



We Miss Our Masters!!!!

Boy oh boy, do we miss you guys! Seriously!!! We are getting updates from the City of Mesa, but as of now, we have no definite date for the facilities to reopen. We will constantly keep you posted. Meanwhile, we hope you are safe, healthy, and spending quality time with your family.

Going Forward.....

In preparation to get back into the pool, we thought we'd be proactive and pre-assign lanes for the first week of workouts.

Lanes 1 - 2 will be reserved for those of you who have had to Homeschool your children. Alcohol will be permitted in these lanes, and you will not be required to speak in full sentences.

Lanes 3 - 4 are dedicated to swimmers who discovered that they are absolutely NOT land animals and have gained a minimum of 10 pounds during the pool closures.

Lanes 5 - 6 will welcome swimmers who participated in dryland activities. Advil will be made available to each of you.

Lanes 7 - 8 will host the swimmers that the rest of us despise who are coming back to the pool in even better shape than when you left it. You will be relentlessly mocked, and given the 'stink eye' by your peers. The coaches will allow this behavior.

We Want To Know What You're Up To!!!

Some of you are highly creative creatures, and the rest of us want to know what you're doing!!! If you have any funny, informative, embarrassing or insightful messages with pictures, please post them on our Facebook page (Mesa Aquatics Club - Masters which is accessible by swimmers throughout the state, or Narwhal 007 which is a member only page) or send them to me (Laura@mesaswims.com) and I will distribute it to those Narwhals who

are not on Facebook! Have some fun with this! Show us what you've got!!! Get a little crazy!!!! I'll even go first! Paul and I are now the proud owners of Fly Guns. Yep, plastic guns that shoot salt at flies, killing them on impact. Turn on the laser, spot your target,



shoot!!! For the animal activists in the crowd, fear not! Our loyal canines follow us and devour the salted flies upon their journey to another dimension, so no fly goes to waste. **Okay....who's next!**

TOP 5 THINGS SWIMMERS NEVER NEEDED TO WORRY ABOUT PRE-COVID19

1. Washing your hands. Chlorine kills everything, right? Not only have I never seen a swimmer wash their hands before getting in the pool, I also know that

100% of our Team ignores the “Please Shower Before Entering the Pool” rule that is posted at each facility!

2. Touching your Face. If at any time you are touching your face while you are swimming, then I can assure you, you are doing the stroke completely wrong. Please ask your coach to give you advice on technique.
3. Social Distancing. Every swimmer knows that the best way to lose friends is to leave early on your interval and shamelessly draft off the person in front of you!!! Back off, baby! Back off!!!
4. Stay At Home. As I look through our Attendance Records I realize that some of you are better at this than others....but the majority of the MAC Masters would rather die than miss a workout. I know it's hard to stay at home right now, but it's for the good of the human race, so we thank you for your patience!!!
5. No Hoarding. Although most of you only bring a minimal amount of gear to workout, we all know those swimmers who hoard the deck space above their lane with 8 pairs of paddles, 3 sets of fins, 2 snorkels, a variety of spare goggles and 4 hydroflasks filled with various recovery drinks....all for a one hour workout!

Go Make the Best of Your Day!!!

We SINCERELY look forward to seeing you again soon!