

# Nads! News

[www.nadadores.org](http://www.nadadores.org) Newsletter

Issue No.23 April 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

**Hammerheads Invitational**  
 April 8-10, 2011.  
**THIS WEEKEND!!!**  
 Pompano Beach

## Socials

Brunch every Saturday after practice is a great way to get to know your team mates! Usually at The Daily, 19th & Biscayne

## 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](http://www.nadadores.org)  
 FaceBook: Nadadores South Florida

## News from your Go!Nads Committee

- See photos from SpringSplash at [nadadores.org](http://nadadores.org)!
- Our next social/advancement event is **GayPride on Saturday April 16th, 2011!** Being in the parade is a LOT of fun, and a great way to raise awareness of the Nads. You'll need to be sporting a new team suit to show your pride on our float - order yours at our website (\$33 for men, \$53 for women). We'll be "pumping" the float decor next Sunday - volunteer with Chris Gates or send us a message via FaceBook.

## Upcoming Meets

- **YMCA Masters Nationals**, Apr 14-17, Ft. Lauderdale FL; **June Krauser Summer Splash**, June 18-19, Ft. Lauderdale FL; **IGLA**, July 2011, Honolulu, HI. For more meets and information:  
<http://www.dixiezone.org/Meets.htm>

## CrazyCoach'sCorner! by Jim Harper

### Competition.

Competition pushes you to be your best. It gives you a specific time and place where you must show up and perform, no excuses. As they say, showing up is half the battle. Why not challenge all of your lane mates to show up at the next meet? Although swim meets are mostly individual events, relays give you a chance to support three other swimmers. Don't miss out! To prepare for a meet, try to train at least 3 months with specific events in mind. Use visualization techniques to see yourself completing each event and reaching your full potential. Get to the competition pool early and use the full hour of warm-up. Stay cool, hydrated and relaxed until a few minutes before your event. Then use that adrenaline rush to push it real good. Swim like it's the last race of your life. After that, celebrate! Swim meets rock!

And that's how your Crazy Coach kicks it!

## Nad Of the Month

I was born in Grand Junction, Colorado. My mother was a primary school teacher, so while growing up my sister and I often got the very effective (and somehow instructive) First-Grade-Teacher-Look-of-Disapproval. Dad is an electrician, and has taught me a bunch about how things work. I think I get my motivation to disassemble things from him, and the skill to put them all back together, and also to make new things.

When I was 9 years old, my parents moved my sister and I across the Rocky Mountains to a sleepy little town at the base of the foothills in northern Colorado called Loveland. Throughout my younger years my family would frequently head into the mountains to go camping, hiking, canoeing, and poking around at cool

bugs and critters and things. These are some of my fondest memories.

Growing up in Loveland I was on the swim team from age nine, I played alto sax in the high school marching band, and was in the jazz band as well. I still see friends that I met in school - we were a pretty tight



knit group - and we get together whenever a significant number of us are in one place.

After high school, I went to Colorado State University to study mechanical engineering. Shortly after my second year, I took a job with Engineering Network Services as a low grade Unix administrator. This job was my entry into my current profession. I still do systems administration, and have gotten pretty-awful-good at it! I worked at CSU for some years, and while there, I met my beau Nathan. He's been my rock, sweetheart, confidant, and source of dark and corny jokes ever since. And he's brilliant!

Nathan and I moved to Denver for a few years where we worked, played, and mostly renovated our first house together. We had fabulous and wonderful neighbors whom we enjoyed greatly. But, the itch to do something different bit us both, so we decided to move to Miami so Nathan could complete his PhD.

Miami has been an adjustment for two Colorado mountain boys! We're not used to being so far away from family and friends. We've found many things in Florida to love though. We live on Miami Beach and love to swim and do all the things crazy ol' South Beach offers. This past August, Nathan took a three month internship at Sandia National Labs in Albuquerque, and my boredom and loneliness drove me to seek some sort of activity. I found the Nads, and what a find y'all have been! I got to get back in the water after a fifteen year hiatus, and I got past my initial aches and pains. I love coming to practice to see my team mates and get into shape. The Nads are a fantastic bunch.

My Name is Louis Canaiy, and I'm happy to be your co-captain for this trip around the sun.