



Let the February Fitness Challenge Begin

It's the start of a new year, and many of us are renewing our pledge to fitness and to Masters Swimming. Yet the dark, cold (and sometimes wet) mornings of wintertime make it more difficult than normal to crawl out of our beds and get ourselves to Eagle Pool before sunrise.

To help get everyone moving in February, MVM is once again running the February Fitness Challenge, where rewards are bestowed not to the fastest swimmers but to the most committed.

You can earn points simply by being a good team member... doing things like attending workouts, pulling covers, and attending special events. Keep track of your points on your Fitness Challenge card in the office at Eagle Pool, then cash in those points at the annual MVM Team Auction party in March. Your points will be totaled and converted into "MVM Bucks" to use at the auction. The auction typically features many unique items, some of which are never available through retail stores. Past items donated for auction have been hand-made goods, professional services, bike tune-ups, massage gift certificates, and more. Got any great gifts to offer for the auction? Talk to any coach or board member.

Earning points in the February Fitness Challenge:

Throughout February, you can earn points a number of ways, including...

Every 15 minutes spent swimming at workouts:	1 point (max 4 or 5 per day)
Pulling pool covers:	1 point (max 4 per week)
Salinas Splash & Dash Meet: (Feb. 2)	5 points
Swim the Postal 1650 (Feb. 17 & 24):	15 points (must submit results)
Swim Thurs., Feb 14 for "I Heart Swimming":	5 Points
Submit a workout:	5 points (max 1)
Donate item or service to auction:	10 points
Swim 4 or more workouts in a week:	4 bonus points.

Cards to keep track of your points will be available in the office starting the first week of February.

MVM'S First Happy Hour of 2013!

Wednesday, Feb. 6, 5:30 pm

Steakout Restaurant

383 Castro Street

Help MVM Coaches Meet Their Goals

As part of ASCA's Masters Coaches Training, coaches are asked to write down their goals for themselves, their club, and their swimmers. Below are some of the goals MVM coaches are hoping to achieve in 2013: We need you to help us achieve our goals!



Coach Laura: Improve MVM's community service involvement; Apply for the Swimming Saves Lives Grant and hold free swimming lessons for the community.



Coach Chris: Break the MVM participation record at our 10th annual Alan B. Liu Meet in September; Field at least one MVM relay at a USMS Nationals Meet.



Coach Tina: Teach everyone who is physically able to do flip turns; encourage 2013 meet attendance in prep for 2014 Nationals.



Coach Misa: Greater interval awareness for swimmers; increase team involvement in out-of-pool activities.

Mark Your Calendar

MVM has some great things to look forward to so get out your iPhone, Android, or Daytimer out and upload these events into your calendar!

Sunday, Feb. 17 or 24: Postal 1650 – it's the Pacific Masters event MVM has won the past 3 years because we have had the most swimmers participate. Last year we had almost 60 MVMers swim so start getting in shape! You'll need a partner so you can time each other.

Thursday, March 7: MVM Auction: Pizza Chicago. Spend your hard earned February Fitness Points at this fabulous and fun event.

Monday, March 11, 7:00pm: Sports Basement Sunnyvale: JOIN MVM AND THE SILICON VALLEY TRI CLUB TO HEAR PACIFIC MASTERS SWIMMER ADAM G. ENGELSKIRCHEN TELL US ABOUT HIS SOLO SWIM ACROSS THE ENGLISH CHANNEL. FREE TO EVERYONE.

Saturday, March 16, 9am: Rinconada Spring SCY Meet: This is a great meet for novices as they have a 50 free and 50 back for folks who have no competitive experience. They also have events to help you get in gear for our Alan B. Liu meet such as a 200 breast and a 100 fly! If you love long distance, there's even a 1000 free!
http://www.pacificmasters.org/comp/pool_meetsheet/13rincscy.pdf

Sunday, September 22, 8am: MVM's 10th Annual Alan B. Liu Memorial Meet. It will be here before you know it and we are going to celebrate big this time since it's our 10th annual. If you have ideas on how we can make this meet even more special, please let either Coach Chris or Coach Laura know. Let's make Alan proud.

MVM

Coaches

Laura Schuster
Chris Campbell
Misa Sugiura
Tina Whiteside
Ryan Garcia
Kate Latham

Board of Directors

Pam Garfield, President
Bart Connolly
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Social Chairperson

TBD: fun@mvm.org

Webmaster

K Lees, wadmin@mvm.org

Thank you to everyone for all of your involvement with the team – we couldn't do it without you.

STAY CONNECTED

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



MOST IMPORTANT:

The OFFICIAL MVM Email

List: This is the official path of communication from MVM to all swimmers. 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: www.mvm.org/mvm-newsletter.php

YAHOO! GROUPS

ALSO VERY USEFUL: The

MVM-Social Yahoo Group
The MVM Social Yahoo Group was formed to facilitate communication between swimmers. Suggest informal gatherings, arrange 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.

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: Go to our MVM website (www.mvm.org) and click on the oval "visit us on Facebook" tab on the right.



Be sure to visit our parent organizations:
Pacific Masters swimming and United States Masters Swimming
www.pacificmasters.org and www.usms.org

