

Hello Cal Masters!

New & Reminders

- Dues reminder
- Sun Feb 16 USMS 1-Hour ePostal, Swim Club event
- Mon Feb 17 Presidents Day workouts 7,8,9am
- Mon-Tue Feb 24-25 7am long workout, no 8am workout
- Clinics!
- CALM Meet Registration & Sponsor Form
- Team Store link

New Dues Reminder

Reminder for all swimmers to check to make sure their CALM dues are paid. Thank you!

Updated Sun Feb 16 USMS 1-Hour ePostal, 8:30-9:30am

CALM will host a 1-hour ePostal session for all swimmers interested in going as many laps as they can in 60 minutes. Swimmers intending to submit results must provide their own volunteer lap counter (i.e. another person); CALM will provide stopwatches, clipboards, [lap & split sheets](#) and writing utensils. Those wishing to participate must arrive on time (early) and will be allowed to warm-up as soon as the facility opens and lane lines are pulled. **We plan to swim SCY!**

- Registration & Info [here](#)
- [Email Gaku](#) if you plan to participate
- **Swim Club** will host their fundraiser lap-a-thon at the same time as our 1-Hour ePostal

New Mon Feb 17 Holiday Schedule, Presidents Day

CALM will run 7,8,9am workouts at GB only in observance of the holiday. **No 6am, midday and evening workouts**

New Mon-Tue Feb 24-25 Adjusted Morning Times, GB Maintenance

Morning workout times have been adjusted Mon-Tue Feb 24-25 due to maintenance at the facility. Full schedule for those two days:

- Mon Feb 24
 - 6:00-7:00am at GB *regular*
 - 7:00-8:30am at GB **long!**
 - 8:00-9:00am at GB **canceled**
 - 11:00am-12:00pm at Spieker *regular*
 - 6:00-7:00pm at GB *regular*
- Tue Feb 25
 - 6:00-7:00am at GB *regular*
 - 7:00-8:30am at GB **long!**
 - 8:00-9:00am at GB **canceled**
 - 11:00am-12:00pm at Spieker *regular*
 - 6:00-7:30pm at GB *regular*

Updated Sun CALM Clinics

CALM technique-focused clinics are back. Clinics will begin at 8:30am at Spieker. Drop-in's welcome. Please put these dates in you calendars:

- [Sign-Up](#)
- Feb 23
- Mar 29 - *tentative*
- Apr 26 - *tentative*
- May 10 - *tentative*
- May 31 - *tentative*

Sun Mar 22 CALM Meet

Our annual meet at Spieker is approaching. We look forward to hosting one of Pac Master's BEST meets of the year and to all of the support from the team!

- [Meet Registration](#)

- Look for **volunteer information** from Meet Director Ben Swiggett soon
- Interested or know someone who may be interested in sponsoring the meet? **Sponsor forms** are attached to this message

Team Store

CALM's team store is open until Feb 24. All orders will be shipped to the staff and board where orders will be sorted and swimmers will be able to sign-up for pick-up at workouts.

- [CALM Store](#)

Sun LCM Workout Dates

CALM will host LCM 8:15-9:45am at Spieker on the following dates:

- Mar 1
- Mar 15
- Apr 5
- Apr 19
- May 3
- May 18
- \$10 drop-in fee for guests
- *Please arrive 15 min early to help with lane lines!*

Links

- [CALM Waterlog](#)
- [CALM Rec Sports](#)
- [Pacific Masters](#)
- [CALM Alerts](#) - Text @calmasters to 81010

See you at the pool!

Peace,
The coaches

