

Masters Weekly News Update

Wednesday, June 21st, 2017

FYI:

Sunday, June 25 – Workout Time Change
6:30-8:00AM

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

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](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](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](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 registration deadline for meet is 11:59pm PDT this coming Monday, June 26.

The also includes Opening Ceremonies, a special closing event, and a number of additional social events in between. Not to mention the countless destination attractions in the greater San Diego area.

Don't put it off any longer. Avoid the last-second rush and get yourself in the Games today!

To register, click here, or visit the Games website at
www.usamastersgames2017.com

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!

So far we have 9 swimmers:

Brown, Jim 74
Campbell, John 70
Going, Melissa 48
Mc Cleave, Jeanne 63
Montrella, Beverly 71
Russell, Robert 74
Uthus, Gwen 63
Viers, Audrey 34
Zawistoski, Lisa 48

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)

4 x 50 Free Family Relay
4 x 50 Wet T-shirt Family Relay
4 x 50 Watermelon Family Relay

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

Swim Tip - Can You "Feel the Water"?

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.