

Narwhal News

Mesa Aquatics Club Masters March, 2010

"Happy Year of the Narwhal."

With the Chinese New Year coming up I declare this the year of the Narwhal. Those born in the year of Narwhal are confident yet not arrogant, competent yet not boastful, helpful to those in need yet not pushy, slightly underweight yet amazingly strong, very bright yet humble, they mix well with monkeys and chickens. They should avoid spending time with polar bears and sharks.

~ Laura's Brother

East Valley Invitational

We're in the East Valley, and this is officially your invitation!!! Yep! We're hosting another meet!!! Right here! At Kino! Our home turf! Our stomping grounds!!! Saturday, March 13th. Triathletes: because we have a soft spot in our hearts for you, we included the Mile and the 1000 into the schedule of events. Yes, just for YOU! You can wear the prettiest Speedo you own, but wetsuits will not be allowed. In fact, if you DO show up in it, we will physically strip it from your body. Non-Triathletes: we are also including every event under the sun into the format!!! Check out all the details on our website, then sign up to swim!!! If you have any questions at all about entering the meet, any of the coaches will be happy to answer them for you! GO NARWHALS!!!!

Lady Narwhals Rock

May 8th is the SheRox triathlon, an all women's sprint distance tri, designed for everyone from the first timer to the expert. Here is your chance to put all the hard work and training to the race test. If you have never

done a tri, there is no better first race because the Narwhals and Lemon Divas are participating in a BIG way and you need to be involved.

Are you a Lemon Diva?—A group of woman who live with the spirit of style, grace and adventure, who go for it with friends and celebrate the success! If you are a MAC Narwhal, chances are you are a Lemon Diva. To be a Lemon Diva there is nothing to buy and no fees to pay; it is all about attitude and enjoying being fit with friends. To be a Lemon Diva all you do is sign-up for the weekly email, and start enjoying the advantage of membership.

Why be a Lemon Diva?

1. Everything is Free
2. Weekly Fitness Training with a Coach
3. Weekly Yoga
4. A triathlon training schedule designed just for us
5. Discount registration for SheRox
6. Organized, bike rides, runs and more

For more details, to sign-up for weekly updates and to get the secret discount code to the SheRox (the one only the Lemon Divas have) visit www.lemondivas.com.

Sending Out Positive Thoughts.....

Coach Mike will be competing in the New Zealand Ironman on March 6th in Taupo, New Zealand! Mike, you are being backed by all the Narwhals, and we're sending you our very BEST!!!! Go get 'em, Champ!!! PS If you do this again next year, can we all fly over there and cheer for you in person?!?!?

SAVE THE NARWHALS

Although each of your coaches has current CPR/First Aide certifications, we strongly encourage each and every one of you to obtain this for yourselves. Why? Here are some bullet points:

1. Excessive use of ink in tattoos can lead to drowning.
2. Pastry-laden swimmers are more prone to buoyancy issues.
3. Triathletes freaking out during hypoxic sets and hyperventilating may be in need of medical attention.
4. Jack's 30 lbs. fins may pull him to the bottom of the lane.
5. Kent Nicholas and John Giles might have unexpected clients showing up to collect debt in a school zone.
6. Shelley having a heart attack from no warm up and going straight into the main set.
7. April may eventually get heat stroke from over-exposure to sitting under the heat lamp during workout.

So. Please help us help you. Get a physical. See a doctor. Make sure you know your physical exertion limitations. Get CPR/First Aide Certified. If you have any questions, feel free to talk to Paul. (We are trying to be very proactive, as none of us are looking forward to giving Nate mouth-to-mouth.)

MINI KEG/MAXI POTLUCK

Eat, drink, and be merry...at Doug's house! A fellow Narwahl is opening his house for an unofficial team potluck on Saturday March 6th. The festivities will begin at 6pm and go until whenever. Bring a dish to share, Doug will provide the beer (in 5L mini kegs!) and the venue while you provide something good to eat along with your company. If you have a camp or folding chair, bring it too. The grill will be available if you want to cook some flesh over the flames.

The address is 1032 N. Alvaro (85205) which is just over six miles due east of Kino Aquatics Center. The venue is located in the Alta Mesa development on the southeast

corner of Brown and Higley. Go mapquest the address and you will find it easy to get there.

If you plan on attending, RSVP before March 5th by emailing Doug at

http://www.evite.com/app/publicUrl/NYYQMJFQWNOT_GZBCAHXM/minikeger. That way he can decide how

many mini kegs to get! Let him know what you are bringing to share too so we don't have too many dishes of the same kind. Should be a good time to hang with your fellow Narwhals!

Bring a chair and a dish to share! -Doug-

CRIME ALERT

Last week during a noon workout, someone stole Laura's underwater camera for their own personal use. The fingerprints were diluted by the water and chlorine, but the images on the camera were left behind as evidence. If any of the following felons look familiar, please report to Officer Stokes. We will be punishing to the full extent of the law, and will ensure that this never happens again.



ENDING NOTE...It's been another phenomenal month for Mesa Aquatics Club Masters, and we thank you all for it! We're seeing so many improvements in times and technique, and so many relationships being forged. It's good to be a Narwahl.