

Masters Weekly Announcements

Wednesday, January 10, 2018

1. Words form Coach Mark
2. Polar Bear Club Party
3. All Team Planting Party
4. SCY Meet Schedule
5. Marguerite Grand-Reopening

Words form Coach Mark

Are You Lacking Motivation?

Seven tips to help you get it done in 2018!

1. Set meaningful goals – find a reason to make the effort worth it.

2. Have realistic and intermediate goals – make them challenging and exciting.

3. Set daily short-term goals – where success can be guaranteed every day!

4. Have written goals with a completion date - It not a goal unless you write it down.

5. Keep a daily log book – chart your daily progress and record your successes.

6. Train with the winners – motivation is contagious, associate with those who can help you.

7. ***MAKE IT FUN!*** – Start having fun again, soon you will be successful in your training and motivational problems will suddenly disappear.

Polar Bear Club Party

Today ends the Polar Bear Club Challenge!

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

Location: Same as last year (Coach Audrey's house) in Mission Viejo.

The final list will be posted on the web site later tomorrow. Remember:

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.

All Team Planting Party Saturday, January 27 – 8:00AM

Mark Your Calendars Now! This is an ALL TEAM event.

The city will have ALL the plants there for us to plant around the aquatic facility.

The City is looking forward in having our team help in the planting of the facility landscape.

LUNCH will be provided! Hope you all can make it!!

SCY Meet Schedule

Meets marked All Team Event are the ones that we will concentrate to attend. Please make every effort to attend these meets.

01/20 Sat

Fabulous Las Vegas Masters SCY at UNLV

02/03 Sat – All Team Travel Event

Palm Springs Short Course Yards

Palm Springs, CA

02/10-02/11 Sat-Sun - All Team Sat Event

Rose Bowl Short Course Yards

Pasadena, CA

03/04 Sun Caltech Pentathlon

– All Team Event

Pasadena, CA

03/18 Sun

CVMM - Matt Biondi SCY Masters Classic
Thousand Oaks, CA

04/06-04/08 Fri-Sun
San Luis Obispo Long Course Meters
San Luis Obispo, CA

04/08 Sun UCLA Short Course Yards
Los Angeles, CA

04/27-04/29 Fri-Sun – **ALL TEAM EVENT**
Southwest Zone Championships Mission Viejo,

Marguerite Grand-Reopening

SAVE THE DATE!



Marguerite Aquatics Complex Grand Re-Opening



Saturday, April 7
10 am - 2 pm

Continuing Mission Viejo's Olympic Tradition

10:00 - 11:30 am - Opening Ceremonies

11:30 - 2:00 pm - Activities

- Meet past, present and future Olympians
- Inflatable aquatic obstacle course
- Complex Tours
- Synchronized diving and splash time
- Food available for purchase

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Mission Viejo Nadadores Masters

*...a lifetime of... Challenge... Achievement...
Recognition...*