

JAMM November 2016 NewSplash

IMPORTANT VOLUNTEER INFORMATION FOR ALL MEMBERS:

The Swim to Junior Olympics Swim Meet will be held at the Hartnell College Pool in Salinas on November 18, 19, 20. All JAMM members are asked to volunteer to help at the meet, hosting the hospitality table (serving snacks and four meals to coaches and officials on deck and indoors). ****Cash donations are very important**** We have only \$40 donated so far. **We'll be feeding approximately 55 people per meal for five meals.** See menu items on last page.

It's actually very easy, pleasant, and we get a lot of positive feedback from grateful coaches and officials.

Here are the basics:

Friday November 18 - One shift: **2 PM to approx. 5 PM.**
Four volunteers needed for serving snacks on deck, hosting table indoors (set up coffee percolator and snacks).
Please plan to donate food and/or cash.

Volunteers - Christine (three more needed)

Saturday Nov. 19 - Two shifts:
7 AM to 11 AM - Serve coffee, breakfast foods. Serve snacks on deck to officials and coaches.
OR **11 AM to 3PM** - set up lunch food, help serve snacks on deck until meet ends.

Volunteers - Christine (four more needed)

Sunday Nov. 20 - Two shifts:
7 AM to 11 AM - Serve coffee, breakfast foods. Serve snacks on deck to officials and coaches.
OR **11 AM to 3PM** - set up lunch food, help serve snacks on deck until meet ends. Close down table and help pack up.

Volunteers - Alex, Larry (four more needed)

ADDITIONAL INFO: Food is donated by JAMM members and MBSC parents. Cash is donated by JAMM to pay for meal items. Volunteers are encouraged to either help pay for a meal or donate homemade food items according to the menu (see last page). We do this to help Monterey Bay Swim Club host the meet, which earns money for the club. JAMM benefits by getting pool time paid for by MBSC. Now we can help out MBSC in return. Please email Christine at swimjamlady@gmail.com to volunteer food/cash/time.

GOOD NEWS: This meet is shorter in duration each day than meets we have helped with in the past. Also, there will be no meet on Memorial Day Weekend next year! Very cool.

SPECIAL WORKOUTS on Thanksgiving morning and Fat Friday 6 AM to 7:30 AM!!!! If you're in town and need to get your wiggles out, jump in for a great workout and have a Happy Thanksgiving.

DAYLIGHT SAVINGS TIME Ends on November 6 at 2 AM

Please renew your USMS membership online. A newly printed JAMM team cap is yours once you renew. USMS is offering a prize for clubs who re-register members as quickly as possible, a cash prize up to \$500.

In addition to your annual USMS renewal is our JAMM \$20 cash membership fee, which you can give to Elizabeth, Christine or Coach Mark. Money offsets the cost of maintaining the web page, pays Coach Mark's membership renewal, pays for some occasional party foods and supplies, etc.

400 METER KICK CHALLENGE will be held on the morning of December 8. Times can be submitted to MEMO, the club that is hosting this "postal" event. Last year, Larry (Sugar) Fry won his age group and received a handsome medal and very cool tank top. Another member, Melissa (I'm an Aussie) Joy brought home a third place award. Sugar will be defending while Mel has returned to Oz, sadly.

ENDUROBEASTS ON THE RAMPAGE

Elizabeth Caraker, one of our founding members, traveled to the highest reaches of California via Tioga Pass, June Lake and Hwy 395 in September to take on a ridiculously difficult challenge called [Graniteman](#). Shoulda been Granitewoman, too. So the beginning elevation was 7,000+ feet and went way up for 6 miles from there to the top of Tioga Pass, which makes cars wheeze on the steepest inclines. That, after swimming around in June Lake for a mile and a half. Oh, toss in a 108 mile jaunt on her bike, also at altitude, and she got what she paid for and then some. Great job, Elizabeth! They don't call her E-Beast for nothin'. See her results and more info [here](#).

On the other hand, we have Federico (Fede) Pomerici, who competed in the National Aquathlon Competition in Santa Cruz on October 9, placing first in his age division. He swam around in the ocean first and then ran a 10K. See the results page [here](#). Fede is now qualified for the World Championships, but world domination might not be his thing yet. Congratulations for a fine effort, Fede.

Here is the [PACIFIC MASTERS competition calendar](#) from their website. It includes meets, postal challenges, and clinics. Our LMSC (Local Masters Swim Committee) is the largest in the country, swimmer population-wise, and all events are well supported, organized and documented. Stroke clinics are fun to attend, and any training that is offered, in the way of swim coach or swim instructor training is worth the time and money. Your Fairy Godmother and Team Manager (Christine) will be attending the annual meeting in San Mateo where Olympic Team gold medalist Dana Vollmer will be the special guest speaker. I will be reporting on that in the December NewSplash.

See next page for photos and last page for Swim to JO's Meet Menu.

Thanks, everyone in advance, for signing up for volunteer time at the meet and donating food and/or money to the cause. See you at the pool!



Some of the 25 JAMMers and JAMMettes who worked out on Halloween morning stayed for the potluck breakfast and a chance to see each other in not-so-normal street clothes. Coach Mark's alter ego was the Wizard while Sugar served coffee in a golden mask and Brian stood guard over his watermelon fruit display. 'Twas fun indeed.



SWIM TO JUNIOR OLYMPICS MEET MENU

(Please read through to donate a meal item or cash to pay for some of them)

FRIDAY (2 to 4:30 pm)

Snacks served on deck

Grapes and cheese cubes
Coffee with condiments
Water and/or Juice
Crackers, Fresh Fruit
Cookies

SATURDAY (7 AM to 3 PM)

Breakfast

Oatmeal Bar (hot oatmeal, dried fruits, nuts, milk, cinnamon sugar)
Bagels and cream cheeses
Fresh Fruit
Hard boiled egg halves, with seasonings
Coffee and Juice

Snacks served on deck

Cookies
Muffins
Brownies
Apple slices and almonds, Fresh Fruit
Peanut butter and raisins on celery sticks
Coffee, Water bottles, soft drinks
Trail Mix

LUNCH

Baked Potato Bar including toppings:
Shredded cheese, Sour Cream, Bacon, Shredded Lettuce, Tomatoes, Olives, Chives
Hot Soup
Cake squares
Coffee, Water, Soft Drinks

SUNDAY

BREAKFAST

Coffee, juice, water
Breakfast Burritos
Fresh Fruit

SNACKS ON DECK

Fruit in cups
Muffins
Cookies, Cupcakes, Trail Mix, GORP, etc.
Coffee and condiments
Water and Juice
Cheese cubes and Apple slices
Veggie sticks

LUNCH

Sushi (donated by the Garrens)
Chicken Fried Rice
Salad Greens and sides
(shredded carrots, croutons, broccoli, radishes, celery, etc.)
Hot Soup (Christine)
Baked Goods
Coffee, Water, Soft Drinks

Please Note: If you have an idea for a breakfast, lunch, or snack item, please feel free to add or substitute the item after checking with Christine. Estimate that your item will have to serve a dozen or more people, please. Total estimated number of officials and coaches is 55 - nearly 5 dozen.

Thank you!