

February 2005

# The Riptide



The Newsletter of the Mountain View Masters Swim and Social Club

## FEBRUARY FITNESS CHALLENGE TIME to RACK UP THOSE POINTS!

We are looking to motivate you to continue your training through the cold, wet, and dark mornings of February by offering you valuable MVM Points that you can earn and spend at our Team Auction in March. The February Fitness Challenge rewards you for consistent swimming, regardless of speed or distance. Swimmers in all lanes are awarded points on the same scale.

**The Challenge:** For each practice that you swim, every time you pull covers, attend a swim meet, swim the Postal 1650, or donate an auction item, you can earn points. These points become MVM Bucks at the Team Auction where you can bid on highly desirable goodies.

**How to Keep Track of Points:** Fill out a card located in the office and file yours with the others in alphabetical order. Check your competition throughout the month and make sure you earn enough points to outbid your fellow swimmers.

### How to Score Fitness Challenge Points:

MVM Swim Practices:

1 Point for every FULL 15 MINUTES IN the water (to a maximum of 4 Points per day).

4 Bonus Points for attending at least 4 MVM practices within a week.

Non-MVM Swim Practices:

2 Points for every swim practice of 30 minutes or longer.

Pulling Covers:

1 Point for arriving AT LEAST 15 MINUTES EARLY to pull covers (to a maximum of 3 Points per week).

Competition:

USF Swim Meet: 10 Points

Pacific Relays: 10 Points

Postal 1650: 5 Points

Auction Donation: 20 (not 10) Points for donating an item for the Auction.

**Other Rules:** Points are non-transferable, and you cannot sell or trade them. You must earn your points and spend them on yourself at the auction.

**MVM Auction:** To be held Wednesday, March 9 at Pizza Chicago on El Camino in Palo Alto. Sign up at the pool.

## WATER POLO PLAYERS NEEDED!

The Monday/Wednesday night winter quarter water polo class at Foothill College is welcoming MVM athletes to join the fun group of water polo enthusiasts to learn, scrimmage, and enjoy the sport. Athletes with a strong swimming background are welcome to participate.

The primary focus of the class for the intermediate/advanced level player is scrimmage! Individual warm-up starts at 6pm; the scrimmage starts at 6:45 and runs until 8pm.

Beginners are welcome to participate in the front half of the class (from 6-6:45 pm) to get specific instruction from Coach Nathan Resch on the basics of water polo, which will include: leg strength, mobility, ball handling, and game basics/tactics. When you start feeling comfortable with your skills, you can start joining the scrimmage group!!!

Winter classes have started, but you are welcome to start now! What you need to do: show up at Foothill just before class time and find Coach Resch in his office or on the deck to get registration materials. Class fees for the quarter are around \$30-\$40 for California Residents, and the class runs until mid April (Spring quarter starts soon after the end of Winter Quarter). Parking is an additional \$2/ evening or you can buy a permit for the quarter when you register.

Questions? Contact Coach Nathan Resch @ [mensfoothillpolo@hotmail.com](mailto:mensfoothillpolo@hotmail.com)



## CALENDAR OF EVENTS

### FEBRUARY:

Sat. Feb 12, USF Valentines Day Meet. San Francisco, CA

Sun. Feb 27 Pacifica Indoor Relays, Pacifica, CA

### March 2005

Saturday March 12, RINC Spring Short Course Meet, Palo Alto, CA

Saturday March 19th, SCAM Strawberry Invitational, Berkeley, CA

### April 2005

Friday-Sunday April 29-May 1, SCM Pacific Masters Short Course Yards Championships

Swim the  
POSTAL 1650

at

Eagle Pool

Sunday, February 13

6:30 am

Bring a copy of your current PMS  
card and a check for \$6.00 made out  
to Tamalpais Aquatic Masters

If you can't swim the 1650 on Sunday, you can swim it during a  
5am practice before February 28. Let one of the coaches know.

If you can find a friend to time you, even better!



### Workout Schedule

Mon. 5am/6am/7am – Freestyle, aerobic threshold  
Tue. 5:30am/6:45am – Middle-distance stroke  
Wed. 5am/6am/7am – Long-distance freestyle, low-aerobic  
Thurs. 5:30am/6:45am – Medley mania, mid-aerobic  
Fri. 5am – Long-distance freestyle, low-aerobic or Sprint  
Fri. 6am and 7am – Sprint, Choice of strokes  
Sat. 6:30am and 7:45am – Extended workout/mixed strokes

## PERFORMANCE AWARDS

January's Performance Award goes to Ross Bridges! Ross has been helping swimmers in all lanes improve their technique and performance. He does a great job explaining what he wants to see and has been giving us some great new drills to help our performance. Thanks Coach Ross for all of your help! Enjoy your gift Certificate to La Fiesta!

## COACHES AWARDS

January's Coaches Award goes to Mike Hansell! Mike is always ready and willing to help pull covers every morning and for that we are eternally grateful. Enjoy your gift certificate to La Fiesta Mike!

Email Laura at [schulaura65@yahoo.com](mailto:schulaura65@yahoo.com) if you have someone you would like to nominate for a Performance or Coaches Award!



LA FIESTA RESTAURANT  
240 VILLA STREET  
650-968-1364

## Open Water Training

March 10, 2005, 7:00 p.

Sports Basement in the Presidio @ 7pm.

This will be an introductory lecture (with time for Q & A ) on  
How to Get Started in Open Water:

- 1) proper apparel
- 2) acclimatization
- 3) training
- 4) tides
- 5) food and hydration

Any questions email [suziedods@hotmail.com](mailto:suziedods@hotmail.com) or call  
415-927-2603



*Happy Valentine's Day!*