

JELLIES AQUATIC MASTERS OF MONTEREY - NOVEMBER NEWSLETTER

NO WORKOUT ON THANKSGIVING!!! Enjoy your time with your family or friends.

But, come on down to the pool the day after (that would be Black Friday for shopaholic Jellies) to work off some accumulated lard. 5:30 AM, as usual for the morning folks.

JAMMIN' FOR JASON SUCCESS: A big JAMM thank-you to the organizing committee who worked on Jammin for Jason on September 23: Elizabeth (The Beast) Caraker, Doug (Tall Dog) Thurston, Megan (Looking for a Job) Fitzsimmons, Hailey (Not Bailey) Kuhn and Sarah (The Baker) Kansteiner.

The net donation to MBSC was over \$2,600 if I get my guess right. That's really amazing! Our largest donations were generously gifted by people who wish to remain anonymous, but they should know that we are very proud of their generosity and willingness to give to the cause. The youth of MBSC plus attendees at the evening talk by Jason Lezak enjoyed the unique opportunity to hear him speak, listen to his coaching tips and ask him questions about his career in swimming. Thank you, everyone. Fantastic!

2015 JAMM MEMBERS - TIME TO RENEW YOUR MEMBERSHIP By now you have received an email from USMS prompting you to renew your membership. (No matter when you first registered in 2015, all members renew at this time of the year.) If you haven't received that email, it will come very soon. Use the link in your email to renew. When you do, Christine (Team Manager) receives a notification from USMS that you are current on registration and can swim with any sanctioned USMS team or swim group, provided that the group or team has a registered coach on deck to supervise the practice. This is very important so that you and the team(s) do not risk liability for injury incurred during a practice, at a meet or other sanctioned event.

\$\$\$\$: Please pay the annual **\$20 cash JAMM membership fee** to Elizabeth or Christine or Coach Mark. This will bring you current with our club and will keep you in good standing until this time next year.

ALWAYS: Pay for coaching directly to Coach Mark by cash or check. \$100 per month for unlimited workouts; \$65 per month for 12 workouts or less; \$10 drop-in fee. If you are checking out our program for the first time, USMS allows you to have a 30-day trial period before committing to a membership. Just tell the coach on deck that you're in your 30-day trial period before you begin.

TRUMPETS and LOTS OF CHEERING: We have a nationally top-ranked USMS competitor in our midst: John (The Professor) Nelson who raced the 800 meter (short course meters - SCM) at the Pacific Short Course Meters Championships in 10:21.25, which ranks him first in Pacific Swimming in that event this year. Congrats, Prof! Only about 40 seconds to go until you own the event record in your age group. This year, Professor Nelson also claimed top-ten times in the 1650 yd Freestyle with a 19:34.51 and the 500 yd Freestyle with a 5:49.52. His time for the 1650 ranks him 8th in the entire country for his age group this year. Chasing Mel (I'm an Aussie) Joy up and down the pool has really paid off.

PARKA WEATHER IS COMING: If you're interested in owning a beautiful JAMM parka, Christine will be happy to order parkas for interested members, but we only get a discount if there are five or more to order. Parkas are made by Sporti, royal blue with two white stripes on the sleeves, fleece lined throughout and have several pockets. Very durable and warm. Price approximately \$70 including shipping. Embroidery is extra. Christine has one large parka on hand at this time.

PADDLES AND CAPS: Interested in cost or prices? Email Christine @ swimjamlady@gmail.com

Check out our web page for photos of the Halloween party: www.jelliesaquaticmasters.com