

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

**President** - Drew Black

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**Director/Website Management** - Steve Spiers

**Director/Communication Liaison** - Jessica Reid

**Director/Special Events** - Jen McCreary

### Reaching Out!

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)

## Important Fundraising Updates!

### Fall Leaf Clean Up!

Despite a snow delay, our MUSAC swimmers and families got out their rakes, gloves and smiles to help our neighbours rid their lawns of leaves!

Thank you to all who lent a hand for this successful fundraising event!



**\$ Fundraised ~ \$1131.00**

### Poinsettias!



It's that time of year again! This fundraiser is always a solid one for our club.

Please keep an eye on your email for **order forms and more details** to make this another successful year for Poinsettia sales!

## What's Up MUSAC!

### Coaches Updates:



#### Minnows

Our Minnows are enthusiastic and focused! They are learning to listen to coach's feedback and use that to think about their strokes to improve. Our focus this month will be on lane etiquette and using the clock to know when to go!

#### Novice One

Novice One is progressing well and all swimmers are showing great progress in their stroke technique, dives and turns. Many swimmers attending the sprint time trial and showed off of their skills!

#### Novice Two

Novice 2 is gearing up for their first swim meet of the season, the Muscat Splash! With a recent focus on touches, turns and starts, they will be ready to shine on November 11th!

#### Junior/Junior Elite

Coach Heather is excited about how hard the Junior swimmers have been training and the regular displays of camaraderie and sportsmanship shown in each practice. The swimmers are training with purpose and passion!

#### Senior/Senior Elite

Senior swimmers are ramping up their intensity in training to prepare for the Owen Sound Invitational. The focus this month for the group will be underwater technique and stroke efficiency.

#### Masters

Masters are in full swing! Our evening groups are swimming 2500m, our morning groups in Huntsville and Bracebridge are surpassing 3000m and our Saturday morning swimmers have achieved more than 4000m in a workout. What great dedication to meeting personal health and swim goals!

# MUSAC News!



### Greetings from the Board:

The Board is thrilled about a great start to the season!

Thank you to all of the parent participation thus far. We are looking ahead to Regionals and hope you all take a 'splash' at getting your officials certifications. It is an honour to be able to host this big meet and our members coming together is what will make it a success!

The next clinics are November 10th in Orillia (see Dates to Remember below) or mid-January in Bracebridge. If you would like more information please email Cathy Wackett at [cathywackett@rogers.com](mailto:cathywackett@rogers.com)

A quick reminder, in order to see board meeting minutes, newsletters and fees you must be signed into your team account on the MUSAC website.

See you at the pool!

### Head Coach Updates:

Well done MUSAC! We have had a good start to the season with so many swimmers already dropping time and setting some great goals, both short and long term, for the season!

#### A reminder:

Attendance to all practices wet and dry truly matters! Coaches rely on swimmers to be punctual and in attendance to the group's schedule. **Being on time means 10 minutes early!** Getting ready for workout includes helping with equipment and getting gear ready behind lanes. Arriving on time also ensures that coaches can properly organize lanes and review the warm up with all swimmers. Group moral is enhanced when everyone is ready to go and prepared to work hard at the same time!

**Many hands make light work!**

Coach Morgan

### Dates to Remember:



- **Saturday, November 3rd** - Sprint time trial, Bracebridge 6:30-8:30 am
- **November 10th** - level 2 officials courses in Orillia. To sign up please contact Cathy Wackett at [cathywackett@rogers.com](mailto:cathywackett@rogers.com)
- **November 11th** - Muskat Splash #1, Bracebridge
- **November 17th-18th** - Owen Sound Invitational in Owen Sound

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

## Swimmer Updates!

This month we would like to congratulate

### Aidan Spiers and Tyler Skinner

who were amongst the top 24 swimmers selected from our region to attend the Huronia Regional Learn to Train Camp!

**Amazing!!**



## Coaches' Corner:

### Alicia and Abby

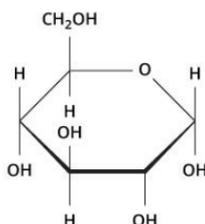
**Coach Alicia** - When I swam I loved spending time in the pool with my friends and loved the feeling of success after completing a hard practice. It is now very fulfilling to coach the swimmers through their successes and watch them have as much fun as I did!

**Coach Abby** - I have been swimming for 12 years now and it's always been a sport that I have loved. Between coaching and swimming I get to express my passion for the sport everyday. Whether it be swimming myself, coaching the swimmers or planning practices, I am happiest being part of the sport!



## Nutrition Tips!

- Proteins
- Carbohydrates
- Water
- Micronutrients



According to Swim Swam through NCCP, these are important building blocks of athlete development and the best way to ensure your body is ready to perform to your highest potential. Knowing **when** and **what** to reach for when looking to fuel up is super important in supporting your training!

Follow the link below to read more about maximizing your fuel!

<https://swimswam.com/8-nutritional-recommendations-for-swimmers/>

## SESSION DATES:

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

### Registration for 2nd session opens on Monday November 19th!

Visit the MUSAC website to sign your swimmer up

## Tips and Etiquette!

At swim meets, it is important that our team members - parents, and swimmers alike - cheer on all of our athletes!

A great tip is to **travel with a highlighter** so that you can preview the heat sheets and mark the races that MUSAC swimmers are in. This often makes the swim meet more engaging for spectators and let's the swimmers know they are supported.

Especially important are those swimmers who have races at the end of the meet. Families are encouraged to **stay if possible** to show support for those athletes who have had to wait for their moment, even if your own swimmer is finished their races!

Did you know, as levels of competition get more complex, so do the coaches responsibilities at meets.

**During development swim meets**, coaches are watching swimmers closely to see how well feedback from training is being implemented. They are recording the swimmer's times to set a benchmark and/or check for improvement. At this level, coaches are also introducing swimmers to the world of racing and are often able to join in the cheering along the side of the pool!

**As the level of meet gets more competitive**, the coach's role becomes more complex. They will be giving each swimmer pre-race plans before every event, taking and recording splits (times at different points in the race), making notes about strokes and technique during the race, and debriefing the race plan after each swimmer finishes their swim. At this level, there are often rules in place about where coaches can stand and how they can move around the deck. Often tables will be provided along one side of the pool for coaches to sit at in order to provide a surface for the amount of notes being recorded, as well as to provide a 'buffer zone' for officials defining a clear path to do their jobs. Many swimmers will be attempting to qualify for their next level of competition making this type of structure important for fair officiating. Even though it may look different, rest assured that coaches are fully engaged in the racing of each swimmer and will be encouraging them from their spot on deck!

**Go MUSAC!!**



## Team Highlights!

### Markham Fall Festival Results



- ★ 92 % best times from our athletes at the first swim meet of the season!

### Pickering Sprint Results

- ★ Out of 56 swims, our swimmers had 40 best times!
- ★ We had several athletes qualify for Huronia Short Course Regional Champs
- ★ And a couple VERY close to Ontario Festival Standards!



Get geared for swim all season long..

**10% off** all swim suits & equipment for MUSAC team members

@ Muskoka's Famous Purple Bike & Swim Shop



230 Ecclestone Drive, BRACEBRIDGE 705-645-1166 info@ecclestonecycle.com

## MUSAC Trivia Contest!

Congratulations to October's Trivia Winners

**James Mitchell and Hayley Oake**

Keep your eyes open for prizes heading your way!



This month's challenge:

**Can you name all of MUSAC's coaches?**

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!