

Masters Weekly Announcements

Wednesday, January 17, 2018

1. Words form Coach Mark
2. Polar Bear Club Party
3. All Team Planting Party
4. Facility Usage Polices Review

Words form Coach Mark

Success Formula for Life

WORK – In the quest in life’s endeavors work is essential. Give yourself, 100%, to whatever you are attempting.

DISCIPLINE – We must discipline ourselves to avoid the mistakes that hinder our development.

PRIDE – Once we possess a sense of work and discipline, pride is developed in ourselves and we know we are the best at what we do.

TEAM – Very few things are done individually. The majority of our accomplishments are done as a team. This is certainly true in athletics and it also holds true for the business world, the Church, and other institutions in our society.

SUCCESS – The combination of the above four equate to success. The degree of success we achieve depends on how well we've mastered the work, discipline, pride,

and team concepts. If the degree of success continues to be small, then one or more of the four concepts needs to be re-evaluated and improved.

WINNING – Winning in athletics and in life is merely a by-product of this success formula. If you continue to develop these attributes, winning will come to you.

Polar Bear Club Party

RSVP for the Party TODAY!

All members are invited to the pizza party on Sunday, January 21st at 3:00pm to help celebrate the winners.

Location: Coach Audrey's house in Mission Viejo.

<https://www.teamunify.com/NewsShow.jsp?returnPage=/News.jsp&id=595485&team=scmvnm>

All Team Planting Party

Saturday, January 27 – 8:00AM

Calling all Nadadores! The City has asked us to partake in a planting party at the Marguerite Aquatics Complex on January 27th.

Lunch will be provided for this event, but swimmers are asked to wear clothes that will get a little dirty.

SIGN UP on the link below – you will need to sign in to your account.

<https://www.teamunify.com/EventShow.jsp?returnPage=%2FEventsCurrent.jsp%3Fteam%3Dscmvn&id=868916&team=scmvn>

Please fill out the attached waiver and hand to your coach asap.

Facility Usage Polices Review and Workout Times

Saddleback College

28000 Marguerite Parkway, Mission Viejo

Workout Times

Monday - Thursday (5am, 6am, 9am, 7pm)

Fri (7pm)

Sat (6am, 7am)

Sun (8:30am)

1. Dressing room/showers OK to use

(Men don't shower in the Football/basketball team area or use the doors into the team locker room)

2. NO DIVING

3. Parking pass required all times – purchase pass at Campus Police

(\$40 semester/\$5.00 day pass)

Montanoso Recreation Center

25800 Montanoso Drive, Mission Viejo

Workout Times

Monday - Friday (12:00-1:00pm)

Friday (5:00--6:00am and 6:00-7:00am)

1. Street parking only

2. Enter pool through gate on street for all workouts

3. Dressing room/restrooms on pool deck only—
outside showers only

4. NO DIVING

5. Jacuzzi use OK

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

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