

# MASTERS WEEKLY ANNOUNCEMENTS

Wednesday, April 4, 2018

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

1. Words from Coach Mark
2. SW Zone Spring Championship Update
3. Marguerite Grand Re-Opening
4. USMS Spring Nationals

**FYI – Please check the team calendar for the up to date workout times and locations**

**<https://www.teamunify.com/Calendar.jsp?tabid=23835&team=scmvnm>**

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## Words from Coach Mark

### **6 steps for a good start**

1. First, you must look and image the hole you will be diving into.

2. Next, come down; keep eyes looking back at your foot.

Focus on being balanced with weight centered over your lead foot.

3. Now explode forward off the blocks – finish the push with your feet fully extended and toes pointed. Remember - eyes down (don't look forward).

4. When moving through the air, keep your elbows close to your body and hands ready to streamline.

5. Like a knife enter the water clean and exact – full body streamline fingers to toes, into the hole with your fingers and the rest of the body will follow – hands, head shoulders, hips, and feet all through one tiny hole.

6. Maintain a tight streamline position for maximum distance

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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

### MVN Swimmers in the meet so far:

Giometti, Danny	30-34
Grice, Jeffrey	30-34
Serpas, Summer	40-44
Rines, Jennifer	40-44
Houldsworth, Duncan	40-44
Humphrey, Garth	40-44
Miller, Mariah	40-44
Furukawa, Patty	45-49
Sumner, David	45-49
Going, Melissa	45-49
Sandstedt, Christian	45-49
Mills, Tammy	45-49
Berkman, Matthew	50-54
Malley, Julie	50-54
Span, Eileen	50-54
Cavaliero, Kelli	55-59
Carlsen, Richard	55-59
Borzzone, Ray	55-59

Stuart, Margaret	55-59
Woolard, Robbi	60-64
Dougherty, Mindy	65-69
Montrella, Beverly	70-74
Stuart, Ian	70-74

## **TEAM SERVICE HOURS SUPPORT PROGRAM**

Job Signup is open for the meet

**\*remember you must complete a minimum of 4 service hours from one of the two zone meets and a total of a minimum 8 service hours for the year.**

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dscmvn&id=883770&team=scmvn>

## **HELP - WE NEED MEET SPONSORS**

[Sponsorship Information](#)

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### **Marguerite Grand Re-Opening**

**Saturday, April 7 10:00-2:00pm**

“Continuing Mission Viejo’s Olympic Tradition,” the Marguerite Aquatics Center will make a historic splash for its Grand Re-Opening Celebration on Saturday, April 7.

Ushering in a new chapter of our City's swimming and diving legacy, the event will give the community a chance to meet past, present and future Olympians as well as enjoy synchronized diving and splash time. Families will enjoy an inflatable aquatic obstacle course as well as activities and tours of the newly renovated 45-year-old center. The complex will feature the only 45-foot-tall dive tower with doublewide platforms in Orange County, making it the sole facility on the West Coast capable of hosting synchronized diving competitions.

Opening ceremonies are from 10 a.m. to 11:30 a.m. with a host of activities taking place from 11:30 a.m. to 2 p.m. Guest parking at Trabuco Hills High School with

FREE shuttles to the event (no parking on site.)

In addition to photo ops with Olympians, a diving show, swimming, an obstacle course and crafts...

you have the chance to WALK ON WATER in BUBBLE BALLS!

#mvnadadores #swimdiveplay

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**2018 USMS Spring Nationals**

[2018 Nationwide USMS Spring National Championship](#)



May 10–13, 2018, Indianapolis, Ind.

Meet entry deadline - May 9, 2018

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Mission Viejo Nadadores Masters

...a lifetime of...

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