

# **Masters Weekly Announcements**

## **Wednesday, February 14, 2018**

Happy Valentine's Day!

1. Words from Coach Mark
2. Weekend Workout Time Change
3. Annual Chinese Dinner Fundraiser
4. OSO Fit Fun Run

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### **Words from Coach Mark**

**Is Competition Really Necessary?**

Not always, but one of the best ways to

motivate yourself is to train harder and then try to compete.

The goal is to improve your 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 try or 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 is a winner because we are all taking actions to better ourselves in a positive and confidence building team environment.

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## **President's Weekend Workout Times**

### Friday, February 16

5:00-6:00, 6:00-7:00AM Montanoso

12:00-1:00pm Montanoso

5:00-6:00pm Mission High School

### Saturday, February 17

6:00-7:00, 7:00-8:00 Saddleback College

### Sunday, February 18

8:30-10:00am Saddleback College

### Monday, February 19

12:00-1:00pm Montanoso

6:00-7:00 Tesoro High School

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## **Annual Chinese Dinner Fundraiser Thursday, February 22**

Nadadores Swimming Support of the  
Relay for Life – Cost is \$10.00 – all proceeds  
will go towards Relay for Life. Food will be  
delivered at the Saddleback pool.

Coaches will have order forms.

Enjoy a great meal by Rice Bowl Express

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## **OSO Fit & 5K Fun Run**

***Calling on all Nadadores!*** Help us raise funds  
for our team and have some fun on March 3!

The Nadadores team receives 100% of all pre-registration fees (Feb. 24<sup>th</sup>) \$25.00

( - just make sure you select MVN in the Non-Profit drop down box)

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***Mission Viejo Nadadores Masters  
...a lifetime of...***

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

***Recognition...***