

Masters Weekly News Update
Wednesday, June 7th, 2017

1. Team Summer Kick Off Party
2. Upcoming Meets and OW Events
3. 8th Annual Patrick Moore Relay Meet
4. Words from Coach Mark

Team Summer Kick Off Party and BBQ

Save the Date and RSVP TODAY

Saturday, June 10 (3-6pm)

---at the home of Susanne and Ray Borzone

Music, Food, and Friends

-BBQ assortment of meat will be provided

-BYOB and bring salad or side dish

Don't miss out on all the fun!

EVITE is out – RSVP Now or email back TODAY with your RSVP!

coachmark@mastersmvnswim.org

Up Coming Meets and OW Events

UCLA Masters Long Course Meters

Sunday, June 11, 2017

https://www.clubassistant.com/club/meet_information.cfm?c=1158&smid=9177

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=1158&smid=9177

2017 USA Masters Games – SW Zone Meet

July 14, 2017 -July 16, 2017

Meet Information --

http://www.spmasterswim.org/c/8B6A80C/file/meets/2017/USA_Masters_Meet_Form.pdf

ON LINE REGISTRATION

<https://usamastersgames2017.com/sports/swimming/>

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!

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)

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

Finishes, Starts and Turns are vital to success.

However as it is with excellence in all fields of endeavor,

PRACTICE DOES NOT MAKE PERFECT.

PERFECT PRACTICE MAKES PERFECT!

There is a big difference between just practicing starts, turns and finishes in training and perfectly practicing starts, turns and finishes in training that will help you to race faster.

