



Newsletter

We Swim for Good Times!

IVC Workouts

Swymnut Masters is thrilled to announce the addition of a third facility for our workouts. Beginning April 20th, we will offer workouts at the beautiful 50 meter pool at the Indian Valley College campus in Novato. We will begin by offering workouts from 5:30-6:45am Monday, Tuesday, Thursday, and Friday, and there will be Saturday workouts as the pool schedule allows. Complete details can be found on our website swymnutmasters.com

Attendance Recognition

Congratulations to Kathy Taylor for having the highest attendance record for the month of March!

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.

Swymnut Masters Program at the JCC is Thriving

Thank you to all of you for being part of our Swymnut Masters team. Our two newest members are Nance Rosencranz and Sue August, who both add so much to our team! Share your Swymnut experience with everyone. The more

swimmers we have, the more fun it will be. I am already starting to witness team camaraderie, and that will only continue to grow.

There is nothing quite like the

friendships I have made with my fellow Swymnut Masters. We call ourselves "gutter buddies" because our favorite part of practice is hanging onto the gutters and chatting. You are all working hard together, learning new things, and supporting each other. Your teammates will sometimes be the reason you go to practice on a tough day, and they will often have confidence in your abilities at a time when you may doubt yourself. Take time between sets to get to know your "gutter buddies" it is a very important part of your swimming experience. - *Coach Shari*





Upcoming Events

SWYMNUTS TEAM PARTY

April 25th, 4-7 pm

Join your Swymnut teammates at Coach Cokie's house on Saturday, April 25th from 4-7pm. Bring an appetizer or beverage to share and spend some time making some new swim friends. You will undoubtedly find others who share similar swim goals and interests. It is a great group of people. Cokie's address is 1263 Simmons Lane, Novato.

USMS SWIM MEETS/OPEN WATER EVENTS

Cokie has links for all of the different USMS swim venues on our team website. Coming up are the Senior Games for swimmers 50+. Great meet at the Stanford pool May 8th. Open water season begins May 16th with the Spring Lake swim in Santa Rosa. Great info at: swymnutmasters.com and in Cokie's team newsletter April edition of the NUTTY NEWS, which is also a great resource for complete team info and technique tips for butterfly.

Simple Garbanzo Bean Pasta

Here is another recipe for a delicious dinner that can be put together in just a few minutes. If you prefer, substitute something else like edamame or cannellini beans, or use a mixture.

2 tsp olive oil

2 cups chopped fresh tomatoes

2 cloves crushed garlic

5 cups cooked bowtie pasta

1/2 cup chopped fresh basil

1/2 tsp. salt

1 can drained garbanzo beans (chick peas)

1/2 cup grated parmesan cheese

2 Tbsp. balsamic vinegar

Sauté garlic and tomatoes in olive oil for 2 minutes. Add cooked pasta, basil, salt, pepper, and beans. Cook for 2 more minutes. Pour into serving dish, stir in vinegar and parmesan.

