



Moon Aqua Club News

Winter 2020 Newsletter

Coach's Corner

It's TIME!

While change is never easy and leaving history behind even harder, the chance to make our own path is here. After months of hard work, we are now officially ready to change our team to Steel City Aquatics. The official changeover date is **March 1** and meets beginning with Junior Olympics, (and **YES** our awesome **LAST SPLASH** that so many of you are signed up for) we will be representing Steel City. We are excited for this opportunity as it allows our club to continue to grow and be the best we can. It gives our swimmers instant teammates and allows for larger representation at all meets we attend. It's an exciting change and we look forward to what the future is going to bring! A huge thank you to our board of directors for helping us navigate through this change and we hope all of you will wear your Steel City gear and represent our new program proudly.

To that end, there is still something we need all of our team members to do. Our Moon swimmers must officially "attach" to the new club. I will send you the link via email as well but if you click on the link and fill out the form, you will be on your way. There is no fee involved. If you have any questions don't hesitate to reach out.

<https://form.jotform.com/ljhartman/2020-athlete-transfer-form---no-fee>

Meet our Coaches



Jeff Berghoff
Head Coach



Marian Bonham
Assistant Head



Merci McCarthy
Assistant Age
Group Coach



Melissa R Kehl
Assistant Age
Group Coach



Sierra Neft
Assistant Age
Group Coach



Eddie Larios
Assistant Age
Group Coach



Kate Elkins
Assistant Age
Group Coach

UPCOMING IMPORTANT DATES

MLAC High School
Special
March 2-3

Junior Olympics
March 7-10

Last Splash
March 23-24

HOME MEET

Don't forget to sign-up to fulfill your volunteer commitment.

Speedo Sectionals
March 28-31

Short Course Age
Group Champs
April 3-6
Webster, NY

Short Course Banquet
April 24

Steel City Launch
Party
May 3





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Stay Calm and Confident for Big Swims

Tokyo Summer Olympics

Tips by Dr. Alan Goldberg

Learning to control your pre-race concentration is key.

What you focus on the time leading up to your swims, including your warm-up and time behind the blocks will either make or break your race.

For example, if you allow your pre-race focus to go to the wrong things (anything related to outcome, cuts you need, who you're swimming against or what people may think of you if you perform poorly), then you'll get nervous, physically tighten up, lose your confidence and end up disappointed.

The heart of staying calm and composed pre-event (you're excited about the swim and have a few butterflies floating around in your belly), comes from learning to use a set pre-race ritual in order to distract yourself from all of the distractions that could potentially get you too nervous to swim your best. In fact, out of control, pre-race nerves are one of the biggest causes of choking in this sport and are almost always driven by concentration mistakes behind the blocks.

In a few months, we as swim parents have the opportunity to watch the Olympics with our athletes. The Olympics are so much more than just entertainment. There are valuable life lessons that kids can learn from watching these incredible events.

Hard work & perseverance are on display.

Dreams are achievable.

It's not just the medalists who are winners—all the athletes are winners for making it there.

It's about being part of a team and country and having national pride.

People from around the world do get along. 10,000 athletes from more than 200 countries get together.

Overcoming adversity is a theme often expressed by athletes.

Swimming is a worldwide community and your swimmers are a part of it.



Congrats Marian

Congratulations to Coach Marian for being elected to the AMS Masters Swimming board of directors. If you are a past swimmer and looking to get back into it, or if you're looking for a different way to ramp up your workout or even if you're new to the sport of swimming, Coach Marian has a master level for YOU! Come check it out!

Social Media Platforms

With the launch of our new club, Steel City Aquatics, please ask to join & provide answers to membership questions for the **Steel City Aquatics Members Only** Facebook page (this page is for **parents/guardians** of swimmers only). Here you can connect with other members, receive Steel City News, information about events, post athlete accomplishments & much more. We also ask that you **LIKE** the **Steel City Aquatics** Facebook page, & follow us on Instagram & Twitter. We will keep you posted once we add Tic Tok to media relations 😊