

ENDLESS SUMMER-SWIMTIMES

Mission Viejo, California

Issue #4

July 23, 2005

Welcome to the *Endless Summer-SwimTimes*, the e-newsletter for the 2005 Long Course National Championship participants. This is the fourth of six issues that will come your way over the next few weeks.

In This Issue: Concessions, Restaurant Map, Island Music, General Meeting, and Vendor Village Update and More!

Concessions- the Nadadores snack bar will be open for your hungry urges starting Wednesday, August 10 at 12:00. A full menu will be available serving breakfast, lunches, drinks, and healthy assorted snacks each morning at 6:30 am to the end of each day. Be sure to stop by and enjoy all the great food!

Souvenirs-Look inside vendor village for **Northwest Design**- they will offer a number of souvenirs. They will have long sleeve, short sleeve, hooded, cap sleeve form-fit t-shirts with the meet logo "Endless Summer of Swimming". Names of team members or all 1110 participants can be included on the back of the t-shirts. Embroidered polo shirts, jackets, windshirts, towels, bags and more will also be available.

Restaurants and More! - For a short list of local restaurants and more go to:

<http://www.mastersmvnswim.org/phpBB2/viewtopic.php?t=689>

A restaurant map will be available at the meet listing the local cuisine around town and close to the selected hotels listed on the meet form.

Island Music - Wednesday from 5:00-7:00 pm during registration don't miss the Island Music Sounds of the **Island Groovin' Steel Drum Band**. Again on Thursday - enjoy the music during the warm-up to move your spirit and delight your soul!

General Meeting - All swimmers, coaches, and officials should be represented at the general meeting on Wednesday, August 10 at 7 pm. Matters pertinent to the operation and conduct of the meet will be discussed. Meeting will take place poolside in the Grand Stand seating.

Vendor Village Update - Please visit all our USMS Sponsors inside "Surf City": **Adolph Kiefer, Arena, Kast-A-Way Swimwear, Nike, Speedo, and TYR**. They will help you with all your swimming needs and more! Also, Amino Vital (advanced amino acid sports supplement) will be there to Energize, Hydrate, Focus, and Repair - "greater fitness and higher performance". Look for there product and sports bottle in your goodie bags.

Special Event Pre-Meet Swim Clinic - Win a chance to attend a **FREE CLINIC** with

Rowdy Gaines and Brian Goodell. The Special Clinic will take place Wednesday, August 10, at the Marguerite Aquatic Center- 5:30-7:00 pm.

The clinic will be limited to 50 swimmers (only those who are entered in the meet), selected from a random drawing from names submitted.

Don't miss out - get prepared; get fired up for that perfect swim with Rowdy and Brian. Winners will be announced in the following issue of **Endless Summer SwimTimes**.

Selected topics may include: Competition race strategies, Race warm-up, pool-time, open Q and A session and more!

Submit your name by July 29 to webmaster@mastersmvnswim.org

NEXT ISSUE: Safety Alerts, Area Weather/Climate Forecast, Distance Check-in, and Shuttle Schedule and Routes.

See you at the pool!

Coach Mark Moore
Meet Director