

JAMM February 2016 NewSplash - (2 pages)

IMPORTANT CHANGE for JAMM workout schedule:

Between February 1 and April 30, the usual JAMM workout schedule will be modified as follows:

M, T, W, Th, F morning will continue at 5:30 to 7 AM but will be using Short Course Yards (SCY) configuration instead of Meters (SCM).

M, W evening workouts will continue at 5:45-7 PM from Feb 1 to Apr 30.

T & Th PM Workouts are suspended until after April 30.

There is the possibility of ALL evening workouts for JAMM being suspended until Apr 30. See Back Story below.

There will only be two lanes for us to use on M & W evenings. PG Adult School also has pool use at that time, as do MBSC senior kids. Occasional Fridays MAY be available, but most Fridays will have swim meets. **Saturdays at 7:30-9 AM will continue as usual.** I'll keep you posted as I hear news.

BACK STORY: PHGS' Coach Sharon prefers SCY for her swimmers and has preference as the high school coach. Monterey Bay Swim Club (MBSC) contracts with PGUSD (school district) to obtain pool time, and we are usually included in both morning and evening time slots. At this time of year, we have to step aside as the high school swimmers use the pool as first-choice users. Divers may also be joining the team, though there were none in the past year. If they do, the deep end of the pool will be sectioned off for them to use, requiring the rest of the HS team to use other lanes of the pool, pre-empting any use by MBSC and JAMM.

Again, we see the impact of limited pool space on the Monterey Peninsula (actually, all of Monterey County). We will work around this hitch in our schedule and regroup as soon as possible. Coach Mark has met with Coach Sharon to negotiate for pool time and will announce changes, shifts, accommodations as required. Thank you, evening team members, for your patience. It is difficult to lose pool time and flex your schedule. We are doing our best.

All team members are always encouraged to try various workout times. You'll meet other members and find options to suit your needs.

JAMM GETS GLAM!! On **WEDNESDAY FEBRUARY 10 at 5:30 AM** and **WEDNESDAY FEBRUARY 10 at 5:30 PM** (for evening swimmers) we will create historical awesomeness! For the first time in our 4 1/2 year-old JAMM-dom, we will assemble at the PGHS pool to have our team picture taken. Please plan to wear your parka if you own one; a cap; or a swim suit. Well, let's restate that: Wear a swim suit AND a parka if you own one. Caps optional. If you look cool in your goggles and paddles, wear them, too. Flippers? Maybe...

Please plan to be at the pool a bit early so we can assemble the Smack (a.k.a. group of jellies), attempt to look coherent - athletic? - and incredibly attractive (you know you are!)

RAIN??? We'll get in the pool and take the team pic in the water.

Pictures will be sent to you for free and posted on our Facebook page - without name tagging - to keep you anonymous.

Blue or orange latex caps are available at the pool for \$2. JAMM team caps are available for \$5. Pay cash or check to Christine or Coach Mark.

Welcome new members who have signed up since our last newsletter. Please remember to pay your \$20 yearly dues in cash to Coach Mark, Christine or Elizabeth.

JAMM in Pacific Masters news! Two members, Melissa (I'm An Aussie) Joy, and Larry (Sugar) Fry, have taken "kickin' it" to a whole new level by placing third and first in their age groups in the 400 Meter Kick For Time. This postal event allowed anyone who wished to accept the challenge to get a 400 m kick time and send it in to the sponsoring club. *See complete results [here](#).* Congrats to these two Evinrude wanna-be's - they make it look so easy!

Websites you may find helpful:

[Ritter Sports Performance](#) for injury rehab and prevention as well as strengthening and conditioning. [GoSwim](#) for hundreds of short instructional swim videos using Olympic swimmers as examples. [SwimSwam](#) for news and current info on competitive swimming. [SwimmingWorldMagazine](#) for national and international swimming news.

All of these sites reinforce info that Coach Mark is giving us, illustrate points that he makes, and gives you a more complete insight into where he's going with all those buckets, bands and tubes...

Happy Swimming!
Christine
Team Manager