

Masters Weekly Announcements

Wednesday, November 8, 2017

1. Calendar of Team Events and Meets
2. SCM Championships!
3. November Team Spirit Month
4. Words from Coach Mark

FYI – 2018 USMS Registration Must be Done before Polar Bear Starts!

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

Calendar Team Events and Meets

11/17-11/19 Fri-Sun

Gobbler Classic Short Course Yards, SLO

12/01-12/03 Fri-Sun 2017 SPMS Short Course
Meters

Championships Commerce, CA

Thursday, December 7, 2017

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

RSVP by Dec. 1

**2017 SPMS Short Course Championships
Friday, December 1 - Sunday, December 3,
2017**

Nadadores swimmers SIGN UP before Dec. 15

TEAM GOAL – 40 swimmers

ARE YOU GOING? Enter the meet by Nov 15th to receive a team shirt.

Enter on line at:

https://www.clubassistant.com/club/meet_information.cfm?c=1293&smid=9564

Fees: Flat fee of \$52.00 if entered online or postmarked by Wednesday, November 15th. Entry fee includes a meet souvenir. Add a \$15.00 late fee for all entries postmarked (or entered online) after Wednesday, November 15th.

All entries must be received by midnight on Saturday, November 25th. No individual deck entries are allowed.

November – Team Spirit Month

Got Cap? NO – There is Still Time!



Wear your Nadadores swim cap in workout during November and you will receive a chance to win a very special basket full of goodies.

Each time you wear your Nadadores swim cap your name will be placed in a box for the drawing at the end of the month.

[Don't have a Nadadores swim cap – You can purchase them at CAS in Irvine.](#)

In addition, orders may be made by phone or email as follows and delivered to the swim office.

C.A.S. Store

Address: 3972 Barranca Pkwy, Irvine, CA

92606

Telephone: 714 898-2655; E-mail
casswim@aol.com

NO NADADORES!!!

Words from Coach Mark

USE IT OR LOSE IT DURING THE WINTER

It doesn't take long to lose your fitness level that took months to achieve. It happens quickly with aerobic and endurance exercises like swimming.

If you stop, you will start noticing the effects in a short time as two weeks.

You will get winded doing what used to be easy laps in the pool. Your muscles have already lost some of their ability to use oxygen.

As you get further out of shape, your muscles will get sore once you start exercising again.

It doesn't take long to go from being at your physical peak to being out of condition.

If you want to get fit and stay that way, you have to make exercising a lifetime habit!

Stay wet – Stay fit – Swim for life!