

**JAMM March 2016 NewSplash - (2 pages)**

**IMPORTANT CHANGE for JAMM workout schedule:**

In March, there is one further **schedule modification** to note:

**M, T, W, Th, F morning will continue at 5:30 to 7 AM** using Short Course Yards (SCY) configuration instead of Meters (SCM).

**M, W evening workouts will start no sooner than 5:50 PM** and continue to 7 PM from Mar 1 to Apr 30.

**T & Th PM Workouts are suspended until after April 30.**

There are two lanes for us to use on M & W evenings. PG Adult School also has pool use at that time, as do MBSC senior kids. **Saturdays at 7:30-9 AM will continue as usual.**

Further modifications will be sent out by email if they happen.

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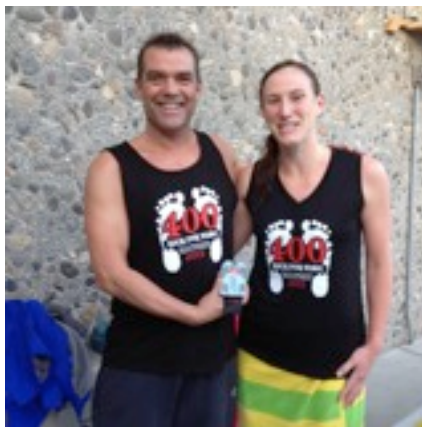
All JAMM workouts are available to you in order to make your schedule most productive and useful for you. Please don't hesitate to come to the pool in the morning and/or evening, no matter your "usual" workout.

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**ST. PATRICK'S DAY SPECIAL EVENT - Thursday March 17** - This is **Mark's birthday**. Other than tossing the guy in the pool, which has never been done that we've ever seen, the tradition has come to include a breakfast potluck, relays, wearing green, and giving goofy garments to Mark - he's always game to wear them. Flashing green glasses, shamrock pendants, green workout shirts, pots of gold, scones, coffee, and all sorts of Irish shenanigans for all. I've heard it said that tea, marmalade, clotted cream, and a great cheddar from the Fair Isle are particularly prized items on Mark's wish list every year.

Plan to bring something to share, sign his card and perhaps pitch in a bit o' cash (\$1 to \$10 or so) to help Mark celebrate the passing of a year and look forward to yet another.

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Larry (Sugar) Fry and Melissa (I'm an Aussie) Joy were awarded special tank tops and attractive awards for their kicking exploits back in December when they were first and second, respectively, in their age groups for a 400 meter timed kick effort.

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The Smack at 5:30 AM February 2016. Pictured here are Clay, Scot, Mike, Barry, Coach Mark, John, a visitor, Larry, Eric, Alex, Dave, Fede, Aana, Mel and Sally. Many missing Jellies, but a great-looking group regardless.

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March and the early part of April present opportunities for interested swimmers to test their fitness at Short Course (25 yards) meets and championships for the Pacific LSC (Local Swim Committee). Alita (Fly Girl) Kavalauskas plans to go all the way to Greensboro, North Carolina, where Short Course Nationals will be held. She's been tearing up the pool, testing her wings, making it look easy. Will keep you posted on her successes.

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Blue or orange latex caps are available at the pool for \$2. JAMM team caps are available for \$5. Pay cash or check to Christine or Coach Mark.

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**Looking ahead:** On **Memorial Day Weekend** (last weekend in May) JAMM will again be helping out with the **Youth Challenge Cup at Hartnell College in Salinas**. Volunteer hours and a donation of food or cash will be asked of you in order to host the Hospitality table at the 2 1/2-day meet. Just sayin'.....