

*Mesa Aquatics Club*

# NEWSLETTER

JUNE 2022

## Long Course Energy and Excitement!



### **Oro Valley Meet = BIG SUCCESS!**

MAC has started off the season with excitement and energy. The trip to Oro Valley was a huge success. Many of our swimmers traveled without their parents for the first time. Reports back from the kids involved lots of laughing, team building, fun and great memories. Reports from the coaches reported fast swims, lessons learned and team bonding at its best. As coaches we are always looking for opportunities for kids to grow and be stretched as they prepare for the next phase of swimming. Learning to manage themselves at an away meet without parents is a valuable skill that will serve everyone well as they progress through the sport and are given more opportunities to travel. Overall we were extremely pleased with how the MAC swimmers handled themselves..they represented the team and their families well.

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## **Speedo Invite = BIG SUCCESS!**

Our Speedo Invite was a huge success! Every year on Memorial Day weekend we host the Speedo Invite. This is a big undertaking for our team and with the incredible help of our families it always seems to go off without a hitch.

## **Last Chance for Service Hours!**

Our next and final MAC hosted meet is next weekend, June 17-19. This is your last opportunity to fulfill your service hour requirement for the LC season. As a reminder each group is responsible for the following number of service hours this season (April-August).

- S1/Gold - 20 hours
- S2/Silver/Explorer - 15 hours
- S3/Voyager- 10 hours

## **Kino Discovery**

*By Coach Trey*

Kino Discovery has been focusing very hard on legality and endurance with all four strokes. We have also been working on our streamlines and underwater dolphin kicks. Six discovery swimmers competed in the Speedo Invite and had **ZERO DISQUALIFICATIONS!!!**

## **Skyline Discovery**

*By Coach Shawna*

*Dynamite Discovery!*

Bring on summer! This summer we are continuing to work on body line/body position. Once swimmers understand how the body works together swimming is much easier. We talk about core strength, how to not hula dance when swimming, and have very specific drills that focus on body line. It is fun when they start to understand how all of this works, and the strokes become more streamlined and not so wiggly.

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We also will continue to do a ton of drill work. With all of the drills, swimmers learn the "why" of each drill. One of my goals is for swimmers to know what drills work, what part of the stroke, and, as they get older, they know which drill(s) will help the areas they might be struggling with. I never want swimmers to just swim back and forth, I want them to know their strokes and be able to think about ways to improve every practice. Once the technique is there we focus on doing more "sets" to learn how to keep their strokes together and beautiful even when tired. This group is amazing and so fun to work with!

## **Kino Explorer**

*By Coach Nichol*

**DO-OVERS!** The EXPLORER group at Kino spent the last 2 months redoing each warm up where every swimmer didn't leave each wall with a streamline, 4 dolphin kicks and 2 strokes before taking a breath. After a few repeats, the attitude shifted from being frustrated with having to redo the warm up, to fixing the turn for themselves, to bugging their neighbor to fix their turns, and I can honestly say after a few months that we have some pretty great walls! Making a new habit is mostly frustrating in that we don't want to change. We are comfortable doing things the way we have trained our body to do them and it would take mental work (more than physical work) to do it differently. Making just one change at a time will take time off every swim we have going forward. It will prepare them for the next developmental group and ultimately give them a foundation of a fast skill that they will go forward to practice 10,000 times to MASTER that skill. Mastery starts with something small. One little piece at a time, and as many DO-OVERS as it takes. Let's hope they figure that out in school too.

## **Skyline Explorer**

*By Coach Maggie*

The swimmers in Explorer this month are starting to focus more on increasing yardage and learning pace work! The protocol sets that we do include 100's and 200's freestyle. They are able to hear their time, subtract 5 or 10 seconds depending on when they leave in their lane, and tell me if they have made their goal time. During 200's we also focus on negative splitting the 200, which means they increase their effort level on the

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second 100 rather than the first. Explorer swimmers usually like to “blast” whatever race they are swimming...going all out sprint because they have built up adrenaline and nerves going into races. Teaching them to negative split during longer swims helps them keep their stroke together while also increasing effort! These tools also help prepare them to move up into the groups ahead. The Challenger groups have many different intervals, paces and sets where swimmers need to be accountable for their own times. Explorer swimmers are preparing for this shift in training and mindset.

### **Kino Voyager**

*By Coach Trey*

Kino Voyager continues to improve every practice. We have been working on building good habits and fine tuning our strokes and turns. We have been pushing for legal strokes and have been building up endurance. We had 3 swimmers in the Speedo Invite and 0 disqualifications!

### **Skyline Voyager**

*By Coach Maggie*

The swimmers in Voyager are beginning to learn to be “uncomfortable” in some sets. Their protocol sets do increase in yardage, which helps their conditioning all around. Sometimes we break the set up a little more than some of the other groups because technique, flip turns, streamlines, and thinking while we swim is important in this group. Even though I want them to work hard, I also want them to look good while doing that. Looking good while swimming means you are not struggling against the water, but working with it and learning how to efficiently move through the water with ease. Voyager group is doing a great job learning how to put the two together...especially when we do T swims, which is a timed swim of 10 minutes or 15 minutes and they count their laps. I give them a goal or something to think about to improve and if they begin getting sloppy I stop and correct them, getting their mind back into “thinking swim” not “mindless swim.”

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## **Kino Challenger**

*By Coach Nichol & Coach Dan*

*INTENTION!* The Challenger groups at Kino have been dropping time this season! Dan is the king of consequence, so getting in late or performing under par may mean that something uncomfortable will follow. This has led to personal, lane and group accountability in a tremendous way and we are still getting better at it, not to mention the strength that comes from the consequence and the ability to hang in there during difficult situations. Great life training is happening in this group!

Once in a while we get to talk about *INTENTION*. Why would you show up just to goof off with your friends, when another swimmer has the exact same time in the water as you do and they are working hard and improving mastery of skills. It really comes down to how you *INTEND* to use that time. It's great to decide goal times before the season gets rolling because it labels your intention... "I'm going to make state in these 4 events." With that labeled *INTENTION*, now I have specific focus in my mind during practice of what needs to happen to get to that point. I also have a specific focus in my mind when I select events for the next meet, or I'm trying to decide if I should go to a birthday party or go to practice. It also makes packing my bag more important and fueling my body important. *INTENTION* makes me fix my bad turn, or ask for help with a technical issue. It drives my effort and tempo. It's the thing that keeps me from fixing my cap in the middle of my 400 free. It helps me wait for a drink til the set is over. *INTENTION* drives *MOTIVATION* and *MOTIVATION* drives *OUTCOME*.

## **Skyline Challenger**

*By Coach Angela*

Our group has been doing great with our progress in our protocol sets. The biggest reason that I love protocol sets is because it seems to give coaches a small snapshot of what the future can hold for these athletes and what they are capable of. Each set that we do is geared towards a specific distance/event and stroke. Next to their races in a meet, these sets are the best way for us to see that we are getting better as an individual and group. You may remember from last season, hearing your swimmers come home and say "we did the 50s tonight!" (Possibly with the sound of exhaustion in their voice). Well it turns out that because of their efforts on those repeat 50s freestyle

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(we worked up to 20!); each swimmer in a 200, 500, or 1650, was able to consistently pace themselves. This is HUGE and it was amazing to watch!

Now in real time this summer; here are some examples of protocol sets we've been working on:

- *25s freestyle sprint*
- *50s stroke sprint*
- *300 kick as fast as possible*
- *5x200IMs*
- *T-30 (timed 30min swim)*

Some of these items will stay the same distance when we repeat them. Others we will add on extra 25s or 50s and challenge the kids to hold their "average" or faster from the first time we did them. We have repeated most of these sets a few times since spring and we're already seeing progress! This week we will be visiting a few of these sets as well in order to track our progress.



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## **Skyline Senior 3**

*By Coach Maggie*

The Senior 3 swimmers are currently learning how to love swimming even if it's hard! We all know swimming can have a love/hate relationship. We love the cool water, the flexibility, the excitement of going off a block....but sometimes we have to do the hard grueling sets that come with it to help us be stronger, more conditioned and ready to do some racing.

Senior 3 is doing great in their protocol sets with their attitude! They swim alongside the Voyager group and do a tremendous job in setting the example of honoring yourself, your team and the process when sets get hard. They, along with Voyager, are becoming conditioned through protocol sets while remaining efficient in the water. They are learning that smooth is fast and we HAVE to do flip turns every wall. I am preparing them for that High School season where racing is done weekly..sometimes twice a week! Building confidence and endurance with ease and agility is where we are in our season this month.

## **Kino Senior 2**

*By Coach Jack*

Senior Two is a broad spectrum group as far as skill, experience and swim specialty go. We have kids that are brand new to club swimming, including 5 new summer swimmers who have joined us in the last week. The most experienced kids, but actually only a few, have as much as two years experience. Some of our kids arrive with really only one stroke mastered, usually freestyle, but others have a much wider skill set, just not a lot of competitive meet experience.

Our performance level goes all the way from a couple with Sectional cuts, which is not the norm, to many just trying to secure their first Regional times, which is much more likely. Here's the real secret though, they enjoy each other a lot, want to get better and make an impact in the sport, and generally that's what happens.

In the few Long Course meets we have swam in the past couple of months, they have not only performed well, but also now have a better understanding of what they will need to accomplish in training to reach those goals. The group is looking forward to

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their championship meets, mostly at Regionals and a few at State, but each day they get a little better at something and I think they can see the plan coming together. Spirit runs strong in Senior Two, they do a great job supporting each other at meets, because it's a fairly new experience for most, and there's always some small accomplishment to be recognized.

The kids within the group really determine the group dynamics, as their coach I mostly try to keep them in harmony but they supply the energy needed. We will continue to bring them along as they can acquire new strokes, but I am certainly excited to see how each and every one finishes their summer, because I know how far they've come!

## **Skyline Senior 2**

*By Coach Heather*

Welcome to early morning summer practice! For many in S2 this is your first introduction to early morning training sessions. At first you might wonder why, but after years of doing you realize it is really a great time of day, and a great way to start your day. Here are a few tips to make it easier on you, keep you motivated and make it pleasant for everyone around you!

**Step 1: Prepare the night before.** Encourage your night-self a favor by making it as easy as possible to get ready in the mornings! Pack your bag the night before and get your breakfast assembled before hitting the pillow. You will appreciate the ease of rolling out of bed and having everything prepared before you leave for the pool, and it's much easier to accomplish these simple tasks at night than it is when you are groggy and sour in the early morning!

**Step 2: Turn off electronics early.** Exposure to light promotes wakefulness, and studies have shown that even the light emitted from small screens has the same effect. The blue light electronics emit prevents the release of melatonin. This hormone helps us fall asleep by lowering alertness and inducing sleepiness. It is tempting to catch up on social media at bedtime, but you're actually posing a danger to your sleep. You are more likely to have a restful night's sleep if you change to an activity that doesn't require light shining directly into your eyes like a real book, calm music, or a meditation app.

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**Step 3: Drink lots of water.** Drinking a large glass of water is one of the best things you can do right after you wake up! Water fuels your brain, jump starts your metabolism, and helps to flush out the toxins that have accumulated in your body over night. It is vital to begin drinking water before practice and stay on top of your hydration as the morning progresses.

**Step 4: Eat something light.** You might wake up hungry, and you need some fuel before beginning an intense workout, but eating a full eggs, bacon, hash browns and orange juice breakfast may not be a good idea! Most of us have memories of that one time we did that...and ended up feeling horrible and in the bathroom during practice! Find something light to eat that works for you. Some suggestions are a banana, and a slice of toast with peanut butter. You can experiment with some yogurt and granola, but many swimmers find dairy before practice to be a bad idea. Plan to have a big recovery breakfast, a good mix of carbs and proteins after practice!

**Step 5: Listen to music.** Having a morning playlist can boost your mood and make the early morning more tolerable. Choose music that will give you a lift and help you show up with some spark! For some people, calm and mellow tunes are the answer. Others need heavy-hitting beats to pump them up before a workout. Figure out what works for you and puts you in a good mindset to lift others and be ready to work hard!

It is a good feeling to finish morning practice knowing you've already put in hours of hard work before most people have left their beds. When it is tough, think about how accomplished you'll feel when you reach the end, and let your "why" and your goals push you. And last but not least, do what it takes to show up ready to be the best teammate - one who is ready to be there encouraging others who are having a hard time.

## **Senior 1**

*By Coach Eric*

The senior 1 group has started the long course season with a great meet, an opportunity for another great meet, and some really tough training. It is important to make as many practices as possible. The long course season is really short, less than 2 months left. The training missed from one workout is very detrimental to the swimmers performance at the end of season meet.

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This season we have two primary focuses. **One** is learning how to train at a higher level, which will help the swimmers be more consistent when racing. **Second** is what the swimmers are doing off the walls. Getting a better push off the wall and the dolphin kicks propels the swimmers at a faster speed for each length.

The group was making great progress on swimming at a faster pace when the majority of our workouts were short course. Most swimmers were dropping their expected times and holding it. As we have transitioned to long course the swimmers have struggled to hold their pace. It is expected to have difficulty at the beginning of this transition. Do not worry, you will adjust and start making gains here as well. Keep focused and keep working hard.

## **Senior Dryland**

*By Coach Bear*

Our senior swimmers continue to work on improving their athleticism and building their strength. The focus this month when it comes to improving athleticism is working to improve their mobility! Movement dictates the success of ALL other characteristics and outcomes over the long term. This is a major focus point as it helps with the swimmers longevity and durability in the sport of swimming, a sport that is very repetitious and very unforgiving to those with improper technique. Nobody wants a swim season, or even worse a swim career, cut short due to an injury. There are two elements to faster swimming. The first one is **position** which equals your mobility and the second is **tension** which equals your strength and your ability to hold and move water through your catch and kick. Being a successful swimmer requires you to get into extreme positions. You want to treat your mobility work like the drill work you do in the water, **DELIBERATELY!**



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You can see from the images above that swimming demands a lot of mobility and requires you to be able to create tension through that range of motion. To help the senior swimmers increase their strength and mobility each of them went through a Movement & Performance Assessment. Each swimmer that completed this has received their own custom Functional Movement Plan. This includes a dynamic warm-up routine (*something they could do before getting in the water*) and a mobility routine (*something they can do multiple times throughout the day to help improve their mobility*). Swimmers are already beginning to see the positive effects dryland has to offer such as, increasing their distance per stroke, ability to sustain faster kick intervals longer, increasing their 'easy speed'. Increasing athleticism and strength to become faster swimmers!

**GOOOOOOOOOOOO MAC!**