

MASTERS WEEKLY ANNOUNCEMENTS

Wednesday, June 6, 2018

1. Words from Coach Mark
2. Relay for Life – WE need Walkers!
3. SMOC Housing Needed!

Words from Coach Mark

Finishes, Starts and Turns are vital to success.

However as it is with excellence in all fields of endeavor, PRACTICE DOES NOT MAKE PERFECT.

PERFECT PRACTICE MAKES PERFECT! There is a big difference between just practicing starts, turns and finishes in training and perfectly practicing

starts, turns and finishes in training that will help you to race faster.

Relay For Life -- ALL TEAM EVENT

Save the Date -- Saturday June 3

Location

OSO VIEJO COMMUNITY PARK
24932 Veterans Way

Please join us for the Annual Relay for Life event.
We need your help to walk with us around the track.

Time Slots – where we have NO ONE

10-11AM - ?

11-12PM - ?

Please RSVP Coach Mark your time slot TODAY

Arrive 15 minutes early - check in and join us at the park.

Please wear a Nadadores **YELLOW** team shirt.

http://main.acsevents.org/site/TR?fr_id=85650&pg=informational&sid=212807&name=event-details

Thank you for your support.

SMOC Housing Needed!

Host athletes during SMOC!

Please support our team and volunteer to house elite swimmers from around the world for our Fran Crippen Swim Meet of Champions (SMOC), **June 21-24, 2018 at the Marguerite Aquatics Complex in Mission Viejo.**

Many host families needed! We expect a HIGH NUMBER of athletes who will be requesting housing because of our new and improved facility. This could be our biggest SMOC ever! Let's show our AWESOME MVN Spirit!

Host families are able to meet exciting athletes from around the world and for your swimmers at home to be inspired. This is truly a fun experience for the entire family!

Please note that as a host, you should provide your swimmers with a comfortable bed, a home cooked meal or two (stock up on bread, bagels, pastas, fruit), and transport them to and from the pool.

How do you apply as a HOST FAMILY? Just fill out an application, but don't wait too long – limited number of spots available!

The housing application is attached. Please submit completed applications via email to delrosariodea@gmail.com OR to the swim office ASAP.

Questions: Dea Del Rosario at delrosariodea@gmail.com ; 949-290-8090 cell

Mission Viejo Nadadores Masters

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