



Mesa Aquatics Club Masters July, 2010

Tick, tick, tick.....

By the time you're reading this, MAC will only have about two weeks left of sharing the pool with the Mesa City Rec Teams and the Age Group teams. We want to thank you all for your patience, your team spirit and camaraderie, and your help with changing out the lane lines. Soon, my friends, the entire pool will be ours! OURS!!! Narwhals will once again reign the waters of Kino Pool!!!!!! Swim on mighty Masters!

FUTURE NARWHAL ALERT!!!

Just when you thought that Mesa had reached its limit with members of the Mason family, Thad reproduced. **Congratulations** to him and his wife! Now get that kid in the pool! It's never too early to learn water – safety!

ARIZONA STATE CHAMPIONSHIPS

Don't let that fancy title scare you. The Arizona State Meet is open to ALL Masters swimmers, regardless of speed or how long you've been swimming. They just like to come up with intimidating names so the T-Shirts are more impressive. The meet starts on Friday, July 30th with the distance events. All the other events will be held on Saturday, July 31 and Sunday,

August 1st. You really don't even have to think of it as a "meet".....just look at it as a "speed day" where you can practice your starts and turns!!! What? Don't want to do a turn? That's fine! If you enter the 50's....it's just a one way race down the pool to the other side where all your fellow Narwhals will be cheering you on! So, go to our amazing website www.mesamasters.com, click on the "Events" tab, and enter the meet! If you have any questions at all, grab a coach and don't let go of them until you're satisfied with their answers!!!

No Rest for the Narwhals....

Don't panic! We DO have a normal workout schedule over the Fourth of July weekend!!! WHEW, eh?! Even holidays are GREAT days to swim!

Clarification

Several of the noon swimmers have been complaining about the extremely hot outdoor temperatures. Although we always love to hear your thoughts and suggestions, we do want to make it very clear that as mere coaches, we do NOT have control over the weather. We live in a desert. It gets hot in the desert during the summer. That's why it's a desert. Embrace the heat!

The below is a photo of a real meet.



See! It's not scary! It's fun! If you look closely, you'll notice they're all smiling!!!

Lost & Found

Hey! I've been picking up quite a bit of equipment from the pool deck after workout. If it looks unfamiliar, it goes into the general "Lost and Found" bucket (which eventually finds its way to Goodwill). If I think it's from a Master Swimmer, I slyly sneak it into the office and hide it from Paul---who would throw it out into the bucket and you'd never see it again! So, missing something? Ask Laura! I can't guarantee that I have it, but it's worth a try!!! And, if I do have something of yours and you claim it, I will take out my huge black Sharpie permanent marker and write your name in capital letters all over your gear so we'll never again have any doubts as to who it belongs to!!!

New Narwhals!

We want to say a **HUGE** welcome to all new M.A.C. Master members!!! **WELCOME!!!!** We're so glad that you're a part of the team! Please....make yourself at home! Ask questions if you don't understand the coach's lingo (half the time we make up our own words just to see

who's listening)! Introduce yourself to lane-mates! Take rest when you need to! Don't be hesitant to ask the coach for tips about stroke technique!! And most of all, **HAVE FUN!!!** We really are glad to have you on board!

OLD NARWHALS!

Hey, you guys already know that you **ROCK!** Just keep doing what you're doing! We can honestly say without any bias at all (wink, wink) that MAC has the most outstanding group of individuals comprising the team. We just don't know how we got so lucky!!!!

Notes from Coach Jon

For Those Going to Meets.....

Taper Meet Tips:

Proper warm-down is essential to racing your best over a multiple day meet (especially during your taper meet). Without a proper warm-down you will start to feel the effects of lactic acid build up and muscle fatigue in your body even after your first day. When I was competing it was essential for me to do approximately 500 yards of mixed intensities to flush my body of lactic acid. A typical warm down consisted of the following: 200 easy swim to get my hear rate down from my race, then bring my heart rate back up to about 150 bpm for a 100 and then another 200 or so easy. This type of warm down really helped me survive and feel great even after three days of racing at Pac-10 championships.

AN "A+" FOR EVERYONE!!!

I've noticed that **EVERYONE** is bringing water with them to workout, and are putting on sunscreen before getting in!!! Good Narwhals!