



ENSW Masters Team Newsletter - Dec 31, 2018

Team News

Happy New Year's Eve!

The past few months have flown by! Highlights from November and December include a number of our swimmers participating in the Sprinting Turkey Invitational at the Centennial Sportsplex, completing the USMS Fall Fitness Challenge (a 1650/1mile swim straight) that we hosted during practice, and eating lots of yummy food at our always-fun annual team holiday party earlier this month. *Best wishes to all of you for a wonderful, happy, and fun 2019!*

Time to renew your USMS membership! *Many of you have already done so, but if not, you need to register for 2019 ASAP.* Two issues to note:

1. In order to swim in any of our ENSW practices, you MUST BE REGISTERED AS A CURRENT USMS MEMBER. You will not be allowed to practice with the team until you renew, as USMS membership is required for liability reasons.
2. There are special gear discounts offered if you register by today (Dec. 31st)! These discounts are up to 40% off and last until January 15.

Congrats to Teammate Krysten Call on the birth of Sylvia Charlotte Call! Born Nov. 27th, Sylvia weighed 7lbs, 9oz, and was 19" long. See her adorable pic at the bottom of the newsletter.

Practice Information

*Tomorrow is the last day of holiday changes.
Regular schedule begins again on
Wednesday.*

- Tues, 1/1/19: **8:00-9:30am**
- Wed, 1/2/19:
Regular Schedule Resumes

ENSW Regular Practice Schedule:

Monday	Tuesday	Wednesday
5:45am to 7:00am	5:45am to 7:00am	5:45am to 7:00am
8:15am to 9:30am		8:15am to 9:30am
	7:30pm to 8:45pm	
Thursday	Friday	Saturday
5:45am to 7:00am	5:45am to 7:00am	6:30am to 7:45am
	8:15am to 9:30am	

Upcoming Events *(click on name for link to info)*

- **400 Kick for Time**, THIS SATURDAY, January 5th, during practice (or during another practice by Jan. 10). Coach Chris has kept the times from last year to compare to this year's results. Check out the link to read

more about the event.

- **2019 Barbara Stevens Memorial Masters Swim Meet**, January 13, 2019, Bowling Green, KY. We usually have a good-sized group participate at the WKU pool; this year it will be held at the Bowling Green HS pool. Let me know if you plan to attend, so we can set up carpools.
 - **2019 USMS 1-Hour EPostal National Championship**, to be completed between Jan 1 and Feb 28, 2019..... *Will take place at our pool during our regular practice time on Saturday, January 19th (or during another practice if you are unable to be there on the 19th).*
 - **5th Annual SCY Sewanee Invitational**, March 9, 2019, Sewanee, TN. Always a fun meet!
 - **2019 USMS SCY Spring National Championships**, Mesa, AZ. We have already reserved a block of rooms at the meet hotel, so let Coach Chris know if you plan to attend!
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Team Holiday Party!

Many Thank Yous to Go Around...

A great time was had by all at our annual team potluck/dirty santa gathering. Thank you to **Kent and Donna Adams** for such wonderful hospitality at their beautiful home(as well as for their offer to host a summer team party which will utilize their fabulous back patio and pool)! Thank you to the party planners (**Sue Salberg, Leslie Ruder, Elizabeth Heaston, Carlos Aro, Kent, and Donna**) who made sure there would be enough food for all attendees. Thank you to **everyone who attended**; it was so great convening "with clothes on" and

socializing over delicious food items brought by all. Plus, the Dirty Santa game, although a bit long, was quite entertaining! And, finally, **from the coaches, a huge THANK YOU for the thoughtful and generous holiday gifts** to which all of you contributed. We are grateful, not only for our gifts, but for your support and enthusiasm for Ensworth Aquatics Masters. Some Dirty Santa pics below.





Sprinting Turkey Meet

Below, **Matt Songer** cranking out his freestyle race; **Coaches Mary and Jack, Mark Quarles, Adam Jackson, and Adam Lowe** hanging out between races; **Jack** watching our swimmers' perfect technique! Not shown, but kudos to **Andy Patton** for swimming in his first-ever masters swim meet and to **Wes Stoddard** for crushing the competition in all of his races.



Random Fun Pics

Below: Sylvia Charlotte Call; Swimmers considering holding practice in the parking lot;

2nd Row: ENSW swimmers support the Predators!!



Ensworth Aquatics

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