



# 4th Annual Swim Clinic 4-week class begins Monday January 7, 2013



The January Swim Clinic will begin on Monday, January 7, 5:30 to 7 AM, M-Th at the MPC Pool. Cost will be \$125 for the four-week clinic. This is open to all adults, ages 18 and older. JAMM members get a discounted rate of \$100. The clinic format consists of instruction in the four basic competitive strokes, including drills and swimming, and is designed as a progression of learned skills presented by our international-class swim coach, Mark Temple. If time and weather permit, dryland training will be demonstrated.

Participants will receive a downloadable file on resistance training as well as other items. Swimmers need not be interested in competition to participate.

Go to [www.jelliesaquaticmasters.com](http://www.jelliesaquaticmasters.com) for more details. Please click on the Masters Swim Club Events tab to download the flier and information.



You're invited to our  
**I SURVIVED THE HOLIDAY  
PARTIES  
(and I'm still swimming)  
PARTY**

**SATURDAY, JANUARY 5**

**5 PM**

**at POST NO BILLS**

**in SAND CITY**

**PIZZA PROVIDED**

No host craft beers and soft drinks  
brewed and crafted by PNB

Please RSVP to Elizabeth Caraker  
at 915-9974



\*\*\*\*\* **ANNUAL JAMM ALL-MEMBERS MEETING COMING IN JANUARY** \*\*\*\*\*

The first annual All-Members Meeting will be held **Tuesday, January 29, at 7 PM**, location to be announced.

All members should make an effort to attend. An agenda will be mailed to all members in advance. Your ideas and input are very important to the long-term success and quality of experience for us all. Please plan to come to this round-table meeting.

# LAY A FOUNDATION FOR SPRING AND SUMMER FITNESS - SET A SWIMMING GOAL - AND START JAMMIN' (ALSO TALK TO COACH MARK AND PLAN)



## WE ARE ONE YEAR YOUNG - GETTING BETTER ALL THE TIME

JAMM reached its first anniversary mark on October 31, 2012, with much to be proud of as a new Masters Swim Club. Many parties (thank you Elizabeth, Aysha, Matthew, Eric and Christine) throughout the year including pot lucks, a holiday party, Saturday postworkout munchies, impromptu breakfasts at Wild Plum and other revivifying endeavors kept us all smiling.

It quickly became obvious that our happy band of aquatic athletes (a loosely defined term here...) are keen to work out regularly, stay fit, look good and frequently sample coffees, teas, beers and celebratory drinks. Coach Mark has taught us a lot in one year and often baffled us with Canadian wit and logic, which is to say we are puzzled and entertained at every workout. The biggest problem has been dealing with an aging pool that is due for replacement in the next year. Efforts are ongoing to be proactive, informed and supportive of efforts by our associated age-group club (Monterey Bay Swim Club) as the president negotiates pool time for the next year. It will be critical to our ongoing success and operation. Please stay involved and add your positive energy to our group. There is one overriding purpose for us: Fitness, Fun and Friendship. It's working so far...



## CHECK OUT THE GOODY BAG:

An initial order of 12 JAMM parkas purchased on sale from Swim Outlet were embroidered with our logo and look great. Three parkas remain for anyone interested. Contact Elizabeth at the pool. They are \$99. There are two size Large and one Extra Large.

Christine has 5 new pull buoys for \$6 each.

Christine also has some nose clips for \$2 each.

New members' first club cap is free. After that, they are \$4. Contact Christine if you need one. She's the one doing breaststroke all the time.



Welcome new members: Susan, Petra, Robin, Mina, and Clayton who have joined us as of December 1. Bring a friend who joins and get your name in a drawing for a cool prize.

**SANTA ARRIVES EARLY - DROPS OFF PARKA FOR COACH MARK**



After a long process of shopping, buying, transporting, dealing with the embroidery shop and trying to keep it all a secret from the coach, Rich, Elizabeth and Christine succeeded in producing a fabulous parka for Coach Mark. The waterproof thigh-length down parka was a great bargain. We ordered the JAMM logo and very cool jellyfish image on the back and the MBSC logo with Coach Mark and goggles hanging from lettering on the front. Coach Mark is seen here after opening the gift during a holiday postworkout breakfast at the pool.

Coaches spend a lot of time on concrete decks in all kinds of weather. This is one coach who will have no complaints about the cold anymore. Merry Christmas, Coach Mark!



## Winter Calendar

**January 5, 2012**

I Survived The Holiday Parties Party

**January 7, 2012**

January Swim Clinic begins

**January 30, 2012**

Annual All Members Meeting

**Feb 2, 2012**

Salinas Splash and Dash (see Pacific Swimming Competition Calendar)

**March 17, 2012**

Coach Mark's birthday (also known as St. Patrick's Day)

JAMM practice at MPC is available six days a week:

Monday-Friday 5:30 to 7 A.M.

Saturday 8:15-10 A.M. (with occasional exceptions-call or email first to confirm)

\$10 DROP-IN FEE/WORKOUT

\$40 FOR 8 WORKOUTS/MONTH

\$100 UNLIMITED/MONTH

\$20 JAMM ANNUAL MEMBERSHIP FEE

\$48 US MASTERS ANNUAL FEE

[www.jelliesaquaticmasters.com](http://www.jelliesaquaticmasters.com)

see our Facebook page: JAMM

or

Jellies Aquatic Masters of Monterey

President: Christine Bottaro

Webmaster: Elizabeth Caraker

Treasurer: Elizabeth Caraker

Head Coach: Mark Temple

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## KICKMEISTERS DECEMBER CHALLENGE

Enter the Kick For Time 400 yard kicking postal challenge. See link below to get details. Coach Mark times you for 400 yards - any kick you want, but no stopping - and you enter your time. Eric and Robin, this has your name all over it. Click on this link or copy and paste:

[http://www.pacificmasters.org/comp/pool\\_meetsheet/12memoktpostal.pdf](http://www.pacificmasters.org/comp/pool_meetsheet/12memoktpostal.pdf)

The beauty of it is you don't have to travel and you can see how you stack up against kickmeisters everywhere. Challenge only good in month of December. Go for it!



## INSPIRING EVENT - JANET EVANS AT PACIFIC SWIMMING MEETING

Pacific Masters Swimming annual meeting was held 11 November at the Shadelands in Walnut Creek, California. Janet Evans gave the keynote event speaking about her swimming and Olympic Career.

Christine attended the event, which consisted of a presentation by USMS about boosting club membership and running a masters club, the keynote address and a catered lunch followed by business conducted by the LMSC members. Several hard-working volunteers were recognized and presented with custom-embroidered fleece jackets as well as plaques.

The featured speaker, Janet Evans, is a legendary distance freestyle swimmer who has held many world records in the long-distance events. She is an animated and terrific speaker who held the audience spellbound for an hour. Her famous 800 meter freestyle Seoul Olympics swim was shown and everyone cheered as loudly as when they'd first seen it.

Christine, whose daughter - also a distance freestyler - was incredibly inspired by Evans during her

swimming career, as were many young swimmers throughout the past 30 years. At the age of 40 Evans attempted a comeback and finished last at the US Olympic Trials in 2012, but to hear her tell her story, it was a total triumph and perfect ending to her swimming career at the international level.

Some high points from the speech:

1. You never know what will inspire you.
2. You may think you're a (champion, a hero, a success), but the definition and recognition of it can only be gained through reaching out to others.
3. Your coach will always ask you for more.
4. Set a goal.
5. Reflect on the things your mentors and friends who know you best are telling you and listen to your heart.

## AEROBIC JUNKIES ALERT!

There are two swim meets coming up that have only one event, the mile. Check your early-season fitness:

Jan 19 - Olympic Club 1500 [http://www.pacificmasters.org/comp/pool\\_meetsheet/13tocscm.pdf](http://www.pacificmasters.org/comp/pool_meetsheet/13tocscm.pdf)

Feb 24 - The City Mile - [http://www.pacificmasters.org/comp/pool\\_meetsheet/13Cityscy.pdf](http://www.pacificmasters.org/comp/pool_meetsheet/13Cityscy.pdf)

Both events have one event - one swim - one focus: Challenge yourself to a timed metric or standard mile swim in a pool.

