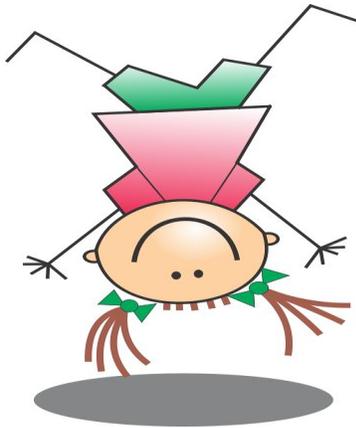


Narwhal News

For the Sexy People Only.....



General Stuff



It's great to be a summertime Masters Swimmer with MAC! The City invested in some big ol' water cannons that are keeping the pool temperatures down during these unbearably hot days of record breaking heat. Yay!!! (Cartwheel, cartwheel, backflip!) Now if the coaches would stop giving us such difficult sets that raise our core temperature, life would be perfect! But, don't hold your breath waiting for THAT to happen! Coach Dan is commandeering Rhodes Pool, Coach Jon is braving the noon heat at Skyline in his quest to make his swimmers the best they can be, and Coach Laura and Coach Paul are doing their thing, having fun and watching you all improve. We are extremely excited to announce a new edition to our staff....drumroll...are

you ready for this?.....The one. The only. Mr. Glenn Mills! "Hmmm, that name sounds familiar" you say. Well of course it does! Glenn is the mastermind behind "Go Swim" whose mission is to create content that helps people of all ages and backgrounds to swim better and reach their full potential in the sport.

Glenn Mills won the 200 breaststroke at US Olympic Trials and was ranked third in the world in that event. Unfortunately, the United States led a boycott of the 1980 Olympics, so many swimmers around the world were not allowed to compete. After receiving the Congressional Gold Medal in 1980, Glenn continued his Olympic quest, representing the USA at the 1982 World Championships, becoming an NCAA champion in 1983. Glenn officially retired from swimming after failing to qualify for the 1984 Olympics. In addition to making the 1980 Olympic Team, Glenn has received many accolades for his swimming and contributions to the sport. He has been inducted to the Cincinnati Marlins Hall of Fame, the Greater Cleveland Sports Hall of Fame, and the University of Alabama Athletic Hall of Fame. In 2014, USA Swimming recognized GoSwim as the sport's leading provider of educational video content for swimming, and announced that it would partner with GoSwim, making them an official technique video supplier to USA Swimming. In 2016, the International Swimming Hall of Fame honored Glenn and GoSwim with the prestigious Paragon Award for their exceptional contributions to the sport of competitive swimming. Yeah, he's kind of a big deal! Not only will Coach Glenn be participating

in workouts, but he'll be on deck at Kino for the coveted Thursday Recovery Day workout!!! I know, you love him already, don't you!

Open Water!! Meets!!!Upcoming Meets!!



CONGRATULATIONS to Joanne Menard! Joanne competed in the USMS National Open Water Championships in Foster Lake, Oregon....and...well...in typical Joanne style, SHE WON IT! (again!). We are in the presence of greatness! Of a National Champion! Personally, I think she just wanted to get out of Arizona, and go swim where the water temperature was 68 degrees and the air outside was 60, but I guess if you're going to be the reigning National Champion, you can do that kind of stuff! Super Job, Joanne!

Meanwhile, back in the desert, the Narwhals were well represented at the Arizona State Open Water Championships at Saguaro Lake (where the water temperature was 81 degrees and the air temp was around 312 degrees....). In short, we ROCKED! In greater length: 5000 M race

(results by age group): Kurt Adkins 3rd; Nancy Pitney 1st 2500 M: Tari McCabe 2nd; Lori Tucker 2nd; Ryan Bailey 2nd 1500 M: Denise Gibbons 2nd; Helen Kurtz 2nd; Paul Smith 1st; Doug Adamavich 1st. WOW GANG! Way to go!!!! You are all just unbelievable!



But wait! There's more!!! For those of us who were completely freaked out by Kent Nicholas's post of the giant rattlesnake swimming in Canyon Lake, we also hosted a Masters meet in the safe and controlled waters of Kino! First and foremost, we want to thank all of you who sacrificed your time to come and help us run this

meet. We could not have done it without you! There were some outstanding swims (far too many to list in one newsletter!) and some unbelievably fast times. A huge round of applause to each and every one of you!!!

Now that you're inspired, it's time for YOU to shine! Yes you! I know you're still reading this...so get on board! The Arizona Masters State Long Course Championships are being held at the U of A pool in Tucson on July 22 and 23rd. Please plan on attending, as I need someone to babysit Paul. On July 30th, AZ Open Water will be holding a competition in Upper Lake Mary, Flagstaff! Get out of the heat and go have some fun! The XVII FINA World Masters Championships are being held August 14-20th in Budapest, Hungary. This is sure to be an experience of a lifetime!!! If you attend World's, you have to bring us each back a Snow Globe or some other souvenir from your trip!!! All of these competitions (and many, many more!) can be found on the homepage of the website www.mesamasters.com.

Day to Day Reminders

There are times when the pool gets crowded, and tempers can flare up a bit. Please be a lovely lanemate and show compassion to your fellow swimmers. We're all in this together! The temperatures are going to be remaining high for several more months...bring plenty of water and drink often throughout the workout (especially if it's Whoop Ass Wednesday! Those practices are brutal!). Check your emails and our Facebook page regularly for updates and schedule changes. As we approach the monsoon season, the rule of thumb is: if it's miserable and raining out, you're going to get wet anyways, so come on over and swim! If there's lightning, stay home because we won't be able to get in the pool! We must evacuate the pool at the lifeguard's discretion on how close the lightning is, and stay out for 30 minutes each strike they see. Please do not ask the coaches, "Do you think workout will be cancelled tomorrow due to storms?" because although we sometimes act like it, we are not God and cannot forecast the future. Your guess is as good as ours. If the weather turns nasty in the middle of a practice, lightning is hitting the deck, torrents of rain are pelting the water, and we ask you to evacuate, do not ask, "can I just finish the set?" The answer will be a stern NO. No one likes fried Narwhal.



GooOOOoOOOOoOOOOooo MAC! GOOOOOoooOOOOo Narwhals!!!

