

No More Checks; MVM Goes Credit-Card Only in July

Do you pay your MVM dues by paper or by plastic? Starting in July, you will no longer have a choice. MVM is moving to a credit-card-only dues payment system to stabilize revenue and streamline the payment process.

MVM swimmers must enroll in advance for automatic credit card payments which will be processed on the 1st day of each month or calendar quarter. The credit card enrollment form is available at the team website, and a hard copy is inserted into this issue of *The RipTide* (if you're picking it up at the pool). The enrollment form may be delivered to a coach on deck or mailed to the MVM Treasurer.

Enrollment forms must be received from all swimmers by July 1, 2009, for dues payments beginning with July. If you do not wish to enroll in credit card payments this year, you may write a check for the remainder of your 2009 dues no later than June 30.

Why are we doing this?

There are many reasons for the change, but the primary goal is to stabilize team revenue, which has been

varying widely from month to month. Each month, the number of paid swimmers goes up or down, and it is difficult to know for sure if individual members are not swimming for a month, or if they forgot, or if they just neglected to pay their dues.

In addition, moving to an automated system streamlines the payment process, eliminating the monthly handover of payments from swimmers to coaches to the team treasurer. With the growth of the team we simply need to collect dues more efficiently so we can create better budgets for the club, meet our facilities rental obligations, and focus on creating a great club. And swimmers will no longer have to worry about remembering to write a check each payment period.

MVM reported a net budget deficit in 2008, and the board of directors decided on this step as an interim measure to aid with budgeting and to shore up revenue prior to a possible future dues increase.

Other recent changes related to dues payment

As you might imagine, keeping track of payments year-round from more than 150 swimmers within a complicated dues structure is no easy task! This year, MVM has been converting all swimmers to pay strictly by the calendar (i.e. annual payments only in January, quarterly payments only in Jan/Apr/Jul/Oct) so that everyone is on the same payment schedule.



In a Nutshell:

- Credit-card-only dues payment begins with July dues
- ALL SWIMMERS must enroll to pay by credit card or else write a check for remaining 2009 dues by June 30.
- Coaches will no longer accept cash or check payments on deck, other than drop-in fees (\$7 per swim, up to twice/month)
- You can suspend future months' payments by contacting the MVM Treasurer by mail or email before the 25th of the month.



Warm, calm, and no jellyfish! Mary Leigh Burke, Anna Luo, Coach Chris Campbell, Charles Wu, and Samantha Jones relax following the Parkside Open Water Swim in San Mateo on April 25. *See story, page 2.* Photo by Jack Campbell

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IMPORTANT INSERT:

Credit Card Billing Enrollment Form

Pleasant Surprises Greet Parkside Open Water Swimmers

by Charles Wu

Expectations are everything. It is entirely possible to psych yourself out of an event even before it starts, only to find out after it's done that it wasn't as bad as you were expecting. That's an accurate description of San Mateo Masters Parkside Mile on April 25.

Prior to the event, the weather looked cold and frigid, and triathlon discussion boards teemed with chatter about jellyfish everywhere. As we woke up that morning, there was a suspicion that rain was going to ruin the day. But the clouds stayed away.

Even the thermometers were indecisive, saying 62 or 66 degrees depending on who you asked; so race



directors split the difference, telling swimmers it was 64.

But as much as the mind fretted, once we dove in, the consensus was that the water was perfect: temperate and -- best of all -- calm. The course rewarded the sighted since once you swam away from the dock and around one end, the long straightaway favored those who could see the sighting buoys. The rest of us just swam and hoped the swimmer next to us knew the course. It

was a great way to start the day, and the chip timing worked like a charm. Afterwards, the organizers made sure there was plenty of food as people waited for the results.

Team MVM was represented by Samantha Jones, who received the youngest swimmer award, Coach Chris Campbell, Anna Luo, Mary Leigh Burke, Charles Wu, and Julie Wilner.

It was a great kickoff to the open water swim season, and it turned out better than expected. Swimming is always better without jellyfish!

Pictures and results are posted at <http://www.mastermarlins.org/parkside.html>

Performance and Coaches' Awards

This month's **Performance Award** goes to **Don Ingalls**. At age 71, Don is a longtime team member and still registers with MVM although he doesn't currently work out with us. He has battled severe asthma lately, but he returned to competition in March after a 2.5-year hiatus. Since his return, he has set new team records in the 50 and 100 distance of both backstroke and breaststroke, as well as taking down Ed Kerswill's 50 freestyle record and winning the PMS championship in the process. At press time he was also faring well at Nationals. **Congratulations Don!**



This month's **Coaches' Award** goes to **Maria Klein**. Maria turned 50 last November and decided to swim all 18 short course yards events, which she did at Fog City, USF, Rinconada, Pleasanton and San Pablo. The result was recording a time in every event and she now has complete ownership of the women's 50-54 SCY record book for MVM! She also

inspired at least one other swimmer (Coach Chris) to swim all 18 events as well. **Congratulations Maria!**

Award recipients should contact a coach to receive their awards.

As Summer Arrives, Join Us for MVM Happy Hours



Come be social with your fellow MVM swimmers and see them in an environment (non-aquatic) and a condition (nicely dressed, well-groomed) that you're not accustomed to!

On Thursday, May 28, at 6:30 pm, come enjoy an evening outdoors and show off your golfing prowess with 9 holes of miniature golf at **Golfland** in Sunnyvale. (855 E. El Camino Real, near Wolfe & Fremont).

On Thursday, June 25, as the summer enters full gear, we'll gather for food & drink at **The Sports Page** Bar & Grill in Mountain View (1431 Plymouth @ Shoreline).

Got any ideas for future social events? Send an email to fun@mvm.org! (Dates and locations are subject to change; check announcements in your email and at the pool in case of any last-minute changes!)

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MVM Profile Survey

Just for fun: Early vs. Late Swimmers

The *MVM Swimmer Profile Survey* was conducted last fall, and results have been shared over several issues of *The Riptide*. Here we look at some interesting comparisons of “Early” swimmers vs. “Late” swimmers.

The 75 survey respondents were split in half; “Early” swimmers are primarily swimmers who regularly join the early workouts (5am, 5:30, 6am on weekdays, 6:30 on weekends). “Late” swimmers are those who usually swim in the later workouts (6:45 and 7am on weekdays; 7:45 on weekends).

How many hours of sleep do you get in a typical night (prior to a swim workout)?	Early Swimmers	Late Swimmers
Less than 7 hours	37%	17%
7 or 7.5 hours	44%	63%
8 hours or more	19%	20%

What time do you go to bed most nights?	Early Swimmers	Late Swimmers
9pm or earlier	16%	2%
9:30 or 10pm	59%	25%
10:30 or 11pm	25%	58%
11:30 or later	0%	15%

How long before your usual workout do you wake up?	Early Swimmers	Late Swimmers
15 minutes	9%	5%
16-30 minutes	53%	37%
31-45 minutes	25%	27%
More than 45 minutes	13%	32%

Do you eat anything before coming to the morning workout?	Early Swimmers	Late Swimmers
Yes	9%	34%
No	91%	66%

What do you do immediately after a usual swim workout?	Early Swimmers	Late Swimmers
Go somewhere for food or drink	25%	2%
Go straight back home	41%	61%
Go straight to work	34%	32%
Run other errands, etc.	0%	5%

Getting to Know You

Getting To Know: 5am Swimmers

In this issue we feature a sampling of the most unique and elusive of MVMers, the **5am swimmers**. These team members swim in the dark all year round; they work together to remove the pool covers over the winter; and they occasionally may enjoy a lane all to themselves during their workout!

Who will be featured next? It might be you! If you have any suggestions for people or groups to profile (interesting hobbies, professions, achievements, etc.), contact the Riptide editor.



Tana Jackson

Lane 4 at 5am M/W/F; 6:30am some Sundays

What do you do professionally? I’m a software engineer at SOASTA. I’ve been working with the same team at consecutive start-up companies for 13 years.

What do you enjoy most about swimming? Swimming and triathlon keep my life balanced and prevent me from being the workaholic that I really am.

What’s your greatest swimming achievement? After more than 10 years of swimming I finally learned to do a flip turn!

Any swimming goals for the coming months? My goal for this season is to set a personal record at Ironman Canada and qualify for Hawaii so I can race with my husband (Coach Dale) down Alii Drive.



Rich Maher

Lane 6 at 5am M/W/F and 5:30 T/Th

What do you do professionally? I work as an inspector (a detective) for the San Mateo County District Attorney’s Office. I perform criminal investigations and trial preparation involving a variety of cases.

What takes up your time? I’m married with 2 kids (age 7 and 10) and a dog that loves to swim. I spend a lot of time with my family; we go boating, fishing, surfing and camping.

Swimming achievement or goals? I started completing bay swims a few years ago; my goal this summer is to better my time in the Tiburon Mile.

What do you enjoy most about swimming? Breakfast afterwards... and the good company at MVM!



Ruth Simko

Lane 3 at 5am M/W/F

What takes up most of your time or energy? I coach my son’s and daughter’s soccer teams in the spring and fall.

What’s Your Greatest Swimming Achievement? I competed in a triathlon on the East Coast with my mother and my sister. We all finished the race!

What do you enjoy most about swimming? I enjoy the peace and quiet while swimming. I also enjoy the people I swim with at 5am.

MVM TEAM CALENDAR

MAY

- 16 (Sat)** Redwood Coast Masters 1-mile Open Water
Spring Lake, Santa Rosa
- 18 (Mon)** **Return to Eagle Pool**
- 27 (Wed)** MVM Board Meeting
- 28 (Thu)** **MVM Happy Hour:** Golfand Mini Golf
855 East El Camino Real (@ Wolfe), Sunnyvale
- 31 (Sun)** Tri Valley Masters Open Water Swim
Lake Del Valle, Livermore



JUNE

- 6 (Sat)** Davis Aquatic Masters 1 & 2-mile Open Water
Lake Barryessa
- 24 (Wed)** MVM Board Meeting
- 25 (Thu)** **MVM Happy Hour,** Sports Page Bar and Grill, 1431 Plymouth (@ Shoreline), Mtn. View
- 27 (Sat)** Redwood Coast Masters 2-mile Open Water
Lake Mendocino
- 30 (Tue)** **Last day to write a check** for MVM Dues

Looking ahead to JULY...

- 10-12 (Fri-Sun)** Pacific Masters Long Course Championships, Chabot College, Hayward

Photo Album

A Thought for Me, a Nacho for You...

More than 25 swimmers gathered for the "Nacho for Your Thoughts" team social on April 30. MVM Board Members picked the brains of swimmers to gather thoughts on various things related to team workouts, competitions, and social events. Thanks to all those who attended!

Who's that we see? (left to right in each photo)

- 1) Sachi Sawamura, Vlad Ivan, Bob McKee, Yinka Bogdan
- 2) Lisanne Eng, Scott Lanterman
- 3) Kathy Englar, Karene Millar, Rex Frobenius, Coach Laura Schuster
- 4) Coach Griff Freeman, Rich LaCampagne



THANKS TO MVM TEAM SPONSORS

MVM's sponsors provide team support in various ways throughout the year, with things such as Coaches and Performance Awards, free services, and member discounts. **Please support our sponsors**, and if you know of other businesses that would be interested in supporting Team MVM, talk with a coach or board member.



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