

## 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:

Happy New Year!! We hope MUSAC families enjoyed their holidays and spent quality time with family and friends! Did anyone do a polar dip? It's shaping up to be a very busy start to 2019. We encourage everyone to participate in the Officials Clinics and there are quite a few swim meets this month and volunteer opportunities. We are also hosting Short Course Regionals in early February and need your help in promoting the Advertising and Sponsorship package. All of these extra efforts make our club a stronger team.

Wishing you all a happy, healthy, and successful 2019!

MUSAC BoD

## SPECIAL OLYMPICS SWIM EVENT

MUSAC is proud to be hosting the Bracebridge Special Olympics Invitational mini-meet on **Sunday, January 20th from 9 am to 12 pm**. This is an important community event and we hope to have MANY MUSAC families on deck helping out.

This competition will run as a normal meet so **we will need timers, electronics, marshalls, strokes and turns, runners and swimmers on deck cheering on the athletes!** I urge all swimmers and parents to participate in this excellent event.

## Important Fundraising Updates!

### MUSAC Bottle Drive

This fundraising event will take place

**Saturday, January 26th 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)



## 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 26th 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!



#### WHEN:

Saturday, January 26th  
10:00 - 1:00

#### WHERE:

Bracebridge and  
Huntsville!

#### HOW:

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



#### FOR MORE INFORMATION CONTACT:

705-641-0113

[musacswimming@gmail.com](mailto:musacswimming@gmail.com)

[www.musacswimming.ca](http://www.musacswimming.ca)

### Flipgive



Our fundraising amount so far...

**\$619.00 earned out of our \$100 goal!**

To join our group and earn money for the club through online shopping visit [www.flipgive.com](http://www.flipgive.com).

## Head Coach Updates:

*What you get by achieving your goals is not as important as what you become by achieving your goals.*

Goal setting is an important part of all sports. In swimming, learning to set clear targets, priorities and expectations help improve performance and confidence, and will increase motivation your to train hard. Now that 1st session is done and you have a few swim meets under your belt, have you revisited your goals? Now is the time to set a meeting with your coach to evaluate your race plans, strategies, standards and upcoming events!

Coach Morgan

## Dates to Remember:



- Officials Clinic in **Bracebridge January, 9th and 10th**
- Markham Winter Festival **January 11th - 13th**
- Orillia Last Chance Qualifier **January 19th**
- Bracebridge Special Olympics mini-meet **January 20th**
- Fly/IM Time Trial and Bottle Drive (see flyer) **January 26th**
- Short Course Huronia Regional Champs **February 1st-3rd**

## Cancellations:

- NO YOGA classes on **Wednesday, January 2nd or Wednesday, January 9th**
- No practice on **Saturday morning January 19th** for those swimmers attending the Orillia Last Chance Qualifier Meet
- **Masters** cancelled **Saturday Jan 26th** (fly/IM time trial) and **Saturday Feb 2nd** (Regionals).

**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 Greg and Coach Christine

#### Coach Greg

Greg has been coaching with MUSAC for over ten years, everything from minnows to seniors. He loves to take his knowledge from over 20 years of swimming and apply it to help others. If you ask what he likes best about coaching he will tell you 'I love to help kids become better swimmers and more importantly better people. It is very rewarding to see the kids who have come through our program and see the people they have become!'

#### Coach Christine

I jumped into the competitive swim world at the age of 8 and fell in love with the sport. It is fulfilling for me to be able to usher in new athletes through my work with the Minnows group. Discovering a love of competitive swimming while building strong fundamental skills is at the heart of the Minnows program. I love when swimmers surprise themselves with the progress they have made from their hard work!



## Nutritious breakfast ideas for swimmers:



As well as being nutritious and the most important meal of the day we all want breakfast to be quick to prepare. Dragging your child out of bed in the early hours for training is difficult enough without the hassle of making a meal. Here are a few easy breakfast ideas to keep your swimmer fueled:

- Porridge with fresh fruit or sliced banana
- Cereals. Look for whole wheat, and oat cereals. But, avoid anything that starts 'Choco' or 'Frosty'.
- Fresh fruit and granola with yoghurt
- Smoothie (try ½ cup 100% juice, ½ cup milk, 1 cup fruit; ½ cup yogurt)
- Toast/Muffins/ Bagel. Go for whole wheat options if possible with complex carbohydrates in them.
- Eggs (Poached/Scrambled/Boiled) Both eggs and beans are protein-high.
- Fruits (raisins, banana, orange, apple, mango, grapefruit etc.)
- Water, milk or fresh fruit juice

## Tips and Etiquette!

There are many Apps that can help you and your swimmer keep track of progress in the pool. Each App provides you with different pieces of information that can help with goal setting, and keeping on top of your workout results and race history. See below for a list of Apps to look for:



- Download the **NEW free OnDeck App** ( for parents) see your swimmers test set results, meet results, attendance records, group news and much more!
- Download the **MeetMobile App** for instant results and rankings during competitions!
- Download **SwimRank** (Apple only) for your swimmers best times, race history and splits.

## Upcoming Preparations for Hosting Regionals

In order to host this important competition it is all hands on deck - literally! The following are some items we need to work on together as this February event draws nearer:

### Regional Sponsorship Package

If you or anyone you know would be interested in advertising or sponsorship opportunities please visit the MUSAC website 'Events' page to get a copy of the Sponsorship package (or click the image beside for a PDF copy if viewing a digital newsletter)

### We need Officials!

Please sign up by following the link below:

<https://www.signupgenius.com/go/70a0b4bafac22a4fa7-regional>



### MUSKOKA AQUATIC CLUB Advertising and Sponsorship Package

SHORT COURSE REGIONALS  
SWIMMING COMPETITION

FEBRUARY 1-3, 2019

Bracebridge Sportsplex



## Team Highlights!



### Ontario's Division Team Championships

Muskoka Aquatic Club brought 40 of its top swimmers to Brantford to compete in Ontario's Division Team Championships December 14th - 16th. We are proud to announce that we placed 9<sup>th</sup> out of 23 teams and were able to beat out some tough competition!



## MUSAC Trivia Contest!



This month's challenge:

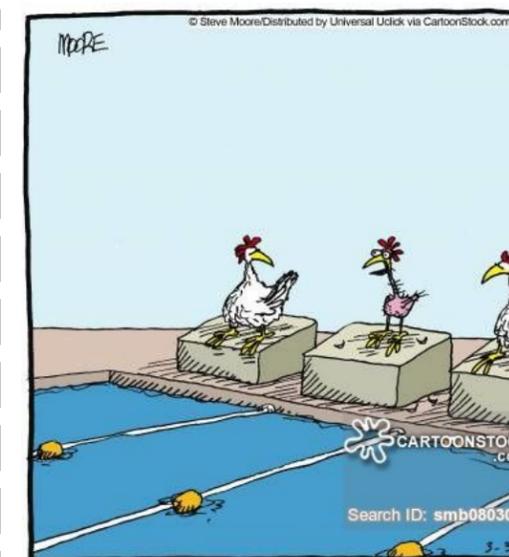


When you are in a 10 lane pool, how are the blocks numbered?

AND

How many lanes ropes are in the pool during the Olympics?

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!



"I plucked myself. It reduces drag in the water."