



JAMM March NewSplash 2017

At the pool's edge, standing on the hard concrete deck and looking down into that clear blue water, you're about to make a remarkable transformation. That is, you will go from using entirely automatic, bipedal movements, blithely resisting gravity as you stand upright, to moving in a denser, liquid environment, always moving horizontally and rhythmically. You will switch from a verbal language-dominant being, barely attending to breathing, to one that must be aware of each and every breath, and you must note varying currents and water pressure against your entire body. And you must move by using your arms rather than legs to power forward movement.



Swimming is a very unique experience, probably more so than any other activity you engage in. You know you "feel good in the water" but can't explain why that happens one day but not the next. It just does; subjectively speaking. You're developing an exquisitely sensitive internal aquatic monitoring system as you do all those laps. Over time, you've learned to very accurately gauge the temperature of the water, the energy you are using to swim, how much power this last crazy lap of butterfly is going to require, and maybe even how many meters you've traveled so far. The nature of water is such that it is both natural and unnatural to you. You consist of 70% water, but if you inhale it, you'll drown.

In contrast to the myriad subtle and not so subtle stimuli received by your neurological system as you do each stroke, the silent, always objective clock on the deck stands like a sentinel, impassively measuring time in one-second increments. Sometimes you love it (when you nip in more quickly than usual on your last 100 Free), but mostly you see its pale face staring blankly across the dim lengths as you barely make an interval. And you always feel like a one-second time drop is cause for a great sense of accomplishment and relief.

So, there's the yin and yang of our sport. Fluid, nuanced movement, sensed subjectively, all driven by the rigid, unbending demands of the clock. "Get ready..."





JAMM if it isn't time to party again!

One Saturday morning after a good hearty workout, five or six of us were slurping coffee at Wharf Marketplace, and it occurred to us, like a brilliant sunrise breaking through a mass of dark clouds, that

- 1) We haven't seen each other in normal clothing since Christmas.
- 2) It's Mark's birthday on St. Patrick's Day.
- 3) Christine (The Queen) Bottaro and Peter (Catman) Skinner share the same birthday on March 19.
- 4) Spring finally comes on March 20.
- 5) Against all odds, we are still alive.

Good enough? Well then, it's **Saturday, March 18** for a great time for everyone. Please see the invite sent to you by private email and RSVP as instructed.

SPEAKING OF PARTIES... By longstanding JAMM tradition, we will have a special St. Patrick's Day morning workout to celebrate being Irish or knowing someone who is. But more importantly, **it's our dear coach's sixty-something-eth birthday!** Scones and coffee will be served after the workout. Please feel free to bring a gag gift for Mark and any sort of snack breakfast-y food to share potluck style. Contributions of cash can also be made to The Queen or The Beast (Elizabeth Caraker) in advance, to be given to Mark along with a card which you can sign.

For questions, email Christine at swimjamlady@gmail.com See you there, in green.

BUTTERFLY MONTH is behind us now. Congratulations to everyone for getting through the many (okay, endless) laps of butterfly Mark dished out. This has been the power phase of training for Nationals, which Mark always assumes everyone is going to compete in. If you are planning to go to the Short Course Nationals in Riverside, please contact the NewSplash Editor in Chief to provide all the details. We want to live vicariously through you, Ms or Mr Competitor. Same goes for any other events you have completed, large or small.

Never satisfied being just a swimmer, The Queen has ordered 12 new Finis swim bands from All American Swim Shop. These new beauties were purchased at a super duper low-price markdown and can be yours, after they arrive on March 7, for the low, low price of \$4. Mark has been scrounging the pool shack for old inner tubes and moldy old bands for use by JAMM swimmers. Consider owning a new one of your own and stepping up your swimming game.

Excited by the swim band purchase, The Queen has also ordered a humongous amount of black tubing with which to repair paddle straps that are getting too loose or rotted out. Once the tubing arrives, also on March 7, we can set to work reviving paddles. No job too large or small for your team manager.

RainedOut.com is up and working really well. When we need to notify you of workout cancellations or changes of venue or any other sudden news, you can receive instantaneous text and/or email notification. Signing up is very simple and easy. Please use this link and get connected:

https://www.rainedout.net/team_page.php?a=317458558c57d8f6ceeb

OR

Text JELLIES to 88483 to receive alerts from JAMM when needed.

Look for TV coverage of the Division I Women's NCAA Swimming and Diving Championships on March 15-18. Check this link for information about the event and TV info:

<https://www.swimmingworldmagazine.com/meet/2017-ncaa-division-i-womens-championships>

The Division I Men's NCAA Swimming and Diving Championships takes place one week later. See this link for info: <http://www.indianasportscorp.org/events/events-calendar/ncaa-swimming-diving>

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Please see Christine at the pool for new JAMM team swim caps (\$4). Plain royal blue latex caps are also available for \$3. Text 238-4506 or email swimjamlady@gmail.com.

Thanks!