

# ORINDA AQUATICS MASTERS – NEWSY BITS AND BITS OF NEWS FROM COACH TIFFANY

**One Hour Postal Swim** – We do not have access to the pool this weekend to do two heats of a one hour swim. I am requesting Feb 1 for a date. I will keep you posted. If we do this, we will swim two heats, with one group counting and taking splits for the other, and then trade places. If only a few of you wish to officially submit results, we can probably do this any day, and just have Jose (and his son) do some counting. Please let me know if you wish to OFFICIALLY submit your ONE HOUR POSTAL via email, [tforbes267@gmail.com](mailto:tforbes267@gmail.com).

**FitQuest 2014** -- has begun. You can download a form from the OA website, or ask Tiffany for a form at the pool. We should all be tracking our fitness.

**Swim Meets** – Get ready to rock the blocks! Let's have some faces show at the local PMS meets this year. During the next few months, training will be geared more toward racing, and race readiness. If you have any interest in racing, please let Tiffany know what events you plan to target, and at what level (local, state, or national). All meet information can be found at the PMS website at <http://www.pacificmasters.org/comp/schd.html>. Some dates to make on your calendars →

Sunday, February 9	2014 Valentine's Affair (Koret Swim Center, USF)	Tiffany not able to attend
Sunday, February 23	The City Mile (City College of San Fran)	that's all it is. No Tiffany.
<b>Sunday, March 2</b>	<b>OCC/OA/Oakwood Tri Meet</b> (Orinda Country Club – not sanctioned)	<b>WE SHOULD ALL GO TO THIS!</b>
Sunday, March 9	Cal Aquatics Masters Meet (Spieker Aquatics Complex, Cal)	Another great one to attend!
Saturday, March 15	Rinconada Masters Spring Meet (Rinconda pool in Palo Alto)	1650 fly any one?
Fri-Sun, Mar 28-30	Pac Masters SCY Champs (Pleasanton)	We should send a good group
Thurs-Sun, May 1-4	USMS Masters SCY Nationals (George Haines Swim Center, Santa Clara)	WE should send a good group



**Open Water Swim Season and the month of JUNE** – There are some open water events I'd love to see us attend as a group. And, to help prepare us all, I plan to increase the yardage a bit during June, and possibly try to secure a group open water swim excursion or two, whether easy and local at Lakes Temescal or Anza (though I hear they are not pristine), or trekking to Lakes Berryessa or Del Valle. Ideas are welcome. Some events I'd like to see us attend as a group would include the following (again, more details on the PMS website) →

June 7	Lake Berryessa (USMS 1 mile open water championships for 2014)
July 19 or 26	Trans Tahoe Relay (teams of 6)
Aug 2 & 3	Santa Cruz swims
Aug 16	Donner Lake
Labor Day Weekend, Maui Channel Swim -- 6 person relay Saturday; 2.4 mile swim Monday	
Sept/Oct	The Tiburon Mile

**Goals for 2014** – I will share mine with you. I'd like you to share yours with me, as well. My goals for OA for 2014 are to get the numbers over 100 members, and to have every swimmer swim every race distance/event offered at some point throughout the season (**2014 Check-Off Challenge**). The events could be done in a meet, or through practices designed to offer the opportunity to do so. Anyone swimming for a time (need not be official, but witnessed by Tiffany), each of the following events at any time this year, will receive a cool t-shirt at the end of the year. Events include 50, 100, 200, of all strokes; 100, 200, and 400 IM; 500, 1000, and 1650 freestyles. I will create a form you can use to track your swims. It's okay to swim an event more than once, too.

**Puerto Rico Swim Camp** -- March 22-29. I know this does not fit well into the Spring Break schedule out here, but it would be a great trip, if you are able to go. The \$2100 includes a flight out of Denver. I will be a coach at the camp. For a preview of what you could see visit <http://www.youtube.com/watch?v=2Aab-ib-Ck8&sns=em>. If the timing works, it could be a great time to visit a tropical island and a different culture. If you have interest in going, please let me know as soon as possible.

Thanks for having me as your coach. You are a great group of swimmers, and I enjoy starting each and every day off with you. Now, if I can get a new stomach for cheap, I'll be good to go!

Speaking of my stomach and recovery... I'll be spending Feb 8 – Mar 8 in Colorado, working on healing and spending time with my boyfriend, who's going nuts that I live out here, and love it. Workouts will be covered during that time, so fret not! I plan to attend the March 9 CAL Masters meet, and return to workouts on Monday, March 10. A new Swimming 101 class will begin after Spring Break, and last for two months (8 weeks). Tell your friends!

On a final note, anyone aware of a living situation for a single gal (dog may stay in Colorado) starting in March, let me know. My place will be undergoing a remodel starting very soon.

Thanks!  
Coach Tiffany