

Masters Weekly News Update
Wednesday, June 14th, 2017

1. Summer Workout Schedule
2. Upcoming Meets and OW Events
3. 8th Annual Patrick Moore Relay Meet
4. Words from Coach Mark

Summer Workout Schedule

Mornings at Saddleback

Monday-Thursday

5:00 - 6:00 AM

6:00-7:00 AM

Friday Mornings at Montanoso

5:00 - 6:00 AM

6:00 - 7:00 AM

Mid- Mornings at Saddleback

Mon. - Thursday

9:00 -10:00 AM

Noon (12-1) at Trabuco HS Starts June 19

Monday - Thursday

Friday at Saddleback Started June 2

Evenings at Saddleback

Monday-Friday

7:00-8:00 PM

Weekends at Saddleback

Saturday

6:00 - 7:00 AM

7:00 - 8:00 AM

Sunday

8:30-10:30 AM

*****Pool Information (rules and regulations to follow)**

[https://www.teamunify.com/scmvnm/UserFiles/File/Mission%20Viejo%20Nadadores%20Masters%20Workout%20Schedule\(3\).pdf](https://www.teamunify.com/scmvnm/UserFiles/File/Mission%20Viejo%20Nadadores%20Masters%20Workout%20Schedule(3).pdf)

*****Calendar**

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

*****Workout Schedule**

<https://www.teamunify.com/SubTabGeneric.jsp?team=scmvnm&stabid =22121>

Up Coming Meets and OW Events

48th Annual Seal Beach Rough Water Swim

Saturday, June 24, 2017

https://www.teamunify.com/TabGeneric.jsp?_tabid =5400&team=scssbsc

Newport Beach Pier to Pier 2 Mile

Saturday, July 8, 2017

https://www.clubassistant.com/club/meet_information.cfm?c=2313&smid=8957

8th Annual Patrick Moore Relay Meet BBQ and Family Relays

Saddleback College Sunday, July 9, 2017

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=8676

USA Masters Games – SW Zone Meet July 14, 2017 -July 16, 2017 Meet Information –

The Games fee did go up to \$80, but use the code “20off” to get back to the early bird pricing when you register.

Here is what your Registration includes:

- Registration for up to two additional sports without paying another Games fee
- A very attractive athlete bag and gift items
- Discount coupons via the Games app for restaurants, brewpubs, and local attractions
- A fabulous Opening Ceremonies with the parade of athletes, entertainment, fireworks and more at Qualcomm Stadium on Friday evening, July 14
 - There will be a Beer Garden open at the stadium from 4-6pm for athlete check-in and socializing
- A Saturday night (Saturday, July 15) filled with social events, including
 - Masters Games Beer Tasting at Woodstock’s Pizza from 4-6pm
 - Concert in the Park at Liberty Station from 5-7pm
 - Free Beer Tastings at Various Breweries from 5-8pm
 - San Diego Padres vs San Francisco Giants with post-game fireworks, from 5:40-9pm at Petco Park

[http://www.spmastersswim.org/c/8B6A80C/file/meets/2017/USA_Masters Meet Form.pdf](http://www.spmastersswim.org/c/8B6A80C/file/meets/2017/USA_Masters_Meet_Form.pdf)

ON LINE REGISTRATION

<https://usamastersgames2017.com/sports/swimming/>

8th Annual Patrick Moore Relay Meet

Mark your calendars for July 9th for the Relay Meet!

Get your relays together now -- find three other swimmers to create your relays then enter the meet ASAP!

Family Relays

Rules: Must have at least one adult (18+) on the relay and two swimmers under 18. At least two members must be from the same family. (2 families can swim together)

Entry Fees: USMS members: \$30.00 per swimmer surcharge. Swimmers must either pre-enter online on Club Assistant or complete an entry card and provide a photocopy of their 2017 USMS card.

\$10.00 (family only relay swimmer)

Family BBQ: Around 1:00 after the meet. (BBQ pulled pork, baked beans, and watermelon)

Cost: \$10.00 per person.

ON LINE REGISTRATION

https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=8676

Words from Coach Mark

"Staying Motivated"

One way to stay motivated this time of year is to constantly remind yourself that a worth-while pay-off lies ahead.

A new, healthy, stronger you is emerging.

Effective, consistent swimming will not only improve your overall health and fitness, but will also improve your appearance, energy level, and social interactions.

Also, you can look forward to the many psychological benefits as well: confidence, self-esteem, and relief from depression, anxiety and holiday and work stress.

If you are serious about your health and well-being, you will get serious and begin a more consistent weekly program, you will benefit in all these ways.

Once you see the results, you will become even more motivated.

Action creates motivation!

***SWIMMING FOR FITNESS, SWIMMING FOR FUN,
SWIMMING FOR LIFE!***