

# **Masters Weekly Announcements**

**Wednesday, January 24, 2018**

1. Words from Coach Mark
2. All Team Planting Party
3. Upcoming Swim Meets
4. Handy Links

**FYI: Saturday Workout 6:00-7:15am**

**8:00-12:00 – Marguerite Aquatic Center  
Planting**

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**Words from Coach Mark**

**Know and Understand your  
OWN Reality and Limits**

Knowing your limits and your reality is the start of creating success and achieving self-confidence.

It will also help keep your goals realistic. What is your reality?

Are you a stay at home – work all day – or a businessperson who puts in 12 hour work days and has to decide between training in the early morning hours or late evening hours and get enough rest?

Are you driving the kids all over town from one activity to another – which means missing one or two of your own workouts?

Understanding your reality is important and will help determine your plan of action. It is the difference between saying to yourself "I wish I had the time to train like that", and instead saying "How can I get the most out of the time I have to swim and train?" You need to figure out

how you can pursue your goals within your reality.

There is 24 hours in a day – how many hours do you waste? We all know that we can adjust our priorities so that we don't waste time and that our training and exercise does not take a second seat.

How would it be if you looked at exercising or training as something that is a priority in your life?

Knowing what training time your reality allows you means that you can set goals that are challenging but realistic.

Place your training and exercise within your reality – You now have created a foundation for success!

See you at the pool!

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

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.

RSVP on line and complete the city waiver form. Go to

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

**LUNCH will be provided!**

Hope you all can make it!!

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## Upcoming Meets

02/03 Sat – **All Team Travel Event**

Palm Springs Short Course Yards Palm Springs

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2190&smid=9758](https://www.clubassistant.com/club/meet_information.cfm?c=2190&smid=9758)

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

Rose Bowl Short Course Yards Pasadena

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1459&smid=9760](https://www.clubassistant.com/club/meet_information.cfm?c=1459&smid=9760)

03/04 Sun Caltech Pentathlon – Pasadena

**All Team Event**

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

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**Handy Links**

## Workout Schedule

<http://www.mastersmvnswim.org/SubTabGeneric.jsp?team=scmvnm&stabid=22121>

## MVN Workouts

<https://www.clubassistant.com/club/workouts.cfm?c=964>

## Team Records

<https://www.teamunify.com/TabGeneric.jsp?tabid=24013&team=scmvnm>

## Team Calendar

<https://www.teamunify.com/Calendar.jsp?tabid=23835&team=scmvnm>

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