

## *Coach Marcelo Castro Moving On.*



### **Coaches Wanted! Team MVM Looks to Expand Coaching Staff.**

Team MVM Head Coach Marcelo Castro has informed the board that he will be taking another position and will be resigning his position with Team MVM. The club thanks Marcelo for his leadership these past two and half years wishes him well in his new endeavors. Please join

the team in a send off on July 13 at the pool.

All practices will continue at their regular time, so swimmers should not be impacted. The board and coaching staff met to discuss the future coaching direction of the team. The coaching staff is exploring

### **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.

### **Thank You for Your Feedback**

Thank you to everyone who took the time to fill out the survey. Overall MVMers are happy with the club. However feedback indicates a desire improvement in having the coaches provide more individual pointers, concern about tardiness and more clinics. More details on survey results is on Page 3.

The winner of the drawing for a Sports Basement Gift Certificate is Kate Latham.

adding new coaches and would like to extend an invitation to MVMers to consider joining the coaching staff. If you have an interest in coaching a few days a week, or serving as a substitute coach please contact any of the coaching staff. Successful applicants will receive training and certification in order to be successful. Additionally, please let any swimmers and/or coaches at other clubs who might be interested know of the opportunity.

***-The MVM Board***

**TRAFFIC AHEAD! WHEN TO CHANGE LANES...**

Morning traffic got you down? Things piling up at the turn? Traffic on 101, no we're talking about the swim lanes during practice. Let's discuss how do you choose your lane and when should you move.

Your "home" lane is based on your cruise interval, defined as the time it takes you to swim 100 yards or meters at a moderate pace with a few seconds rest over 10 repetitions. An alternative calculation is to swim a 1000 at a pace at the maximum level where you can maintain consistency without dying or markedly slowing down. Take your final total time and divide it by 10.

Note that cruise interval modifications are applied to the sum time of the entire set. For instance if the coach says to do a 200 free on cruise minus 10. If your lane cruise is 2:00, you should complete the 200 in 3:50 -- (first multiply: 2 x 2:00 = 4:00, then subtract 4:00 - 0:10 = 3:50).

**Cruise Intervals**

Lane	Cruise Time Per 100 (yards/ meters)
1	2:00 / 2:10
2	1:55 / 2:05
3	1:50 / 2:00
4	1:35 / 1:45
5	1:30 / 1:40
6	1:25 / 1:35
7	1:20 / 1:30
8	1:15/1:25 (or 1:10/1:20, depending who's in the lane)

Finally, there is no cruise interval for non-free strokes, the coaches will add modifiers to account for the different strokes in the set. The official cruise intervals for each lane are listed in the table. A more detailed explanation of cruise can be found at <http://www.mvm.org/workouts-glossary.php>.

Now that you've found the right lane for yourself, when should you consider changing lanes and how should you make the change?

A good clue to consider moving up a lane is when lane mates start suggesting that you need to slow down or move up. Other clues are if you find yourself far ahead of the main pack in your lane or start lapping others on long sets. If you are getting too much rest at the wall, consider moving up, as some practices are designed to keep your heart rate at a certain threshold. Getting too much rest may alter the intent of that practice. Lastly coaches may ask you to change lanes.

A special case is when a coach moves lanes around to relieve overcrowding. In those cases, the original cruise time is kept, it's up to everyone in the lane to change the cruise interval.

Conversely, if you find yourself frequently lapped, you may consider moving down a lane. Also alternate your role within a lane, sometimes leading a down lane and other times moving up a lane and swimming in the back. These different lane positions give a different workout. Also, feel free to vary which lane you are in depending

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on the practice. It is often easier to move up a lane on long interval day. Alternatively, the less crowded 5 AM practice is a good time try a faster lane. Using gear such as fins or pull buoys is another way to make an interval.

A final note in choosing your lane and that's the trade off between rest and yardage. As Coach Chris Says, "rest is underrated." If you find yourself fatigued, your stroke form will suffer and it makes sense to slow down and focus on form and then promote yourself later. Choose a lane that lets you swim well not just fast.

**- Charles Wu and Coaches  
 Chris, Laura and Misa**

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**TEAM MVM SURVEY OVERVIEW**

Team MVM concluded a survey of the team members on May 31, 2007 with 92 members responding. The results serve two purposes, first to understand the composition of the team and second to identify areas of improvement.

Team MVM is a consistent team, with the late practice being attended the most on all days. Interestingly, the attendance on all days except Sunday is fairly consistent indicating that each day attracts “specialists” concentrating on certain aspects of swimming. A majority prefer keeping Tuesday and Thursday practices focused on non-free strokes.

About 25% of swimmers are involved in competitive pursuits

be it as a meet swimmer or triathlete respectively.

By far the most important reason swimmers come is for the organized workout for fitness purposes, indicating that quality of workout should be the focus. Swimmers desire additional individual coaching to correct and improve technique as observed.

A divisive issue is that about 34% of swimmers feel that the tardiness of lane mates is impacting their workouts. Comments on this matter concern risky entry while others are swimming. Another issue is that newcomers should integrate themselves with existing swimmers and not push or disrupt the interval that is in progress. A conscientious effort by all swimmers will help reduce

the impact of this often unavoidable situation.

In desired changes, there is a strong interest in clinics on the non-free strokes. Additionally, while only a quarter are participating in meets, about half would like to learn how to start from the blocks. Almost three-quarters would be interested in participating in a team meet or open water event.

MVM is a social club, with almost half expressing that the social aspects were part of why they chose MVM as their Masters club, with BBQs, the holiday party and happy hours having the most interest.

The board and coaching staff will take this feedback and decide on what next steps are possible.

**RECENT RESULTS**

Triathlon season is hitting its stride and so is Team MVM. Coach Dale (Lane 6, 5 AM) and Tana Jackson (Lane 4, 5 AM) raced in the Ford Ironman Hawaii 70.3 in lovely Honolulu on June 2. Coach Dale's time on the swim was 30:43 and his total time was 5:31:23 placing him 22nd in his age group. Tana's swim time was a 37:46 with a total time of 5:36:01 placing her 11th in her age group.

Dave Tarkington (Lane 4, 5 AM) completed the Ironman Coeur d' Alene in Idaho on June 24 with a swim time of 1:12:03, bike and a total time 10:47:27.

Closer to home, Christine Johnson (Lane 5, 6 AM) completed the Napa Half Ironman on May 5, with a swim time of 33:48 and a total time of 7:13:43.1.

Congratulations to MVM Triathletes and be sure to send your results in so we can all celebrate your performances.

**The MVM Summer Slam Continues....**

The Summer Slam continues and it's time to start thinking about the Manatee Masters 2x1 relay at Quarry Lakes in Fremont. Think about finding a partner to swim one of the legs, or be really generous and swim two different legs of this fun relay. It's a great race that's close by and finishes early so you have the rest of the day free.

Remember the final leg of the summer slam is on September 16: Alan Liu Memorial Swim Meet. In addition to swimming, we'll need help putting it on as well. Let the coaches know if you can help out.

**Performance and Coaches Award**

The Performance Award goes to Mary Leigh Burke for her participation in three triathlons so far this season. At age 55, Mary has completed the UVAS Triathlon, the Mermaid Triathlon, and San Jose International Triathlon. And, as Coach Dale put it, "always with a great smile on her face!"

The Coaches Award goes to Michele Lin for taking a leap of faith and leaving the pull buoy on deck and becoming a stronger swimmer without it! It was a courageous act and we all know how hard it is to give up those pull buoy addictions.

Congrats to Mary and Michele for their great work! Swimmers can pick up their awards from a coach.

**Mountain View Masters Calendar****July**

- 6-7 - PMS LCM Championships, Santa Cruz, Online Registration Deadline, June 27, (<http://cruz.mastersswim.com>) / Summer Slam Challenge Event
- 8 - Eagle Pool closed for super chlorination
- 10 - July Dues due
- 13 - Send off for Macelo at Eagle Pool
- 14 - Russian River 1 Mile Swim, Healdsburg, CA. Register by Jul 8 at [www.lifeguardsforlife.org](http://www.lifeguardsforlife.org)
- 18 - MVM Board Meeting, Tina Ambrogi's house
- 21 - 31st Annual Trans Tahoe Invitational Rough Water Relay, [www.olyclub.com](http://www.olyclub.com) for details
- 22 - Catfish Open Water Swim, details and registration at [www.japroductions.com](http://www.japroductions.com)

**August**

- 4 - Santa Cruz Pier Swim
- 5 - Cruz Cruise, Santa Cruz
- 11 - Donner Lake 2.7 Mile Open Water Swim, Truckee, CA, Early Registration deadline August 6, race day registration permitted. Register at <http://www.triathlonplace.com/SNMASTERS/>
- 10 - August Dues due
- 19 - Manatee Masters 2x1 Open Water Relay, Early Registration deadline August 6, race day registration permitted. Register at / Summer Slam Challenge Event
- 25 - MAAC Summer SCM Meet, Modesto, CA

**September**

- 16 - Alan Liu Memorial SCM Meet, Eagle Pool / Volunteers Needed / Summer Slam Challenge Event