



Yak Attack



Oct 2006

Hey Y'all,

It's Yak-a-rama time. What a start to the fall swimming. It's not half over yet and I am wasted. So this Yak will be short and sweet. Well maybe not. ☺ lol

Has anyone seen the crew to fix the lane line? I heard it was just a figment of my imagination that it will get fixed. Let's hope that the school comes through. ☹ Sigh

Hey a Yak-out to Margaret – let us know what is happening over at the Bell "Y".

I am trying to get a clinic set up for us but I am having a hard time getting the swimmer to respond. I will give them a few more days to respond before I resort to violence....lol . Not to worry ,one will happen soon. I am thinking of having it Thanksgiving weekend – let me know if you think that is not a good time. BTW, the clinics are the best thing since sliced bread....

Welcome Mobile swimmers. There is a group of swimmers led by Ce Marshall in Mobile that asked to join our club this summer while we were at the Alabama Sports Festival. I said we are more than glad to have a sister club to tutor, guide and help with training and workouts. I am not sure of the total number of swimmers they will bring into the club but I think it is about seven. I am sure they will join us for some weekend swims in the near future. It is going to be great to have them at meets (relays).

The **NEW SWIM SESSION** from **5:30am to about 7:30am** (Mon, Wed, Fri) has been a big hit. Andy has been outstanding in his workouts and everyone is with the routine. We have a full pool most days. There are only 2 lanes that can be shared at this time. **NEED the lane line fixed.....**
You must call me if you are interested and plan to swim in the morning before showing up.

Good Luck Troy. Troy is going to be participating in one of Florida's premier Iron Man events this coming weekend. If you see him wish him the best, I will also say a prayer for you as well for a safe race. Go get'em Troy. BTW, he will have to swim over 4000 meters for this race as well as bike & run, amazing he can even get out of the water.

Be sure to give Wendy your yearly \$5.00 club fee. This money goes to supplies (flags, dry eraser board stuff and batteries ...etc...) and to keep the police happy with our parking in spots that sometimes we should not. Believe me, they let me know.

My Dad, Rod Powers will be coming to give the Red Cross CPR course at cost (\$8.50). Normally it would be \$25.00. He will give the course on October 28th starting at 8:00am. It will last approximately 3 hours. Wendy, Joe, Rebecca, Sharon and I will be in attendance. I believe Steve, Jenny and Troy also expressed a desire to come as well. Please give me a yes or no by the end of this week Oct 20th. I need a good head count so that he can get the course materials. **You are more than welcome to invite anyone else to join us for the course.** I just need a good head count by Friday. Everyone should know how to administer CPR. This live saving technique may one day help you at your office, home, pool...etc to rescue a client, loved one even a friend. Come join us.

Wendy has started her Montgomery Symphony Season and has invited one and all to come to any of her many concerts. They also have dress rehearsals for the economically challenged swimmer.

Below is a list of events coming up. You can get a more up-to-date listing by going to www.USMS.org calendar of events on their web page. If you see an event/meet that you like, speak up, there may be others who would like to go. If you don't know if you are really interested in competing these two meets will give you a good idea if meets are for you. One is a developmental meet (Collin Hills) and all that means is that there will be very few people going (Like very few). This would be a great place to start. Ask Tara if I don't tell you like it is about a meet. She learned this summer. Tara this will be a good one for you to start with. Then follow

up with a larger one, like the St Nick meet. **Let me know this week about Collin Hills because we need to get registrations out ASAP.** You can bring spouses/friends/partners/etc along as well & you do not have to stay over night for the Sunday portion of any meet. Sundays are always optional (except for the Auburn meet).

I have put links below to give you some idea of the locations for the meets mentioned above.

I will be placing an order with Keifer (spelling) swim apparel & equipment in the next two weeks. The club does not get charged shipping.

Ladies you can be more specific with your grab bag suits – they are usually a good price - I will need your type of back-straps you like, size and colors and brand.

Men's grab bag suits – I need size, color and brand– also a preference on the length of the side (2 inch, 3 or 4) in racers, or if you want jammers. If you would like drag suits like Andy & I wear please specify. Sports Authority has most styles (no drag suits) cheaper if they have them in stock.

Auburn Masters sent us this message:

Chris, our workout times are the same as posted on our website and at the USMS website (in case you misplace this message at some point).

Monday, Wednesday, Friday 11:30 a.m. to 1:00 p.m.
Tuesday, Thursday 6:00-7:15 p.m.
Sunday 2:00 - 3:30 p.m.

Swimmers need to pay \$2 to use the facility each visit; if you plan many visits you can also pay monthly. The fee varies depending on whether you are an AU alumnus or not. Check with the pool office or the lifeguard at the desk when you enter.

If you are going to workout with our Masters team, you need to be registered with USMS. There are lockers; bring own locks, towels, shampoo, etc.

We welcome visitors and have in past invited our 'sister' team in Montgomery to join us for stroke clinics which from time to time we organize.

Cheers

Conner

Upcoming Events

November 2006

2* *LMSC Meeting* – Conference
Call at 7pm. Call Ed Saltzman
for the conference call number.
5* *Collins Hill SCY* –
Developmental Meet - entry in
this newsletter

December 2006

1-3 Dixie Zone Championship SCM –
Cleveland, MS
9&10* *St Nicholas SCM Invitational* @
Mt View (entry enclosed)

January 2007

1-31 National Hour Swim Postal
Championships

24&25 Charlotte, NC SCY

February 2007

*4 Marist SCY

17*18 Dixie Zone SCY Championships:

Auburn, AL

?? Habersham SCY Developmental

Meet (tentative)

March 2007

10-11 Clearwater, FL SCY

17-18* St Patrick's Day SCY Invitational @

Dynamo

24&25 Baton Rouge, LA

Map - Collins Hill, Nov 5th

<http://www.google.com/maps?hl=en&q=Lawrenceville,+GA&ie=UTF8&z=10&ll=33.864714,-84.083862&spn=0.338672,1.065674&om=0>

Map - St Nick Meet, Dec 9th & 10th

<http://www.google.com/maps?hl=en&tab=wl&q=Mountain%20View%20Aquatic%20Center%20Marietta%20Ga>