

JANUARY 2018 NEWSLETTER

HAPPY NEW YEAR!!

Service Hours

We are nearing the end of short course season and we have just a few important reminders regarding service hours:

- ALL families are expected to complete service hours, **regardless of participation in meets**
- There are only TWO meets left this season to complete your hours
- You can check your requirement when you log into your account
- Hour requirements will be reset and reevaluated April 1
- Incomplete hours are billed at a rate of **\$30/hour** April 1st
- Hours=Points, Points=Hours

New Parent Orientation

All New families are required to participate in our new member orientation. The next dates are **January 8th at Kino at 5:30pm and January 10th 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.

New Year, New Changes

Happy New Year MAC families! I hope you enjoyed a joyful and restful holiday season and close to 2017 . We are so grateful to have staff members who are dedicated to the vision of MAC and the best interest in our athletes. Many of our staff members have been on deck so long that we can't remember MAC without them, and for this we are tremendously honored.

One of these amazing coaches is Marissa Walz. We have seen Marissa grow and develop into the amazing coach she is today; committed to developing swimmers who love swimming and look forward to coming to the pool...sometimes just to see her smiling face. Marissa is in the process of finishing her teaching degree and due to the time commitment she will be stepping away from her current position at MAC. We are so thankful for her passion and her dedication to our team over the past 6 years and look forward to having her her on deck as her schedule permits.

As Marissa moves on, to pursue her teaching credentials, we welcome Coach Dani Strader to the MAC coaching staff. Dani has been on deck over the past month with Coach Marissa, getting to know the athletes and coaches as well as becoming familiar with the overall function and vision of MAC



Hello, MAC family! My name is Dani Strader. I just finished my fifth semester over at Mesa Community College and I'm almost done with my prerequisites for an Ultrasound Program at Gateway Community College I'm hoping to get into next fall. I started swimming my sophomore year of high school at Mesa High School in 2012 and I started swimming with Mesa Aquatics Club the following spring. I swam competitively for three years and loved every second of it! My favorite stroke is Breaststroke! I'm so excited to start working with the kiddos and help them on their swimming journeys. Coach Dani will be on deck at Kino working with our Novice and White Groups. Let's go, Narwhals!

As our S1 and NTG groups continue to grow, we are excited to have some additional help on deck with Coach Eric and Coach Jon. At Skyline, one of our current coaches, Dillan Keith, will be shifting some of his time on deck to be helping Coach Jon. Dillan is excited to work with Jon and his S1/NTG athletes, as well as continue with the S3 and White groups at Skyline..

At Kino, we welcome two new coaches on deck; Coach Mike Herrmann and Coach Dave Pohlmann.



Mike Herrmann moved to Arizona in 1970 and swam rec teams from 4-10 at a private club in Phoenix until we moved to Tempe in 1977. In 1978 I started swimming with the Tempe Makos which eventually turned into the Tempe Swim Devils. For a 2-year period I swam for Mesa Aquatics 1980-1981 but returned to Tempe Swim Devils in the fall of 1981 when I started High School at Marcos De Niza where I swam all 4 years and competed in the state meet every year. After graduation I had a decision to make if I would walk on at Arizona State University or quit swimming. One of my biggest regrets was to quit swimming at that point. I attended Arizona State University and graduated in 1990 with a degree in Marketing with an emphasis on sales and sales management. In January of 1991 I opened the Michael S Herrmann Insurance Agency, Inc, a Farmers Insurance Agency. Our agency has prospered over the years and

allowed us lots of time to do the things that I am most passionate about such as swimming and coaching. I have been an assistant coach with Corona Del Sol High School for the past 5 years. I am very grateful for the opportunity to coach in the USA swimming ranks and have a goal of being able to free up enough time to be able to coach more. We are excited to welcome Mike to our coaching staff, primarily working with Coach Eric at Kino with our S1/NTG groups.



Dave grew up in Tempe and began his swimming career when as a high school student, where he swam for Tempe High School. He was an accomplished high school swimmer and attended University of Irvine and Arizona State University, where he continued his swimming career. As a freshman at The University of California Irvine he was Rookie of the Year breaking the school record in the 1000 Free.

He continues to have a passion for swimming and has been a member of Mesa Aquatics masters team for a number of years. Dave works as a Captain for The Superstition Fire & Medical Department. He also works part-time as an RN for the Emergency Department at Chandler Regional Hospital. He is a proud alumni of Mesa Aquatics Club and is currently assisting Coach Eric, at Kino, assisting the S1/NTG groups.



Micah will be working at Skyline and Kino, primarily with Coach Meg and Coach Laura, but will also gain additional experience with other veteran coaches on staff.

Hi my name is Micah Thomas and I am very excited to be on board with MAC! I swam throughout high-school at Estrella Foothill High School with Westside Silver Fins. I have been teaching swimming lessons and coaching recreational teams for the past five years. I have a passion for working with swimmers and seeing them achieve what they set their mind to achieve. I am currently a student at Grand Canyon University, and look forward to begin coaching with MAC.

We are excited about the growth of our team and the commitment to excellence that brings these new coaches on board. If you happen to see these new faces on deck. introduce yourself and welcome them to the MAC family..

Happy New Year,
Meg Zajdzinski

Kino Novice

By Coach Marissa

100% attendance:

Paige Revie

Swimmer of the week:

Paige Revie

Tyler Resh

Sami Schultz

Rory White

Skyline Novice

By Coach Jenny

A terrific December for our Novice group- you should see this group's streamlines, breastroke pull outs, and freestyle "rolling and reaching". They survived some really cold evenings too! Ainsley was a swimmer of the week this month AND she had perfect attendance... again! Other highlights include: Anna's efficient freestyle, Jill's breastroke, TJ's straight arm backstroke, Vivienne's reaching breastroke, Hailey's gorgeous backstroke finishes, and Blaine's freestyle breathing. Chloe and Cecelia are looking great on their walls too! December fun meet was great to watch. These fun meets are really helping our kids learn how to race - love seeing the long reaches to the wall.

January brings more work with turns, butterfly timing, and kick sets for stronger legs.

Happy New Year!

Kino 10 & Under

By Head Coach Meg

Swimmer of the week:

Natalie Hamblin

Xavier Munoz-Meighan

The mighty 10 and unders of Kino are improving their streamline and underwaters more and more each month. I am impressed with the importance they are placing on becoming great at streamlines and kick outs. The swimmers are challenging one another to make great streamlines a part of who they are as swimmers. We set out the season with this as our main focus goal and it is exciting to see how much they have improved.



We had a great meet in December with a few more JO and state times, but most importantly the kids had an opportunity to show off their incredible turns and underwaters. All of these kids sat together under the MAC tent and made an effort to cheer on their teammates and to make great friends. Looking ahead, we have two meets this month and two meets in February. Next weekend we have Dual Meet Champs, and the last weekend of January we have the Phil Levine meet. Please be sure to go online and register for both of these meets. Most of the athletes in this group are working toward swimming in Junior Olympics as their championship meet this season. JO's will be held in Yuma and hotel information is on our our website. The reservations are being held until January 8, so be sure to secure your travel arrangements soon.



Skyline 10 & Under

Happy New Year from 10 and Underland!



Starting a new year is a great time for reflection. I look at your children, and am amazed at how these young kids can push themselves beyond mental and physical limits....then come back the next day and do it again. I'm impressed with how they show up to workout day in and day out regardless of weather or chilly water. I'm stunned at the commitment and dedication they show at such a young age, and know that each and every one of them have such a bright, bright future. I'm beyond impressed with you, the parents, and the sacrifices you make to support your

What a GREAT way to end up 2017!!! Our swimmers kicked some Reindeer tail at the "Santa is Coming" Meet, and despite the cold temperatures managed to throw down some amazing swims! The month was full of hard work, Jingle Jogs, and Holiday themed games and relays! It was truly a fantastic month on every level!!!



children. And, I am honored and humbled to work with such a phenomenal Team of swimmers and adults. From the bottom of my heart, THANK YOU! For everything!!!!

We have a great deal to look forward to in 2018, starting with the Dual Meet Champs which is always an exciting meet! We'll continue to train smarter, work harder, and create more irreplaceable memories!!!

Sincerely,
Coach Laura

Skyline White

By Coach Dillan

This last month we saw a increased improvement and a decrease in temperature! We had our swim party prior to the break where we played games and had some good dinner. We have seen determination recently as we have had a few swimmers make our protocol sets and our test sets. This is good news as we head into the last few months of training for short course season. Thank you to the parents who volunteer and set aside time for swimming! Go MAC

Kino Red & Black

By Coach Bill

With our upcoming short course Championship season just around the corner, the MAC coaches want to share our concept of developing the Team MAC Culture with all of our swimmers and parents. While swimming may be primarily an individual sport, we are part of a team and there is not doubt that being part of something bigger than just yourself can help us all reach our greatest potential. While we have worked to develop a TEAM MAC Culture during our practices and at some of our meets, we as coaches feel that we can step up our efforts to help develop and nurture this culture. Some of the TEAM MAC ideas that we currently have in place include doing our team cheers after every practice, challenging our kids to help push and encourage each other, and more importantly, care about each other. However, we believe that more can be done to build the culture and that is where we are asking for help from our parents. How, you ask can you help with the TEAM MAC Culture?

Ensure your swimmers are wearing MAC Attire at all meets. This includes the right colored shirt, our team suit (we are sponsored by Speedo), a MAC cap. There are other options as well, such as parkas, swim bags, and hats, but at a minimum we want to see all of our kids looking the part of a great team in our shirts, caps and suits.

Warm up as a team. Moving forward our coaches will be putting more emphasis on getting our kids in the warm up pool together and on time. Please get your kids to the meet at least 15 minutes before warm up so they can meet with the coaches and report to the MAC warm up lane(s).

Sit together. One of the best ways to help support each other is to have the swimmers sit together as a team. We expect our kids to sit together in the designated MAC area. This helps build camaraderie and makes the meets more enjoyable for your kids. It also helps the coaches locate our swimmers to help them get ready for upcoming events.

Cheer for each other. The top teams in the county should look like a team and this starts with developing a culture of cheering and supporting each other. One of the easiest ways to help our kids swim faster is let them to see that others care about how they are doing. Standing up behind the lane cheering for each other helps share this message of support.

We truly do hope that other teams can watch our TEAM MAC Culture evolve to the point where we become the standard of what a team should look like. While this culture cannot be built overnight, we will be steadfast in our desire to help develop an atmosphere where all of your kids can feel like they are part of a team. Thank you for your support as we continue to strive to make MAC a place where our kids can be part of something special.

Kino Senior 2 & 3

By Coach Jack

2:23 to Yuma

We will be taking the majority of the Senior 2 group and hopefully even a few Senior 3 swimmers to Yuma over the weekend of Feb 23 thru 25th. We have 2 goals in taking this trip #1 we are setting our team goal for this spring to Win the Regional Meet, this will take the best efforts of ALL our team swimmers #2 get as many individual state cuts as possible. I list it in this way for a reason, our primary purpose is a team goal for everyone swimming with us to focus on, secondarily we have individual goals for each swimmer.

This trip will be a team travel trip, what this means is our athletes will be travelling as a group with the coaches. We will be renting vans for travel, booking rooms for the kids to stay in together, eating as a group and competing as a group. We strive to prepare the kids for how they will travel as they advance forward in their swimming careers. Please get online and commit to the regional meet before Jan. 5th, which we have set as a declaration date, so we can begin to plan the trip.

Jan. Phil Levine Meet at Moon Valley Country Club, this is a team meet for S2 and an optional one for S3 and kids can pick their own events with coach approval. In order to move forward towards regionals, our swimmers have to have current qualifying times in the events they wish to swim in Yuma. This meet is a no time standard meet, meaning there are no barriers to event selection, you can swim what you wish, even if you have never swam it before. Let's get those qual times now.

The meet structure is a bit novel, the meet is run over 2 weekends, Sat. Jan. 20th and Fri - Sun Jan. 26 - 28th. The first weekend is just for the 1650 and we will only have some of our strongest competitors swimming this weekend with coach's approval. We will be using this weekend to get qualifying swims

in the 500, 1000 or 1650 depending on the swimmer, but even if you are getting an intermediate time in one of the other distances, you still must complete the 1650. The full weekend is a more typical meet structure and all of our swimmers should be attending unless they are unavailable. Please go online and commit to the meet and select events as our deadline is Jan. 8th, this coming Mon.

Service hours, as most of you know, in order to host meets we rely on our families to help in every imaginable way, please take a look at the upcoming schedule for service opportunities. Each family is asked to work a certain numbers of hours per competitive season depending on the group their athlete is swimming with. Our numbers are 12 hours for S2 swimmers and 6 hours for S3, please anticipate and look forward to what is available, and reminding you we are always looking for parents to get qualified as Meet Marshals, officials or computer operators, if your interested please contact Jessica Rudd for more info on training.

Once more Phil Levine Jan 20th and 26 - 28 Moon Valley CC
Feb Yuma Junior Olympics Team Travel trip Feb 23 -25
AZ Senior State Championships at Skyline March 1 - 4

If you have any questions about any of this please contact Coach Jack

Skyline Senior 3

By Coach Dillan

S3 is beginning to gain momentum. We have had a few new members join. As the season begins to move into the end of short course and long course, we will see our S3 group grow. Our focus has been primarily skill acquisition and some intense aerobic sets. As we head into the coming months, it is important to take time to set goals and remember the why of swimming. I have seen some great things from our group here at MAC. Let's move into 2018 with a renewed determination and drive! Go MAC

Skyline Senior 2

By Coach Heather

Swimmers of the month: Annika Hoglund, Carson Sundem and Ben Edwards

S2 started the month with several swimmers competing in Holiday Fest and most in the AZAC Santa Is Coming Invite. It was a great opportunity for our new MAC swimmers to get some times recorded and see where we are post high school season. We spent the month really focusing on underwaters and turns, have had goal meetings and are revved up for the next 7-8 weeks till JO's and State!

We will have two taper groups- those who get their state cuts by mid February (at the Phil Levine and the DTAC Sweetheart meets) and those who will taper for JO's. JO's will be a great experience for us to travel as a team and compete in a prelim/final championship meet. Our goal for all seniors to make finals at JO's and to have a great team presence at the meet in Yuma is very doable. Which is funner - team travel or swimming fast? Team travel makes for many great memories but we all love and strive for that feeling of swimming fast and doing our very best, so we are looking forward to doing both in the same weekend!

Those who have already achieved state cuts will not be able to swim those events at JO's, so that opens opportunities for them to swim secondary events and stretch themselves. All S2 swimmers will be swimming either a distance event or a stroke 200 in our upcoming meets trying things they didn't have opportunity to do in high school.

We would like to say "Well done!!" to our former S2 swimmers who have moved to S1: Trevor Alford, Christian Perkins and Zach Jensen after having achieved state cuts and performing the S1 protocol sets. Also we extend a big hearty welcome, HOWDY! to our new and returning members who have joined us this month: Carter and Ryan McCann, Parker Hansen, Robert Dominquez, Lena , and Skyla Nicholson.

Swimmers of the week in December were Kylie Grant, Carson Sundem and Annika Hoglund. Your efforts in swim AND dryland practice shows your dedication and grit! Salut!

Highest December attendance (above 95%) goes to Shaylin and Kylie Grant, and Maggie Jensen- well done in the month of many excuses! The monthly attendance goal for S2 is 80%. In January we will have 23 practices - if you make 19 practices you've got it! You can do this!

Kino Senior 1 & NTG

By Coach Eric

During a person's career they need to continue to learn and re-educate themselves. As a staff, we recently participated in a valuable seminar with Glen Mills, a renowned coach throughout the country, for a little refresher. The entire MAC coaching staff was present for this discussion and we acquired a number of valuable reminders and effective tips and drills for swimmers of all ages and abilities. During this training we talked a lot about specific stroke techniques for ever stroke.

We discussed the importance of core stability for all strokes. This means keeping your body tight, keeping your abdominal muscles engaged, throughout a swim. This allows an athlete to benefit most effectively from the pull and kick.

We also discussed how the arms should be catching the water during each stroke. The high catch of freestyle, the arm bend on backstroke, the press on breaststroke and fly were all discussed.

Next we discussed the importance of how the kick in each stroke should be performed. The importance of the continual kick on freestyle and backstroke. How the timing of the fly and breaststroke kick is important.

During the discussions we watched and analyzed the best the sport could offer. In the end one of the things that was discussed to increase speed quickly and most efficiently was the simplest of things. The streamline of the wall is the quickest and easiest way for swimmers to make improvements on time. Most swimmers and coaches know the importance of this simple technique but at the end of the day it is one of those little concepts that gets discussed but seems to continually slip through the cracks.

WORK YOUR WALLS

Skyline Senior 1 & NTG

By Coach Jon

Swimmers of the Week:

Patrick Waggoner
Joey Rusnak

100% Attendance

Patrick Waggoner
Nolan Craig
Stefanie Walker

2017 has come to a close and we are already into the new year. A new year usually means new goals...however we want to make sure that we aren't forgetting our past goals for this 2017/2018 short course season.

We have been discussing with the athletes about being good teammates and helping one another through positive encouragement and daily practice racing. Back in November the Senior coaching staff set up end of season goals of where we would like to be as a TEAM when it come to placement at JO's, Senior State, and Sectionals. MAC is one of the best teams in the state of Arizona and we want to make sure that is represented at the beginning, middle and end of each season. First off, we cannot do this without everyone's commitment to attend daily practices and meets we have throughout the season. Practices and in season meets are all in preparation for the championship meets that come up at the end of each season. At championship level meets, points are only scored in finals and only the top two relays (that place top 16) count for points. The continued effort to make all finals sessions

and the drive to want to be on relays shows everyone else around us how good MAC is as a TEAM and not just a loose group of individuals wearing the same cap or colors. The goals we set for this season are to place 1st at JO's, Top 3 at Senior State, and Top 10 at Sectionals. These goals will help our team grow stronger and will ultimately help our athletes achieve the highest levels of the sport.

Relays are a HUGE part of points scoring at meets...they are double the number of points that individual swims are. Relay spots are reserved for the fastest athletes in a relay setting; not necessarily who has the fastest time in a non relay setting. Ultimately the coaches will put the 4 athletes who they believe will put together the fastest relay possible.

Let's have a great remainder of the short course season and 2018!

MAC Pre Competitive Program

If you are interested in getting your swimmer in our pre competitive program at Kino please contact Nichol (nichol.dowell@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?

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.

Happy Birthday!!

Miller	Browne	January 01
Grant	Zajdzinski	January 02
Rylan	Jenks	January 04
Brooke	Workman	January 10
Abigail	Otter	January 11
Evan	Schaeffer	January 18
Addison	Freye	January 18
Haley	Morton	January 22
Alexa	Pawloski	January 22
Adrianna	Cruz	January 22
Jack	Giles	January 23

Todd	Johnston	January 23
Makynzi	Leavitt	January 24
Kathleen	Skarbek	January 27
Dylan	Meldrum	January 28
Joshua	Judd	January 30

17/18 Short Course Season Service Hours

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 prorated 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 signups are to be done online 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.