

April 2019 NEWSLETTER

SIGN UP FOR LC VOLUNTEER HOURS NOW! SPEEDO INVITE IS ALMOST FULL!!

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 dates are **May 20th at 5:30pm at Kino and May 22nd at 5:30 at Skyline** (meet in the snack bar at both locations). Please make an effort to attend!

Kino Age Group May Update

By Coach Bill

IMX Inter-Squad Meet

On April 19 and 20 MAC hosted an inter-squad meet for all of our swimmers following the USA Swimming IMX Format. As most of you know MAC hosts an IMX Championship meet in November and we will be hosting that meet again this year. The purpose of this meet is to help our swimmers garner points in a variety of events (events depend on the age of the swimmer) and compare their scores against swimmers from across the country. The MAC philosophy is to build well rounded swimmers, especially as age groupers and utilizing the IMX format helps us continue to focus on our philosophy. Our goal going into this meet was to give our swimmers a chance to swim all of the IMX events in one season, which is a requirement of USA Swimming in order to be eligible for the Championship meet. In addition, the inter-squad meet was a great chance to get in an early season Long Course meet to help our swimmers make the transition to the summer long course season.

With that being said, we have had limited opportunities to swim long course up to this point and despite this issue, the kids stepped up and swam extremely well. We had a great number of best times and several of our swimmers were able to accomplish some events that they had never had an opportunity to swim prior. I think we saw a number of swimmers gain a lot of confidence and this should translate over to an outstanding long course season.

Attendance awards

Unfortunately, we did not have any swimmers in the Month of April with perfect attendance. However overall, we had a pretty good month of consistent attendance that we would like to see continue to improve as we move through the season. As we have stated before, consistency is one of the easiest ways for us to see progress with our swimmers, as it helps them fit into the season plan that we have developed for their training.

Teammate of the Month

A big shout out to Remi Wallace. Remi has been swimming with the age group program for a few years and it has been great to see her grow into a supportive and confident teammate. Remi is one of our most consistent attendees and workers and always has a smile on her face and a bounce in her step. Remi continues to honor herself to pushing herself to improve, honors her teammates by having a fun attitude and honors the process by respecting the goals and the direction of our team.

THE MIGHTY SKYLINE 10 AND UNDERS!!! Coach Laura



The word “April” must be a code word for “30 Days of Fun”, because that’s exactly what we had!!! We

kicked the month off with a day full of excitement participating in the Swim a Thon, then moved on to “Feed My Starving Children” to package up food to send to the Philippines. Next, we traveled to Kino to experience the Signing Party for our Seniors who are going off to college to swim. You wonderful parents endured yet another



Parent Meeting where I went through the highlights of the upcoming Long Course Season. On Easter weekend we had a blast

with our friends from Kino, swimming fast at the IMX Intersquad Meet. Your kids swam like sharks at this first meet of the season! I still have goosebumps from watching them throw



down personal best after personal best! Wowza!!! Later in month we invited the Novice kids and the Senior team for an hour of drills, turn work and stroke technique. Our 10 and Unders even taught the High School kids how to play the game “Sprout”! We look forward to competing in the Speedo Invite in May, getting in some solid Long Course workouts, and of course...having more fun!!!!

GoOOoOOOoOOOoo MAC!!!



Kino 10 & Unders

By Coach Meg

We are so excited to be back in the pool doing what we love; these 10 and unders are working hard and having fun! We are implementing a dynamic warm up to our daily routine as well as practicing handstands and cartwheels. Having fun and developing athletic skills is our daily goal, and these kids are building an excellent foundation.

In April we had a blast volunteering at Feed My Starving Children, rallying at a team at our MAC swim-a-thon and supporting our seniors who are swimming in college. We also spent time talking about individual and group goals; we will wrap this up next week. Thank you to all of the families who participated ! Throughout the month we focussed on perfecting our drills and building on the foundation of our underwaters. We finished the month with an exciting FUN meet and our IMX intersquad meet. I will continue to encourage the kids to sign up and compete. This is one way for athletes to follow improvements, build skill and have fun with teammates!

We are looking forward to our upcoming meet, the Speedo Invitational hosted at Kino. This meet will be a great opportunity for kids to try a new event and experience Long Course. For the parents we have plenty of opportunities available for you to support your child and MAC by volunteering.



Kino Novice

By Coach Nichol

All of the MAC coaches recently had the extreme honor of hearing Coach Herm Edwards of ASU talk about STANDARDS! He spoke simply, but it carried power! The recipe for success can often be obtained by setting and meeting standards for ourselves. These are the standards Coach Edwards holds his team to:

- 1) Be on time
- 2) Do your words and actions match
- 3.)Compete

Of course he went into some details about these standards, and in sharing story after story and experiences with different athletes, it became clear why he narrowed it all down to these standards.

At MAC we will continue to BET ON OUR SWIMMERS and hope to be able to teach them to BET ON THEMSELVES! The confidence and self trust of an athlete can come as each athlete follows the standards that help them to believe in themselves, trusting that they have the discipline to do the things they say they will do and to give 100 percent effort in each lap.

Let's bite off one piece this month and strive to be on time to every single thing. Not just the pool, but it's great if we can start there.

Skyline Novice

By Coach Jenny

We have had a terrific spring and are looking forward to an awesome summer with our Novice group. We have been working on how to be a



good team mate these past few months. They have done a great job encouraging their teammates at practice and at meets. It was great to see them cheer for each other at the fun meet we had in April. And that Fun meet was amazing - such great swims, better dives, and lots of legs. So happy to see Piper, Amy, Michael, Grace, and Marlowe with their big arm freestyle; Shihan, Cooper, Harley, and Phoebe with straight arms in butterfly; Natalie, Aynslee, David, and Avery with their beautiful backstroke, and TJ, Olive, Blaine, Saige, and Olivia with their long stretching breaststroke in that meet.

In practice, we are loving the stroke technique improvements with Martin's butterfly, Callie's freestyle, Gabrielle's backstroke, Sienna's freestyle and Christian's breaststroke. And our group's dives - WOW! The day we were able to do a "dive" practice was so helpful. May is going to be amazing! See you at the pool....

? 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! 

Cameron	Daniell	May	2
Indiana	Filbrun	May	2
Ellie	Thompson	May	3
Landon	Rowley	May	4
Essias	Smith	May	4
Aron	Baleme	May	5
Paige	Revie	May	5
Amanda	Zajdzinski	May	8
Zachary	Diamond	May	9
Jordan	Tuter	May	10
Porter	Hales	May	11
Lauren	Hicks	May	11
Jessica	LeSueur	May	12
Oscar	Quintero Lopez	May	13
Brookly	Crum	May	15
Sofia	Genova	May	15
Stella	Gruender	May	15
Jacob	Thompson	May	15
Stevie	Brannigan	May	16
Eric	Dimmery	May	16

Daniel	Miovcic	May	16
McKenna	Craig	May	17
Thatcher	Dodd	May	19
Aurora	Kokona	May	20
Jonah	Marin	May	21
Madeleine	Pocock	May	21
John	Weser	May	21
Natalie	Brusius	May	25
Megan	Ferrin	May	25
Sutton	Harr	May	25
Jett	Holbrook	May	25
Catherine	Prus	May	27
Kailee	Patters	May	31



Mark Your Calendars

May 20th at 5:30pm Parent orientation at Kino Aquatic Center

May 22nd at 5:30 Parent orientation at Skyline Aquatic Center

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

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

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, May 2nd through May 30th 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

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. 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.