



December 2017 Newsletter

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Short Course 2017-2018 Season

THIS MONTH'S
TOP STORIES



Important Notices

By **Head Coach Meg**



It's been a busy month for MAC and our athletes, and we are excited to see the progress and improvements from our athletes. This year's High School state meet proved to be one of our best HS state meets to date. Numerous State Champions, State Finalists and a new D3 state record. Our high school athletes finished the HS season strong and have returned to MAC full time, with new goals and high expectations. Our Age Group swimmers had an amazing month with a number of state, Far Western and Sectional times being achieved during the Desert Dual Finale and IMX Championships.

As we move into the second half of our season each of the groups will be meeting together and setting team goals for our Championship season. We are excited for what is in store for

MAC as we continue to plan and prepare for not only our individual goals but our team goals.
Championship Season:

Junior Olympics are going to be held in Yuma, February 23-25 this year. As a team, we are excited to attack this meet as a championship meet for many of our athletes. We hope to have a great MAC turnout and to walk away with another first place team finish!

Team Accommodations for Junior Olympics: Reservations must be made by Jan 1, 2018

Best Western Yuma \$129/night

1450 Castle Dome Ave

Yuma, AZ

85365

4.8 miles to the pool

Hot breakfast

*please call to reserve your room

MAC will be hosting Senior State March 1-4 and we look forward to not only having a great showing by our athletes but also by our fantastic volunteers.

Age Group State, March 8-11 will be held in Oro Valley, AZ- our age group swimmers will be solidifying team goals surrounding this meet over the next month, and we are excited to continue to make MAC known as a premier team in Arizona.

Team Accommodations will be :

Fairfield Inn

Block name: MAC

Cut Off Date 02/16/18

Rate: \$139.00 Plus tax per night

Sectionals are being held in Phoenix this year. This is exciting for our families in that you can see some really fantastic swims and support your Senior athletes without having to travel. Plans are being made for our Sectional athletes to stay in a hotel close to the PCDS pool. This will allow them to be focussed on unity and fast swimming with minimal distractions.

Our last Championship Meet for the SC season is Far Westerns. This meet is opened to our Age Group athletes as well as our Senior 2 group athletes. If you are an age group parent planning on having your child attend this meet, please contact Coach Meg at meg@mesaswims.com.



Training Through Peaks and Valleys

By **Coach Eric**

In swimming we go through various training cycles throughout a season. Some are more intense to work on the anaerobic threshold, some we swim more yards intended to be more aerobic and others are intended to give swimmers a little bit of rest and recovery. These cycles are important to gain speed and endurance for future improvements. As swimmers get faster it is harder and harder to drop time during the



season. It takes more and more training to achieve these highly desired improvements.

After the High School State meet, we started off working on our aerobic training to prepare swimmers for the longer races that they will do the remainder of the short course season. After a couple weeks of aerobic training, we switched gears. During the last week before the Holiday Fest swim meet we picked up the intensity to work on our anaerobic threshold. This is a very difficult and trying time for the swimmers bodies and minds. It is hard to keep focused and driven when they are working that hard. When meets fall during these cycles, swimmers should be focused on race strategy and trying to put together tough races which will help them when we

rest and are at our peak. It can be very frustrating for swimmers because they are working so hard and their times are not improving at meets. It's important to stay positive during these times. Don't underestimate the value in competing through the more challenging training cycles. When we rest and are more prepared for peak performance the race strategies that you worked on during the tough training cycles will pay off.

Skyline NTG & S1

By **Coach Jon**

Swimmers of the Week for Skyline S1 & NTG:

*Gunnar Franz

*Stefanie Walker

Holiday Fest is long hard weekend and typically super cold and raining. This year's meet was definitely long and hard and we were fortunate enough to have really warm weather for the beginning of December. MAC represented really well throughout all age groups, 10&U to Seniors.

Beginning with our Age Group swimmers, they were on a nice mid season rest for this meet and the athletes rocked it out of the park! We had multiple lifetime best swims with lots of time drops. Some athletes picked up new State, Far Western, and Sectional cuts. It's really great to see how the hard work and dedication throughout the fall paid off for these athletes!

For our Senior athletes, this meet is the first prelim/final meet coming off the high school swim season. With this meet being 3 weeks after the high school state championships (shave & taper meet), we typically don't see lifetime best times. A new training cycle starts after high school season in preparation for our championship meets in March. That being said, I was really happy to see athletes step up and race really well (race preparation, swimming smart races; splits, working on underwater work, etc). During the beginning of a training cycle it is important to focus on these aspects of races to be able to learn and adjust along the way so there isn't a question of how a race should be swam during championship season. With all that being said, we did have a handful of lifetime bests, some of which were better than at the High School state meet or the Senior Time Trial (the day after the state championship).

All in all, MAC is continuing to improve and it shows that the work the athletes, coaches, and parents are putting in is paying off!

Skyline Senior 2

By **Coach Heather**

Swimmer of the week for skyline S2: Keaton Van Gieson, Shaylin Grant, Annika Hoglund

Skyline Senior 3

By **Coach Dillan**

This month we saw our S3 group grow. It is an exciting time to see this group grow and compete next to the S2 and S1 groups. We have swam through a few test sets and protocol sets, which everyone did exceptionally well with. We will begin to compete in upcoming meets and I look forward to seeing how our swimmers swim! Great month!

Skyline Red & Black

By **Coach Bear**

November was a busy month for these swimmers. We had some of our swimmers finish up their High School swim season swimming very well! We had a great showing at the Quad Meet Finale and then turned right around the next week and swam hard and well again at the IMX/IMR meet! This year we also had a lot more swimmers qualify for the IMX meet. Congrats to the following swimmers for qualifying and competing at IMX: Elena, Ariel, Sydney, Kaitlyn, Ava, Faithy, Hannah, Kellee, Kailee, Skylar, and Georgia! We also had equally successful swims for those that swam in the IMR meet: Kelson, McKenna, Adrianna, Elyse, Thatcher, Shelby, Sutton, Alyssa, Regen, Devon, and Essias! We also got to have some fun during the

Turkey Palooza playing some turkey bowling, turkey shootout and other fun games. These swimmers really know how to work hard and also how to have some fun!!

Swimmer of the week for November went to:

- **Essias Smith (11/25)**

These swimmers met the requirement of perfect attendance for their week and also went above and beyond the expectations outlined at the beginning of the season. They strive to create a positive team environment by helping all those on the team improve, and they are always seeking to improve themselves as well!

Congratulations to our swimmers that have achieved perfect attendance for the month of November. Those who have earned the monthly attendance award for the first time receive the shirt "Every Practice, Every Set, Every Wall". If you get the award 3 months in a row you receive a MAC water bottle AND if you receive the award 6 months in a row you receive a gold MAC cap!!

- **Kellee Munoz (3)**
- **Georgia Sterling (3)**

For the month of December our focus during team meetings after practices will be the importance of sitting with the team and wearing team gear at the meets. These young swimmers have done a great job so far coming together as a team to help each other achieve their individual goals and team goals!! GO MAC!!

Kino Red & Black

By **Coach Bill, Coach Glen & Coach Eric**

As MAC Coaches, we strive to develop more than just swimmers. Part of our jobs as coaches is to develop kids who are well rounded not just as athletes but as people too. November always bring a great dynamic back to our Red and Black age groupers as we welcome back the High School swimmers who have not yet aged up to the Senior group. These kids get to come in and learn the skills and traits that it takes to be leaders as they come back with a new perspective from high school swimming and have the opportunity to set leadership examples for our younger kids. The Kino Red and Black group welcomed back Maddie Caserio, Luke Nicholas, Nolan Jenks, and Jessica Franco to an already outstanding hard working group. November also brings us into the "grind" of our season as we have moved past our early

season training and start increasing the yardage and intensity in anticipation of some fast swimming for our December meets. In spite of the tough training our kids proved they were ready and focused by having some outstanding swims at our November meets. We witnessed a number of best times, state times and even picked up some new Far Westerns cuts.....great work for some early season meets that bodes well for an outstanding season.

Some highlights of our Kino Red and Black group include Maddie Krause and Gabe Vinz being recognized for three months of perfect attendance!! Great dedication from two of our hardest working kids. Timothy Fay came in with perfect attendance for the month of November and we had a number of other kids who were within just a few workouts of getting recognized for perfect attendance as well. Keep encouraging your kids to come to practice....consistency is a critical component of swimming success. Our best performers are almost always our most consistent and hard workers. Finally, the month ended with some outstanding performances at the MAC Hosted IMX meet which hosted teams from all over the west and from as far away as Alaska! This meet offers our kids a chance to showcase their well rounded swimming by competing in every stroke as well as IM events. Highlights include some top 16 overall individual finishes.

Carson Hamblin- 11th place 11 year old boys

Gabriel Madrigal-Meighan- 6th place 13 year old boys

Timothy Fay- 7th place 13 year old boys

Ryder Androvsky- 8th place 13 year old boys

Gabe Vinz- 12th place 13 year old boys

Emma Becker- 5th place 14 year old girls

Jessica Franco- 7th place 14 year old girls

Luke Nicholas- 6th place 14 year old boys

And a very impressive overall win by Madison Caserio in the girls 14 year old category!!

Congrats and nice work for all of our swimmers!! Keep up the great work and we look forward to seeing you all continue to grow as swimmers and individuals over the course of this season!!

Skyline 10 and Under

By **Coach Laura**

November was an amazing month of swimming, bonding and festivities! The Mighty 10 and Unders tore it up at the Dual Meet Finale, with most everyone walking away best times, some made additional Jr. Olympic cuts, and a few new State times were well earned. But wait!!! There's more!!! The following weekend we attacked the IMX and IMR meets. With 17 States represented, we threw down amazing swim after swim and came out with even MORE personal bests!!! THAT is a lot of fast swimming in the course of two weeks! Wow. Congratulations to each of you! A huge shout out to Stephen Argabright and Daniel Schwendinger who stood proudly on the IMX



Winners podium to receive their plaques. With a month of hard work under our belts, we all deserved to get a little silly at the Annual Turkey Palooza! The entire team came together for laughs, challenges, and of course....snacks! It was awesome! And, if this wasn't enough, some of our Splashball Phenoms hung around on a Saturday to hone their Water Polo skills, earning a certificate of accomplishment in newly learned techniques. November was truly 30 days of memories to give thanks for!



Hats off to Stephen Argabright who is this month's Swimmer of the Month. Not only did Stephen have perfect attendance, but he made the best of each workout by pouring himself into the sets and being an outstanding listener. Congratulations, Stephen!!!

I want to thank each and every one of you for being great swim parents and helping to make MAC not just a club, but a true community. I'm truly excited to see what December brings!



Kino 10 and Under

By **Head Coach Meg**



November was a busy month for the 10 and unders. We started off with our Desert Dual Meet Championships, followed quickly by the IM Ready meet, a change of pools and a fun-filled Turkey-Palooza.

We had two swimmers of the week this month: Natalie Hamblin and Xavier Munoz-Meighan.

We are excited to welcome Makeely Newbold back to the group; her smile and excitement about swimming adds so much to our group.

We have spent much of the month working on butterfly and underwater kicks. I am happy to report that most of the kids are taking to hear the importance of having great streamlines and underwater kicks.

This month we have our Santa is Coming meet in Chandler, and Jingle Run on Thursday, December 21, and Christmas Break, December 25-29.

Skyline Novice

By **Coach Jenny**

It was great to be back with the Novice group full time in November! Our group has done such a nice job being good team mates - thinking of others, being on time, taking care of their own swim bags, and encouraging their fellow swimmers. Congrats to all!

Special shout outs to the following: TJ, Vivienne, Chloe and Ceclia for their improved swims at the Fall League Champs. Hailey S has seen massive improvement in her freestyle and backstroke in practice - I can't wait to see her race times! Maddie and Austin will be moving on to White Group - we wish you all the best as you continue through the MAC program. The Webb kids have done an awesome job this month!! Ellie, Sam and Jack all have received swimmer of the week! Keep working hard, kids! December is going to be a great month for Novice! Hot Chocolate Fridays, more technique work, and many more chances to recognize swimmers' accomplishments.

Kino White & Novice

By **Coach Marissa**

We had a great month of swimming! I'm proud of our Novice/White Group swimmers for encouraging their teammates to be better and for being on time to practice to begin swim class. We have a lot of potential in our groups and I am so excited to see where our short course season takes them. Our swimmers of the month were:

-Avrom Miller

-Abby Neus

-Dylan Oliver

- Nicole Edwards

Congratulations swimmers for your hard work and participation this month!

This month we will be focusing on sitting with our team and wearing our MAC gear in swim meets. We would like to see athletes wear their MAC caps, MAC shirts, and help represent our amazing club!

GOOOOOO MAC!!!!!!!!!! :)

Skyline White

By **Coach Dillan**

This month we saw an increased commitment to attendance! It has gotten cold, but we had three swimmers who had perfect attendance this last month! Tristan Yanez, Carolyn Sexaure, and Charlotte Condie. We are beginning to drop down in yardage. We are excited to bring on new swimmers as we have had a few move ups this last month. We had Aurora Kokona represent the white group at our fun meet last weekend. We also had a good showing at the IMR meet at Kino this last meet with a few best times. Great month!

Tristan Yanez was our most recent swimmer of the week.

MAC Pre Competitive Program

If you are interested in getting your swimmer in our pre competitive program please contact Nichol (nichol.dowel@gmail.com). She will help your swimmers learn how to swim independently and learn the correct technique on all four strokes! Classes have a max of 4 students per class and they can start as young as 2 years old! Please contact with further questions and class times.

Account, Billing or Service Hour Questions?

Jessica Rudd, Team Manager

I am typically available at Kino on Mondays from 4:30pm to 6:00pm or at Skyline Wednesdays from 4:30pm to 6:00pm for drop ins. Any changes to this schedule will be listed on the calendar on the website. You can also call me at 480-466-5013 to set up an appointment for another time. Contact me at any time at jessicarudd03@gmail.com with questions.

New Parent Orientation

All New families are required to participate in our new member orientation. The next dates are December 11th at Kino at 5:30pm (meet in the snack bar at both locations)! Contact me at jessicarudd03@gmail.com with any questions or if you need to schedule another time to meet this month.

HAPPY BIRTHDAY!!

Emma	Jahn	December	1
Ava	Gregg	December	1
John	Giles	December	4
Sophia	Jahn	December	7
Abigail	Neus	December	7
Jaxon	Jenks	December	11
Meghan	Rappaport	December	12
Erin	Rappaport	December	12
Aaron	Becker	December	13
Frank	Judd	December	13
Kaitlyn	Bluford	December	13
Chandler	Schutte	December	17
Laneah	Kapeliela	December	18
Zachary	Jensen	December	19
Gavin	McKinnon	December	20

Shaylin	Grant	December	21
Kylie	Grant	December	21
Jill	Jensen	December	26
Jaxson	Scown	December	27
Steven	Schmiedeler	December	28
Cassie	Klenk	December	28
Mikela	Miele	December	28
Chase	Baird	December	29
Madilyn	Sieffert	December	30

2017-2018 SC Season Service Hour Announcement

Fall/Winter short course season (9/1/17-3/31/18) service hours required per family (Based on athlete in highest tier):

1. **Tier 1 (NTG) - 25 hours**
2. **Tier 2 (S1 & Black) - 20 hours**
3. **Tier 3 (S2, Red & 10&U) - 12 hours**
4. **Tier 4 (White & Novice) - 6 hours**

- Hour requirements that are not fulfilled by the end of the season will be billed in April at a rate of \$30/hour.
- All families are required to complete hours, regardless of participation in meets.
- Volunteering at non-MAC hosted meets do not apply to our service hour program UNLESS we are assigned lanes to time for that meet
- **If a family joins mid-season** their expected hours will be pro-rated accordingly.
- **If a family leaves mid-season**, they will be responsible for a pro-rated number of hours accordingly and will be billed for any unfulfilled hours.
- Job sign up's are to be done on-line are usually available about the time we open a meet for entries, slots will fill fast so if you do wait until the last minute you may not find anything available!

Hour Opportunities in SC 2017-2018

September 16-17: Fall Quad Meet #1

September 30-October 1: Fall Quad Meet #2

November 17-19: IMX Championships

November 18-19: IMR Short Course Games

January 13-15: AZ Senior Dual Meet Champs

March 1-4: AZ senior Open Championships

There are a few occasions where MAC is asked to provide timers at away meets. These meets include, Holiday Fest, JO's, and Sectionals. There will be limited opportunities at these meets to obtain volunteer hours. You must commit to these volunteer positions on the MAC website prior to the meet.

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