

Masters Weekly Announcements

Wednesday, December 20, 2017

1. Words form Coach Mark
2. 2018 SCY Zone Championship Meet
3. Toy Drive Update
4. USMS LCM Top Ten

FYI – Workout Times this Weekend

Thursday, December 21

Montanoso

12:00-1:00pm

Friday, December 22

Montanoso

5:00-6:00am, 6:00-7:00am, 12:00-1:00pm

Mission Viejo HS

7:00-8:00pm

Saturday, December 23

Capo Valley HS
6:00-7:30am

Sunday, December 24

Capo Valley HS
6:00-7:00, 7:00-8:00am

Words form Coach Mark

Freestyle Tip Review

-- Breathing, Reaching and Pausing

Remember to exhale almost immediately, without a lot of force and not fully. Hum your air out and leave a little in your tank. Try not to "suck and tuck" your air- this will cause you to need more air! Don't wait until you are

turning your head to get your next breath to exhale, as you will not have enough time to get your next breath.

"Extend" your forearm forward and reach out, keeping your hand/arm at a slight downward angle to avoid "dropped elbows". (But slightly wider than your shoulders.) Think about pressing your armpit down and attempt to place your hands slightly wider than your shoulders. Reach wide, but toward the end of the pool.

The hard part is NOT to let your hand cross over in front of your head (your centerline). Reaching across feels like reaching forward in the water, however this will cause you to zigzag down the pool. Be aware that when you breathe, your arm/hand will tend to want to drift toward the centerline as you turn your head back toward the bottom. With this arm, you may need to over-emphasize a even wider entry, and may even feel like you are swimming lopsided. After your hand enters the water there should be a slight pause, (while you reach) before you initiating the pull.

You may think that you are slowing down since you are gliding and pulling right away, you are actually still moving forward at this point. This will allow you to lower your stroke rate, increase efficiency, lengthen out your body, and allow the bubbles from the surface to escape your hand and arm before you begin your pull. The pause will eventually shorten when your tempo and speed increases.

GOOD LUCK!

2018 SCY Zone Championship Meet

Plan ahead and mark your calendars now!!!

---SCY Champs at Mission!!!

<https://www.teamunify.com/SubTabGeneric.jsp?team=scm vnm& stabid =177643>

April 27-29

MVN SCY Zone Championships, Mission Viejo

Toy Drive - Update

Thank you to all that helped up reach our goal of 30 toys. It looks like we brought in 40 toys for the Toy Drive!!!

Overall the team is over 100 toys and still counting!

The Toys will be donated to the children of the City of Mission Viejo adopted headquarters battalion of the 1st marine division.

Thank you for your support for such a great cause.

USMS LCM Top Ten

Congratulations to Carol Wilson (2), John Campbell (1), Mindy Dougherty (2), David Sumner (1), and Bev

Montrella (11) for achieving TOP TEN in the country for their age group for the Long Course Season.

Congratulations to Bev Montrella for achieving All American in two events!

#1 800 Free - 13:30.32

#1 1500 Free - 26:07.39

<http://www.usms.org/comp/tt/toptenlmsc.php?Year=2017&CourseID=2&ZoneID=&LMSCID=&ClubAbbr=mvn&ext=txt>

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