

## Reaching Out!

**Board of Directors** - [musac.bod@gmail.com](mailto:musac.bod@gmail.com)

**President** - Drew Black

**Vice President** - Cheryl Leavens

**Secretary** - Andrea James

**Treasurer** - Lindsey Papizzo

**Director/Website Management** - Steve Spiers

**Director/Communication Liaison** - Jessica Reid

**Director/Special Events** - Jen McCreary



If you have a question or want to share something about your swimmer (eg. an absence, an accomplishment, an injury, etc.) with their coach here's how:

Minnows - [musac.minnows@gmail.com](mailto:musac.minnows@gmail.com)

Novice One - [musac.noviceone@gmail.com](mailto:musac.noviceone@gmail.com)

Novice Two - [musac.novicetwo@gmail.com](mailto:musac.novicetwo@gmail.com)

Junior/Junior Elite - [musac.junior@gmail.com](mailto:musac.junior@gmail.com)

Senior/Senior Elite - [musacswimming@gmail.com](mailto:musacswimming@gmail.com)

Masters - [musac.masters@gmail.com](mailto:musac.masters@gmail.com)

Officials - [musac.officials@gmail.com](mailto:musac.officials@gmail.com)

# MUSAC News!



## Greetings from the Board:

WOW! It has been a very successful Session 1 with swimmer development, competition results, and fundraisers for the club. Way to go MUSAC! What a T.E.A.M.! Together Everyone Achieves More! All of the time and effort from our amazing swimmers, their families, coaches, and volunteers, we certainly are Achieving! We can't wait for more excitement at Team Showdown! Good luck MUSAC!

From all of us on the Board of Directors, we wish to thank you all for a great Session 1 and extend our warmest of wishes to all of you, for a truly well deserved upcoming holiday season.



## Important Fundraising Updates!

### Poinsettia Fundraiser

Congratulations MUSAC! This fundraiser was another huge success! We sold...

**over \$4000**  
worth of flowers!!



Poinsettia pick up:

- 16 Barron drive (Bracebridge Strength and Conditioning) in Bracebridge between **4:30-8:30 pm on Thursday December 6th**

### MUSAC Bottle Drive

This fundraising event will take place

**Sunday, January 20th in Bracebridge and Huntsville**

We are looking for volunteer swimmers and drivers!

Please save your bottles and contact [musacswimming@gmail.com](mailto:musacswimming@gmail.com) to add your home to the pick up list!

(If you are looking at a digital newsletter - click on the flyer beside for a PDF version to print)



#### WHEN:

**Sunday January 20<sup>th</sup> 10am -1pm**

#### WHERE:

**Bracebridge and Huntsville!**

#### HOW:

**Drop off bottles, have them picked up, collect and redeem as you go!**

## MUSKOKA AQUATIC CLUB BOTTLE DRIVE!

**Help us fundraise for new video equipment!** Save your bottles and cans to help support Muskoka Aquatic Club swimmers! Swimmers will be working hard on January 20<sup>th</sup> canvassing their neighbourhoods to collect bottles for return. The goal is to raise enough money to aid in the purchase of new underwater video equipment! For more information on how you can help please email us at [musacswimming@gmail.com](mailto:musacswimming@gmail.com) or visit our website [www.musacswimming.ca](http://www.musacswimming.ca) for details!



**FOR MORE INFORMATION CONTACT:**  
705-641-0113

[musacswimming@gmail.com](mailto:musacswimming@gmail.com)  
[www.musacswimming.ca](http://www.musacswimming.ca)



## Head Coach Updates:

December is always an exciting month for our club. After a few successful competitions under our belts, we get to attend one of the most exciting events of the season, Team Champs! This meet always boasts a ton of individual and team achievements which include best times, medals, ribbons, club records and championship qualifying times!

December also marks the end of the 1st session. This is a time for coaches to reflect on the past 12 weeks and appreciate the great progress all of our swimmers have made in the pool!

I look forward to seeing everyone back in the pool for the 2nd session!

Coach Morgan



## Dates to Remember:



- In House Club Time Trial **December 8th, Bracebridge**
- Ontario Junior International **December 14th-16th, Scarborough**
- Ontario Team Showdown **December 14th-16th, Brantford \* wavers due by December 10th!**
- Holiday break **December 14th - January 1st** (return in the pool on January 2nd)
- **2nd Session starts Monday December 17th**, registration is open on the website now!
- Officials Clinic in **Bracebridge January, 9th and 10th**

**Sign up through the MUSAC website under the 'Events' tab for all officials clinics, camps and swim meets, unless special instructions have been mentioned!**

### SESSION DATES:

- 1ST SESSION ENDS ON SATURDAY DECEMBER 8TH
- 2ND SESSION BEGINS MONDAY DEC 10TH.

### Registration for 2nd session is still open!

Visit the MUSAC website to sign your swimmer up

### Coaches' Corner:

#### Brian and Kevin

Coach Kevin

I coach because I like to see kids be successful on a personal level. I coach because I like to inspire kids to be their best. I coach to be a role model for positivity and happiness. I coach to help kids grow and to learn the life skills that swimming offers. I coach to be part of the great community that MUSAC offers swimmers and their families.

Coach Brian

I coach because I love celebrating our swimmers' personal growth and achievement. To me there is no greater reward than to watch someone accomplish what they set out to do... whether it is their first time swimming an 800 free or finally breaking a minute in the 100, as a coach we are lucky to be there to witness every milestone.



### Tips and Etiquette!

Technology plays an important role in our training practices. Coaches will often use video and photo analysis with swimmers to review strokes and techniques and provide feedback to swimmers. When athletes are able to see themselves swimming, it helps build body awareness and assists in visualization of strokes during practices and races.

It is important to know that there are policies regarding technology use in public facilities such as our pool locations. For privacy, both the Huntsville and Bracebridge facilities have a **strict 'no photography' and 'no video recording' policy for spectators** of any program. If you require, or wish, to have a photo taken of your swimmer on deck or in the pool, please contact Coach Morgan ahead of time so we can make an arrangement.

Thank you for your understanding!



### Update from Coach Andrea at the gym

The junior and senior dryland sessions at Bracebridge Strength and Conditioning have really started to ramp up. This is the first season the junior group is doing workouts at the gym, and the third year for the senior group. Our main focus is always technique at the gym, just like it is at the pool. Whether we are doing box jumps, pushups, pullups or deadlifts, doing the exercise correctly always trumps doing it for speed. Without proper form, you'll never reach your true capacity in training. Keep up the great effort, swimmers, and you'll see your gym results showing up in the pool!



### Special Alumni Swimmer Update!

MUSAC had 3 alumni swimmers attending the 2018 DeBray Divisional Champs meet hosted in Sudbury. The attending swimmers were Samuel Kuntz (3rd year) representing Guelph University, Emily Hubert (3rd year) representing Queens University and Mitch Cox (1st year) representing Laurentian University. Samuel and Mitch had fantastic races in backstroke **placing 1st and 2nd in both the 100 and 200 backstroke**. Mitch also **won the 200 freestyle** and came **7th in 50 backstroke**. Sam place **4th in 50 backstroke and 200 IM** respectively and Emily **6th in the 400 and 800 freestyle**.

Watching our swimmers continue to work hard and excel both in the pool and out makes our MUSAC family so proud!

Way to go!!



### Team Highlights!



#### Muskat Splash #1

- ★ with over 50 swimmers in attendance MUSAC boasted over 85% best times!
- ★ Congratulations also goes out to the 18 officials who were evaluated and are working hard towards their level 1 and 2!

#### Owen Sound Invitational

- ★ MUSAC placed 3rd at the Owen Sound McDonald's Classic winning \$500 with only 18 swimmers in attendance!
- ★ Check out the MUSAC article posted in the Huntsville Doppler!  
[https://doppleronline.ca/huntsville/muskoka-aquatic-clubs-season-is-of-f-to-a-great-start/?fbclid=IwAR3djzTg5\\_0YgHiBNyJixqrHZD33D0t0-XCZtF3lkEjKZdpxQ6yHbgWgEWO](https://doppleronline.ca/huntsville/muskoka-aquatic-clubs-season-is-of-f-to-a-great-start/?fbclid=IwAR3djzTg5_0YgHiBNyJixqrHZD33D0t0-XCZtF3lkEjKZdpxQ6yHbgWgEWO)



## MUSAC Trivia Contest!

Congratulations to November's Trivia Winners:

**James Henderson and Hayley Oake**

Keep your eyes open for prizes heading your way!



This month's challenge:

**What are the oldest men's and women's individual long course world records, who swam them and at what competition?**

Submit your **answer** in an email to [musac.trivia@gmail.com](mailto:musac.trivia@gmail.com)  
Include **your name, swim group, and pool location** so we know where to send the prize if your name is drawn!