



Mesa Aquatics Club Masters January 2009

## Coaches Corner

Happy New Year to all the Narwhals! Thank you for making 2009 a VERY memorable year in the history of Mesa Aquatics Club Masters Swim Team. We appreciate your support and your participation!!! And, you have the promise of all the coaches, that we will continually become a stronger team, month after month, and year after year!!! All the best to you and your families in 2010!!!



### Auto Pay is Here!!!

*After a lot of investigative work, we've finally discovered an easier way to take your money!!! Through our website ([www.mesamasters.com](http://www.mesamasters.com)) you can now set up your account on Auto Pay. If you have any questions about the procedure, contact Paul, as he is the greedy....um, I mean knowledgeable one about this kind of stuff.....*

### 2010 Challenge!!!

If there are children around, you might want to ask them to leave the room. This won't be pretty. On Saturday, January 2nd, we are offering the *2010 Challenge* to anyone crazy enough to attempt the task! The mission: swim 100 x 100's in the course of ONE workout. Yes, for all you mathematicians in the audience...that's 10,000 meters/ 6.2 miles. For those of us who don't excel in math related skills: it's a REALLY long way to swim!!! **FEAR NOT, Sane Swimmers!!!** We will also be giving you the opportunity to participate in 100 x 50's, or for our fast-twitch friends, 100 x 25's. Workout will start promptly at 8:00 AM and we're calling it quits at Noon (the age group team—or 'Future Narwhals'—need to get their gills wet, too!). Please bring plenty of fluids and sustenance. The coaches are expecting to work up quite an appetite watching you paddle back and forth for four hours.

## JANUARY...RESOLUTION MONTH!

By now, you all have at least a taste of the four competitive strokes. January is the month to make an oath to yourself to put these skills to use! We strongly encourage each of you to set a goal for your swimming, and share that aspiration with us so we can help you reach it! The first leg of a triathlon. One of the USMS Postal swims. A swim meet. Drop us a line, talk to us at workout, email us....but let us know what your goals are this year. Together we can do great things!!!! (P.S. If you don't have a New Year's Resolution, your coaches are HAPPY to provide one for you! I suggest you start thinking!!!!!!!)

Speaking of..... Resolutions, , ,

Mike Ware, "I WILL embrace hypoxic breathing sets and value their importance"

Denise Labriola, "This year I will finish the artwork on my arm, so others can enjoy its beauty"

Maureen Stewart, "Every Narwhal in America will buy locally grown fruits and vegetables"

Nancy Pitney, "My goal in 2010 is to have the entire women's noon team in a bikini!"

Rachel Mack, "My goal in 2010 is to have the smallest bikini of all the women at the noon workout"

Nate Curtigi, "As long as I'm paying for workouts, I might as well go..."

Tori Adair, "I'm launching my Abacus Salesman career after all the swimmers who laughed at me lost count of their 100 x100's"

Doug Adamavich and Kent Nichols, "We will NOT give up our bathrobes for parkas. We look good in them, darn it!"

Steve Hogan, "I will make more Masters workouts than my son who lives in Utah but trains here occasionally on breaks".

Kathy Park, "I will water the broccoli BEFORE workout instead of DURING workout"

Patty Gray, "I am going to read my emails and check the website daily so I show up at the right pool at the right time."

Steve Schild, "I will not drive around, go to the grocery store, and fall asleep with my flippers on."

Tim Taylor, Mike Scozzoro, Danielle Scozzoro, "We will gladly accept help in pulling the tarps after workout."

Thad Mason, "In the course of the year 2010, I am committed to make one workout on time.....maybe. What time do they start?"

Kip Sharpe, "Okay, okay...I'll get a tan."

## NARWHAL WORLD DOMINATION

*(Well . . .not quite yet. However, we do have a program expansion. Hey, it's a start!)*

We are now offering workouts at Rhodes Pool! Please take note, and check the website for more details!

The following workouts are now available to all Mesa Masters at Rhodes Jr. High:

**Monday, Wednesday, Friday: 5:30 AM - 6:30 AM**

**Tuesday, Thursday 12:00 PM - 1:00 PM**

**Monday, Friday 6:00 PM - 7:00 PM**

The ONLY changes at the Kino Pool: no Tuesday, Thursday noon workout. We will be offering a Water Exercise Class at Kino on these days, however. Stay tuned for details!!!

