

MVM Swim for Malaria Makes A Difference



Symbolic Relay Illustrates Malaria's Impact on Children.

NOT FINISHED -- On May 14, 2006, approximately 30 MVM swimmers swam to make a difference in the international Swim for Malaria challenge. Swimmers from around the world swam for pledges, MVM raised \$450 for mosquito nets to protect children from insects with the parasite. More

information on the program and how to donate can be found at <http://www.worldswimformalaria.com/en/homepage.aspx>. The capstone of the practice was a relay, where team members tried to average less than 30 seconds per length, the time is symbolic in that time a child

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.

MVM Fields 23 Relay Teams for Worlds

In a last minute push to the registration deadline, Team MVM is sending 23 relay teams to the FINA World Championships in August. Swimmers from all age and abilities couldn't pass up the opportunity to swim at the biggest swim meet in our backyard.

MVM will be best represented in the 200 Mixed Medley Relay, followed by the 200 Mixed Free Relay. A full list of relays is available at <http://mvm.org/mvm-world-relays.pdf>

The relays are scattered across the two weeks, so even if you are not swimming, swing by and cheer your teammates on!

somewhere dies of malaria.



Izzy Lewis waits for the relay to start and models the event cap.

COACHES CORNER: TIPS FOR OPEN WATER SWIMMING

NAVIGATION

This is one of the most critical aspects of open water swimming, you can be very fast, but if you don't master your navigation skills you can end up swimming, in the best case, too many yards, or just simply lose a race.

You have to prepare for the water conditions. At the pool, even with fogged goggles, you can still follow the black line at the bottom. To the contrary, the water in a lake or the ocean is usually choppier, and visibility is close to nothing.

1. Straight swim: this can be achieved with some practice. Try closing your eyes for 3 or 4 strokes at the time and check against the black stripe in the pool. Repeat as many times until you can complete 25 yards with closed eyes. Practice during warm up, it's very dangerous during regular sets.

2. Sighting: The technique will require getting your head out of the water, breathe and looking for references on shore. There is a sequence that almost everybody follows: get your head out of the water, look for references (buoys, trees, etc) lean your head to the side and pass your arms above your head. Follow this by some regular strokes (you will get a good stroke count after you master the previous skill)

3. Bilateral Breathing: You have to master this! Chances are that races start very early in the morning and the sun can be on

your face, the water is choppy, or you just need to see around you. If you haven't practice these during workout, it will be very difficult to try during the race. Use a pattern, like breathing every 3 strokes or combination of 2 and 3 strokes, to keep your rhythm.

DRAFTING

Cyclists know this! You can save a lot of energy just swimming behind somebody else, plus you know it's not the same to lead the lane than being at the end of the train.

This is a very hard skill to master, and I don't recommend you to try during a race. A lot of variables make this very challenging. You have to swim very close to the other swimmer feet, right behind or a little bit on the side. The biggest problem is that you can touch the other swimmer, and he or she can become very upset.

Other tip: in order to take some advantage, you must to pick a swimmer a little bit faster than you. The down side to this is that, if the swimmer that you followed is lost, you will be lost too.

PLACES TO PRACTICE

Aquatic Park, San Francisco, CA
<http://www.waterworldswim.com/workouts/default.asp>. Located next to Ft. Mason in San Francisco, and famous for hosting it's annual "Swim Around the Rock" to Alcatraz and back. If you are going to swim in the Bay, this is your best option.

Shadow Cliffs Open Water Aquatics Team (SOWAT) is located at the Shadow Cliffs reservoir in Pleasanton, about a 35

MVM Board of Directors

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If you have any questions about your dues, send Martha a note.

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minute drive from Eagle Park. For \$40 a year you can swim seven days a week before 10am or Monday, Wednesday, and Thursday evenings after 6pm. Courses include 1 mile, 1.5 mile, and 2 miles. Contact Anita.Rosen@pacbell.net for more information.

MORE INFORMATION

More tips and information about open water swimming can be found in the Open Water pack at Eagle Pool

- Coach Marcelo Castro

MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

 <p>RUDY PROJECT www.rudyprojectusa.com</p>	 <p>LA FIESTA</p>	<p>Provider of Performance & Coaches Awards</p> <p>Sports Basement www.sportsbasement.com</p> <p>10% Discount w/USMS Registration Card</p>
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LAKE UVAS CALIFORNIAMAN TRIATHLON - JUNE 11, 2006, MORGAN HILL

Congratulations to Robin Soares (Lane 4/5, 5 AM) for a First place in her division in the Californiaman Half Ironman Distance Triathlon. Joining Robin were fellow MVM teammates Tana & Dale Jackson and David Tarkington. Robin finished the race in a combined time of 5:15:44 (31:48-1:39-2:55:39-1:17-1:45:19) Robin has written a great summary of the whole race that is available at <http://3strands.brinkster.net/train-race/races/06/06caliman.html>, thank you for sharing.

Some selected excerpts are below.

The Swim, *“The water feels great! I’m having fun! I start finding little patches of draft as I round the last buoy. I catch up to a girl and stay right on her toes. This is the best draft I’ve ever had! I follow her in to the finish. I jump out of the water and pull my wetsuit right off... wow that went well! Thanks God!”*

The Bike, *“(the) course is great. These back roads of Morgan Hill are nice. Willow Glen Road, Oak Glen Ave, Sycamore Road. And then some I’ve never been on:*

Center Ave, New Road, Estates Drive.... I start to go back and forth with a few guys. I pass them on the hills and they fly by me on the descents and flats. I’m checking my heart rate to make sure it doesn’t dip below 140. I find that there are times I zone out and that’s when it drops.”

The Run, *“Less than a mile to go now! I’m pushing as hard as my sore legs will go! I know the other girl is coming behind me, but I don’t want to look back. Just to be able to be where I am now is a blessing and I couldn’t ask for more.”*



TIPS FOR GETTING READY FOR FINA WORLD CHAMPIONSHIPS!

Start off on the Right Foot!

Key to a fast race is a fast start. All throughout the summer Coach Marcelo on Tuesdays and Thursdays will be holding clinics on starts. Just ask and he'll set up the blocks for practice and pointers. Also, one good turn deserves another, so if you want help on your turns, also on Tuesdays and Thursdays, turn clinics are available upon request.

The Right Frame of Mind!

As important as getting physically ready is getting mentally ready. Coach Chris emphasizes that the key to racing is to "Swim in your own lane", not the ones next to you." This focuses you on your goals, and doesn't let you miss the swimmers you can't see. Just worry about your own race, not someone else's. They've got their own problems. You don't need to carry their load as well.

Sports psychologist Jim Taylor says that a common mistake of athletes is to think that you can settle into the competition in the early stages and then turn it on. This is a fundamental mistake in that you use the beginning of the competition as your warm up, and in a tough race that's too late. So be sure to build warm up time into your pre-race preparation.

Coach Chris adds, "as for the physical aspects, expect a long wait. It is going to be a very large meet. They'll try to run things as efficiently as possible, so they may come across as a bit brusque at time. Don't take it personally. Be patient, and keep your sense of

humor. Think about sunscreen, plenty of fluids, eating throughout the day. Check with me on the details. Marcelo and I will have our cell phones. Expect parking to be awful, so be sure to allow extra time to get there. Also, warmup space is going to be at a premium, so you may consider warming up in the morning at Eagle, and then heading over afterwards. More details as we get closer."

Attendance Update

There are 5494 swimmers representing 1155 clubs from over 70 countries in the pool events. Nothing yet for the open water stuff. MVM has 43 swimmers doing 113 pool events, not counting relays. Full details of teams and rosters is available at: <http://www.2006finamasters.org/v2/>

Worlds Swimmers please do the following: 1. Check the Team Roster to make sure that your age, entries and seed times are correct 2. Check our MVM relay lineup on our MVM homepage. If a change needs to be done or if you would like to now swim a relay, let Coach Chris know right away. 3. Swimmers in the 400 and 800 Free and the 400 IM will need to do a special check in for those events in the days preceding those races. This can be done. This special check for deck seeding, can be done either in person or online at the website shown above. Latest updates always at www.mvm.org

Lastly, people can still register to swim in the Alcatraz swim on July 12, and social events.

MARK YOUR CALENDARS NOW, OCTOBER 1ST IS MVM ALAN LIU MEMORIAL MEET!

MVM will be hosting the annual Alan Liu Memorial Swim Meet on October 1st. Honoring former MVM coach Alan Liu who was tragically killed by a drunk driver, this meet means much to Team MVM. This year we have secured electronic timing, and expect a strong turnout two months after the FINA World Championships. We'll need volunteers for planning and on meet day. Details coming throughout the summer.

FROM THE BOARD

Special Thanks to Sue Porter, Tina Ambrogi and Bob Stentz for planning and running the Swim for Malaria event.

OTHER NOTABLE RESULTS

Tana Jackson just qualified for Ironman Hawaii at Ironman Coeur d'Alene on Sunday June 25 by placing 3rd in her age group! Congratulation Tana.

Songs to Swim With

1. "Yellow Submarine" - The Beatles
2. "The Ocean" - U2
3. "Swan Lake" - Tchaikovsky
4. "Stars on the Water" - George Strait
5. "I Go Swimming" - Peter Gabriel

GET YOUR TEAM SUIT IN TIME FOR WORLDS! -Get your Team Suit in time for Worlds! The team suit is black w/ the Penguin Logo and "Team MVM" underneath. Men will have a choice of TYR or Speedo zoomer or brief. Women will have choice of TYR or Speedo (maxback or the thin strap). All orders & payment must be turned in to an MVM Coach by Monday, July 17.

**ORDER SHEET FOR
MOUNTAIN VIEW MASTERS
(PLEASE PRINT)**

**ORDERS DUE MON.
JULY 17!**

NAME: _____ **EMAIL:** _____

CELL PHONE: _____ **OTHER PHONE:** _____

CREDIT CARD #: _____ **EXP:** _____

Or make check payable to "Team Concept"

FEMALE SUITS (Printed with Penguin logo+Team MVM)

	TOTAL ITEMS	ITEM PRICE	TOTAL COST
TYR LYCRA SOLID MAXBACK (Black)			
MSO1Y SIZES 22 24 26 28		\$48.13	
MSO1A SIZES 30 32 34 36 38 40		\$51.38	
TYR LYCRA SOLID DIAMONDBACK (Black)			
DSOL1Y SIZES 22 24 26 28		\$48.13	
DSOL1A SIZES 30 32 34 36 38 40		\$51.38	
SPEEDO LYCRA SOLID SUPER PROBACK (Black)			
824371 SIZES 22 24 26 28 30		\$49.75	
824372 SIZES 32 34 36 38 40		\$53.00	
SPEEDO LYCRA SOLID FLYBACKBACK (Black)			
824763 SIZES 22 24 26 28		\$49.75	
824764 SIZES 30 32 34 36 38 40		\$53.00	

MALE SUITS (Printed with Penguin logo+Team MVM)

	TOTAL ITEMS	ITEM PRICE	TOTAL COST
TYR LYCRA SOLID JAMMER (Black)			
RJAM1Y SIZES 22 24 26 28		\$33.52	
RJAM1A SIZES 30 32 34 36 38		\$35.14	
TYR LYCRA SOLID RACER (Black)			
RSO1Y SIZES 22 24 26 28		\$28.65	
RSO1A SIZES 30 32 34 36 38		\$30.27	
SPEEDO LYCRA SOLID JAMMER (Black)			
825763 SIZES 22 24 26 28		\$35.95	
825764 SIZES 30 32 34 36 38		\$37.58	
SPEEDO LYCRA SOLID BRIEF (Black)			
72800 SIZES 22 24 26 28		\$31.08	
70800 SIZES 30 32 34 36 38 40		\$32.70	

SUIT PRICES INCLUDE TAX & FREIGHT TO TEAM CONCEPT (408-733-8326) TOTAL COST

RETURN COMPLETED FORM W/ PAYMENT TO MVM COACH BY MONDAY, JULY 17

LAKE BERRYESSA RESULTS


Lake Berryessa Proves no Challenge for Tina Ambrogi and Tolly Reeder

Thirteen (fifteen if you count those who swam both events) lucky MVM Swimmers took on the Lake Berryessa Open Water challenge on June 3. Eloise Danto (MW, 7 AM) took first place in her age division (W75-79) finishing the 1 mile race in 53:58. Don Ingalls and Darrell Chen answered the old question if once is great, why not twice and amazed everyone by swimming both events. The remarkable Don Ingalls posted second place finish in his age division (M65-69) with a time of

33:23 and a third place in the 2 mile with a time of 1:06:04. Darryl Chen (M35-39) delivered consistent performances placing 18th in both races.

Other MVMers placing in the top 10 of their divisions in the 2 mile event include Kate Latham (W50-54) placing 8th and Ellish Byrne (W30-34) placing 9th. In the 2 mile Wetsuit Swim, Robin Soares placed 6th in a time of 57:48.

The rest of Team MVM swimming at Berryessa in the 1 mile include Tolly Reeder (W25-29), Tina Ambrogi (W30-34), Florent Haik (M30-34), Lawrence Suen (M30-34), and Troy Soares (M35-39). In the 2 mile Clyde Mann (M45-49) and Griff Freeman (M65-69) rounded out the MVM crew.

Even though all the attention is on Worlds this summer, remember there are open water events all summer, with Team MVM always delivering a great turn out for the Manatee 2 x 1 this

Performance and Coaches Award

This month's Performance Award goes to Martha Seaver and Kate Latham for a 1-2 finish in their age division (W50-54) at San Mateo's Parkside Mile on May 13, representing MVM well. To paraphrase Daniel Webster, "It is, sir, as I have said, a small club. And yet there are those who love it." Congrats for your great performances for this small club.

The Coaches award goes to Mike Hansell for his early morning cheer at 5 AM and bringing his energy in helping with pool covers--often the first swimmer to arrive, thank you for helping everyone wake up with a good laugh.

All winners can pick up their awards from a coach.

year held on August 20.. See you there!

Mountain View Masters Calendar

July

- 3 - Normal workout hours
- 4 - Holiday workout hours, two practices
- 7 - 9 - PMS Long Course Championships in Santa Cruz.
- 10 - July Dues due.
- 16 - Pool Closed for Maintenance
- 17 - MVM Suit Orders Due (see Page 4 for order form)
- 22 - Trans-Tahoe Relay
- 26 - MVM Board Meeting, Christine's house, ask coach for details.
- 27 - MVM Social Event - Potluck, families welcome.

- 29 - Governors Island Swim
- 29 - CRUZ Santa Cruz Pier Swim
- 30 - CRUX Santa Cruz 2 Mile Open Water

August

- 3 - 9 - XI FINA Masters World Championships, Stanford, CA
- 10 - August Dues due
- 17 - MVM Social Event - Mini Golf at Golfland in Sunnyvale, details on web.
- 20 - MAM Manatee 2 x 1 mile open water in Fremont
- 26 - TCAM Pinecrest 1 and 2 mile Open Water
- 30 - MVM Board Meeting - at Karene's house