

# Masters Weekly News Update Wednesday, June 28<sup>th</sup>, 2017

**FYI:**  
**Tuesday, July 4<sup>th</sup>**  
**7:00-8:30AM**

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

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## **Team Volunteer Meeting**

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Please join us after the Sunday workout at the Broken Yoke for breakfast as we plan our next event – the Patrick Moore Relay Meet -- we need volunteers and support in making sure everything gets done.

10:00-11:30am at the Broken Yoke.

[RSVP – Coach Mark](#)

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## Up Coming Meets and OW Events

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### 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 extended registration deadline for meet is  
11:59pm PDT Monday, July 3<sup>rd</sup> .**

If you or your fellow competitors have put off registering, you now have another opportunity to compete in the SW Zone Meet. **But don't miss this new deadline!** You can save \$20 on the Games fee by using the code "20off". When you get to the payment step during

registration, simply type in the code and click "Apply Coupon Code."

To register, click here or visit the Games website at [www.usamastersgames2017.com](http://www.usamastersgames2017.com)

**Don't put it off any longer. Get in the Meet today!**

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](http://www.usamastersgames2017.com)

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## **8th Annual Patrick Moore Relay Meet**

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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 10 swimmers:**

Brown, Jim 74

Campbell, John 70  
Going, Melissa 48  
Love, Kathleen 67  
Mc Cleave, Jeanne 63  
Montrella, Bev 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](https://www.clubassistant.com/club/meet_information.cfm?c=964&smid=8676)

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### Words from Coach Mark

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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

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