



Jellies Aquatic Masters of Monterey - Swimming for Fitness, Friendship and Fun

SPRING NEWSLETTER April 2014

JAMM NOW AT CARMEL VALLEY POOL

New masters swim workouts will begin soon, five days a week, at the Carmel Valley Community Youth Center pool. Coached workouts are tentatively scheduled to be held Monday through Friday from 6 to 7 a.m. All swimmers must be US Masters members, which provides liability coverage and other benefits.

JAMM/MBSC head coach Mark Temple is in the process of locating and training an associate coach who will also be coaching youngsters every afternoon for MBSC at the CV Pool. Coach Mark has managed multi-pool programs in other areas of the country and in Canada in the past, with as many as 11 pools coordinated at once.

A community grand opening event is being slated for Saturday, April 5 from 10-2 p.m. CV Community Youth Center members will be able to swim laps or simply get in the water to enjoy the early season opening of the pool. JAMM membership will be an additional monthly charge since coaching will be provided. Current fee structure will apply, and JAMM members will be given priority during the hour of workout in the morning. In past years, the pool has traditionally opened in late May and only been heated and open for business during the summer months.

The CV Pool is unique in that it has been the only large pool in the Village where kids could learn to swim and develop competitive swim skills. While the CV Pool is about 20 miles away from the PG High pool currently home to JAMM, it has great potential to add new features to the JAMM program. Beginning-level masters swim skill building, conditioning and social events can all be mainstays of the location, which lends itself to those ideas.

The CVCYC Board of Directors became interested in adding a masters program when Monterey Bay Swim Club used the pool last fall and winter while the MPC pool was under construction. JAMM swimmers worked out on occasional Saturdays, which sparked the idea of the pool also hosting a branch of JAMM on a regular basis.

Members of JAMM are welcome to attend practices at either location once scheduled workouts begin at the CV Pool.



JAMM is a swimming club organized to promote swimming skills for adults in the Monterey Bay Area. Any person 18 or older is welcome to join. Please see our website at

www.jelliesaquaticmasters.com for more information about workout times, coaching, fees, etc. While some of our members have been swimming for many years, it is not important that you be an experienced swimmer in order to be a valued member of our aquatics group. Please come down to the pool and give us a try. Workouts can be adjusted to suit your fitness and skill level. Masters swimming may very well be just the challenge you are looking for.



PARKA PARKA PARKA!

New Sporti brand parkas have arrived and will be sent to the embroidery company in Carmel for JAMM logos and jellyfish art (see below) to be added. Naked, unembellished parkas are \$70. Added features cost an extra approximately \$30, depending on the amount of detail desired, a crazy good deal.

They are super warm and comfy to wear to workouts every morning. And, of course, they look really amazing. XL and L parkas are available, but other sizes can be ordered very easily. Contact Christine immediately to place your order and to check for your size.



T-shirts??? ALEXANDRA is on it!

Alexandra Burke has been working hard on a T-shirt project and will have size samples at the pool to try on. Long-sleeve shirts in royal blue with JAMM logo are planned.



Kickboard/pull buoy sets available - \$20

Be cool. Be prepared.

Buy a set - Pay \$20 to Coach Mark

(Mesh bag to carry set not included)

...and to cap it all off...

Our much-improved new swim caps are now here, ready to wear and only cost \$5.00. JAMM has never looked so good.

Caps are now blue as opposed to the old white version, which yellowed in chlorinated water.

Available from Christine at the PGHS pool. Or contact: swim@jelliesaquaticmasters.com





The passing of an era...

Swimming has evolved slowly but steadily through the decades, starting with roped-off swim stadiums of nearly open water, and progressing gradually to more standardized swimming pools with shallow gutter systems and floating lane ropes, standing dives and woolen suits. In 1962, when nylon suits and flat dives were popular, MPC built a pool and hired a young man who came simply to be known as "Coach," Ted Trendt. He began teaching and coaching swimming and water polo and eventually started the Monterey Bay Swim Club with a few interested parents in 1974. It continues today with JAMM as a program of the club.

Coach, who was a state-level backstroker in his day, was known as a tough man who pushed swimmers hard and expected excellence. He put up a huge sign on the side of the pool building that said PAIN, PAIN, PAIN. He had a quick laugh and appreciated simple humor but was interested in many things. Coach insisted his swimmers - guys only back then, way before Title IX was written - dress in slacks, shirts and ties on the day of games or meets, and he dressed in a sport coat and slacks himself and always wore a natty fedora on meet days.

Coach taught probably thousands of people to swim and then swim faster in his 49 years at the pool. He worked to promote the sport in the area and always chafed when the sports editor of the Herald neglected to print results of meets or games. He was part of an advisory committee to the City of Monterey as they considered building a city pool, and dreamed of having a proper 50-meter pool built. He built the chalkboard, the swim team record board, the roll-away storage bins at the MPC pool, and many other things that the college wouldn't or couldn't do.

Having come from the Imperial Valley of Southern California to MPC by way of Cal Poly, Coach was a self-made man who was loved by many and usually feared by his swimmers and players, but everyone understood that he was fair and understood that the sport was more important than the individual player. He didn't tolerate prima donnas and looked out for his student-athletes. He was able to coach one talented young man, Billy Rodriguez, to the Olympic Trials with only the MPC pool to use and very few resources. Coach Mark can tell you how difficult that is.

Coach passed away after a long and very difficult illness on March 13. He nearly lived to see the new pool complete but was conscious of its progress and contributed to its design, always pushing for more than the college would give to the pool and us, his legacy, his swimmers. Rest in peace, coach. You will be missed.

JAMM practice at PGHS is available six days a week:
Monday-Friday 5:30 to 7 AM and Saturday 7:30-9 AM

Special events and social gatherings also scheduled and announced in monthly calendar, available by email and newsletter.

\$10 DROP-IN FEE/WORKOUT
\$40 FOR 8 WORKOUTS/MONTH

\$100 UNLIMITED/MONTH
\$20 JAMM ANNUAL MEMBERSHIP FEE

\$50 USMS ANNUAL FEE

www.jelliesaquaticmasters.com

join us on our Facebook page: JAMM or
Jellies Aquatic Masters of Monterey

President: Christine Bottaro

Webmaster: Alexandra Burke

Treasurer: Elizabeth Caraker

Head Coach: Mark Temple

Newsletter: Christine Bottaro

COACH TED TRENDT



10 & Under Championships meet menu for hospitality

Timeline is just guesstimated at this point

Continental Breakfast (7:30 - 10:30) Three volunteers needed

- Coffee & Tea w/condiments
- Breakfast Burritos
- Bagels & Donuts (Reds?)
- Fruit - Oranges, Grapes, Apple slices
- Water

Snacks - on deck to officials/coaches 10:30 - 1:00) Three volunteers needed

- Cocoa
- Watermelon cubes
- Snack mix
- Grapes
- Muffins
- Cookies
- Baked goods
- Beverages/Water bottles

LUNCH - (Depends on timeline - 12-ish to 1-ish) Three volunteers needed

- Pasta Salad
- Soup
- Green Salad
- Rolls/Bread
- Beverages

PM Snacks - on deck to officials/coaches (1 - 4 PM) Three volunteers needed

- Crackers and cheese
- Fruit chunks
- Beverages
- Watermelon cubes
- Strawberries w/chocolate or topping
- Water

Clean-up (4-6-ish) Three volunteers needed.

Please mark any serving bowls, pans or pots you bring. You are responsible to take home or make sure someone takes home any utensils you bring. Thanks for helping - you make a big difference to our club.