

ENDLESS SUMMER-SWIMTIMES

Mission Viejo, California

Issue #1

July 3, 2005

Welcome to the Endless Summer-SwimTimes, the e-newsletter for the 2005 Long Course participants. We look forward to your arrival and hope your preparations are going well.

This is the first of 6 issues that will come your way over the next 4 weeks. While we do appreciate communication from you, please keep in mind that we are VERY BUSY preparing for the meet and may not be able to answer all inquiries.

Our goal is simple- We want you to have fun, be safe, and swim FAST!

In This Issue:

The Classic California Sounds, Vendor Village, Car Rentals,
On-Deck Coaching, Volunteers Welcome, and Hotels.

The Classic California Sounds - The Nocturnes, a Southern California Beach Band will be featured at the meet social Friday night, August 12. Purchase your tickets to the social early - only 300 will be sold. Don't miss out- the Nocturnes were named best "Beach and Surf" of 2004 by the Orange County Music Awards. Enjoy lakeshore dining, the "Classic California Sounds" and a magnificent summer evening. The menu will feature a variety of barbecue entrees, salads, and deserts!

Vendor Village - Splash on over to visit the USMS Sponsors and other vendors in "Surf City". Arena, Adolph Kiefer, Kast-A-Way, Nike, TYR, Speedo and others will supply you with all your swimming needs and more! VASA will be there with several Vasa trainers and ergometers for you to use. Also, register with VASA to win a free ergometer to be given away at the meet. Discover the Versatility of the Vasa Trainer. Get the power to perform better!

Car Rentals - If you need a car or a team sized Van rental for the meet, we have secured a special discounted rate with Enterprise Rent-A-Car to take you to all the great places in Southern California! Visit: <http://www.enterprise.com/billboard/page.do?dspg=4912>

On-Deck Coaching Wanted - The USMS Coaches Committee offers On-Deck Coaching assistance for swimmers during warm-ups at USMS Championship Events and at the annual United States Aquatic Sports (USAS) Convention. At Championship Events, coaches monitor the sprint lanes during the early morning warm-ups giving swimmers start

commands and timing sprints if requested. At the convention, coaches devise and conduct workouts for convention attendees. All participating coaches are given a special USMS Coaches apparel item, great for being recognized on deck. If you would like assist in the USMS On-Deck Coaching program at the meet you will need to submit the application ASAP. Application can be found at:

<http://mastersmvnswim.org/Nationals2005/LCMOnDeck.pdf>

Volunteers Welcome - Several swimmers have expressed their interest in volunteering. We appreciate the offer and will do all we can to accommodate those who wish to assist in the meet. We will have a morning, mid-day, and late afternoon shift on all 5 days. Volunteers' forms for the meet can be located at:

<http://mastersmvnswim.org/2005LCNationals.htm>. Please return them ASAP if you are interested.

Hotels - When making reservations at the hotels, refer to "USMS 2005 National Championships" for a quoted rate. All hotels are 2-7 miles from the pool, unless otherwise indicated. Make yours NOW!

Best Value Inn, Lake Forest -

\$50.00

(800)591-9200

www.bestvalueinn.com

Best Western Laguna, Lake Forest -

\$89.00

(949)458-1900

www.bestwesternirvinespectrum.com

Fairfield Inn/Marriott, Mission Viejo -

\$93.00

(949)582-7100

www.fairfieldinn.com

Hampton Inn, Foothill Ranch -

\$95.00

(949)597-8700

www.hamptoninn.com

Hilton Gardens, Foothill Ranch -

\$79.00

(949)859-4000

hiltongardeninn.hilton.com

Holiday Inn, Laguna Hills -

\$109.00

(800)282-1789

www.holiday-inn.com/lagunahillsca

Irvine Suites, Irvine -

\$99.00

(949)380-3000

www.irvinesuites.com

Laguna Hills Lodge, Laguna Hills -

\$77.00

(949)830-2550

www.lagunahillslodge.com

Hotels that are not on the Shuttle Route

Marriott Residence Inn, Irvine -

\$129.00

(800)331-3131

www.marriott.com

Extended Stay America, Lake Forest -

\$85.00

(800)398-7829

(949)598-1898

www.extendedstayamerica.com

Double Tree Guest Suites Doheny Beach, Dana Point -

\$169.00

(800)801-8461

(949)661-1100

www.dohenybeach.doubletree.com

See you at the pool!

Coach Mark Moore

Meet Director

NEXT ISSUE: Area Attractions, HY-TEK Software, Team Areas, Meet Parking, On-Line Event Check-In and Registration process.