

Records Fall at 2008 Alan Liu Memorial Meet.



Photo Highlights from 2008 Alan Liu Memorial Meet.

The 2008 Alan Liu Memorial Meet was a phenomenal success with 130 swimmers from as far as Los Angeles County coming up to compete on a beautiful sunny day. This meet now has a reputation as one where records

can be made with 10 World Records set (5 by Laura Val of TAM), plus an additional 3 national and PMS records being set on the same day. Coach Chris Campbell explained that Eagle pool is a deep pool configured in such a way that

MVM Holiday Party December 7

The 2008 MVM Holiday Party will be held on December 7 starting at 6 PM at Mario's Italian Restaurant at 861 Leong Drive (near U.S. 101 and Moffet Blvd.) The cost is \$25/person.

Come socialize with your fellow swimmers and celebrate the season with food drink and our annual slideshow. If you have any pictures from this year's swim and social activities please send them to Tina at fun@mvm.org.

It's also award time, so if there is someone you would like to nominate, please drop a note to coachchris@mvm.org.

Please sign up at the pool so we have a count for planning.

splash is kept to a minimum and that leads to record breaking times.

MVM had fantastic representation with two dozen swimmers in attendance. Twenty eight new team records were set as well.

The increased use of on-line registration helped the meet run smoother, enabling faster seeding of heats. This will let more swimmers sign up at the last minute leading to larger meets. The new Hy-tek meet management system meant that **See Meet Page 3**

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.

SPORTING THE TEAL THE OLD FASHION WAY BY EARNING IT!

Want a Free Team Tee Shirt (like the ones being sported by those who competed at Long Course Nationals in the picture)? Did you know that we have really cool looking black Team tee shirts for sale? You can buy one for \$12. You may also have seen a different Team tee shirt. It's teal, it's a limited edition, and it's FREE. However, you have to earn it. All that you have to do is represent Team MVM at a National or International level competition. Here's how you go about doing that.

If you're a Triathlete, all that you have to do is complete a full Ironman Triathlon race—2.4 mile swim, 112 mile bike and full marathon to finish the day.

If you're a swimmer, competing in one of the two National Championship Meets (Yards in Clovis, CA in May 2009, and Long Course Meters in Indianapolis in August 2009) will earn you a shirt.

There are also several 2009 National Championship Open Water Events that will also earn you a teal shirt. These include the 1 Mile Championship at Millerton Lake in Clovis in May (part of Spring Nationals), the 2 mile Open Water Championship in Canandaigua, NY in July, the 10K Open Water Championship in Harbor Springs, MI and the 2 mile Cable Swim Championship in Lake Placid in August, and the 5K Open Water Championship in Chicago in September.

If going abroad floats your boat, you can have a go at the Canadian Short Course Meters Championships in Toronto, a week after USMS Nationals in May. Also, World Masters Games, which hosts just about every sport under the sun, are in Sydney, Australia in October. If you go to that one, competing in any sport will earn you a teal shirt.

If staying at home is more your style, there are several Postal events that will earn you a teal shirt. The easiest is the Annual Postal 1 Hour Swim, which we do every January right here in Eagle Pool. If you can find some time in a 50 meter



(Left to Right) Choi-Ting Lau, Sharlene Gee, Mary Leigh Burke and Head Coach Chris Campbell showing off the Special Edition MVM Teal Team T-shirt.

pool, the 5000 and 10000 Meter Postal Championships are held from May to September, and the 3000 and 6000 Yard Postal Championships are held from September through November.

You don't have to win anything. All that you have to do is participate in one of the events specified above as a member of the Team MVM family.

Need a goal for 2009? How about earning a teal tee shirt?

The complete list of swimming events can be found at <http://www.usms.org/comp/calendar.php>, or talk to your coaches for details.

Keys to Setting Successful Goals

As 2008 winds down, and 2009 approaches, it's time to scribble out some New Year's Resolutions again. It's time to think about some goals. We encourage you to do this every year, because goals can be great motivators, especially on those cold and dark mornings when we're all tempted to hit the snooze button and go back to sleep.

Start by asking yourself a few questions. 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? Is there something out there that you've never done before, but you're itching to try? Do you have something to prove? If implemented properly, goals are 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. It's not our job as coaches to hold you to it. That's your responsibility.

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? Consider a building a database of race times, or tracking your workout yardage. How many times a week did you make it to practice on time?

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. Swimming 12 times a week isn't likely either, but making it to practice 4 or 5 times a week is good.

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.

So pick a goal. Select a target and take your best shot. Team MVM has a skilled, knowledgeable and vastly creative Coaching Staff. Take advantage of our expertise. If you have some trouble setting up a SMART Goal for yourself, let us help you.

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. How about a goal that can grow with you? The things we learn at the pool are just as applicable outside the pool fence as within it.

- Coach Chris Campbell

FROM PAGE 1: tracking and registering of record times is easier than ever. So it is now possible to find out if new world records had been set by the end of the meet. In the spirit of keeping things moving along, the meet officials cleverly combined similar relays.

Looking forward to next year, the meet planners are always looking for improvements such as communicating volunteer opportunities, stocking the snack bar. So if you have suggestions, please drop us a note.

In closing, the meet's success was the result of all the help from the team members and a big teal thanks goes to all the volunteers too numerous to mention for donating their time and resources.

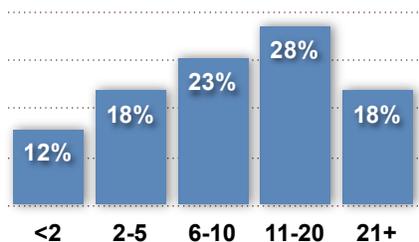
The MVM Board has two openings, if you are interested in shaping the direction of the MVM and help make MVM even better. Contact mvmboardo8@mvm.org

MVM Swimmer Profile Survey Results

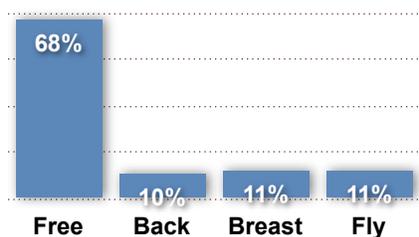
Thanks to 75 swimmers who completed our swimmer profile survey! Results will be shared here and in future issues of *The Riptide*. In this issue, we look at a few demographics and questions about our swimming experience.

- Shannon Schwartz

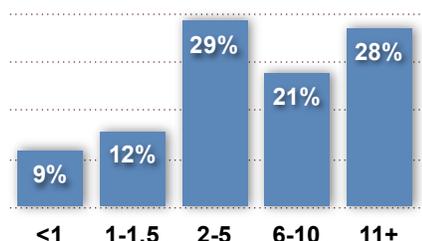
of Years in Masters Swimming



Favorite Stroke



Number of Years with MVM



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

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MVM RipTide Editor

Charles Wu

Email: riptide@mvm.org

Turn in your 2009 Pacific Masters Registration by December 31, 2008 for 10 MVM February Fitness Points

<p>United States Masters Swimming, Inc. Pacific Masters Swimming, Inc.</p> <p>2009 Membership Application</p> <p><input type="checkbox"/> Renewal 2008 number if known:</p> <p><input type="checkbox"/> New Registration</p> <p>YOU MUST PAY TOTAL FEE OF \$40 (Fee includes: USMS = \$25, PMS = \$15)</p> <p>REDUCED 2009 END OF YEAR FEE \$30 if joining 9/1 - 10/31</p> <p>2010 Memberships accepted after 11/1/09 valid 11/1/09-12/31/10</p> <p>Make check payable to Pacific Masters Swimming</p> <p>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/09</p>	<p>PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2">Last Name</td> <td colspan="2">First Name</td> <td>Middle Initial</td> </tr> <tr> <td colspan="5">Mailing Address</td> </tr> <tr> <td colspan="4">City</td> <td>Home Phone No. () ()</td> </tr> <tr> <td colspan="2">State</td> <td>Zip</td> <td colspan="2">Work Phone No. () ()</td> </tr> <tr> <td colspan="2">Date of Birth Month Day Year 19</td> <td>Age</td> <td>Sex</td> <td>e-mail address</td> </tr> <tr> <td colspan="4">CLUB (Indicate Club affiliation or Unattached) Mountain View Masters</td> <td>Today's Date Month _____ Day _____ Year 20 _____</td> </tr> </table> <p>"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."</p> <p>Signature _____</p> <p style="text-align: right;">I am a Masters Coach <input type="checkbox"/> I am a Certified Official <input type="checkbox"/></p> <p>I wish to contribute to the following foundations <i>and have added the additional amount to my 2009 registration fees.</i></p> <p><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.</p> <p style="text-align: right; font-size: small;">revised 9/15/08</p>	Last Name		First Name		Middle Initial	Mailing Address					City				Home Phone No. () ()	State		Zip	Work Phone No. () ()		Date of Birth Month Day Year 19		Age	Sex	e-mail address	CLUB (Indicate Club affiliation or Unattached) Mountain View Masters				Today's Date Month _____ Day _____ Year 20 _____
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MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

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<p>This Space Available If you have a business interested in sponsoring contact an MVM Board Member</p>	 <p>650-559-0011</p>

THE EVOLUTION OF A TRIATHLETE, A MASTERS SWIMMER ODYSSEY TO DRY LAND

If you are mainly a swimmer, consider taking a reverse plunge and mix it up by doing a triathlon. It's a great way to get some cross training in, push yourself and meet new friends. And most of all it's completely doable for the Masters swimmer, I know since that was your humble newsletter editor's 2008 goal. Here are the some of the things I learned from my experience.

You won't be psyched out by the water. The majority of triathletes are most worried about the swim portion and get worked up about it. Masters swimmers have the advantage of not being worried about this leg, so you get to focus on the "easier" elements of the race. So go in with a positive attitude. And it only gets better, since swimming with a wetsuit is like having an all body pull buoy. Can you say fast.

Don't get hung up on gear. There are probably few other sports more fixated on gear

then triathlon athletes. While it's true gear can make a difference, it's not mandatory. So worry about getting something that fits well first, and then you'll go faster. It's possible to race with out breaking the bank. Wetsuits are available for rent and if you have a bike already it's probably good enough for a first race.

Training with a group makes a big difference. While masters is a lot of fun, it can be hard to meet your teammates between sets and then having to run off to work in the morning. Silicon Valley Triathlon Club and Tribe are two local clubs with opportunities to train with others and get to know them while you are training not after. SVTC even offers a New To The Sport program that's a great way to develop biking and running skills.

All it takes is that first step on land to complete your first triathlon, so pick a race that's your a good starter distance for you. Competitor magazine (<http://www.competitornorcal.com/>) has a good list of upcoming races.

So go for it, it's not as hard as you think.

IT'S TIME TO SIGN UP FOR YOUR 2009 PACIFIC MASTERS DUES

The year has come to an end, and that means it's time to renew your Pacific Masters membership. This year you have the option to mail in your registration or sign up on-line. To encourage you to sign up, everyone who signs up BEFORE January 1, 2009 is eligible for 10 February fitness challenge points. You can find a registration form on page 4 of this issue or online at <https://www.clubassistant.com/club/usms.cfm>. Remember to affiliate yourself with "Mountain View Masters" all spelled out.

The other form you should fill out is the MVM Membership Form and update your contact information, goals and emergency contact information. The form is available at: <http://www.mvm.org/mvm-registration-form.pdf>

November/December Performance and Coaches Award

This month's Performance Award goes to Diane Renshaw (Lane 1,7 AM) At the Pacific Masters' Short Course Meters Championships in Walnut Creek on October 10, she swam 5 individual events and 2 relays, bagging 4 new individual Team Records and 1 new Relay Record. During her seventh race, the 800 Free, the last event of the day, both of her legs cramped up. Despite that, she kept going and finished third in

her age group. She gets the award for being just plain tough.

The Coaches award goes to Lauren Weisenthal (Lane 8) for outstanding beginnings. Laura is new to MVM and has brought her cheer and focus to lane 8, keeping the speedsters on their 1:10 cruise interval, with energy left over for a 400 IM at the end of the set.

All winners can pick up their awards from a coach.

Major Swimming Achievements of 2008

- Michael Phelps record winning 8 Gold Medals.
- Rebecca Adlington's (GBR) World Record in the 800m freestyle.
- Dara Torres' Silver Medal Victory at age 41.
- Jason Lezak's fastest ever 100m split time to clinch the relay gold.

Mountain View Masters Events Calendar

November

- 10 - November Dues deadline
- 27 - MVM Triple Crown, Event #1. 50 repeats on the 1:30. Each lane decides on the distance and the strokes for the repeats. Two sessions at 6:30 AM and 7:45 AM. Happy Thanksgiving
- 28 - Holiday Hours - 6:30 AM and 7:45 AM

December

- 7 - MVM Holiday Party (Details See Page 1)
- 15 - MVM Triple Crown, Event #2 (first session). 75 repeats on the 1:30. swimming starts at 6:30 AM. Swim the whole event or join in any time up to 9 AM
- 10 - December Dues deadline
- 21 - MVM Triple Crown, Event #2 (second session). See details on December 15

- 24 - Holiday Hours, 6:30 AM and 7:45 AM
- 21: 2:00-6:00pm: Volunteer Opportunity at Community Services Agency: Holiday Share Program. Sign up at the pool
- 25 - Holiday Hours, 6:30 AM and 7:45 AM
- 31 - Pay your Pacific Masters dues by this day for 10 February Fitness Challenge Points. See the Form listed on Page 4
- 31 - Holiday Hours, 6:30 AM and 7:45 AM

January

- 1- Final Leg of MVM Triple Crown, 100 repeats on the 1:30, swimming starts at 8:00 AM.
- 10 - January Dues deadline
- 14 - MVM Board meeting
- 15 - MVM Happy Hour
- 30 - MVM Annual Meeting