



#SPPstrong | **never settle** | swim life



### Clinic Wednesdays

Starting on 25 October. For six consecutive weeks as SPP will be conducting six different clinics Wednesday's at 6 AM, 7 AM, 12 PM and 6 PM practices there will be a clinic each of the four strokes and two clinics on starts and turns.

- October 26 Starts & Turns
- November 2nd Butterfly
- November 9 Backstroke
- November 16 Breaststroke
- November 23 Freestyle
- November 30 Starts & Turns

There's no need to sign up just show up and the clinic will start right after warm-up and end with a cool down

## From the Head Coach

As a staff we're starting to get all fired up about the upcoming swim meets scheduled. It is shaping up to be a fun one, here are some highlights.

SPMS short course meters championship is back! After a three year hiatus the Long Beach Grunions are hosting their annual swim meet again. December 2, 3, 4.. And wouldn't you know registration is now open. So here's the link. [https://www.clubassistant.com/club/form/usms\\_verify.cfm?c=1293&form\\_type=Meet+Registration&smid=15362](https://www.clubassistant.com/club/form/usms_verify.cfm?c=1293&form_type=Meet+Registration&smid=15362) [https://www.clubassistant.com/club/meet\\_information.cfm?c=1293&smid=15362](https://www.clubassistant.com/club/meet_information.cfm?c=1293&smid=15362) I encourage everyone at every skill level to sign up for these events. The swim meets are for everyone no matter how young, how old, what your experience is, how long you've been swimming, how fast or how slow you might think you are, for everyone! You're only racing yourself and the clock. As a club this is a meet that will really help us with new membership and new traffic which is vital to keeping our club intact. Participating in meets provides certain benefits that as a club we really need. So can sign up and compete and have fun and you will be helping the club in a big way.

Here's some other very cool swim meet news. USMS Spring Nationals 2023 will be held in our backyard: Irvine, April 27-30. Also, the 19th FINA World Masters Championships 2023 will be held from August 2 - 11, 2023 all across the Island of Kyushu, Japan in the cities of Fukuoka, Kumamoto and Kagoshima. USMS is gonna have a full lineup of meets, and it looks like we're getting back to a "normal" swim meet schedule next year. Those events will be posted on January 1, 2023.



2022 SPP TEAM AWARDS  
THATS RIGHT THEY ARE  
BACK!

Voted on by you will be awarded  
at our holiday party in December!

## Three categories 4 awards

## Teammate of the Year.

## Swimmer of the Year

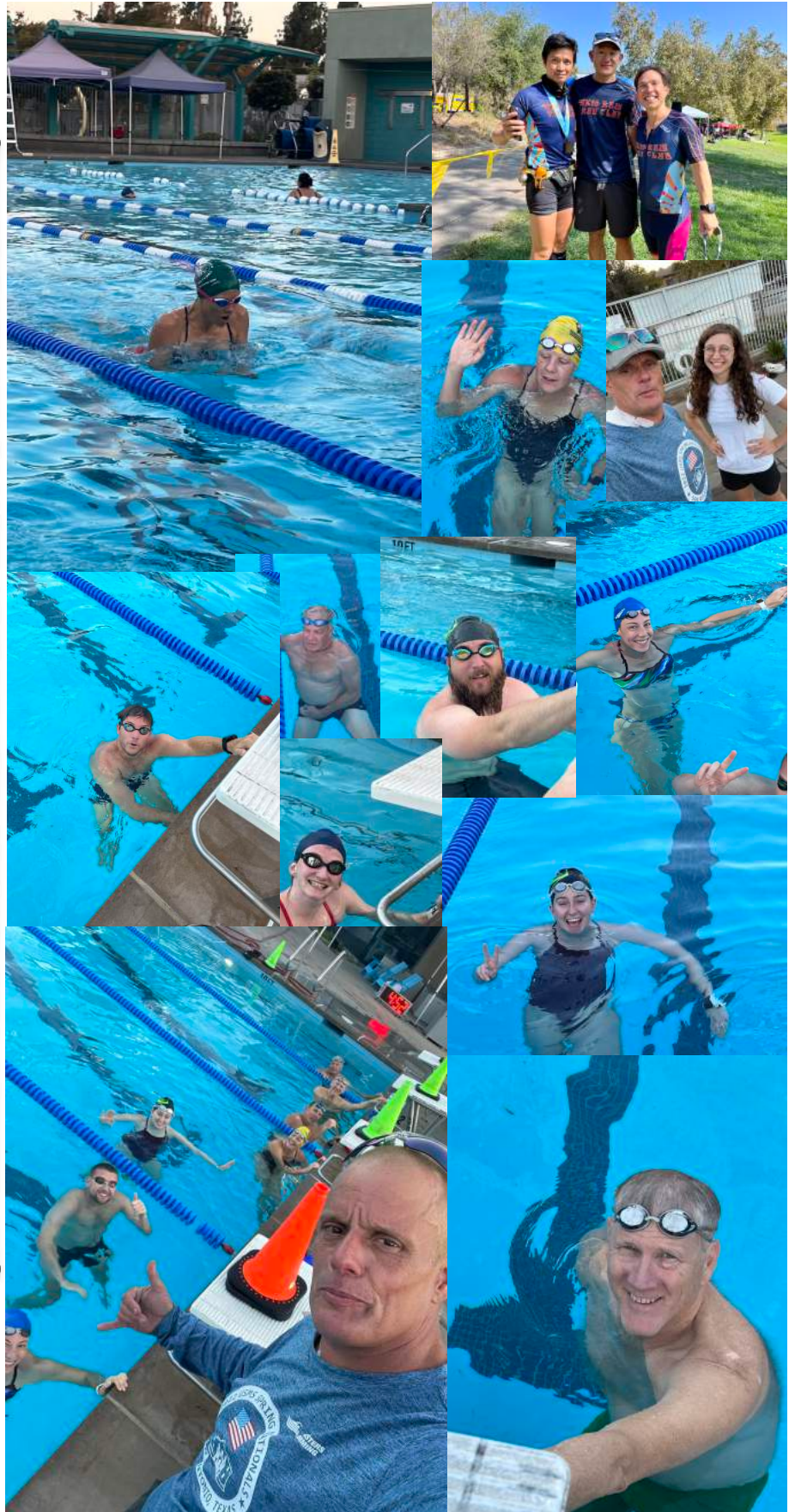
## Swimmer of the Year

## Coach of the Year

[https://docs.google.com/forms/d/rfhv9lkUnw1Ez2z3LdeVndTOQfNmKgBDZRzrXTBokHME/viewform?edit\\_requested=true](https://docs.google.com/forms/d/rfhv9lkUnw1Ez2z3LdeVndTOQfNmKgBDZRzrXTBokHME/viewform?edit_requested=true)

Vote as many times as you want.

The SPP board of directors will  
tabulate the votes and let me  
know day of the party





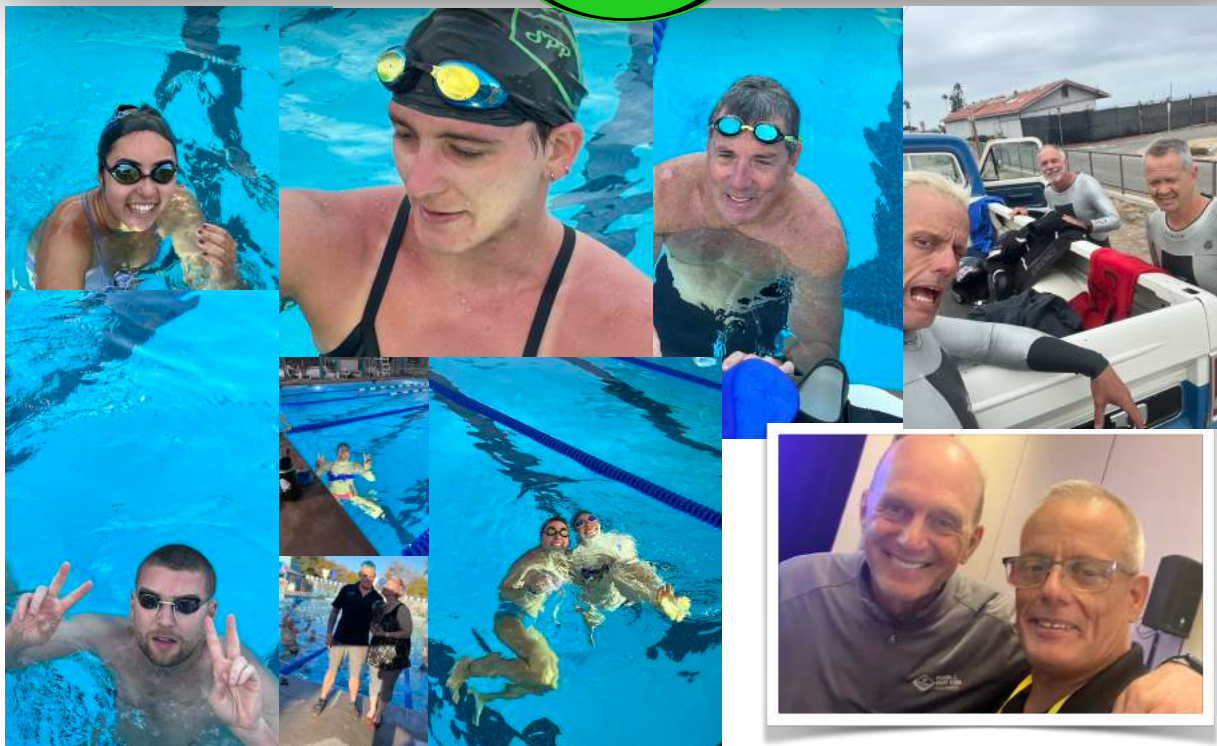
## **SPP** End of the Year Annual Fundraiser

The Covid-19 pandemic was tough for everyone, especially non-profits and small businesses. The explanation of what an "essential business" is and was could definitely be debated, but "young" teams like ours that rely on city facilities had a hard time rebounding. Our team is still here - but we have a lot of catching up to do. SilverPeak Performance was started with a goal to make the sports of swimming and triathlon more accessible to our community in Los Angeles County - we feel confident that we can continue our quest with some help and support from our community.

[HTTPS://WWW.GOFUNDME.COM/F/SUPPORT-OUR-SWIM-TEAMS-GROWTH-AND-DEVELOPMENT](https://www.gofundme.com/f/support-our-swim-teams-growth-and-development)

FOR TAX PURPOSES, OUR EIN: 81-5429840

501(C)3 NON-PROFIT





Check out the debut of our updated SPP logo



Original



Updated



## Holiday Party!!!

SPP Holiday party is back!!! I'm proud to say ! A holiday party committee is being formed now if you'd like to volunteer! Please send your emails to [SilverPeakperformance@gmail.com](mailto:SilverPeakperformance@gmail.com)

