David Graham meet was an awesome meet to watch. In event after event, the boys dropped time. The excitement and energy on the deck was incredible. As each event was completed, the boys became more confident in their ability to race and to win. As a coach, there is

nothing more rewarding than to see your swimmers realize how that their hard work is paying off.



The Silver Stars

By Katie Corley, Silver Group Coach

Wow! It's been a great couple of months for the Silver group. In addition to several major events, the kids have been shining in practice. Every day they swim an average of 2000 yards, which can be very tiring and cause the mind to wander. That's why I am so proud of them for how they've been performing during our "focus sets." Each day we have a main set which focuses on something different- speed, endurance or drills. During that set I ask the kids to think about the goal of the set and swim accordingly. Some days we work on building speed in a 200 freestyle, other days we focus on body rhythm in butterfly. We also work on tightening streamlines and working on underwater dolphin kicks to increase power off the walls. Although we still like to have fun and play games in the Silver group, I have been increasing my expectations of the kids during practice and they have all been rising to the occasion. The two most recent "Swimmers in the Spotlight," **Jet O.** and **Emily N.** are great examples of Silver swimmers who step up and work their hardest every day in practice.



Now onto all the awesome events that have taken place over the past few months! In September we swam at PVST's Sprint Pentathlon. This was a great short course meet for the kids who participated. We even had three meet champions from the Silver Group! **Colley O.** took home a first place medal for the Boy's 8 year old division, while **Brandon S.** and **Jet O.** took home 2nd and 3rd place, respectively, for ten year old boys.

In mid-October, the kids raised money and swam in the Annual Swim-A-Thon. Our group average was 130 laps (almost 2 miles) in 75 minutes—that's awesome! Three Silver swimmers, **Sarah I.**, **Jet O.** and **Paige W.**, stayed in longer to finish the maximum of 200 laps- that's equal to 5000 yards! In addition to all that swimming, Silver families raised \$3501 in online donations and even more in cash/check donations! Thank you for all your help supporting the

club. As a reward we took one day off practice to play games and have fun as a team.

Our home meet, the 44th Annual David Graham Swim Meet, was early in November. Almost 90% of the Silver group signed up to swim in this meet—what an awesome turn out! We had a lot of best times and I was proud of the kids for swimming more difficult events like the 100 butterfly, 200 IM and 200 freestyle. Also, congratulations to all of our first time meet participants—**Davin C.**, **Alicia H.**, **Jordan J.** and **Even S.**—you all did a great job! Please be sure to congratulate the following stand-out swimmers if you see them on the pool deck: **Jaiden M.** took home a trophy for the boys 5-8 division and secured a WAG time in the 50 butterfly; **Ella**

M. got a WAG and JO cut in the 50 breaststroke; and **Jet O.** got WAG times in the 50 free, 50 fly, 100 fly and 200IM, as well as a JO cut in the 100 fly. I am so proud of all three of you; all of your hard work in practice is paying off in a big way!! The following swimmers earned Blue times: **Victoria H.**, **Ella M.**, **Marin P.**, **Colley O.**, **Jaiden M.**, **Jet O.** and **Tristen A.** The following swimmers earned Red times: **Giovanna P.**, **Sydney R.**, **Siena L.**, **Emilie B.**, **Paige W.**, **Austin G.**, **Davin C.**, **Brandon S.** and **Matthew T.** Awesome job, everyone!

Again, I can't state enough how proud I am of these kids, both in meets and in practices! As the weather turns colder, please keep up with practice attendance; it is the only way for us to continue with such a successful season. Remember, the pool is always a cozy 77-80 degrees, even if the air is colder!



BRONZE GROUP BUBBLES

By Coach Betsy, Bronze Group
With Natasha & Mo

We have reached a new level. We now have 41 solid Bronze team members and are still growing. This is fantastic news for our club and community. Each and every one of these kids represents our team proudly. As you can guess, my next goal is to reach the 50 mark. The more swimmers the better and stronger we look to guests, at the pool and at swim meets. Let's make people wonder what is going on at BUEN. At all levels they will observe wonderful things happening with our swimmers.



The David Graham/Stella Brittingham meet was fantastic for our kids. **Rylie Singleton** did the most amazing thing I have seen yet. She dropped a whopping 1:25.46 seconds in her combined races. It goes to show how hard she has been working, listening, and improving all her strokes. **Brayden Jones and Alayna Lindstrom** dropped approximately 33 seconds each. **Julia Garcia** dropped a little over 21 seconds. **Lily Zabarsky** took off a little over 17 seconds. There were many others that dropped 14 seconds or less: **Delaney Shelton-Burrier, Kelsee Espitia, Devin Larson, Liam Besand, Alley Harwood,** and I don't want to forget **Angelina Longhammer** who drops gobs of time every time she enters a swim meet.

Swimming in their first swim meet was **Dani Henley, Kenny Dott, Isabel Edwards-Tenison, Jack Edwards-Tenison, Alex Garcia, Adriana Hernandez, Eliza Hernandez, Charisse Lindsey, Grace Neitz, Logan Pennock, Brandon Ramirez, Aksha Shanbhag, Selah Willms,** and they did such a great job! With all these names, you can see what a force our group has become.

I need to thank **Coaches Natasha and Mo.** With this large of a group and still growing, we would not be seeing this much success with these kids.

Lastly, chilly weather is upon us once again. If you would like to do Cocoa and Cookies on Fridays please let me know so I can tell you how to get 1 hour of time logged in.

Coaches,
Betsy
Natasha
Mo



Mike G. Shaffer

Iron Tough World Class Swimmer & Undaunted Triathlete

One of my favorite images from Greek mythology is the great phoenix (or phenix), a long lived bird that is cyclically regenerated or reborn arising from its own ashes. One theory is that the phoenix symbolized renewal in general as well as the exceptional man. There is such a phoenix in our midst: however he's been "flying" through the water versus the air this year scoring gold medals as a Top 10 USMS Swimmer (M45-59) in the 100 Fly LMC (1:00.51), 100 Fly SCY (52.85) and 200 Fly SCY (1:58:45). And if you want to witness controlled speed and power off the pool walls executing a flip-turn...



Mike G. Shaffer learned to swim at the Sacramento YMCA (tadpole, guppy, minnow, etc.) At age 10, he began competitive swimming when he and his sister (finally, he says) talked their parents into allowing them to join the Carmichael Beavers summer recreation program. Mike rode 20 miles round trip to swim practice – foreshadowing his triathlete future! By age 13 Mike had graduated from summer recreation to full-time club swimming. A native of Sacramento, California, Mike attended Jesuit High School and was a 2-time CIF individual champion and high school All-American in 8 different events. He ranked #1 and #2 nationally in the 100-yard freestyle and 100-yard butterfly his senior year (1983).

Even today Mike's legendary aquatic feats as a Gaucho at UCSB are poolside conversation. Rumor has it many of his collegiate records have yet to be broken. Shaffer was a NCAA Division I All-American in 1987 and a top-8 finalist at the 1988 US Olympic Swimming Trials in the 200-meter butterfly.

Mike has two unbeaten National Records for the USMS One Hour Postal Swim as of this writing: In 2003 (M35-39) for 5905 Yards and in 2009 (M40-44) for 5910 Yards. He is one of the Top 10 USMS Swimmers in the 45-49 age group this year and years previous. To thoroughly recount all of

Mike's swimming and triathlete accomplishments and awards would fill volumes. This Buena Masters swimmer is not only an aquatic wonder but an accomplished triathlete since 1994.

Shaffer's athletic career was sidelined due to a near fatal serious accident (1994). This amateur triathlete and highly competitive swimmer harnessed great determination and an iron will to regain his strength and range of motion while undergoing extensive and painful rehabilitation. Mike experienced other physical injuries including a ruptured appendix and a broken collar bone. Yet another cycling accident resulted in more surgery to his knee. But Mike is a passionate goal setter and a stellar example of what a positive attitude and determination

can yield when pursuing physical goals in the water, on the bike, and in life in general.

From ***Healing Waters*** USMS Swimmer May 2006 by Cari Parven

....Shaffer was a full-fledged triathlete by 1994, the year that a drunk driver almost took his life. Cycling with a friend on a September training ride after having just run a 5K race, "a Ford Escort took us out head-on," "The hood of the car sliced right above my knee, and then I went into the windshield and did some rag-doll flips." Shaffer suffered a severed left quad, knees that needed to be rebuilt and a broken right foot, not to mention the bruises and lacerations he endured as he flip-turned his way over the car, with his bike rebounding off of him. Ever determined and fiercely competitive, "three months later I was back in the pool making one-legged open turns and dragging my legs behind me with the help of pull-buoys," he says. Shaffer credits keeping an open mind and returning to the pool for his swift recovery. "I think that I was able to recover a lot better because of the good condition I was in, and because of the swimming."

Shaffer also focused on the small goals he set for himself, first on land, then in the water. "Get out of the wheelchair, then get rid of the walker then chuck the crutches," and then back in the water was his mantra. "His whole life had been the pool," In the water, he was able to regain the motion he lost on land. "In swimming I could keep testing the other parts of my body, my upper body, while the other parts were healing up," Shaffer says. "I was determined. I kept setting goals: 40-second 50s today. It refreshed me. I think it helped to light a fire again."

Every week I was trying a new challenge."

Four months after Shaffer's accident, he did the USMS One Hour swim. "I was swimming almost 100 percent with my upper body. The kicking wasn't the same, but I was able to do two-legged flip turns," he recounts. Ten months after the accident, Shaffer took part in Iron Man Canada. He set a personal record and a race record for the swim portion of the event. His 2.4-mile swim in 43:54 still stands today. He was awarded USA Triathlon's Comeback Award for his remarkable recovery. Shaffer also won gold and silver medals at the 1994 FINA Masters World Championships in Montreal.

"I kept a positive outlook and didn't give up," says Shaffer of his recovery. "It may take time, but stick with it," he advises others who may be coming back from an illness or accident. As with the first bike accident, Shaffer says, "I used swimming to get back. By all estimates swimming brought me back."



Mike Shaffer is also celebrated as a relay member of the Ventura Deep Six 202-mile Ocean Relay Team (Sept 16-20, 2010) that broke the open water world distance relay record for a continuous swim from Ventura to Santa Barbara to San Diego (101.75 hours).

Mike stoically endured persistent knee pain during the relay. The same year Shaffer challenged Mark Warkentin, the 2008 Olympic contender in the 10K Open Water Race, at the Semana Nautical 3 mile race chasing his toes just 28 seconds back to capture 2nd place.

Per Shaffer, there are six greatly significant and memorable competitive events for him to date. First, it was the final of the 1988 Olympic Trials in the 200m Fly. According to Shaffer, "The whole scenario including the pressure-packed ready room, parade/walk out to the blocks, introductions, and seeing that I was in contention for that magical second spot at the final turn (unfortunately I faded in the last 15m and finished 7th)". Second, winning the 200 Free at PCAA (now Big West) College Championships as an unknown sophomore over a "highly-favored Danish Olympian Peter Rohde..." Mike rode on his hip until the 125 and then "kicked in the legs" and neg-split for the victory over a body length (:49.0-:48.6).

For his two "come-back events", less than 10 months after the bike-car accident on October 23, 1994, Mike sighted the USMS Nations in Ft. Lauderdale where he won the 1650 Free and 200 Fly (M30-34) and the Ironman Canada whereby Mike set the swim record (2.4-mile in 43:54) which stands to this day! The Ironman Canada was his first Ironman event. I image he totally stunned his doctors with his recovery!

Lastly, for the past president of the Buenaventura Swim Club, are the USA Triathlon Aquabike Nationals Championship (USA Triathlon) in South Carolina (Oct. 2013) where he was the overall Male Finisher, plus earned the men's Masters and 45-49 titles! He awed the competition with his 1.2 mile swim (24:15) to finish the event in 2:52:29. Shaffer walked a marathon to complete his 3rd (and last) ironman-distance race in Canada (Aug. 2013). According to Mike he "won the unofficial Shaffer-family race with Jill (but she holds the family record with a Kona-qualifying time of 11:25 at age 40)."

Mike swims 4 times per week averaging 6 hours per week and logging approximately 16,000 yards weekly. His hours on the bike range from 6-9 hours for an average of 100-200 miles per week and rounds out his week with 2-4 hours in the gym. Shaffer had to retire from running about 4 years ago due to the knee injuries and subsequent pain. Shaffer now walks the run legs in any triathlons he enters and he says his goal is to "try to beat John "Stallion" Chung!!!" a fellow VCM Masters swimmer turned triathlete. On occasion wife Jill will ride with Mike but "lately she likes to run instead of bike...probably to get away from me!!!"

I quizzed Mike as to what drives him to compete with such fierce intensity. "I come from a very competitive family and being the youngest of 4 added fuel to the fire since I was determined to beat my older siblings. I also love to eat large portions of food, so I need to train a little extra to burn those calories...and stay competitive in my swim, bike & swim-run (aquabike) events. Mike Shaffer is also known for his wit and sense of humor.

Shaffer is married to Jill Shaffer, an accomplished swimmer and notable triathlete herself. There's daughter Sarah, a fiercely competitive soccer player, plus Mike has two grown stepchildren, Britta and Paul. Young Reese and Brody call Mike "Grandpa". Mike studied mechanical engineering at UCSB and is a successful self-employed consulting engineer and President of Shaffer Environmental Consulting. A 14 year old yellow Labrador named Jackson shares *his* home with the Shaffer family.



Sarah & Mike

When asked what readers might like to know about him, Mike responded, "I hope to keep swimming into my 70's-80's-90's...just like Larry "Geezer" Raffaelli since it's a great cardio exercise and easy on my body (i.e., joints). It is an awesome sport since it has taught me the value of hard work, self-discipline,

determination and commitment....values I have utilized in other aspects of my life."

Our "phoenix" is an exceptional man due to his athletic prowess, determination, and contribution to the club but equally for his fine character.

His fellow Masters swimmers had this to say of Mike Shaffer:

"Shaffer is an iron tough athlete who doesn't like to lose." – **Jim McConica**

"Mike's - he's not that bad of a swimmer & biker too" – **Kurt Baron**

"Amazing athlete..." "Focused and committed to both our club and to his athletic endeavors but in a low key, good natured way...A guy I like to be around" – **Jim Neitz**

"Mike's a great role model in the pool—always swimming hard & properly completing turns and touches. You don't want to be swimming next to him and glide in to the wall with a one handed finish on a fly or breast swim or you'll hear about it for the next ten minutes. You also don't want to swim behind Mike—it's like swimming in a vortex" – **John Derr**

"...fierce competitor, intense focus, determined" -**Stacey Warmuth**

"Mike has a very big heart...a Great Dad and husband...Mike is the kind of friend that you can count on all the time in good and bad. I'm proud to say that I'm a good friend" – **Kurt Baron**

"I Love Mike" He's a funny, funny Guy – **Kurt Baron**



Jim McConica with fabled coach Peter Daland
155 years of swimming experience!

Mikes Multi-Sporters

By Mike Shaffer



The 2013 triathlon season is winding down and several VCM members recently competed in some late-season events. **Jim Avrea** returned to the pool just in time to put in a few good workouts prior to his final ironman-distance triathlon, or so he claims, in Tempe, Arizona. Three of Coach Brittany's "Swim for Triathletes" class members (**Karen O'Neill, Betsy Watson & Mariel David**) also successfully completed the same Ironman Arizona event with Jim. **Coach Brittany Day** had another solid race at the Los Angeles Triathlon placing among the top professional women. Below is a list of results I accumulated from September 23 to November 17. Hopefully I didn't miss anyone, but if I did and to assist me in the future, PLEASE send me a quick e-mail regarding your event/results to pbjms@pacbell.net. I'd love to hear what everyone's up to.

Los Angeles Triathlon, Venice Beach-Downtown Los Angeles, CA – September 29 (0.9 mi swim/24 mi bike/6.2 mi run):

“Coach” Brittany Day – 2:22:27, 1st Female Collegiate (7th female overall including pros)

Carpinteria Olympic Triathlon, Carpinteria, CA – September 29 (1.5 km swim/40 km bike/10 km run)

Josh Santin – 2:39:18, 11th M45-49

Carpinteria Sprint Triathlon, Carpinteria, CA – September 29 (0.5 km swim/20 km bike/5 km run)

John Chung – 1:13:03, 16th M40-44 (PR & 7th fastest swim split-overall (7:50))

Mike Shaffer – 1:15:29, 20th M45-49 (fastest swim split-overall (6:34))

Anna Szymkowiak-Chung – 1:31:19, 20th W40-44

USAT Aquabike National Championships, Anderson, SC – October 13 (1.2 mi swim/56 mi bike)

Mike Shaffer – 2:53:29, 1st M45-49 (1st overall-all ages)

Ironman Arizona, Tempe, AZ – November 17 (2.4 mi swim/112 mi bike/26.2 mi run)

Jim Avrea – 11:16:50, 26th M50-54 (:58:45 swim/5:08:49 bike/5:03:32 run)

Karen O'Neill – 14:36:37, 96th F35-39 (1:26:55 swim/7:43:55 bike/5:04:11 run)

Betsy Watson – 15:06:00, 106th F40-44 (1:51:58 swim/6:22:23 bike/6:34:17 run)

Karen O'Neill – 16:50:27, 121th F35-39 (1:55:04 swim/7:57:26 bike/6:37:16 run)

Congrats to all of our multi-sporters!!

If you are looking for upcoming events in the area, I recommend the following websites to start your search:

www.rincontriclub.com (Ventura County triathlon club)

www.insidetrack.com (running store in Ventura)

www.trirunning101.com (running/tri store in Camarillo)

www.hokuloaoutrigger.com (local outrigger canoe club)

SWIM MEET SCHEDULE



2013 Southern California Swim Meets for Buena Ventura Swim Club

TENTATIVE SCHEDULE—check with your coach

- November 22-24: Cranberry Classic – Canyon Aquatic Club (Blue/Red/White)
- December 6-8: Annual Holiday Meet – Conejo Simi Swim Club (Blue/Red/White)
- December 12-14: Winter Junior Nationals – North Carolina Greensboro Aquatic Center – (Proof of Time)
- December 13-15: Winter Age Group Champs – TBD (Proof of Time)
- December 19-22: Southern California Winter Invite – TBD (Proof of Time - Seniors Only)



2013 Southern California Swim Meets for Ventura County Masters

- 10/20 UCLA SCM
- 11/10 Santa Clarita SCM
- 11/17 Pierce College Turkey Shoot SCM
- 12/06 – 12/08 SPMS SCM Championship at Commerce



2013 Postal Swims for Ventura County Masters

- The next postal swim will be January 2014: 1 hour

2013 Southern California Open Water Swim Schedule

- No meets scheduled

Nancy's Nutrition Notes

By Nancy Gardikas Derr, Registered Dietitian

Muscles CRAMPING Your Style?

Muscle cramps are a common problem for many athletes. Cramps are involuntary full-strength muscle contractions and they hurt! They can cause tiny tears in muscle tissue, leaving the muscle sore for days afterward. Muscle cramps most commonly occur when athletes work their muscles to the point of exhaustion. Cramping can be unpredictable, and experts are not always sure what causes them. **However, what you eat or drink (or don't eat or drink) may be leaving you predisposed to muscle cramping.** The following nutritional tips may help you avoid this common problem.

- **Drink plenty of fluids.** Drink fluids before, during and after your workouts. Aim for eight 8-oz glasses per day—more if you are having a long, hard work out. You also get fluids from some foods such as soups and fruits. You can count these foods toward part of your fluid requirement. An easy check to see if you are drinking enough fluid is to check the color of your urine. It should be clear, pale yellow, and you should have plenty!
- **Get some salty foods in your diet.** Low sodium in the blood can contribute to cramping due to an electrolyte imbalance. If you are sweating and only drinking water to replace your fluids, you may be contributing to an electrolyte imbalance. When you lose salt in your perspiration, you need to replace it by eating salty foods such as salted pretzels or sports drinks, or you can lightly salt your food.
- **Eat fruits and vegetables to increase your potassium intake.** Potassium is another electrolyte that may contribute to cramping if it is low. Fruits and vegetables are the best sources and contribute to a healthy heart as well. Foods highest in potassium include bananas, oranges, melons, spinach, and baked potatoes.
- **Include calcium-containing foods at least twice a day.** Try nonfat or low fat milk or yogurt. If you can't tolerate milk products, try soymilk, tofu, or cereals such as Total which is calcium fortified, or orange juice that is calcium enriched (read the label to be sure.)

Try these suggestions if you have muscle cramps. **Also, begin any physical activity slowly before going "all out".** Warming up muscles can avoid cramping or try some gentle stretches before workouts and competition. Your coach may have some ideas as well. An ounce of prevention may help to avoid a pound of pain!

Swimmer Mom's Recipes for Fall Sports!

By Kim Lisi, Registered Dietitian

Hello swimmers! With the holiday season fast upon us, here are a few recipe ideas for your holiday dinner. Whatever you may choose they are sure to be delicious and loved by all! Enjoy our featured holiday recipes from allrecipes.com.

Have a wonderful holiday season from my family to yours! This is a simple, down to basics recipe when it comes to the good old tom turkey.



Homestyle Turkey

Yield: 16 Servings

Ingredients:

- 1 (12 pound) whole turkey
- 6 tablespoons butter
- 4 cups warm water
- 3 tablespoons chicken bouillon
- 2 tablespoons dried parsley
- 2 tablespoons dried minced onion
- 2 tablespoons dried minced onion
- 2 tablespoons seasoning salt

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Rinse and wash turkey. Discard the giblets or you can add these to pan if these are anyone's favorites.
2. Place turkey in a Dutch oven or roasting pan. Separate the skin over the breast to make little pockets. Put 3 tablespoons of the butter on both sides between the skin and breast meat. This makes for very juicy breast meat.
3. Combine the water with the bouillon, and sprinkle in the parsley flakes and minced onion. Pour over the top of the turkey. Sprinkle seasoning salt over the turkey.
4. Cover with foil and bake in preheated oven for 4 to 5 hours. For the last 45 minutes or so, remove the foil so the turkey will brown nicely.

Nutrition Information

Servings per Recipe: 16
Calories: 548

Amount Per Serving

Total Fat: 28.1g
Cholesterol: 210mg
Sodium: 753 mg

Amount Per Serving

Total Carbs: 1 g
Dietary Fiber: 0.1 g
Protein: 68.3 g

These red-skinned mashed potatoes are just the creamiest. They are always a hit with company and a perfect complement to your meal!



Red Garlic Mashed Potatoes

Yield: 4 Servings

PREP 5 min

COOK 30 min

READY IN 35 min

Ingredients:

8 medium red potatoes, cubed
2 teaspoons crushed garlic
1/2 cup butter or margarine
1/4 cup half-and-half cream
2 tablespoons white sugar
1/4 teaspoon steak seasoning
1/4 teaspoon garlic powder

Directions:

1. Place the potatoes into a large pot, and fill with enough water to cover. Add 1 teaspoon of the crushed garlic to the water for flavor. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork.
2. Drain the potatoes, and add the butter. Mash until the butter is melted. Mix in the half-and-half, sugar, steak seasoning, garlic powder and remaining garlic. Mix potatoes with an electric mixer until smooth

Nutrition Information

Servings per Recipe: 4
Calories: 548

Amount Per Serving

Total Fat: 24.4 g
Cholesterol: 67 mg
Sodium: 253 mg

Amount Per Serving

Total Carbs: 75.3 g
Dietary Fiber: 7.3 g
Protein: 8.9 g

These beans are briefly boiled and tossed with cherry tomatoes in a buttery basil sauce. Very tasty indeed!



Green Beans with Cherry Tomatoes

Yield: 6 Servings

PREP 5 mins

COOK 15 mins

READY IN 20 mins

Ingredients:

1 ½ pounds green beans, trimmed and

Cut into 2 inch pieces

1 ½ cups water

¼ cup butter

1 tablespoon sugar

¼ teaspoon garlic salt

¼ teaspoon pepper

1 ½ teaspoons chopped fresh basil

2 cups cherry tomato halves

Directions:

1. Place beans and water in a large saucepan. Cover, and bring to a boil. Set heat to low, and simmer until tender, about 10 minutes. Drain off water, and set aside.
2. Melt butter in a skillet over medium heat. Stir in sugar, garlic salt, pepper and basil. Add tomatoes, and cook stirring gently just until soft. Pour the tomato mixture over the green beans, and toss gently to blend
3. Melt butter in a skillet over medium heat. Stir in sugar, garlic salt, pepper and basil. Add tomatoes, and cook stirring gently just until soft. Pour the tomato mixture over the green beans, and toss gently to blend.

Nutrition Information

Servings per Recipe: 6

Calories: 122

Amount Per Serving

Total Fat: 8g

Cholesterol: 20mg

Sodium: 294mg

Amount Per Serving

Total Carbs: 12.6g

Dietary Fiber: 4.4 g

Protein: 2.6 g

OUR SPONSORS

Buenaventura Swim Club

thanks these businesses for their support



Simone's
at Kimball & Telegraph Rd.



www.ballandyorke.com



Cronies Sports Grill
2855 Johnson Dr., Ventura



Ventura Missionary School
500 High Dr., Ventura



Albertson's
at Kimball & Telegraph Rd.



Coast Self Storage
6800 Auto Center Dr., Ventura



www.pqnaudio.com



378 N. Ventura Ave., Ventura

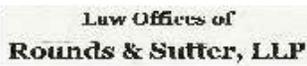


State Farm

John Derr, Agent
www.derrinsurance.com



Two Trees Cafe
at Kimball & Telegraph Rd.



www.roundsandsutter.com



Pizza Chief
at Kimball & Telegraph Rd.



Premier Diagnostics
3450 Loma Vista Rd., Ventura



Ventura Police Officers Association



McNally.Realtor@gmail.com



www.thesmileshapers.com



rpowers@prucalhomes.com



1437-F Victoria Ave., Ventura

TAKEDA

Myofascial Integration Massage and Education
www.takedadayspa.com



www.audioexpertsusa.com



Fresh & Easy
5101 Telegraph Rd., Ventura