

**Masters Weekly News Update  
Wednesday, August 30, 2017**

**FYI: NO Noon Thursday workout, NO Friday 5am or 6am  
workout this week**

**Labor Day Workout Schedule – Monday, September 4  
5-6am, 6-7am, 9-10am**

1. Fall Workout Schedule
2. Freestyle Tip
3. Mission Mile Lake Swim
4. Words from Coach Mark

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**Fall Workout Schedule**

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**Fall Workout Schedule**

Parking Pass Required at Saddleback

- \$40.00/Semester --purchase at Campus Police

## **Mornings at Saddleback**

Monday-Thursday

5:00 - 6:00 AM and 6:00-7:00 AM

Friday Mornings at Montanoso **(Starts back up September, 8)**

5:00 - 6:00 AM and 6:00 - 7:00 AM

## **Mid- Mornings at Saddleback**

Monday - Thursday

9:00 -10:00 AM

## **Noon at Montanoso**

Monday – Thursday **(STARTS back up Tuesday, Sept. 5)**

12:00-1:00

Friday at Saddleback

12:00-1:00

## **Evenings at Saddleback**

Monday-Friday

7:00-8:00 PM

## **Weekends at Saddleback**

Saturday

6:00 - 7:00 AM and 7:00 - 8:00 AM

Sunday

8:30-10:30 AM

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## **Freestyle Tips**

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### *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!***

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**MISSION MILE LAKE SWIM**

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**All team event!!! Sign Up TODAY!**

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)

**Fee increases September 4! Sign up TODAY!**

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### **Words from Coach Mark**

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"All things are difficult before they are easy" --Thomas Fuller

Swimmers of all levels, abilities, and ages who consistently demonstrate a positive "confidence attitude" share three common traits:

### **Belief, Desire, and Persistence**

1. They believe it's possible to improve their fitness.
2. They have a genuine desire to improve their fitness.
3. They are persistent in improving their fitness.

Ask yourself – Do you possess an 'achievement attitude'? Do you believe in your ability to accomplish your goals?

If so, what can you do this year to reinforce it?

If not, what's stopping you from applying yourself to commit? – transform those obstacles to opportunities

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

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