



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

WINTER NEWSLETTER January 2014

NEW POOL TO OPEN JAN 7...PROBABLY

The Pacific Grove High School (PGHS) pool is tentatively scheduled to open to Monterey Bay Swim Club (MBSC) and JAMM on Tuesday, January 7, at 5:30-7:00 AM. JAMM members, currently registered USMS members of other clubs, and adults interested in trying out a masters workout will have the opportunity to be among the very first swimmers into the sparkling, newly filled pool. Workouts are also tentatively scheduled for Wed, Thurs and Friday. Coach Mark Temple will be on deck, and information about JAMM and US Masters Swimming will be available also.

A **community grand opening event** is being slated for Saturday, January 11, with the event time to be announced. The dates mentioned here could be delayed due to last-minute arrival and installation of new heaters and lane lines. Heaters were expected to arrive Jan 2. Heating of pool water from 50 to 80 F will take about three days after installation.

The new pool is 25 meters x 25 yards, with 10 lanes one direction and 8 in the other. One corner of the pool is 13 feet deep to allow for one-meter springboard diving competition at the high school. The rest of the pool is approximately 5 feet deep. A new Colorado electronic timing system and scoreboard are incorporated into the design. Gutters are 18" deep, with the deck extending over them, similar to the Hartnell College pool design.

Construction of the new pool began after the old pool had been shut down for a two-year period during which funds and designs were approved. Thanks to the tax-paying citizens of Pacific Grove who approved a bond measure to improve facilities at PGHS, the new pool is much larger and up to date compared to what it has replaced.

Thanks to diligent efforts by Coach Mark, MBSC president Ron Garren, and the rest of the MBSC board who have been working with PGHS Principal Matt Bell and the construction general contractor, we all have a cool new pool to enjoy.

The traditional January Masters Swim Clinic will be delayed this year due to construction still underway at MPC and just finishing at PGHS. Updated info to come very soon. Stay tuned.



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. There is always something for each one of us to learn, and that's why we just keep swimming.



MPC POOL - SECOND LAP

No matter how young a club we may be - only 2 years, 2 months - we are still capable of taking a backward glance at our past and swimming down memory lane. Over those seemingly short 26 months, a lot has happened and much has been learned.

Most of our adventures have been tied to the misfirings and failings of our poor old home pool at MPC, which is now a distant memory. In its mid-'70s heyday, the pool was considered to be impressive, more than adequate for the use it was built, but was quickly outstripped by pools that sprang up in the Santa Clara Valley and at Hartnell College in Salinas.

Sadly, over the course of the past few decades, MPC's once-proud pool became an embarrassing eyesore and safety hazard. No meets or matches could be held. Pool tiles were chipped, iron pipes and lockers were clearly rusted through and wooden structures were rotted. Third-world countries would have given up on it long before we did. A ruined impeller was taken out of one of the pumps and brought to a convention of pool maintenance men. An audible gasp went up in the room at the sight of the wrecked unit. Only one of three heaters was left. A pool man found it was in critical shape, ready to explode under the right conditions. Termites made sawdust of wood siding and trim and weeds poked up through cracks in the deck. The roof leaked like a waterfall. I won't even talk about the toxic pool water itself. It would be hard to imagine what additional mess could have emerged to make the pool worse than it was at the end.

A word here is important: While Mary has been on deck for years at MPC, the original coach and founder of MBSC and its longest-standing teacher, Ted Trendt, is terminally ill with cancer and, very sadly, is not expected to be able to see the new pool that is now under construction. A whole book could be written about his career and students he influenced. We salute you, Coach.

Over the course of many, many years rumors circulated about plans to build a new, more modern pool. With those rumors hopes rose and fell over and over again. Would the new pool be 50 meters? 30 meters? Would it be built to encourage and promote swimming as well as water polo? Or not...

When we heard the final last gurgle of water in August as demolition finally began, the unknown was before us: No home pool, no idea of what was to come, and no idea of how long we had to wait.

But soon (thanks to very dry winter weather) we dry and forlorn swimmers will have a home pool again. Finally! On-deck coaches, Mary, Mark, Sharon, and many others - certainly Coach Trendt in the past - have dealt with all the strange and ugly symptoms of a dying pool while trying very hard to maintain a robust and engaging swim program. We swimmers did our laps, but mostly we were blissfully unaware of what has amounted to hundreds of hours of meetings, phone calls, personal expense and effort on the part of staff. Thanks to all that effort we had a pool to call home and good workouts and personal attention to our sometimes unique and quirky strokes.

No one can really say why any of us have stuck with it all this time. Who knows. Maybe it's all just fun and we are just nuts for water. Pretty typical of masters swimmers everywhere. Happy New Year, everyone. First group leaves on the top...



The old MPC pool, still pretty at dawn, Spring 2012



MPC Pool construction underway, Dec 2013



PG pool construction - SW view w/gym



PG pool - S view showing step area on the left



View to L shows diving well going to depth of 13 ft. Far embankment still has old cement bleacher area from old pool deck design. Ten competition 25-yard lanes will vary in depth from 4'9" to 13' with starting blocks installed on wall nearest gym. These photos were taken in October. Page 1 shows pool filled, lights on.

In comparison, MPC pool will continue to have eight 25-yard lanes with no change in width or length. Depth will be different, with a much more shallow "deep" end, only slightly deeper than the opposite end. Gutters will be infinity style with water at deck level, similar to the CHS pool. Showers will be in gym and new equipment and maintenance rooms still at the pool. Online in Mar.



Did you know?

There's a great swim technique website called GoSwimTV. Learn about it at:

<https://www.goswimtv.com/>

Hundreds of great videos that are short and to the point use Olympic swimmers to illustrate technique for any and all aspects of all strokes, turns and starts.

Coming in February: JAMM training group on GoSwimTV that you can join for \$2.99 a month. A daily video will be sent to you that will emphasize a specific stroke point to help you become a better swimmer.



Also coming soon:

LAMINATED CARDS

with info about workout fees, times, etc. Flip side of card will have common terms that usually confuse new members.



Polar Bear Swims are going on all over the Northern Hemisphere. It is said that swimming in very cold water boosts your immune system, that Russian school teachers spray their students with cold water in the middle of winter as part of PE. Sounds pretty crazy...

Check out these two women swimming in 20- to 30-degree water. PGHS pool is cold right now, but not for long, we hope.

JAMM practice at PGHS is available five days a week (see calendar on Page 5):

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

Saturday workouts scheduled irregularly. Email will be sent out and notice posted on team website (see below).

\$10 DROP-IN FEE/WORKOUT
\$40 FOR 8 WORKOUTS/MONTH \$100 UNLIMITED/MONTH
\$20 JAMM ANNUAL MEMBERSHIP FEE \$48 USMS ANNUAL FEE

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

Newslettter: Christine Bottaro

Safety Officer: Eric Allen, MD



JAMM JANUARY WORKOUT SCHEDULE - All at Pacific Grove High School

(Workout times and some dates subject to change. Shared pool space with MBSC age-group Senior Group. One workout free to serve as tryout. Drop-in fee for any registered masters swimmer is \$10.)

January 7-11

<u>Mon</u> (6)	<u>Tues</u> (7)	<u>Wed</u> (8)	<u>Th</u> (9)	<u>Fri</u> (10)	<u>Sat</u> (11)
None	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	PGHS Grand Opening

January 13-17:

<u>Mon</u> (13)	<u>Tues</u> (14)	<u>Wed</u> (15)	<u>Th</u> (16)	<u>Fri</u> (17)	<u>Sat</u> (18)
5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	None

January 20-24

<u>Mon</u> (20)	<u>Tues</u> (21)	<u>Wed</u> (22)	<u>Th</u> (23)	<u>Fri</u> (24)	<u>Sat</u> (25)
5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	Tentatively 9:15-10:30 Mark

January 27-31

<u>Mon</u> (27)	<u>Tues</u> (28)	<u>Wed</u> (29)	<u>Th</u> (30)	<u>Fri</u> (31)	<u>Sat</u> (Feb 1)
5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	5:30-7:00 Mark	Tentatively 9:15-10:30 Mark

Questions? Please see our web page at www.jelliesaquaticmasters.com

or email swim@jelliesaquaticmasters.com

or ask any current member of JAMM.

Also, look for laminated cards with information about JAMM and commonly heard workout jargon so you can get up to speed right away. Christine, Elizabeth or Coach Mark will have them on hand if needed.

