

## JAMM August NewSplash

**JAMM Reunited** -----> After a couple of months and several miles of separation, all swimmers are back again, swimming together at the PG High pool Monday thru Friday mornings 5:30-7 AM and Monday through Thursday evenings 5:30-6:30 PM. Looking forward to seeing everyone in the same place again.

Further changes to the usual weekly workout schedule will be sent by separate email to you.

**Saturday, August 6, workout is cancelled.**

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The **2016 Rio Olympic Games** are set to begin on August 5. Please see links to publications at the end of this newsletter for NBC, USA Swimming, online magazines, and blog sites you can use to keep up on the swim events, which will kick off immediately after the opening ceremony day.

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JAMM's successful competitors Alita (Fly Girl) Kavalauskis and John (The Professor) Nelson competed at the Pacific Masters Swimming Long Course Championships held at the San Mateo City College's beautiful 50 meter pool on July 22-24. Alita swam the 200m Free, 50m Back, 50m Fly, and 200m IM with her best placing in that event, the first time she'd actually ever swum it.

John is the age-group champion in the 400m Free and 800m Free! Congratulations to Alita and John for representing JAMM in some tough swims.

Both she and John are planning to compete again in the 2016 Long Course Nationals in Gresham, OR, in a few weeks.

**HIGHLIGHT MOMENT:** John had just won his heat in the 400 Free and then Alita won her 200 IM heat immediately after John finished. The announcer said, "There's a new team emerging on the scene! Jellies Aquatic Masters!" You'd better believe it! Credit also goes to Coach Mark for getting them ready to go.

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**At The US Olympic Trials' final day**, our teammate Sarah Kansteiner, who bought very last-minute tickets to see them, describes: "The Trials were amazing. Starting right off with the free Aquazone, we were entertained from the time we arrived -- which was more than two hours prior to the start time of 6:45... I didn't get a chance to get the kids pre-registered for the really popular stuff like the surfing demo and the deal where the kids tried to run across a rolling log, but still, we just showed up and took advantage of what was left -- which included the rock wall, a goggle toss, a plinko-type game for prizes, and marked-down prices for souvenirs. Also if we'd chosen to stand in line, we could have gotten autographs with Missy Franklin and one other Olympian.

For the actual event, we had to have some of the "worst" seats in the house. We were all the way up to the ceiling in one of the corners, but even from this bird's-eye-view position, we enjoyed ourselves. The laser-light shows, the pyrotechnics, and the announcers all kept us entertained and, bonus, we were treated to performances by the cast of O from Cirque du Soleil in Las Vegas. I had no idea about this when I bought the tickets and distinctly remember wondering if I was an idiot for paying \$48 a ticket to only see two events. In hindsight, I would say I definitely got my money's worth, especially since even my non-swim-fan husband had only good things to say afterwards."

Sarah has now moved to Oklahoma with her husband and kids and is pursuing a career in journalism.

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**MEDIA COVERAGE AND INFO ABOUT OUR SPORT and THE OLYMPIC GAMES:**

Alert readers Amy (Hey You) Wu, Angie (Supermom) Pack, and John (The Professor) Nelson all sent in the same link to an article published in the NY Times about Katie Ledecky. Here's the link: <http://www.nytimes.com/interactive/2016/07/31/magazine/rio-olympics-issue.html>

Other readers as well as John and Amy sent in a link from the NY Times about the neuroscience of swimming and how we think as we swim: [http://mobile.nytimes.com/2016/07/17/opinion/sunday/pool-neuroscience.html?\\_r=1&referer=http%3A%2F%2Fm.facebook.com](http://mobile.nytimes.com/2016/07/17/opinion/sunday/pool-neuroscience.html?_r=1&referer=http%3A%2F%2Fm.facebook.com)

Here are links to help you enjoy the Olympic Games, the USA Swim Team experience, swimming fan chatter and background info before, during and after the Games:

**NBC Swimming Newsfeed:** <http://www.nbcolympics.com/news-feed#?sport=SG>

**USA Swimming** webpage, including streaming info, schedule of events, etc.: <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemId=15693&mid=14492>

**SwimSwam Magazine** online news: <https://swimswam.com/news/>

**SwimmingWorld Magazine** online news: <https://www.swimmingworldmagazine.com>

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**LOOKING AHEAD TO SEPTEMBER:** Coach Mark will be taking a vacation at some point in September, we predict. News will be sent in advance as to how that may affect your plans for swimming.

**LABOR DAY WEEKEND (SEPT 4) JAMM BARBECUE in Carmel Valley** - Scot Leisy is lane leader on this one. Please make a note on your calendars. The venue is supposed to be pretty spectacular. Details will be sent soon by email.



Larry (Sugar) Fry, earning his name after a long course session at Hartnell Pool in Salinas last month. Technique here? Pour in enough sugar so that the stirring stick doesn't tip over to the side of the cup.