



Yak Attack



By "Head Yak" Chris Powers

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YAK- A-KNU SWIM YEAR!!!!

What in the world has Michael Phelps done? It is truly amazing. He has to be part fish. Morgan Freeman is right; if you do squint hard enough you do see gills...Phelps has such a big impact on swimming in the US that most youth swim clubs across the USA have seen an 8 to 12% rise in kids participating in competitive swim programs. I hope to see Cullen Jones have the same impact.

Hey everyone CAMS is 5 years old!

Let's celebrate the new season that's about to begin and 5 years as a Club – I can host a get together at my house on Holiday Monday September 1st during the day from 11am-2pm– sorry no kids my place is not kid proof. CAMS will provide the sodas; you will need to bring the food. Rebecca Jackson will be in charge of organizing the food – please call her for more info 334-277-6530 or email at patmacjac@hotmail.com. My house is located in Cloverdale at the corner of Fairview & Norman Bridge Rd on the short street named Legrand Place. The address is 529 Legrand Place and it is the only house with an awning and it faces the fountain in the park across the street. More will be sent via email later.

Gale Force in Japan

I have to say, we certainly missed the Gales. I hear that Margaret is getting more adventuresome in Japan. From what I am hearing she has braved the roads and has started driving – this is tough feat since people in Japan drive on the opposite side of the road. Can you imagine her doing that and her big smile...lol. I am sure we will get all the funny details. She is trying to start a swim group there on base and was told by MWR that she must charge a fee. We all send her the best of luck to her and her new team. Andy, I have not heard any news about his swimming, so I imagine that he is working like crazy and has Margaret as a coach.

Recent Meets

Our very own awesome Joe Lanoux just competed in an Olympic distance triathlon in North Alabama and did a fantastic job. Here are Joe's own words: *I had a very good triathlon improving on my weakness, the bike portion, quite a bit. I was 5th of 9 in my age group but was first in the swim portion - so thanks to Chris and the CAMS team for that. Over 700 finished the race. It was a lot of fun and the temperature was only 62, unlike previous years, so that was great. Lucie Lee and also my daughter and son in law and their baby were there so it was a reunion too. Lots of fun. In years past I was pretty much wasted by the effort but this year I ate*

more and felt fine in the race & afterwards too. Can't wait for next year. (The oldest person was a 73 year old woman from Lake Martin, Pat Fossum, who is on the US international triathlon team and travels internationally to compete.) She was just as fast as I was. A wonderful experience.

Way to go Joe, it was all your hard work....

We had our little meet experience in June at the Alabama State Games for the new swimmers. It was a lot of fun and great swimming with Rachel, Rebecca, Jamie and me. It was a bling-fest with everyone bringing in the gold with those wonderfully large metals they handed out. Our special needs...lol....swimmer Rachel had the most competition of the event. Thank goodness her whole family showed up to cheer her on. She is special indeed...lol. If Jamie had not decided to try waterskiing for the first time the day before the meet, she would have had even better times. Remember folks, rest the day before a meet! Maybe Jamie should be our special needs person from now on...lol.

Upcoming Season

We have had to adjust to life after the Gales and have done well. We have had Jeanne & Coke at the Bell 'Y' for the summer. With the start of September the club at ASU will start morning practices again M-W-F at 5:30am – 6:30am we already have commitments from 4 people with 2 of those new swimmers from Maxwell AFB: Mandy & Paul. I am sure most have met them already since they have visited both pools. My pastor John Coleman--you might have read his articles in the Montgomery advertiser--will be swimming in the mornings too. I may only swim for a month in the morning to help kick off the group and get it going. I believe Jeanne will be back with us in the mornings during the week and at the 'Y' on Saturdays.

During football season Saturday morning practice at ASU will be at 7:30am. If you ask Wendy she will host a later swim session. She is not a morning person and prefers a 9 am practice. But if most swimmers go to the 7:30am practice, Wendy will go with the flow.

The Bell "Y" group will reevaluate the practice schedule in September to see who's going to swim.

It is time for quarterly swim fees at ASU, they are due Sept 1st – See Joe Lanoux if you have any questions. Checks should be payable to "ASU Continuing Education". Fee is \$60 for twice a week swims, \$90 for 3 times or more per week. Also the annual CAMS club dues \$25 should be in cash or check (payable to "CAMS"). Remember that Nov & Dec are renewal months for your USMS membership.

We have a full pool at ASU and hope to get more people involved in to what we know as the best fitness program around. That means we may have to share lanes, so if you do not know what lane etiquette is, please ask me at the next practice.

Upcoming Meet

We are planning to go to more swim meets this year. With the first being Sept 13th in Florence, Alabama, we can make this a single day trip – up and back. This should be a good meet for first-timers and a great meet for you old-timers who have friends that swim with the Shoal Sharks who are hosting. Please email me at auchris@charter.net if you are interested. This meet is considered “close” to Montgomery because the only other meet in Alabama is at Auburn in February. Meet info and entry form: <http://jaymartin.ehost-services135.com/sharks/swiminfo.pdf>. Entry deadline is Sept 4.

I have been trying to get more clubs in Alabama to host meets including CAMS. The Florence meet is the result of that push. Our opportunity to host a meet is through the East ‘Y’ which has the only competition ready pool in the city. I have been talking with the Barracudas (kid’s team) to host a meet for us. Let me know (email) if you have an interest in having a meet in Montgomery and if you are willing to help.

News about some former CAMS swimmers:

Jenny and Troy Roberts are now enjoying life in Guam. Troy is travelling a lot due to his job and so hasn’t been able to train for triathlons consistently. But he finally got a breakthrough in his technique—keeping his elbow high on the pull.

Laura Knapp is in Colorado and she doesn’t miss the hot muggy Alabama weather at all, but she does miss Montgomery and the nice, friendly people. She found a pool but hasn’t hooked up with a masters group yet. She completed a Half-Ironman recently and really felt the altitude during the swim portion. Laura is planning to compete in the Ironman in November in Arizona.

Speedy Spence Cocanour is in Hawaii; hope his furniture has arrived by now. He found a good swimming group with even more speedier swimmers.

Swim fast and eat no one’s bubbles ! – Coach Chris