

## 2007: A Year of Changes and Transitions



### Photo Highlights from 2007 Alan Liu Memorial Meet.

What a year it's been. MVM finishes the year at its "temporary" pool of Rengstorff while Eagle Pool undergoes major rework that should be completed in March 2007. MVM experienced changes on deck as well. Marcelo Castro stepped down as head coach to

accept another position, taking over the head coaching reins is Coach Chris Campbell. In a return to form, Coach Chris is working closely with a skilled cohort of familiar and new faces bring a new philosophy to MVM (details on Page 2: Coaches Corner). As

### 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 Holiday Party December 2

The 2007 MVM Holiday Party will return to the Adobe Building at the corner of Central Expressway and Moffet Blvd. in Mountain View.

Come socialize with your fellow swimmers and celebrate the season with food drink and our annual slideshow.

The cost is \$25/person. Please sign up at the pool and let us know what you can bring (dessert or beverage). We also need volunteers to help setup & cleanup, if you can help please make a note when you sign up or contact a coach. This is an event not to be missed! Festivities start at 6:00 PM.

Thanksgiving approaches, be sure to say thanks to the coaching staff of Chris Campell, Laura Schuster, Dale Jackson, Misa Sugiura, Bob Stenz, Annika Lewis and Griff Freeman for making it possible to swim day after day. Be sure to check their bios online at [www.mvm.org](http://www.mvm.org).

Earlier this fall, MVM held another successful Alan Liu Memorial Meet on September 16, 2007. This year there were 98 participants, including many first time meet swimmers. The meet was also a sendoff to Eagle  
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**COACH CHRIS ON WHAT'S HAPPENING WITH MVM IN 2007 AND BEYOND**

Marcelo Castro no longer walks the deck, and Rengstorff Pool certainly isn't the same as Eagle Park Pool. Team MVM has a new head coach, and there are a couple of new faces in addition to the familiar ones on the coaching staff.

While the venue has changed and some of the coaches may be new to you, the overall guiding principles and values of Mountain View Masters remain the same. However, you may notice some subtle differences.

With more members of the coaching staff actively involved during the week, you'll begin to notice different "personalities" to the sets, based upon who runs the workouts. As a longtime member and coach with this Team, I find that this has always been one of the strengths of MVM over the years. Each coach brings a unique perspective and his or her own specific abilities to the pool, and between us, there isn't much that we haven't seen or done before. The variety and creativity of the sets enjoyed by this Team come from a staff with very different personalities and experiences, but very similar values and commitment to MVM.

One of the results of this synergy is the focus on improvement—improvement of technique, improvement of conditioning, and improvement of personal achievement. In the water, you'll notice more emphasis on fundamentals and technique work. You may find that there will be drill or kick sets during the middle of a workout, rather than at the beginning or end. You'll see more sets that are geared towards quality, both in terms of speed and good technique, rather than those that just pile on the yardage. Don't worry, though, those grinder sets will still be there. However, the best ways to learn to swim faster and longer is to practice good technique, and to swim faster in practice. That requires additional rest. Many of us who grew up swimming in the 70s remember the old adage that the best training happens when you're tired. That's half right. The best training happens when you're



tired, but you've still got control of your stroke technique. Pounding yardage with poor stroke technique is negative conditioning. Worse, it can hurt you. Never sacrifice good stroke mechanics to make an interval.

Additionally, one of the best things you can do, especially if you're in a rut, is to try something new. A change of pace can serve a couple of different and beneficial purposes. For example, if all you do is freestyle, changing strokes can allow some relief to your usually used muscle groups. This is important, because even small stroke flaws can become ingrained and create major problems down the road. Secondly, even though those "other strokes" use different muscle groups, the fundamental principles of balance, body and head position, feel for the water, core muscle engagement and use of the lower half of your body are still equally important. By approaching these basic concepts from a different angle, you may just figure out something about one of your other strokes. Who knows? You may discover a hidden talent. With this in mind, one of the ideas that I pitched to the coaching staff during our first Coaches' meeting is the curve ball. That occasional unexpected twist to a workout wakes the body up. The break from a monotonous routine forces us to bring our concentration back to us in the water. We're no longer on autopilot or cruise control. Our focus is

now actively engaged, and we're thinking about what we're doing in the water. As we should always be. Remember, every stroke we take should have a purpose. Coach Laura's fin workouts are great examples of this. They emphasize some of the more fundamental aspects of body position and leg engagement that often get overlooked as we try to cram in as much yardage as possible in a given time. So expect to see more sets like this, and don't be surprised if you find yourself swimming sprints on a distance day, or doing stroke on a freestyle day. Despite what you might think, there is method to your coaches' madness. The sets are written with a purpose in mind, and if you need help to figure out what it is, ask your coach.

Lastly, we'd all like to be swimming back at Eagle Pool. If the current schedule holds true, we'll be back there on March 1, 2008. In the meantime, we have to make the best of our situation. Rengstorff Pool has fewer and narrower lanes. In all likelihood, you'll find yourself swimming with people from other lanes, who are either faster or slower, and you'll probably smack hands or get poked under a lane line. Your coaches ask you to keep the three Cs in mind—Communication, Consideration and Compromise. If you've ever studied physics, you know that when things get compressed into a smaller volume, they tend to heat up. This Team is no exception, so we ask that you actively work to be courteous and respectful towards the other swimmers, keeping in mind that they may be just as frustrated as you are. You may need to modify your interval to accommodate others in your lane, or you may need to change strokes. Please be thoughtful and fair. If you do have a dispute with another swimmer, we ask that you remain calm and get the coach engaged as quickly as possible. All that can happen in the water is a fight, which affects not just those swimmers involved, but all of those nearby as well. The

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coach on deck, however, is empowered to resolve disputes in a fair manner. They are the authority in such cases, and swimmers will abide by their judgment. As a sidebar to this, modification of a set needs to have the buy in of not just the swimmers in the lane, but it also needs to be cleared by the coach as well. As noted earlier, sets are written with a purpose in mind, and it is just plain courtesy to find out if it is okay to change things.

Yes, things are different, but not so much as you might think.

While you may notice some changes in the sets and in some of the coaching interactions, the values and goals of Mountain View Masters remain the same—Fitness, Fun, Friendship and Fast Swimming. And we'll be back at Eagle soon enough. Be sure to check future issues of the Rip-tide for another addition The Coaches' Column, where your coaching staff will weigh in on all sorts of topics. If you have any questions or comments, catch us on deck or feel free to email us at [coaches@mvm.org](mailto:coaches@mvm.org).

See you at the pool.

Coach Chris



**RECAP from Page 1** Pool  
 What a sendoff it was, with MVM setting 22 new team records at the event. Sharlene Gee, Adina Kletter and Diane Renshaw each took home the coveted Alan Liu Medal.

MVM was also represented at the Pacific Masters Short Course Meters Championship in Walnut Creek where Karla Rees and Mary Leigh Burke set five new team records. Remember that MVM team results are on the website at [www.mvm.org](http://www.mvm.org).

Out of the pool, Team MVM had as much fun as they did in the pool. This year swimmers got to know each other better at numerous happy hours

**MVM Board of Directors**

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all over Mountain View. Social Chair Tina Ambrogi and Griff Freeman hosted an amazing barbeque at their new home. Be sure to celebrate the season at MVM's holiday party on December 2.

The board changes at the end of this year with the departure of K Millar and John Breakwell. Please say thanks to them for their service and we'll be announcing new board members in a future Riptide.

**Turn in your 2008 Pacific Masters Registration by December 31, 2007 for 10 MVM February Fitness Points**

United States Masters Swimming, Inc. Pacific Masters Swimming, Inc. <b>2008 Membership Application</b> <input type="checkbox"/> Renewal 2007 number if known: _____ <input type="checkbox"/> New Registration <b>YOU MUST PAY TOTAL FEE OF \$40</b> (Fee includes: USMS = \$25, PMS = \$15 <b>REDUCED END OF YEAR 2008 FEE \$30 if joining 9/1 - 10/31</b> <b>Full Fee 2009 Memberships accepted after 11/1/08</b> <b>Make check payable to Pacific Masters Swimming</b> Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 <a href="mailto:registrar@pacificmasters.org">registrar@pacificmasters.org</a> Registration Expires 12/31/08	<b>PLEASE PRINT CLEARLY.</b> <b>Your name on this form and on meet entry forms must be identical.</b>			
	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 (Indicate Club affiliation or Unattached) <b>Mountain View Masters</b>			Today's Date Month _____ Day _____ Year 20_____	
"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."				
Signature _____			I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/>	
I wish to contribute to the following foundations <i>and have added the additional amount to my 2008 registration fees.</i> <input type="checkbox"/> \$1 or ( ) The US Masters Swimming Foundation. <input type="checkbox"/> \$1 or ( ) Pacific Masters Swimming. <input type="checkbox"/> \$1 or ( ) The International Swimming Hall of Fame.				
				revised 10/01/2007

MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

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**MVMERS “LIVE FREE OR TRI HARD”**

The 2007 Triathlon season concluded on a down note with the cancellation of the swim part of the Treasure Island Triathlon due to an oil spill that is going to have a long term impact. Affected was the popular open water training spot of Aquatic Park near Fisherman’s Wharf.

This fall MVMers were found racing in Santa Cruz at the Sentinel Olympic Distance Triathlon including Janet Wang, Jami Andrews, and Mary Leigh Burke, Nathan Etter, Paul Foronda, Sherwick Min, Dave Tarkington, Ed Stewart and Dale Jackson. Be sure to check out Ed Stewart’s race report at <http://www.mvm.org/results/2007/triathlons-sep.php#sentinelstory>. Mary Leigh Burke had so much fun that she returned to Santa Cruz the following weekend and raced in the Mermaid Women’s Sprint Triathlon.

Recapping 2007, other MVM triathletes traveled far to compete. Christine Johnson completed her first Ironman at Lake Placid, NY.

The growing popularity of triathlons means that they fill up sooner. The following events open their registration in December and at the beginning of the year:

April 14: Ice Breaker Triathlon, Folsom, CA (<http://www.tbfracing.com/events/icebreakertri.html>)

May 2 - 4: Wildflower, Lake San Antonio. Register at: <http://www.tricalifornia.com/wildflower/> (December 2007)

TBD: Angel’s Camp Triathlon, New Melones Reservoir, Register at: [http://www.active.com/event\\_detail.cfm?event\\_id=1279069](http://www.active.com/event_detail.cfm?event_id=1279069)

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

June 7: Tri For Real, Rancho Seco Park. (<http://www.tbfracing.com/events/tri4real.html>)

TBD: 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 7, July 12 and August 2. Note those same days host Olympic distance events as well.

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

## HOLIDAY STOCKING STUFFERS

It's better to give than to receive, and it's better yet to give the gift that keeps on giving. Here are some ideas for some stocking stuffers for your fellow swimmers.

As the new year begins, it's hard to get motivated to get up in the morning so encourage the swimmer with 10 post practice cups of coffee. Only redeemable if they actually swim. Starbucks and Peet's Coffee both have coffee cards.

Want something a little more whimsical.

Tyr ([www.tyr.com](http://www.tyr.com)) has a Dazzle Duck keychain to remind you of swimming outside of the pool. Dazzle sports fins, goggles and a reminder to make your intervals.



Maybe a little fun in the water is more your style. Bold swim caps in outlandish designs is a way to stand out in the pool. Speedo ([www.speedo.com](http://www.speedo.com)) has a new "Retro Floral Cap" in blue, kelly green, purple and pink. Just be sure to coordinate with your lane mates so you don't show up to practice with the same color.



Sometimes the best way to get better in the pool is to spend some time outside of the pool. Team Sponsor Sports Basement has a collection of swim books and videos targeted for the swimmer and triathlete ([www.sportsbasement.com](http://www.sportsbasement.com)).

Lastly, for the swimmer that needs a soundtrack, Kiefer ([www.kiefer.com](http://www.kiefer.com)) has the the Aqua Tune II, a waterproof pouch and sealed headphone system that let's one listen to their electronic music player while swimming.

## November/December Performance and Coaches Award

This month's Performance Award goes to Shana Shepard (Lane 2, then 3 and now 4 in two months time!) who is being recognized for her excellent stroke technique and reminding all swimmers that good technique is something you should strive for no matter what lane you swim in.

The Coaches award goes to both Rune Dahl (Lane 1) and Neal Scott (Lane 3) for their fantastic photography of the Alan Liu Memorial Swim Meet. Both of them took an amazing set of photos that captured the excitement and spirit of the day. To see their work visit <http://mvm.org/photo-gallery/index.php?level=album&id=23>.

All winners can pick up their awards from a coach.

## Mountain View Masters Calendar

### November

- 22 - MVM Triple Crown, Event #1. 50 repeats on the 1:40. Each lane decides on the distance and the strokes for the repeats. Two sessions at 6:30 AM and 7:55 AM. Happy Thanksgiving.
- 23 - Holiday Hours - Two practices at 6:30 AM and 7:45 AM

### December

- 2 - MVM Holiday Party (Details See Page 1)
- 15 - MVM Triple Crown, Event #2 (first session). 75 repeats on the 1:40. swimming starts at 6:30 AM. Swim the whole event or join in any time up to 9 AM. Afterwards, join us afterwards for brunch at Country Gourmet (El Camino and Rengstorff).
- 10 - December Dues deadline

- 16 - MVM Triple Crown, Event #2 (second session). See details on December 9. We will have coffee and PMS registration forms available, bring your checkbook and MVM will mail in your form for you!
- 31 - Pay your Pacific Masters dues by this day for 10 February Fitness Challenge Points. See the Form listed on Page 4.

### January

- 1- Final Leg of MVM Triple Crown, 100 repeats on the 1:40, swimming starts at 8:30 AM.
- 10 - December Dues deadline
- 1/23 MVM Board meeting
- 1/30 Annual Team Meeting 7am at the pool

*Great Year Team MVM and Happy Holidays!*