

**LVTC Masters Swimming
2000 Arroyo Rd
Livermore CA 94550
925-443-7700**



**Head Coach:
Dianne Masluk
Aquatic Dir.
Emily Horst**



JULY-AUGUST-SEPTEMBER 2008 NEWSLETTER

Quote of the Month:

If the earth floods from global warming, the swimmers will rule the world. ~Author Unknown

TABLE OF CONTENTS

1. SOCIAL EVENTS AND CHANGES.....	2
2. COACH'S CORNER BY DIANNE MASLUK	3
3. LVTC SUMMER SWIM SCHEDULE	5
4. LVTC MASTERS NEWSMAKERS.....	6
6. UPCOMING EVENTS	7

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1. Social Events and Changes

**We hope everyone is having a fantastic summer!
We received lots of good suggestions for summer events.
The coaches and editors worked to arrive at this list of summer social events and changes.**

July 2008

**Summer Practice Changes are due to LVTC swim meets.
No practice on Saturday July 5 or July 19
Instead, Dianne Masluk will hold masters practice on
Sunday, July 6 and July 20 from 8:00 - 9:00 a.m.**

August 2008

**Saturday August 23, 9 a.m. Del Valle Family picnic with
kayaks, sailboats, canoes, etc. Please invite previous members!**

**Monday, August 18 6 p.m. Nanda's visit, Dinner and Boche Ball
September 2008**

Saturday, September 20 8 a.m -LVTC's 1650 swim at the pool

**From the newsletter editors,
JoAnne Moody (jumoody@comcast.net)
Diann LaCroix (diannlacroix@comcast.net)**

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PS See the LVTC website <http://www.lvtc.com> and swimmer's magazine online <http://www.usmsswimmer.com/>

2. Coach's Corner by Dianne Masluk

**With all eyes are watching the Olympic Trials, one is certainly inspired by the artistic sensibility that these world-class swimmers demonstrate. The suits are one thing, but those STARTS, TURNS, and FINISHES and how they execute their strokes between those turns truly demonstrate the focus, determination, dedication, and attention to detail that envelopes those athletes. Learning from the fastest, we will continue to improve that which we can control in the short amount of time we have in the water each week. In the time we do have however, we will concentrate on the basics of push-offs, streamlines, underwater undulations, stroke counts, breathing patterns, and the core of swimming--proper stroke technique while training for optimal performance with aerobic training, limited anaerobic tolerance training, lactate-production sets (mainstay of the 50 sprinters), speed training, all the while gaining and maintaining fitness
And fun through swimming! Each of us is a work in progress so let's enjoy the process while we swim in the sun!**

Technique Tips: Feel the water

The natural swimmer has the ability to feel water and begin moving the body through it. The rest of us must develop this skill. It doesn't come easy, but if you are willing to concentrate and focus enough, this feeling for the water can develop. This ability is nothing more than finding and maintaining resistance as the hand begins to press back, down, and out

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as it enters the water. The idea is for the hand to stay still (impossible since the water isn't a solid obstacle, but incorporate that idea) as the body moves through the water, past the hand's point of entry. With the proper press and push phase of the stroke comes the maximum distance per stroke.

The follow through or back end of the hand movement is called the push. The hand accelerates to a full extension of the arms. The key word is accelerate. Just like throwing a ball, with more speed the ball travels farther, with a faster follow through.

In the recovery, (Movement of the hand and arm from the backend position of the freestyle stroke to the entry position) the elbow should always be above the hand and arm through this phase allowing the arm muscles to relax and recover.

The body's naturally streamlined position in the water is on the side. In a good freestyle the swimmer rolls through the water as if he/she were on a barbecue spit, keeping a straight bodyline that can't be bent. The keys to success in the long axis stroke are rhythm, relaxation, and rotation. The idea is to rotate the hips out of the way of the arm. Perfect your swimming technique by consciously becoming aware of what you are feeling as you swim.

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3. LVTC Summer Swim Schedule

COACH	SCHEDULE
Dianne Masluk	MWF 6:00-7:00 a.m. MTW 8:30-9:30 a.m.
Adrianna English	Th F, 8:30-9:30 a.m. Sat 8:00-9:00 a.m.
Kim Buck	MW 7-8 p.m.
Samantha Beasley	TTh 7-8 p.m.
Linda Klinky-Bailey	Substitute
Cindy Clark	Substitute

Masters Workout Schedule	
Day	Time
MWF	6:00-7:00 a.m.
MTWTF	8:30-9:30 a.m.
MTWTh	7:00-8:00 p.m.
Saturday	8:00-9:00 a.m.

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4. LVTC MASTERS NEWSMAKERS

Connie Clark qualified for the 2009 National Senior Games to be held August 15, 2009. This is the largest Olympic-affiliated event ever to come to the Bay Area and will be held mostly at the Stanford University Campus. In order to compete, an athlete must be age 50 or older and must qualify at an NSGA-member State Senior Game before the end of 2008. To this end, Connie and her sister, Dixie, headed down to the California State Senior Olympics held on Sunday, June 8, 2008, to accomplish this feat. The meet was held at the Rose Bowl Aquatic Center in Pasadena and both Connie and her sister accomplished their mission! Congratulations Connie for challenging yourself to be the best you can be!

Visit <http://www.basoc.org/>. For more information about these games, Visit info@2009seniorgames.org for other State Senior Games one can participate in to qualify 1-3rd in an event to claim a berth in these games.

Geraldine Romero-Mavis recently joined our masters swimming family and successfully finished a mini-triathlon. She has improved so much and with that contagious smile, loving to learn all the other strokes that her coaches can persuade her to learn.

Jane Soltis and Adrianna English represented LVTC at the Del Valle Swim. Out of 190 swimmers (male and females) Adrianna came in 3rd in her age group and Jane came in 7th in her group of swimmers. Well-

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done ladies. Our swim caps are all off to you for competing in that cold water for your 1.5 mile swim

6. Upcoming Events

Check out this links for all kinds of swimming events:

<http://www.usms.org/fitness/content/checkoff>

<http://www.2009seniorgames.org/>

<http://www.south-end.org/>

<http://www.rcptiburonmile.com/>

<http://www.onyourmarkevents.com/events-new.asp>

http://www.olyclub.com/html_general/oc_events-frameset.html

<http://www.pacificmasters.org/index.shtml>

Events from the Pacific Masters Website are listed below:

Jul 11 ~ 13, 2008 - PMS Long Course Championships
Pac Masters LCM Championships, Cruz, UCSC Santa Cruz, CA Joel

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Wilson 831 425 5762

Jul 19, 2008 - 31st Annual Trans Tahoe Relays

July 31 Trans Tahoe Relay, TOC Scott Williams 415 345 5215

Jul 26, 2008 - Russian River 1-mile David Robinson 707 565 2041

**Aug 2, 2008 - 35th Annual Roughwater Swim OW, Santa Cruz, Rick
Gould 831 420 6015**

**Aug 3, 2008 - Cruz Cruise 2-mile OW, Santa Cruz Scott Patterson 831 760
7905**

**Aug 9, 2008 - Donner Lake 2.7-mile OW 2.7 Mile, SNM, Donner Lake,
Truckee, CA Laura Hanson 775 843 1477**

**Aug 14 ~ 17, 2008 - USMS LC Championships -Team Event Mt. Hood
Community College, Gresham, Oregon 2008 USMC LCM Championships
<http://www.lcnationals2008.net/> Order of events 1 st Day 800m free *
1500m free * *Swimmers m...**

**Aug 23, 2008 - 2nd Annual Short Course Masters Modesto Short Course
Meters, Modesto, CA Tom Kara 209 523 4290**

**Sep 7, 2008 - Whiskeytown 1-& 2-mile , Whiskeytown 1 and 2 Mile OW,
Redding Greg Tyle r 530 246 2666**

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Sept 19-21, 2008 580/680 Senior Games (Ages 50 & older)
Swimming is held on Sat., Sept. 20th at San Ramon Olympic Pool
Visit <http://www.ci.danville.ca.us/>

Sept 14, 2008 - Alan Liu Memorial SCM Alan Liu Memorial SCM, MVM,
Mountain View Chris Campbell 408 730 8930

Sept 20 8 a.m -LVTC's 1650 swim at the LVTC pool

Sept 24 ~ 28, 2008 - USMS Convention Annual Convention,Atlanta, GA

Sept 27, 2008 - Folsom Lake 1-& 2-mile OW, Folsom Lake Joe Dowd 916
417 8438

Oct 5, 2008 - 34th Annual Sprint Pentathlon Davis Andrew Brenan 916
801 2627

Oct 5, 2008 - Tiburon Mile

Oct 10 ~ 12, 2008 - PMS SCM Championships Walnut Creek - Kerry
O'Brien 925 943 5856

Dec 6, 2008 - Reno Winners Meey SCY, Reno, NV Gwen Shonkwiler 775
762 5658

May 1, 2009 - USMS 2009 Short course Yards Championships
Clovis, CA, USMS 2009 Short Course Yards Championships, Clovis, CA

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<p>United States Masters Swimming, Inc. Pacific Masters Swimming, Inc.</p> <p>2008 Membership Application</p> <input type="checkbox"/> Renewal 2007 number if known: _____ <input type="checkbox"/> New Registration <p>YOU MUST PAY TOTAL FEE OF \$40 (Fee includes: USMS = \$25, PMS = \$15)</p> <p>REDUCED END OF YEAR 2008 FEE \$30 if joining 9/1 - 10/31 Full Fee 2009 Memberships accepted after 11/1/08 Make check payable to Pacific Masters Swimming</p> <p>Mail to: Nancy Ridout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771 registrar@pacificmasters.org Registration Expires 12/31/08</p>	<p>PLEASE PRINT CLEARLY. Your name on this form and on meet entry forms must be identical.</p>			
	Last Name _____		First Name _____	
Mailing Address _____			Home Phone No. () _____	
City _____	State _____	Zip _____		Work Phone No. () _____
Date of Birth Month _____ Day _____ Year 19____	Age _____	Sex _____	e-mail address _____	
CLUB (Indicate Club affiliation or Unattached) _____			Today's Date Month _____ Day _____ Year 20____	
<p>I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."</p>				
Signature _____			<input type="checkbox"/> I am a Masters Coach <input type="checkbox"/> I am a Certified Official	
<p>I wish to contribute to the following foundations <i>and have added the additional amount to my 2008 registration fees.</i></p> <input type="checkbox"/> \$1 or () The US Masters Swimming Foundation. <input type="checkbox"/> \$1 or () Pacific Masters Swimming. <input type="checkbox"/> \$1 or () The International Swimming Hall of Fame.				
				revised 10/01/2007