

Need Winter Motivation? Take the MVM February Fitness Challenge!

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.

Earning points in the February Fitness Challenge:

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

- Every 15 minutes spent swimming at workouts1 point (max 4 or 5 per day)
- Pulling pool covers1 point (max 4 per week)
- Swim or work at USF Valentine's Meet on Feb. 7 . . 10 points
- Swim the Postal 1650 (date TBD)5 points (10 if you submit your results)
- Donate goods or services for the team auction10 points
- Swim 4 or more workouts in a week4 bonus points
- Attend Sheila Taormina event on Feb. 2110 points
- Submitted your USMS registration before 12/31/08: 10 points

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.



MVM Welcomes Über-Olympian Sheila Taormina

Only one person in history has competed in four Olympic Games in three different events. On Saturday afternoon, Feb. 21 (time & place TBD), Team MVM will be hosting Sheila Taormina to hear her story and get her advice for training with Masters Swimming.

Sheila grew up as a swimmer and attempted (but failed) to qualify for the '88 and '92 Olympic Games. She was ready to toss in the towel, but friends convinced her to keep training. That paid off as she qualified in '96 to swim the third leg of the women's 4x200 freestyle relay team (which won the gold medal!). Later she trained as a triathlete, qualifying for the 2000 and '04 Olympics (and she won the 2004 World Championship Tri).

Sheila also competed last year in Beijing, not in swimming or triathlon, but in the modern pentathlon -- an event made up of shooting, fencing, swimming, horseback riding and cross-country running.

You can learn more about Sheila at her website, www.sheilat.com, and of course, you shouldn't miss this rare opportunity to come face-to-face with a world-class swimmer and Olympian!

Watch for announcements at the pool and in your email for more details about this special event.



LEAN ON ME: The MVM Coaching staff help each other stay standing during the MVM Holiday Party Dec. 7 at Mario's Restaurant in Mountain View. See more holiday party photos on **page 4** and in the online gallery at www.mvm.org.

Step Up Your Involvement in the New Year

by Chris Campbell, MVM Head Coach

Welcome to 2009. Now what? Perhaps this is the year to go beyond just putting in your time in the water.

While attracting and retaining members has a lot to do with a Team's reputation within USMS, and representing your Team in competition does too, these aren't the only things that make a Team well respected. There are many other ways to serve the great community that is Masters Swimming.

Despite the big push to make USMS a professionally run and marketed entity, its heart and soul depends upon grass roots volunteer support. You'll never run across a swim meet that doesn't need volunteers doing the set up, tear down, registration and check in, timing, running and concession work. Just think of our Alan Liu Meet every year. There's a lot of work involved with making the meet go smoothly, and everyone benefits as a result of the contributions.

Every on deck official in Pacific Masters is at least as old or older than I am. And meets are always looking for officials to work at them. If you volunteer to be trained as an official, you'll be welcome at any meet you want to work. It's a great way to support the meets without having to race. You don't even have to attend the meets to help.

Pacific Masters has plenty of behind the scenes work that the average swimmer never hears about. If you're interested, join me at a Pacific Masters Monthly Meeting.

At the local level, we have open seats on the MVM Team Board, and even if you're not on the Board, you're always welcome at our Monthly Board meetings. Got an idea for a Team Sponsorship or a clinic? Help us set it up.

So jump in, whether it's into the water or not. You don't even need to get wet to have a positive impact. Take a moment and think of some things you can do to make MVM the best Team in the business. If you have questions or ideas, talk to a Coach or a Board Member.

Performance and Coaches' Awards

This month's **Performance Award** goes to **Gail Dulude** (lane 1) and **Tana Jackson** (lane 4) who have each been making significant effort and improvement tackling one of the scariest aspects of masters swimming, the FLIP TURN. Congratulations Gail and Tana!



This month's **Coaches' Award** goes to **Tina Ambrogi, Griff Freeman** and **Charles Wu** for their inspired work putting together the fantastic slideshow at the December holiday party. Several other swimmers deserve "honorable mention" for contributing their photos from the workouts, meets and special events throughout the year.

Award recipients should contact a coach to receive their awards.

A sincere thanks... to **Christine Johnson**, who has stepped down after completing a 3-year term on the MVM Board of Directors! The board is filling a few vacancies in the near future; if you're interested, speak to a board member as soon as possible, or send an email to mvmboardo8@mvm.org.

Stay Connected to Team MVM

The latest announcements and schedules are always available on the team's website: www.mvm.org. Did you know you can also sign up to receive alerts and announcements by email?

A Change in The Riptide

After years of faithful and diligent work writing, producing and editing *The Riptide*, **Charles Wu** is stepping down as editor. Team MVM owes a tremendous thanks to Charles for stepping up to the job in 2005 and for maintaining a high-quality newsletter published regularly through the year. Charles is passing the reins to Shannon Schwartz, and Shannon asks for your input and support! Please send any comments, suggestions or ideas by email to riptide@mvm.org.

MVM DIRECTORY

Board of Directors

Tina Ambrogi, President
Scott Lanterman
Shannon Schwartz
Charles Wu
(Other positions open)

Email: mvmboardo8@mvm.org

Head Coach

Chris Campbell

Email: coachchris@mvm.org

Treasurer

Martha Branch

Email: treasurer@mvm.org

Send any questions about your dues to Martha.

Social Chairperson

Tina Ambrogi

Email: fun@mvm.org

Webmaster

K Millar

Email: wadmin@mvm.org

RipTide Editor

Shannon Schwartz

Email: riptide@mvm.org

UPCOMING EVENTS

Go Postal with Long Distance Swims in January & February

Two USMS-sanctioned events in these first months of the year offer swimmers the chance to do a timed long-distance swim with the convenience of having the event right at our home pool at normal workout times!



On Sunday, January 18, the **Postal One-Hour Swim** takes the place of our regularly scheduled workout. We'll have two heats starting around 6:40 and 8:00AM. Sign up in advance at the pool, and courtesy rules that if you swim one heat, you offer to time for someone else at the other heat. If you don't feel like swimming, please come serve as a timer!

In February, the **Postal 1650** will take place on a date yet to be determined. Stay tuned to announcements via email and at the pool for further details.

Knock a Few Down at the Next MVM Happy Hour



MVM Happy Hour gives you a chance to get to know your fellow swimmers while they're dry and fully clothed!

On **Thursday, Jan. 15** at 6:30pm, meet us for 10 frames (or more) at Palo Alto Bowl, 4329 El Camino Real in Palo Alto.

In February, we return to our favorite local Mexican restaurant (and team sponsor!) La Fiesta Restaurant on **Thursday, February 12** at 6pm. Come enjoy some tasty nachos and margaritas with the rest of us!



MVM Team Calendar

JANUARY

- 14 (Wed)** MVM Board Meeting, 7:15 PM
- 15 (Thu)** MVM Social at Palo Alto Bowl, 6:30 PM
4329 El Camino Real, Palo Alto
- 18 (Sun)** One-Hour Postal Swim, 6:30 AM
(no regular workout)
- 25 (Sun)** Fog City Quadrathlon
St. Ignatious College Prep, San Francisco

FEBRUARY

- tbd** Postal 1650 at Eagle Pool
- 7 (Sat)** Valentine's Affair Short Course Meet
University of San Francisco
- 10 (Tue)** Monthly dues payment deadline
- 11 (Wed)** MVM Board Meeting, 7:30 PM
- 12 (Thu)** MVM Happy Hour, 6:00 PM
La Fiesta Restaurant, 240 Villa St., MV

And looking ahead to MARCH...

- 1 (Sun)** "This Bear Don't Hibernate" Meet,
Contra Costa College, San Pablo
- 4 (Wed)** MVM Team Auction, 6:30 PM at Mario's
Restaurant, 861 Leong Dr., MV
- 10 (Tue)** Monthly dues payment deadline
- 11 (Wed)** MVM Board Meeting, 7:30 PM
- 12 (Thu)** MVM Happy Hour (TBD)
- 14 (Sat)** Rinconada Masters Spring Short Course Meet
Rinconada Pool, Palo Alto

TEAM SPONSORS

MVM's sponsors provide support in various ways throughout the year, with things such as Coaches and Performance Awards, free services, and member discounts. **Please support our sponsors**, and if you know of other local businesses that would be interested in supporting Team MVM, talk with a coach or board member.



La Fiesta Restaurant
240 Villa Street
Mountain View CA 94041
650-968-1364

Sports Basement
www.sportsbasement.com

1177 Kern Ave (at Lawrence Expwy)
in Sunnyvale
(and other Bay Area locations)
10% off your purchase in-store
when you show your USMS card



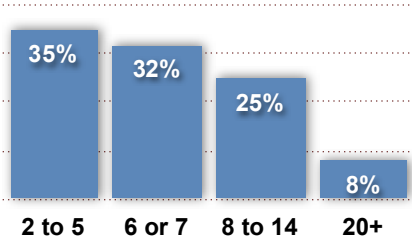
One of the Bay Area's leading
orthopedic and sports clinics
885 N. San Antonio Rd, Suite J
Los Altos, CA
650-559-0011

Think You Know Your Fellow Swimmers?

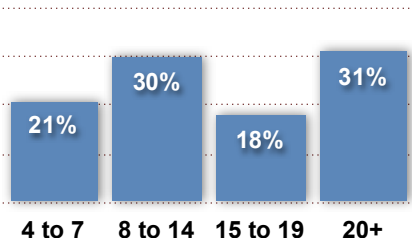
More Results from the Swimmer Profile Survey

The swimmer profile survey was conducted last fall, and results are being shared over several issues of The Riptide. Here we look at a more demographics and questions about our swimming experience and preferences.

Age When Learned to Swim



Age When First Swam w/Group



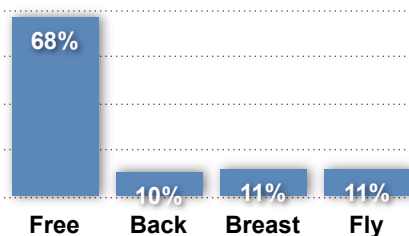
% of Members who have...

| | |
|--------------------------------------|-----|
| Swam w/team in grade school | 43% |
| Swam w/team in high school | 60% |
| Swam with collegiate team | 29% |
| Swam in any masters event | 77% |
| Swam in any nationals or world event | 36% |
| Broke a swimming record | 28% |
| Completed a triathlon | 60% |
| Been to the Olympics | 3% |

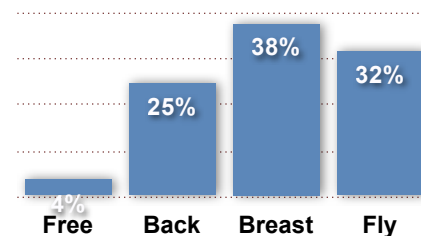
City of Residence

| | |
|----------------------------|-----|
| Mountain View | 54% |
| Los Altos | 14% |
| Sunnyvale | 8% |
| Cupertino | 7% |
| Palo Alto or further north | 7% |
| Santa Clara | 3% |
| Elsewhere, further away | 3% |

Favorite Stroke



Least Favorite Stroke



More Holiday Party Pics

More than 100 people attended the MVM Holiday Party in December. Guests were treated to live music, food and drink galore, an awards ceremony and a fabulous slide show highlighting the fun and achievements of MVM throughout 2008. Thanks to Sharon Colombo for sharing these great party pics!



Sabine Bosklopper, Sara Bothwell, Michele Lin and Janet Wang enjoy the tasty appetizers as the crowd gathers.



Marian Concus (visiting from PA) and Rachel Goldeen entertain the crowd.



Martha Branch and Karene Millar talking business? Surely not...



Sharon Colombo and Pete Dahlgren make it appear that they like each other.



Pamela Garfield and David Finlay eagerly await the delicious dinner!