

MASTERS WEEKLY ANNOUNCEMENTS
Wednesday, March 28, 2013

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

1. Words from Coach Mark
2. SW Zone Spring Championship Update
3. 2019 Summer Nationals Committee

**FYI –Thursday and Friday 5am and 6am
at Marguerite Aquatic Center this week**

Words from Coach Mark

Is Competition Really Necessary?

Not always, but one of the best ways to motivate yourself to train harder is to compete.

The goal is to improve one's physical and emotional wellbeing.

Whether you finish first or dead last is not the issue. The only losers are those who make no effort to take care of themselves.

The competition in Masters swimming isn't against the swimmer in the next lane. It's all about you, your goals, feeling great and having fun!

Everyone who participates with the Nadadores Masters are winners because

we are all taking actions to better ourselves in a positive and confidence building team environment.

SW Zone Spring Championship Update

Please enter the meet before April 15!

https://www.clubassistant.com/club/meet_information.cfm?c=964 &smid=10130

Dates: April 27-29

Swimmers are limited to entering a total of 6 individual events for the entire meet and no more than 5 individual events per day. If the meet is deemed too large, all athletes' sixth events will be dropped.

HELP - WE NEED MEET SPONSORS

[Sponsorship Information](#)

We are coming down to our deadline for meet sponsorships for the SW Zone Meet Meet Program.

I know I have spoken to many of you regarding placing an ad in the meet program.

NOW is the time to act. We have a April 14 deadline.

TEAM SERVICE HOURS SUPPORT PROGRAM

Job Signup Registration begins April 2

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

2019 Summer Nationals Local Organizing Committee

The local organizing committee for the 2019 USMS Summer Nationals hosted by Mission has begun their planning for this grand event.

We need volunteers who would like to be part of the organizing and help with the planning that takes place now through next year.

Here are the Team Leaders for this event:

- Coach Mark - Meet Operations
 - Awards
Gwen Uthus
 - Hotel Accommodations/shuttle
Lisa Mclaughlin and Coach Mark
 - Hospitality
Deanne Weismann and Kathy Love
 - Marketing, Promotions, Social Media
Nora Guard and Duncan Houldsworth
 - Sponsors/VIP
Coach Mark

- Volunteers
Kate Schreiber and Bev Montrealla
- Facilities
Coach Mark and Mike Grandison
- Safety/Medical
Maggie Williams

If you wish to help or get more information regarding this event please contact one of the above swimmers or Coach Mark.

Mission Viejo Nadadores Masters

...a lifetime of...

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