

JAMM News for May

This month, PGHS pool will remain on its usual M-F 5:30-7AM swim workouts with Saturdays at 7:30 to 9 AM. If Mark has to go out of town, a substitute coach will be on deck conducting Mark's workout for him.

[Memorial Day Weekend \(May 22-24\) will only have a workout on Friday May 22.](#) The Youth Cup Challenge will be produced by MBSC with the help of our club members, all efforts do help enormously and are appreciated very much. Thank you in advance, everyone!

Special Event: One of Mark's Canadian Olympic swimmers, Gary Anderson, will be in town on May 15-16 to certify local interested swimmers in Red Cross lifeguard and CPR techniques. Gary lives in Las Vegas and travels here at least once a year to conduct his classes. Gary has agreed to put our Masters swimmers through **a modified workout on Monday May 17th, emphasizing stroke and turn technique skills.** To help defray the cost of his travel and time, **we are asking for a \$15 one-time fee payable to Gary Anderson (cash is preferred).** It has been fun the past two years when Gary took over on deck. He swam the 200 IM in Seoul in 1988, placing 8th place. He also swam at the Barcelona Olympics in 1992 in the 200 IM, also placing 8th. The clinic is optional but highly encouraged. Refreshments will be provided on deck after practice.

Tuesday and Thursday evening workouts will resume after PGHS swim team finishes up. As before, those evenings will be shared with PG Adult School. See coming email for this info when it's released.

Mark has written his own newsletter to all. It is sent to members separately. Check it out!

Long Course swimming at Hartnell College will begin in June. You may still swim at PGHS on Monday, Wednesday and Friday mornings at the usual time (5:30AM-7AM). Mark will be on deck on Wednesday mornings at PG because Hartnell College workouts will not be held on Wednesdays. All workouts will be written by Mark. Busy coach!

Great swimming by several JAMM members this past month: John Nelson competed at Short Course Championships winning the Mens 60-64 1650 Fr and placed 3rd in the 500 Fr. Scot Leisy competed in his first meet at the Rinconada pool in Palo Alto. John Filighera competed in a triathlon and placed well in his age group. John is gearing up for another triathlon, too. Dora Rosenbaum stormed the swim leg of a triathlon at Half Moon Bay, jumped on her bike and promptly broke a toe. She's hardly slowed down in the water, but that poor toe will be on the mend for a while. Elizabeth Caraker is on her way to Croatia soon to compete in a half marathon there. Pete Albers is nearly always in the water; he organizes ocean water polo games at Lovers Point and swims with the Kelp Krawlers. Thomas, who swims in the morning occasionally with us and also does ocean swimming, was involved in a very rough whiplash incident when hit from behind by a woman using her cell phone while driving. Thomas sustained a concussion and neck injury. He's still crushing all other swimmers at practices though. We wish him well.