

Reaching Out!



Board of Directors - 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

Novice One - musac.noviceone@gmail.com

Novice Two - musac.novicetwo@gmail.com

Junior/Junior Elite - musac.junior@gmail.com

Senior/Senior Elite - musacswimming@gmail.com

Masters - musac.masters@gmail.com

Officials - musac.officials@gmail.com

SPECIAL OLYMPICS SWIM EVENT

Thank you to all of the MUSAC parents, coaches and swimmers who came out to help run the Muskoka Special Olympics Invitational swim meet.

Without our club's support this event would not have been possible for the athletes!



Important Fundraising Updates!



MUSAC Bottle Drive

Crews were out and hard at work on Saturday January 26th collecting bottles and cans for reimbursement.

We were able to raise almost \$800!

This will go towards the purchase of new starting blocks in Bracebridge and backstroke ledges in Huntsville. We are one step closer to our goal!



MUSAC News!



Greetings from the Board:

February is upon us and WOW - what a gathering we had during our Regional Meet! We had swimmers, parents, coaches, officials, and volunteers, all brought together at MUSAC for one cause: **to support youth in the sport of swimming.**

Here's an appreciative THANK YOU to our membership who participated in the many facets in hosting the Huronia Short Course Regional Swim Meet. Many of you have made huge efforts toward hosting a successful meet. On behalf of the Board of Directors we are deeply appreciative and grateful for all the food donations, hospitality efforts, personal time offered to volunteer, gathering of sponsorships, and silent auction donations.

We are grateful to our membership for giving a warm MUSAC welcome to everyone in attendance and for supporting the success of all athletes.

MUSAC BoD

Head Coach Updates:

10 signs that you are a swimmers, how many can you check off?

1. You can smell chlorine a mile away
2. Your skin is always dry
3. You truly understand the difference .10 of a second makes
4. You go to school with rings around your eyes
5. You consider a 6am alarm sleeping in
6. You measures distance in metres
7. You could win an eating contest
8. Your best friends are your teammates
9. "Recovery" is one of your favourite words
10. You don't think there is such a thing as "too much sleep"

Coach Morgan

Dates to Remember:



- Feb 1-3rd Regionals - Bracebridge
- Feb 10th Muscat Splash #2 - Orillia
- Feb 16-17th Ontario Winter Festivals - Etobicoke
- Feb 28th - Mar 3rd - Winter Provincials LC - Etobicoke

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

Coaches' Corner: Coach Megan and Coach Maddie

Megan (Minnows Instructor) - I've had a passion for swimming for as long as I can remember. I love pushing myself and my teammates to be better every time we get in the pool. Most of all, I value the friendships and bonds I have formed throughout my swimming career. My favorite part about coaching in the Minnows program is helping young athletes find a sport and a community that brings them as much joy as it brings me.

Maddie (Minnows Instructor) - I love swimming because it gives me a chance to be part of a team, and experience a feeling of accomplishment. I coach to help the younger kids develop a love for the sport, so that they can feel the same way about it as I do. Seeing them having fun with their friends while improving on their strokes is something that I look forward to.

Yoga update from Melanie

The swimmers are all doing great remembering the poses! Getting in great stretches for their shoulders and hip flexors! Along with stretching they are learning to use their breath to guide them through uncomfortable poses which helps with all situations in life as well as when they are put into uncomfortable and stressful situations or anxiety. They are learning to release and relax as well and use their breath to move with their bodies!

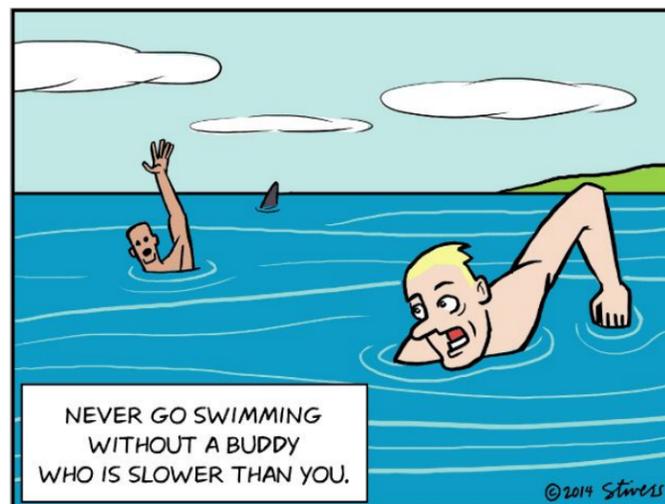


Team Highlights!

Huronia Regional Short Course Championships

MUSAC was represented by an outstanding group of 28 swimmers who raced their hearts out to have us place 4th overall out of 9 clubs! Our swimmers swam majority best times and we had several qualifying swims and club records!

Check your email for the swimmer by swimmer highlights!



Tips and Etiquette!

Parent Swim Meet Preparation

- Make sure you **check on the location and time several days before** the event. Session, meet details and your swimmer events are posted on the website and notices/changes are sent out via email. Always **review your swimmer's event list** with them before the competition. Please have your swimmer **on deck 15 minutes before** the scheduled start of warm ups. Feed your swimmer a healthy, **well balanced breakfast** at least an hour or more before warm up. Swimmers need team **suits, shirts and caps, a towel, snacks (nut free), deck shoes and a filled water bottle** on deck. Always consider **volunteering** as a timer for the best view.
- What is the best way to converts short course metre times to long course metres times or the other way around? Download the free **SwimGenie app!**



Cancellations

- **Friday Feb 1st** - ALL PRACTICES CANCELLED IN BRACEBRIDGE AND HUNTSVILLE
- **Saturday Feb 2nd** - ALL PRACTICES CANCELLED
- **Monday Feb 4th** - Huntsville AM practice cancelled
- **Monday Feb 18th** - Family Day, no practices in Huntsville and Bracebridge

MUSAC Trivia Contest!

Congratulations to last months winners...

Megan James, Maddie Guerriero and Sammy Kierstead!

Watch for prizes coming your way!

This month's challenge:

? In what year did swimming become an Olympic sport?

Submit your **answer** in an email to 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!

