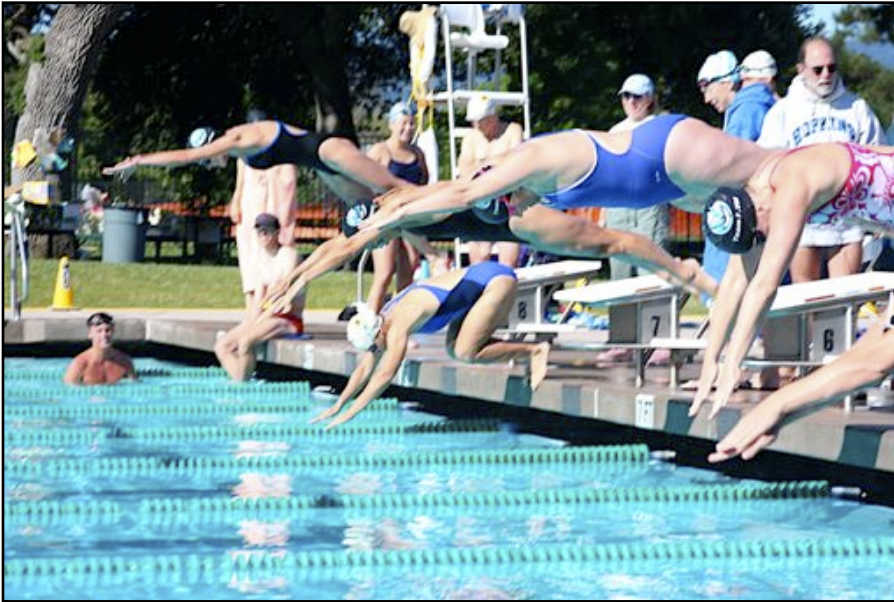


Face Off for Fun: MVM and Menlo



Menlo and MVM Swimmers Start off the Blocks in the 50 Free

On July 27, 2008 the Menlo Masters swim team hosted a dual meet during their regular practice at the Burgess Park Pool in Menlo Park. Their warm hospitality for a friendly competition made this dual meet between the two clubs a nice diversion from the regular Sunday practices.

Since the meet could only take place in the allotted time of the usual practice hours, it was not only deck seeding, but blitz seeding as brave swimmers jumped on the blocks right after finishing another swim, or were recruited to fill out a heat that needed an extra swimmer or two. The meet started out ambitious with a whole slate of

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.

Alan Liu Memorial Meet September 14, Deck Entries and Volunteers

You can still participate in the Alan Liu Memorial Meet this upcoming Sunday. Deck entries are permitted. We are also looking for volunteers for both set up on Saturday and to help out with the meet on Sunday. Visit the website at www.mvm.org for more details on helping out. Lastly, we need snack bar items, check with a coach on deck for details.

events planned but time only allotted the 400 Free, followed by a smattering of 100s and 50s to fill out the meet sheet.

After the meet was over, the second half started with a wonderfully hosted breakfast spread including freshly made pancakes and lots of calories to replenish the hungry swimmers. A beach theme emerged as Menlo Masters handed out lei's to the MVM swimmers. MVM would like to thank Tim Sheeper and his club for a great meet and MVM looks forward to hosting next year.

Dealing With Shoulder Pain

A few months ago, MVM sponsor Taylor Physical Therapy hosted a shoulder workshop explaining stretches and tips to reduce swimmer injury. What follows is a summary of that workshop.

Swimmers are no strangers to pain, especially pain associated with swimmer's shoulder. Why is this condition so pervasive?

Posture can contribute to the problem. As a group, swimmers tend to have rounded shoulders which cause the shoulder blades to tip downward increasing the risk of joint impingement. Swimmers commonly have tight chest and neck musculature. Research suggests that this inhibits the shoulder blade dynamics stabilizers resulting in improper shoulder mechanics.

Rotator cuff weakness and fatigue is a major cause of swimmer's shoulder. If these muscles are weak, joint mechanics will be altered and function compromised.

In conjunction with muscle weakness, swimmers typically have more shoulder joint laxity due to an overstretched joint capsule. Years of improper stretching and even a previous dislocation can cause the capsule to be irreversibly stretched. Joint laxity plus weakness greatly increase the risk of injury.

Faulty swim mechanics have been linked to swimmer's shoulder. Crossing midline during catch and pull, a thumb first entry, decreased body roll and even unilateral breathing further increase the risk of impingement.

Avoiding swimmer's shoulder is possible. Utilizing proper swim mechanics and developing a proper conditioning program is integral.

A stretching program targeting flexibility of the neck and chest is important to offset the typical swimmers' posture. Aggressive joint capsule stretches should always be avoided.

Endurance strengthening focusing on the rotator cuff and shoulder blade stabilizer is recommended. For more detailed exercises visit us at www.taylorpt.org. - Rob Abrams, MSPT - Taylor Physical Therapy, Los Altos. (*ed. note: Taylor Physical Therapy is an awards sponsor for Team MVM*)

Jerry's Rodder Celebrates his 80th Birthday with MVM

One of the original members of MVM, Jerry Rodder celebrated his 80th birthday with MVM. To celebrate this momentous occasion the coaches put together a special set where each lane tried to see how many meters they



could swim in 80 strokes. In honor of Jerry's birth year the set closed with 1 x 100 Back, 9 x 25 cycle 3, 2 x 50 back/breast and 8 x 25 easy/fast.

NEW MVM BOARD MEMBER

The MVM Board would like to welcome Shannon Schwartz to the board. Shannon swims at 5 AM in Lane 3/4. Shannon learned how to swim as an adult and started swimming with Stanford Masters in 2003 and joined MVM in 2007. He'll be working on helping us better understand the team needs better.

MVM Board of Directors

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- Christine Johnson
- Scott Lanterman
- Shannon Schwartz
- Charles Wu

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CATFISH CATCH IS HUGE!



(Rex Freobenius and Diane Renshaw after the swim) On July, 2008 Team MVM modified our annual tradition. Historically, MVM summer's open water swim event was the Manatee 2x1 relay most recently held at Quarry Lakes. However, this summer there was no 2x1 so spontaneously Team MVM rose to the challenge and adopted

the Catfish Open Water swim at Stevens Creek Reservoir in Cupertino. A dual race including a 1.2 and 2.4 mile option making it a popular race for triathletes on the team. A few hearty souls swam both events including Reilly Dibner (Lane 5, 7 AM).

Forty-two MVMers participated in an event that sported some of the world's best including the US Olympic Marathon swim team. Using the race as a warm up for the Beijing 2008 Olympics where U.S. Olympian Mark Worthington finished 8th.

Conditions were ideal for the race, it was only slightly overcast, with clear visibility of the course buoys. The water temperature was just right for swimmers with or without

wetsuits. The course was a triangular course of 1.2 miles, with the 2.4 participants swimming laps.

Catfish is a great event that brings together two sports communities together, triathletes and swimmers. The finish had the buzz of many triathlons with a mini-expo and music. If next year's turnout is as strong, we'll have another summer MVM tradition.

TAKE THE MVM SURVEY

Board Member Shannon Schwartz has set up a survey to help the board and the team better understand who makes up Team MVM. It includes some fun questions as well. You can take the survey at: <http://www.mvmsurvey.com> until September 30.

TEAM MVM AT SHORT COURSE METERS, PORTLAND, OR



While the US Swim Team was racking up medals in Beijing, Team MVM was collecting it's own hardware at the Long Course Meters National Championships in Gresham, OR, near Portland, during the weekend of August 14 - 17. A highlight of the meet was the special teal T-shirts with the motivating words "Be Your Own Olympian" as modeled above by



(Left to Right) Choi-Ting Lau, Sharlene Gee, Mary Leigh Burke and Head Coach Chris Campbell. Also representing MVM at the meet were Scott Lanterman, Emeric McDonald and Karla Rees. 1,131 swimmers representing 148 clubs competed. Oregon Masters had 297 swimmers!

Choi-Ting Lau had two top 5s in the 50 (4th) and 200 (2nd) Butterfly, while Sharlene Gee had four top 10 finishes in the 50 Free (5th), 50 Butterfly (5th), 200 Butterfly (3rd) and 200 Individual Medley (8th). Mary Leigh Burke had 3 top 10 finishes with 400 Free (10th), 1500 Free (7th) and 50 Butterfly (9th).

If you like the Teal T-Shirts, you can't buy one but you can earn one with participation in a national or higher event.

Performance and Coaches Award

The Performance Award goes to Paul Foronda (Lane 2, 6 AM) for participating in the Vineman Triathlon on August 2. Vineman was his first Ironman event, added to that feat was that it was his first marathon as well.

The Coaches Award goes to Katie Duffy (Lane 2, 6 AM) for diving into competition with gusto. A new member of MVM she has already swam in her first open water event with Catfish on July 20. She followed it up with her first meet at the Menlo Dual meet the next weekend (July 27).

Congrats to Paul and Katie for their inspirational firsts. They can pick up their awards from a coach on deck.

Mountain View Masters Calendar

September

- 1 - Labor Day, Holiday Practice Schedule in effect
- 1 - 7: Practices at Rengstorff Pool, regular practice times
- 7 - Whiskeytown 1 and 2 Mile Open Water swim, Redding, CA
- 7 - Folsom International Triathlon, Folsom, CA www.japroductions.com
- 10 - September Dues due
- 13 - Treats at the pool, 7:15 AM
- 14 - 5th Annual Alan Liu Memorial SCM Meet. Please plan to participate in and volunteer for this tribute event to MVM's late coach
- 21 - Sentinel Triathlon, Santa Cruz
- 24 - Board Meeting, Tina's house, 7:15 PM
- 25 - Social Hour at Boardwalk,

October

- 3 - Sports Basement Shopping Party, 20% off of all your purchases. 1177 Kern Ave., Sunnyvale, 6 - 8 PM, courtesy of Sharon Colombo, Lane 7, 7 AM. Be sure to RSVP to: sharon_colombo@yahoo.com to make sure there are enough refreshments.
- 10 - October Dues due
- 10 - 12 - Pacific Masters Short Course Meters Championship, Walnut Creek, CA
- 22 - Board Meeting, Tina's house, 7:15 PM

Save the Date

- 7 - MVM Holiday Party