

# **Masters Weekly Announcements**

**Thursday, January 4, 2018**

1. Words from Coach Mark
2. All Team Planting Party
3. 2018 USMS Registration
4. Coffee with Coach

**FYI – Only 6 More Polar Days Left!**

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## **Words from Coach Mark**

Seasonal Plan for Short Course Yards:  
Competitive/Fitness/Triathlete (Jan.- April)

Weekly Workout Emphasis:  
Mid-Distance, Sprints, Distance, Stroke/IM

We will primarily train and gear our workouts for all swimmers in mind with the climax of the season being SPMS/SW Zone Championships at Mission Viejo and the USMS Nationals at INDY.

During this season, we will also train on all systems with focus on vo<sub>2</sub>, sprints, race strategy, all stroke techniques, flip turns and starts.

Achieving this requires that we focus on the development of following 5 elements:

Skills: Fundamentals, timing, breathing, and balance

Technique: Drills, perfect strokes, maximum distance per stroke, proper kicking

Endurance: the ability to sustain speed and be fatigue resistant

Turns: fast, powerful, explosive with great  
streamlining Starts:

Strong, powerful, explosive with great streamlining

Always remember too - Finishes, Starts and Turns are vital to success.

However as it is with excellence in all fields of endeavor, *PRACTICE DOES NOT MAKE PERFECT. PERFECT PRACTICE MAKES PERFECT!*

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**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!!

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## **2018 USMS Registration**

ALL swimmers must be registered with U.S. Masters Swimming:

Every swimmer must have a valid 2018 USMS card for insurance and liability purposes.

You can go to [USMS MEMBER REGISTRATION](#) to sign up.

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## Coffee with Coach

Please join me for coffee Tuesday, January 4 at 10:30am or Friday, January 5 at 7:30am at the ***It's a Grind Coffee House*** in Mission Viejo (25522 Marguerite Parkway) to answer questions and concerns on the new membership policies, fees, and service hours requirement.

We will also have coffee and begals after the Saturday workout at 8:00am to do the same.

Hope you will join us.

Coach Mark

949-233-6521

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***...a lifetime of...***

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