



The Newsletter of the Mountain View Masters Swim and Social Club

Mountain View Masters: A Swim and Social Club - You Bet! 2006 Summer of Fun is Here!



Swim for Malaria Fundraiser May 14

Team MVM will be holding a special workout as part of the World Swim for Malaria effort (www.worldswimformalaria.com), a fundraising effort to fight the spread of malaria. We'll be requesting a suggested donation of \$20 per swimmer. Please feel free to invite other swimmers as we join in this cause. The goal of the effort is to have One Million swimmers contribute to this cause.

To give you an idea of the enormity of the impact of malaria in the world, the equivalent of 7 jumbo jets full of children die every day
(continued Back Page)

Team MVM Has As Much Fun Out of the Water As In It.

"Swim Like a fish in the Morning, Drink Like a fish at Night", that's the old unofficial motto of Team MVM and it's a

humorous reminder that MVM is a Swim AND Social club. With the summer starting, now is a time to remember the fun

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.

we've had in the past, and ask club members what Social activities you'd like to help out with. It's amazing what we're like when we see each other without our caps and goggles on.

In the past MVM "out of water experiences" have included happy hours, our annual golf scramble at Blackberry Farms in Cupertino, the annual Fitness Challenge
..continued Page 2

SOCIAL FROM PAGE 1..

Auction, and the legendary Triathalounge. Capping off the year is our annual Holiday party. All these are opportunities to meet other swimmers, their families and build on the community that makes MVM one the best Masters programs in the Bay Area.

The board is right now planning events for the summer and needs your help to make it happen, if you have ideas, time and energy to plan one of these fun events, contact Tina Ambrogi (tina.ambrogi@gmail.com) for details on how to help.

LANE ETIQUETTE: A GENTLE INTRODUCTION

It's summer and the pool is filling up fast, good lane etiquette makes the practice go smoother and more fun for everyone. A full description of the items below can be found at <http://www.mvm.org/workouts-lane-etiquette.php>

1. Lane Leaders - Your choice of lane leader should be the swimmer who can consistently hold the pace for the entire set. It is ok for the lane leader to change between sets, but try to get agreement of all those in the lane. If a lane leader change needs to occur within a set, see Passing.

2. Passing - Passing should take place at the walls if possible. Middle of the lane "U-turns" are highly discouraged, especially if the lane is crowded. The etiquette concerning passing is:

Passer: Gently taps feet of Passeur.

Passeur: At the next turn, pulls over to the Right Corner and stops.

Passer: Makes flip turn at Left Corner of wall.

Passeur: Starts swimming again, behind the Passer.

3. Turns - Make your turns on the left side of the lane at the turning wall, providing clearance for the swimmer behind you to make her/his turn.

4. Resting - During a long set, sometimes it's necessary to take a break. Resting should occur at the walls, in the far right corner leaving plenty of space on the left to let swimmers make their turns. After resting, resume swimming by waiting for an appropriate space to re-enter, or swim at the end of pack. Use the start of the next set to reposition yourself within the lane.

5. Arriving Late and Leaving Early - When you show up late, take the following steps before jumping into the pool.

Talk with the coach to find out what set the lane is doing and how far through the set they are. Do not expect the swimmers to stop and explain it to you.

Wait until the swimmers are resting at the wall to announce your arrival. Do not surprise them by just hopping in and swimming behind them. This often leads to collisions.

Swim at the tail end of the lane and warm-up slowly before raising your heart rate. Once you are up to speed and the interval allows, adjust your position within the lane to one most appropriate for your speed.

MVM Board of Directors

Sue Porter, President

- Cindy Fulmer

- Tina Ambrogi

- Richard Bell

- Christine Johnson

- K Millar

- John Breakwell

Email: board@mvm.org

MVM Treasurer

Martha Branch

Email: treasurer@mvm.org

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

Webmaster

K Millar

Email: webmaster@mvm.org

MVM RipTide Editor

Charles Wu

Email: riptide@mvm.org

If you have to leave early, let your teammates know so they can be aware of how to adjust their send off times for the rest of the set.

6. Modifying the Practice - If you have to modify the set, try to make modifications make changes that won't disrupt the other lanemates if possible. If you need to pursue a markedly different practice, consider using the warm up pool or leave lots of space between you and the next swimmer in the back.

The small gestures makes crowded Masters swimming easier for everyone

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>
<p>“Head To Toe Massage Therapy” 650-960-3535</p>	 <p>Team Concept Swim & Tri Shop www.teamconcept.com</p>	 <p>HOBEES California Restaurants</p>

THIS IS LATE APRIL. WE MUST BE SWIMMING IN...BOISE?

Swimming in our local region, Pacific Masters, we get a bit of a skewed perspective on competition. There are some 40,000 registered masters swimmers in US Masters Swimming, and 10,000 of them are right here in northern California. Our 2006 SCY Championship Meet in Pleasanton last April had over 800 swimmers participating. By contrast, the Northwest Zone Championship meet in Boise, Idaho three weeks later had 57 swimmers. Including two of us.

Why Idaho? Why the Snake River region? My goal is to swim a masters meet in all 50 states. Karla Rees, erstwhile MVMer, is aiming for a practice, meet or open water swim in each of the 53 regions in USMS. And opportunities to check off Idaho/Snake River region don't come up very often. Besides, it's an easy flight.

The nice thing about small meets like this one, is you get to be a big fish, if not the only fish. Also, the meet goes by really fast. It leaves enough time to check out the local attractions, like the World

Center for Birds of Prey near Boise. We got to see a Peregrine Falcon, a Golden Eagle, and even a California Condor. Now that is an ugly bird! We even got back home in time to watch the Sharks send Nashville packing.

On the other hand, the problem with small meets is it goes by really fast. You pick your events carefully, since you don't get a whole lot of rest between races. Then, after dying like a pig in my 400 IM, I found out that Boise is 2500 feet above sea level. That explains the burning lungs and the big fade at the end.

Despite that, swimmers in other regions are just like us, and they're just as much fun to hang out with, even when everyone finds themselves out in the hotel parking lot at 2 am because the fire alarms have gone off. We even found a Boise swimmer who's been using our workouts.

It truly is a small world, and we have more in common with others than we could ever believe. Every now and then, it's worth getting out of town to find that out. -- **Chris Campbell**

WORLD'S REGISTRATIONS MUST BE RECEIVED BY JUNE 3

Below are details on the requirements for participating in Worlds this August at Stanford. These are hard deadlines, so if you even just thinking of swimming in the meet, start planning now. The deadline for registration is June 3rd, 2006. This is a RECEIVED BY deadline, not the usual postmark deadline we are use to. Allow enough time for the Post Office to deliver the mail if you're not entering online! Please note that if you are entering online that all supporting documentation must be also RECEIVED BY June 3rd! as well. MVM will try to accommodate swimmers' desires with respect to relays, but we cannot guarantee you'll get everything you want. Let us know what you are willing to swim. All Relays must be entered with seed times and age-groups by June 3rd. If you want to swim relays, let your coaches know NOW!

MEET REGISTRATION DETAILS

- Photocopy of ID (proof of age-Driver's License, Passport, BirthCertificate)
- Age as of December 31st 2006. FINA minimum age for eligibility is 25.
- Copy of 2006 PMS Card. FINA does not recognize Unattached swimmers. You must be attached to a recognized team (like MVM) to compete.
- Restrictions: Max of 5 individual pool events for the entire meet, no more than 2 individual events per day, and up to 3 relays (open water doesn't count as an individual pool event)

FINA Rules will apply (not USMS, although they're pretty much the same)

- Individual Registration \$50.00 plus:
- Open Water Swim \$ 35.00
- Individual Swimming \$10.00 per event
- Relay Swimming \$ 32.00 per relay team. All relay swimmers must be registered with the same team (Relay-only swimmers must still pay the \$50 Individual Registration Fee.)
- Special Alcatraz Swim on Saturday, Aug 12. Cost is \$125. Fees for Special
- Events as listed in the entry program are to be submitted with your entry.

ONLINE REGISTRATION LINK:

https://www.usms.org/comp/worldso6/entry/includes/onlineentry_login.php

MOUNTAIN VIEW MASTERS EAGLE PARK POOL CLOSURE FOR MAINTENANCE

On May 15 - 26, 2006 Eagle Pool will be closed for maintenance and practices will take place at the Rengstorff Pool. And another reminder, on April 1, 2006 MVM raised its dues as a result of an increase in costs by the City of Mountain View. The new dues schedule is available on the website at www.mvm.org or ask the coach on deck for details. The 10th of each month is the deadline for dues.

NEWS FROM THE MVM BOARD
**New Comment
Email Address**

Have a Comment
Good or Bad
About MVM?
The board wants
to know. and has set up a new



email address comments@mvm.org. Emails set to this address, go to two members of the board. who can investigate the comment. Your comments will remain confidential. So if there is an issue you need to bring up, this is the mechanism for doing so.

Showers

The MVM Board has notified the City of Mountain View about the condition of the showers at Eagle Pool and is working with the city to get repairs done as soon as possible.

TEAM MVM GETTING READY FOR WORLDS WITH WARM UP EVENTS!

Registration for FINA World Championships is May 3, and in preparation for the big event in August MVMers are competing in some local events.

The Rinconada Meet in Palo Alto was a great one for MVMers, with including Kate Curry (1st in 50 free, 100 Breast), Kirk Kozlowski (1st in 50 Free, Team record in 50 Fly), Michelle Lin (1st in Novice 50 Free, Novice 50 Back) and Brian Williams (1st in Novice 50 Free) (See Photo to Right), Don Ingalls (1st Place in 100, 200 Free, New Team Records in 50, 100, 200, 1000 Free and 100 Back), Eric Wolff (New Team Records in 100 Fly, 100 Breast, 400 IM).

Pacific Masters SCY Championships, 4/7-9 in Pleasanton. Attendees were Karla Rees*, Kate Curry, Kate Viret, Greg Abney (New Team Records in 50, 100 Free and 100 Breast), Don Ingalls (New Team Records in 100, 200, 500 and 1650 Free), Pete Dahlgren, Rex Frobenius, Nick Bryson, and Chris Campbell (New Team Record in 1000 Free).

World's Focus - Distance

The pools at Stanford for the FINA World Championships are 50m, so it's critical that you start getting use to a longer pool and fewer turns to kick

off from. The Fremont Pool in Sunnyvale, and the pools at Stanford during Stanford Masters workouts are available for long course workouts. Additionally, there is a scrimmage between different local clubs planned at Foothills College in June. Stay tuned to practices and the email bulletins for more details.



SPORTS BASEMENT IS NEWEST TEAM MVM SPONSOR!

The Sports Basement is the newest sponsor of MVM. They are showing their support of Masters with team awards and, by giving MVM members a 10% discount, mention that you are a member at checkout and present your USMS Membership Card. The store is located at 1177 Kern Ave, Sunnyvale, 408 732-0300 and on the web at www.sportsbasement.com. Thank you to the Sports Basement for their support.

OPEN WATER LEGEND GARY EMICH SPEAKS ON MAY 18, 7:00 PM - 8:30

Also at the Sports Basement in May, open water swimmer Gary Emich, who is the "Escape from Alcatraz" swim world record holder - over 355 crossings without wetsuit or fins - and the author of "A Swim Criminal Looks at 100: A Swimmer's Guide to a Successful Escape." will be speaking in Sunnyvale.

Gary brings a wealth of experience to his presentations and shares his knowledge about understanding the "swimmability" of any and all bodies of water, physically acclimating, internally acclimating, mentally acclimating, sighting, open water swim techniques and currents. If you want the inside scoop on what it takes to "Escape from Alcatraz", Gary is a must! The talk is free and open to the public.

Sports Basement 20% Party and Team Social, May 30, 6 PM - 8 PM

To celebrate our newest sponsor and kick off the summer with savings. Please join us for the Team MVM shopping party at the Sunnyvale Sports Basement, where Team MVMers with valid USMS Membership Card will receive a 20% discount off their purchases at the party.

Beer, beverages and snacks provided, as well as an area where you can meet your fellow team mates out of the pool.

SUDDEN STORM TRIES IRONFAM EFFORT



Rare Storm Front Unexpectedly Derails Ironman New Zealand

Last issue we featured Flip (Lane 3, 7 AM) and Reilly Dibner's quest to New Zealand for an Ironman Triathlon. Unfortunately, the weather did not cooperate and an incoming storm created waves in Lake Taupo that were too rough and high for safe swimming. It also delayed the rest of the race as well. In an effort to provide an opportunity for participants to race, the officials changed the event to an abbreviated duathlon, consisting of half the bike and half the run distance. However, despite the disappointment of not being able to complete a full Ironman race, all the participants enjoyed each other's company in support of a good cause. Flip and Reilly raised money for programs

to help kids with Cystic Fibrosis in New Zealand stay active. Reilly raised more money than any other Northern Hemisphere fundraiser, and as a consequence was awarded an entry slot and transportation back to Taupo for Ironman NZ 2007. Reilly and Flip say Thank You! to all their supporters.

A few weeks later, Flip completed his Ironman quest in Tempe, Arizona on April 9, where the weather fully cooperated. Congratulations to Flip.

MALARIA from Front Page

from malaria (3,000 children per day, every day).

This doesn't have to happen, as malaria can be prevented. The single most effective way of preventing malaria is to have people in affected regions sleep under a US\$5 long-lasting mosquito net. 20 nets = 1 child's life. One hundred percent of raised funds will buy much needed mosquito nets.

Please join your MVM teammates in this effort.

Performance and Coaches Award

This month's Performance Award goes to Don Ingalls, who used to swim with Team MVM when Maureen Chambers was the coach. Don rejoined MVM this year, and has already set 7 SCY and 5 LCM records in 3 meets in Men's 65-69 age group. Welcome back and congratulations for your great performance.

The Coaches award goes to Pete Dalhgren and Rex Frobenius for their performance at the Pacific Masters SCY Championship in Pleasanton, and their incredible improvement these past few months. Congratulations!

All winners can pick up their awards from a coach.



Mountain View Masters Calendar

May

- 10 - May Dues due (NEW RATES IN EFFECT, see www.mvm.org for details)
- 13 - Parkside Aquatic Mile, to register visit <http://www.sanmateomarlins.org/openwater.html>
- 14 - Swim For Malaria Fundraiser Practice (See story, Page 1)
- 15 - 26 - Eagle Pool CLOSED, practices at Rengstorff Pool
- 18 - Happy Hour at La Fiesta, 735 Villa St, Mountain View.
- 27 - Practices resume at Eagle Pool

- 30 - Sunnyvale Sports Basement 20% discount party. 6 PM - 8 PM, 1177 Kern Ave, Sunnyvale

June

- 3 - Lake Berryessa 1 and 2 Mile Swims: To register visit ntr.adventuresports.com
- 3 - Registrations for FINA Worlds must be RECEIVED by this date.
- 10 - June Dues due
- 21 - Summer Solstice Happy Hour, St. John's Bar and Grill, 510 Lawrence Expy Ste 110, Sunnyvale.

Team MVM Getting Ready For the World!