

Masters Weekly Announcements
Wednesday, January 31, 2018

1. Words form Coach Mark
2. Masters Team Apparel Fitting
3. Palm Springs Day Trip
4. OSO FIT
5. Marguerite Grand-Reopening

Note: Please make every effort to be on time -

“5 minutes early is on time. On time is late.
Late is unacceptable.”

I understands things come up and cannot be avoidable but please do you best.

Words form Coach Mark

Effective kick starts with a drive at the hips and the power builds down through your thighs, shins and ankles to your toes. Keep your legs long and relaxed.

Kicking is like walking. It is a smooth, comfortable, relaxed movement which starts at the hips.

Kicking power starts at the hip and the power flows down your leg.

----HIP, THIGH, KNEE, SHIN, FOOT - HIP,
THIGH, KNEE, SHIN, FOOT

Your freestyle kick should be no wider or deeper than the deepest or widest part of your shoulders.

-stiffness or rigidness in the action

Most common kicking problems

- large excessive knee bend or all legs
- feet lifting out of water
- relax, long and be loose

Corrections

- more from hips, slight knee bend
- heels breaking the surface

Remember keep your legs long and relaxed!

Good luck!

Masters Team Apparel Fitting

CAS has scheduled a fitting date for Masters to get the new Dolfin suits and MVN apparel. The date and time will be Thursday, February 8 at Saddleback College Pool from 5:00pm-8:00pm.

We hope that many will take advantage of this opportunity and order suits and apparel. If you

cannot attend you can always go to the Irvine or Huntington Beach stores.

OSO Fit and 5K Run

Calling on all Nadadores! Help us raise funds for our team and have some fun on March 3!

The Nadadores team receives 100% of all pre-registration fees (- just make sure you select MVN in the Non-Profit drop down box)!



Oso Fit



Community Health Fair & 5K Fun Run

Saturday, March 3, 2018

Health Fair: 7:30 - 11:00 a.m.
5K Race: 8:30 a.m.

**Village Green at the
Norman P. Murray Center**
24932 Veterans Way, Mission Viejo, CA 92692

**Pre-register by 4 p.m.
on February 24:**
\$25 for 13 and older
\$15 for 6-12 years
Ages 5 and under FREE

**Registration after
February 24:**
\$35 for 13 and older
\$20 for 6-12 years
Ages 5 and under FREE

**Online registration
ends March 2!**
Walk-ups welcome



Event Activities:

Fun run on scenic
course (1/2 mile
on dirt trail).

Children's 1/2 &
1/4 mile races.

60+ Health Fair
exhibitors & screenings.

100% of Pre-registration
fees go to a charity of
your choice.

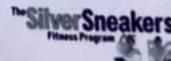
Register at: **OsoFit5K.org**

For information, contact 949-441-0602.

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Palm Springs Day Trip

Saturday, February 3 – All Team DAY TRIP

Palm Springs Short Course Yards

https://www.clubassistant.com/club/meet_information.cfm?c=2190&smid=9758

Sign up today and save \$10.00

The following MVN swimmers are going. Are you?

Carlsen, Richard 58

Dougherty, Mindy 65

Heather, Michael 63

Kurr, Kyle 45

Montrella, Beverly 71

Santy, James 55

Stuart, Ian 70

Stuart, Margaret 59

Marguerite Grand-Reopening

SAVE THE DATE! Saturday, April 7

The poster features a background image of the Marguerite Aquatics Complex, a large building with a blue roof and a swimming pool in the foreground. The text is overlaid on this image. In the top left corner is the Mission Viejo logo, and in the top right corner is the Mission Viejo Nadadores logo. The main text is centered and includes the event title, date, time, and a list of activities.

MISSION VIEJO

Marguerite Aquatics Complex Grand Re-Opening

Saturday, April 7
10 am - 2 pm

Continuing Mission Viejo's Olympic Tradition

10:00 - 11:30 am - Opening Ceremonies
11:30 - 2:00 pm - Activities

- Meet past, present and future Olympians
- Inflatable aquatic obstacle course
- Complex Tours
- Synchronized diving and splash time
- Food available for purchase

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Mission Viejo Nadadores Masters

*...a lifetime of... Challenge... Achievement...
Recognition...*