

Masters Weekly Announcements

Wednesday, December 6, 2017

1. Words form Coach Mark
2. Calendar of Team Events and Meets
3. Team Records at SCM Championships
4. Annual Christmas Party

FYI – No Workout Thursday Night (party)

Words form Coach Mark

Swimming-- when done consistently and over time can change the way your muscles work, the way they feel, and the way they look.

Swimming workouts can improve-

1. Your strength
2. Your stamina
3. Your power
4. Your agility
5. Your flexibility
6. Your coordination
7. Your speed
8. Your ability to resist or recover from injury

When you swim on a regular basis, your muscles – and you – become firmer and more appealing!

Calendar Team Events and Meets

Thursday, December 7, 2017

Annual Team Christmas Party – At the home of Ian and Margaret Stewart in Mission Viejo.

Monday, December 14

Polar Bear Club Challenger Begins

32 Team Records Broken at the 2017 SPMS Short Course Championships

Congratulations MVN swimmers for your recording breaking swims!!!!

Mindy Dougherty (65-69)

200 back - 2:59.08

400 free - 5:57.63

100 back - 1:23.60

100 IM - 1:34.43

50 back - 38.76
50 free - 34.83

Tyler Fidley (18-24)

400 free - 4:19.28
100 back - 1:04.27
800 free - 8:55.32
200 free - 2:00.28
100 IM - 1:06.39

Steve Gunnell (45-49)

200 IM - 2:29.86
200 free - 2:08.32

Jeanne McCleave (60-64)

100 back - 1:30.66
100 breast - 1:45.16
50 breast - 47.72
50 back - 41.88

Bev Montrella (70-74)

1500 free - 25:05.40

200 IM - 3:32.35

200 back - 3:30.26

100 back - 1:39.23

200 free - 3:02.98

400 free - 6:38.18

800 free - 13:20.24

Jeff Taylor (60-64)

50 fly - 31.44

Audrey Viers (30-34)

200 back - 3:25.10

Heidi Walker (40-44)

50 free - 28.57

800 free - 10:18.05

200 free - 2:17.44

RELAYS

Mixed 200-239 800 Free

Bev Montrella, Michael Heather, Heidi Walker,
Brendan Herlihy

10:38.72

Mixed 240-279 400 free

Bev Montrella, Michael Heather, Jeanne
McCleave, Jeff Taylor

5:16.79

Women 200-239 200 Medley

Andrey Viers, Jeanne McCleave, Bev Montrella,
Heidi Walker

2:45.83

WAY TO GO NADADORES!!!!

Nadadores Masters Annual Christmas Party -----Thursday Night 6-9pm

Here is the Evite link to RSVP

<http://evite.me/Cj1RGr8FuN>

COST: \$10.00 per person collected at door
(Turkey will be provided)

****BYOB****

Please bring the following for 6-8 people

Last name (A-K) - Side Dish

Last Name (L-Z) - Salad

FUN THINGS 😊

Polar Bear Logo Contest - get you logos submitted by Dec. 1 - vote will be done at the party!

White Elephant Gift Exchange (\$15.00 max)

Dessert Competition - Homemade goodies only!

Mission Viejo Nadadores Masters

...a lifetime of...

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