

June 2019 NEWSLETTER

LAST CALL for volunteer hours for LC season!!

Having Fun Needs to be Taken Seriously!!! By Coach Laura



You can choose to live your life in the first, second or third row. Have some fun...choose the first!

Play is serious business. This sounds paradoxical and it is, in so much as something that comes so naturally to large-brained mammals, that is so much fun, is so vital. Play is a banquet for the brain, a smorgasbord for the senses, providing nourishment for body and spirit: sad then that as a society we seem to be starving ourselves of it. Does it take drive, commitment and sacrifice to become an elite swimmer? Yes. But you're never going to make it unless you fall in love with the sport. Having fun is the crucial element to your success in sports, relationships, and careers.

There's a website that talks about joy. If something in your life doesn't give you joy, this site tells you to get rid of it. Why cling to something that is burdensome, boring or miserable? Life is

far too short for that! Don't buy into the mindset that hard work and play are mutually exclusive, because that is just the excuse used by the uncreative minds! If you are truly passionate about swimming, it's easy to make every aspect about it fun.

Every individual has their own unique definition of fun and joy, but if you do a dictionary search for these words, you'll find descriptions such as "a feeling of great pleasure and happiness" and "enjoyment, amusement, or lighthearted pleasure." That sounds cool! I want to feel great happiness! I want to be lighthearted!!! It's up to me to make this happen day in and day out in any task I'm performing.

Making an activity 'fun' is a mindset. A decision. An attitude. Is getting a best time fun? Yes. Is winning fun? Yes. Then why don't you make every workout where you're preparing for these races fun as well? Find a way to create enjoyment in what you're doing! It seems that all swimmers think that relays are fun! They look forward to them as a reward at the end of a grueling workout. Ironically, the kids will step up far beyond their norm and attack their leg of the race. Why? Because they're enjoying it! They're getting joy out of competing! They love the challenge and the satisfaction out of being part of a team supersedes any feeling of fatigue.

So let's venture into the new month working hard.....

AND HAVING FUN! Make it happen!

Eat. Sleep. Compete. Succeed. The Importance of Competition.

by Coach Bear

As coaches we teach swimmers important values that they can carry with them through any challenges throughout life, the workforce, family or personal situations.

A lot of these values are learned through the daily grind of challenging (physically and mentally) workouts. However, there are some values and characteristics gained only in the battle of competition.

Learning to set goals is one aspect we work on during practices, and then achieving those goals is something we can evaluate through competition.

In today's challenging society, it is important for children to grow up with a will to win. Although winning isn't everything in sports, it is definitely part of the goal.

Competition teaches swimmers that they get out what they put in. High input, high output; low input, low output; no input, no output.

You cannot expect to win your race or win in life by putting in mediocre efforts sprinkled with the occasional 100% efforts. Competition also teaches you how to bounce back from what you think might be 'failure'. There will be times when you go all in, but in the end still come up short of the goal. Was that competition a failure? Do you throw in the towel because you put in the work and did not reach your goal? I don't believe so! Competition will not only show off your strengths and what we have achieved but it will also show your weaknesses and what you need to work on. Financial guru Dave Ramsey said, "Success is just a pile of failure that you are standing on".

After each competition you view as a failure, it is important to first write down 30 things that you did well, and then ponder why you didn't reach your goal:

"Was I not focused during my drill set during the weeks leading up to this competition and was my stroke as efficient as it could have been?"

"Did I give minimal effort on my kick sets and that's why I had no legs on the back half of the race?"

If you use competition as feedback in how you're progressing, it will keep you honest, teach you time management, refocus your attitude and give you strength to bounce back from failures.

MAC Pride

By Coach Nichol

MAC Pride can be defined as a deep pleasure or satisfaction derived from the achievements of those whom you are closely associated on the team, or a confidence and self-respect as expressed by members of MAC based on our shared identity, culture, and experience. There are a number of ways that we can express our MAC pride. Let's focus on three main ways:

1. Action- showing up and being present for ourselves and our teammates, visual representing our team by wearing MAC uniforms (suit, t-shirts, caps), and being stand up individuals as we go about our lives representing a team and community.
2. Verbal- speaking up about the good things that come into our lives as a result of hard working and caring individuals that we have the opportunity to swim with, cheering each other on at meets and in practice, speaking the generous thoughts that encourage those we are working alongside of.
3. Mental- We all get to choose how we see each situation in life and in the pool. Having Mental MAC pride is learning to see the big picture that honors our process of progress and team membership. In the movie *Pollyanna*, the character Pollyanna wears a necklace that says, "If you look for the bad in others, you will surely find it." That goes with all things. If we

look to be offended, to be overlooked, to see the faults of our teammates and coaches... we will surely find it, but if we look for the good, seek out the opportunities to grow and improve, and find a way to lift our lane mates, we show our pride in our team and ourselves.

Wear your MAC pride... on your clothes, on your tongue and in your heart.

Consistency- The Importance of Regular Practice and Effort

By Coach JoAnna

When an athlete asks me the question, "How can I get better?", I usually respond to them by asking them, "How is your attendance?" and/or, "How is your effort in practice? Most developing and emerging swimmers want to know the reasons of why it is important to regularly attend practice and why they should put in good effort at every practice. Here are some of the reasons:

1) Achieve performance goals

There is just no way around it; good regular attendance and good consistent hard work pays off. It is important to know that even the most talented athletes have to be at practice regularly and work hard to meet their goals, and it is no different for any other athlete.

2) Helps avoid injuries

Consistent training helps build strength and endurance, and swimming is a sport that requires consistent practice in order to grow. Drill work, kick, and breathing patterns are examples of foundational work to develop stroke technique; if a swimmer has missed a few days and has missed this type of work, it is difficult for the swimmer to perform well during a tough set, and the swimmer may end up hurting themselves. Likewise, if an athlete consistently disregards working on their technique, they may end up injuring themselves when they are swimming a tough set because their technique is incorrect (i.e. stressors on the shoulder joint).

3) Builds confidence

Many little successes breed huge rewards. Every day that a swimmer is at practice and focuses on good effort and good technique, it helps them feel successful when they completed the task/set well. When swimmers get feedback on good streamlines, good effort on a tough set, good technique, etc., they work on getting better...and then they feel and they know they are getting better!

4) Proper preparation for competition

Being at practice prepares an athlete to know what to expect at a swim meet. Race strategy, challenge sets, and working on starts, turns, and finishes are just a few things that help a swimmer get ready for the next meet; if a swimmer misses a lot of practices or doesn't try, they'll have some struggles meeting their expectations for the meet because they missed the opportunity to be ready for the meet.

5) Supports teammates and builds lasting friendships

Whenever I ask a swimmer about why they swim, 9 times out of 10 they say it is because they get to be with their friends. Nothing feels better than when a teammate compliments you on a job well done or when a friend supports you and pushes you during a hard set when you are not feeling up to the task. And nothing feels better than when a teammate tells you are going to be OK, good or bad, when both of you are persevering through the main set or cheering each other on during a tough race.

Consistency is key to swimming well and to meeting one's goals. Sometimes swimmers tell me that practice is boring or that it is too hard; some ideas to keep practice fresh are (and I try to remind our swimmers of this!): to practice with purpose, to keep it simple and don't over think, focus on the process ("I'm gonna..." instead of "I've gotta..."), and mental imagery (succeeding at a skill or on a set over and over again).



NTG & S1

By Coaches Jon & Eric

Skyline: The NTG & S1 groups have had a great month of training in May. Our goal for this month was to continue to build our endurance and intensity from our April training while also gearing up to race well at our Speedo Invite meet on Memorial Day weekend. With few meets on the racing calendar for the summer long course season, it is important to treat every meet as it is a championship meet, especially prelim/final meets. We have been discussing different topics on how to continue to Honor Yourself, Honor your Team & Honor the Process and how this will positively impact each individual, each training group & MAC as a team during the middle of the season and championship season.

Kino: Happy summer, finals are done and school is out. We are now in the middle of our long course season, make as many practices as you can because the season is short and halfway done. Make sure you are taking precautions to take care of yourself. Drink plenty of water, wear sunscreen, get plenty of sleep, and honor yourself.

We just competed in the Speedo Invite Meet where we had many amazing swims. Luke Nichols made a summer sectional time, congratulations. Essias Smith made a winter juniors cut,

awesome so early in the season. Nolan Craig, Chloe Convis, Lauren Hicks, Cameron Daniell, Madison Caserio, Trevor Alford, Lucas Kelly, Kailee Peters, Andrew Pocock, Jonah Pohlman, Mandy Zajdzinski, Joey Rusnak, Jessica Franco, and Gabe Vinz all had best times. It was a very exciting meet to watch with many great swims.

Narwhal Meet is coming up and we are expecting similar results.

We have one and a half months left before we start resting and preparing for you championship meets. Let's get to the pool and put some good work in. We are excited to see how well we can do.

S2 & S3

By Coach Jack

These two companion groups have become the most popular on the team, with over 120 swimmers enrolled in the two programs when you combine both pools, Kino and Skyline. These are both skill building groups, where swimmers who got a little bit later start than some others either learn or refine their technique. Many of our swimmers have come directly from high school swimming or a summer league background and are in their first season of club workouts.

We try to thoroughly cover all competition skills, ie. dives, turns, underwater kicks, even race strategy, while gradually improving their endurance and conditioning. The groups tend to have a wide spectrum of athletes from sectional level competitors all the way to fitness athletes looking to cross train in swimming. We accommodate everyone as long as they have beginning skills and are high school aged. We highly encourage our swimmers in these two groups to try competition but it is not mandatory, but definitely beneficial.

Many of our athletes have just competed in one or both of our Long Course events this spring, the IMX invitational at Skyline in April or the Speedo Invite this past weekend at Kino. At the IMX meet many of our swimmers swam 200 stroke races in meters for the first time, the goal being to get them IMX qualified for the championship meet we host in the fall at Kino. IMX requires the athlete to have a legal swim in all the 200s of stroke, 200 and 400 IM and a distance free swim, during summer months that is the 400 meter free. We had many of our swimmers either complete their scorecard by swimming all of those events or get a good start on it by knocking out 2 or 3 swims, the rest can be completed as the season progresses. At the Speedo Invite this past weekend we had numerous athletes complete point scoring swims, top 16 places in their events, and many more had outstanding long course races.

As the summer moves forward and it does so quickly, our groups are in the water bright and early each morning, generally at 5 am most days, S2 swimmers swim 6 days per week, S3 swimmers put in 4 practices weekly, and it is all aimed at our end of the season finales, the Junior Olympic meet the weekend of July 12th-14th in Goodyear and for those with state qualifying times, the Long Course State Championships in Tucson at the new U of A pool two weeks later July 25th-28th. We hope to take as many of our swimmers to these meets as possible but both meets require qual times. Our last qualifying effort will be the Narwhal meet

we are hosting in 2 weeks, so please make sure your athletes are entered if they are available the weekend of June 14th - 16th.

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

By Coach Bill

Long Course Transition

A big welcome to summer swim season for our White/Red/Black group swimmers. Over the past 5-6 weeks we have been gradually getting back to some long course training, but we will see it really ramp up now that we are officially beginning our summer schedules. As we transitioned to long course, both Coach JoAnna and I were extremely pleased with how the kids handled the added stress and workload. With the transition, we typically see the kids getting a bit more fatigued, but we have challenged them with some great training and they have all responded extremely well. For the kids who were able to swim at the Speedo Invite this past weekend it was especially exciting to see how well they all performed. As we get more opportunities to train long course through the summer it will be exciting to see the results of their hard work.

Group Focus

As a group one of the goals the kids set for the season was to encourage better participation at our meets. With a limited meet schedule this summer we really want to remind all our swimmers about the fun of competing in meets and the joy of being on a team. While swimming is an individual sport, the team aspect of supporting and encouraging each other really shows up at our meets. Please take the time to commit to the upcoming meets and help our groups achieve their summer goal of getting more of their teammates out to the meets.

Attendance awards

The Kino group is still in search of their first 100% attendance swimmer for the Long Course season. Although we did have several swimmers with over 90% attendance, and we have seen a HUGE improvement in our Friday morning attendance. Is June going to be the streak breaker??

From Skyline, the following members had perfect attendance for the month of May;

Sydney Blackhurst, Owen Dayton, Connor Fleming, Sophia Jahn, Faithy Marin, Kellee Munoz, Chloe Quihuiz, and Skylar Rogers. Strong work by the Skyline group!!

Message of the Month

As we work to help our kids reach their goals, this month's message focuses on the importance of recognizing what the kids can control to help them improve. More specifically working on their attitude and their work ethic. Showing up every day with the right attitude and consistently working hard is one of the surest ways to see improvement in swimming. In addition, having a positive attitude influences our teammates and setting the example through hard work also sets the right example for others to follow. One of our jobs, as coaches, is to ensure that we help the kids understand how they own their attitudes and work ethic and more and more we will be asking the kids if they are honoring themselves

by having the right attitude each day and by doing their best each day. We believe that encouraging the kids to take ownership of what they can control will help us not only develop great swimmers, but it will also help us develop great people. GO MAC!!

The mighty 10 and unders

By Coach Meg

We had an amazing month of fun and hard work. The real fun started when these mighty narwhals had the opportunity to consistently swim in the 50 m pool. Throughout the summer we will practice long course 1-2 times per week. The long course practices are challenging, but not too much for our dynamic crew. Without hesitation they took on the challenge and had fun doing it. These kids are amazing and can apparently have fun even when they get locked up and held hostage by their teammates.



This month we discussed the

importance of nutrition, hydration and sleep with the 10 and unders. Every Monday we have a meeting with the kids to discuss “the MAC way”, honoring yourself, honoring the team and honoring the process. Be sure to follow up with your kids after practice.

We have one more non-time standard meet this season (wow, that was fast). Be sure to sign up for the Narwhal Invite on the weekend of June 14-16. This is a fun meet with relays and lots of team spirit. This is also the last opportunity to pick up the service hours; I hope that’s plenty of incentive to get online and get signed up for the Narwhal Invite!





Novice

By Coach Jenny

We have had an amazing spring season with this group - so many things to be very proud of! Here are some of our highlights for this month:

Mastering streamlines: Sienna, Randee, Rhyker, Kalia, Lanny, Farrah, Martin, Cooper, Piper, Blaine, and Saige!

Cheering on teammates: Sienna, Peyton, Ethan, Jane, Aynslee, Olivia, Natalie, David, and Marlowe

Examples of consistency at practice: Nicole, Cameron, Kalia, Rhyker, Christian, Grace, TJ, and Sienna.

Shout out to a Isla and Ivy for moving into the Novice group at Kino! It's a big jump and we are so excited they are joining us! **Great meet performances** at Skyline for Michael, Avery, Shihan, Gabrielle, Amy, Luke, Callie, and Harley! Lots of times dropping for this crew!

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! 🎈

David	Kohler	June 4
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Rory	White	June 6
Gabriel	Jiminian	June 10
Patrick	Waggoner	June 11
Reagan	Shields	June 11
Kelson	Bruney	June 12
Abigail	Zajdzinski	June 15
Emily	Landy	June 19
Harley	Jones	June 20
Scotty	Newberger	June 20
Jonah	Pohlmann	June 21
Mack	Ellingson	June 21
Hannah	Wunderlich	June 22
Riley	Price	June 24
Carson	Macdonald	June 25
William	Andrews	June 25
Cecilia	Quihuiz	June 29
Sarah	Johnson	June 29
Kensie	Griffin	June 30



Mark Your Calendars

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

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.