

SAC MASTERS

February 2010 Newsletter

Natomas News

PM Coaching Schedule

M Mark

T Andy

W Stephanie / Vance

Th Kim

F Andy

AM Coaching Schedule

MWF Rick

T Kaira

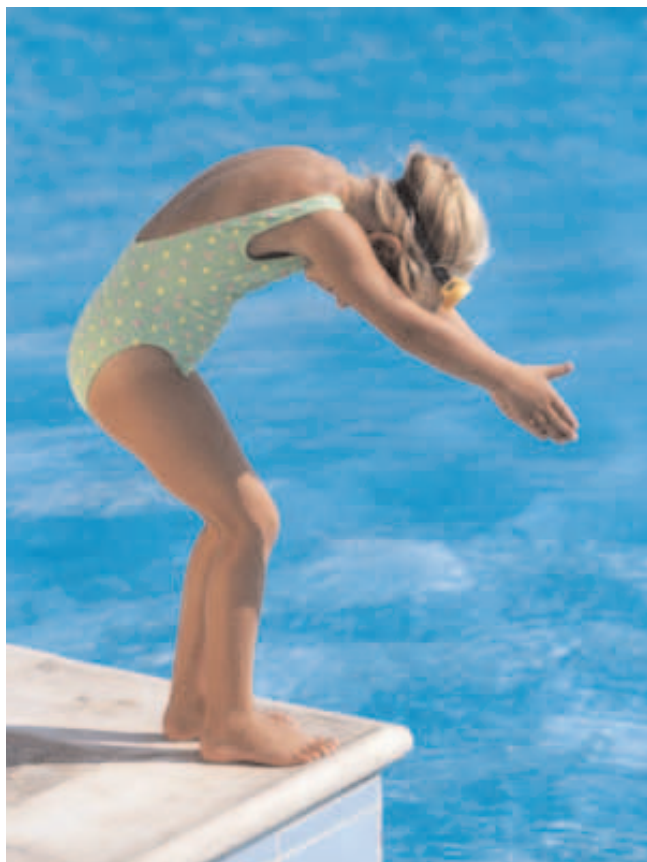
Sat Mark

Saturday February 20th is Randy Burton's very special 60th birthday celebration practice!

Swim Workout 8:30 am

Cupcakes and Patron 10:00 AM

**FEBRUARY IS
"IM" MONTH**



Baby Shower & All Swim

Saturday Feb. 13th is our annual New Year all swim at Natomas Racquet Club. We will be swimming the workout at 8:35 am - 10:15 and Baby Shower for Danielle Read and Danielle Christy afterward. Please come help us celebrate the soon-to-be newest members of our Swim Family. Danielle Read is expecting a ? in March and Danielle Christy is expecting a girl in June.

Breakfast will be provided.

Gifts: If you would like to participate in the swim team gift, please give money to Kaira, Johanna, or Molly by 2/11 and we will get something on behalf of the team. Both moms are registered at Goore's and Babies-R-Us.

USMS Registration

Its registration time again! The team really need to have a strong turnout from the membership. Support the team by registering for 2010 and then you will be ready to swim at meets. You can choose to sign up only for Sac Masters if you don't plan on going to any swim meets (\$10), Sac Masters plus the PMS/USMS registration (\$50) or just the PMS/USMS registration (\$40) SWIM magazine is offered with the USMS/PMS registration. please e-mail andy for information at andybrenan@mac.com

Custom Team Swimsuits

This year the swim suit committee decided to keep the Speedo Axcel team Splice in black and purple color scheme. You can check it out at www.speedo.com and see for yourself. Note the member's discount price.

The price includes the suit, tax, swim cap and our extremely cool SAC logo on the suit.

Prices: Female Maxback - (size 26 - 40)
\$45 members / \$60 non-members
Male Jammer - (size 22 - 38)
\$27 members / \$37 non-members
Male Racer - (size 22 - 38)
\$22 members / \$32 non-members

Make the check payable to
Sacramento Masters swimming
P.O. Box 188205
Sacramento, CA 95818
You can also call or email Andy to order.

Records Fall at Pentathlon

Big News for SacMaster - our team made swimming world magazine's January 2010 edition: "Records fall in California meet" and it talks about our little pentathlon swim meet and the 3 world records that were broken. How exciting is that?!!!

USF Valentine Affair & SAC 200 FLY Challenge

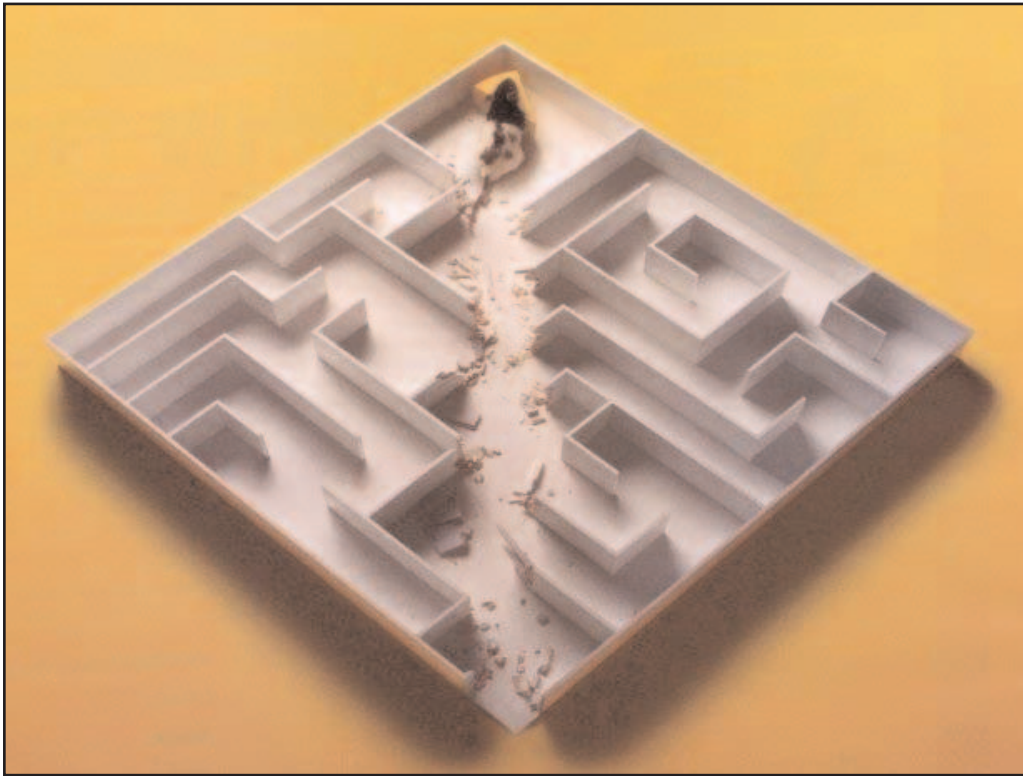
The Valentines Meet on Feb. 6th in San Francisco is the second most attended meet (behind the Pentathlon) for our team. This year we will try to load up the first one or two heats for our SAC 200 FLY Challenge. With no entered time, you will be placed in the early heats. That way we can really make it an all-SAC event. I hope we get a big turnout for the meet so we can cheer on the challengers.

If you are planning on going, the pre-entry deadline was Jan. 27th although you can still register online until Feb. 3th or deck enter on the day the meet. More information is in the Swimmer magazine or on the Pacific Masters Swimming web site.

After the swim meet, we usually try to get a bunch of people to go out for dinner before heading home. Hope to see you there!



SWIM 'CAP'TION CONTEST



SORRY...BUT I WAS PECKISH !

"Sometimes breaking all of the rules does pay"

and the winning caption is from our fearless and very funny captain...

When pregnant Minnie smells food, she doesn't give a crap about following the rules.