

JAMM October NewSplash

IMPORTANT NEWS: JAMM has been approached by the President of MBSC (Monterey Bay Swim Club) to **host the hospitality table at a 3-day swim meet on November 18-20**, at Hartnell College Pool.

THIS MEET will be a timed final format requiring **ONLY 4 hours Friday afternoon and 5 1/2 hours each day, Saturday and Sunday**. There will be no meet on 2017 Memorial Day weekend, which was always a much longer meet and required more hours worked and more money donated by JAMM.

Now, JAMM volunteer members will sign up for 2- to 5-hour blocks of time and will serve snacks to coaches on deck, prep food indoors, OR set up or help drive supplies and utensil bins to the Hartnell College pool, OR help break down the table area at the end. **Volunteers will also be treated to a special thank-you breakfast workout (date to be announced).**

Donations of cash ALSO will be needed. The ask is a minimum of \$20. Of course, more is better... Specific details will be sent to you by email very soon. We will need approximately \$500 to pull off this meet in our **famously delicious and nourishing** manner. FYI: On-deck officials at meets work for free. The officials' food & snacks are provided by the host team.

Why do we do this???? MBSC is our host age-group club; **they pay for our pool time** and raise money to do so by hosting swim meets. Our monthly fee pays only for Mark's time.



JAMM ON! In case you hadn't heard, this is **JAMM's FIFTH ANNIVERSARY.**

The story of **Jellies Aquatic Masters of Monterey** began on October 30, 2011 at a small Halloween party. There, three swim friends (Elizabeth, Christine and Carrie) who wanted to start a masters swim team took the first steps needed to make it all happen. JAMM-o-lanterns that depicted the letters J-A-M (Jellies Aquatic Masters) with a jaunty little jellyfish were carved, lit and held aloft. (Later JAM was morphed to JAMM and the name stuck.) Colors were chosen and the pumpkins were displayed at the first official morning workout soon after. The jellyfish on our logo is identical to the pumpkin carved that night. It truly represents the team's competitive energy, friendly spirit and definite lack of self-importance.

Coach Mark took on the challenge of upgrading a few inveterate aerobo-monster lap swimmers into competitive swimmers, and, bless his die-hard heart, he is still trying. And succeeding! We have champions in our midst, with great swims setting team records every time out. The team has grown slowly in number from 15 swimmers in 2011 to 69 as of this writing. Like all masters swimmers, we JAMMers and JAMMettes know that swimming is the best exercise there is. Thanks for making our team great and continuing our legacy of fitness, friendship and fun through competitive swimming.

Now that Mark is back from vacation and October is here, have you set some goals?

For a little motivation, check the Pacific Masters Swimming [webpage](#) for upcoming postal events you can participate in this Fall. The schedule will fill in more in the upcoming months.

JAMM TEAM CAPS are on their way from **NorCal Swim Shop**. When you renew your membership this winter, you'll receive a cap as part of your membership fee of \$20. USMS membership renewal begins November 1.

Subsequent caps will cost \$4 apiece and will be available at the pool.

Show your team pride and wear a cap at practice or when swimming during your travels. It's one of the coolest caps out there and features our jaunty little jellyfish logo.



Back at the beginning of September Scot Leisy and his wife Donna hosted a “smack” of Jellies at their home in Carmel Valley Village for a very relaxed and beautiful evening of fun, with all members present fully clothed and happy to enjoy food and libations. John (The Professor) Nelson and Larry (Sugar) Fry hauled out their newly won medals for all to see.

Getting ready on deck at early morning practice.

