

## MVM Turns Out for FINA Worlds 2006



Relay team of (left to right) Brent Lang, JR deSouza, Emeric McDonald, Kirk Kozlowski celebrate after coming in 3rd in the M160+ 200 free relay.

MVM delivered amazing results at FINA Worlds 2006. First, we were the 18th largest team amongst the 1139 teams present. We also showed the world a good time by hosting wonderful dinners thanks to Flip Dibner, Diane Renshaw, Sue Porter, Rex Frobenius, Martha Branch, Chris Campbell, Cindy Fulmer, and

Christine Johnson. They fed swimmers from around the world including Italy, New Zealand, and Costa Rica.

In the water, the results were just as impressive. MVM set 48 new individual and 17 new relay team records. Brent Lang came in 5th in the M35-39 50 Free, Maria Klein came in 9th in the W45-49 200 Breast, Martha

### Virtual SCM Nationals to be Held at PMS SCM Championships

This year, the USMS has decided to hold a "virtual" 2006 SCM Championship. They have selected 5 large meets where times will be taken in aggregate to create a virtual nationals meet.

The Pacific Masters SCM Championships in Walnut Creek on October 13 - 15 is one of those meets. Postmark deadline is 9/30. Online entries by midnight 10/4 at <http://wcm.mastersswim.com>.

Seaver came in 10th in the W50-54 3km Open Water Swim, and we had 3 relays place. Maike Silver beat her W40-44 50 Back record again on 8/10 with a 35.56. Full results are at <http://www.mvm.org/results/2006/worlds-individuals.php>.

The MVM Board would like to publicly thank Coach Chris Campbell for all his energy and enthusiasm for putting together the relays for Worlds, fielding 24 teams and 16 team records.

Now it's time to look forward, as the 2008 FINA World Championships will be held in Perth, Australia. -cw

### What is Team MVM?

Mountain View Masters (MVM) is a swim team dedicated to helping adult swimmers of all abilities achieve their best. MVM improves members' swimming technique and strength through instruction and organized training. We offer practices seven mornings per week, regular stroke clinics, and private lessons. We work with members training schedules and individual goals, whether they compete as swimmers, triathletes, or just swim for personal fitness. Outside the pool, MVM organizes social events and contributes to the community. Our home pool is located at 651 Franklin Street in Mountain View.

**COACHES CORNER: THE IMPORTANCE OF BEING ON TIME**

Why arrive on time to an MVM workout? It's always tempting to keep hitting the snooze button over and over and telling yourself, "oh, it's ok to miss the drill set..." Well, it's not always ok... While we know there are sometimes extenuating circumstances for arriving late to workouts, habitual lateness can impact other swimmers, the coaches ability to run a smooth workout, and most importantly, you.

**You Don't Want to Miss It!**

We offer the 500-600 meter drill set in order to warm up the swimmers and work on technique before the main set. We want to make sure the large muscle groups (including the lungs) are prepared for what lies ahead during the main set. It is also key in injury prevention. If you joined masters to improve your swimming and technique, you won't benefit if you can't warm up and work on your technique.

**Lane Management**

When the lanes are crowded at one end of the pool and not so crowded at the other and the clock strikes 10 after, the coaches want to reorganize the lanes so everyone is comfortable. Once that happens and the latecomers arrive, it disrupts the lane arrangements causing the coaches to then have to rearrange again.

**Getting into the Groove**

Once the main set has begun, the swimmers in each lane

have established a "groove" or a pattern. They know how many swimmers are in front of them and behind them. And they have their intervals set. Latecomers who jump in during the middle of the main set sometimes disrupt that flow and the swimmers' concentration. It is also dangerous because the swimmers aren't expecting you. Coaches have seen many crashes in the middle of the pool because of this. This is why we ask latecomers to wait until the swimmers stop at the wall so they can communicate they are getting in. If you arrive late, don't suddenly be in a hurry to then jump in without letting your lanemates know.

If your desire is to swim a shorter workout by coming late, try coming early and then getting out early. At least that way you'll get a decent warm up and get to work on some drills.

We want everyone to benefit from our workouts and to have a good experience in the water and we don't want you to miss out on anything!

**- Coach Laura Schuster**

**MVM Board of Directors**

Sue Porter, President

- Cindy Fulmer
- Tina Ambrogi
- Richard Bell
- Christine Johnson
- K Millar
- John Breakwell

Email: board@mvm.org

**MVM Treasurer**

Martha Branch

Email: treasurer@mvm.org

*If you have any questions about your dues, send Martha a note.*

**Webmaster**

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**MVM RipTide Editor**

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**MERMAID ALL WOMEN TRIATHLON AND DU-ATHLON - SEPTEMBER 17**

Michele Lin (Lane 3, 7 AM) lets us know about the Mermaid triathlon being held in Santa Cruz on September 17. It's an all women event meant to provide a venue for women to get together and dip their toe into the water, onto pedals and finally pavement. It is an excellent event for beginners with distances of 0.25 mile swim, 11 mile bike and 2.5 mile run. Details at [www.mermaidtriathlon.com](http://www.mermaidtriathlon.com)

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all women  
**mermaid**  
triathlon and duathlon  
Sept. 17th, 2006 Santa Cruz, CA  
Tri: 400m swim,  
11 mile bike,  
2.5 mile run  
Du: 1.5 mile run,  
11 mile bike,  
2.5 mile run

MVM WOULD LIKE TO THANK THE SUPPORT OF ITS GENEROUS SPONSORS

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**OVERCAST SKIES DON'T DETER MVM FROM MANATEE 2X1 RELAY**

On August 20, 2006, 12 MVMers took on overcast skies and indecisive sighting buoys to participate in the annual Manatee 2 x 1 relay at Fremont's Quarry Lakes. The theme of the morning was sweats and hats swimmers tried to stay warm prior to the race starting.

Veterans of the Manatee 2 x 1 at Quarry Lakes know that this race is always full of surprises, two years ago the course was the 2 x 0.8, and last year it seemed to be the 2 x 1.5. As they say, the third time's the charm. Well almost. During the pre-race briefing, the race official described this years course reminding everyone to turn with the orange turn buoys passing on your left, and upon turning around to look at the course instructed swimmers to ignore the yellow sighting buoys, as they were clearly floating and adrift. The crowd chuckled as they were assured they were at the right race.

Once the race got started, the water was a perfect temperature, sighting was a challenge but thankfully distance and other swimmers provided



the way to the mostly stationary turn buoys. All the MVMers had completed their race by the time the sighting buoys started their dance across the water.

Results are available off of the Manatee Masters website. Notable results from MVM were Cindy Fulmer and Martha Branch placing first in the F45-54s, and the Father-Daughter team of Flip Dibner and Reilly Dibner placing 2nd in that special category. -Charles Wu

## MVM HOSTS 2006 ALAN LIU MEMORIAL SCM MEET



**This image of Alan Liu swimming butterfly will be on a silver insert in the medals for the winners of the 400 IM all age groups.**

MVM again will be hosting the Alan Liu Memorial SCM meet at Eagle Pool on Sunday October 1. This meet helps close out the 2006 SCM season.

In hosting, the board and coaching staff are asking for volunteers to help with planning, set up and for the day of event. There is a need for timers, snack bar staffers and setup/break down

help. In addition, coaches are asking for swimmers to represent MVM as well. Registration needs to be received by September 23rd. The meet finishes up early in the afternoon, and is a great opportunity to race at Eagle pool.

MVM is also looking to borrow folding tables, plastic chairs, 2 cash boxes, plastic construction buckets to be used as anchors and other meet items. Details available from Chris.

This meet honors the contributions of the late Alan Liu, head coach of MVM who was killed tragically by a drunk driver on Easter Sunday in 2004 at age 31. The meet will include a special award to the winner of the M30-34 IM, Alan's favorite event.

If you can help out as a volunteer or can assist with items needed for the meet, please contact meet director, Coach Chris Campbell at [coachchris@mvm.org](mailto:coachchris@mvm.org).

## September/October Performance and Coaches Award

This month's Performance Award goes to MVM newcomer Sharlene Gee (Lane 6, 7 AM) for her Worlds performance of 4 individual and 2 individual team records. Additionally she was on a 10th Place relay as well.

The Coaches award goes to Kate Curry, (Lane 1, 7 AM) for 1 individual and 3 relay team records at Worlds, and 3 different strokes on 3 different relays. She swam 5 individual races and inspired her kids, Maria Klein and Steve Vahle to both swim 4 individual events and 3 relays each.

All winners can pick up their awards from sponsors Chipotle and Sports Basement from a coach.

## Mountain View Masters Calendar

### September

- 4 - 15 - Eagle Pool Closed for Maintenance, practice at Rengstorff Park Pool, regular schedule
- 10 - September Dues deadline
- 10 - RAD Whiskeytown, 1 and 2 mile open water swim
- 14 - MVM Social Event - 6:30 PM, Potluck, families welcome. Location Tina and Griff's, 360 Palo Alto Ave in Mountain View (650) 964-2992
- 17 - Mermaid Triathlon and Duoathlon, Santa Cruz
- 20 - MVM Board Meeting - Location at Coach Laura's house, 7:15 PM
- 24 - San Mateo Marlin Pentathlon

### October 3

- 1 - Alan Liu Memorial SCM Meet, Eagle Pool (see article above)
- 7 - Sacramento Spring Pentathlon
- 10 - October Dues deadline
- 13 - 15 - Pacific Masters SCM Championship, Walnut Creek.
- 19 - MVM Social, La Fiesta, 240 Villa St, Mountain View.
- 25 - MVM Board Meeting - at Karene's house, 7:15 PM.

### Save the Date

- Nov 11 - MVM Social Event, MVM Amazing Race Mountain View
- Dec 3 - MVM Holiday Party, Location TBD