



Newsletter

We Swim for Good Times!

Congratulations

Congratulations to the Swymnut Masters - JCC Group who completed the 2015 One Hour Postal:

Laurent Boucher, Lisa Bowen, Lynn Forsey, Giovanni Elia, Ken Hitchner, Caryl Sircus, and Kathy Taylor

You did a fantastic job, and I will have your medal for you next week. Congratulations!

Perfect Attendance Recognition

With hectic schedules, crazy weather, and illnesses, it is tough to make it to every practice. Congratulations to Lynn Forsey-November, Doug Westphal-December, Clarke Bugbee-January, and Caryl Sircus for February!

June 1, 2015 Practice Schedule Change

The Swymnut Masters practices at the JCC will change to Monday and Wednesday evenings from 6-7pm beginning June 1st.

10 Swimmer Excuses

1. I got a cramp
2. The water is too cold
3. I didn't hear the start horn
4. My goggles leaked.
5. There's too much chlorine.
6. The water is too warm.
7. I HATE that stroke.
8. I slipped on the block
9. My feet slipped on the turn
10. I forgot my swim suit.

What a Wonderful Group of Swimmers to Coach!

I am so lucky to have a such a diverse and enthusiastic group of swimmers. You all come to practice smiling and ready to tackle whatever workout I have planned. The graphic above does not apply to our team, I have never heard one complaint. Whether you are tackling a long distance set, learning a tough new drill, snaking up and down the lanes "for fun," or attempting those last few sprints at the end of a hard practice, each of you is always willing to give 100% effort and it does not go unnoticed. I leave practice every night so proud of you and all that you have accomplished in such a short period of time, and I am thankful for the opportunity to coach you. - *Coach Shari*



Swim Gear

For those of you who have been swimming with us now for a few months, and those of you who plan to continue, you may want to consider a gear bag of your own. The most important items to include are:

- Pull buoy
- Fins
- Back-up goggles/cap
- Snorkel

Other things to consider including over time are paddles and a tempo trainer. I am happy to help you choose the best equipment for your swim needs.

Finis is our team sponsor; team members receive a 30% discount for items on their website. Contact me for the discount code. If you shop at SwimOutlet, please go through the link on the Swymnut website, as the team receives 8% back, and we use those funds for great things like medals and clinics. Check out the drop down Swymnut Gear on our website for great info on team clothing and other fun logo items. swymnutmasters.com

Chicken Caesar Salad Wraps

For those late nights after practice, a delicious dinner that can be put together in just a few minutes. The dressing is my absolute favorite, easy to prepare in a food processor or blender, and it keeps in the refrigerator for weeks because it does not contain eggs.

Have ready ahead of time: the Caesar dressing, washed and torn romaine lettuce, roasted chicken cut into bite sized pieces, and croutons if you like. Simply toss the lettuce and chicken with dressing, add croutons, and wrap in a warm tortilla.

Caesar Dressing Recipe- In a food processor combine:

2 cups olive oil, 1 cup parmesan cheese, 1 tube anchovy paste, 2 Tbsp. Dijon mustard, 4 Tbsp. Worcestershire sauce, 32 drops Tobasco sauce, 4 cloves minced garlic, the juice of 2 lemons, 2 Tbsp. red wine vinegar.

