

Mesa Aquatics Club

NEWSLETTER

NOVEMBER 2023

DISCIPLINE OF A CHAMPION!

ATTITUDE



Upcoming Events

November 17-19: IMX/IMR Meet (hosted by MAC).

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.

Dear MAC families,

Our hope is that MAC will provide every swimmer with far more than the opportunity to become the best swimmer they can be. We also want their experience at the pool to foster friendships, confidence, and a strong character that will help them pursue their goals throughout life. We are committed to helping families provide this opportunity for their children, and also want to do everything we can to prevent financial hardship from being a barrier to the amazing benefits of swimming with MAC.

With this in mind, we are happy to announce that MAC has been fortunate enough to align with Lokahi Teams, a local non-profit organization. The mission of Lokahi Teams is, ***“Strengthening communities by removing barriers to sports participation”***. Through our partnership with Lokahi, we now have a platform to accept tax deductible donations specifically dedicated to providing scholarships for MAC athletes. This initiative will give us the ability to increase the assistance we offer to families who would not be able to benefit from swimming due to financial constraints or hardships.

If you feel inclined to help with a donation, simply click on this link www.lokahiteams.org/donate. Once a donation is made an EIN number will be provided so families can utilize this as a tax deductible donation. Donations will go directly toward reducing the financial burden for families, and opening the doors to families who may otherwise miss out on the MAC experience.

Thank you for being part of MAC!

Chris and Meg Zajdzinski

Fall League

We want to thank the families who were part of the MAC fall league program! We had a tremendous turn out and thoroughly enjoyed teaching and getting to know your swimmers. Thank you for bringing them faithfully.



To recap; we started off learning the basics of pushing off the wall and streamlining properly. While these seem simple they are skills that are forever a part of a swimmers career and must be taught properly. Our hope was to instill the value and importance of these skills. We then moved on and spent about 2 weeks on each stroke, really breaking down the skills to focus on what is important at this level. In butterfly we did a ton of kicking to work the hip movement, then did a lot of snow angel arms to work on swinging the arms around. Backstroke was bodyline work, a lot of kicking, thumb out/pinky in entry, and arms touch the ears on the recovery. For breaststroke those swimmers who did not have a legal kick that is all we worked on, using the phrase “chicken-star-rocket” to help them with the proper foot placement. For those with a legal kick they worked on legal arms and the timing of the stroke. Freestyle was a lot of body line work, kicking, sneaky breath, and shoulder to chin (reach). We also introduced them to sculling, learning how to “feel” the water.



Of course there is more than just swimming, swimmers played games, had “Would you Rather” questions, and had Swedish Fish tossed at them. There is a balance of work and fun and we hope your swimmers enjoyed the work they did, but also had fun!



We appreciate all of you and hope to see you again!

Pre-Team Base Camp / Narwhal (Skyline)

By Coach Shawna

What a month October has been! There have been so many amazing things happening in and out of the pool. This month, in our Disciplines of a Champion chats, we focused on A, which is Attitude. We had some great conversations about what having a good or bad attitude is like, how it impacts those around you, and what are real ways we can help when the attitudes are leaning a little negative. They all had great examples from life on how they do not like it when others have a bad attitude and how it makes them feel. So, how did this actually play out? These groups started “sets” this month, which means they are learning how to use the clock, doing repeat 50’s, 75’s or 100’s, and not getting as much rest as normal. All of this while being reminded to streamline, keep their chin down (or up on backstroke), sneaky breath, shoulder to chin, etc. There is a lot coming at them at once, so attitudes started to wane a bit. Jude Rogers was quick to remind everyone how a good attitude will help them through the set, then Lilly Evans was quick to agree and give some encouraging words! It didn’t change the set, it was still tough, but everyone changed their attitude and what was once thought to be an impossible set became a set they all conquered!! Thank you to Jude and Lilly for reminding all of us what a better attitude will do!



In the pool we have been working more specifically on the drills learned at the beginning of the season. Swimmers are now learning how to scull and “feel” the water, and how to transfer that to their swimming. Also, learning the importance of being long and tall in the water is, that more strokes don’t equal faster swimming. We are also learning how to read the clock as “sets” are being introduced. In addition to all of this, swimmers are constantly reminded about their technique, arm touching the ear on backstroke, shoulder to chin on freestyle, say their name 3x on their breaststroke glide, snowangel the arms and push the chin forward on butterfly. There is so much that goes into each stroke, and these groups are doing a beautiful job learning and applying the skills! Keep up the amazing work!!

Narwhal (Kino)

By Coach Trey

Kino Narwhal group is splashing along! We wrapped up a cycle of the strokes and the swimmers displayed their new skills and raced fast at the last fun meet of the season. As we're restarting the cycle we're continuing to work on our foundational skills, and expanding the swimmers skill set with new skills and drills!

White (Kino)

By Coach Nichol

A point of pride for a swimmer is that we swim, OUTDOORS, WHEN IT IS FREEZING! Ya, we are tough like that. And let's keep being tough like that... it prepares us for all kinds of adversity in life. But let's be smart too. We want to avoid sickness and injury. How can we be prepared for cold weather?

Preparation is everything! At each practice you should be equipped with warm socks/shoes, parkas, sweats, warm clothes (for before and after practice) and sufficient towels for your needs. A winter hat for after practice is not a bad idea either. The great thing about the cold air is that the water feels warm, however, it is the transition from air to pool and pool back to air that is tough. Prepare your bag the night before so that you are sure you have adequate coverage for the next day. And a parka is the absolute best way to get warm quickly after being wet. This is not flip flop season!

Staying warm at a meet is absolutely essential and takes some fine tuning as a developing swimmer. Our experienced swimmers will tell you to wear warm shoes and socks or boots, dress in layers with sweatpants, wear a parka and hat (and maybe keep your cap on) and in January and February, you may even want to bring gloves and hand warmers for your pockets. Once we become wet, the cold is soon to follow so bring several towels and dry off and dress quickly after warming down. If we don't keep those muscles warm, they will tighten up and prevent us from swimming our best. In a very cold meet, it is sometimes helpful to hop back in and warm up a few hundred yards before racing if we have been sitting in the cold for a long time and have not been moving around. Our dynamic warm up is also intended to get us moving, loosen up, and get warm.

In this cold weather, it is very important to take care of our ears. Many swimmers develop swimmer's ear in the winter months, which can take us away from training for about a week. This is easily preventable by drying out our ears after each swim. You can purchase over the counter swimmers ear at a pharmacy, or you can make your own at home. 1 part white vinegar to 1 part rubbing alcohol may help promote drying and prevent the growth of bacteria and fungi that can cause swimmer's ear.

November's championship focus is to motivate yourself and others. In the white group, I love it when Dante shows up. He is there to race his friends, like all 9-11 year old boys.. and for some reason, when his motivated smile shows up.. so does everyone else's!

Dante, thanks for MAKING RACING FUN!

White (Skyline)

By Coach Maggie

Attitude and IM!

This month in the White group, we have focused on attitude along with efficient IM swimming. Attitude goes a long way with not just yourself as an athlete, but also as a teammate. Trying to be positive and kind can help others have that same attitude. These swimmers have shown a great improvement in their attitude, especially for strokes and sets they don't particularly like. Helping their outlook to change their attitude can help in everyday life...we are here to build the person, not just the athlete.

Taking a bigger focus on our IM swimming is not for the faint of heart! White Group has done a fantastic job to take their endurance freestyle to the next level. They are pushing through longer sets with great energy and strokes and, as their coach, I am helping them achieve this same strength in their other strokes. In November, we will have IMR and IMX!!!

2 amazing meets MAC hosts to compete in all the different events and strokes. This is where we see who has what it takes to compete in these events and we are ALL FOR IT. IM is hard, especially for that 10&U age group. Fly seems to be the nemesis for many swimmers here, but! As a former butterfly swimmer, I find it as the best opportunity to set up your IM swims to be successful. Having that strong fly, turns and



underwaters can get you to a great start to follow through with effective technique and building the kick throughout the swim. The 200 IM has been our biggest hurdle. Swimming a legal, technique driven, strong 200 IM is HARD. White Group has taken all the corrections, sets, hard work and drive to improve and prepare their 200 IM for IMX/IMR.

Our strategy to stay consistent and strong throughout a 200 IM is going out smooth on the first 25 of each stroke and coming home fast on the second 25 of each stroke. White Group has worked extremely hard on changing speeds and keeping their technique and I am SO PROUD!

GOOOOOO MAC!!

Red (Kino)

By Coach Trey

Kino Red group is grinding along. We've increased yardage and have focused on keeping good habits even when we're tired, and incorporating the skills and drills into their strokes. The Red group is building a strong foundation while having fun!

Red (Skyline)

By Coach Jonah

With the conclusion of fall league, Skyline's Red group has been getting back into the swing of things. The last couple meets have gone fantastic. Very proud of everyone who swims them! We're all very excited to continue to train hard and swim fast!

Black & Gold (Kino)

By Coach Dan

The holidays are here, and you know what that means! Cold mornings, evenings, and getting sick!

Swimmers have it twice as bad this time of year. Not only is it cold-and-flu season for everyone else, but we are gearing up to do some of our hardest training of the year, a period that leaves us more susceptible to illness.

With this being said, many swimmers and family members are wondering if they should be in this sport during this time of year.

The 1-2 combo is leaving many swimmers sidelined and wondering whether they can train or not. Or rather, whether they should be training or not.

The answer isn't clear-cut, and depends on the severity of the symptoms you are experiencing Ebola? Yeah, you should probably be staying home. Common cold? That's where things get tricky. Sometimes you can feel a bit better with a little exercise. If you show up for just a part of the practice it might be better than missing all the practice, if you're not super sick. Talk with your coaches and make them aware of your condition so we can continue to be the best swimmers we can be.

When the weather gets colder we have to be dressing properly. Too many times I have seen kids walk into practice wearing flip flops and a short sleeved shirt. It might be nice on the way to practice or a meet, but when the sun goes down it gets cold! Ear infections are a seasonal event when the weather starts to change. It's so important to dry your ears after getting out of the water. Also, if you are prone to getting these infections, try a little rubbing alcohol to dry them out deep inside. Parkas, beanies, thermal pants, sweatshirt, socks, closed toed shoes, gloves, and dry towels are your best defense against the cold. Be smart and layer up. If you're hot, you can always shed clothing, it's harder to warm up if you're cold.

Nutrition and rest is so important in the colder months of swimming. Eat well, go to bed early, and nutritious drinks will keep your body from getting sick. If you are not sure what you should be doing to keep well, ask your coaches who have lived through Arizona winters for many, many years.

Stay healthy and LETS GO MAC!!!

Black & Gold (Skyline)

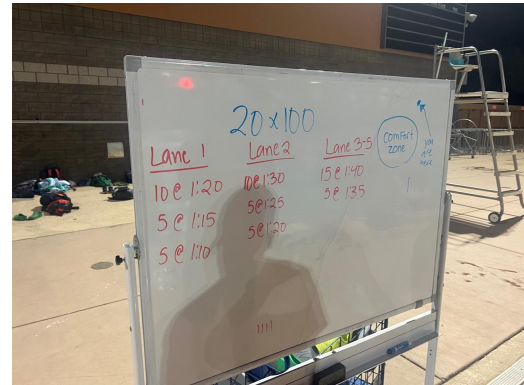
By Coach Angela



October was filled with so much for our groups and team!

We started off the month with our third Fall Invitational at Kino. Our groups are frequently dropping time in their swims and that is what we love to see! We have been

talking a lot about "attitude" this month. When we are at the pool and away from it. Kids are learning how to be positive and encouraging not only to others but to themselves as well! Positive self-talk has been a game changer as we complete some challenging practices together. We are learning that in order to get better we need to break down barriers by spending more time outside of our comfort zone. I am repeatedly impressed with the hard work, dedication, and leadership these kids put in every day!



Dryland is continuously helping us be more aware of our body and how we can move! We will notice the benefits of dryland with our explosive work like starts, turns, breakouts, and even with better rotation with our long-axis strokes because of a strengthened core. Coach Bear has also been able to do underwater filming for our groups. Being able to see the swimmers' technique from under the water gives us coaches a lot of information that we can use to help each swimmer.

Thank you to Coach Bear for all your expertise with our groups!

This month seems like it has been the month of swamp swims! Not only do we work hard but we also play hard too! Celebrating our teammates is a way to show that we care and respect them. And why not do it in fashion with a swim cap from the 1970s?! :-). Our last practice of the month we were festive and did tombstone kicking, deadly relays, and bobbed for apples in their lanes at the end!



Dryland (Kino/Skyline)

By Coach Bear

How does dryland fit 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!

HS Development Group (Kino)

By Coach Jack

The 2023 Arizona High School season came to a close last weekend and MAC swimmers all did an outstanding job for their scholastic teams. We probably had around 125 kids competing at the different levels of competition and nearly all were in top shape. Starting with the Charter School meet the last weekend in October through to the larger school state championships this past weekend, many of our kids had a huge impact on their teams success.

The Charter school meet produced multiple event winners and relay record holders including Chloe Estopellan and Chloe Mortenson of Heritage Mesa and Daniel Schwendinger of ASU Prep. The Heritage team soared to a team title on the girls side with a score of MAC swimmers on their roster, congrats to Coach Doreen who was selected Coach of the year and to all their kids who performed magnificently! Daniel helped lead ASU Prep to a runner up finish largely helped by his fine swimming. At the Division 3 meet Emily Markle was one of the top swimmers for Eastmark HS, Emily carded a 6th place finish in the 200 IM and the 5th fastest 100 breast time in the meet, leading Eastmark to their best finish in their young history. Shlok Chowdhury made a nice contribution to Arizona College Prep's State title with some excellent distance swims that certainly helped their cause.

At the highest level Division 1, the Red Mountain girls grabbed 5th place in the team title race with strong swims by Jaylen Lembas, Abbey and Grace Fox, Grace Larson and a supporting cast of many young MAC swimmers. Their boys were led by Stephen Argabright, the duo of Alex and Kevin Li, Jesse Marin, Ethan Kohn and a similar band of enthusiastic MAC teammates. Desert Ridge was fueled by senior Chance Edwards Edwards, Highland by the trio of Josh Sobel, Beckham Patience and Asa Whitener, Marin Gervais had a solid meet for Castille High and Lucas Leibrand was clearly the star for the Chandler High boys with a top heat finish in the 200 IM. Mountain View captured 4th in the boys meet and 9th on the girls side with all contributions coming from MAC trained athletes. Top individuals were Joey Caliendo, Gavin Willyerd, Adrien Vance, Bryson Kissling and Colton Brewer, and the girls team powered by the Griffin sisters, Kensie and Emilie, Reese Murphy and Holland Jesclard, who were all individual scorers and top heat relay scorers. Mesa High was also led by an all MAC squad including Mason Huber for the boys and Mollie Ashcroft and Breanna Turley for the girls. Special recognition to Westwood's Lily Merritt and Jacob Leemons of Higley High who each got their first state swims, Jacob having the distinction of being the last boy into the meet and rising 10 places with an excellent 500. Grayson Pudleiner swam well for Dobson High as one of their few qualifiers and missed a scoring opportunity by just a few 100's of a second.

All of our kids showed grit and determination as well as great sportsmanship and we have added about 20 swimmers already to our roster by their great examples and enthusiasm. In closing our kids were fantastic beacons spread all throughout the East Valley and excellent representatives of the MAC team culture and surely there will be others who have noticed and wish to follow in their path. Congrats to all the competitors who made this season a success, and all the parents who volunteered and made their programs even better!

Seniors (Kino/Skyline)

By Coach Eric

Congratulations on an amazing High School Season. It will be great to get all the swimmers back training together on a regular schedule.

It is that point in the season to reassess your goals for the short course season. How are you progressing, what needs to change, am I doing the things that need to be done to achieve my goals.

I found this amazing article that I think is worth a read on Swim Swam written by Olivier Leroy about stepping up your goal setting process and how using these can help you through the season.

Want to up your goal setting game this season? Here's a simple and powerful exercise that swimmers can do to help conquer their big goals in the water.

[Journaling](#) is one of my favorite mental training weapons and one that a lot of swimmers sleep on.

Maybe because of the time required to do it, lack of instruction, or the idea of doing more “work,” journaling gets dismissed as a way to sharpen your swimming.

Not techy enough. Not shiny enough. No time.

Whether you are [journaling to get a grip on pre-race anxiety](#), or writing out and reflecting on your swim practices when you get out of the water, journaling is a powerful way to get clarity with your swimming and what’s happening between your ears.

When it comes to setting big goals, and increasing the likelihood that you will achieve them, journaling throws down here as well.

In this case, we are going to do some future journaling. Take a sheet of paper, and in story form, or a bullet list, or however you like to outline stuff, you write the ups and downs of the journey from where you sit today to the moment that you crash into the touch-pad and see that shiny PB up on the scoreboard.

THE STORY OF YOUR SEASON

“It was a dark and stormy night...”

The journaling should include everything you expect (and what you don’t hope) to encounter along the way.

The best times. The [awesome workouts](#). The hard workouts where you want to give up. The struggles. The injuries. The nailing a faster race pace. The “I can’t believe I added three seconds to my best time” race. The [in-season meets](#). The shave-and-taper meets.

Beyond journaling out what you can expect to happen, you will detail the way you respond and how you feel.

Journaling all of this stuff adds a massive amount of texture and realism to your goal. Instead of having an overly optimistic vision of your goal, which dooms it from the start because it glosses over any adversity, you are able to live out your goal ahead of time.

WHY WRITE IT OUT?

I know what you are thinking—write it out? Like, homework? Why isn't it good enough just to sit around and think about it? Same thing, right?

Not at all.

It's one thing to think about the tough spots ahead, and it's an entirely different mesh bag of swim gear to be honest with yourself enough to be able to fully form that thought, put it into words, and write it out.

Writing it out will force you to be more realistic about what it's going to take.

Having to fully think through the goal, the process and the journey, you might have to come to some uncomfortable realizations along the way. Maybe your goals are too dependent on how other swimmers perform, or they require a standard of perfection that isn't presently in your wheelhouse.

Just thinking about your goals is amateur. Planning, strategizing and writing out your goals and the journey ahead is next-level stuff.

BIG GOALS ARE FUN UNTIL YOU MEET THE STRUGGLE INVOLVED

When I talk to [swimmers about setting goals](#), there is almost always the expectation that things will go perfectly. After all, their big, ambitious goal requires things to go nearly perfectly.

While good-intentioned, these kind of unrealistic expectations sets a swimmer up for a demoralizing crash the moment they get sick, have to miss a couple workouts, or have a stretch of slow swimming.

The bigger the goal, the harder things are going to be, and the more adversity you are going to have to swim uphill against. Journaling the struggles ahead gives you the back-up necessary to confront and conquer them.

Physically—you will be beaten up over intense and hard stretches of training.

- Prone to illness and injury.
- Struggle to balance school, sleep and swimming.
- Subject to the soreness of training like a high-performance athlete.

Mentally—there will be countless moments of crashing confidence and belief.

- Days where you leave the pool wondering if you actually got slower.
- You missed your race pace for the whole main set.

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- A slower teammate crushed you.
 - A competitor put up times that are incomprehensibly quick.

Being realistic about these things isn't meant to discourage you.

The opposite.

Knowing that there are going to be some dips along the way creates a much healthier set of expectations. It strengthens your backbone and resolve for when adversity happens. (And it will.)

When you know something is coming, you are far less likely to get knocked out not looking.

REFLECT ON THE VICTORIES AHEAD

It's natural to get locked-in on how you are gonna feel when you achieve the big goal.

You worked super hard for it, so it's natural to spend all your time and energy [visualizing the certified goosebumps and tinglies](#) from cruising into the finish, looking up at the scoreboard, and seeing that you TKO'd your PB.

While thinking about that big goal can work in a pinch for motivation, it's the little wins you consistently generate along the way that are the [bedrock of your self-confidence and motivation](#).

The little wins keep you going on mornings when you get up at 4:45am in the dead of winter. They are there, pushing you on, when you finally crack three minutes for your best 200-kick time. The little wins are the Sherpas to your Everest.

In your journaling, shine a light on these future moments of brilliance. The breakthroughs. You know that you can't always predict them, but they are there, waiting, lurking around the corner, playing peek-a-boo, waiting to surprise the chlorine out of you when you least expect it.

- Reflect on how future you is going to feel on the days where you push through a tough workout even though you are tired.
- The way you will feel when you conquer that "impossible" interval.
- When you come this close to beating one of your personal best times in practice, from a push, wearing a diaper or a drag suit.
- The warm glow of satisfaction you experience from making every workout for three weeks in a row.

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- Being the swimmer who doesn't quit on the main set, even though your teammates are peeling off like an old foam kick-board.

Getting a preview of how this will feel will motivate you to chase that feeling for real. It will help make your process more meaningful. And of course, you will be more engaged and motivated to go to practice and do the work to chip away at your goals.

TAKE THE NEXT STEP WITH YOUR GOALS

Alrighty then—let's get after some journaling.

If you are feeling stuck, and don't know where to start, start with the big goal. How you will be prepared to race on the big day. And work backwards from there.

Add texture to your journaling by including the good and the bad. The moments of adversity are natural and normal. While you can't perfectly predict them, and you can't always control the adversity that happens, you can always control how you react to it.

Focus your journaling on this choice—decide ahead of time how you will react and bounce back when things aren't going your way.

See the journey. See the challenges. See yourself overcoming the adversity and setbacks that are fundamental to success.

Write them out. Write out the little wins. Write out the adversity. Write out how you respond to it all.

And then go live it out.