

JAMM May 2016 NewSplash -

May is getting off to a great start, so let's just dive right in.

There are multiple announcements and several attached flyers explaining important information in detail. If you have any difficulty opening attachments, please contact Christine: swimjamlady@gmail.com

CHAMPIONSHIP SEASON FOR JAMM SWIMMERS: John (Hummus) Nelson won the Pacific Short Course Championships in his age group for the 1,650 freestyle with a winning time of 19:29.42. The event was held at UC Berkeley on March 12. That was about a 7-second time drop from last year. Later in the year when all results from around the country are compiled, we'll see if John makes National Top Ten for the event in his age group. Congrats, John! (See photo below)

At the same meet, Alita (Super Fly) Kavalauskas swam the 50yd Fly, dropping over 0.50 seconds and earned 3rd place with a 32.36. She also earned 8th place in the 50yd back. Then she traveled to the USMS Short Course Nationals meet at Greensboro, SC, and swam 1000yd Free, 50yd Free, 100yd Free, 50yd Fly and and 50yd Back. She swam like wild, with a new best time of 29.78 in the 50 Free and had a blast at the meet. This was her first Nationals meet, and she was the only JAMM swimmer competing.

HIGH PERFORMANCE LONG COURSE SWIM PROGRAM AT HARTNELL COLLEGE: **Please see TWO attached flyers** announcing the High Performance Long Course Swim program for masters swimmers. This program begins in June. PGHS will still be available M, W, F and Sat at 5:30-7 AM.

SPECIAL MASTERS SWIM CLINIC AT PGHS ON MAY 27 5:30-7 AM: JAMM is presenting Whitney Meyers and Simon Burnett who will coach and answer questions. Cost is only \$15 to learn from these two highly successful international swimmers. **See the attached flyer for this, too.** Mark your calendar and be sure to attend. A very special opportunity. Links to videos included in the flyer are fun to watch.

The **Memorial Day Weekend Youth Cup Challenge Meet** is being presented on **May 27 (2-6 PM), May 28 and 29 (7 AM to 7 PM)** by Monterey Bay Swim Club, our associated age-group swim team. **Our job is to host the hospitality table - we feed the coaches and officials.** This is extremely important to our success as a team as it helps us earn pool time.

Obviously, it's a big holiday weekend and you have plans to leave town, right? But, we really need your help.

*****We need volunteers to work 4-hour shifts, especially during the second half of each day. Donations are being asked also - please consider \$50.*****

This is the one big JAMM volunteer and donation effort we do each year. Any and all contributions of time and donated money are gratefully accepted and much appreciated.

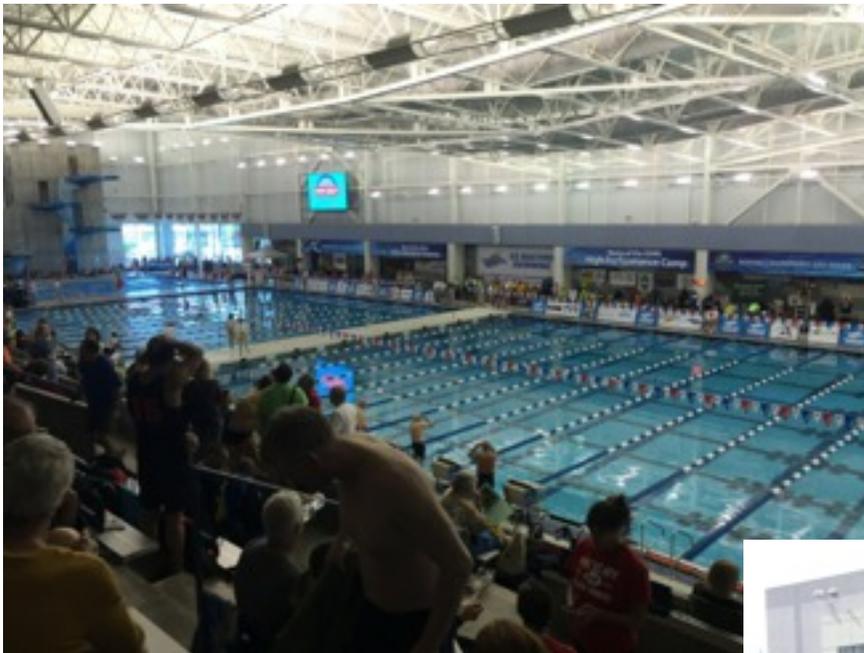
Please email Christine at swimjamlady@gmail.com to offer your contribution. I will be sending out a separate description of what is needed in the next 2-3 days.

ALCATRAZ SWIM CHALLENGE INVITATION: JAMM swimmers are invited to enter the meet coming up this month. **See attached flyer that explains the event and get contact information.**

SANTA CLARA PRO SWIM SERIES MEET IN JUNE: Our teammate, Angie Pack, is putting out the call to have any and all JAMM members interested in joining her at the Santa Clara International Swim Center which is again hosting a stop on the Pro Swim Series. Olympians to be, World Champions, and some very fast swimming is guaranteed. Well worth the very affordable ticket price. **See attached flyer, please.**



JAMM's only Aussie, Melissa Joy, and husband Dean have departed our pool to go enjoy the rest of the world - literally. They are reportedly on their way back to Oz, but were last heard from in Scotland, on the way to Thailand, taking the long road home, trying to time their arrival home with their shipped household goods. They're pictured here at a farewell brunch, with many delectable Aussie treats arrayed before them. Good on ya, Mel! Enjoy your travels!



The Greensboro Aquatic Center pool where Alita competed. A beautiful new venue hosting a very exciting meet - the best of USMS everywhere you look.

John Nelson and Alita Kavalauskas, feeling proud of their accomplishments at the Pacific Short Course Championships, held at Berkeley's Spieker Pool in March. John won a gold medal for his 1650 Freestyle. Alita has been on fire, tearing up the lanes in shorter events. She challenged herself at Nationals, completing the 1000 free.

What a great season for our teammates. What's next, John and Alita?

