

MVM Celebrates Grand 2006 at Holiday Party



MVMers Celebrate a Successful Year at Mario's in Mtn. View

MVMers enjoyed great company, food and spirits on December 3, 2006 at Mario's. They celebrated and looked back on an extremely successful year. The dinner started off with a meet and mingle as Team MVM enjoyed various appetizers and drinks. This was followed with a multi-course dinner including chicken with capers, salmon and pasta that

left no one hungry, but still leaving room for a fantastic dessert.

The evening was followed by the MVM team awards for the year and was good for many laughs. The evening wrapped up with a slide show put together by Coach Laura that covered all the highlights of the year for the team, including a phenomenal

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.

Checklist for the New Year

Now that the holiday season is over and you have had some time to get back into the swing of things, remember to complete the following Masters "To Dos".

- Pay Your USMS/Pacific Masters Dues. If you swim with MVM it is mandatory for liability reasons that you are a USMS/PMS member. Coaches are enforcing this. This applies whether you are an occasional or daily swimmer.
- Update your contact and goals information. Let the coaches know what you want to accomplish and provide emergency contact information.

Forms for both "To Dos" are available on deck, ask a coach or at www.mvm.org.

turnout at FINA Worlds held at Stanford, a successful Alan Liu Memorial Swim Meet that included a visit by Jill Mason. The slide show also celebrated personal victories of all kinds, including the welcoming of future MVMers to the family. What a great kick off to an even better 2007.

START YOUR YEAR RIGHT WITH GOAL SETTING THE SMART WAY.

The beginning of the year means resolutions for many of us, but at this point you might have found yourself already flagging in your resolve and might have even given up. This doesn't have to be the case if you use different goal setting techniques that can help you along your way.

The first thing to do is to think in terms of goals and not resolutions. Resolutions once broken are done, goals however can be revisited and reevaluated as needed. The tips in this article may contradict themselves, but just like some swimmers are better at backstroke while others are breaststroke masters, one is not better than the other. The key is to find a technique that works best for you.

The final desired outcome should not be limited to a result, but include an improvement over your current state. It might make sense to choose multiple related meaningful goals such as improving a personal best, losing weight or just showing up to one more meet this year. So that at the end of the year, if you have done better than you started then you've won. Note that the word meaningful means that the goals shouldn't be "give mes."

The most common goal technique is defining meaningful goals that can be accomplished, as opposed to outlandish goals destined to fail. Many people subscribe to the "SMART" goal model which states that your goal should meet the following criteria denoted by the letters of

"SMART" That is they should be Specific, Measurable, Attainable, Realistic and Timely. A web search on "SMART goals" will give you plenty of details, but the key is that it's a framework for goals that can be met. You can also create mini Goals that get you to your bigger goal if not in 2007, then 2008.

Charles Jaffe, columnist for the Marketwatch website, relates a story of Chicago Cubs pitcher Ferguson Jenkins who use to keep a sealed envelope taped to the wall above his locker. In that envelope was his goals for the season, and no one knew what they were, and Jenkins didn't tell anyone. At the end of the season he opened up the envelope and took stock, meeting most of his goals. Part of Jenkins success was constantly reminding himself of his goals. So it might make sense to have your goals where you will see them regularly, such as your mirror or in your work out bag. Just don't let yourself forget.

Jenkins story also highlights understanding what motivates you. Do your goals need to be public so that you are "on the hook" or do you need more private goals that only you know. Which leads to the final goal tip, remember your training goals are for you not anyone else. It's progress that matters.

- Charles Wu

THANK YOU TO RETIRING BOARD MEMBERS

We start 2007 with the departure of two MVM Board members, Cindy Fulmer (6 AM, Lane 4) and Richard Bell (7 AM, Lane 5). The Board would like to

MVM Board of Directors

Sue Porter, President
- Tina Ambrogi, Vice President
- K Millar, Treasurer
- Christine Johnson
- 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.

Social Chairperson

Tina Ambrogi
Email: fun@mvm.org

Webmaster

K Millar
Email: webmaster@mvm.org

MVM RipTide Editor

Charles Wu
Email: riptide@mvm.org

say thank you to both for their time, effort and dedication to MVM.

Cindy during her time on the board was key in the updating of MVM bylaws to reflect current operations. Richard helped bring consistency to our sponsorship efforts. Though they may no longer be on the board, we'll see both in the pool.



THE 2007 MOUNTAIN VIEW MASTERS INFORMATION SHEET (SAVE!)

Pool Locations

Eagle Pool: 650 Franklin St., Mountain View, CA 94043. Corner Church and Franklin. (650) 903-6413.

Rengstorff Park Pool: Rengstorff and Central Expressway. Used when Eagle is closed for maintenance. Check www.mvm.org for dates.

Contact Information

Office Phone: (408) 735-1326.

Email: mail@mvm.org

Websites

MVM: <http://www.mvm.org>

Pacific Masters: <http://www.pacificmasters.org/>

Comments Line

Do you have an issue or a compliment? We want to hear from you! Please send your feedback to comments@mvm.org

MOUNTAIN VIEW MASTERS DUES FOR 2007

MVM Dues Schedule	Monthly	Quarterly	Semi-Annually	Annually	MVM Membership Benefits
Mtn. View Resident	\$40	\$115	\$225	\$440	Full membership with MVM entitles you to enjoy our sanctioned clinics, meets, social events at special rates, and to vote at our annual meeting. Your monthly masters fee includes FREE access to noon and evening lap swim at Eagle Pool during that month. Obtain a pass from the coach when you pay your dues. Rates vary depending on whether you are a resident of Mountain View. Prepay discounts are available. Dues should be paid by the 10th of every month.
Non-Resident	\$50	\$145	\$280	\$550	
Resident Married Couple	\$70	*** Not Available ***			
Non-Resident Married Couple	\$90				
Drop Ins: \$7 payable at the time of your swim (maximum twice per month)					
Thank you for your support of Mountain View Masters!					

WORKOUT SCHEDULE (NOTE WEEKENDS MAY CHANGE FOR SPECIAL EVENTS)

Day	Workout Focus	Workout Times
Monday	Aerobic Threshold Freestyle	5 - 6AM / 6 - 7 AM / 7 - 8 AM
Tuesday	Aerobic Stroke/Freestyle Mix	5:30 - 6:45 AM / 6:45 - 8:00 AM
Wednesday	Low Aerobic, Distance Freestyle	5 - 6AM / 6AM - 7 AM / 7 AM - 8 AM
Thursday	Aerobic Medley Mania	5:30 - 6:45 AM / 6:45 - 8:00 AM
Friday	Sprint (Choice of strokes)/Low Aerobic Freestyle option at 5 AM.	5 - 6AM / 6 - 7 AM / 7 - 8 AM
Saturday	Aerobic, Stroke / Freestyle / Medley Mix	6:30 - 7:45 AM / 7:45 - 9:00 AM
Sunday	Low Aerobic, Distance Freestyle (Note on certain Sundays each month, Eagle pool is closed for Super Chlorination, check http://www.mvm.org for exact dates)	6:30 - 7:45 AM / 7:45 - 9:00 AM

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>HOBBEES California Restaurants</p>

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 4 - 6: Wildflower, Lake San Antonio. Register at: <http://www.tricalifornia.com/wildflower/2007/>

May 12: Angel's Camp Triathlon, New Melones Reservoir, deadline May 8. Register at: http://www.active.com/event_detail.cfm?event_id=1397285

May 20: Uvas South Bay Triathlon XIV, Morgan Hill, 800 person limit, no race day registration. Register at: <http://www.japroductions.com/uvas/>

June 24: San Jose International Triathlon, San Jose, 1500 person limit, no race day registration. 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 16, July 21 and August 18. With the "Tri for Real" on September 16. These and other events can be registered for at: <http://www.onyourmarkevents.com/events-new.asp>

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.



FEBRUARY FITNESS CHALLENGE 2007!

Need some motivation to get to the pool on those dark, cold days of winter? Don't worry, MVM's February Fitness Challenge is here to help. The ultimate in 'non-competitive competition.' The Challenge rewards not the fast, but the committed. Intrigued?

Here's how it works: For every practice you swim in February, you get ONE point for every full 15 minutes IN the water, to a maximum of FOUR points per day. You can get FOUR bonus points for swimming FOUR or more practices per week; and you can earn TWO points for every swim practice of 30 minutes or longer at a non-MVM pool. You can receive ONE point every time you help pull covers (must be there at least 15 minutes early to help). You can earn TEN points for competing in any of the swim meets scheduled in February (Valentine's Affair, Pacifica Relays), and FIVE points for the Postal 1650 on February 18. You can also earn TEN points for donating an item for the Auction. Also earn FIVE points for turning in your updated MVM registration form by 2/28.

Simply keep track of your points on your Fitness Challenge card, found in the Eagle Park Pool Office. At the end of the month, your points will be added up and converted into 'MVM Bucks' for the

GO THE DISTANCE

The USMS Fitness Committee is organizing a new event in 2007 called "Go the Distance." The idea behind the event is to track every time you swim, be it a workout, meet, open water, anytime when you are swimming. Every time you reach a milestone of 50, 100, 250, 500, 750 and 1000 miles your name will be posted on the event website. There will be monthly updates recognizing the milestones of participants.

The event is free so there's no excuse not to enter. Details of the event are available at <http://www.usms.org/fitness/content/>

gothedistance where you can download an entry form and spreadsheet to track your progress.

use at the Fitness Challenge Auction on Wednesday, March 7 at Pizza Chicago. The auction features fabulous items, some not available via regular retail channels. Past items donated for auction have included:

- Free car wash
- Gift certificates to local sporting good stores
- Hand made stationery
- Software programs
- Massage
- Home-baked goodies
- Bike tune-up
- Wine and home-brewed beer
- Professional resume writing
- Professional career counseling

So let your imagination run wild. Earn as many points as you can February 1 through February 28 so you can be the "highest bidder" at the auction. For those of you who are new to the team, this is an event not to be missed.

- **Coach Laura Schuster**



MVMers Mix It Up Out of the Water Too!



Team MVM enjoys a post work(out) Dinner at La Fiesta on January 25. *Left to Right, Coach Chris, Christine, Tina, Griff, Maura, Rex and Pete.*

“Swim like a fish in the morning, drink like a fish at night!” The unofficial motto of Team MVM is an important part of the club. In the morning, there’s not a lot of time to get to meet your lanemates and other swimmers as we try to get in our sets and then run off to work.

So it’s the happy hours, the social gatherings that bring people together. Team MVM frequents local restaurants, local homes for great BBQs, golfing, miniature golf and any other fun activity you can imagine. If you have an idea for an MVM social event, be sure to contact Tina Ambrogi about getting help to set it up.



Right to Left: Sharlene, Karene, Jim, Leigh Ann and Sharon.

Performance and Coaches Award

This month’s Performance Award goes to Karla Rees for a triumphant return to MVM by doing the 1 hour swim, four times, count them **FOUR** times, one for each stroke. Way to go!

The Coaches award goes to Sally Hamilton her wonderful discipline in 2006 by swimming every day. Cal Ripken has nothing on Sally. Let’s use her example as inspiration to get into the pool more in 2007. Good luck in 2007 to Sally and all of MVM.

All winners can pick up their awards from the coach on deck.



Mountain View Masters Calendar

January

- 31 - Annual Meeting, 7AM on the Pool Deck
- 31 - Early Registration Deadline for USF Valentines Affair

February

- 1 - 28 - Collect Fitness Challenge Points all month
- 10 - February Dues due
- 10 - USF Valentines Affair, visit www.pacificmasters.org for details
- 11 - Pool closed for maintenance
- 18 - 1650 Postal Challenge, Eagle Pool (Eligible for Feb. Fitness Challenge Points)
- 21 - MVM Board Meeting - at Tina’s house
- 22 - Happy Hour at Sushi Tei, details to follow.

- 25 - Pacifica Relays, hosted by San Mateo Marlins. Pre-registration deadline Feb. 22, www.sanmateomarlins.org

March

- 2 - Postmark deadline for March 17 Rinconada meet, receipt deadline is March 7
- 7 - Fitness Challenge Pizza Party and Auction
- 10 - March Dues due
- 12 - Postmark deadline for March 25 SCAM Invitational, receipt deadline March 15
- 17 - Rinconada Masters Spring Meet, Rinconada Pool, Palo Alto
- TBD - Happy hour
- 21 - MVM Board Meeting - at Tina’s house
- 25 - SCAM Invitational, Strawberry Canyon