

JAMM September NewSplash

Monday, September 5, workout is cancelled due to Labor Day Holiday

COACH MARK is hitting the road for a well-deserved rest on Vancouver Island from Sept 6-24. HERE'S THE MODIFIED SCHEDULE FOR SEPTEMBER 6-24:

M-W-F MORNINGS 5:30-7 AM SATURDAY MORNING 7:30-9 AM (Coach Trent will cover for Coach Mark)

M-T-W-TH EVENINGS 5:30-7 PM (Coaches Jocelyn and Elana will cover for Coach Mark)

Please pay your monthly coaching fee to Coach Mark this week and he will arrange payments to Trent, Jocelyn and Elana. Any extra monies you feel are earned and deserved by our coaching staff will be welcomed wholeheartedly. In other professions, we call 'em tips!

Drop-in fees are always paid to the coach on deck the day you attend at the beginning of practice. Thanks, everyone.

JAMM's National Champion Sets New Club Records: John (Professor) Nelson continued his winning campaign at the National Long Course Championships which were held at the Gresham, Oregon, community college pool August 17-21. John competed in the 200m Free, 400m Free and 800m Free. (Maybe he was inspired by the concurrently held Olympics in Rio where Katie Ledecky won the same events.) Just for fun, he swam the 100m and 50m Back events also. The 800m Free proved to be his most successful race as he won the 60-64 Men's division (10:36.40) to grab the gold medal and a National Champion patch for his parka. He was third in the 400m Free (5:11.79), 8th in the 200m Free (2:28.73). We'll see how his times stack up for Top Ten in each event in the country at the end of the year.

Not to be left too far in his wake, Alita (Fly Girl) Kavalauskas also competed at the Long Course Nationals meet in Oregon despite having been overcome by a serious sinus infection that left her high and dry for 10 days just two weeks prior to the meet. Not great timing! But, unbowed, Alita gave it her all and scored team points for JAMM anyway. She competed in the 50m Free, 50m Back, 50m Breast, 50m

Back, 50m Fly and the 200m IM, which was a true test of her perseverance and toughness. In spite of the lack of training, she still went a best time of 37.65 in the 50 Fly event, dropped 2 seconds in the 50 Breast, dropped 4 tenths in the 50m Back and earned a 5th place medal in that 200 IM. Great job, Alita! All new club records, of course.



The Gold Medal and National Champion's patch earned by The Professor.

Medals of lesser size were awarded to finishers from 4-16 in each age category and event.

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GOT ACHES AND PAINS THAT WON'T GO AWAY? Anyone interested in learning more about **Yoga, Pilates, dryland training or other similar topics** that can help heal and prevent injury caused by swimming or other activities you're involved in, please contact me (Christine). I'm interested in arranging a special clinic in the Fall or Winter where members can learn from special guests who can instruct and guide us in these topics. If you think you'd possibly like to learn more in a clinic-type setting (one day or a half day), let me know. This would involve a small fee and could be very beneficial to you.

JAMM Party on Sept 4 at Scot's home in Carmel Valley Village! Please RSVP to Scot at scot.leisy@gmail.com

4 PM to whenever
68 and 70 Upper Circle, Carmel Valley, CA 93924

The setting is very casual. New members are most welcome! You don't need to bring anything at all. Rare opportunity to say hi and be dry. Very cool.

As the weather begins to cool down. Hmmm... It's never really very warm around here...I mean as the days begin to get shorter and our swim time looks darker every morning, the idea of owning a nice warm parka seems better and better all the time.

Our parkas are made by Sporti and can be ordered through me (Christine, Team Manager) or on your own through SwimOutlet.com When you renew your membership to USMS in November or December, you'll be eligible for a discount on merchandise at SwimOutlet that can be applied to a new parka if you want to buy on your own. I'm happy to take orders and try to obtain a group rate.

If you do order on your own, go for at least one size larger than you usually use to give yourself lots of shoulder and arm room. If we have enough interest in embroidery, we can get parkas embroidered at a local company, which looks great.

Team caps are being ordered now and will be available by the next NewSplash writing.

JAMM website: jelliesaquaticmasters.com

JAMM contact: swim@jelliesaquaticmasters.com

Christine contact: swimjamlady@gmail.com
(831) 238-4506

This NewSplash will be posted on our website where you can also find links to interesting articles, photos of club events and our sign-up info.