

## AUGUST NEWS FOR JAMM

A special heart-felt thank you to Coach Mark for setting up three workouts nearly every day of the week at two different pools for us, an outstanding effort that kept us all in the water, even if we were split up between long- and short-course pools. He made sure we had the workouts we needed, kept assistant coaches on deck and even tried to be two places at once most of the time, opening up PG and then tearing over to Hartnell to coach there. It has been a great summer for JAMM, and more to come, of course.

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This is the beginning of full taper season for elite swimmers going to either Nationals in Texas or Worlds in Kazan, Russia, August 2-10. Watch DirectTV channel 625 Universal Sports every evening or check out NBC the next two weekends to see finals coverage of swimming events. Water polo, diving, synchronized swimming, long-distance/open-water swimming and high diving have already begun. Also look up Kazan Aquatics Championships 2015 on YouTube to see how things are going. Each individual finals race will be posted the next day usually. You'll see swimming at its very best.

Masters Long Course Nationals is being held in the San Antonio, TX, beautiful new aquatics complex. Your latest issue of Swimmer Magazine previews the event.

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A group of eight JAMM swimmers and friends went to Santa Fe, NM, from July 3-10 to take part in a special high-altitude stroke technique and conditioning camp coached by Atiba Wade, a friend of Coach Mark and former swimmer at University of Georgia who has competed at Olympic Trials and finals at NCAA Division I as a breaststroker.

Atiba patiently and expertly coached participants and drilled everyone on stretching their strokes out, lifting elbows during strokes, breathing on the propulsive phase of strokes, head position, timing and more lengthening of strokes. He counted pauses between strokes as "one-new-mexico, two-new-mexico" and was always upbeat, positive and encouraging but very disciplined. "So far, so good" is a phrase that has taken on a new significance for every swimmer. Muscle and joint activation exercises were done every morning before getting in to swim. Coaching sessions were 2 hours long and seemed like only 1. There were three videotaping sessions with critiquing done immediately afterward. Atiba really went the extra mile for everyone, and without a doubt everyone's strokes looked vastly improved. Without question, the altitude of 7,200 ft was noticeable immediately in the pool, but we adjusted, and eventually thrived.

The pool is an indoor 50-meter 8-lane pool housed in a giant facility that also includes an ice hockey rink, 3 indoor basketball courts, a jogging track, cardio and weight rooms, meeting rooms and large locker rooms. Santa Fe was spectacularly beautiful and very easy to enjoy. Delicious ethnic foods from all over the world, free music in the plaza, addictive chocolate elixirs at Kakawa (Mayan chocolate drinks), art galleries by the

thousands it seemed, and fantastic thunder, lightning, hail and rain storms were off the charts fun but also mellow and relaxing.

Please go to [www.jelliesaquaticmasters.com](http://www.jelliesaquaticmasters.com) to see pictures of the week in Santa Fe. Pictures will also be posted on our Facebook page.

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Enduro Monster John (Rocky) Filighera and Dora (The Foot) Rosenbaum competed at Vineman Triathlon in Santa Rosa in July. Though the Russian River was low and had some pretty shallow areas, they both managed to get through their swims without too much trouble and then John stormed the bike and run segments while Dora blasted the bike leg in her race.

Elizabeth (eBeast) Caraker and Doug (Tall Dog) Thurston competed at Donner Lake Triathlon last weekend and did very well at the 9,000 ft high altitude. Their summer altitude training had begun at Santa Fe and then continued at Mammoth Mountain and Reno. Congratulations to all competitors for showing the world that, though you may be a lump of jelly at sea level, you can throw it down with the best of the billy goats at altitude. And anywhere else, really. Awesome job, everyone!

Looking ahead: Several JAMM swimmers are training their sights on the PG Triathlon next month. Melissa (I'm an Aussie) Joy is preparing for the Alcatraz race in two weeks, with sizzling swims at morning practice lately.

If you have news to share about your own races or special events you've taken part in, email me at [swimjamlady@gmail.com](mailto:swimjamlady@gmail.com) and I'll blast the news here next month.

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Coach Mark will be taking time off in September and possibly will be away a weekend or two this month to coach the kids from MBSC at meets away. All changes will be emailed as soon as they are known.

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**Potluck party** will happen sometime this month. Do you have a preference for weekday evening or weekend? Please let me know by emailing back to my address above. Thanks!