

**Masters Weekly News Update  
Wednesday, August 9, 2017**

1. FALL WORKOUT SCHEDULE
2. MISSION MILE LAKE SWIM
3. SWIM TIP

**\*\*\*Noon Workout at Trabuco next week only  
Monday, August 14-Thursday, August 17  
Friday noon at Saddleback**

**\*\*\*NO 9:00-10:00AM Next Week at Saddleback  
(Pool Maintenance)**

**\*\*\*Monday-Thursday, Noon Workouts  
Starts at Montanoso Tuesday, Sept. 5**

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**FALL WORKOUT SCHEDULE**

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**Fall Schedule Starts Monday, August 21**

**Parking Pass Required at Saddleback**  
**- \$40.00/Semester --purchase at Campus Police**

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

Monday - Thursday

9:00 -10:00 AM

Noon

Friday at Saddleback

12:00-1:00

**\*\*\*Noon STARTS Tuesday, Sept. 5\*\*\***

**Noon (12-1) at Montanoso**

**Monday - Thursday**

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

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## **MISSION MILE LAKE SWIM**

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Don't miss out on our open water event at the lake.  
All team event!!!

**Sunday, September 24**

Nadadores Mile Swim - Lake Mission Viejo

***Registration is open!!!***

[https://www.clubassistant.com/club/meet\\_information.cfm?c=964&smid=9348](https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=9348)

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## **Swim Tip - Can You "Feel the Water"?**

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What sensations do you feel when your hands go through the water?

Are you manipulating water efficiently?

### **1. Feel your hands.**

Try inserting your hands into the oncoming flow instead of "attacking" the water and trying to push the water directly backwards.

### **2. Wrap the Flow.**

After feeling the oncoming flow – wrap the flow around the arm by gradually rotating your hand and forearm. The maximum elbow bend should reach approximately 90 degrees and should be comfortable to you- If you need to- adjust the amount of elbow bent to suit your style.

### **3. Think momentum.**

Your desired stroke timing depends to a great extent on your speed. Use your entry hand as a guiding sensory to judge the desired timing of your stroke.

***Good Luck***