

Manatee Masters Swimming

July 2008 Update

Combined Swimming and Brunch Picnic

Saturday, August 23

Holy Names Pool

Stay tuned for more details as the social committee gets the plan in place.

Message from the President

It is open water season again – a great excuse to get out and enjoy this beautiful California summer. So what if the water level in the lakes is a little lower than normal, making the standard swim courses a little longer (?) than in past years. And so what if there's a little (or a lot of?) smoke in the air? It's still exciting to get out there in the middle of the course and check out the scenery. (For the record, swimming at Holy Names the morning of June 16th doesn't count as an official open water event.)

Speaking of open water swimming, by now most of you know that this year we have suspended our own annual 2 x 1 open water relay. While that event was always a lot of fun, it was a difficult event to pull off for many reasons. This year, we've decided to retain the fun, but avoid the difficulties by organizing a whole new kind of summer get-together. On **August 23**, we'll have a combined swimming and brunch **picnic** event at Holy Names. Stay tuned for more details as the social committee gets the plan in place. Please mark your calendars now and join us on that day for some races, camaraderie, and good food.

Also mark your calendars early for our next holiday party. We've already got our date reserved for **January 10, 2009 at the Piedmont Memorial Veteran's Hall**. That date should give you all the chance to get back from holiday travels and join us

for a tiny bit of business, the pot-luck dinner, and dancing the night away.

Don't forget to calendar in some couch potato time later this summer for the Olympics (beginning 08.08.08). Among other feats of athletic prowess, you should expect to see some amazing swimming (including some great underwater footage). As I write this, on Day 2 of the Olympic Trials, swimmers have already broken three World Records. Watching how those really fast swimmers do it can help us all improve.

In conjunction with the Oakland Undercurrents swim team and with assistance from several of our other members, the Board of Directors has been investigating the possibility of building a new aquatics facility in Oakland. We've just started to explore what it might take to make this happen, and we realize that one important step along the way is to organize a task force of people interested in helping us do this exploration. If you would like to see a new pool facility in Oakland (one that we might potentially use for our own training!), contact me about joining the task force. It is still very early in the process, so now is your opportunity to get in on the ground floor of this exploratory effort.

That's it for now. See you all at the pool soon.

...Rebecca Perry

Coaches Corner

Hey Manatees,

Would you like a bit of insight into the inner workings of strokes, you know Back, Breast, Fly and Free? Would you be willing to spend 90 minutes deconstructing your favorite (or least favorite) stroke? Would you be willing to analyze your strokes from a postural perspective? If you answered YES emphatically to ALL of the previous questions then we've got what you're looking for, right here in the Vintage HNU tank.

On the last Saturday of each month we'll take 90 minutes from 10:30 to Noon to examine a stroke per session, with an eye toward improving your

understanding of the mechanics and physics of said stroke. We'll practice the mechanics, discuss the physics and with a bit of coaching alchemy we'll try to craft your stroke into a more productive swim experience.

So listen for announcements at the beginning of practice, and let Brian know that you're intending to attend, ASAP. Participation is limited to 12 swimmers per session.

Next up is the Basics of the Backstroke, July 26, 2008 @ 10:30 AM.

Don't miss it.

...Coach Brian

YOU ARE WHAT YOU EAT

Zucchini "No-Bean" Hummus

Adapted from a recipe from Living Light International. This hummus tastes extremely authentic, and is a way to use excess zucchini from the garden. For more recipes, check out www.rawbayarea.com

- 1 medium zucchini, peeled and chopped (½ cup packed)
- 3 Tablespoons lemon juice
- 3 Tablespoons olive oil, preferably Holy Land Olive Oil
- 2 – 3 cloves garlic
- 1 teaspoon paprika
- 1 teaspoon salt
- ¼ teaspoon ground cumin, optional
- Pinch of cayenne
- 6 Tablespoons Raw Tahini
- 6 Tablespoons brown sesame seeds, soaked 4 hours, rinsed and drained.

Combine all the ingredients in a high-powered blender, except for the sesame seeds and tahini. Blend until smooth.

Add the sesame seeds and blend until perfectly smooth and creamy.

Add the tahini and blend again.

Serve as a dip with vegetable pieces or crackers. The authentic way to serve hummus is to serve it in a round dish with lots of olive oil drizzled on top. Store any leftovers in a sealed glass jar, in the refrigerator, for 4 – 7 days.

...Heather Haxo Phillips

MAM Merchandise Online and Caps

We have a website set up for you to order suits, parkas and other wearables! Our anchor color is blue so that common thread is woven throughout the selections. For any of the 12 suits available, you will receive a deep discount (shown on website) when you order from our team color selections. For the MAM logo to be embroidered on the suit that you choose, make sure you check the appropriate box when you order, otherwise the suit will arrive undecorated. The parka is navy on the outside with a columbia blue pile lining on the inside. Our default set-up is MANATEES in tackle twill letters on the back. You will also have the option to add your name on the front and/or the MAM logo. A Speedo swim backpack is also shown and can be customized as well. Other items such as sweats, fleeces, etc. may be available upon request with team decoration and personalization and you can find out more by calling customer service at 800.543.2763. As a courtesy, you will also receive a 20% discount on all other merchandise purchased through the web store with the exception of sale items. To access the web store go to www.kastawayswimwear.com

Click on TEAMS in the upper right hand corner

Login: MAM946

Password: MANATEE

Everyone will utilize the same login and password but each order is completed individually so your contact and credit card information will not be retained permanently. For the record, the Manatees are not profiting from the sale of any merchandise through Kast-Away.

Caps with the MAM logo printed on both sides and the option to personalize with your name have to be ordered in bulk. If you have any questions or need clarifications, please don't hesitate to contact me!

...Shannon Pedder

Where to find the help you need

Manatee Aquatic Masters
PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>

Pool location: Holy Names University
3500 Mountain Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach –brianstack@sbcglobal.net

Andy Brown	Gyasi Coles
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
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Information Hotline (510) 273-9093

...Annmarie Hallin, Editor