



MASTERS SWIM TEAM UPCOMING 2019 WMST EVENTS

Mat Pilates with Jessica Platt – Saturday, September 14 at 10 AM

Jessica Platt, WMST swimmer and Pilates instructor, will teach a Mat Pilates class at the CISD Natatorium at 10 AM on Saturday, September 14th before 11 AM practice. She will work on finding your core (you have one!), strengthening your core and back, and lengthening our muscles. A strong core and flexible body can help our strokes in the water and our posture on land - all good news! Join her for a *free* 45-minute class. Bring a yoga mat if you have one and meet on the deck by the diving boards. Contact Jessica Platt with any questions at JessicaPlattPilates@gmail.com.



Starts & Turns Clinic with Carolyn – Sunday, September 22 at 1 PM

Coach Carolyn Boak will lead a clinic covering starts and turns in addition to our regularly scheduled practice on Sunday, September 22 at 1 PM at the CISD Natatorium. With WMST hosting the Sabine Weiser November Classic swim meet later this year, now is the perfect opportunity to practice, improve, or learn your starts and turns for all four strokes. This clinic is free for current WMST members. To sign-up (first come, first serve), please email wmst@wmst.net with the subject line "Stroke & Turn Clinic". More info: <https://www.wmst.net/calendar/wmst-events/212-starts-turns-clinic-with-carolyn>



2019

PILATES CLASS AT NAT
– SEP 14 @ 10 AM

STARTS & TURNS
CLINIC – SEP 22
@ 1 PM

DRAGON BOAT RACES –
SEP 28 @ 1:15 PM

SABINE WEISER
NOVEMBER CLASSIC –
NOV 9-10

USMS FITNESS
CHALLENGE – 1-MILE
SWIM – NOV 24 @ 1 PM

WMST POTLUCK
CHRISTMAS PARTY –
DEC 14 @ 6 PM

2020

WMST RELAY MEET –
JAN 25

USMS SPRING
NATIONALS IN
SAN ANTONIO –
APR 23-26

YMCA Dragon Boat Challenge – Saturday, September 28 at 1:15 PM

Coach Alana Wilson will be your Dragon Boat Captain as we attempt to regain our winning streak at the YMCA Dragon Boat Challenge. If you enjoyed Field Day in school as a kid, this event is for YOU! Events include: Dragon Boat, Human Foosball, Dodge Ball, Etc. More info: <https://www.wmst.net/calendar/wmst-events/208-2019-dragon-boat-races>



Sabine Weiser November Classic – Saturday & Sunday, November 9-10

WMST's annual "November Classic" swim meet has now been renamed the **Sabine Weiser November Classic** in honor and remembrance of our extremely special swimmer/coach – **Sabine Weiser**. This is a 25 meter short course swim meet that WMST hosts at the CISD Natatorium and we encourage all to enter (and/or volunteer) to support our team. This will be a two day meet with events offered for every type of swimmer from



50 meters up to 1500 meters. We will also have several relays on each day to add to the fun of the meet! If you are unsure of what events to sign up for, or if you are interested in this swim meet and have never competed before, please speak to one of our coaches on deck at practice and they will be more than happy to guide you. Registration is open now and more information can be found here: <https://www.wmst.net/calendar/events/211-sabine-weiser-november-classic-nov-9-10-2019>.

About Sabine: Sabine's talent for swimming was discovered early and from a young age she trained and lived at a boarding school for elite swimmers in her native East Germany. She competed in national championships and represented East Germany in international competitions as part of the Junior National Team. After a break of 20+ years from swimming, Sabine joined WMST in 2006 and rediscovered her love for the sport. She began coaching at the Shadowbend YMCA and worked there as swim teacher, TRX instructor, and Masters coach from 2008-2012, expanding the existing Masters program to include evening workouts and an adult-learn-to-swim group. Sabine started coaching at WMST in 2010 and was Head Coach for the varsity swim team of The John Cooper School 2011-2012, until her family was relocated to England for three years. She returned as a coach with WMST in 2015 and truly enjoyed coaching Masters swimmers of all levels. After Sabine's diagnosis of cervical cancer she underwent multiple surgeries, chemotherapy, and radiation as part of her treatment program. Even throughout these many therapies, Sabine continued to coach with WMST as her energy and chemo/radiation schedule allowed. On September 3, 2019, Sabine lost her long fought battle with cancer and will be forever remembered and loved by her husband - Patricio, her children – Lukas & Emilia, her family and friends, and the entire WMST community.



Memorial Service: Wednesday, September 11 at 5pm, [Cashner Funeral Home, 801 Teas Rd., Conroe, TX](https://www.cashnerfuneralhome.com)

USMS Fall Fitness Challenge – 1-Mile Swim – Sunday, November 24 at 1 PM

USMS is hosting a Fitness Series this year sponsored by SmartyPants Vitamins. WMST will participate in the Fall Fitness Challenge of this series which entails a 1 mile swim (1650 yards). WMST will cover the entry cost for our members who choose to participate (must be a current USMS member). This event will happen in place of our regular Sunday practice at 1 PM on November 24 at the CISD Natatorium. We also have arranged for this event to be sanctioned and all times swum and completed legally will be eligible for Top 10 times. More info: <https://www.usms.org/events/fitness-events/fitness-series/fall-fitness-challenge>



WMST Potluck Christmas Party – Saturday, December 14 at 6 PM

Save the date for our annual WMST Potluck Christmas Party on Saturday, December 14 at 6pm. We will have a change in venue this year to the Auburn Lakes Recreation Center located at 25005 Northcrest Dr., Spring, TX 77389. As always, the WMST Board of Directors will provide the main course of turkey and ham. WMST members will be assigned a side dish, salad, desert, or appetizer based on the first letter of your last name. The party is BYOB, but due to Auburn Lakes Recreation Center rules, red wine will NOT be permitted so as not to damage the carpet.



LOOKING AHEAD TO 2020

WMST Relay Meet – Saturday, January 25, 2020

Save the date for the 36th Annual WMST Relay Meet on Saturday, January 25 at the CISD Natatorium.

USMS Spring Nationals in San Antonio – April 23-26, 2020

Your WMST coaches are hoping that everyone will be motivated to work out hard so that we can send a large team to the USMS Spring Nationals in San Antonio (short course). With a large meet like this being so close to us, we would love to have a strong showing as a team! More info here: <https://www.usms.org/events/national-championships/pool-national-championships/2020-pool-national-championships>



MASTERS SWIM TEAM

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