

*Mesa Aquatics Club*

# NEWSLETTER

JULY 2022

## Long Course Season Coming to an End!



### **Kino Discovery**

*By Coach Trey*

Discovery group has been working hard all summer! We have been building up repetitions with dives and turns, as well as working on body line and staying on top of the water. We have had fun while increasing yardage and building endurance with jungle swims, snakes, and trains.

### **Skyline Discovery**

*By Coach Shawna*

*Dynamite Discovery!*

Discovery has been really working hard on their body line while swimming, focusing on head position, and the proper kick (small kicks with the entire leg on freestyle, knees together/feet up on breaststroke, toes up on backstroke, feet together/use the hips on butterfly). They also are learning specific phrases to help with skills for each stroke. Our backstroke phrase is, "give me ATTITUDE" which helps them remember their shoulder and hip rotation. They enjoy watching me get excited about how much attitude they give me.

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This summer has been really fun doing dives as well, learning whistle starts, working on “Marvin dives”, and working on becoming a torpedo instead of a tree off the dive and walls. They are learning each part builds on the last, that swimming is a process. It makes me smile when it clicks and they get it! Keep up the great work!



## **Kino Explorer**

*By Coach Nichol*

In our group meetings this month, we talked specifically about a few ways to **honor the process** by tackling tiny little items that can get us in a pickle if we have not addressed them and made them habits. We named specific snacks that would be helpful to have in our bag at a meet. We talked about what to pack in your bag the night before a meet. We practiced breathing patterns that help with anxiety and nerves. We even practiced tightening our goggles for a race. The success lies in the details. Anyone can jump in and go back and forth, but can they minimize vertical movement and focus on horizontal movement? Can they transition without spending any time on the wall? Can they manage anxiety and stress and use that energy for their benefit? All of these tiny details can play into the big picture. If practiced and made part of a habit, then when we show up at a meet we can do as our championship shirt says...."DON'T THINK, JUST DO." The power of performance is in the focused details of habit. Here in explorer... we are making habits.

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## **Skyline Explorer**

*By Coach Maggie*

July is Championship Season MONTH! Explorer has been preparing, training, digging and grinding to prepare for Regionals and State. They have finished up protocol sets this season and have shown tremendous improvement in the consistency of their swims along with the mental toughness needed to progress and move forward with their training. They have LOVED racing at practice and have FUN doing it. We have been focusing on racing, starts, turns and small details to race at Regionals and State. My goal this season was to have 4 swimmers from Skyline make it to State. We have Finley Barrett and Callie Price going to State as Individual and Relay swimmers as well as: Brooke Schwendinger, Navy Athey, Camden Grooms and Cooper Cruz attending as Relay swimmers! I am so incredibly proud of this group and how rewarding they make coaching for me.



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## **Kino Voyager**

*By Coach Trey*

Voyager group has continued to put forth effort and continue to improve. We've increased yardage and have built up endurance by doing jungle swims, trains, and long swims. We have also been working on all four of the strokes as well as IM.



## **Skyline Voyager**

*By Coach Maggie*

Voyager has been a great group to coach this season! I am so happy to have had the opportunity to get to know these swimmers and help them along their path to swimming. They have improved greatly with their protocol sets, test sets, technique and their overall athleticism! They have all grown so close to each other and definitely set the bar when it comes to our MAC break-downs. The thing they look forward to the most are our daily check-ins and our break-downs. We pick someone to “shake the earth” and let me tell you...THEY SHAKE THE EARTH. They are the greatest example of showing pride for themselves and our team. Voyager has come together as a group and a strong team of athletes and I am so proud of their progress and positive attitudes this season.



## **Kino Challenger**

*By Coach Nichol & Coach Dan*

In one of our MAC meetings this month I asked swimmers to raise their hand if they thought they wanted to swim in college and get a scholarship. Maybe a fifth of the group raised their hands. This is the age to decide!! Making that one decision will set into motion a whole lot of other smaller decisions, like will I go to morning practice? Am I going to enter this meet? Should we have a family vacation in July? It also plays into what your daily workouts look like. If you know you need a Junior or Senior Nationals time to go to a Division 1 school, it means you need to know those times and train with the intent to change your pace in practice and prepare yourself for the next step. It means you chase down your friends and competitors. It means you socialize differently. I was 12 when I decided where I wanted to go to school. I wrote it on a note card and it was taped to the side of my bed for years. It had 3 things written on it and I achieved those 3 things. I wish I would have written more on it. I saw it every day, thought about it every day and prepared for it every day. What are you preparing for every day? This group spends a lot of time training pretty hard, but one thing Dan and I have noticed is that even with focus and drive, it is difficult to capture improvement without attendance. Swimming 3 times a week can be a bookmark that allows you to keep your progress you have made and stay at that level of success. But to grow... to keep progressing takes a minimum of 5 times a week in the water. Dan is convinced that if

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you come to all the practices and just float ... that you will have more success than someone who just comes 3 days a week and works their booty off. I haven't seen the research to back this up... but I have seen this play out in our own group and appear to have some truth to it. If you are swimming in a championship meet, it is likely that your attendance played a huge part in your success this season. Time with hands-on experience just lightens the growth curve. There isn't any way around it. Hard work combined with frequency and stroke efficiency is the recipe for mastery.

A huge congratulations to all of our swimmers who put the time in to see growth this summer!! And if you haven't zoned in on your own payday yet... short course season is just a few weeks away. Time to rest and refocus!!

### **Skyline Challenger**

*By Coach Angela*

Summer has flown by already and I can't believe it! Our Challenger groups showed up BIG time in and out of the water. We started the month with our annual Narwhal Invite where we had nearly ALL best times and got a taste of a prelims/finals meet. This was a great opportunity for us to pick up skills for how to improve on a second swim that happens later that day. We also all survived the HEAT and lived to tell the tale!

This month we had the 100% club where athletes were challenged to attend all practices offered that week; and if they did, they earned a movie ticket! Members of the 100% club this summer included: Graham Edwards, Hailey Schwendinger, Riley Price, David Kohler, Martin Joudin, MJ Joudin, and Vivienne Sterling. CONGRATS! The best reward from consistent practices is seeing progress in our swim growth with racing! In the pool some specific items that we touched on and tried to improve upon were: breath control while sprinting, conditioning our legs to last, pacing for distance events, and working on our breakouts. When out of the water, Coach Bear helped us work on core strength, body mobility, and explosiveness in all areas.

I have been telling the kids all summer that when enough show up to practice we can play a fun game that I used to play as a young swimmer. Well they got their wish on a Saturday morning and we got to play it! We really got to see who was awake and ready to race and the kids seemed to all have a fun time switching things around for once. If they haven't told you about it make sure to ask them! Next up we had a good group of us show up to the team bowling outing that was held at Fat Cats. This was not only fun (and air conditioned!) but gave a few of our swimmers a chance to hang out and

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connect with their mentors in the Senior group. It was nice to see everyone out of their swim element and enjoying some team bonding!

Leading up to the Regional Championships we had a Championship Pizza Party where we celebrated those who qualified and enjoyed some time together as a team. This was followed by the actual Regional Championships Meet a few days later where, again, as a group we had nearly ALL best times! I am so pleased with how we raced at that championship meet! I can't wait to see how we finish up at the big show, AZ State Championships!

### **Skyline Senior 3**

*By Coach Maggie*

Senior 3 has been a great group to coach this season! I am so happy to have had the opportunity to get to know these swimmers and help them along their path to swimming. They have improved greatly with their protocol sets, test sets, technique and their overall athleticism! They have all grown so close to each other and definitely set the bar when it comes to our MAC break-downs. The thing they look forward to the most are our daily check-ins and our break-downs. We pick someone to “shake the earth” and let me tell you...THEY SHAKE THE EARTH. They are the greatest example of showing pride for themselves and our team. Voyager has come together as a group and a strong team of athletes and I am so proud of their progress and positive attitudes this season.

### **Kino Senior 2**

*By Coach Jack*

The goal for the S2 group for the summer season was to gain more control over their underwater kicks, learn how to apply their knowledge and skills to racing and raise their level of fitness. Not surprisingly the athletes who most consistently attended practice were the one who progressed the most. It seems obvious but I can't overstate it, the kids with the most contact time with coaches, teammates and water will be the ones who move through the skill progressions the fastest. In addition the athletes who took advantage of the meets offered during the season got more feedback on exactly how effective their skills and fitness were changing.

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Our entire group advanced tremendously on their underwater kicking, some of that was due to just more practice emphasis, but the real differences came from confidence gained over time as they honed their technique, learned to relax and conquered their fears. By seasons end everyone in the group could easily kick through the 15 meter mark, which is the legal limit in swimming. This does not mean that they can kick that far in competition, nor would that be a wise choice to try, but by extending their practice limits, it gives them options they previously did not have. All athletes learn more in competition, even when they struggle, than they will in practice, it just heightens their awareness and the lessons become real. We had a selection of about 5 Long Course meets over 4 months and the improvement over time was particularly noticeable, as this group had little experience going in. The last check mark was the ability to complete harder sets, swim longer distances in practice and just set higher goals for themselves. This one is still a bit incomplete. I'm noticing that swimmers with less competitive experience will back off in practice efforts long before they reach any physical limits. It is their mental stamina that lags, not their physical strength. As a whole we need to do a better job educating them, and building their faith in their capabilities so that they can challenge themselves, and measure today against what they were capable of last week or month.

We had one swimmer who really hit all the marks, and deserves some special attention - Dameon Baker. Dameon was our leader this season in nearly every practice set we completed. He is not the biggest, nor strongest in the group, but he had the best focus and is extremely helpful and cheerful with all his workout partners. He also completed in the complete cycle of meets, from beginning to end, and was the only swimmer to do so. How did that workout for him? Well he finished his summer season this past weekend as Regional champion in the 200 Meter backstroke, and lifetime best in all his other swims. He was the best prepared and performed accordingly, that should be a lesson for everyone. Dameon is also notable for the cheering and support he provides to every MAC swimmer at every meet he attends. He has either won or been in close consideration for the Spirit Award at every meet lately. Dameon started with our group in December, and while his enthusiasm was impressive, his skills needed some fine tuning. He has done just that and as a result he is our Long Course athlete of the year, congratulations to Dameon, we all respect the work you have done, and the energy you've shown, keep up the good work!



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## **Skyline Senior 2**

*By Coach Heather*

WHY DO YOU SWIM? Masters swimmer Art Stark stopped by practice to share a little of his swim story and what keeps him in the water decades later. Friends, health, opportunities to serve others top the list. When we focus on our “why” our love for the support grows!



Most of our focus has been preparing for the State and Regionals Championship meets. Those who just joined us in June popped in at the height of our training cycle and have done a great job keeping up with the challenge. And who doesn't enjoy a taper! Learning to manage first jobs and summer school has been a challenge, but we are rising to the occasion and figuring out how to manage our time, resources and energy.

Congrats to Carson Denker for his state swims in the 200 Breast (new best time 2:55.38) and 1500 Free.

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Here are our new best times swum at Regionals:

- Mikayla Storey
  - 100 Free 1:11.16 15th place
  - 200 IM 3:02.53 11th place
  - 100 Fly 1:21.09 8th place
- Carson Denker
  - 100 Free 1:03.33 10th place
  - 100 Breast 1:21.45 4th place
  - 200 IM 2:36.89 4th place
  - 200 Free 2:18.94 5th place
- Logan Meixner
  - 100 Free 1:04.91 12th place
  - 400 Free 5:17.46
  - 200 Free 2:20.86 7th place
  - 200 Breast 3:19.42 6th place
- Chance Edwards
  - 100 Free 1:06.52 15th place
  - 100 Breast 1:21.22 3rd place
  - 100 Back 1:15.71 8th place
  - 50 Free 30.48 14th place
- Sutton Harr
  - 200 Free 2:20.44
- Jacob Leemans
  - 100 Fly 1:15.87 8th place

This coming month we will have some fun while taking our training back up, and focus on technique as we get ready to swim for our high school teams in August.

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## **Senior 1**

*By Coach Eric*

The summer season is quickly fading into the twilight. We have worked hard this season on two major focus areas. We were putting a large focus on our underwater work (from the dive to the push off after a turn) and learning how to train at a higher level.

The work we have done on kicks outs showed up at the state meet where we were much better with our underwaters off the dive and every wall. It was a major contributor to the fast swims we had at that meet. I look forward to seeing what the swimmers will do at the All American meet and Futures.

The increase in training intensity has definitely been a beautiful thing to watch this season. It has really paid off in our longer events, the swimmers are doing a great job keeping their splits throughout a race.

I will continue the work we started this season on underwaters and intensity but as we move forward, the next major focus will be on a good kick throughout a race. This will take a great deal of concentration during practice to make sure the swimmers are keeping their legs engaged.

## **Senior Dryland**

*By Coach Bear*

During a season we work through the 3 main phases of dryland training. The majority of the season we spend our time in the Strength Phase, getting these athletes as strong as possible. They got to throw sandbags and medballs around and drag heavy tires up and down the field. As athletes begin to rest for their championship meets we move into the Strength/Power and Power Phases. This phase involves a lot more explosive work with a lot of rest while giving their bodies the rest it needs from a grueling strength building phase. Getting them fine tuned and ready to be explosive off the blocks, in and out of turns, power into the wall for a strong finish is what the Power Phase is all about. We've had a lot of fun working on this, throwing in some new dryland exercises to get them ready for their big meet. They continue to work on their personalized dynamic and mobility work to be the best athlete they can be.