

Mesa Aquatics Club

NEWSLETTER

DECEMBER 2023

DISCIPLINE OF A CHAMPION! MOTIVATION



Upcoming Events

January 12: Team travel to Lake Havasu.

February 9-11: Last chance meet hosted by MAC.

February 29-March 3: Senior State at Skyline (hosted by MAC).

March 7-10: Age Group State in Oro Valley.

March 22-25: Southwest Age Group Regional (SWAGR) meet in Clovis, CA.

- This will be a family travel meet for all age group swimmers who qualify. Time standards for this meet are attached to this email. This travel meet will be open to all swimmers ages 14 and younger who have qualifying times.

March 20-24: We will be attending 4 Corner Sectionals in Phoenix.

Congratulations to Coach Angela Price and Coach Shawna Schwendinger on being selected as The 2024 Arizona All Star Coaches. We are so proud to have two of the best on our staff. This is a position that is voted on by their Arizona peers. We are excited to see them take their skills to the Arizona/San Diego All Star Meet.

We will be having a team parent meeting on December 12 at Kino from 5:00-5:30 pm and at Skyline on December 19, from 5:00-5:30 pm. Both meetings will be held in the classroom at each pool. This meeting will include education on supporting your athlete as well as a Safe Sport presentation. We encourage all parents to attend this brief informational meeting.

Pre-Team Base Camp / Narwhal (Skyline)
By Coach Shawna

The month of November was full of newness all around! We had new friends join from fall league, learned new skills, met new coaches, and started new sets that involved reading the clock. It's been a busy month!



New friends who have joined us are; Brady, Nathan, Anvee, Hudson, Henry, Mary, Emilia, Vincent, and Lacey! We enjoy the positive attitudes, smiling faces, and fun they bring to the group!

This past month we really worked on body line and how important that is, and how if one part of the body is out of line it impacts everything. Swimmers have been working hard to keep their body in line through various drills and the reminders they hear from me. 😊

We took a field trip to meet some of the senior coaches, Coach Joey, Coach Bill, and Coach Eric. Swimmers introduced themselves and learned a fun fact about each one of the coaches. Then we stayed and watched a few minutes of the senior practice to see stroke mechanics/underwaters/turns of senior swimmers. It was a great time as swimmers were able to see how well seniors flip turn and streamline, do sneaky breaths

(it was freestyle set), and circle swim. These are all things we focus on, but to see how these skills are so important throughout their career was a great learning experience. Swimmers also started doing “sets” where they need to remember the set, read the clock to know when to go, and remember the skill(s) they need to focus on. That is a lot of components to remember, but they have handled it beautifully! Congratulations swimmers!!

With colder weather coming we have been talking about what they need to do to keep warm; parkas, hats, gloves, sweatshirts, and of course, hot chocolate on Wednesdays! Coach Tim and I appreciate all of you!!

Narwhal (Kino)

By Coach Trey

Kino narwhal group makes strides everyday. In November we worked on Freestyle and backstroke. Our main goal with both of the strokes was to keep the body line and keep effective movements in the water. We focused on keeping kicks small, fast and on top of the water. Having a strong keep helps keep swimmers balanced as well propelling them forward. We did tons of drills to help swimmers keep their strokes effective and how to pull the water. We've been busy! We had some fast swims at the IMR meet and have been crushing the cold weather challenge!

White (Kino)

By Coach Nichol

After thoughtful discussion, the white group swimmers voted on a new group goal! They want to swim a 100 fly everyday for 2 weeks. We are about a week into our goal and it has been fun to watch them get a little excited about it. It's like learning to eat a whale...that strength comes a little at a time. I'm super impressed with the goal selection.

If we let kids make some decisions for themselves and then give them some tools to accomplish what they decide to do, they can do some remarkable things.

This month we honor swimmers that MOTIVATE!... because that's what champions do. I would like to point out 2 white group swimmers that MOTIVATE us all.

Eisley... she's a killer in workout. She has only been in white group for several weeks, but that girl... she loves a challenge and she loves to work. So when she hits her groove... she passes swimmers that are leaders and have been here for a while. She puts her heart into it... and because of that.. It motivates those around her to push, push, push. She swims with a drive that will make our whole group better for trying.



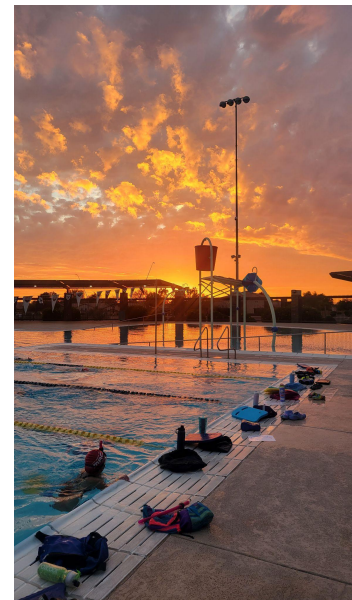
Andrew is a model of consistency that MOTIVATES those around him to just show up every day. Since joining the team just a few months ago, he has not missed practice at all. Though he was the newest swimmer in the group with possibly the least experience with training, his attendance and consistency have quickly pushed him to the top of the group. He is a delight to those around him and his consistency motivates even me to just consistently show up!!

White (Skyline)

By Coach Maggie

Holiday Training and Motivation

This past month in the White group, we have focused on motivation along with beginning our Holiday Training! Why is it called Holiday Training? Because everyone knows it's hard, gritty and intense. These swimmers are taking their focus on regional and state cuts and incorporating that focus into everyday practice. We have only 2 meets left before we are competing in Championship meets! White Group has done a fantastic job to take it up a notch in their endurance swimming and are hungry for best times.



What drives them to work hard and stay focused? MOTIVATION. Not only do they motivate themselves, but I hear them every practice motivating their teammates to be tough and work hard.

With Holiday training comes cooler weather! With winter now entering the valley, it is SO important to be eating enough and staying warm during meets. Warm up is VITAL to successful swims while also keeping our muscles warm in between swims. This means

right after warm up we are wrapping up in sweats, hats, parkas, gloves with socks and shoes on our feet. We are thinking about refueling with warm soup, noddles, tea/hot cocoa and getting the calories we need for the next event. Things like peanut butter and apple, beef jerky, nuts, granola bars, pretzels, fruit, raw veggies and dip, bagels and cream cheese, etc are good choices for snacks at a meet. Staying fueled up and warm has always been a struggle for competitive swimmers, but it is not impossible! Planning ahead and preparing for cooler days will be so beneficial for the swimmers with meets, Holiday Training and staying motivated!



GOOOOOO MAC!!

Red (Kino)

By Coach Trey

Kino Red group is grinding along! While working to stroke legality, we are also building endurance and having fun. We had some great swims at the IMR meet and the Red swimmers have been crushing the cold weather challenge with their attendance. We focused on keeping kicks small, fast and on top of the water. Having a strong keep helps keep swimmers balanced as well propelling them forward. We did tons of drills to help swimmers keep their strokes effective and how to pull the water.

Red (Skyline)

By Coach Jonah

Skyline Red group is doing awesome! They're working hard, especially with the cold weather. Even though it's tough, they're training a lot and getting better every day. You can see it in how strong and precise they are in the pool. The team is like a tight-knit group, supporting each other and pushing through together. Despite the chilly conditions, they're not just handling it – they're doing great and gearing up for a fantastic season ahead!

Black & Gold (Kino)

By Coach Nichol

I remember pretty much every negative thing I have ever heard anyone say about me. Our words have weight. Our words as parents ring in our children's ears long after they leave home. They form the foundation for how they view themselves and how they think others view them.

My daughter left home for a while to serve a mission and when she got home she shared with me a grid that I wish I would have seen when my own children were athletes.

I'm going to share that grid with you, but it doesn't mean anything if we don't truly want what's best for our kids (as athletes and humans). As long as we want to just look like great parents, with successful children, we are pushing our success onto them.. And honestly.. That's just too great a weight to bear.

There's plenty of time to be fast since we know that sustained success comes from long term habits, attachment to the process, and truly enjoying what we do.

So here's the grid. I wish I could credit someone for this, but I don't know who to credit... and of course this is in my own words, but you get the idea.

It's based on the idea that to get the outcome of truly confident, successful athletes and humans there is a delicate balance between the love and expectation that we as parents place on our children.

High love, low expectation yields a child who is undriven, undisciplined and even lazy. This person may expect much of those around them. (think of a friendship with no obligation of reciprocity.)	High Love, High Expectation yields a child who finds balance in seeking their goals, meeting and often exceeding expectations and thriving in a competitive or non competitive environment. They have a greater ability to measure crisis and self regulate emotions. Progression is the outcome of a child with high love and high expectation.
Low Love, Low Expectation yields a child who lacks confidence and motivation. They do not want to follow direction and may be considered disobedient.	Low Love, High Expectation yields a child who works to please others at all costs, including dishonesty. This child may seek the approval of others and delay learning what they truly love and feel.

I share this with you in hopes that you, as parents, shoot for High love, High Expectation. And to be clear.. The greatest expectation you could have for your swimmer would be for them to become their own judge, know and make their own goals, and allow them space to feel accountable for their progress. We can love our athletes best by giving them the space and time to learn how the process can work for and motivate them.

This month we focus on the goal of ***MOTIVATION!***

We have some incredible motivators in our group. Here are a few examples.

Bella Sutherlin joined the Gold group just this season. She has been motivated to start competing in meets and to jump in with both feet with high attendance and work ethic. She has made a quick move into leadership, friendship and fast swimming... even as she still works to learn about the swimming world. She inspires and motivates the gold group with her care for them and for her sport.

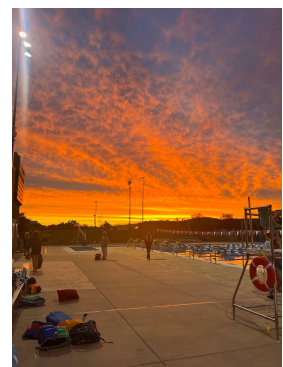
Nelly Neilsen is also new to the Black group. She really wanted to swim with her friends and was willing to do whatever she could to improve her strokes, to be at practice regularly and to learn as much as she could as quickly as she could. Her efforts have not been wasted. She has dramatically refined her strokes and her motivation has bumped her up the latter of success within the black group. She is MOTIVATED and it is inspiring to watch. Watch out for her!! She's coming to catch you.



Black & Gold (Skyline)

By Coach Angela

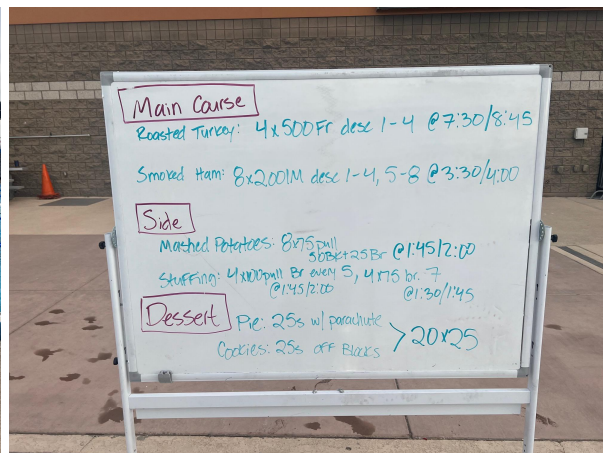
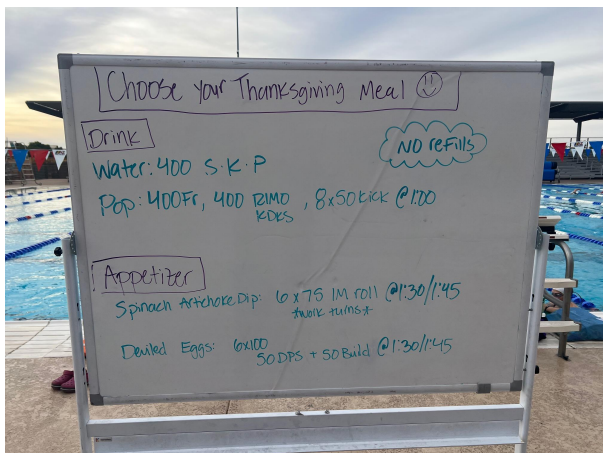
Arizona fall weather has come and gone and now we are knee deep in our season! That means the cold weather has slowly crept up on us and we've started our warm Wednesdays with hot cocoa after practices. The kids love this tradition, and it gives them a great chance to socialize after some hard work!



The IMX/IMR meet was one for the books for these groups. So. Many. Best. Times! I can't count how many smiles came over to me after races – we are really making progress in our racing and our hard work is paying off. Let's keep the momentum going!



Thanksgiving Day was a unique practice where each swimmer got to build their own feast with their choice of workout! Every swimmer definitely earned their actual feast by all their hard work that morning.



This month is one of my favorite times as we get to go over our goal sheets and have a “mid-season check in”. Setting goals is a very meaningful exercise. It can motivate us, give us a sense of purpose, and help us feel accomplished. We go over setting attainable and measurable goals. We even talk about goals that are not necessarily “times-based”. There are items like better having attendance, warming down, having a positive attitude that some kids will write down as a goal. To each swimmer’s surprise (not mine!), we find that they have





often already achieved their goals ahead of schedule. This is a great reminder that we are more capable than we may think! We will take a moment to “reset” any goals that have been reached to see what we can squeeze out by our championship meets. Parents this is a great time to let your athlete’s share their dreams with you!

Dryland (Kino/Skyline)

By Coach Bear

STRENGTH:MASS

We have been focusing on the 2 purposes of dryland: 1) Increase Athleticism and 2) Increase Strength. Strength is the ability to produce force, and for those that have done some underwater filming at practice have seen that swimming with correct technique requires you to get into some pretty unique shapes. Shapes that require you to be able to produce force from. That takes athleticism and strength. Athleticism to get into those shapes (ie. an early vertical forearm) and then have the ability to produce power through those movements and shapes.

Through dryland training we are working to improve our strength:mass ratio. What is that and how/why should we be working to increase that?

Image you make a copy of yourself..

Swimmer One



Swimmer Two



You have the same hair, same build, same stroke technique, same fitness levels, however, the only difference is that one of you (Swimmer One) can do 2 pull-ups and the other (Swimmer Two) can do 10. Who do you think will get their hand on the wall first in a race against each other?

Swimmer Two! The one that can do 10 pull-ups! Why? Because they have a higher strength:mass ratio, they are better at pulling their mass through the water because they are stronger. When it comes to dryland training, if you want to unlock your potential as a swimmer then work on increasing your strength:mass ratio by being able to do as many pull-ups as you can! Whether you can do 10 or can't do any pull-ups yet.. If you want to improve the number of pull-ups you can do then email me for a copy of my Pull-Up Progression Training Plan!

Senior 2 (Skyline)

By Coach Joey

Skyline S2 had a great first month together! Coming off the high school season a lot of kids have had a long, stressful season which is why we have focused the first month on aerobic fitness, stroke work and team comradery. A lot of us are together for the first time as a group so getting to know each other is super important and as we begin rolling into meet season. Having people behind your block cheering you on during this time is crucial to your ability to swim fast. Cheer others on and they will cheer you on. Spending this first month-month and a half doing the little things correctly and establishing good habits will go a long way when we get to our championship meets. That is why it is important that you come to practice every day with a goal. Not every day will be your best practice but you can always come in with a goal of doing 3 kicks off every wall, not breathing off the wall or holding a tight streamline. Build those habits now and you'll be thanking yourself when you have big drops in February. As we look forward to December, we are looking forward to our first meet, the Candy Cane Classic, to establish where we are with our swimming and what kind of shape we are in. After that we will be hitting it hard with Winter Training not far away. During this period, we will be really building up our fitness and gaining some speed. We will take data from the Candy Cane Classic to establish race specific training goals for each swimmer. Looking forward to some fast swimming and hard work to come!

Senior 1 & 2 (Kino)

By Coach Jack

The Kino S1 and S2 groups have been back in the water for about 4 weeks after the end of the High School season. Each group has a new personality and we are working hard to build a team spirit within the groups. We are emphasizing group unity, shared values and common purpose.

This time of year, as winter approaches, is a foundation stage where we try to build endurance and make stroke improvements. The kids are doing great, learning new drills and how and why we do them. We have also incorporated in a comprehensive dryland program for both groups to increase strength and build body balance and mobility.

We hope for each athlete to evaluate their own strengths and weaknesses and take a vested interest in their own development as well as the groups. We have our first meet coming up next weekend and should see how well things are working!

Senior 1 (Skyline)

By Coach Eric

This month I would like you to think about the fuel you are giving your body. Nutrition is one of the most important keys to a teen athlete. Here is a great article from swimswam.

Getting your nutrition right is key for athletic success. The right meal and snack choices every day will significantly improve your performance in training and competition. You will be able to train harder for longer, recover quicker between swim practices and, most importantly, race faster at swim meets. Not only that, but you will stay healthier throughout the season, which means fewer training days and competitions missed through sickness.

Carbohydrates are the essential fuel for high performance athletes:

As an athlete, carbohydrate is your body's preferred fuel, especially for high intensity swimming. Eating carbohydrate foods at regular intervals throughout the day will top up your muscle fuel and allow you to push yourself harder in training. All of your meals and snacks should be based on carbohydrate foods. However, not all carbohydrate foods are created equal. The quality of your carbs counts! Good quality carbohydrates will energize you, promote good health and help you perform at your best. Good carbohydrate choices are whole grain breads, whole grain breakfast cereals, oats, pasta, brown rice, quinoa, baked potatoes, sweet potatoes, sweetcorn, chick peas, beans, lentils and fresh fruits.

Protein is essential for muscle repair and growth:

Your body also needs a regular intake of protein for ongoing muscle repair and growth. It is not necessary to consume high amounts of protein as any excess protein will not turn into more muscle, but will be burned as fuel or stored as fat. Each of your meals should include a moderate serving of lean protein, the size and thickness of the palm of

your hand or one-quarter of your plate. For snacks, include some protein with your carbohydrate food. Convenient, easy protein sources for snacks are milk, cheese, yogurt, boiled eggs and nuts.

Pre-Training Nutrition:

Your pre-training meal or snack depends on how much time you have before your training begins, what foods you tolerate and your personal preference. Your meal or snack should always contain mainly carbohydrate to top up your muscle fuel which will allow you to push yourself harder and get the most out of your training session.

The more time you have before training, the more protein you can include in your snack. Some good pre-training meals and snacks include:

- 2 hours before training: Toast and boiled eggs, or a sandwich with ham or chicken, or a baked potato with cheese and beans, or a rice bowl with lean meat and veggies.
- 1 hour before training: whole-grain cereal and milk, or granola and low-fat yogurt, or toast with a small amount of peanut butter and jelly or a homemade smoothie made with fruit and yogurt.
- 30 mins before practice as you don't have much time to digest your food, choose a light carbohydrate snack such as a banana, or a granola bar, or a bagel, or raisin bread.

Always include a drink with your pre-training snack so that you start practice hydrated.

A good pre-training snack will not only increase your energy levels but will increase your concentration and desire to work hard, which will make your coach very happy!

Post-Training Nutrition:

Eating as soon as possible after training (especially during the first 30 minutes) is the key to starting your body's recovery process. Missing this prime recovery window will reduce your ability to optimally refuel and repair your muscles. This is especially important if you have two training sessions in one day.

Aim to eat a quick snack within 30-minutes of finishing training. The snack should contain mostly carbohydrate (40-80g) with some protein (10-20g). The snack should be low in fat to speed up digestion which refuels your muscles quickly. You should also include some fluid with your snack. Low-fat flavoured milks (like chocolate milk) and smoothies made with low-fat milk or yogurt are great, convenient options. They check all the boxes for your carbohydrate, protein and fluid needs! Some other good post training snack options include:

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- Granola Bar and cup of low fat Greek yogurt
 - Peanut butter and jelly sandwich
 - Honey sandwich and 2 boiled eggs.
 - Low fat cheese and crackers plus fruit
 - Sports Recovery bar (check the amounts of carbohydrate and protein on the wrapper)

Remember, eating a pre and post training snack will help you to train harder and recover quicker so you can train hard again the next day. Being able to consistently train hard will mean you will gain more benefit from your training and swim faster at meets!

SwimSwam

By Abby Know