

## JAMM News

December has been a terrific month for MBSC and its championship team swimmers. The Fall has been another fine season of training for JAMM and JAMMjr. This past week has demonstrated a key element of our programme – kicking. A terrific performance by all who challenged their core-to-toes with the 400 kick for time. Mel would be proud of Larry's performance with a quip like *"Good going mate ... thanks for coming out."* The best ever performances demonstrate the relative fitness of our members in general and our competitors in particular. This is a testament to the programme and gives much thoughtful material to our resident author and biographer – John. Well done everyone. And again ... many thanks for your support of our November Meet at Hartnell.

JAMM along with our Elementary and HS Swimming Programmes all provide root programmes for the benefit of our communities. Something we are slowly being recognized for. Last yet not least we have celebrated a 2016 National Masters Champion and look forward to our age rankings in kicking. It has truly been a record breaking year. Many thanks to Christine and Elizabeth for all the administration support and call center work.



**MBSC has a Secret Santa**

**Please consider an end of year donation to MBSC.**

**All donations up to \$10,000 will be matched....any gift amount is welcome!**

**Our goal is to have all \$10,000 matched!**

**Donations can be mailed to:**

**PO Box 1571**

**Monterey, CA 93942**

**We are a non-profit 501 3c and your donation is tax deductible:**

**Tax ID # 510155434**

Each December I return to Canada for Christmas to prepare my mother to come to California for Jan and Feb. I will be away from Dec 15-23. This is also a time when many of our MBSC staff are away and so coaches are hard to come by. Below will be the schedule for the next three weeks. JAMMjr is most welcome ... indeed encouraged to join the morning practices.

**Dec 12-18 JAMM & JAMMjr Practices**

AM 5:30-7:00 5:30-7:00 5:30-7:00 OFF 5:30-7:00 7:30-9:00

PM 5:30-6:45 5:30-6:45 OFF OFF

**Dec 19-25 JAMM & JAMMjr Practices**

AM 5:30-7:00 OFF 5:30-7:00 OFF 5:30-7:00 OFF **Merry Christmas**

PM OFF OFF OFF OFF

**Dec 26-01 JAMM & JAMMjr Practices**

AM OFF 6:00-7:30 6:00-7:30 6:00-7:30 6:00-7:30 7:30-9:00 **Happy New Year**

PM OFF 5:00-6:30 5:00-6:30 5:00-6:30