

**MASTERS WEEKLY ANNOUNCEMENTS**  
**Wednesday, March 21, 2013**

**“SWIM BETTER -- FEEL BETTER -- BE BETTER”**

1. Words from Coach Mark
2. SW Zone Spring Championship Update
3. Spring Nationals
4. CAS
5. Handy Links

**FYI –Right now we will be at Marguerite Aquatic Center on Monday, March 26. If there is a chance to go earlier we will send you an email.**

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**Words from Coach Mark**

Spread the word---

From toning your core to speeding up your metabolism, there are several reasons why we should keep swimming.  
(or start back up again).

## **10 reasons why you should not stop swimming!**

1. It's a total-body workout. Swimming tackles everything from sculpting your back to toning your arms—all without having to pick up a weight.
2. It's joint-friendly. If you're recovering from an injury it's great way to build strength. It's muscle-lengthening. Swimming combines resistance training with cardio, building lean muscle and boosting your metabolism.
3. It's helpful with exercise-induced asthma. Swimming requires some breath control; it also improves your overall lung and breathing capacity.
4. It doesn't require fancy equipment. All you need is a swimsuit, cap, and goggles.
5. It's a great way to burn calories. One hour of moderate swimming can burn around 500 calories.
6. It's optimal for cross-training. A swim workout will actually improve overall performance at the gym.
7. It maximizes your cardio. Swimming is the ultimate aerobic activity.
8. It's refreshing. Jumping into a pool is refreshing! Have fun with it, and enjoy being in the water. If anything, you'll walk away with a nice tan and an endorphin kick!

It's the Nadadores! Do I need to say more?

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**SW Zone Spring Championship Update**

**Please enter the meet before April 15!**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=964&smid=10130](https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=10130)

Dates: April 27-29

Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped.

**Here are MVN Swimmers in the meet so far!!!**

Giometti, Danny- 31  
Grice, Jeffrey- 34  
Humphrey, Garth- 43  
Miller, Mariah- 44  
Rines, Jen- 41  
Serpas, Summer- 40  
Malley, Julie- 50  
Span, Eileen- 52  
Borzzone, Ray- 59  
Carlsen, Richard- 58  
Cavaliero, Kelli- 56  
Stuart, Margaret- 59  
Stuart, Ian- 71

**WE NEED MEET SPONSORS** -- [Sponsorship Information](#)

--all sponsor forms due by April 14.

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## **Spring Nationals – MVN SWIMMERS WANTED**

### **2018 Nationwide USMS Spring National Championship**

[IU Natatorium](#), Indianapolis, Indiana

May 10-13, 2018

### **ENTER NOW**

(Entries close on April 9 at midnight HAST)

- [Meet Information](#)
- [Order of Events](#)
- [Meet Roster](#)
- [National Qualifying Times](#)
- [Relay Information](#)
- [Travel and Lodging](#)
- [Hospitality and Merchandise](#)
- [Social and Attractions](#)

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## **CAS – Suits, Sweats, Equipment**

### **Team Uniform**

The Nadadores team suit is a blue DOLFIN racing suit with the team logo appearing on the women's suit and men's suit. The cap is yellow with the Nadadores logo in blue. All team members should wear the team uniform, team t-shirts, sweats, parkas, etc. at all meets.

Nadadores team suits and equipment may be purchased from Competitive Aquatic Supply (CAS). CAS will be available on deck at the SW Zone Meet.

In addition, orders may be made by phone, fax or email as follows:

Telephone: 714 898-2655; Fax: 714 898-4988;

E-mail [casswim@aol.com](mailto:casswim@aol.com)

C.A.S. Store Online: <http://www.casswimshop.com>

C.A.S. Store Address: 3972 Barranca Pkwy, Irvine, CA 92606

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## **Handy Team Links**

### **Workout Schedule (up to date daily calendar changes)**

<http://www.mastersmvnswim.org/Calendar.jsp?tabid=23835&team=scmvnm>

### **MVN Workouts**

<https://www.clubassistant.com/club/workouts.cfm?c=964&mr=-1>

### **MVN Team Records**

<https://www.teamunify.com/SubTabGeneric.jsp?team=scmvnm&stabid=23464>

*Mission Viejo Nadadores Masters*

*...a lifetime of...*

*Challenge... Achievement... Recognition...*