

MASTERS WEEKLY ANNOUNCEMENTS

Wednesday, June 27, 2018

1. Words from Coach Mark
2. Santa Barbra Swim Meet
3. Patrick Moore Memorial Relay Meet
4. SW Zone Summer Championships

Words from Coach Mark

Swim Tip - Can You "Feel the Water"?

What sensations do you feel when your hands go through the water?

Are you manipulating water efficiently?

1. Feel your hands.

Try inserting your hands into the oncoming flow instead of "attacking" the water and trying to push the water directly backwards.

2. Wrap the Flow.

After feeling the oncoming flow – wrap the flow around the arm by gradually rotating your hand and forearm. The maximum elbow bend should reach approximately 90 degrees and should be comfortable to you- If you need to- adjust the amount of elbow bent to suit your style.

3. Think momentum.

Your desired stroke timing depends to a great extent on your speed. Use your entry hand as a guiding sensory to judge the desired timing of your stroke.

Good Luck!

Santa Barbara Swim Meet
2018 Reg Richardson Memorial LCM Meet

Saturday June 30

Registrations closes tonight

https://www.clubassistant.com/club/meet_information.cfm?c=1757&smid=10755

Are you Going?

Carpool? Email Coach Mark today for a ride

Patrick Moore Memorial Relay Meet

Sunday, July 15

Get your relay teams together NOW

- Family Relays and BBQ lunch too!

Family relays include a 4 x 50 free, 4 x 50 t-shirt,
and a 4 x 50 watermelon race!

https://www.clubassistant.com/club/meet_information.cfm

JOB SIGN UPS ARE OPEN

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dscmvn&id=883805&team=scmv>

SW Zone Summer Championships

Registration Is Open!
2018 SW Zone Summer
August 10, 2018 - August 12, 2018

https://www.clubassistant.com/club/meet_information.cfm

The 1500 m Freestyle may be limited to the first 60 entries!

Mission Viejo Nadadores Masters

"Continuing in a Tradition of Excellence in a Positive and Confidence Building Environment"