

Nads!



News

www.nadadores.org Newsletter

Issue No.20 January 2011

Swim Schedule

Tues 7-8:30 pm
Thurs 7-8:30 pm
Sat 10-12 am
 @ HADLEY POOL
 4800 NW 12th Ave,
 Miami, FL 33127

Competitions

5th Annual John O'Keefe Spring Splash!
 March 5, 2011.
 FIU Biscayne Bay Campus.

Socials

Brunch every Saturday after practice is a great way to get to know your team mates! Venue varies.

Committee

Captain Kirk Arthur
CoCapt Louis Canaiy
Secretary Lisa Beal
Treas'r Diego Saurez
Publicity Mark Beggs
Fundraising Bill Atherton

Activities Chris Gates
Newsletter Lisa Beal

Web
www.nadadores.org
News from your Go!Nads Committee

– Welcome back to **Nads!News**, we hope to publish regular editions in 2011! Many new members have joined the Nads over the last three years and we'll be introducing some of them through the return of our popular column "Nad of the Month". Also we have a new feature called "CrazyCoach'sCorner" which provides brief workout and stroke tips and is written by Jim Harper, our Saturday coach and a regular writer for SWIMMER magazine.

– **Saturday brunch is a great way to satisfy your protein-craving after a long practice and to make friends quickly!** The venue changes, but there's always a large group of Nads and everyone is welcome! Ask Kirk or myself at Saturday practice.

Upcoming Meets

– **Upper Keys Winter Invitational**, Feb 5-6, Isla Morada, FL; **Dixie Zone SCY Championship**, Feb 25-27, Fort Lauderdale, FL; **IGLA**, July 2011, Honolulu, HI. For more meets and information:

<http://www.dixiezone.org/Meets.htm>

– March 5th, 2011 is the confirmed date for our 5th Annual **John O'Keefe Spring Splash**, which will be held at FIU Biscayne Bay Campus. Save the date!

CrazyCoach'sCorner! by Jim Harper

Goal One: Set goals

GOOAAAALLL! Scoring in soccer is thrilling, and you can find that same thrill in swimming when you achieve a personal goal. On the flip side, if you strive for nothing you will attain exactly that. Nothing. So take a moment today to consider where you would like to be swimming-wise in the near future. For workouts, set a goal of attending a certain number per week. For strokes, choose one that has been troubling and set a goal of improving your technique within two months. If you've never competed in a meet, set a goal to enter one within six months.

Typically, competitive swimmers set exact goals for the times they want to achieve in specific events. For example, this year I hope to swim a 100-yard fly under one minute by May, with a goal time of 59.4. I'd also like to compete in top form at IGLA in Hawaii in the summer. What goals will you set today? Tell your coaches and your lane mates, and encourage them to set their own goals, too.

Nad of the Month

I grew up in six countries: Honduras, Mexico, Guatemala, Trinidad, Brazil, and the US. I was a PanAm brat! Moving around so much has made me gregarious:

I had to make friends quickly to survive. My most embarrassing moment as a child was in a huge church on the first day of advent and the minister asked the congregation, "Who's birthday is coming soon?" and I shouted, "Mine!" to which the minister replied soberly, "we are thinking of Jesus Christ."

I am trilingual (English, Spanish, and Portuguese), my mom's from Honduras and my Dad is American. I moved to Miami in 1987 and I LOVE it here – there is no rhyme or reason to Miami and that suits me well. After a bachelors at FIU there were a series of aborted MA programs until I found my niche as an AIDS educator, otherwise known as a "sexpert", talking to teens about safe sex. I went on to teach life skills in foster homes and eventually became a community organizer, working on



the Prop 2 campaign. My latest incarnation is selling software via telephone, which has given me the freedom to work naked from home everyday and post pictures of my dog Scruffy to FaceBook between calls!

My husband Alfredo and I have been together for fifteen years.

We have a 21 year-old son and he largely defines who I am. Alfredo and I are complete opposites – he's a science-nerd and I am a people-person – we are always learning things from each other! I love that in Alfredo, I have someone in my corner I can rely on.

I have been a cyclist for many years, but only recently got into swimming. I met Nads coach Jim Harper at the Spring Splash meet in 2008 and fell in love with the team. Swimming for me is like yoga: the breath control provides relaxation and meditation. And because its a low impact sport, injuries are minimal. My proudest moment with the Nads so far was winning a silver medal at the 2010 Gay Games in Cologne, Germany! As 2011 Nadadores Team Captain, my goal is to have everyone who comes to our team feel welcome, no matter their level of ability.

My name is Kirk Arthur.