



2015 GRAND PRIX



TEAM LOGO APPAREL



UPCOMING MEETS

NUTTY NEWS

Team Party April 25th 4-7pm!

We are sooooo overdue for a party! Come on out to Coach Cokie's house on Saturday, April 25th from 4-7pm. Bring an appetizer, beverages or just your wonderful self to **1263 Simmons Ln, Novato** (off San Marin Dr a little past Fireman's Fund). Let's get all our groups together - JCC, Lucas Valley, our satellite swimmers and our IVC & Novato contingent!



Champs Entries Due!

The Pac Masters Short Course Yards Championship meet entries are **due April 1st at 11:59 PM!** Meet is held April 10-12 in Moraga (Soda Aquatic Center, Campolinda High School). It is a great meet and we would love to have a crowd there. You don't have to swim a lot of events and you can even come over and just swim relays with us. Please!!? Entry info here: https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=6452. Send your entries to Cokie!

Holy Cow! Three Pools? Pinch me!

Swymnut Masters is expanding operations to our 3rd pool, Indian Valley College in Novato, beginning very, very soon (late April or early May). Date to be announced. If you are a dues paying member (punch card or monthly) you can swim at both pools for no additional charge! Those who swim at Lucas Valley and are not members of the LV Homeowner's Association would still have to pay the annual \$50 non member fee. Our planned practice schedule is on the following page. Please be sure and ALWAYS check the team website calendar and workout schedule for any changes to our IVC program or changes at any of our pools.

IVC Planned Schedule

- Monday, Tuesday, Thursday & Friday 5:30-6:45 AM (no Weds for now but we hope to add them)
- Saturday 10am-11:30AM (as the IVC schedule allows between meets, etc.)

We are really excited about this opportunity. We will continue to offer a vibrant program at Lucas Valley and JCC. IVC offers us options to hold clinics, host a swim meet, have pool open water workouts, consider running an adult learn to swim program and more. Coach Shari will continue to head up JCC, Marlon and Buffy will head up LV and Cokie, Susie and Nicole will launch IVC. Don't worry, we will all be back to help at Lucas Valley and JCC. But to get started with this expansion we want to make sure we are providing program stability at each of our sites. Help spread the word for us. You are the best marketing tool we have!

Workouts at Lucas Valley

We have two special Friday 7AM workouts in April at Lucas Valley where we will focus on specific skills or a special workout. All Swymnuts are welcome to come!

- Friday, April 3rd 7AM - Starts & Turns run by Buffy & Marlon Please come if you can and give them a good turnout!
- Friday, April 17th 7AM - *Postal Pentathlon Challenge (at all 3 workouts Friday and repeated on Saturday as well). See note on the Challenge on the next page.*

Unfortunately, we will be shutting down our regularly scheduled 7AM practices at Lucas Valley at the end of April. We simply do not have enough swimmers to cover the expense. We will continue to operate our 5:30 and 8:15 workouts, and our Saturday 7AM workouts at LV.

Newest NUTS

We welcome Swymnuts who have signed on with us in March. We are very glad to have you! Both are first time Masters swimmers and swim at the JCC.

- Sue August
- Nance Rosencranz

April Swim Events



Pac Champs,
Moraga April 11-12



USMS Nationals in
San Antonio, Texas
April 23-26



Give your try at our
first open water
opportunity of the
season. Click this text
block for more info.

JCC NUTS

I want to thank Coach Shari for doing such an outstanding job with the program at the Marin JCC. The numbers have grown each month and she has a terrific and loyal bunch of swimmers. I love returning there and seeing the progress this group has made since they started swimming in our program. Way to go Shari and way to go all you JCC diehards. Thank you! We hope more of you come over and see us at Lucas Valley or IVC. Think about joining us at some of our swim meets and open water swims.

2015 Grand Prix Series

Our 2015 Grand Prix Series is underway and open to all Swymnuts. You can read all about the Grand Prix challenge on our website here: <http://swymnutmasters.com/2015-grand-prix-challenge/>. Heck, we will even award points for coming out to team socials!

A new segment of the Grand Prix is underway and runs through September - our "30-30" challenge event which earns you a whopping 5 points! Swim at least 30 minutes of practice for 30 continuous Swymnut practices anytime between March and September. Example: you swim all 5:30 AM practices at LV and the Saturday practice for a total of 30 practices in a row without missing one. You can come at different times on the different days, you just have to make all the practice days in a row each week until you hit 30. JCC swimmers would need to make all available JCC practices for 30 practice offerings in a row (with the same requirement to swim at least 30 minutes of the practice).

Postal Pentathlon Challenge

To get us ready for the USMS Check Off Challenge that we do around Memorial Weekend, I'm offering up a fun challenge during our workouts on **Friday April 17th and Saturday April 18th**. This is the 2015 Postal Pentathlon. In this event (our practice) you choose a Sprint, Middle Distance, or Ironman distance. The Sprint Distance has you swimming: 50-Fly, 50-Back, 50-Breast, 50-Free, 100-IM. Middle Distance is: 100-Fly, 100-Back, 100-Breast, 100-Free, 200-IM. Ironman Distance is: 200-Fly, 200-Back, 200-Breast, 200-Free, 400-IM. Eat your *Wheaties* and come out to practice to try this challenge! If you can't make those workout opportunities and still want to do this Postal Pentathlon, let me know and I'll try to work it out for you to fit it another workout.

May 8th Sr Games

The Bay Area Senior Games is a terrific, low key meet, for those 50+. Come join Coach Cokie and others on Sunday, May 17th at Stanford (great pool by the way). The order of events list can be found [here](#). Reg deadline is May 8th. Registration information [here](#).



Open Water

Open Water Season for Pacific Masters opens on May 16th with the Spring Lake swim in Santa Rosa. Check out all the open water opportunities at openwaterpacific.org

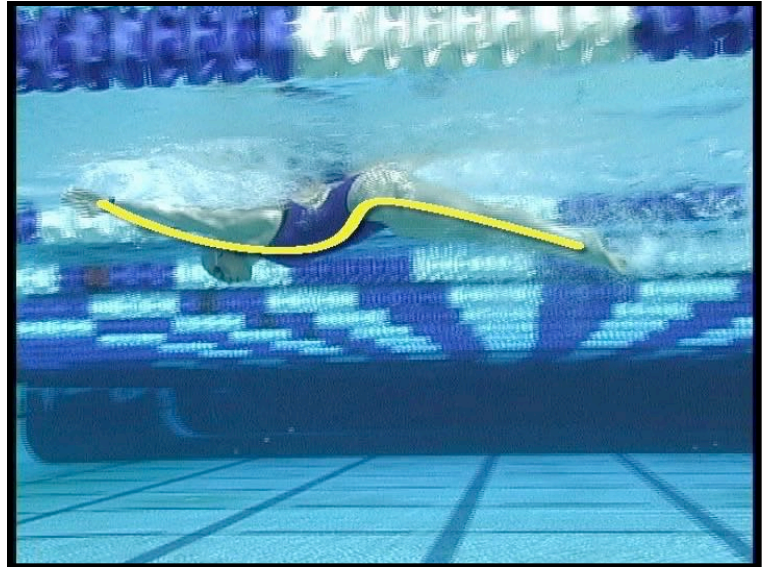


Feedback Wanted!

At Swymnuts, we want to offer you THE BEST coaching and program possible. To do that, we would like your feedback so that we can assess how best to structure our program and our coaches. We are designing a survey that we will send out soon from Survey Monkey. Your opinions matter and we will share the results in a future newsletter. Look for a survey soon!

Technique Tip - Butterfly

Butterfly is a rhythm stroke, not a power stroke. It is less about your arms and legs and more about your torso. Concentrate on pressing the chest into the water at the end of each stroke in order to get those hips up at the end of every stroke. At the end of each stroke in fly, you want to look like this swimmer in the photo here - full extension of the body, chest pressing deep, arms light and shallow out front, hips up, and legs fully extended with feet below the hips. Float your fly!



It is critically important not to swim “butter struggle” because you are setting flawed muscle memory. When you feel the loss of rhythm or when you feel those hips sink, you should switch to 1-arm fly. With 1-arm fly, remember these key points:

- It is a straight arm recovery low across the water. Lock the elbow and lead with the wrist, palms pointing back in the direction of your feet.
- Breathe to the side when your arm pulls past your hip.
- Try not to stay on your side (easy to do with 1-arm fly). Return your hips and head to face down after you take that breath.
- Keep the non-stroking arm quiet and still with fingertips pointing to the end of the pool (no hulu dancing with those hands!). You should feel a good stretch from your hips to your fingertips.
- Concentrate on “flying those hips” with each arm swing forward.

Team Apparel



Our online vendor, The Swim Team Store (also known as The Lifeguard Store) has recently added in more items and more color choices for team logo apparel. Be sure and check it out! [Use this link](#) or go through the portal on our website - just look for the tab Swymnut Gear at the top of the page. Along with suits, you can get parkas, sweatshirts, sweatpants, t-shirts, shorts, swim bags, and more, all with our logo and all at very reasonable prices.

And, if you need swim equipment that you cannot find at The Swim Team Store, be sure and check out [SwimOutlet](#), a huge operation that carries just about anything you might need. Again, be sure and go through our portal on the website. We receive 8% back and we buy team equipment with those funds.

If you already have gear and want to put our logo on it, we have a local vendor. Head up to Novato to see Embroidery of Marin where our logo is on file. For approximately \$10 you can have your logo embroidered or silk screened onto your apparel. They are located at 2 Bel Marin Keys Blvd. Their phone number is 415.246.8813.

All About Nuts

- The largest nut is the “*Lodoicea*” also known as the coco de mer or sea coconut. Pictured here:



- Did you know that a peanut isn't even a nut? Peanuts actually grow underground unlike nuts such as walnuts and almonds. Peanuts belong to the same family as beans and peas, the plant family, Leguminosae. Legumes are edible seeds enclosed in pods.