

# The Janubruary Newsletter!



*(Swimmers: Hey! "Janubruary" isn't a month!  
Us: It is when you didn't do a January Newsletter  
so you're merging it in with the February one!!!)*



## **Welcoming in 2024!!!**

We kicked off 2024 with our Annual 100 x 100's and 100 x 50's! It was an unbelievable amount of fun! Music was playing, pancakes were flipping, swimmers were swimming...it was an event to remember!!!

## **Up and Coming Events**

Brrrr. It's cold out! That means it must be time for the Polar Bear Classic swim meet! On February 4th at the University of Arizona, Masters from around the state will don their parkas and compete in this fun and chilly event!

Have you ever been to Oro Valley? It's beautiful. Another reason to go, is that on March 2nd and 3rd, there's going to be a really great meet there! The Winter Masters Distance Invitational is a creative venue designed specifically for the distance beasts!

Day 1 the pool will be set up Short Course, and various distance events will be offered. Day 2, the course changes to Long Course, and the distance races continue! Pretty cool, huh!

We don't suggest STAYING in Oro Valley from the Winter Distance meet to the 2024 Arizona State Championships on April 20th and 21st....but that meet is also hosted by Saddlebrook Masters and will be held in the gorgeous Oro Valley Aquatics Center! The State Championships are always an exciting event with fast swimming and team bonding! Ask your Coach if you have questions!!!

Spring Nationals! June 20th through the 24th the USMS Short Course Nationals will be held in Indianapolis, Indiana. This is a fantastic venue for fast swimming, and an awesome environment for spectators and fan clubs!!! If you can make the trip, you won't be sorry! And you're a Narwhal, so you KNOW you'll crush it!

## **Birthdays that are Belated, and Upcoming Celebrations!**



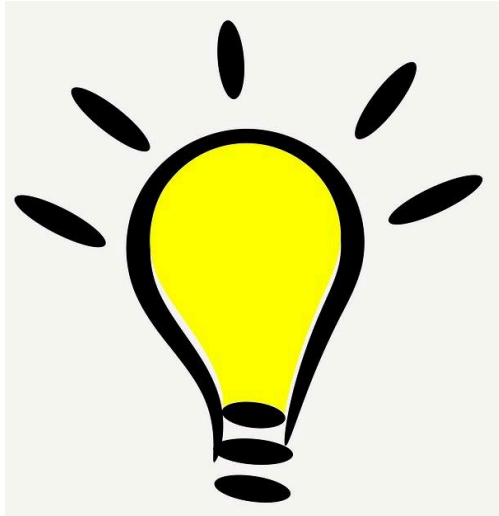
We hope that our January babies had a phenomenal birthday! Cheers to Dean Steffey, Cindy Clutter, Ryan Bailey, Erin Parsons, Caitlin Green, Carla Tredway, Sandra Schnepf, Jason Heavens, Jenny Browne, and Sandy Clubb! And a very Happy February Birthday to Sara Dunn, Riley Quinlan, Kristy McKisson, Ann McGrath, Tonya Crandell, Jessican Wilhelmsen, Susan Wiggins, Bill Passey, Becky Laron, Tyler Lovemark, Brandon d'Entremont, Tari McCabe and Ceci Cummins!!!! **You are all worth celebrating!!!**

## February, the Month of Love!



Valentine's Day falls right in the middle of the month...signifying love and friendship (and a ton of marketing for cards, chocolate and flowers!) This year, make it your February goal to get to know a new teammate! You don't have to date them (in fact if you're already married we HIGHLY discourage it) but there are so many absolutely outstanding individuals on this team that you're doing yourself a disservice by not opening yourself up and befriending someone who shares the pool deck with you. Don't be shy. Don't overthink it. Don't hesitate. Just strike up a conversation with someone you're not familiar with and get to know their story. I promise you won't be sorry!

## What Do You Think?



It is soon approaching Open Water Season in Arizona. For many of you, you'd like to get a taste of open water swimming, but are a bit hesitant....or can't find time to get to the lake....or have an irrational fear of fish. We'd like to know if you'd be interested in a Saturday workout where we would remove all the lane lines from the pool, giving us a 50 Meter by 25 Yard open course. We would design the practice to mimic an open water swim right there in the familiar waters of your beloved pool. We might even throw in some buoys for sighting and toss a few buckets of water on your head as you pass by to make the experience seem more realistic! Let your Coach know if you would participate in a free event such as this! If we have enough eager swimmers yearning to do this, we'll make it happen!!!

**Let's Make Janubruary the best month EVER!!!**

**GoOOooOOOooOOooo Narwhals!**

**GooOOooOOOooOOo MAC MASTERS!!!**