

July 2019 NEWSLETTER

<Firework> **HAPPY INDEPENDENCE DAY, AMERICA** <Firework>

MAC Age Group Philosophy

By Coach Bill

This month I wanted to focus my article a little bit more on the coaching philosophy that we employ for our Age Group program. As we have shared with our parents and swimmers, over the past several months, it is important to us that we are not only building championship swimmers in the pool but we are also building champions out of the pool. A lot of the real benefits to being active in sports is the ability to learn about sacrifice, dedication, team work, time management, and even failure. For this article, I want to focus on the value of failure and how we believe this results in creating better champions.

At our past Narwhal invitational, Coach JoAnna and I challenged the kids to sign up for the 800 freestyle, and if they were not able to swim on Sunday, then they were challenged to sign up for the 200 butterfly. We wanted this to be a team effort and we encouraged the swimmers to support each other through this challenge. While we had a number of swimmers get excited about this opportunity, we also experienced a number of swimmers expressing concern about their ability to successfully complete this challenge. We even had a few parents come up to us and talk to us about whether or not their child would be successful. Both Coach JoAnna and I felt that not only would these kids be successful but that they could grow from this experience. And even if they failed, the fact that they gave the effort and learned from the experience, they could still grow. Success does not happen by accident and this challenge was a way for us to help build confidence and opportunity for growth. Fortunately all of the swimmers, who signed up for the challenge, were successful. We even had one swimmer make her state qualifying time in the 200 Butterfly, and it was her first time swimming the event. But more importantly, it gave us an opportunity to talk to the kids about having confidence and trusting in themselves. It also allowed us to talk to them about not fearing failure. Learning to deal with failure and growing from the failure is a great life skill that we want to provide our swimmers. There is not one Olympic athlete who has escaped failure but what separates these athletes is their ability to not fear failure but rather view it as an opportunity to learn and improve. The response to the failure will always be more important than the actual failure itself and that is what we want to teach our swimmers as well.

I am extremely proud of all of our swimmers who took on the challenge and we look forward to continuing to implement more challenges, in both practice and at meets, as we continue to help build MAC into a place where your kids can learn the skills to help them become better athletes and better people.

As always, thank you for trusting us with your children and for allowing them to make us better coaches.

Building a Strong Foundation

by Coach Jenny

Every sport requires a strong foundation, but swimming seems to need the basic fundamentals taught at the very beginning of a swimmer's career more than any other sport. Grasping the "feel" of the water is essential at the start of competitive swimming.

Why is this?... We live on land! We walk, jump, run, play on LAND from a very early age. Some parents put babies in the water at 6 months old, but many do not. And they certainly can't swim on their own at 10 months old, but lots of babies can walk at that age. We have to teach and show our kids how to move in the water. It is a completely different feeling than what a toddler will feel on land.

That being said, fast forward to a 5, 6, or 7 year old joining a swim team. They know how to float. They can get to the side of the pool safely. They can even get down the 25 yard pool without stopping by using their arms and legs (although it's not pretty!). And now the work begins!

As coaches, we give swimmers "drills", lots and lots of drills. Drills help dissect each stroke so kids can work on one thing at a time. There are no less than 8 things to think about in just freestyle! We need to work on one at a time. Most coaches will say that the kick is the first thing we need. That is our "motor". A strong kick will get you really far in competitive swimming! Timing of the arms and legs, timing of the breath, timing of your breakouts - "timing" is another fundamental that is crucial at the start of a swimmer's career. As you know, after you do something thousands of times, it becomes a habit. That goes for good things and bad things. So if we can teach a swimmer good timing, great kick and streamlines off every wall at a very young age - they won't have to think too much about it after hours and hours in practice. Without a plan that involves a strong foundation, swimming is hard, very hard. Kids will become more frustrated as they continue to try and "muscle" their way down the pool. They will be angry when other swimmers get better, but they do not. A weak foundation creates a weak athlete in swimming. The "little" things matter in our sport. You can see it at every meet when swimmers miss a "cut" time by .01. Do you know what .01 is? A tighter streamline off of ONE wall could take care of that .01. Swimming is seconds and smaller, so the foundation matters!

Another big part of a strong foundation in swimming is building relationships. Relationships with your fellow swimmers, competitors, coaches, and parents. If we can teach our swimmers to

respect coaches and parents, show support for their team mates, and be gracious in wins and defeats with their competition - they will be set for life. Every day in practice, there are opportunities to grow in relationships. If we can build this foundation at a young age, this can help them in and out of the pool!

It doesn't matter when you begin your swimming career. You can start at 5, 12, 16, 30, or over 60. If you start with a strong foundation with a coach that gives you the tools to make you more efficient in the water, you have given yourself a great start! AND when you feel good in the water, you have fun! If you have fun, you will swim for life.

High School Season

By Coach Jack

Here's everything you could want to know about the AZ 2019 High School season, and maybe a few things as a bonus. The high school season officially kicks off on Mon. Aug. 12th, this is the first official day of practice for the 2019 season. Some schools may be offering preseason voluntary camps before this date, and you should check with your individual HS coaches about what your school may be offering.

Here at MAC we have about 200 club members who will be competing at the high school level this fall. High school swimming is broken down into 3 main divisions for high school competition. Division 1 is the category for the largest schools, including most of the larger public schools in the East Valley. D 1 schools generally have 2000 or more students and include most of the Chandler, Gilbert and ALL of the Mesa district schools, ie. Mesa High, Westwood, Skyline, Dobson, Mountain View and Red Mountain. These schools will all funnel into the D1 State Championships at Skyline HS to be held on Thurs. Nov. 7th and Fri. Nov. 8th. The state championships all require qualifying times from a state approved invitational meet, this is for individual swims and relays, more on that later.

Division 2 schools generally have between 1200 and 2000 student enrollment and while many of these schools will compete with the larger schools during the dual meet season, they will have their own State championship meet at Kino on those same dates, Nov. 7th and 8th. Many of the schools at this level come from the Tucson metro area but also include east valley schools at these lower attendance levels, including Gilbert's Mesquite High, Campo Verde High, Casteel High, Combs High, Eastmark High, Gilbert High, Higley High, Poston Butte, and Williams Field High School.

Division 3 is the lowest level of State Championship competition and includes most of the charter schools in the east valley as well as any other schools with attendance below 1200

students. These schools will have their state championship meet at Phoenix Country Day School also on Thurs. Nov. 7th and Fri. November 8th.

In addition to these state championship meets, for the second year there will be a Meet of Champions meet at Skyline on Sat. Nov. 9th which invites the top 10 individuals in all events and relay teams from all divisions. These invites are given based on the top times that are swam at all of the state championship meets on Thurs. and Fri. For example, they will take the results from all 3 state championships meets rank them from 1 - 13, and issue invites to those athletes, the top 10 being hard qualifiers and the final 3 are the alternates. Last year we had about 40 of our swimmers compete in this meet.

So how do you qualify into a state championship meet? Each school in addition to their dual meet schedule may compete in as many as 4 invitational meets, and these sanctioned meets are the only ones at which a state qualifying time may be achieved. These tend to be large multi school meets, sometimes with as many as 40 schools participating, fully officiated, often with touchpads, and always electronically timed. Times from dual meets are only used as seed times for these invitational meets, they are not used as qualifying times for state. So while dual meet times do not count for state qualifying purposes, try telling the crews from Mountain View or Red Mountain highs that their kick off meet at 7 pm at Kino on Sept. 5th is an unofficial meet. Dual meets are where kids hone their skills, build competitive confidence and often fight out rivalries that have developed over the last 30 years, ie. Basha vs. Perry in Chandler, Chandler High vs Hamilton, Mesquite vs. Gilbert, Williams Field vs Higley or even Dobson vs Westwood which has been a 3 pt meet each of the last 3 years.

The Mesa schools will all compete at both the Craig Cummins Invitational at Skyline and the Hohokam City Championship meet at Kino both in late October, many state qualifying swims will come out of these 2 meets, but in addition each school can swim in 2 other invitationals of their choosing, these include the Chandler Wolves Invite in mid September, The Eagle Invite at PCDS late Sept, the Brophy/Xavier Invite usually the first weekend of October or the san Tan Invite in the last weekend before state. These are just some of the invites available there are many more, but most of our swimmers will compete at 1 or more of these meets. The format for these meets is similar to a state meet, in that a school can enter 4 swimmers per event and generally one relay entry per event and swimmers are limited to 2 individual events per meet. All of these results go into a state list by divisions in each event including relays, so swimmers can see where they rank on the state qualifying list. 32 individuals plus alternates will be invited to state in each event at each level provided that they have met a state provisional time in that event, these times are different by divisions. For relays, the top 24 teams plus alternates will make the state meet at each level, again providing that they have made the provisional times needed.

Now the big question, should kids train only with their HS teams during the season, do some combination of club and high school practices or train exclusively in club practices even during the HS season? Largely it depends on the level of the swimmer and the demands of the HS coach. Many of the top level swimmers train most of their practices with their club teams even during the HS season, but this has to be with the approval of their high school coaches. These tend to be the sectional level or above swimmers who would not fit well into a high schools practice because of their ability and training level. Many more do a combined schedule of afternoon school practices but supplement with morning club practices, this group probably encompasses the majority of the state meet qualifiers, maybe not the top 8 but nearly everyone else. All three level of meets now are competitive enough that it is becoming rare for an athlete only doing school practices to even make the meet. Then there are a whole bunch of lower experienced swimmers just getting their taste of competition for the first time that will be fine just doing the school practice sessions during the HS season. Nearly every high school has some combination of these training schedules operating at the same time.

How do I decide what my swimmer should do? Well that depends on your swimmer and your school, but i would try to answer these few questions.

1. Does my high school have enough pool space and practice time for my swimmer to continue to improve? I've seen practices with 8 kids per lane or more, where just getting the kids organized is a good goal. It's hard for any swimmer to get proper training under these conditions.

2. Does my coach have the time and experience to help my swimmer to both condition for and compete at the highest levels, including improving their skill level during the season? For many coaches this is yes, but for many more it is clearly no. In that case you better find some additional help which is likely to be found in supplemental club practices. For large squad teams, 40 or more combines swimmers, the coach will likely be spending 5 mins or less per swimmer per day.

3. Does my swimmer have a reasonable chance to qualify for end of the year swims? Part of the answer to this is simple, do you have a boy or a girl? There are generally 2 to 1 girls to boys on any HS team, and while there are talented kids of each sex, the girls have a tighter qualifying window just based on numbers alone. Girls are trying to secure a top 32 spot out of maybe as many as 1000 swimmers in their division, D 1 at least, for boys the number maybe 400 to 500 total participants. So I'd say for girls they can use all the additional help they can get because the qualifying grid is such a tough one. For boys it's more a question of are they hoping to score points at state, if they are then again they become a good candidate for at least some club work during the season.

At MAC we offer 2 basic levels of HS season training, one based around afternoon practices and the other based on morning sessions. Each plan is based on the full high school season either at a monthly rate, afternoons, or a season rate, mornings, the seasonal rate runs from

Aug. thru Nov. We hope you will consider what MAC has to offer during the high school season as well as what you are accustomed to during the rest of the year.

Hopefully this informs you of most of what you need to know about High School swimming in AZ, but if not remember your own HS coach can be a good source of information or please feel free to ask any MAC coaches about any questions you have regarding the HS season, as they all can be very helpful to you.

Las Vegas Super Finals In Season Travel Meet

By Coach Jon

There are several reasons why we decided to add this meet to our short course season racing calendar in 2018. It serves multiple roles in our athletes' reaching higher personal, team & process goals. This meet is set up as an invitation only in order to limit the total number of athletes which keeps timelines manageable for a prelim finals meet.

In season prelim/final travel trips are just as important as our end of season championship travel meets because it allows our athletes to "figure things out" when they aren't under the stress and pressure of their end of season meet. This kind of experience allows them to get used to rooming with other athletes, learning how to pack food and drinks for the meet, go to bed at an appropriate time, rest in between prelims/finals, and just being responsible for themselves without their parents around. In season travel meets, allow athletes to get all of these things dialed in (and more) before their championship meets at the end of the season.

Most of our travel meets are meets like Junior Nationals, Futures, Sectionals, Far Westerns & SWAGR which have difficult time standards to make. The time standards at the Las Vegas Super Finals meet allows more of the team to travel since they aren't as difficult to make as our end of season championship travel meets are.

This is also a unique travel trip as most of our others tend to be more group specific because of the time standards involved and how some of our groups are set up around those types meets. With all ability levels able to travel together to one meet it allows for our senior athletes, that are used to traveling, to easily pass down advice to our first time travel trip athletes. The camaraderie and team bonding that is built during travel trips is very hard to replicate at any other time and often starts many friendships!

We are anticipating another great trip this coming December to the Las Vegas Super Finals meet and hope that everyone who is qualified is able to travel!

Parents Making Youth Sports a Positive Experience: Role Models

DANIEL FRANCIS PERKINS, PH.D.

Parents should play an important role in their children's sports experiences. During the preschool and elementary years, helping children develop basic skills such as running, jumping, kicking, and throwing is important for later skill development. The emphasis should be on fun, not competition. At a young age, children are not yet prepared to understand winning and losing. Children think losing says something negative about them personally. Putting youth at this age in highly competitive situations may be detrimental to their development. Parents need to provide encouragement and praise for effort, not for winning. To foster a child's learning, parents should provide encouragement and direction about a specific skill.

Parental involvement in teaching sports usually decreases when children reach adolescence; however, adolescents still want their parents to be supportive by attending their sporting events. Parents also can show support by volunteering with tasks associated with the sports program. Here are some recommendations for parents of young athletes:

- Develop in your child a lifelong commitment to an active lifestyle.
- Encourage your child to try various physical activities.
- Encourage your child to play because he or she enjoys it, not because it may get him or her a scholarship. Intrinsic motivation is a key ingredient for lifelong commitment to physical fitness.
- Focus more on skill mastery and cooperation and less on winning.
- Communicate with your child's coaches. Be involved in the sports program and seek out coaches that have a positive philosophy focused on skill building.
- Focus on teaching life skills, and allow your child to be involved in the decision making about sports participation. Reinforce and support your child's decisions.
- Know your child's friends on the team.
- Focus on supporting your child, especially when he or she reaches adolescence. Do not instruct; let the coach instruct and teach.

When we are caught up in competition, it is easy to lose sight of the fact that sports are supposed to be a fun, rewarding, and learning experience for youth. Keep this in mind when you are providing sports opportunities for children, so they can get the most from their experience.

NTG & S1

By Coach Eric

This month has gone by so fast with lots of great swimming. We had the Narwhal Meet and lots of hard training sessions preparing for our championship meets which are within a month.

At the Narwhal Meet we had a lot of tough individual swims and some great relays. The S1/NTG swimmers raced hard and put together some great swims. They did not necessarily go best

times, which is normal for that point in the season, but raced and competed amazingly. That being said a few swimmers had some best times, Samantha Arredondo, Kailee Peters, Emma Ellingson, Chloe Convis, Brynn Pocock, and Jordan Pitts.

We have been training hard and doing great work preparing for the end of the summer season. We have picked up the yardage the swimmers are doing in a workout to an average of 6000 yards/meters per session. Now we will be increasing intensity of these yards to prepare them for the end of summer meets.

As the temperature and humidity are being to pick up taking care of yourself is really important with under a month before your Championship Meet. Drinking water, eating healthy and getting good sleep are most important for a healthy swimmer.

Always look to be a positive force at workouts and meets, encouraging your teammates to push themselves to be the best they can be.

S2 & S3

by Coach Bear

These groups have had a great month of training! Kino group recognizes two swimmers of the month, Reagan Baird and Trevor Dixson for their overall attendance and demeanor during practices. Skyline recognizes two swimmers of the week for the month of June, Paulina Garza and Audrey Washburn. All four of these athletes exemplifies what it means to honor themselves, the team and the process! Way to go!

As we near championship season a lot of these athletes are looking to swim in Junior Olympics, State and potentially Sectionals! It's always a great time to remind ourselves on the goals we set at the beginning of the season and do a self-check to see where we are at in the process and how to continue to improve. As a team, the Kino and Skyline S2/S3 groups set the following goals:

1. Show up to practice/meets on time, have 85% or higher attendance, **working on 'streaks'**
2. Have your own **equipment** at practices
3. **Make each practice count** (getting in on time, using bathroom/water breaks appropriately, less messing around when supposed to be swimming)
4. **Honor the Team. Support** teammates, **cheer** on your teammates (during meets and practices)
5. **Pay attention** (to the set being announced, to the drills, etc)
6. **Understand** (the set, drills, etc.) **ask questions** when needed

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7. **Trust the Process.** Trust the sets and finish them to the best of your ability (no sitting on walls) swimming through foot/toe cramps
 8. Know the meet schedule, **swim as many meets as available**, know how to sign up (get the most chances to get fastest times for better seeding at bigger meets)
 9. **Honor Yourself.** Taking care of yourself (getting enough rest, good nutrition, etc.)

As skill building groups we focus on learning and refining their technique to become as efficient in the water as they can become. Skyline swimmers hear me say all the time when we work on drills: *A drill done 98% correct is 100% wrong.* Meaning, each drill we do we need to do with an increased focus and increased body awareness. Simply going through the motions or just ‘swimming’ through a drill will not help increase our efficiency in the water. Slowing down and thinking through the drill and becoming aware of how our body moves through the water will increase efficiency.



Skyline/Kino White/Red/Black Age Group May Update

By Coach JoAnna

Hooray! We made it through June! We had lots going this month, and more coming up, so let me tell you about all the great things that we are up to!

Saturday practices

Coach Bill and I have thrown some tough Saturday practices at our swimmers this past month including main sets of 10x200 free, 30x fast 100s, and protocol sets, and we both can proudly say, “**You guys ROCK!**” Many of you have risen to the challenge; it can be mentally tough to know what you are capable of doing sometimes, but with perseverance, grit, and the support of your teammates, you have succeeded! Coach Bill and I are very pleased with your

accomplishments in practice, and we are eager to see how your hard work pays off...another reason to believe in the process!

Narwhal Meet

This was a great meet to challenge many of our swimmers to swim in prelims AND finals for the first time, race against competitors from other states, and to try other events they typically do not swim, and to try a brand new event. Several of our swimmers from the White, Red, and Black groups tried the 200 fly, 400im, and/or the 800 free for the first time, **WAY TO GO!** And, what was equally impressive, many of you liked the “new” events that you swam and got final swims! Thank you parents for helping us support your kids! Special shout-outs to: **Garrett Rowley** and **Reilly McKinnon** for swimming the 200 fly for the first time and making it back for finals, **Sophie Rettig** for swimming the 200 breast in prelims and finals, and **Ashlyn Hutchinson** for swimming prelims and finals in the 200fly, 200 back, and 200 breast AND swam the 400IM too!

Going Into Championship Season

One of our group goals this long course season (per our swimmers) is to get more swimmers to the big meets, sooo...please note that JOs is July 12-July 14 and AG State is July 18- July 21. We are counting on everyone to be available to race at these meets for individual events (if qualified) and relays. It is important that you communicate with either Coach Bill or myself on what your are planning to swim and what your availability is to swim these meets. And, remember to bring that team spirit! It was great to see our swimmers cheering for each other and supporting each other during the 400im and 800 free at our Narwhal meet...let’s bring that spirit to our championship meets! **LET’S GO MAC!!**

Monthly Recognitions

-Congratulations to **Ethan Kapeliela** (Kino’s first perfect attendance for the summer!), **Kellee Munoz**, and **Chloe Quihuiz** for perfect attendance this month! **You are AWESOME!!**
-Coach Bill and I want to recognize “Swimmer of the Month” starting next month, be on the look out on what that all entails!

THE MIGHTY MAC 10 AND UNDERS!!!



And BOOM! The regular 2019 Long Course Season is over! Just like that! The MAC kids made the very most of their time however, and finished it up with a bang! The Narwhal Invite was a spectacular meet with phenomenal performances. Many more J.O. cuts were achieved! Laneah Kapeliela, Katie Skarbek and Cece Quihuiz will be joining Oakley Sare and Xavier Munoz-Meighan at the Arizona State Championships, after reaching their goal of making a qualifying time. A huge shout out to Emily Landy for obtaining the MAC Team Record in the Girls 8 and Under 200 M Breastroke, and Xavier Munoz

for earning the MAC Team Record in the 10 and Under Boys 200 M Butterfly! Wow!!!! We love to see hard work pay off!!! CONGRATULATIONS to the entire 10 and Under team for their support of each other and their confidence in themselves. What an amazing group!

We are now excited to put an exclamation point at the end of the Championship season, by focusing on winning the Junior Olympics as a Team, then moving down to Oro Valley and showing off our skills at the State meet! Thank you to all the MAC parents who have supported these fine young swimmers throughout the summer!



A reminder that the Age Group Break will begin on July 22nd and we will return to practices on August 5th. The kids AND the parents deserve a little time off after the hot summer! We're planning on an incredibly fun Open Water Swim on Saturday, August 17th that has

traditionally been a huge hit with the kids! With so much hard work and so much hard play....isn't it GREAT to be a Narwhal!

GOOOOOOOOOOOOOOOOOO MAC!!!



Novice Narwhals at Kino and Skyline!

by Coach Nichol

Summer is such a great time to be a swimmer! We have so much to be proud of with all of our hard work in the water, on the deck, and especially at the Narwhal invite! I'm so proud of all of the swimmers that participated in their first USA swimming competition. Hopefully they caught the bug and are excited to prepare for the next meet coming our way.

Junior Olympics is a qualifying meet that represents the best swimmers in the state of AZ. There are qualifying times for this meet making it a HUGE accomplishment for the following swimmers that qualified:

TJ Skarbek, Olivia Berryman, Christian Beltran and David Kohler!
Congratulations!! Awesome job!!

Great swims at the Narwhal meet to the following swimmers: Natalie, Shihan, Callie, Grace, Payton, Randee, Nicole, and Kalia! This was the first time many of these swimmers swam long course and they were tough and strong throughout the meet. We also had a great time together!

Our newest Narwhals of Skyline and Kino are looking good! Lilly, Joseph, Jackie, and Colby, Ivy, Isla, Cadell, and Jasmin-- thank you for giving 100% every 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! Check the calendar for “Open Office” office hours and walk in at a time convenient for you!

? 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! 🎈

Cooper	Spence	July	2
Hayden	Mundt	July	3
Kali	Brown	July	4
Anissa	Baca	July	5
Reilly	McKinnon	July	6
Christian	Beltran	July	7
Carson	Hamblin	July	7
Lucas	Kelly	July	9
Denali	Quihuis	July	9
Luke	Walker	July	13
Anna	Thompson	July	14
Morgan	Campbell	July	15
Robert	Johnson	July	15
Piper	Trejo	July	16
Karina	Harr	July	17
Aaron	Larkin	July	17

Nicole	Lenz-Sanchez	July	17
Jenny	Browne	July	20
Tyler	Resh	July	20
Marlee	Hales	July	21
Nickelle	Haynes	July	21
Austin	Josephson	July	21
Macy	Ellingson	July	25
Ruby	Carmona	July	26
Lan Anh	Vuong	July	27
Luke	Nicholas	July	28
Kellee	Munoz	July	29
Luke	Lyons	July	30
Jaxon	Seiter	July	31

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. Your requirement will be listed there!

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.