



## Member NEWS

Congratulations to all SAWS swimmers who competed at the April Pools meet sponsored by Nampa Swim Team on April 1-2. It was a well-run meet; swimmers challenged their personal best and readied themselves for Nationals in Riverside! Competing were: Jim Clemmons, Floyd Fisk, Blossom Johnston, Jane Wright and Jill Wright.

Many of the same swimmers competed the following weekend in Seattle at the Pac NW Regional Championships. Congratulations to Jim Clemmons, Oliver Cleaver, and daughter, Christina Hoitt, who all turned in some great swims!

Jim & Christine Clemmons are welcome additions to the SAWS Team having recently relocated to Boise (Friday after Thanksgiving) from California where they were active members of Manatee Aquatic Masters Inc (MAM) in Oakland. Jim says that he is enjoying his new teammates, coaches and the camaraderie here in Boise. He is looking forward to participating in swim meets this season with his new teammates after a 6 month hiatus from competition. He is off to a great start already!

Sixteen SAWS members are signed up for USMS Nationals being held in Riverside, CA April 27-30. We wish them the best and look forward to seeing the results.

## Triathlete's Corner:

Several Sawtooth Masters at the YMCA athletes participated in early season triathlons. Erin Green, racing in the Pro Division, was 14<sup>th</sup> at Ironman Oceanside 70.3 in San Diego. In her first triathlon, Petra Hartmanova was 4<sup>th</sup> in her Age Group at the SuperSEAL triathlon in San Diego. Sam Kristensen, also racing at the Oceanside 70.3, was 9<sup>th</sup> in his Age Group and had a PR in the run.

Athletes competing in the YMCA Spring Sprint here in Boise this past weekend, April 8, include Donald Anderson, Sarah Barber, Yumiko Luke, Rick McQuet, and Jane Wright. YMCA Coach McQuet finished first overall with an impressive swim time of 8:31, Sara and Jane finished 1<sup>st</sup> in their age category. Yumiko finished 3<sup>rd</sup> in her age category and Donald 14<sup>th</sup>.

## SAWS Website - [sawtoothmasters.org](http://sawtoothmasters.org):

"Go live" were exciting words for those of us working on the new SAWS website that launched March 23, 2017. We appreciate the teamwork from our web development company, thedriven.net. They worked hard and continue to strive to meet our swimmer's list of "wants and needs".

Registration is FREE to USMS/SAWS members. If you haven't logged in to register, please do so. Your comments and suggestions regarding the site are appreciated. USMS/SAWS members were sent temporary login information via email from [sawsassoc@gmail.com](mailto:sawsassoc@gmail.com) on March 23. If you are having difficulty with the login process, please email contact us or follow the online instructions.

The new web platform provides the following:

- SAWS event sign-ups
- Notice of current events, activities and news
- YMCA swim calendar and practice times

- Coach information/bios
- Contact Information
- Ability to track your races
- Team photos
- FAQs
- Links to social media and partner sites

## Board Meeting Update

Bylaws were proposed and adopted at the March 25, 2017 Board meeting. The bylaws can be found on the website under About/Board/Bylaws. Caroline DeFrang, Board Secretary, was our chief editor of the bylaws and we are grateful for her dedication and perseverance in bringing this very important document to completion.

Other points of discussion were as follows:

- Financial Report by Jim Byrne
- SAWS Open Water Swim Series; Quinn's Pond, Broadside Harbor and Horsethief Reservoir
- Inventory of club assets

Board Minutes are available upon request; email [sawsassoc@gmail.com](mailto:sawsassoc@gmail.com). Members can contact any Board member to add an item to the agenda and are welcome at the meetings. The next scheduled Board meeting is Tuesday, May 2<sup>nd</sup>. The agenda will be posted on the [sawtoothmasters.org](http://sawtoothmasters.org) website one week prior to the meeting.

## Financial Report:

Jim Byrne, SAWS Treasurer, provided a financial report at the social event held at the Barrelhouse March 23, 2017. **Jill Wright and Paula Moores** were recognized for their extraordinary effort for revenue generated by SAWS sponsoring the 3000/6000 ePostal. This effort took hundreds of hours; registration, organization, communication, reporting results and sending out rewards. Results were as follows:

▶ Revenue	\$14,426
▶ Expenses	<u>(\$6,431)</u>
▶ <b>NET PROFIT</b>	<b>\$7,994</b>

## Sawtooth Masters Swimming Balances

▶ Checking	
▶ Sept 2015	\$ 400
▶ March 23, 2017	<b>\$1,100</b>
▶ Savings	
▶ Savings 2015	\$4,000
▶ March 23, 2017	<b>\$11,363</b>

Jim pointed out that the Club's budget for 2017 is projected to be negative, **-\$1,735** and that the funds from the epostal are necessary to fund ongoing Club efforts to serve its members and promote its mission.

## News:

The Downtown pool will be closed for maintenance August 8-18. Please join us at the West Y practices during this downtime.

## Member Q & A:

Posed this month to Robert Strand: How do you prepare to compete on Race Day?

Great Question-- so much preparation goes into the swim training we do day-in and day-out, but it is critical to focus on how to approach the actual Race Day in order to maximize performance. Day of the competition consider:

- Arrive early at the pool and check-in if so required.
- Inspect physical lay-out of pool (depth, flags, starting blocks, single or concurrent pools).
- Check heat sheets and write down heats/lane assignments and note timeline.
- Observe Officials and the Starter--note starter's timing, cadence & volume.
- Do the warm-up that works best for you--does not need to be lots of yardage, could incorporate sprints/breath-holders--do what you know works for you.
- Before your race, approach your block area 3-4 heats before you swim, and secure your cap & goggles at least 1 heat before your race. Continue to listen to the start commands.
- Focus on your upcoming race. Don't be reluctant to tell your chatty friends that you need time to focus--you will catch up with them after the race.
- As prior heat leaves, adjust the starting block to your requirements.
- Once the first whistle blows, get up on the blocks and get settled. Know the procedure, don't be looking around at other swimmers for cues. Be focused and confident. Enjoy the win!

## Contact Us:

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