

The MiniTide

MVM Switches from Credit Card Process to Team Unify!

That's right swimmers, we are phasing out the antiquated method of credit card payments and have switched to Team Unify. Within the next month you will receive an email asking to create an account and then, once you hear from our Treasurer Andrew More, you will go online and enter your billing information. This new process eliminates the need to bring in a paper form with your credit card info on it. You will also be able to update your credit card information as needed (when your old one expires, etc.)

We will phase in this change alphabetically, i.e., last names ending in A-D will be receive an email first. We are doing it this way to work out any bugs that might occur. We are excited to offer this updated way to process MVM dues!

Save the Date

Sat., June 13: 8:00am:
 Team Breakfast at La Boulanger on Castro Street.

Thurs., June 25: MVM
 Happy Hour/Downtown Mtn.
 View Thursday Night Live.

Fri., July 3: Holiday Hours
 6:30 & 7:45

Sat., July 11: 6:00-9:00am
 MVM Intra-squad Meet

Fri.- Sun. July 24-26: Pac
 Masters Long Course
 Meet @ Gunderson

Meet the Man Behind MVM's Money—Andrew More



Have you ever wondered who was behind the "treasurer@mvm.org emails? Well, his name is Andrew More and he has been Mountain View Masters hard working Treasurer since 2013.

Andrew first heard about MVM from his sister, Kristin (lane 5, 6am), who was our Board President in 2014. Kristin had been nudging Andrew to try MVM but initially he was living in the East Bay. When he moved closer to Mountain View and the opportunity to become our Treasurer arose, he thought what a great way to help the team and attempt an MVM workout. He has been very successful at both! Since Andrew joined the team, as a swimmer, he moved from lane 1 to lane

3 and has lost 39 pounds. He contributes this weight loss to swimming and cutting out refined sugars (including soft drinks).

As our Treasurer, Andrew has been working diligently setting up the Team Unify site, prepares the monthly finances, makes sure members' credit cards are kept current, works with Coach Laura and the Board to streamline procedures, and has made the lives of the board and coaches much better because of this thoroughness and efficiency.

Andrew has a double major in Accounting and Finance from the University of Arizona and is an active CPA in California. He works as a Senior Associate in a private equity fund in Palo Alto. He loves PAC 12 sports, and is always happy to grab a beer with friends if Arizona is playing their team. When asked how much he loved working with numbers, he admitted he was a self-proclaimed nerd, and while in high school he decided to memorize PI to the 72nd number because he was bored in class.

Andrew recently flew to Maui to marry Haley, a Palo Alto school teacher. They knew each other in high school and college but didn't start dating until after college.

Andrew likes having the structured workouts as well as starting his mornings (he's a 5amer) with a solid swim workout with his lane mates. He has become an exemplary lane leader (must be the numbers thing...) and can calculate the intervals faster than Coach Laura!

So next time you see him be sure to thank him for managing MVM's money!



Up Your Distance Skills

Whether or not you dread distance days or you can't wait for them, making the most out of a distance workout/training plan can make all the difference in your performance. Whether you are training for an open water swim (Threshold Racing brought back the Thursday night Splash & Dash!) or you just want to get a little faster in the pool, below are some "Distance Skills" you can focus on.

Negative Splitting: That means the second half of the swim is faster than the first half. The premise behind negative splitting is not to go out too fast.

Bi-lateral breathing: Developing efficient breathing to both sides, especially during a long swim will help prevent shoulder/neck pain/injuries. You don't pedal with just one leg, do you?!

Sense of Pace: Are you able to negative split? Can you tell if you start out too fast? Using the pace clock is a great way to get instant feedback, and practicing the "art of descending" is another great way to get a sense of pace.

Relaxed, low recovery: This means that the recovery phase of your stroke should be relaxed. Your elbows should always be higher than your hand on the recovery phase and your fingers should be pointed towards the bottom of the pool. If your arms start to get tired, use your hips to drive your arms forward.

Accelerate into/out of all turns: Practice doing this on shorter swims and then add them into your longer swims. It might be hard at first but your body/lungs will get used to it.

Vary training/racing tactics: Come to different workouts each week—believe it or not, a sprint workout will benefit your distance training.

Train strokes per length: MVM defines this as Distance Per Stroke (DPS). While a high turnover for shorter distances may be more effective, high turnover for longer swim might wear you out. So when we give you a GOLF set—try it out for real next time!

Always take the tough option: Try not to pull or throw the fins on even though everyone else in your lane is putting on those toys. Or if the set is a straight 1000, do that instead of 10x100s. Sometimes you need to get out of your own comfort zone!



Board Members Maria Klein & Flo Haik drawing folks in with candy

Marketing MVM

MVM's Board has taken the initiative to ramp up our marketing strategies by creating marketing materials and making a presence at City-wide events. In May, we set up a table at the Mountain View's Annual Parade and handed out info on USMS and Team MVM. Our next stop will be at the City's Thursday Night Live events on June 25, July 9 & 23, and August 6. We will plan our Happy Hours around these events so we can help promote our awesome team!

The Thursday Night Live Series in Downtown Mountain View are on Castro Street between Mercy and Villa Streets and will be closed to traffic so the public can walk the street to enjoy restaurant dining, shopping, children's activities, a farmer's market, live music and a custom/classic car show. All events are from 5:30 - 8:30 p.m.

MVM 101



- Established in 1989 by Mo Chambers
- Currently, we have 7 coaches. Can you name them all?
- Number of Registered MVMers: 237
- Number of MVMers Participating in the USMS Go The Distance: 14

MVM's Board of Directors:

Eric Wolff, President
Scott Tillman
Peter Bengtsson
Maria Klein
Flo Haik
Treasurer: Andrew More
Webmaster: Karene Lees

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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.

