

are you?!?!” Yep, you get a satisfaction, a revenge, from watching your Coach battle inclement weather. You’re passive aggressive in allowing Mother Nature to get your payback on us! We’re cool with that....

“What about lightning?” Okay, now the ball is in the Coaches’ court!!! The first bolt we’ll completely ignore and pretend that we didn’t see anything. The second strike, we’ll acknowledge that we see the lightning, but it really isn’t a concern. (If it’s Monsoon Season, we will most likely try to convince you that it’s just “heat lightning, and can’t really strike the ground”....although I don’t think there is actually a thing called ‘heat lightning’. My coach used it on me, so I’m passing it on down to you all!) Bolt #3 we’ll casually say, “that’s not even CLOSE to 10 miles from here. Keep swimming”. On bolt number four, after successfully regaining power over you ornery swimmers, we’ll scream at the top of our lungs, “OH MY GOSH! LIGHTING!!!! EVERYBODY CLEAR THE DECK **NOW!!!!!!**” It’s hilarious to watch you scramble around the deck trying to scoop up all your belongings in a panic-stricken state while making a mad dash to find shelter!!!

On a serious note: the only time we will cancel a workout due to rain, is if the driving conditions put you in a dangerous situation. We will cancel a workout if the lightning is close, and Maricopa County mandates that for every strike we see within 10 miles of the pool, we’re out of the water for 30 minutes. Often times, we will already be at the pool when the lightning starts, and will have to make the decision to cancel the workout spontaneously. If you feel like that would be frustrating, use your own judgement and don’t come if you think we might not be able to swim. Our main focus is to keep you safe. If that means having to cancel a workout, it’s worth it!



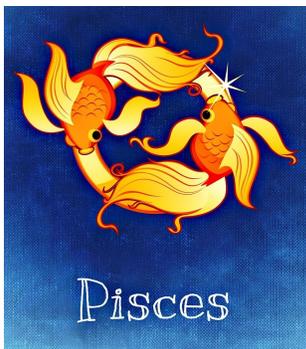
Something to Look Forward to...

We are being optimistic, and are planning on hosting the Annual Jamina Winston Memorial Invitational on September 25 and 26th at Kino. As enthusiastic as we are about this event, it reminds us that to run meets, we need Officials and volunteers (Officials and volunteers just so happen to be the COOLEST humans in the universe!). We’ll be sending more information out about the specifics of these positions, but trust me...you’re DEFINITELY going to want to be one of the people who make meets run smoothly. In the meantime, if you have any interest in becoming an Official, let us know!!!

IT'S ON THE WEBSITE!

www.mesamasters.com

We are diligently updating our website anytime new events, meets, or topics of interest come up! Please check it regularly for information! Currently, USMS is in the midst of their 1 Hour ePostal National Championship. If you would like to compete, please read the information on the site, and check with your coach to be sure that there is enough room in the workout to give you a lane. Remember: you will need your own counter/timer for this event, so be extra nice to your spouse leading up to the swim!!! We also send out information on Facebook, Instagram, Twitter and in never-ending streams of emails!



Happy Birthday to you!

Celebrating February's Aquarius and Pisces Narwhals!!! Your entire team wishes you all the very best on your special day! Sandy Clubb, Sara Dunn, Samantha Sheeley, Donna



Watt, Tory Adair, Bill Passey, Becky Larson, Tari McCabe, and Ceci Cummins....HAPPY BIRTHDAY!!!!!!

Pisces is the twelfth sign of the zodiac, and it is also the final sign in the zodiacal cycle. Hence, this sign brings together many of the characteristics of the eleven signs that have come before it. Pisces, however, are happiest keeping many of these qualities under wraps. These folks are selfless, spiritual, and very focused on their inner journey.

They also place great weight on what they are feeling. Yes, feelings define the Pisces zodiac sign, and it's not uncommon for them to feel their own burdens (and joys) as well as those of others. The intuition of the Pisces-born is highly evolved. Many people associate Pisces with dreams and secrets, and it's a fair association, since those born under this sign feel comfortable in an illusory world.

Aquarius are the free spirit of the zodiac. They are incredibly independent personalities and don't believe that they have to play by society's rules or impress anyone. People born under this sign know what they like and what they think is good, and they will happily follow their own instincts. They spend a lot of time in their own heads and don't tend to listen to other people. Their ideas are the best anyway, so no need to pay too much attention. Their personality traits mean that they tend to idealize the simple life that isn't dominated by technology or the bureaucracy of modern society. Aquarius like the idea of living off the grid and being a little self-sufficient in some way. They also like the idea of being free. They tend to avoid anything that they feel ties them down or inhibits their freedoms.

