



HAPPY HOLIDAYS!



SCY SEASON



POSTAL EVENT

NUTTY



NEWS

Fee Changes

From your Swymnut Board

At our annual Board meeting in November, we reviewed the financial status of the team. Our costs have increased significantly in several areas this past year. As with any business, we need to keep an eye on revenue and costs so that we can sustain a fiscally healthy team and the truth is, we need additional revenue. To help ease our financial challenge, we have a couple of fee changes that we are instituting. We **are not** raising our rates for those paying monthly dues. The fees that are changing:

- Drop in swims are now \$15. There is no longer a limit to the number of drop ins. You can remain on drop in status and do not have to buy a punch card or go on monthly dues.
- Punch cards have changed to a 10-swim card at a cost of \$140. Punch cards expire one year after purchase.
- Effective January 1, 2016, **some** swimmers will see a \$10 monthly administrative fee. This fee will not apply to those on monthly dues. The monthly \$10 fee will apply to:

- ▶ Punch card swimmers for Lucas Valley and IVC (active JCC punch card swimmers are exempt - active means swimming workouts at JCC in the past 60 days)
- ▶ Drop in swimmers registered with us and swimming at any of our pools
- ▶ Satellite swimmers. A satellite swimmer is someone who does not practice with us at all (may live out of the area) or lives in Marin and does not swim with us or does so only on rare occasion

Beginning January 1, 2016, swimmers who are subject to the Admin Fee will see their account invoice from TeamUnify reflect the \$10 monthly charge. Those who prefer to pay a lump sum may option for a flat fee of \$100 payable by February 29th.

Swimmers should make sure they have auto pay set up in TeamUnify. If you need instructions on how to do this, notify Cokie or our Treasurer, Denise and they can help get you set up. Denise can be reached: denise@swymnutmasters.com. Let us know if you prefer to pay the \$100 flat fee. Also, while we can and do take checks, we prefer automating payments where we can so we can streamline our process and not take a chance of losing your payment at the pool!



Holiday Workout Schedule

December 24th - Christmas Eve	December 25th - Christmas	December 26th
Thursday	 Friday	Saturday
Normal schedule	no workouts	Normal schedule
LV 5:30 & 8:15. IVC 5:30		LV 7 AM. IVC 10 AM
Dec 31st - New Year's Eve	January 1st - New Year's	January 2nd
Thursday	Friday 	Saturday
Normal schedule	Schedule Change	Normal schedule
LV 5:30 & 8:15. IVC 5:30	LV 7-8:30 AM. IVC 9:30-11 AM	LV 7 AM. IVC 10 AM

Changing Your Swim Status

In the event you need to change your status - going from say monthly to drop in or punch card - it is important that you notify Cokie or Denise McIntrye, our Treasurer, as soon as possible. You can reach Denise by email at: denise@swymnutmasters.com. We need to be notified because we have to manually code you into a different category in TeamUnify in order to make sure you are properly billed (or not receiving a bill when you shouldn't).

Invoices for the month go out on the first day of the month. Example - you are billed for January on January 1st. A \$5 late fee appears on the 21st on any outstanding balance in your account.

If we are already into the month, and you notify us you won't be swimming (perhaps stepping down to drop in status), the bill has already gone out (and likely been paid) and your drop in status will take effect the following month. When you return from having been away, let us know if you are returning as a monthly swimmer, punch card, or drop in so we can get your status changed in TeamUnify. Please note that you will be invoiced for the new \$10 monthly Admin Fee unless you are a monthly dues paying member or an active JCC punch card swimmer (active meaning you have attended a JCC practice in the last 60 days).

2016 USMS Registration

If you have not already renewed your registration for U.S. Masters Swimming, please do so by December 31st. In order to practice with us, all swimmers must hold current USMS registration. You can find the link to register by going to our main team website and look for the Join/Renew button in the right side bar. If you have family, friends or acquaintances that would like to work out with us, we welcome

them! They, however, will also need to be current members of U.S. Masters Swimming. If they have never been with USMS, they can do a one-time 30-day trial membership with USMS. That form is available to download on our main website under any of the listed pools at the Locations & Fees tab. Visitors from outside the U.S. will need a special form. Coaches may have the form with them at practices as well.

2016 Goals

It is important to look back on what goals you accomplished in 2015 and what might be left as unfinished business. Many of you tried open water swimming for the very first time. Some tried their first swim meet. Others set practice goals like swimming a lap of butterfly, a 500 free, attending 30 practices in a row, learning a new stroke, improving on technique, etc. Whatever your goals were, be sure and take the time to give yourself a pat on the back for setting and meeting them!

So what are your goals for 2016? Did you know that publicly sharing your goals can actually help motivate you to accomplish them? Not only does it make you more accountable, it fills a need for a social connection. We encourage you to share your swim fitness goals with your lane mates and your coaches so that all of us can help you stay motivated and work toward your goal. We'll share in your triumph and cheer you on along the way!

Toby's 2016 Goals (my cat)



Final 2015 Challenge - 400 Kick for Time

The final postal event of 2015 is the 400 kick for time. This event is simple yet challenging! How fast can you kick 16 lengths? The rules are simple:

- no fins but any kick is allowed
- no flip turns and no stroking into the wall
- must use a kick board
- no more than two swimmers per lane and you cannot circle swim
- someone needs to capture your overall time (no splits need to be recorded)



- must complete the event in the month of December
- official USMS entry must be postmarked by January 10, 2016 and received by January 15, 2016

Who will take on the December 400 Kick for Time? Coaches can accommodate for the 400 KFT to take place in any workout. Just let them know you want to do it and they'll arrange the lanes to allow this to happen. Full information on this 400 KFT Postal can be found here: http://www.pacificmasters.org/comp/pool_meetsheet/15mempostal.pdf. Cost to

enter the postal is \$10. Last year we had 9 team members participate in the event with 6 officially entering online. Let's make this a team effort and see how many people can do the challenge! You might even set a team record. You can check on the current team records on our website at the Team Records tab (men or women's SCY team records).

2016 Competitions - Learn More!

Yahoo! The 2016 swim meet season is about to get underway. Toying with the idea of doing a swim meet but not quite sure? Come on out to the Coach Cokie's house in January and learn what Masters swim meets are all about and what opportunities await us in 2016. We'll put your mind at ease with how-to training and meet information and no doubt some humorous stories from fellow teammates who have been there and done that! Light refreshments will be available.



Upcoming Meets

Our website has the most current information on upcoming competitions. Look for the Calendar tab at the top left and pull down to Upcoming Swim Events. We've got listings for Swim Meets, Open Water Swims & Postal Events for 2016. Meanwhile, here's a quick list of what we have in the way of upcoming swim meets.

January 9	Flower Power Meet	Santa Rosa
January 30	1500m Swim (SCM)	Olympic Club, SF
February 20	USF Valentine's Meet	Koret Center, USF, SF
February 21	The City Mile (1650 SCY)	City College, SF
March 6th	CAL Meet	UC Berkeley
March 12th	Rinconada Meet	Palo Alto
April 8-10	Pac Masters Champs	Moraga
April 28 to May 1	USMS Nationals	Greensboro, NC

New NUTS!

Those who joined USMS and registered with us in October & November. Welcome new NUTS!!!

- *Laura Fraser*
- *Ann Glascock-Ryan*
- *Karen Hanni*
- *Marla Northcutt*
- *Mike Providenza*
- *Jennifer Wallen*



Attendance Records

“Club” honors as of November 30th. If you want to know your attendance numbers, drop me an email and I'll be happy to let you know. The Attendance Club is open to those registered with Swymnut Masters. Every 100 workouts you attend earns you a cool bag tag with bragging rights.

<p>600 Club</p> <ul style="list-style-type: none"> • Cokie Lepinski <p>400 Club</p> <ul style="list-style-type: none"> • Nancy Applegarth • Mary Piel • Bob Reed • Eric Steger • Marlon Woolf <p>300 Club</p> <ul style="list-style-type: none"> • Stacey Ellison • Katie Lee • Steve Rule 	<p>200 Club</p> <ul style="list-style-type: none"> • Anice Flesh • Cindy Irish • Greg Kamman • Rachel Kamman • Rich Moore • Jane Mothersill • Buffy Patterson • Susie Powell • Amy Probst • Mary Sackett • Anthony Shafer • Jeff Turner 	<ul style="list-style-type: none"> • Rick Vasquez • Mike Ward <p>100 Club</p> <ul style="list-style-type: none"> • Kim Bauer • Chris Carrade • Cassandra Coffee • Shari Cruse • Joy Dahlgren • Ron Evans • Paul Franjieh • Denise McIntyre 	<ul style="list-style-type: none"> • Buffy Patterson • Terry Powers • Lea Reizman • Harriet Rodriguez • Mary Sackett • Chip Sheean • Cathy Stone • Mike Stone • Erica Sutherland • Shervin Tajbaksh • Evan Wetmore • Marty Winner
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Breaststroke Hand Recovery

A lot of swimmers question how to recover their hands and arms in breaststroke. Recover the hands and arms over top of the water? Under the water? Through the surface of the water? We see all three types in competitive swimmers. What we don't see on any respectable breaststroke competitor is a deep recovery. At the very least, you need to recover your hands at or very near the surface of the water. Why? If your hands are too deep, as you try to take them forward you wind up creating massive resistance (drag) with your upper arms pushing through the water. Drag is your enemy!

Many Masters swimmers try to emulate what they see in some elite swimmers - recovering the hands over the top of the water. This was made really popular with Amanda Beard as seen in this photo.



The problem with this for the vast majority of swimmers is they lack the strength to do this maneuver effectively. Instead of clearing the water with their forearms, as Amanda demonstrates, their forearms are angled upward (elbow much lower than hands) and therefore driving through the water with only their hands clearing the surface. Also, in order to get that type of front end lift, many swimmers tend to drop their hips too low in the water, once again creating drag.

You've got to experiment to find the right type of recovery that fits your body and your stroke, taking advantage of your strengths while minimizing your weaknesses. I like an approach that Coach Dave Salo advocates - try taking just the thumbs and part of your hand right at or just above the surface of

the water as we see here in this shot of Rebecca Soni. Notice that her arms are parallel to the surface of the water and not angled. She minimizes resistance by recovering in this fashion.



Here is a head on view with an at-the-surface recovery.



In that previous photo, the swimmer has half her hands out of the water, her forearms are parallel to the surface (good) and her upper arms are above the water (also good). What we can't see are her hips which could be too low because she is looking forward and not keeping her eyes and head down.

On this picture below, the gal in the blue cap (foreground) has a hand recovery over the water, but note how much angle there is to her forearm - creating resistance as she moves forward. Note, too, how much of her upper arms are having to travel through the water (bad). The gal in the background (black cap) is recovering just under the surface of the water. She isn't too deep and her forearms are parallel to the water while most of her upper arms are out of the water (this is good).



Experiment with your hand recovery at the surface, just below the surface, and even just above the surface to find which seems to fit you best. Keep forearms parallel to the surface and upper arms above the surface and check those hips to make sure they don't drop too low. These swimmers on the left have great hip position as they strike forward in their recovery.

Help Us Out!

The end of the year is a great time to donate to our team. We are a full-fledged non profit 501(c)(3) organization with the IRS and donations made to us are tax deductible. Help us and your taxes by donating to a worthy cause that supports our mission of providing scholarships or partial scholarships for those who demonstrate a financial need, hosting additional stroke and technique clinics in 2016, purchasing equipment for the team, and helping to fund continuing education for our coaches. Any donation amount helps.

You'll find a "Donate Now!" button in the right column of our team's primary website www.SwymnutMasters.com. Clicking that button links you to our TeamUnify site where you can make a donation and immediately receive a tax deduction receipt. If you prefer to write a check, simply make it out to **Swymnut Masters** and note "donation" in the memo field. Pass your check on to a coach and we'll get it processed and get you a tax receipt. Please help us continue to improve our wonderful program!



2016 - What's on Tap?

We have some exciting plans on the horizon for 2016. I'll provide further details in upcoming newsletters, but for now, here are some snippets:

- The January One Hour Swim (postal event)
- We'll be offering our first Adult Learn to Swim Program (April or May) - this involves giving free lessons for any adult in a 30-day program where we pair our Swymnut swimmers in the water one-on-one with folks who don't know how to swim. This is part of the USMS Swimming Saves Lives foundation.
- A variety of technique clinics throughout the year including one with filming participants above and below the water
- Open Water focus beginning in April and running through September. We'll have "pool open water workouts" along with at least one offering each month where we will head out to the open water and practice our skills

- More team socials including an annual party sometime around April or May
- Launching an online store at CafePress where you can get our logo put on a ton of stuff!
- A new workout training plan (which has already been launched...)

Meanwhile Happy Holidays to All You NUTS!

