

## **TCA-TCAM MAY NEWSLETTER**

### **May 6, 2012**

#### **SPRING SWIMMING:**

With fantastic weather, warm pool and great friends, now is the perfect time to get in shape before the hectic summer schedule arrives. And why not make a goal for the summer months to try something new in your swimming routine. A few suggestions: attempt to do flip turns on every turn in your warmup with the goal of flipping all turns by the end of the summer, enter a team mini meet, swim a new event or stroke at a mini meet, go to an open water swim, enter a team meet out of town, try swimming an additional day each week, try a different workout time, swim the Pinecrest swim at the end of the summer. If you need more options, please let me know and I am sure I can come up with many more.

#### **SCHEDULE CHANGES:**

Memorial Day, Monday, May 28, TCAM will have a holiday schedule of workouts at 9:00, 10:00, 1:00 and 2:00. TCA will not be having workouts.

#### **TEAM WEBSITE:**

Check out our team website at [swimtca.org](http://swimtca.org).

#### **MASTERS 101:**

The May Masters 101 class begins on Monday, May 7. The class meets Monday, Wednesday, Thursday from 11:00-11:45 AM. The 101 class is a great introduction for adults getting ready to swim with the masters program. We would like to encourage all of our TCA parents to take the class. The class also includes two weeks of masters workouts following the class without cost. Tell your friends.

\*\*Remember the 101 class is not required to join the masters workouts. Please have your interested friends talk with me about the masters program.

#### **DECK POTLUCK HONORING OUR 75+ SWIMMERS:**

Friday, May 11, we will be having our first deck potluck-brunch of the year. We will be honoring our swimmers who are over the age of 75. We have thirteen swimmers who are 75 and older. These swimmers are an inspiration to all of us in the program. Please plan to bring food to share with your swimming friends on Friday. We will be celebrating after the 9:00, 10:00, 1:00 and 2:00 workouts. Fantastic homemade brunch-lunch type food would be great. As always there is a contest to see which workout brings the best food.

The swimmers we are honoring include: Ken Mayhan, 83, John Holderman, 83, Sissy Mutzner, 83, Floyd Clark, 82, Anna Dykzeul, 79, Bob Garretson, 79, Charlie Marinelli, 77, ML Chandler, 77, Pat Dean-Girard, 76, Cathy McDonald, 75, Toni Wivell, 75, Phil Reiss, 75, Hank Russell, 75.

I would like to have all of our honored swimmers meet at the pool at 12:30, wearing your TCAM jacket if you have one, for a special picture. Please let me know that you will be at the picture.

#### **TCAM "WORD" SHIRT:**

Our new 2012 spring, short sleeve TCAM t-shirt includes all of the words that were used to describe your TCAM experience. The shirts are white with words in multiple watery colors. The larger the words, the more votes that word received in our February tally. We have three different styles, unisex or men's, women's and juniors. There are several shirts for you to try on to help you make your decision in ordering the correct size. We will only have one order and you must prepay for the shirt. Order forms are available inside and orders are due by Tuesday, May 15. Do not miss out! Everyone should want one and wear it with pride in support of our TCAM program.

#### **TCAM SPRING MINI MEET:**

We will be having our first TCAM mini meet of the season on Saturday, May 26 (weather dependent). Warmups will begin at 9:30 AM. The mini meets are a great way for new swimmers to get their feet wet in trying meets. The mini meets are very low key and a lot of fun. Even if you prefer to not swim, we can always use timers. The mini meets are a great way to meet some of your fellow masters swimmers and to challenge yourself to try something new. You do not need to pre-register for meet, just bring \$5 entry fee and decide your events that day. As an added bonus, you will be awarded ribbons with each swim! We also will be following the meet with a potluck brunch, so please bring food to share. Come and join the fun.

#### **OPEN WATER SWIMMING:**

The summer schedule is packed with open water swims in lakes, rivers and the Pacific Ocean. Now is the time to jump in and try open water swimming. We would like to increase our TCAM participation at the open water swims. If

you are interested please let me know as we are trying to put a travel open water group together. The coaches will have an open water sign up sheet at the pool on Tuesday, May 8. Make open water swimming your new challenge for the summer.

#### **OPEN WATER SCHEDULE:**

Entry forms and more information is available on the PMS website.

5-19 Spring Lake Mile

6-2 Berryessa Swims

6-9 & 10 Del Valle Swims

6-30 Russian River

7-21 Trans Tahoe Relay

7-28 & 29 Santa Cruz swims

8-4 Donner Lake

8-19 Tahoe Hot August Night (Donner Lake swims)

9-9 Whiskeytown swims

9-15 Manatee Relay

#### **TCA SWIMMERS:**

The number of TCA swimmers has been growing in both the Sailfish and Marlin groups with the warm weather. But we are still missing some of our swimmers from last year and we would love to see some new swimmers join our groups. To get started in the Sailfish group, swimmers need to be able to swim the length of the pool and be over five years of age. Tell your friends about our great youth swimming program. Tryouts are held on Mondays at 4:00.

#### **SUMMER GUPPIES:**

Our summer Guppies program has just opened up for registration. To participate in the Guppies program, swimmers need to be five or older and able to swim some and be comfortable in the water. The two week session classes will begin on June 18. Four sessions will be held through out the summer. The cost is \$80/session. The Guppies program is very popular and we recommend early sign ups to guarantee your spot.

#### **BAND AIDS AND GUM:**

Please remember to remove your band aids (yes, even the waterproof ones fall off) and dispose of your gum before you come on the deck. We have had an increase in finding both band aids and gum on the deck and in the pool over the past few weeks.

#### **TCAM MEETS:**

With this summer being an Olympic year, even the masters meet schedule was adjusted. As a result, our pool meet schedule was shifted to August. We still hope to have a large group of TCAM swimmers travel to the PMS Long Course Championships. The meet is being held at San Mateo Community College rather than in Santa Cruz. At the long course meet, points are scored for both individual and relay events. Plan to go and help score team points, especially on the relays.

8-10-12 PMS Long Course Championships at San Mateo Community College

8-18 Modesto meet

10-12-14 PMS Short Course Meters Championships, Walnut Creek

#### **TCA Meets:**

Swimmers dedicate a lot of time to training and perfecting their strokes and the fun part of swimming is the traveling and racing in meets. Parents please reward your swimmers hard work by taking them to the team out of town meets. The kids love spending time together under the team tent, going to the block together, racing and having dinner together at a restaurant on the way home. Memories are made at meets. Mark the following meets down on your calendar and plan to enter your swimmer and travel to the meets.

June 9-10 Summer Sanders (must qualify for meet)

June 22-24 Lodi meet

July 6-8 Tahoe meet

July 19-22 Sierra Nevada Championships (must qualify for meet)

July 27-29 TCA INVITATIONAL MEET (ALL TCA SWIMMERS ARE EXPECTED TO PARTICIPATE)

#### **TAHOE MEET:**

The very popular Tahoe Meet is held at the South Tahoe pool which is next to a campground. Many TCAM families have chosen to camp during the meet. The campground does fill quickly and families should make reservations ASAP. Hotel reservations should also be made now. Questions, please talk with Erica.

**WATER POLO:**

The youth water polo classes will begin in June. The high school players will practice in the evening and the younger newer players will have classes on Tuesday and Thursday mornings. Sign ups are now being taken at the fitness center. Participants must also be registered with US Water polo, which can be done online prior to the first day of class. Questions, JulieAnn Personius, [julieannpersonius@gmail.com](mailto:julieannpersonius@gmail.com)

**SENIOR GAMES QUALIFYING:**

Swimmers over the age of 50 who missed the Stanford meet in March and would still like to qualify for the National Senior Games meet in Cleveland in 2013, can still do so at the Huntsmen Games or the Nevada State Games. Information on both of the meets is available online.

**CONGRATULATIONS:**

A special congratulations goes to our coaches, Allison and Erica who are both expecting new babies in the fall. We are very excited for both Allison and Andrew who are due in September and Erica and Nick who's little one will arrive in November. New future swimmers! Congratulations!

Patti

Questions:

Patti, [pscottbaier@comcast.net](mailto:pscottbaier@comcast.net) (NEW!!!)

Erica, [erica.watts@gmail.com](mailto:erica.watts@gmail.com)