

Masters Weekly News Update

Wednesday, October 11, 2017

1. Calendar of Team Events and Meets
2. Nadadores Foundation Annual Meeting
3. Think Nationals Think INDY
4. Words from Coach Mark

Calendar Team Events and Meets

10/12 Thursday, 6:30-8:30PM (NO PM WORKOUT)

Mission Viejo Nadadores Foundation Annual Meeting
Mission Viejo High School—Theater

10/13/17 Friday

Team Breakfast, 8:30am – Paul’s Pantry, Mission Viejo

[RSVP Coach Mark](#)

10/22 Sunday

Pierce College Spooky Shoot, Woodland Hills

[https://www.clubassistant.com/club/meet_information.cfm?
c=1327&smid=9321](https://www.clubassistant.com/club/meet_information.cfm?c=1327&smid=9321)

10/27 Friday, 6:00PM – October Fest

Phoenix Club, Anaheim

11/17-11/19 Fri-Sun

Gobbler Classic Short Course Yards, SLO

https://www.spmasterswim.org/c/8B6A80C/file/meets/2017/2017_Gobbler_Classic_Meet_Sheet.pdf

12/01-12/03 Fri-Sun 2017 SPMS Short Course Meters

Championships Commerce, CA

Thursday, December 7, 2017

Annual Team Christmas Party – Location TBD

Nadadores Foundation Annual Meeting

Please find the 2017 Mission Viejo Nadadores Foundation ballot attached to this email.

Date: Thursday, October 12, 2017

Time: 6:30-8:30 pm

Place: Mission Viejo High School--Theater
25025 Chrisanta Drive, Mission Viejo

This serves as an absentee ballot in the case that you cannot attend the Nadadores Foundation Meeting

Check up to **3 nominees** and return the ballot to the swim office.

You may drop it off at our physical location (200 Civic Center M.V. 92692) or scan and email back to swimoffice@mvnswim.org

We highly encourage you to attend the meeting in person.

You will hear from the board of directors President, board of director nominees, Keith Rattay, M.V. Assistant city manager, and Head Coach, Mark Schubert.

Bio's

https://www.teamunify.com/TabGeneric.jsp?_tabid_=208038&team=scmvn

Think Nationals – Think ‘INDY’

It's time to think about INDY! Hotels are going fast. You will need to reserve NOW.

[2018 Nationwide U.S. Masters Swimming Spring National Championship](#)

IU Natatorium

Indianapolis, Indiana

May 10-13, 2018

Hotels - <http://www.usms.org/content/scnats18hotels>

Words from Coach Mark

Nutritional Recovery

Poor Nutritional Recovery leads to tissue breakdown.

Good Nutritional Recovery will help maintain energy and limit tissue breakdown.

Poor Nutritional Recovery – You may feel- "lead legs", "can't keep up", "elevated resting HR", "elevated HR on typical sets", "feeling of fatigue"

Training Tips:

Start the replenishment process **IMMEDIATELY!**

The "window of opportunity" for maximizing glycogen repletion starts to close as soon as exercise stops.

Bring your post-workout snack to the pool. If you have a long drive home or to work after practice, eat in the car.

Also drink fluids before (16 oz.), during (4-8 oz.), and after practice (up to 24 oz.) if you are very active!

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