

### **Recent & In-Progress Events**

- USMS Check-Off Challenge (Jan 1- Dec 31)
- USMS Go The Distance (Jan 1- Dec 31)
- USMS Postal 1650 (Jan 1 – Feb 28)
- USMS February Fitness Challenge (Feb 1- Feb 29)
- “NSAC” Meet at Chippewa Middle School, Sat March 12

### **Upcoming Events**

- “Adult Learn to Swim Month” swim lessons, Minnetonka, April
- “State Meet” at University of St. Thomas, Sat April 9 & Sun April 10
- Group Workout, location TBD, Saturday April 23
- USMS Spring Nationals, Greensboro, NC, Thur April 28 through Sun May 1
- USMS 5K / 10K Postal Championships (May 15 – September 15)

### **What’s Happening in MN Masters**

- During March, we held instructor training for Adult-Learn-to-Swim as part of our preparation for our lessons in conjunction with USMS’ national April effort. We had about 15 MN Masters volunteers attend to learn how to teach adults who may be fearful or inexperienced in the water. It was interesting to learn how to teach things like “transition from horizontal (floating) to standing up”; those of us who have been swimming for years just instinctively do that, and aren’t conscious of what we’re doing or how to describe it to someone who doesn’t know how to do it. [the way to describe the action is: “1) pull your knees to your chest, 2) push down with your hands while 3) lifting your head”]. If you know someone who is afraid of the water or has simply never learned to swim, have them sign up for our April lessons in Minnetonka!
- One of the reasons we are always looking for more volunteers to help run our organization is so that we can be prepared when life throws us a curve. During May, we had a couple key volunteer changes and had to make adjustments to keep things moving forward smoothly on our Board of Directors. Dave Kough became Board Treasurer, which created an opening for Board Secretary, which was filled by Carrie Stolar. We also had some changes in the Open Water Committee and are glad to welcome Hannah Cohen to the leadership of that committee. If you are interested in volunteering at any level, contact Karen at [chair@minnesotamasters.com](mailto:chair@minnesotamasters.com).

### **Record Breakers**

#### **Records set at the NSAC State Tune Up Meet at Chippewa Middle School - March 12, 2016**

- **INDIVIDUAL - 2**
  - Melissa K Paakh (W18-24) – 50 Fly, 100 Fly
  - Marc S Anderson (M65-69) – 400 IM
- **RELAYS - 2**
  - Men 55+ 400 Free Relay – B Gilman, B Holthus, J Kochendorfer, B Paakh (Minnesota)
  - Men 55+ 400 Medley Relay – B Holthus, J Kochendorfer, D Smith, B Paakh (Minnesota)