



The Newsletter of the Mountain View Masters Swim and Social Club

*The 2006 FINA Masters World Championship
Coming to Stanford University in August 2006. MVM will be there.*



Stanford University's Avery Aquatic Center to be Venue for FINAMWC

STANFORD, CA - The World is coming to our backyard. The 2006 FINA Masters World Championships are coming to Stanford University in August. The Opening Ceremonies will be on Thursday, August 3, and the Closing Ceremonies will be on Thursday, August 17. During the

two weeks in between, ten thousand athletes will take part in pool racing, water polo, diving, synchronized swimming and open water racing. Ten thousand athletes from around the world, of all ages, shapes and sizes, and ability levels. Athletes just like us.

What is Team MVM?

Mountain View Masters (MVM) is a swim team dedicated to helping adult swimmers of all abilities achieve their best. MVM improves members' swimming technique and strength through instruction and organized training. We offer practices seven mornings per week, regular stroke clinics, and private lessons. We work with members training schedules and individual goals, whether they compete as swimmers, triathletes, or just swim for personal fitness. Outside the pool, MVM organizes social events and contributes to the community. Our home pool is located at 651 Franklin Street in Mountain View.

2006 February
Fitness Challenge

Need to get motivated to swim in the winter, then the Fitness Challenge is for you. Best of all, the challenge rewards not the fast, but the committed.

In February, you get points for the following: 1 pt. for every full 15 minutes IN the water, to a max of 4 pts per day, 4 bonus pts for swimming 4 or more practices in a week; and you earn 2 pts for every non-MVM swim practice of 30 minutes or more.

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FITNESS CHALLENGE*

All it takes to compete in the largest swim meet ever is your 2006 USMS card. The Meet Information Handbook can be found at www.2006FINAmasters.org, and at a link at www.pacificmasters.org. We also have a hardcopy in the pool office. In this document, you'll find all the information you'll need to sign up--an event schedule, time standards and registration fees.

Swimming in meets is an acquired skill, whatever your ability level.

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Familiarity and repetition make these activities easier. The best way to become a good meet swimmer is to swim in meets. Here in Pacific Masters, we are fortunate to have many opportunities to develop our competition skills. We have sanctioned pool meets and open water races all twelve months a year. 2006 promises to be busy. Your coaching staff has put together a Spring Meet Packet, with entry information for local swim meets in January, February and March. The farthest meet is in Seaside, and the closest will be in Palo Alto. Some are big meets that will run all day, while others will be small, cozy affairs that take only a couple of hours. Pick up a copy in the office over the Holidays and see if anything piques your interest.

Despite the grand scope of the World Championships, it still is just a swimming meet. And, as such, it can be reduced to a manageable, not-so-intimidating level, even if you've never done anything like this before. There is a wealth of experience on this team. We have veterans of many Masters Championship meets, at the Regional, National and even World Championship level. This sort of thing has been done many times before, and we'll gladly share our experience and guide you through the process. And if competition isn't your thing, the organizing committee would love to have you as a volunteer. As we know from our meets here at Eagle Pool, these things don't run themselves. Many hands make for a lighter load.

We, your coaches and board members, encourage you to get involved, whether as a competitor or as a volunteer. Mountain View Masters has a well-established reputation in the Masters Swimming community for excellence and class, both in the water and out. If you've never done something like this before, think about becoming part of a great team tradition. And if you've been here before, it's time to dust off that Teal Pride and stand tall again. Let's show the world why Mountain View Masters is such a great team.

If you have any questions, ask your coaches. We'll get you the information you need. See you at the pool.

--- Chris Campbell
Avery Aquatic Center Photo Credit: Stanford University

Mountain View Masters Thanks The Following Sponsors

Please Show Your Appreciation By Frequenting Them



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“The Runners High”
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FITNESS CHALLENGE

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Additional points can be earned in the following ways, 1 pt every time you help pull covers, 10 pts for competing in any of the swim meets scheduled in February, and 5 pts for the Postal 1650 (Feb. 19). You can also earn 10 points for donating an item for the Auction.

Simply keep track of your points on your Fitness Challenge card, found in the Eagle Park Pool Office. At the end of February, your points will be added up and converted into ‘MVM Bucks’ for the use at the Fitness Challenge Auction in March at Pizza Chicago.



Coach Marcelo's Tips For Better Breaststroke

<p>MVM Board of Directors</p> <p>JoAnne Baker, President</p> <ul style="list-style-type: none"> - Cindy Fulmer - Sue Porter - K Millar - John Breakwell <p>Email: board@mvm.org</p> <p>MVM Treasurer</p> <p>Martha Branch</p> <p>Email: treasurer@mvm.org</p> <p><i>If you have any questions about your dues, send Martha a note.</i></p>	<p>Webmaster</p> <p>K Millar</p> <p>Email: webmaster@mvm.org</p> <p>MVM RipTide Editor</p> <p>Charles Wu</p> <p>Email: riptide@mvm.org</p> <p><i>There are two Board positions open in 2006. If you are interested in serving please contact any Board member.</i></p>
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Pacific Masters Memberships need to be renewed for 2006. Every swimmer at MVM must be registered with Pacific Masters for insurance purposes. Simply fill out the Membership Application below and mail it in with your check payable to "Pacific Masters Swimming" to bring yourself into good standing.

<p>United States Masters Swimming, Inc.</p> <p>Pacific Masters Swimming, Inc.</p> <p>2006 Membership Application</p> <p><input type="checkbox"/> Renewal 2005 number if known: _____</p> <p><input type="checkbox"/> New Registration</p> <p>YOU MUST PAY FEE OF \$35 (Fee includes: USMS = \$12, PMS = \$15, USMS Official Publication = \$8)</p> <p>(SEP. / OCT. REDUCED 2005 FEE \$20 if joining for the remainder of the calendar year)</p> <p>Make check payable to Pacific Masters Swimming</p> <p>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org</p> <p>Registration Expires 12/31/06</p>	<p>PLEASE PRINT CLEARLY.</p> <p>Your name on this form and on meet entry forms must be identical.</p>			
	Last Name _____		First Name _____	
Mailing Address _____			Home Phone No. () _____	
City _____	State _____	Zip _____	Work Phone No. () _____	
Date of Birth Month _____ Day _____ Year 19 _____	Age _____	Sex _____	e-mail address _____	
CLUB (Must be USMS chartered or you will be registered as "Unattached") Mountain View Masters			Today's Date Month _____ Day _____ 20 _____ Year _____	
<p>"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."</p>				
Signature _____			I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>	
I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I <i>have added</i> this amount to my 2006 Registration fees. <input type="checkbox"/>			I wish to contribute \$1 (or \$____) to the United States Masters Swimming Hall of Fame Foundation. I <i>have added</i> this amount to my 2006 Registration fees. <input type="checkbox"/>	

LOCAL TRIATHLON REGISTRATION OPEN...



Register Early to Make Sure You Get A Spot

It's resolution time and if you are thinking of competing in a local triathlon, now is the time to sign up and secure your spot. It's also a good time to keep building your base (you've been building your base right?). Here are the dates and registration links for popular local triathlons:

May 5 - 7: Wildflower, Lake San Antonio. Register at: <http://www.tricalifornia.com/wildflower/2006/>

May 13: Angel's Camp Triathlon, New Melones Reservoir, Register at: http://www.active.com/event_detail.cfm?event_id=1279069

May 21: Uvas South Bay Triathlon XIII, Morgan Hill, Register at: <http://www.japroductions.com/uvas/>

June 25: San Jose International Triathlon, San Jose, Register at: <http://www.japroductions.com/sjit/>

If you are thinking of just trying the sport, there are a couple of short tris, called "Tri for Fun." This year they are on June 17, July 15 and August 19.

These are just the races in the beginning of the season. Be sure to check the web, and MVM email announcement for upcoming Triathlons.

- Charles Wu
Photo Credit MVM Web Site.

Performance and Coaches Award

The November and December Team Award goes to Laura Schuster for the great job on the holiday party and slide show. Additionally, a heartfelt thanks to Laura for all her years of service to MVM.

The November and December Performance Award goes to Maike Silver and Leslie King for completing 100 x 100s during the last leg of the Triple Crown. Maike just joined MVM this year, and it's good to see Leslie back in the water and in stride after recently having a baby. Congratulations to all our award recipients, enjoy your gift certificates to Chipotle.

If you would like to nominate an MVM swimmer for either award, send an email to Coach Marcelo Castro at mc@marcelocastro.com.

Mountain View Masters Calendar and To Dos

January

- Make sure your 2006 Pacific Masters Registration is up to date
- 10 - January Dues due
- 11 - MVM Board Meeting at Karene Millar's House
- 15 - Eagle Pool Closed - No workouts
- 20 - MVM Apparel Orders due. Samples and order forms at the pool and on website
- 21 - 10 AM Monterey Clambake SCY Meet, Seaside CA
- 22 - One Hour Swim at Eagle Pool
- 29 - 1:30 PM Fog City Quadrathon, San Francisco, CA

February

- 1 - Fitness Challenge Starts
- 10 - February Dues due
- 11 - Cal vs. Stanford Meet at Avery Aquatic Center, Stanford. Free to Masters members who pre-register. Sign up at pool by FEB 7.
- 11 - 9 AM USF Valentine's Affair Meet, USF Koret Center
- 19 - Postal 1650 at Eagle Pool
- 26 - 9 AM PMS Indoor Relays, San Mateo
Meet information and entry forms are available at www.pacificmasters.org

March

- TBD - Fitness Challenge Auction at Pizza Chicago, Palo Alto