

## The Eagle Has Landed, So Long Rengstorff



### Rengstorff Pool: MVMs “Extended” Temporary Home

They say absence makes the heart grow fond, and MVM’s extended stay at Rengstorff Pool definitely made many a swimmer miss the extra space and rectangular corners of Eagle Pool. MVMers will find a newly plastered pool that is in great shape, refinished locker rooms and new stairs by the bulkhead.

#### 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.

In addition to those changes, swimmers will find that moving back to Eagle Pool there will be a period of readjustment and here are some tips to make the transition easier.

Due to the lateness in the “yards” season when MVM returns to Eagle, the pool will be set initially to meters. This

### Pay Your MVM Dues With a Credit Card

Starting April 4, MVM members will be able to pay their monthly dues using Mastercard, Visa or Discover Card. This payment option is only available for monthly dues. To receive discounts for quarterly, semi-annual or annual continue paying by check.

To use this payment option, turn in a filled out payment authorization form available either at the pool or at [www.mvm.org](http://www.mvm.org). Every month between the 1st and the 10th, your credit card will be charged. If you have any questions please contact Martha Branch at [treasurer@mvm.org](mailto:treasurer@mvm.org).

means there won’t be the usual delay in May to move the bulkhead. So if you are looking at an early meters meet, you’ll definitely have an advantage.

Second, move around to figure out what lane you are in at Eagle. The fewer lanes at Rengstorff led to some interesting lane assignments, the reverse will also be true at Eagle. Try swimming either up or down a lane to find one that fits you at Eagle.

Lastly, the return to Eagle will also bring swimmers new and old back to the pool. Be sure to introduce yourself to the new faces that you might see.

## COACH CHRIS'S GOALS SETTING FOR 2008

Welcome back to Eagle Pool. Take a moment to catch your breath and then refocus. We all know that Rengstorff Pool has its flaws—fewer lanes, and narrow to boot, cold locker rooms, lousy showers, bugs, the beveled corners in the pool, the lift chair in lane 6, and a big oak tree that generates probably half of the pollen in Northern California.

But the biggest flaws aren't the tangible ones. It's the friction that arises when you're forced to swim with someone who's a different speed than you, and your training flow gets disrupted. I mean, who are all of these people, and why are they messing with my workouts?

Well, now that we're back at Eagle, it's time to set all of that aside and return to our regularly scheduled programming. It's time to stop "survival swimming" and to renew our focus and sense of purpose, both at the individual and Team levels. Normally, we ask you to do this in January, and our return to Eagle affords us a perfect time to do this, or to revisit it if you've already done it.

Consider mending a few fences. Few things are as irritating as being crowded into the wrong lane, both for you and others. It happened to all of us over the last 7 months, and there were a few blow ups as a result. Now is the time to patch things up.

Think about some goals. Why are you here in the mornings? Why do you want or need structured training? Are you targeting an event? A race? Weight loss? Are you decompressing from work? If implemented properly, goals can be great motivators, but they need to be something more than some vague or foggy notion. Consider the S.M.A.R.T. goal model. A good goal is:



**Specific.** Clearly define your goal. Pick something you wish to accomplish. Keep it personal. Remember, they're your goals. Not someone else's.

**Measurable.** How do you know if you're successful in achieving your goal? What data points can you collect along the way to give a sense of how you're doing? How do you know when you've made it?

**Attainable.** Is your goal realistic and appropriate for you? I'd like to swim a fast 200 Free, but I don't think I'll be beating Michael Phelps at the Olympics. However, breaking 2:30 for 200 meters is a good challenge for me.

**Relevant.** I'd like to make the best chocolate cake in the world, but that has nothing to do with swimming.

**Time Bound.** Yep. A deadline. The nice thing about putting yourself on a clock or calendar is that it forces you to keep your goals realistic and measurable. A goal of lifetime fitness is a worthy thing, but it's too easy to slack off on it. It's too easy to lose focus, because you've got a whole lifetime to do it. Keep the pressure on to keep up your momentum.

**See GOALS Page 4**

MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

	<p><b>Provider of Performance &amp; Coaches Awards</b></p> <p><b>Sports</b> </p> <p><b>Basement</b></p> <p><a href="http://www.sportsbasement.com">www.sportsbasement.com</a></p> <p><b>10% Discount w/USMS Registration Card</b></p>
 <p><a href="http://www.teamconcept.com">www.teamconcept.com</a></p>	 <p><b>TAYLOR PHYSICAL THERAPY, INC.</b> Orthopedic and Sports Physical Therapy</p> <p><b>650-559-0011</b></p>

### **CONGRATULATIONS TO MARCELO**

Former MVM Head Coach Marcello Castro is now a dad and new daughter little Romina is all set for making her intervals.

### **OPEN WATER SEASON IS HERE**

May kicks off "Open Water" season and just when you thought you were use to the lane lines at Eagle, you think to yourself, "I don't need any stinking lane lines." The kick off swim of the season is just up the road at the Parkside Aquatic Mile Swim in San Mateo. Though nestled among shore side homes, the aquatic park is part of the bay. Being early in the season, Parkside can be a chilly, character building experience.

Being the Bay area, even though not Masters sanctioned events, there are numerous Alcatraz swims during the summer. The currents and tides make this 1.5 mile stretch of water challenging, with the reward at the end being able to say "I escaped from Alcatraz!" Some of the races this year include the Sharkfest Swim ([www.envirosports.com](http://www.envirosports.com)) on June 28th, the Alcatraz 100 ([www.alcatraz100.com](http://www.alcatraz100.com)) on July 26 and the

Alcatraz Invitational ([www.south-end.org](http://www.south-end.org)) on September 20.

Open water events provide once a year opportunity to swim in some of the areas lakes. A popular race is the Catfish Open Water Swim at Stevens Creek Reservoir, this year held on July 20. Catfish is not a Masters sanctioned event.

Closing out the season is the Manatee Masters 2x1 held at Quarry Lakes in Fremont. A popular team event. Start planning now.

Open water is a great way to mix up one's training, so dive into some different waters.

### **BEST SWIMMING MOVIES**

According to website Sports In Movies ([www.sportsinmovies.com](http://www.sportsinmovies.com)), these are the Top 5 Swimming movies:

1. Swimming Upstream (2005)
2. Swimmer, The (1968)
3. Pride (2007)
4. On A Clear Day (2005)
5. Alex (1993)

### MVM Board of Directors

Tina Ambrogi, President  
 - Christine Johnson  
 - Sally Hamilton  
 - Scott Lanterman  
 Email: contact@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 / webmaster@mvm.org

### MVM RipTide Editor

Charles Wu / riptide@mvm.org

## March/April Performance and Coaches Award

This month's Performance Award goes to Bob Hoxie (Lane 5, 7 AM) who made a huge splash in return to competition. Bob hadn't swum a competitive meet for over 30 years and in his first Masters meet at Rinconada set an age group record in the 50 back. Way to go Bob!.

The Coaches award goes to "Fly Girl" Diane Renshaw (Lane 1, 7 AM) who stings like a bee and swims like a butterfly. The coaches recognize her strength and stamina for swimming both Postal Mile all fly and competing in the 1650 Butterfly at Rinconada Meet in Palo Alto where she set the meet record for her age group for the event.

All winners can pick up their awards from a coach.

### GOALS FROM PAGE 2

You can look at Goal Setting as a great way to prioritize activities in your life, whether they're related to your family, your swimming or your job. The things we learn at the pool are just as applicable outside the pool fence as within it.

So pick a goal. Select a target and take your best shot. Team MVM has a skilled,

knowledgeable and vastly creative Coaching Staff. If you have some trouble setting up a SMART Goal for yourself, let us help you. Now we have the time and space to do something other than just survive. Our situation has improved. Let's take advantage of the opportunity.



## Mountain View Masters Calendar

### April

- 1 - Return to Eagle Park
- 10 - April Dues Deadline
- 11 - 13 - Pacific Masters Short Course Masters, Walnut Creek/TriValley Masters, Pleasanton, California
- 16 - MVM Board Meeting, Tina Ambrogi's House
- 17 - Social Hour at La Fiesta, 240 Villa St, 6:30 PM

### May

- 1 - 4 - 2008 USMS Short Course National Championships will be held May 1-4 at the Lee and Joe Jamail Texas Swimming Center at the University of Texas at Austin

- 10 - May Dues Deadline

- 10 - SMMM Parkside Aquatic Mile Open Water, San Mateo
- 17 - RCM Spring Lake Mile, Open Water, Santa Rosa
- 21 - MVM Board Meeting, Tina Ambrogi's House

### June

- 1 - TVM Lake Del Valle 0.75M and 1.5M Open Water Swim, Livermore
- 7 - DAM Lake Berryessa Open Water
- 10 - June Dues deadline
- 14 - Menlo Masters Long Course, Atherton