Mesa Aquatics Club

April 2019 NEWSLETTER

HELLLLLOOOOO LONG COURSE SEASON!!!

MAC's First Annual Swim A Thon

To be eligible for the **1st - 3rd place prizes** all donations must be in by the start of the swim-a-thon (8am, April 6). The website will remain open for additional donations through April 13; donations made between 8:01 am on April 6 and midnight April 13 will not count towards the top three finishers but will still be a huge help to the team!
Pot-Luck: From 10-12 we will have a team potluck: Last names beginning with A-R will bring a meat or protein based brunch dish to share and last names starting with S-Z are asked to bring fruit or a pasty (bagels, doughnuts, muffins, etc) to share.
From 10-12 (following the swim-a-thon) we will have the entire pool available for games, use of the slide and the diving boards, so bring your family!
Feed My Starving Children: MAC will be heading out Saturday afternoon to give back by serving at Feed My Starving Children. Be sure to wear your Red MAC shirts! If you didn't sign up but still want to join us, we have plenty of room, so let me know if you want to serve with your teammates!
We are looking forward to a great day!

Parent Orientation

All new families are required to participate in our monthly parent orientation and we invite anyone who is interested in learning more about the workings of the club or just want a refresher to join us! Our next date will be **April 10th at 5:30 at Kino (meet in the snack bar area)**. Please make an effort to attend!

Long Course 2019 Volunteer Hours Announcement

As many of you are aware, monthly dues only cover a portion of the cost to run our swim. To supplement we host outstanding events at our world class facilities. Swim meets serve as the main "fundraiser" for our team.

Long Course 2019 Season (4/1/2019-8/31/2019) service hours required per family (Based on athlete in highest tier):

1. Tier 1 (NTG) - **28 hours (pts)**
2. Tier 2 (S1 & Black) - **24 hours (pts)**
3. Tier 3 (S2, Red, & 10&U) - **16 hours (pts)**
4. Tier 4 (S3, White & Novice) - **8 hours (pts)**

Hour Opportunities in LC 2019

April 19th and 20th MAC IMX Intersquad Meet at Skyline Aquatics Facility

May 24th-27th Speedo Invite at Kino Aquatic Center

June 15th and 16th Narwhal Invite at Kino Aquatic Center

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.

- All families are required to compete hours, regardless of participation in meets.
- Hour requirements that are not fulfilled by the end of the season will be billed in September at a rate of $30/hour.
- You are responsible for managing your own service hours on your account. Be sure to use the website as a tool to help you track!
- 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 ups 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!
- Be sure to sign in at the start of your volunteer shift. This is the only way we can verify hours!
- At the end of the season a drawing will be held for any family exceeding their volunteer requirement by 20% or more. Six names will be drawn, and winners will receive $100 in MAC bucks to be used at our team store.

How do I sign up to help?

When opportunities become available for MAC hosted events, they will be posted on that event's landing page on our website. You can find them by logging into your account, going to the homepage and then finding the specific event under the "MAC Meets and Events" section. Jobs will be listed by clicking on "Job Signup". You can then **sign up online** for whatever you'd like to do. You will be

required to sign in at volunteer check-in at the event. After the event your hours will be recorded based on that sign-in sheet. Allow up to one week after the event ends for hours to be added to your account. **You can find your account's hour requirements and jobs worked when you log in and go to the Service Hours tab on the $My Invoices/Payments page.**

What if I can't be of service at the meets?

First keep in mind that your athlete can volunteer at meets they are not competing at! As a final option, in addition to the positions needed at meets, there are a number of other ways you can help including:

- Donating gift cards either Fry's or Costco, which are used to help offset the costs involved with the meets. Gift cards are credited towards service hours at a rate of $20/hour. Gift cards can be donated any time. Please make sure that they are given to a staff person in a sealed envelope with your athlete's name, as well as with the gift card receipt.

- Helping prepare meals for hospitality prior to and/or during a meet. This involves working with one of our volunteer coordinators prior to the meet to confirm what needs to be prepared, when it needs to be delivered, etc. Service hours are given for the prep time as well as for any costs if you choose to purchase the food. If you are interested in helping prepare food for one of the events listed above, please email Karis Quihuiz (karisquihuiz@yahoo.com).

- Help obtain a sponsor. There are opportunities for businesses to purchase a program ad, donate goods for hospitality, and other unique sponsorship opportunities! If you know of a company, restaurant, or other organization that may be interested in becoming a sponsor please email Paul Smith (paul@mesaswims.com).

- Other professional services. Do you have a skill, service, or other creative idea that you think may help MAC? Let us know!

Please see the information below on available volunteer positions.

MAC Honor

By Coach Meg

Inspiring our swimmers to become the best versions of themselves in and out of the pool by honoring themselves, honoring their team and honoring the process. I am so excited about the direction of our team. Each of our coaches makes a deliberate effort on a weekly basis to discuss what it means to “honor yourself, honor your team and honor the process”. If you missed the banquet on Saturday night, you missed a great video of our kids verbalizing exactly what this means to them. Some of the responses we heard were: ‘always give your best”, “

arrive early and be ready to start practice on time", "encourage your teammates", don't bring your negative emotions back to the team area", listen to your coaches" , communicate with your coaches directly", "don't do additional training without letting your coach know", "wear your MAC gear", "be coachable". We are excited to continue to transform into a team of athletes with impeccable character, sportsmanship and work ethic. We understand these characteristics will enable our team to go to the next level while building great memories and a ton of fun! Let's partner together this next season t make it the best season yet!

Kino 10 and Unders

By Coach Meg

March was tons of fun! We wrapped up a successful season of strong swimming and outstanding skills. I am so impressed with how far the Kino 10 and unders have come this season. Part of "honoring the process" is to work diligently on streamlines and underwaters within each group. The expectations grow as the swimmers develop and move through the program. In the 10 and under group we expect perfect streamlines every time and at least 3 dolphin kicks off of each wall. I have seen tremendous improvement over the past several months and this is finally becoming a habit for many of the kids in this group.

We are excited to finally be back at Kino full time to swim and have some warm water. We will continue to swim Monday-Thursday 4:00-5:30 through Memorial Day. After Memorial Day we will move to morning practices; Monday-Thursday 6:30-8:00 am. I'm looking forward to a great LC season with our mighty 10 and unders!

Skyline 10 and Unders!!!

Wow! What a season!!! What a spectacular season!!! I can't believe it's gone already!!! Time flies when you're having fun and swimming fast!!! Xavier Munoz Meighan and Oakley Sare packed up their bags and headed up to Westside to compete in the Age Group State Championships. Both had some fantastic swims, and Xavier finaled in several events. The Quihuiz sisters made the long drive to help out their teammates in the 200 Medley Relay. That's great sportsmanship!!! The following

weekend, Riley Price and Emily Landy put on their best dinosaur costumes and threw down some amazing swims at the 8 and Under Championships in Scottsdale. Both had personal bests right and left, and Riley walked away with a new MAC Team Record in the 25 Backstroke. Now THAT'S how you swim a meet!!! We finished out the month with drills, drills and more drills, a mile for time, several rounds of "King of the Mountain", and a relay challenge day against Coach Bear's Senior Team. Now, we look forward to starting a new season, focusing on perfecting our strokes, and obtaining new personal best times. I look forward to a successful Long Course season and getting to know each swimmer better...as an athlete and as a person!!! - Coach Laura

GOOoOOoOOoo MAC!!!

Kino Novice

By Coach Nichol

The Novice swimmers have had a great season. It always feels like at the beginning of joining the Novice group, those little heads are struggling just to get to the other side of the pool... so when they swim more than 500 yards or 20 lengths in the course of an hour, I am astonished by the progress they have made.

The major goals for Novice are:

-Those tight powerful streamlines off the wall.

-Body and head positions... which feels like we are beating a dead horse to talk about, but WOW does a nice body position give us speed.

-Legal Strokes

-Legal transition turns

-Learning the progression of a dive

-Having fun!

- And Learning the MAC way.... honor yourself, honor your team, and honor the process.

I can go down this checklist and feel so proud of the hard work that these little bodies have put in this season. By consistently showing up and powering through when it is challenging, they have banked in learning the process. Go MAC!

As we start a new season, I want to congratulate Brynn Nicolson for moving into Coach Meg's 10 and Under group! It is a very exciting time and I am so proud of her.

Skyline Novice

By Coach Jenny

Kino Precomp

By Coach Nichol

The water is finally getting warm and we are so excited about that!

Pre-Comp swimmers have been focusing on exhaling when we are under water, so that we can take a breath when our head comes up. We are also working on the body position for back floats. This skill is a foundation for safety and for learning the backstroke. It is one of the first things that we need to learn how to master... so we try it soooo many times.

We are also working on reaching our hands towards where we want to swim to. Our head and our hands are the steering wheel of our bodies in the water, so we work on body position right away as we are learning to swim.

We focus on starting at the wall and finishing at the wall. We focus on listening skills and being good lane mates. Pre- Comp swimmers get to play lots of games to practice those skills and the best part is the little smiles when they feel proud of themselves!

❓ Account, Billing or Service Hour Questions?

Contact team manager, Jessica at jessicarudd03@gmail.com, 480-466-5013, or drop in during her office hours, posted each week to the calendar!

Happy Birthday! 🎈

April	Delgado Flores	April 01
Devon	Schauer	April 01
Thatcher	Grooms	April 04
Lena	Hirota	April 04
Jayden	Tran	April 04
Faith	Crowe	April 05
Jane	Thompson	April 05
Alyssa	Hoglund	April 07
Henry	Good	April 08
Brianna	McLain	April 08
Trinity	Treadway	April 09
Heath	Hogle	April 10
Katie	Burr	April 11
Sadie	Christie	April 11

Raleigh	Lewis	April 11
Farah	Zebian	April 12
Kate	Sexauer	April 13
Hannah	Huston	April 15
Chloe	Quihuiz	April 15
Gabriel	Vinz	April 16
Fallon	Schauer	April 17
Rian	Lewandowski	April 18
Sienna	Tisi	April 20
Natalie	Crisci	April 21
Bill	Coach	April 24
Joseph	Rusnak	April 24
Samuel Seraphim	Suncais da Cruz	April 24
Avery	Johnston	April 25
Saige	McCallen	April 26
Emilee	VanderLinden	April 27
Garrett	Rowley	April 28
Kyle	Trost	April 28
Sage	Merrill	April 29

Mark Your Calendars

April 6th Annual Swim A Thon at Kino Aquatic Center (evaluations that day as well from 9:30-10:30)
April 19th and 20th MAC IMX Intersquad Meet at Skyline Aquatics Facility
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MAC at Las Sendas

MAC will be hosting summer lessons and team at Las Sendas, please spread the word!

Free Adult Learn to Swim Lessons

In conjunction with the Swimming Saves Lives Foundation, Las Sendas is offering Adult Learn to Swim classes at the Trailhead pool. The classes will be 30 minutes, twice a week, for the month of April. The Intro to Swimming class will focus on overcoming your fear of water, learning to float and kick. Learning basic freestyle and breathing, treading water, and safely exiting pool. We will offer the Introductory classes again in May, and add a Level 1 class for those who wish to continue their water safety and swimming skills.
According to the Centers for Disease Control and Prevention, 37% of American adults cannot swim the length of a pool, which puts them at risk of being one of the ten people who drown every day in the United States. This program is designed to help adults be comfortable in, on and around the water. Participants will work one on one with a trained instructor to provide a safe and comfortable setting to learn swim stroke and water safety skills.
Laura Smith is a certified Adult Learn to Swim instructor. To register contact her at Laura@mesaswims.com or call 602.831.7575. Class size is limited to three students.
Tuesdays and Thursdays, April 2nd through April 30th 11:00 - 11:30 AM or 11:30 - 12:00

Intro to Swimming:
Overcome your fear of the water
Learn to float and kick
Learn basic freestyle and breathing
Learn to tread water

Tuesdays and Thursdays, May 2nd through May 30th 11:30 - 12:00

Level 1:
For those comfortable in water
Improve freestyle technique and breathing
Learn backstroke
Build swimming endurance

Service Hours for Long Course Season

To check your requirement, log into your account and go to the $My Invoices/Payments page under the My Account tab. On that page, click the service hours tab at the top. You requirement will be listed there!

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