



THE JENISON FIRST CHANCE INVITE RECAP

The MLA Swim Team began the Long Course Meter (LCM) campaign by attending the annual Jenison First Chance Invite on Saturday, May 26. The team sent a record number of swimmers to the one-day event and responded with nearly 60% of splashes earning best times. **Seven MLA swimmers were attending their first LCM meet of their careers and nine swimmers were attending their first meet as members of MLA!** Also, while it is usually a little early to be talking Championship Meet qualifiers, MLA already saw 15 new Michigan State Meet qualifying times and two new Zone Cuts for the weekend.

The 10&Unders

The 10&Under groups swam to an astounding 96% best times and ZERO disqualifications!

Collectively, the 10&Unders finished in the Top-8 in 17 of their 27 combined splashes. New State qualifiers in the group include: Camryn Siegers (50 BK - First Time Qualifier!) and Landon VanIngen (100 BK - First Time Qualifier!). Jet Minter swam in her first meet with MLA including a Top-10 finish in the 100 Free (1:43.23).

- The 100% Best Times List for the group: Ariyah Gettings (9), Jet Minter (10), Levi Ruster (9), Camryn Siegers (9), Lizzy Skodack, and Landon Van Ingen (9) all swimming to perfect 100% best times.

The 11&12's

The 11-12 year old group swim to 75% best times including seven new State Cuts. The group was led by James Baer (12) who's four swims included two State Cuts (100 Free, 200 FLY), two Central Zone Cuts (50 FLY, 100 FLY), **and new MLA Club Records in the 50 FLY (30.03), 100 FLY (1:10.12), and 200 FLY (2:48.44)!** Joining James with new State Meet qualifying times are Grace Ackerman (400 IM), Maria Heeres (50 Free - First Time Qualifier!), and Brody Menghini (200 Free, 50 BK). The Jenison First Chance Meet was Kari Taylor's first meet with MLA.

- The 100% Best Time List for the group: James Baer (12), Kaia DeSchaaf (11), Christian Huizenga (11), Maria Heeres (12), Brody Menghini (12), Eden Siegers (12), Abby Sponaas (11), and Kari Taylor (11) all swam to perfect afternoons.

The 13-14's

The 13-14's had three swimmers, Lauren Grotenhuis (13), Oriana O'Mealey (13), and Simon VanHuis (13) all swim their first meets with MLA. **The group swam to 78% best times for the meet including two new MI Swimming State Meet qualifiers.** Tai Afrik (3/4 best times, State Cut 100 Free) and Greta VanZetten (3/4, 100 Free) are the qualifiers in the group thus far.

- The 100% Best Time List for the group: Lauren Grotenhuis, Isaac Jekel (14), Simon VanHuis all swam to perfect afternoons.

The 15&Overs

For the 15&Overs, the Jenison Invite provides a few early season splashes as they enter a tough stretch in the training cycle. MLA had four swimmers in the group swimming in their first MLA meet: Trent Magers (17), Nella Pashak (15), Heath Stutler (15), and Annah Taylor (17). **New State qualifying times were swam by Cam Peel (100 FLY), Grant Ruster (100 BK), and Levi VanAst (100 FLY).**

- The 100% Best Time List for the group: Heath Stutler, Annah Taylor, Levi VanAst, and Ocean Veldhouse all swam to 100% best times.

Swimmers of the Meet:

Natalie Legg (12) - 3/4 best times. 50 Free (0.50 drop), 100 BK (0.83 drop and improved State Qualifying Time), 200 BK (-6.40 drop and just .26 off another State Cut!)

Lizzy Skodack (9)

4/4 best times.

Pulled of an exhausting 200 Free, 100 BR, 50 FLY, and 200 IM all back-to-back-to-back-to-BACK!

Abby Van Ingen (12)

Massive time drop in the 100 BR (-3.87)

Top-8 finishes in both the 200 BK & 400 FR.

Christian Huizenga (11)

3/3 best times.

Top-8 finishes in all three of his events.

Current Championship Roster after the JAWS Invite



Note From Coach Jim About the First Meet of the Season:

The first meet of each season is just that, the first meet. They are more of an extension of early season practice rather than much of a performance. As coaches, the Jenison Invite gave your staff opportunities to 1) get some racing in (finally!), 2) get to know some of our new swimmers and to learn how they react in a racing environment, and 3) get us all to hang out as a team outside of practice.

Swimmers: Keep going, we are off to an encouraging start to the season. First meets often lead to overreactions to our thinking so keep calm and swim on at this point. We have some tough training ahead this summer, so let us take this positive meet experience and carry it into the week of good atmosphere in practice as we lead into the Big Red Challenge (June 8). If you had some nice swims this past weekend, that's great! But keep things in perspective that our goals are always in consistent improvement every day. If you felt like you had a tough meet, brush it off! It is only one meet in a grand career that will be yours by the time you retire from the sport. Not too high, not too low, right?

Parents: Thank you for the outstanding turnout for our first event of the season. A record number of entered MLA swimmers is a direct testament to the sacrifices you all are making during swim meet weekends. For those of you that have just attended your first meet with MLA, please feel free to share with us your swimmer's experience - it can only help your MLA coaching staff serve this team and your swimmer better. As for your swimmers, they are rounding into shape already this season and we are looking forward to a great finish and the opportunity to include so many swimmers in Championship season.

Coaches: I think we can all agree that making it out of the first meet without too much to complain about is a huge win! Sure, there are some racing details that may have seemed a little soft, or off entirely in this meet. But keep in mind, that they have not had a chance to race in quite a while now. Be patient, your great work is already showing in the group!

A few announcements:

Big news! This past week, after eight years, we are releasing an updated brand identity, which includes a new logo, colors, and font. You will see the new look anywhere we are at meets, on our website, Instagram, and Twitter; very soon you'll see it in all of our gear, as well. We believe the new look better matches what we've become since the early 2000s: a local swim Club, representing many Michigan lakeshore communities, that manages strong ties to USA Swimming and national competition, while focusing on the engagement of our athletes by creating a positive learning environment.





Congratulations to our Graduates!

Michigan Lakeshore Aquatics and its family of coaches, athletes, and parents would like to salute all of our Class of 2018 High School Graduates. They include:

- Julian Barrios
- Skyler Cook-Weeks
- Denis Engle
- Drew Fogel
- Luke Mason
- Ian Miskelley
- Grant Ruster
- Caroline Sisson
- Jael Stilwell
- Stephanie Van Nuil

These ten Seniors have had such a lasting impact on our MLA Diving and Swimming programs. We are proud of you. As you all embark on your next challenges in life, please remember to be kind, work hard, remember your home, and give it your all. We are here for you, you are always welcome home.

Hard Work. Get Home. All In.



The Application for Scholastic All-America is Now Open

We have posted on our site the information and application for USA Swimming's Scholastic All-America program. It is an MLA goal this year to have more SSA's than any team in the State so be sure to read the info and apply if your swimmer meets the requirements.

Upcoming Events:

June 8-10

8th Annual Big Red Challenge - Hosted by MLA at the Holland Community Aquatic Center
There are a few volunteer positions still open if you can help. All MLA families, should plan on helping.

June 30-July 1

Stars and Stripes Meet - Hosted by MMA at Michigan State University (outdoor pool)
MLA Entries have been accepted by the MMA host club. Sorry, the meet is full and they are taking no new entries and no deck entries.

Black Group swimmers are participating in Saturday session only.

July 6-8

TYR Pro Series Meet - Ohio State University

This meet requires achieved time standards. Sorry, this meet is full and they are taking no new entries or deck entires for this event.

Practice time changes to the Summer schedule beginning June 11

Please check the practice calendars for your swimmers' groups for changes.

Emily Klueh (University of Michigan Athletic Counselor for the Athletic Department) is coming back to Holland for a talk with our 13&Over swimmers!

Topic: Self-Defeating Attitudes and Behaviors of Athletes. All MLA swimmers age 13 and over are welcome, the talk is optional. If the group does not fill, 12&Unders may be invited.

ALL IN!