

**MASTERS WEEKLY ANNOUNCEMENTS**  
**Wednesday, April 11, 2018**

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

1. Words from Coach Mark
2. SW Zone Spring Championship Update
3. Nadadores Gift Basket Fundraiser
4. USMS Spring Nationals

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**Words from Coach Mark**

Effective kick starts with a drive at the hips and the power builds down through your thighs, shins and ankles to your toes. Keep your legs long and relaxed.

Kicking is like walking. It is a smooth, comfortable, relaxed movement which starts at the hips.

Kicking power starts at the hip and the power flows down your leg.

### **---HIP, THIGH, KNEE, SHIN, FOOT**

Your freestyle kick should be no wider or deeper than the deepest or widest part of your shoulders.

#### Most common kicking problems

- large excessive knee bend or all legs
- stiffness or rigidity in the action
- feet lifting out of water
- relax, long and be loose

#### Corrections

- more from hips, slight knee bend
- heels breaking the surface

Remember keep your legs long and relaxed!

Good luck!

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## SW Zone Spring Championship Update

Dates: April 27-29

**Please enter the meet before Friday, April 13 for a Meet Shirt! Meet fees increase after April 13.**

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

### MVN Swimmers in the meet (33 swimmers)

<b>Last, First</b>	<b>Age Group</b>
Geier, Steven	18-24
Giometti, Danny	30-34
Grice, Jeffrey	30-34
Houldsworth, Duncan	40-44
Humphrey, Garth	40-44
Miller, Mariah	40-44
Rines, Jennifer	40-44
Serpas, Summer	40-44
Batcheller, Jennifer	45-49
Chapman, Ryan	45-49
Furukawa, Patty	45-49
Going, Melissa	45-49
Kurr, Kyle	45-49

Mills, Tammy	45-49
Sandstedt, Christian	45-49
Sumner, David	45-49
Berkman, Matthew	50-54
Freitas, Stephen	50-54
Malley, Julie	50-54
Pinedo, Alex	50-54
Span, Eileen	50-54
Borzzone, Ray	55-59
Carlsen, Richard	55-59
Cavaliero, Kelli	55-59
Santy, James	55-59
Stuart, Margaret	55-59
Heather, Michael	60-64
Hiller, Michael	60-64
Woolard, Robbi	60-64
Dougherty, Mindy	65-69
Longworth, Mark	65-69
Montrella, Beverly	70-74
Stuart, Ian	70-74

**Don't delay – enter the meet ASAP!!!**

***GO NADADORES!!!***

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**Nadadores “Gift Basket” Drive Fundraiser**

Last year the Fundraising Committee along with the support of all the Nadador families successfully

raised over \$10,000 with our “Gift Basket” drive and Gala auction items.

Specifically each swim group donated themed gift baskets that were raffled/auctioned at the Gala, the Swimathon Kickoff Party and the Swimathon.

Well it’s that time of the year again and we need your help! Masters will again be donating 1 or 2 baskets. We need to come up with a theme for the basket(s).

Examples of these from last year are Date Night, Family Game Night, Day at the Beach, etc. If anyone has anything special they can donate, please let Coach Mark know because that may help with deciding a theme.

These baskets will be collected by May 21th. As always, we appreciate your support with this very important fundraiser.

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**2018 USMS SCY National Championships  
May 10–13, 2018, Indianapolis, Ind.**

**Team Mission Viejo**

Dougherty, Mindy 65-69

Fava, Silvia 55-59

Gunnell, Steve 45-49

McLaughlin, Lisa 50-54

Montrella, Beverly 70-74

Travaini, Carlo 55-59

***GO NADADORES!!!***

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*Mission Viejo Nadadores Masters*

*...a lifetime of...*

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