

Mesa Aquatics Club

NEWSLETTER

SEPTEMBER 2022

PREPARATION PRECEDES PERFORMANCE!



If you are new to the swim world... say the last 2 years, this could be very helpful in framing your mind for a swim meet. And maybe the rest of us could use a little review too! EVERYONE is nervous for a swim meet. The parents are, the coaches are, and the swimmers are. It helps everyone if we work in tandem and focus on the parts that we can control. For the best possible outcome.. do your job. What is my job? I'm glad you asked:

SWIMMERS: Preparation is such a huge part of being ready for a meet. Pack your bag.. As many towels as events, warm clothes, water, and healthy snacks. Don't forget warm, dry footwear. KNOW YOUR EVENTS BEFORE YOU GET TO THE POOL. Use a heat sheet to find your event/ heat/ lane and have a way to reference it throughout the day. Be at your race 3 heats before your event. Swim your event with all your heart! You put in enough training to leave it all on the table. Talk to your coach before and after each event. You want a plan, a goal and a follow up conversation about what you learned. Warm down before going to your follow up conversation with your coach. Your body needs to prevent injury and soreness. Write down your time and thoughts about your race so that you can plan for ways to improve your training. Cheer for your teammates. Don't leave the meet without saying goodbye to your coach and making

sure you are not needed for a relay. Clean up your area, find all your belongings. And finally, thank your parents for spending their time and money on your talent development. You can't do this without them!!

PARENTS: Encourage your swimmer to be prepared for a meet by asking them questions about what they have packed. Do not pack for them. Provide a healthy snack for their 3-4 hours on deck. (Bring water and snacks for you too... it's a long day...also a book, and maybe a phone charger .) Know the team colors and timelines for the meet... read the meet emails. Tell them event numbers before you leave home for the events they signed up for. 15 minutes before warm up is "on time". Bring cash to the meet to BUY THE HEATSHEET! It's like a blueprint for each day of the meet. It's very hard to navigate a meet without a heatsheet. Cheer for your swimmer. Do not respond with anger to their swims. They can't own the swim if you do. Rather, ask them questions about how they felt about their race and what they learned from their experience. Your opinion of their race does not make them swim faster. Motivation comes from within.

COACHES: We are just gonna chit chat and eat free treats all day. Haha... just kidding. We are VERY excited to watch each and every swim! (That's why we can't be your heatsheet... we tried to cover both parent and coach roles during COVID restrictions, but it's seriously so hard and we really want to focus on the swimmers in the water). We will provide as much instruction as possible to get your kid on the blocks to have a great race. We will run warm ups, team cheers and relays. We will council with your swimmers before they race and remind them of things they have been working on. We will give them a compliment sandwich which will include some great things and things we should work on. We will celebrate with them and refocus with them. We will figure things out when something doesn't seem right. We will advocate for them. We will cheer our guts out for them and maybe even write down some splits. Our opinion of their race also does not make them swim faster, but we will try to make them their own judges so that they can learn what will make them faster and figure out what motivates them.

- *Coach Nichol*

Fall League - Skyline

Coach Nancy

The 8 & under group has been incredible in learning ready position and streamlines! These are such important parts in swimming and they are now getting to where they are becoming habits. Swimmers have worked on the fundamental aspects of freestyle and backstroke, and are starting breaststroke and butterfly kick. Breaststroke kick has a lot of components so if you see us laying on the deck we are practicing on land to get the feel before transferring it to the water. We have worked on dives quite a bit, and have noticed a nice improvement. Our latest challenge is learning to circle swim! Circle swimming eliminates the collisions in the pool, but takes time to learn. This group is up for the challenge and will learn it in no time. It has been fun getting to know all of your swimmers!

Coach Jonah

The 9-10 swimmers have been so fun to work with! Over the past few weeks their work ethic has improved and they are ready for challenges thrown their way. In addition to stroke skills, they are doing a lot of kicking each day, which will be a tremendous benefit for their swimming. We are working dives and turns in almost every practice and it shows! Subtle changes, getting the chin down faster on freestyle turns, or keeping the head down on dives, have become apparent as swimmers improve. I look forward to the next few weeks and watching them improve!

Coach Shawna

The 11 and older group has done a tremendous job working their body line, streamlines, and learning new drills! They have demonstrated time and again they are ready to take their swimming to the next level based on how they listen and apply the skills. The past few weeks have been a lot of freestyle and backstroke, working the proper head/body position so they maintain a proper body line. Butterfly has only recently been introduced, and swimmers are working on the kick and timing of the stroke. They will also start doing more dive and turn work. This is a really fun group, I have enjoyed working with them!



Fall League - Kino

By Coach Nichol, Todd, Rob, Marvin (Trey and Jack too!)

Wow! What a huge and talented group this is turning out to be.

We have spent a fair amount of time focusing on a foundation of body balance. When the body position is correct, gliding in each stroke becomes easier. We are developing simple and basic skills that will make for efficiency when we add each component.

Moving forward you will see increased kicking, which builds body strength and is a baseline for body position. So far we have covered: streamlines, dolphin kicks, flutter kick, body balance/ front and back, breathing, head position, freestyle arms and legs, breaststroke arms and legs, breaststroke arms and legs, breaststroke timing, when to breath, fly arms and legs, fly timing, introduction to flip turn, and a few have even done a few dives. We look forward to seeing more and more growth! Thanks for being part of the MAC family!

Fall League - Rhodes

By Coach Bear

What a fun and dynamic group this has become! The focus of this group has been learning to have fun in the sport of swimming, learning to push themselves, and learning to focus on improving in the water. This group has done an incredible group putting all of that together. When it comes to improving in the water we have been working diligently to smooth out each of the 4 strokes. We've started including test sets for our older swimmers to track improvement such as 10x50's on 1:00 for aerobic and 10x25's on 1:00 for anaerobic, making sure to compare stroke count to their time on each 25.

Dryland

By Coach Bear

Senior athletes have been waking up early and putting in the time and work in the weight room! Getting stronger and more athletic is the goal these athletics are working towards. We are in the heart of the strength phase of the season where athletes are working on getting as strong as they can. Strength helps not just the sprinters in the group but the distance athletes as well. The stronger you are the more you will be able to increase your "easy speed".

Age group athletes have been focusing on a balance of increasing athleticism and strength. A great exercise they have been doing is the plank drag. Focusing on bracing from the core and dragging a sandbag from side to side without rocking the hips will help them immensely when it comes to balancing from the core in the water.

Kino Discovery

By Coach Trey

Discovery group has been working hard and having fun! We've been focused on body line and body awareness in the water- which has translated well over to the strokes. We've also spent time learning how to read the clock, follow sets and how to flip turn with a snorkel.



Skyline Discovery

By Coach Shawna

Dynamite Discovery!

What an amazing start to the season Discovery has had! This group has had so much new information given to them and has risen to the challenge of learning and applying it to their swimming. In addition to all of the new drills being learned is a focus on body position, sculling, underwaters/streamlines. Not only are they learning how these drills/skills are done, but why they are so important. Once swimmers learn why drills are done, what drills will help their strokes it's a game changer. This a process and takes

time and fits nicely in with the MAC way...Honor the Process. Skyline Discovery is starting this process and they are rocking it!!



Kino Explorer

By Coach Nichol

Last season we spent the whole season doing and redoing our breakouts for freestyle. Not taking that first breath off the wall is a game changer in a race and it took quite a while for us to develop the NEW HABIT of waiting for that breath. In the beginning some of our friends would pop right up and say, "I just can't hold my breath that long". So first we had to overcome the "I can't's". Once we decided that we would repeat every single wall if anyone in the group took the early breath, we got to the "buy in" part of the goal. The idea of repeating wasn't a punishment, just a reminder of the desired goal. I'm pretty sure we repeated every set for about 4 weeks and sometimes we still do. But you wouldn't believe the walls these kids have. I'm so inspired by the idea of re-doing.

Isn't that what "practice" means? The actual definition of practice is "the application or use of an idea, belief or method, as opposed to theories relating to it; 2. the customary, habitual, or expected procedure or way of doing something: 3. perform repeatedly or regularly in order to improve or maintain one's proficiency."

New group goals this season will be determined by the group soon and I'm here for it! In the meantime, we are putting repeated emphasis on hand pitch with the use of paddles. We are also looking to increase balance in our freestyle with breathing patterns. There are several benefits to breathing every 3 or 5.... equal strength development on both arms and core and vision of the pool on both sides of you. (Great for racing!)

We have an amazing training group....great leaders, great athletes, great teammates. Gooooooooooooo MAC!!



Skyline Explorer

By Coach Maggie

Explorer is off to a great start this season! We have spent the last few weeks working on free, back and breast...we begin fly in a few days. We have also had quite a few new swimmers move up into the group, which has been so beneficial to the group as a whole. We are working on becoming great teammates, learning how to be on time and prepared for practice and really breaking down strokes into body position, kicking, breathing mechanics and properly doing turns and underwaters. A big focus we are starting this season is KICKING. Leg strength and stamina have proven time and time again to increase lung capacity and power behind beautiful efficient strokes. We also are in the midst of our 1st EXPLORER GROUP CHALLENGE!! Every swimmer has to bring a water bottle to practice 5 consecutive days in a row to win a reward, which can range from a pizza party, game day, etc. Explorer is mighty!! And we are starting off strong!



Kino Voyager

By Coach Trey

Voyager group has been busy! We've been focused on stroke legality and keeping their strokes effective and efficient. Voyager swimmers have been spending time becoming familiar with all equipment, practicing turns and dives and how to read the clock and follow sets.

Skyline Voyager

By Coach Maggie

Voyager and S3 have grown!! We have SO many new swimmers and I am proud to say they are all meshing well together and becoming great friends. Voyager and S3 range so greatly in their abilities, goals and purpose. They all come from different backgrounds and have such different personalities. We have started off the season by breaking down strokes with back, free and breast. We work A LOT on being legal while also being smooth and “tight.” One big thing our group is working on is STREAMLINES. Every single swimmer in the group knows that if we do not have a tight efficient streamline, we will do streamline walks around the pool! Some may call it the “walk of shame.” This is when the swimmers walk in a streamline around the pool. This is not only a reminder to do the streamlines, but also a chance to feel how much easier it is to do in the water.

Kino Challenger

By Coach Nichol & Coach Dan

This group is the bomb! They know how to work and even this early in the season.. when we aren't putting many yards in yet.. They are putting body balance and skills and drills to work. We have put focus strongly on power in the fly pull and where that should originate. We are also putting focus on keeping those knees in and ankles out on breaststroke. Kicking and sculling are the foundation of strength right now and we look amazing!! For this group ATTENDANCE is



the name of the game. We saw such great success from our strong attenders last season that we decided to focus on that as a group goal. Here's the incentive.. a monthly raffle!! 4 workouts gets you one ticket to the raffle. 5 practices =2 tickets, 6 practices= 3 tickets, 7 practices =4 tickets. We are going to have some great prizes! Gift cards and even some MAC merch! Get your booty to practice!! We are super excited to see where this group goes.... they are talented and know how to put the work in!



Skyline Challenger

By Coach Angela

And they're off! We've had a great start to the season so far. In the water we have been able to visit each stroke. For each stroke we really focused on our body lines, drills, and kicks. The hope is that after tackling the technique side of things we can add some more yardage and, later on, intensity and have a great looking stroke. We've also had a chance to give our legs and kick some attention. I am a firm believer that our kick strength and endurance can carry us through our races! This month we also started drylands and yoga. These are two activities that will help us in the water! Soon we will begin to have Coach Bear helping us out with dryland. He has a lot of equipment and great ideas to help us strengthen our muscle groups for our particular strokes and races.

The kids were able to have some FUN on FRIDAY while we went FISHING! This is something I plan to bring out more often after seeing how much the kids enjoyed it. The following day, those that came to practice were able to participate in a swimming clinic for the fall league swimmers. This was a great opportunity for them to be able to share their knowledge and help some others learn. I was really proud, stepping back, watching them teach others. Recently we've had some awards from our group that



deserve a shout out! Golden Goggles award went to HAILEY SCHWENDINGER



for a grueling yet outstanding state meet! Team Spirit award went to XAVIER GUDMUNDSON for supporting his teammates and cheering for them during their races. Swimmer of the week award goes to CADEN DENKER for showing that he is becoming a great student of the sport, leading by example, and working hard during each set.

Lastly, we were able to go over goal sheets as a group and individually. These have proven to be so helpful in the past in aiding our progress. I was able to meet with each swimmer one-on-one and get to know them a little better by seeing where they want to go this next season. Kind of on this same note we have started an ATTENDANCE challenge that will have some pretty awesome rewards. Overall it has been a great start to the season! We are all having a great time and headed in the right direction.



Senior

By Coach Eric

At the beginning of the season it seems so important to start back fresh and rethink our strokes and make any changes that will help us swim faster. We gradually add yardage and build our intensity. In Arizona with the high school season starting and ending so quickly we have to do this on a little faster. We have to make corrections and be in great shape by November.

We are doing a fantastic job handling the increase in yardage and intensity. As this happens it is imperative that the athlete continue to think about stroke technique. For changes to set in the athlete needs to be thinking about it during every practice.

As always this time of year many things are going on in your life, make sure you are eating good food, drinking plenty of water and getting a good rest.