

## **Masters Weekly Announcements**

**Friday, November 3, 2017**

1. Calendar of Team Events and Meets
2. SCM Championships! Sign Up NOW!
3. USMS 3000/6000-Yard ePostal Nationals
4. November Team Spirit Month
5. Drill of the Week

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### **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 -- Evite will be out soon!  
(At the home of Margaret and Ian Stuart in Mission Viejo)

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## **2017 SPMS Short Course Championships**

[https://www.clubassistant.com/club/meet\\_information.cfm?  
c=1293&smid=9564](https://www.clubassistant.com/club/meet_information.cfm?c=1293&smid=9564)

Friday, December 1 - Sunday, December 3, 2017

**ARE YOU GOING?** Enter the meet by **Nov 15th** 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.**

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***USMS 3000/6000-Yard ePostal Nationals***

# Nadadores Masters Sunday at Saddleback

Register Now

[https://www.clubassistant.com/club/meet\\_information.cfm?  
c=1287&smid=8519](https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=8519)



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## November – Team Spirit Month

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!!!!**

**Get yours before NOV. 1!**

**C.A.S. Store**

Address: 3972 Barranca Pkwy, Irvine, CA 92606

Telephone: 714 898-2655; E-mail [casswim@aol.com](mailto:casswim@aol.com)

Good Luck!!!

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## **Drill of the Week**

### **– 2 Underwater Dolphin Kicks/One Breast Pull**

This swim drill helps you become faster by allowing you to focus on the timing of the strike phase. By adding fins you will increase the speed as well as the amount of drag that creates a greater 'feeling' in the water.

The timing is the most important variable in this stroke! And there is no better way to work on it than through different drills.

Good Luck!

Coach Mark