



Yak Attack



February 2007

**Hey Y'all,
Yak -a- ling a ding, ding, ding. That's the sound of bring home the metals.
We won 3rd Place Mid Size Team.**

H0000-eeeeee, did we have a good meet or what for 8 swimmers? I am so proud of what everyone accomplished. "Smoking Joe" and "Tidal Wave Taylor" put the whup on everyone they swam against. Jenny reclaiming her status from her days as an age group swimmer, Troy doing his first ever meet (just remember, you go when the sound/gun goes off, not when the other swimmers go☺), Coke "Where are my goggles" Ellington did an outstanding job. Let us pay homage to the "Rock and Pillar" of Team CAMS Rebecca & Wendy. Rebecca realized she still swims fast and Wendy, by gosh, found out she has a new power stroke - backstroke. Guess what we are going to do in practice now? We had another new swimmer compete with us, Chris "The Flying Hulk" Carver, can this young man swim butterfly.

Taylor Jernigan - High point winner age group 40-44
Coke Ellington - 2nd age group 60-64
Joe Lanoux - 3rd age group 60-64
Rebecca Jackson 3rd age group 70-74

1st Mixed 200 freestyle relay age group 35+
3rd Mens 200 IM Relay age group 25+

By the way, for those of you who did not attend the meet on Sunday, you missed the best swimming of our group. Meets results are links at top of Auburns web page: www.ag.auburn.edu/~cbailey/masters.html

The coaches were all there on Saturday, Margaret, Andy and Chris. I can't wait until all three of us can participate in meets at the same time!!!!

Margaret brought a lap swimmer to entice her into competing (which worked), welcome Christine.

I had a heart attack Dec 28th and I am well on my way to recovering fully. I had one stent and 36 hrs in the hospital that was enough. I am back in the pool doing a lazy workout for now and plan to increase to a full workout by the beginning of April. That's about it on that subject, except to say thank you everyone who came by to see me, that by far did the most to help me. A special thanks to Wendy and Rebecca xoxoxoxo.

The next quarter is coming March 1st as well as your dues.

I encourage our Tri-athletes to participate in swim meets for the following events: mile, 500, 200, 100, & 50 freestyle events. They are good conditioners and will give you valuable feed back on your competitive readiness. Check with Troy on up coming tri competitions so you can schedule your races.

There will be swimmers going to the St. Patrick's Day Meet March 17th-18th. Let me know soon if you want to go because we usually have some

free rooms & food on this trip and we need to let the hostess know how many are coming. If we can not accommodate everyone for the rooms we will definitely have a free diner.

There is a new meet in Birmingham on April 14th - 15th. Wendy said for everyone to remember to file your taxes before the meet. But, she forgot that I work for State Dept. of Revenue and you have until the 17th of April this year to file. For the simple reason that there is a Washington DC area state and federal holiday on the 16th, so the filing deadline is April 17th.

STROKE CLINIC - APRIL 21st 8am to 2pm apprx. We will be hosting Lionel Moreau, (Auburn Masters coach, NCAA Champion, Olympic swimmer) and one to two other Auburn University Assistant Coaches for a stroke clinic (they are NCAA Champs and Olympic Swimmers as well) depending how many people attend. **I need to know if you are coming to the clinic.** Mark your calendars - that is a 3 day week end - Sorry that is the best time we could work out. So no excuses, your vacations can start after the clinic.

Good Job everyone - Coach Chris!

By the way, the Blue team cheated!