

Mesa Aquatics Club

NEWSLETTER

APRIL 2024

DISCIPLINE OF A CHAMPION!

NEVER GIVE UP!



Upcoming Events

April 12: MAC Team Picnic 4:00-6:30 pm

April 19-20: MAC Intra Squad (Red vs. Black) @ Kino

May 2-5: 18&U Spring Cup @ Skyline

May 16: Fun Meet #1 @ Kino

May 24-27: Speedo Invite @ Kino

June 14-16: Narwhal Invite @ Skyline

June 19: Fun Meet #2 @ Skyline

June 27-30: LC Senior State @ Chandler HS

July 12-14: Regionals

July 17: Fun Meet #3 @ Kino

We are excited that we have been asked to host a high-profile swimming event with the support of USA Swimming. This event promises to be a showcase of the best talent, sportsmanship, and community spirit. We are reaching out to our families to encourage you all to be a part of this upcoming event.

As you can imagine, events of this magnitude require the dedication and support of numerous volunteers to ensure a smooth and successful execution. Your enthusiasm and commitment would greatly contribute to the overall success of this meet.

No matter how much experience you may have volunteered at meets, your contribution will be invaluable in creating a memorable experience for the athletes, spectators, and officials.

This meet provides an opportunity for families who will be traveling during the summer to fill service hours early in the season.

Service hours for our LC season are:

Gold, Senior 1 - 24 hours

Black, White, Senior 2 - 18 hours

Red, Narwhal, Basecamp - 12 hours

Let's Explore Long Course Season

Long Course Season is upon us and there are a number of emotions and thoughts that come along with the words "long course", for each of our swimmers. Some love the thought of fewer turns and better endurance training and some fall into despair thinking about the difficulty of fewer turns, longer lengths and competing in a 50 meter pool.

We are one of the few teams in the state of Arizona that has access to Long Course training. The City of Mesa collaborates with MAC to ensure we get Long Course training multiple times per week during the LC season. Most teams in AZ never have the opportunity to train long course and often, the teams who gain access to a long course pool only get the opportunity to train long course in a very limited capacity. We want to take advantage of this opportunity and also understand the value and many benefits of long course swimming.

Long course training becomes more important as swimmers get older and become more experienced. For our younger and more novice swimmers, the technique focus is

crucial for development and efficiency. This is much easier to train in a short course pool. While we want our younger, less experienced swimmers to have exposure to long course swimming their opportunity to train is intentionally less than it is for our older more experienced swimmers.

After a summer of consistent long course training our swimmers will be in the best shape of their life. This is advantageous for all of our swimmers, leading into the fall/short course season, but specifically for HS swimmers. The MAC high school swimmers will be more prepared for the high school season if they commit to consistent training this summer but specifically making it a priority to attend the long course practices.

Training long course will fast track a swimmer's conditioning. With fewer walls, swimmers who train long course all summer will find that their aerobic capacity has improved significantly. In addition, long course swimming can also improve stroke technique. In a short course pool swimmers can sometimes get away with flawed technique, at least more so than in a long course pool. In a long course pool, with more straight swimming, these flaws are more easily exposed, causing the swimmer, with the help of the coach, to make the proper adjustments and improve their efficiency in the water. These adjustments can sometimes be made during long course training without the swimmer even realizing they did anything different, specifically with technique and distance per stroke.

There is no doubt that those who participate in a long course training program will find that they have made SIGNIFICANT progress by the time the next short course season rolls around. Swimmers who commit to training this summer and specifically taking advantage of the LC practices will find that they will make more rapid progress than they will in a short course pool, and allow them to compete on a different level heading into the fall.

Performance after the LC season will be improved. It is important to understand that results at a specific meet are not relevant to the few weeks prior to the meet but more reflective of the 6-12 months leading up to the meet. Oftentimes we see some spectacular swims during HS season from athletes who were diligent with their LC training throughout the summer. This is due to the summer training, not necessarily the training during the high school season. Our high school swimmers who train well in the

summer, consistently have better high school seasons than the swimmers who are less focused in the summer. To have a great fall season, the training begins now!

Most of our LC practices are in the morning. Morning swims are not only important for long course training but they are also important because we train to swim fast in the morning. This is crucial to our success as swimmers. Many of our meets are in the morning, and if our bodies are not used to swimming fast in the morning it's difficult to do so at meets. As the season progresses and we enter prelim/final meets we have to swim fast in the morning to qualify for a second swim. Oftentimes our finals swim are significantly faster than our prelim swim. However, if we don't swim fast in the morning they won't qualify for that second swim.

The MAC coaches are looking forward to a great long course season and we hope that you will take advantage of everything MAC has to offer to help your swimmers reach their goals.

Pre-Team Base Camp / Narwhal (Skyline)

By Coach Shawna

What a season it has been! We started off learning how to properly push off the wall (ready position), how to have an effective streamline, what all of the different drills mean, how the body works together to be efficient in the water, and how to use gear properly. We finished with being able to give "sets" where they now understand how to read the clock (with some guidance, this is tough), how to apply the skills to the set, and to focus on what is being asked for that period of time. There are so many steps from the beginning to this point, and it's been a wonderful adventure to see these swimmers grow and mature!!

Our focus all season was bodyline! At this age swimmers learn how their body connects, and when one part is out of whack the rest needs to compensate for the part not cooperating. It's been a process, and at MAC we Honor the Process. We know the process takes time and the learning that happens during that process is incredible. The skills these swimmers are learning will help build a strong foundation for their swimming careers.

As we start the long course season Coach Morgan and I will continue to focus on body line for all strokes, kicking properly, streamlines, and how we can be a good

teammate/lane mate. Drills/skills are the main focus of each practice, while starting to incorporate more “sets” for those who are ready. As always, we do incorporate fun into each practice through silly swims, games, prizes, cannonball contests, and ideas the swimmers have too!

Coach Morgan and I are having a blast working with your swimmers! Thank you for your support!



Narwhal (Kino)

By Coach Meg

March was full of fun and fast swimming. Congratulations to Jax, Arya, Annie and Gigi. They all competed in the 8 and under championship meet. Relays and individual events and a fun parade all made for a great weekend and lasting memories.

I am so proud of all of you for a great season. As we look forward to the summer, we will continue to have fun, develop skills and build relationships and team unity.

White (Skyline)

By Coach Maggie

Championship Season Recap

What an incredible season! I could not be more proud of our group here during Championship Season. We went into Regionals in February with some big goals, focus, and excitement! We had an AMAZING meet! Here are a few highlights:

- **Olivia Law:** This was Olivia's FIRST Championship Meet as an 11 year old! She qualified in the 50 and 100 back and had a best time in her 100 back! She also participated in the 12/U girls 200 IM relay and had a fantastic meet focusing on her technique, proficiency and speed. Nice job Olivia!

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- **Trinity Kaplan:** She may be small, but she is FIERCE! Trinity qualified in her 50 free, 50 back, 100 free and 100 back at Regionals. She had best times in ALL her events and had the opportunity to swim in the girls 10/U 200 free and 200 IM relays! She executed her strategies and gave amazing grit in her swims. Awesome job Trinity!
 - **Emma Jensen:** ROCKED her Regional Meet! She qualified for the 50 free, 50 back, 50 fly, 100 free and 200 IM. She had best times in ALL of her races! She also had the opportunity to swim in the 200 free relay and placed in top 8. Emma kept control in her stroke, but pushed her efforts to have flawless swims. Yay Emma!
 - **Liliana Larson:** Lily was a BEAST at Regionals. She qualified for the 50 breast, 50 fly, 100 free, 100 breast, 200 free and 100 IM! She had best times in ALL her events! She also focused on her bodyline and head position during these races and she did an amazing job at being in control of her stroke while also swimming fast. She also participated in the 200 free and 200 IM relays! Great job Lily!
 - **Wren Jean:** Wren Jean the MACHINE! What an incredible meet by this little lady. She qualified for the 50 free, 50 back, 50 fly, 200 IM, 100 back and 100 IM! She had best times in ALL her events. On top of that, she placed 2nd in her 100 AND 200 IM, placed 3rd in her 50 free and was a part of the winning 200 free relay and 2nd place 200 IM relay. LOTS of work and LOTS of swimming! Way to go Wrennie Roo!
 - **Eleanor Parsons:** Weeee Ellieee!! Ellie also had an incredible meet. She qualified in the 50 free, 50 breast, 100 free, 100 breast, 500 free, 200 free, and 100 IM. She also had ALL best times in her events. On top of that, she placed 3rd in her 500 free and was a part of the winning 200 free relay and 2nd place 200 IM relay! Nice job Ellie!
 - **Mila Cova:** I was most surprised with the intensity and grit that Mila showed over the Regionals weekend! She qualified in the 50 free, 50 back, 50 breast, 100 free, 100 breast, 200 free, 100 back and 100 IM! She had a VERY full schedule. She also dropped time in ALL her events! In addition to PR's left and right, she WON her 50 free, got 2nd in her 50 back and was a part of the winning 200 free relay and 2nd 200 IM relay! Adding to the excitement, she also qualified for STATE in her 50 free and 50 back! Mila also was the 2nd top athlete to earn the most points for our team. Yay Mila!
 - **Kinley McCarthy:** Kinley showed great enthusiasm and excitement for this meet! She had PR's in ALL of her races. She WON the 50 fly, 100 free, 200 free and 100 fly. She also placed 2nd in her 500 free and was a part of the FANTASTIC MAC 10/U girls relays which WON their 200 free relay and placed 2nd in their 200 IM relay. Kinley was the top athlete to earn the most points out of our team at Regionals! On top of that, she qualified for State in her 50 fly, 100 free, 200 free and 100 fly. Way to go Kinley!

After Regionals, we worked on strokes, technique, starts, turns and HAD FUN. The connection that the entire group had with each other is something I have never seen before. These girls have created lasting friendships with each other and truly care for one another's success.



Speaking of success....

Next up was AZ Swimming Age group State! Mila Cova and Kinley McCarthy both qualified as individual swimmers, which means we could have 2 more swimmers attend to create that awesome relay once again! Wren Jean and Ellie Parsons joined to make that relay.



Here are a few highlights:

- **THE DREAM TEAM RELAY:** Our relays consisted of Wren Jean, Ellie Parson, Mila Cova and Kinley McCarthy. They placed 3rd in their 200 free relay! And 6th in their 200 IM relay! They showed up, were prepared, cheered each other on and had so much fun.
- **Mila Cova:** Mila swam, conquered and placed! She swam her 50 back and 50 free at prelims and finals. She placed 5th in her 50 back also with a PR in the morning swim AND the afternoon swim! It is extremely hard to swim fast in the morning and then swim even faster at night the same day. We are super proud of you girlie!
- **Kinley McCarthy:** She swam her 100 fly, 200 free, 50 free, 50 fly and 100 free! She swam ALL her events in both prelims and finals. She PR'd in 3 of her events, placed 3rd in her 100 fly, 8th in her 50 fly and also had the opportunity to swim, not only in the 10/U relays, but swam in a 12/U relay! Kinley overcame a lot of hurdles during these 2 meets back-to-back. She learned and grew so much from these meets. Awesome job Kinley!

A fantastic end to the season! I am so excited to see what Long Course has in store! GO MAC!

Red & White (Kino)

By Coach Abbey

March was such a big month. I am so happy to be back coaching for MAC but this time at Kino. I began coaching the Red and White group and have loved building relationships with the swimmers and sharing a love for swimming with them.

Mid-March we went to 8 and under championships and Eisely went and represented the Kino White group. She killed it! Though I have only been working with these groups a very short time, I continue to be impressed with their leadership skills, respect, and care for one another.

Ace, Braden, and Dukati moved up to Black group as well as Madi and Natalie. Their absence is felt in White and Red group though we are very proud of them as they pave the way ahead for us.

We are back from break the last several weeks working on perfecting underwaters, streamlines, as well as freestyle technique. I am excited for the season ahead of us!

Black & Gold (Skyline)

By Coach Angela

We started the month of March off with a bang with our Arizona Age Group State Championship swim meet. This meet took place in Oro Valley, AZ and we had 20 athletes from just our groups attend! The meet started off cold and rainy (Kudos to the D-UNIT!) and each day brought a little more mild weather. Many of these athletes began the season with zero state qualifying times. Through their hard work and dedication they earned their spot at this meet and raced well!



Two weeks later we had 13 athletes from our team travel to Fresno, CA to compete in the Southwestern Age Group Regional Championship. This meet showcased the best of the best from more than ten states! This was our first time taking our team to this meet and we did such a great job paving the way for future seasons at this meet! Again our swimmer's endured cold, rainy sessions but showed us how much grit they had by still achieving best times! The swimmer's and families pulled together to make this an amazing meet for all! We are excited to see what this meet has in store for us next year!

Over the course of the season we achieved **100% best times**. Congratulations to all swimmers in Black and Gold on all of your hard work and progress; what a feat!



We enjoyed a week break and now we are back at it again. THIS is the time and place to really focus on our building blocks. We cannot come back and revisit this time of season. The work starts now! Here are a few ways to get the most out of our early season training:

1. Make any and all technical changes - and do it now.

Although we make changes to our strokes all year round, the most effective time to make these changes are in the early part of the season. These may look different for everyone. Holding our breath longer off the walls, kicking further off the walls underwater, having more explosiveness off our starts, carrying speed into our turns, tweaking tiny stroke techniques here and there. Ingraining these things now will free our mind of them when it's race time!

2. Kick. A lot!

With our strongest muscles being in our legs and where most of our muscle mass is; it's important to condition our legs! Regardless of what broke or distance you swim; having a strong foundation of kicking is applicable to all.

3. Getting comfortable underwater.

Having amazing underwater at the end of our season championship meets means that we begin that work now. This takes a lot of self-discipline! Finding out the maximum number of kicks you can start with off of each wall and increasing our power and speed will help us increase that number of kicks in the future. This will also help build out lung capacity! The more we are comfortable underwater now; the better we will integrate that to our races this summer.

Black & Gold (Kino)

By Coach Meg

We had a fantastic March. We started the month in Oro Valley with some spectacular swimming while building some lifelong memories. I am so proud of this group for persevering and continuing to stay focused throughout the season, keeping your eyes on the end of the season. We learned so much about training, competing, how to approach our swims and how to process our trials and successes. Most of our State qualifiers started the season without any state qualifying times. Congratulations to Benson, Emerson, Finley, Natalie and Jett. I am so incredibly proud of your season accomplishments.

Two weeks later, Natalie, Emerson, and Finley all traveled to Fresno, CA for SWAGR. Again, coming away with lifelong memories and many best times!

Now we are back at it! These first two weeks we are focussed on technique and powerful underwaters. These skills will carry us through the season and make us faster, stronger, more efficient swimmers. The sooner we commit to becoming great in these areas the more successful we will be as swimmers.

Dryland (Kino/Skyline)

By Coach Bear

At the start of a new season we are talking about goals and how dryland fits into our swimming periodization. What is periodization? Basically, the point of periodization is to allow the athletes the opportunity to continually improve over time. The goal of periodization in dryland is to develop swimmers that have a high strength to mass ratio, have a strong core, and who are mobile. In training there is a point of diminishing returns, meaning you cannot simply come in each day doing the same thing over and over expecting to improve. Periodization helps break the season down into phases that have different focuses. Early season we focus on building strength and flexibility. A strength phase includes a spectrum that ranges from bodyweight exercises up to heavy resistance training movements. Athletes perform about 6 reps of any given movement. However, the program's volume and intensity rely heavily on the team's training history. The main goal of a strength phase is to generate tension and increase exercise tolerance. Mid-season we focus on those two and start adding in some work on developing power. Strength-power phases activate muscles by performing high-level strength movements. Then, immediately pairing them with speed and power movements. Supersetting these movements together develops power and athleticism while maintaining strength. Finally, towards the end of the season as you start to gear up for championship meets we focus purely on power. Power phases focus on producing the strength required for an exercise at the fastest speed possible. These phases are best trained when athletes are fresh. They require a large amount of energy and cannot be trained under fatigue.

Don't rely on just your coaches to come up with the season plan. Take some accountability for your swimming and come up with a plan of your own. Write out ***what*** you want to accomplish for the season (macrocycle). Then break that down into 3-4 phases of ***how*** you will accomplish that goal (mesocycle). Then again, break those 3-4 phases into what you will do on a daily training basis to accomplish those (microcycle). Don't leave your training and your goals up to chance!