



# Yak Attack



February 2008

## YAK-ITY DOODLE DO!!!! Welcome new swimmers!

Sorry for the Yak delay – I am still celebrating my 50<sup>th</sup>. YakMan cometh...lol

Well, well, well. What a roster we had at Auburn. We had 16 swimmers entered and 14 showed for Saturday and by Sunday we lost a few more to the flu and bad pipes. Because we had a record number of swimmers that entered the meet we were placed in the Large Team category. Yes, we were competing against the Georgia Super Group and Gulf Coast Pirates who always bring 30 to 50+ swimmers.

With that in mind 4<sup>th</sup> place was not bad. If everyone had attended both days and swam more events we may have taken 3<sup>rd</sup>. So, don't ever think you are not important. Scott came to swim 2 relays for us on Saturday, shoulder injury and all.

The Yak Meet at Auburn:

### You go guys – Mixed 55+ 200 Yard Medley Relay First Place

1 Central Alabama 'A'	NT	3:28.47
1) Ellington, Coke M65	2) Lanoux, Joe M65	
3) Ohlandt, Dianne W58	4) Jackson, Rebecca W73	
44.31	1:28.36 (44.05)	2:28.00 (59.64)
(1 <sup>st</sup> 50)	(2 <sup>nd</sup> 50)	(3 <sup>rd</sup> 50)
		3:28.47 (1:00.47)
		(4 <sup>th</sup> 50)

Yak Stats:

Coke Ellington (aka Superman) signed up for 10 events and swam all. He had four 1st place & six 2nd place finishes and swam mixed 200+ free relay and mixed 200+ medley relay in the 55+ group, both 1st place.

The Gales swam only on Saturday and Andy's wife, Margaret, got the bug Saturday night and neither could attend on Sunday. Kristen said Margaret was throwing up and Andy had to take her to the clinic. If I know Margaret, even her throwing up would be world class. Despite the bug, what they did on Saturday was great. Andy, swimming in one of the toughest male age groups, did great even though he was nursing a shoulder injury - three 2nd place and one 3<sup>rd</sup> place finishes in individual events, 2<sup>nd</sup> place in men 25+ medley relay, 1<sup>st</sup> place in mixed 35+ free relay. Margaret, a fierce competitor, got one 1st place and one 2nd place, 1<sup>st</sup> place in women 35+ medley relay, 1<sup>st</sup> place in mixed 35+ free relay.

Chris Carver swam five individual events on Saturday even though he didn't really train for this year, but he was pleased about his times and got three 3<sup>rd</sup> place, one 5<sup>th</sup> place and one 8<sup>th</sup> place. He also swam 2 relays, getting 2<sup>nd</sup> and 3<sup>rd</sup> finishes.

Larry Wallin (aka Yakfly) was a monster. He swam all his events and he may have beaten his personal best from last year in the 50 Fly. One 1st place--50 fly, two 4th places, two 5th place, one 6th place. 2<sup>nd</sup> place in men 25+ medley, 1<sup>st</sup> place in mixed 35+ free relay.

Joe Lanoux (aka SnoopDaddyYak) signed up for 9 events and swam all. One 1st place, four 2nd place, Four 3rd place, swam mixed 200+ free relay and mixed 200+ medley relay in the 55+ group, both 1st place. Joe, I just don't understand why you can't win the high point trophy.

Sharon Wahl signed up for 4 events on Saturday and earned a 3rd place, 6th place, and two 8<sup>th</sup> place. Swam women 35+ medley relay got 2nd place. She did manage to shop till she dropped at the sales bin, and had to elbow Murray out of the way to get the good stuff.

Rebecca Jackson signed up for 6 events on both days. Four 1st places, one 2nd place. Skipped 50 back because she felt dizzy during warm-up on Sunday. She beat her nemesis 4 out of 5 times; the only 2nd place was in 50 breast,

lost by 0.61 second. Her nemesis swam 10 events and that is the only reason Rebecca did not get high point. Swam mixed 200+ free relay and mixed 200+ medley relay in the 55+ group, both 1st place.

\*\*\*\* **High Point Trophy Winner** Chrissy (Diane) Ohlandt signed up for 10 events and swam all. Five 1st places, Two 2nd places, two 3rd places, one 4th place. Swam mixed 200+ free relay and mixed 200+medley relay in the 55+ group, both 1st place. **You go girl!!!**

Kristin Goodrich signed up for 3 events and swam all on both days. This was only her second time competing and she is doing fantastic. Even though she was sick Saturday, sounding like a croaking frog (I mean Yak), but she persevered. She sounded normal on Sunday but at that point in the meet, what is normal? Kristin earned one 1st place, one 3rd place, one 4th place. 2<sup>nd</sup> place in women 35+ free relay, 1<sup>st</sup> in women 35+ medley relay, 1<sup>st</sup> in mixed 35+ free relay.

First time competitor Annette Cain signed up for 3 events on both days and swam all. Once this one gets in the groove, watch out! One 3rd place, one 5th place, one 6th place. 1<sup>st</sup> place in women 35+ medley relay, 2<sup>nd</sup> place in women 35+ free relay.

Another first timer, the very pregnant Amanda Sansano whose baby is due in April, earned & signed up for 4 events on both days and swam all; One 4th place, one 8th place, one 9th place, one 10<sup>th</sup> place. 1<sup>st</sup> place in women 35+ medley relay, 2<sup>nd</sup> place in women 35+ free relay. She swam all freestyle: 50, 100, 200, 500, Wendy said “bless her heart” on her swimming every distance of freestyle events and swimming for two people. Her husband and kids watched her competed on Saturday and visited us on the deck.

Wendy Ng signed up for 9 events, skipped 50 breast because of Montgomery Symphony rehearsal. One DQ on the 100 back for illegal turn, Wendy, Wendy, Wendy! I told you not to swim with Murray during practice...LOL...☺ Four 2<sup>nd</sup> places, one 3<sup>rd</sup> place, one 5<sup>th</sup> place, one 6th place. Wendy wondered if she is the only one who has done this sequence in competition for the 500 free: 100b, 100f, 100br, 200f. 2<sup>nd</sup> place in women 35+ medley relay, 3<sup>rd</sup> place in mixed 25+ free relay.

Murray Lewis, per Wendy – oh Murray Murray!! What can I say! Our accidental blond?! Or did she have multiple blond moments?? First she filled out her name in the wrong order in the entry form and then got it corrected. I counted her name in the heat sheet 11 times!!!! She was listed in a heat in 500 free, but results didn't show her name at all, not even a NS (no show). Same in the 200 breaststroke: name in heat sheet but not in results as a NS. Results showed that she was DQ'd in the 200b, but her name wasn't even in the heat sheet!! I don't know how many events she signed up...She did swim 8 events- And remember Murray went to the wrong lane for one of her events (second blond moment) and missed it, but Chris helped her got into the next heat...She was the lap counter for Coke in the 500 free, and she counted wrong (third moment)!! Fortunately Coke counted laps himself and stopped at the end of 20 laps. Three 3rd places, two 4th places, two 5th places, one 6th place, 2<sup>nd</sup> place in both women 35+ free relay and women 35+ medley, 3<sup>rd</sup> place in mixed 25+ free relay.

Wendy suggested they could do one of those MasterCard commercials of Murray! Wendy talked with Murray a few days after the meet and clarified some things about her entries in the meet. Murray had asked the meet officials to cancel her 500f and 200br and put her in 200b. She swam 200b and was DQ'd. Then swam 200 IM and also got DQ'd because she was thinking of 100 IM. She got out of the pool after realizing she swam the wrong stroke. Wow, 2 DQs in a meet and this is only her 2<sup>nd</sup> meet!!

Chris said, The Murray stuff - priceless LOL... ☺

Annette commented after Wendy swam the 500fr that they were surprised to see her doing backstroke in 500f. The freestyle is what it says – free style – you can do anything except touch the bottom of the pool and you must touch the wall.

Wendy, we know for a fact that everyone took a gasp, even the gallery crowd, when you dove in the water from the diving block on Saturday. Actually everyone let out in unison, “ouch”. Wendy said, “I felt the pain! I'd had enough of the painful dives for Saturday. On Sunday just before the 500f, I told my timekeeper that I wouldn't splash because I would start in the water!! I also warned the other timekeepers in my 200br and 100fr on Sunday. I don't think I splashed at all on Sunday, at least I didn't feel the pain.”

I hope everyone saw Rebecca's article in the Montgomery Advertiser on February 24<sup>th</sup>. Here is the link; I hope you can get to it.

<http://www.montgomeryadvertiser.com/apps/pbcs.dll/article?AID=/20080224/LIFESTYLE/802230305>

This article has led to about 10 calls from people interested in the program. One person has come and joined and the other are scheduled to come over the next few weeks.

Jalysa Smith, our former lifeguard, is in the newspaper on March 13th - The article can be reached by the following link;

<http://www.montgomeryadvertiser.com/apps/pbcs.dll/article?AID=/20080313/NEWS01/803130332/1007>

No has commented on upcoming meets they would like to participate in. Please let me know so I can post them on the board at the pool and let the folks over at the Y know. That goes for you guys at the Y to let us know what meets you are interested in as well. There may be swimmers who would go if they know others are interested.

Yak-a-downer, we had a rate increase for folks swimming at ASU. Twice a week got raised to \$60 a quarter. That was only a \$5 hike per month.

I am looking into starting a lunch swim. I have approval from part of the ASU staff and I still have to go see Mr. Perry. This will be an uphill battle since someone got carried away with adding chlorine to the pool and almost got us banned from ASU.

Wendy is looking into adding our logo to a web site that we can order caps, suits, towels, mugs ... etc without having to order in bulk. This will mean we can go and look as a team at swimming events. You will be able to order individually, any product and put our logo on it. More on that in the very near future!

I will be working on a web site for the LMSC this spring. So hopefully we will have a better list of meets in our region.

Please verify your USMS cards, my typing and your handwriting are not the best in the world. In-other-words, what I interpret your scribble to be may not be correct. Please check.

Margaret & Andy will be leaving us in early summer. Andy has been given an assignment in Japan. This is great news for him, but bad news for us. In an effort to keep both the Y and morning workouts going, Andy & Margaret may be asking you to volunteer to do workouts. I hope you accept and take on this responsibility; everyone will very much appreciate your efforts. We are making this effort early so you can be assured we are thinking far enough in advance to make sure there is someone to lead those groups. If you have suggestions please feel free to pass them on to Andy & Margaret.

**With that said, let's have a spring party to wish them farewell. Please call me, Chris, at 334-322-3454 to help pull this together.**

Be well and swim fast - Coach Chris - CAMS – Central Alabama Master Swimmers