

The MiniTide

MVM vs Fremont Hills Masters Food Drive Contest

Hunger knows no season, but this time of year it is always just a little harder for some folks as they can't afford to make a special meal. On that note, Mountain View Masters is bringing back the Thanksgiving Food Drive to support Community Services Agency in Mtn. View (www.csacares.org).

This year there's a twist! Fremont Hills Masters is also having a food drive.

The barrels will be dropped off at each pool Thursday, Nov. 6 and the **food drive contest begins Friday, Nov. 7!**

The team who donates the most food (in pounds) writes a workout for the losing team—to be done on Friday, Nov. 28.

Load up the car today!

Mountain View Masters
 vs
Fremont Hills Masters
Food Drive
SMACK DOWN!

Fri. Nov. 7-Tues. Nov. 25

The team who donates the most food writes a workout for the losing team for Friday, Nov. 28!

All food will be donated to Community Services Agency in Mtn. View



CSA provides critical support services that preserve & promote stability, self-reliance, and dignity.

Types of food items needed:
 (NO GLASS)
 Natural Peanut Butter
 Potatoes (Canned or Dried)
 Dried Spices
 Salt & Pepper
 Hot Chocolate
 Canned Meat (ie, Tuna)
 Baking Mix (Bisquick, Pancake, etc.)
 Brown Sugar
 Special treats (trail mix, nuts, dried fruit)

Save the Date

Fri-Tues Nov. 7-25: Food Drive

Thur & Fri Nov. 27 & 28: Holiday Hours, 6:30 & 7:45

Thur, Nov. 27: 6:30 & 7:45 50 Repeats on the 1:30

Fri, Nov. 28: Our workout or Fremont Hills????

Sat, Dec. 13: 6 Days of Swimming Workout

Wed & Thur, Dec 24&25: Holiday Hours 6:30 & 7:45

Wed, Dec. 31: 6:30 & 7:45

Thur, Jan 1: Two workouts: 7:30-9:00 & 9:00-10:30

Sun, Jan. 4: 11:00am, MVM Holiday Party

Alan B. Liu Meet Recap



18 swimmers completed the Animal Pentathlon 200 Fly, 200 Back, 200 Breast, 200 Free, 400 IM.



Coach Ryan showing us how it's done



Our Board President, Kristin More, our newest MVMer Kaitlin Kiraisch, and our team breastroker, Meredith Bronson. Team spirit is evident!



Jill Mason was the top fundraiser again this year thanks to all your donations to MADD. Total amount raised: \$4,179.00!



The volunteers—it's what makes the world go round.

United States Masters & Pacific Masters Swimming 101



After spending four days at the USMS Convention in September in Jacksonville, FL, I left in complete awe of what an amazing organization United States Masters Swimming is. The enormity of what they do, how they do it, and who does what is very impressive:

USMS is governed by its volunteers, also known as the House of Delegates. The HOD is composed of approximately 250 LMSC officers who attend the annual meeting at the United States Aquatic Sports Convention. At the annual meeting, the HOD elects the USMS Board of Directors. This year there were 238 delegates present at the annual convention.

The BOD is composed of 16 voting members. The Executive Committee, to which members are elected in odd years, includes the president, vice president of administration, vice president of local operations, vice president of programs, vice president of community services, secretary, treasurer, immediate past president, legal counsel, and executive director. The remaining eight board positions, recognized as at-large directors, are elected in even years, one from each zone.

In addition, there are 20 volunteer run committees, including a Coaches Committee, Sports Medicine, Open Water, Registration, Fitness, and Rules Committee. These committees meet throughout the year to review programs, legislation, events, and rules—yes rules. Somebody has to make sure the open water and swim meet rules are current.



There are 52 Local Masters Swim Committees. The largest LMSC is the Pacific Region (Pacific Masters Swimming) with over 130 clubs in Northern California and Nevada (including Davis Masters, Walnut Creek, Stanford, Santa Clara, and

Mountain View Masters). Membership numbers are over 11,000, ranging in age from 18 to over 95. If you noticed when you renewed your USMS for 2015, \$37.00 went to USMS, and \$15.00 went to your local LMSC (for us, Pacific Masters Swimming).

So, test your USMS & Pacific Masters IQ! (answers below)

1. USMS National Headquarters is located in:
 - a. Jacksonville, FL
 - b. Sarasota, FL
 - c. Atlanta, GA
2. USMS 2014 Coach of the Year is:
 - a. Sarah McLarty from Daytona Beach Swimming
 - b. Cokie Lepinski from Symnut Maters
 - c. Bob Bowman, Baltimore Aquatic Club
3. T/F The rule to include sanctioned 25y/m events in meets was passed.
4. Masters Swimming officially began in:
 - a. 1970
 - b. 1974
 - c. 1982
5. As of 2014, there are over _____ registered USMS swimmers.
 - a. 55,000
 - b. 48,000
 - c. 60,000
6. Go the Distance is:
 - a. Tracking the number of masters clubs you swim at in one year.
 - b. Tracking the number of yards/meters you swim in one year.
 - c. Tracking the number of meets you swim in one year.

Answers 1. a. 2. b. 3. False, 4. a. 5. c. 6. b.

MVM 101



- Established in 1989 by Mo Chambers
- Currently, we have **7** coaches. Can you name them all?
- Number of registered MVMers: **271**
- Number of MVMers who renewed for 2015 on Nov 1: **34**
- Number of MVMers participating in the Go The Distance: **14**

MVM's Board of Directors:

Kristin More, President
Don Anderson, VP
Holly Opansky
Eric Wolff
Scott Tillman
Peter Bengtsson
Treasurer: Andrew More
Webmaster: Karene Lees

The Holidays Are Coming!

Shop at www.swimoutlet.com/mvm and MVM gets 8% back on every purchase.



Shop at Sports Basement, show your USMS card and get 10% off every purchase.

