

Team MVM Shoots for Perfection: 100% Participation!

Alan Liu Memorial Meet: Sunday, Sep 26

MVM has always set a high bar for its team, but the board and coaching staff surprised itself when they agreed to shoot for 100% participation at MVM's marquee event, the Alan Liu Memorial SCM Meet. New Head Coach Jody Smith noticing the energy since she started coaching a few months ago felt that

it's a great and achievable goal. Participation covers everything from swimming in the meeting, volunteering or donating goods for the big meet. Opportunities to meet our goal will be in the weekly announcements. You can register for the meet by visiting <http://tinyurl.com/22mg5ya>.



Coach Chris Campbell honored at Pacific Masters SCM Championships in Santa Cruz

Mountain View Masters's Coach Chris Campbell Selected as Pacific Masters 2010 Coach of the Year

Pacific Masters recognized the long time contributions of Coach Chris Campbell to the swimming community at large, including coaching Team MVM, organizing various well attended meets including the Alan Liu Memorial meet. Beyond Eagle Pool, Coach Chris led the Pacific Masters Coaches committee, organized guest talk with Sheila Taromina. When in the water, Coach Chris is on his way to swimming for the teal in all 50 states of the union.

So if you see Coach Chris on deck or in the water, please give him a warm congratulations and thanks for making Team MVM one of the strongest clubs in the country.

MVM Membership Dues Increase starting October

Beginning in October 2010, the individual monthly rates will increase by \$5 (couple monthly dues will increase by \$10).

The last time we raised our rates was four years ago. Since then, the city has been raising our pool rental fees annually by a small percent and we have also seen increases in other expenses as well.

Even though we run the club with minimal overhead, this has caused us to run at a small deficit the past two years. This dues increase is necessary to run a financially sustainable club for the foreseeable future.

We will have the updated forms and fee structure up on the website by early September. Everyone needs to fill out an updated credit card form prior to October 1st.

Also at this time, we will be switching to a 10 swim punch-card system for swimmers that previously had paid a drop-in fee (more details to follow).

If anyone has questions about these changes, feel free to contact the board-- mvmboard@mvm.org, or any of the board members (<http://www.mvm.org/contact-mvm.php>).

We have all been working hard to ensure that Team MVM maintains an affordable dues structure that supports the aspects of our team that we all value so much. And we are happy to talk about these changes with you in greater detail.

ACCOMPLISHMENTS

You'll Remember Your First Rough Water Swim

I've thought about swimming the Santa Cruz Roughwater Swim many times in the past, so finally this year I signed up and carpooled over there with Sharlene Gee & Rune Dahl.

People warned me about the cold water and how easy it is to get cold after getting out of the water, so I came prepared with a lot of layers which in the end did the job.

What I didn't realize was that my lack of saltwater swimming experience revealed I have a breathing style that involves allowing water to flow into my mouth. I don't actually swallow the water, but it definitely goes in and out of my mouth. This isn't so bad in the pool, but in the ocean it tastes terrible! So I had to adjust my breathing to keep my mouth tightly closed when

underwater. I also found out that with open water swimming, the water is opaque, so I feel like I'm about to swim into a wall, and that's disconcerting until I get used to it. But at the end, I figured out the breathing and the sighting. I was feeling pretty good, so I did butterfly for about the last 300

yards! I could almost imagine being a dolphin in the waves

Right before getting out of the water, after I was already standing up, I unwisely decided to lie down again and swim in the very shallow water. The surprise was that I ended up with about four pounds of sand in my suit. I finally got the last bits of sand out of my ears about three days later.



Top: Rune Dahl, Kate Latham, Helen Polkes, Rich Anderson
Bottom: Rachel Goldeen, Bob McKee, Sharlene Gee

Overall, it was a nice chance to swim safely in the ocean and hang out with MVM friends on the beach afterwards.

-- Rachel Goldeen.

Thank You to our Newsletter Photographers Pamela Garfield and Rune Dahl for providing the pictures in this issue.

Team MVM Open Water Results

Santa Cruz Rough Water Swim 1 Mile, August 1, 2010: Don Ingalls, 1st Place. Sharlene Gee, 3rd Place.

Santa Cruz Cruz Open Water 2 Mile, August 1, 2010: Jody Smith, 4th Overall. Karla Rees, 31st.

Catfish South Bay Swim: Uvas Reservoir Campbell, July 25 2010: Craig Gawlick, 2 Mile 1st, 5th overall. Jody Smith, 2 Mile, 1st Place, 13th overall Denise Walos, 2 Mile Wetsuit, 2nd Place, 2nd Place overall.

MVM DIRECTORY

Board of Directors

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Stories for Riptide

Email: riptide@mvm.org

Join Team MVM as we "Swim With the Centurions"

Team MVM is swimming to defend their Team title at the Swim With The Centurions Swim from Alcatraz on October 2, 2010. Last year, Alicia Koht won first place overall in the wetsuit division. Will history repeat? Make it happen. After the swim, join the rest of Team MVM for breakfast at a nearby restaurant. Registration details are available at: <http://www.waterworldswim.com/events/A100/index.html>

Volunteers Needed to Make the Meet a Success

The goal for the Alan Liu Meet is 100% MVM participation. One way to participate is to volunteer or make a donation to the snack bar.

Please sign up online to pitch in as much as you can. A team leader will contact you with details. Also don't worry, volunteering won't get in the way of you swimming your events at the meet! Sample jobs are:

- Setup on Saturday (day before)
- Snack bar workers
- Timers
- Registration desk

Sign up online at www.mvm.org/meet-sign-up/vol-sign-up.php

Upcoming MVM Board Openings

Get more involved with Mountain View Masters. You can help steer the direction and activities of the club by joining the MVM Board of Directors! At the end of the year there will be multiple board openings. For more details email mvmboard@mvm.org.

List of Events at the MVM Alan Liu Memorial Meet.

400m IM (men's & women's)
100m Free (men's & women's)
200m Free (men's & women's)
50m Back (men's & women's)
200m Free Relay (mixed teams)
200m Free Relay (men's & women's)
200m Breast (men's & women's)
50m Free (men's & women's)

200m IM (men's & women's)
50m Fly (men's & women's)
800m Free Relay (mixed teams)
200m Back (men's & women's)
100m IM (men's & women's)
200m Fly (men's & women's)
50m Breast (men's & women's)
400m Free (men's & women's)



Darrell Chen, Pamela Garfield and Jeff Torborg at Splash and Dash at Stevens Creek Reservoir in Cupertino.

STAY CONNECTED

Here's Your Guide to Staying Connected with MVM and with Each Other

Did you know... There are new ways to communicate with your fellow swimmers, and multiple ways for you to get info about Team MVM. To alleviate any confusion about these different communication channels, we provide this handy explanation of the options available to you...



MOST IMPORTANT: The OFFICIAL MVM Email List

This is the official path of communication from MVM to all swimmers. Through this email list you will receive regular weekly team announcements, plus occasional alerts such as last-minute schedule changes or emergency pool closures.

TO JOIN: Subscribe with your email address on the MVM website; click on "Announcements" and then "What's New," or just go directly to: <http://www.mvm.org/mvm-newsletter.php>



ALSO VERY USEFUL: The new MVM-Social Yahoo Group

The MVM Social Yahoo Group was formed to facilitate communication between swimmers. Any member can send out messages to suggest informal gatherings, facilitate carpools to events, or just ask a question of your fellow swimmers.

TO JOIN: Send an email to mvm-social-subscribe@yahoo.com, or visit the group at groups.yahoo.com/group/mvm-social.



And for those who can't get enough: MVM on Facebook

The Mountain View Masters Facebook Group is just a casual, unofficial group for those who are already on Facebook. It provides an additional means to communicate and network with your fellow swimmers.

TO JOIN: On Facebook, search for "Mountain View Masters" to find us, then click on "Join Group."

MVM TEAM CALENDAR

AUGUST

- 21 (Sat)** 4th Annual MAAC Summer SCM Meet, Modesto, CA (SCM)
- 22 (Sun)** Hot August Chill OW, Donner Lake, CA (OW)
- 25 (Wed)** MVM Board Meeting, 7:15pM, Scott Lanterman's house
- 26 (Thr)** MVM Social Paella and Wine at Artisan Wine Depot. 6 PM, 400 Villa St, Mtn. View. Sign up at Evite: <http://tinyurl.com/23k7zpr>

SEPTEMBER

- 12 (Sun)** Whiskeytown Lake 1 and 2 mile OW (Pacific Masters Open Water Championships) (OW)
- 25 (Sat)** Lake Natoma OW, Sierra Marlins Cold Water Classic, CA (OW)
- 26 (Sun)** **MVM Alan Liu Memorial Meet Eagle Pool - ALL DAY**
- 29 (Wed)** MVM Board Meeting, 7:15pM, TBD

Photo Album



To the tune of "Over the River and through the Woods": "Off the blocks and through city hall, to Lake Tahoe we go. The surf board knows the way to Cruz, through the white and snow capped waves." Don't know the words or the people in the pictures, be sure to come to the next MVM social event at Artisan Wine Depot, 400 Villa St. August 26 at 6:30 PM. Be sure to RSVP on the Evite link at <http://www.mvm.org>