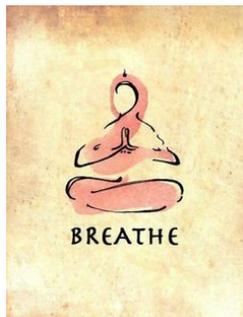


Coach Win One Soon

Just ...



... and everything else will follow in the moment.

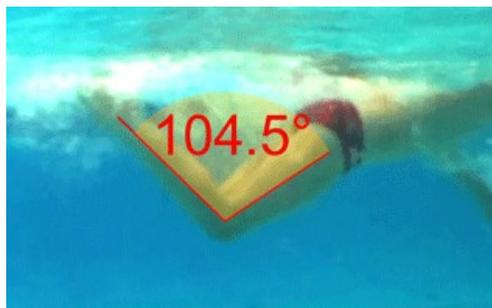


It has been a hectic past six weeks. Time is a luxury item for coaches. I have not had sufficient moments to thank everyone for their St Patrick's Day gifts. The books have been mightily appreciated and the medicinal potions much enjoyed. I must say that was a delightful marmalade recipe.

Both JAMM and MBSC have been in action in championship after championship ... 'tis the season. Our own Scott ventured forth into the fray and discovered that warming up is often a luxury at these meets. The oft overheard phrase "learning to export your performance" is certainly applicable to our programme that often sees best time results in practice sets. It is not a mystery ... swimming IS a skill-driven, power-limited, swimming economy,

activity. Whenever you adapt you are ready to swim fast. John Nelson traveled to the Pacific Masters Championships and broke 20 minutes for the first time in the 1650 with an earned 19:37. Indeed his performance, exceptional on the day, will rank John in the Top 10 in America for his age group. A hearty congratulations to John. JAMMers have been in action on the bicycle and the triathlon highways and byways. Our own Katie earned a 5th place in the women's pro race at the Otter Classic.

Alas the Celtics have succumbed to the weariness of mediocre net ball and have been sent to the Links. Allez Alex Canadiens!! And the Yankees will lead America forth from Hope Springs Park ... or was that Central Park. World Aquatic Championships are this summer and Marko looks solid to attend and possibly earn his Olympic qualifying time.



We are now in the final weeks of yards swimming before returning the pool to the preferred meters course.

That date is still TBD due to the high school championships. I will update you on this in about a weeks time. Once we are certain of the switch we will again schedule the evening

practices monday through thursday.

We have enjoyed the past weeks of drop ins and new swimmers. JAMM is set to grow again throughout the summer both in numbers, programme complexity, adventures and staff. MBSC and JAMM will be welcoming new, experienced coaches to the deck over the course of the coming months. When they arrive please welcome Coach Sierra and Coach Trent. Olympic Coach Gary Anderson, a double Olympic Finalist in the 200 IM, will be visiting and has offered to run a monday am clinic for us again. The cost will be \$15. And if yet another Canadian Olympian is not enough for you there is the Santa Fe, altitude, swim camp with Coach Daigneault who will provide a few resurrection stories of her own with Coach Attiba.

Memorial Weekend – International Youth Team Challenge Cup

By now you have received information on this important MBSC and County, sport tourism, event. We have two Canadian teams competing this year and teams coming from the Bay area and other States. This is an important, long course, competitive opportunity in that it offers heats and finals – often to swimmers who will never get the opportunity in the heated summer schedule of Pacific Swimming. It is an important fund raising opportunity for MBSC and volunteers are necessary to make this meet a memorable event. Sadly, this is the last year for this meet as the competition meet committee of Pacific Swimming will not accept Hartnell as a competitive sight without a separate warm up facility. So please do everything you can to attend, facilitate the JAMM Hospitality, seek sponsors and donations, etc.

Summer Schedule

JAMM will offer a summer morning schedule at both PGHS and long course at Hartnell College beginning June 01 through July 31.

Wisdom Saying

“Long course is long course short course is not.” Coach Win One Soon

The Hartnell College training is a Hartnell Swim Class not an MBSC or JAMM programme. Sign up and fees must be submitted to the Hartnell College Physical Education Department on the form you will be provided. There is an introductory 2-week course from June 01-11 and the second course June 15-July 30. Exception dates will be announced for holidays and maintenance requirements.

Thank you to everyone for such an enjoyable work environment. It is wonderful theater and I enjoy it more than my legs do.

Cheers and the best is yet to come,

Coach Mark