

# **Masters Weekly Announcements**

**Wednesday, December 13, 2017**

1. Words form Coach Mark
2. 2018 SCY Meet Schedule
3. Polar Bear Club Challenge
4. Toy Drive

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## **Words form Coach Mark**

It is the goal of the Mission Viejo Nadadores Masters to offer age specific training for all of our athletes geared towards challenging each individual and developing each individual to the

best of THEIR abilities.

Mission Statement: To promote adult fitness and health by offering a year round competitive/fitness swimming program for all levels and abilities.

### **Our Values:**

1. We value HEALTH and FITNESS, constantly challenging ourselves to achieve, in competition and in accomplishing own goals.
2. We value RESPECT for our teammates, competitors, coaches, and volunteers.
3. We value FUN, enjoying camaraderie with our fellow swimmers and embracing swimming as a joyful and satisfying avocation.

3. We value LEARNING through coaching and communication.

4. We value EXCELLENCE in safety, education, innovation, and performance.

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

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## **2018 SCY Meet Schedule**

**Plan ahead and mark your calendars now!!!**

**---SCY Champs at Mission!!!**

01/20, Sat

Fabulous Las Vegas Masters SCY at UNLV, Las Vegas

02/03, Sat

Palm Springs Short Course Yards, Palm Springs

02/10-11, Sat-Sun

Rose Bowl Short Course Yards, Pasadena

03/04, Sun

Caltech Pentathlon, Pasadena

03/18, Sun

CVMM Matt Biondi SCY Masters Classic, Thousand Oaks

04/06-04, Fri-Sun

San Luis Obispo Long Course Meters

04/08, Sun

UCLA Short Course Yards

04/27-04/29, Fri-Sun

MVN SCY Regionals, Mission Viejo

05/10-05/1, Thu-Sun

USMS National Short Course Yards Championships, Indy

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## **Polar Bear Club Challenge**

Here's how to do it:

Swim between Monday, December 11th and Sunday, January 7th (4 weeks) and make as many practices as you can. (26 days)

(No Workout Christmas Eve, and Christmas Day)

Membership is available at three levels depending on the number of practices attended.

All are invited to a pizza party in January to help celebrate the winners.

GOLD – 18 practices

Gold level membership entitles the swimmers to a Polar Bear t-shirt and a swim cap.

SILVER – 16 practices

Sliver membership entitles the swimmer to a Polar Bear shirt.

## BRONZE - 14 practices

Bronze membership entitles the swimmer to a swim cap.

### Rules

1. To ensure that all your practices count in your total you must have completed your 2017 USMS registration.

<http://www.usms.org/reg/register.php>

All practices completed before USMS registration will not count.

2. Each coach/swimmer will be keeping individual records of who was in attendance (roll sheet will be available FOR for you to sign in). These records will be combined at the end of the challenge. You are welcome to keep track of your practices, but please do not have coaches mark practices that you attended with

another coach. (give those to coach Mark, must get signed off from the coach you swam with)

3. Double daily workouts do not count.

4. Swim workouts out of town must be with a USMS club and must provide picture of the workout/coach.

We'll see you in the pool . . . just watch out for the ice bergs!

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**Toy Drive - Please bring a toy to the pool**

The Masters division along with the entire team will be participating in the City of Mission Viejos

Toy Drive once again this year. It is truly an important event.

Besides supporting our local partner (the City of MV), it is helping our community.

Last year, the team donated roughly 100 unwrapped presents for the Cities Toy Drive.

We are asking all Masters swimmers to bring an unwrap toy to the pool.

**Here are the details:**

Toy Drive will start on 12/11 and will end on 12/19.

The Toys are being donated to the children of the City of Mission Viejos adopted headquarters battalion of the 1st marine division.

***Mission Viejo Nadadores Masters***



***...a lifetime of...***

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