

MASTERS WEEKLY ANNOUNCEMENTS

Friday, July 6, 2018

1. Words from Coach Mark
2. Saturday Starts and Turn Clinic
3. Patrick Moore Memorial Relay Meet
4. SW Zone Summer Championships

Words from Coach Mark

"FEEL-GOOD SWIMMING"

The goal of a "feel good" swim is to make the sensations you get on a hard set feel good, rather than bad. The idea of "feel good" is to experience

the sensations you get when swimming hard in a new and non-threatening light.

When you think about it- the only thing that makes a hard set feel bad is when you think it "hurts". The sensations themselves can easily be interesting or even pleasant. When you perceive them as unpleasant, it is because you think they "hurt". You feel them. They catch your attention. They can be intense. But they don't have to hurt or be experienced as painful if you label them otherwise and understand that there is no impending or actual biological damage. These sensations will signal biological growth through adaptation.

Experience the discomfort as something good. Make it a "feel-good" experience. Seek out these sensations. Make them happen. Notice them. Then,

make a point to adapt to this new "feel-good" style in your swimming

Good luck!

Coach Mark

Saturday, July 7 – Starts and Turn Clinic

Sign up today – just a few spots open!

3:00-5:00pm - Cost \$30.00

RSVP Coach Mark

Patrick Moore Memorial Relay Meet

Sunday, July 15

Get your relay teams together NOW –we need swimmers! Or just sign up and will will do the relays.

- 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! Enter TODAY

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!

MVN Swimmers in the Meet so far

Brown, Jim 75

Stuart, Ian 71

Tammy, Mills 50

*****Remember swimmers can score more points on the longer events - go for it!**

Mission Viejo Nadadores Masters

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