

Masters Weekly Announcements

Wednesday, November 15, 2017

1. Words from Coach Mark
2. Calendar of Team Events and Meets
3. SCM Championships! Sign Up NOW!
4. November Team Spirit Month
5. Drill of the Week

TEAM COMMITMENT

How Do You Know If You Are Really Committed To The Team?

There's a story I came across recently which helps sum this up...

The mayor of a small town went and asked one of the local farmers, who was highly respected if he would join the town counsel.

The farmer thought it over and then asked the mayor if he would want him to be involved or to be committed to the

counsel. The mayor asked what the difference would be. The farmer then explained: “It’s like a good bacon and egg breakfast. The chicken is involved but the pig, he’s committed.”

Which Are You? The Pig or the Chicken?

There’s a difference between being “involved” and being “committed”. It’s a subtle difference, but there is a difference. It often only shows up as barely discernible actions or inaction.

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 -- **RSVP by Dec. 1**
(At the home of Margaret and Ian Stuart in Mission Viejo)

2017 SPMS Short Course Championships

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

Friday, December 1 - Sunday, December 3, 2017

ARE YOU GOING? We need you for 1, 2 or all 3 days!!!!

Enter the meet by **TODAY** to receive a team shirt.

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

Team Spirit is going great!

Continue to wear your caps!!!

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.

GO NADADORES!!!!

C.A.S. Store

Address: 3972 Barranca Pkwy, Irvine, CA 92606

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

Good Luck!!!

Drill of the Week

Rhythm Drill for backstroke:

This drill is done by alternating 2 strokes of right-arm-only with 2 strokes of left-arm-only backstroke.

Remember - Keep the opposite (non-working) arm at your side.

Focus on core body rotation, keeping your head still and in line with your spine.

Swim Smart...Swim Fast!