

Mesa Aquatics Club

NEWSLETTER

JUNE 2024

LONG COURSE SEASON SUMMERTIME!



Upcoming Events

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

Water is life. Swim for life.



Pre-Team Base Camp / Narwhal (Skyline)

By Coach Shawna

As the school year comes to an end, we get ready for all of the fun that summer brings! Base Camp and Narwhal had stellar attendance the month of May! Congrats to everyone who came in the midst of the craziness that the end of a school year brings. We finished off strong with 2 weeks of solid breaststroke work, really working on getting the proper foot position for everyone with the kick.



At the Speedo Invite Narwhal had great representation with; Claire, Soren, Latham, Caroline, and Brady! Some of them raced long course for the first time, and all of them learned lifelong swim meet lessons--talking to the coach before and after races, how to get to the race on time, dealing with DQ's, and hanging out with friends! Every practice, every race, every meet is an opportunity to learn something that will help the swimmers progress on their journey.

As we start the summer schedule Coach Morgan and I are excited to be in the competition pool to work on starts regularly, and to continue all of their hard work!

Narwhal (Kino)

By Coach Meg

The Narwhals have been working hard and having fun over the past month. Coach Leo implemented the rubber duck/fish bowl incentive with the kids and they are really enjoying the challenge. If you haven't heard about it, be sure to ask your kids.

We have spent much time talking about the MAC Way - honor yourself, honor the team, honor the process. The Narwhals have great insight on how to be a great teammate, good listener and ideas on how to take ownership of their swimming.

We are looking forward to the fun meet later this month. This will be a great opportunity to learn and have some fun. If you haven't already signed up you can do that online.

Red & White (Kino)

By Coach Abbey

Kino Red Group

For the month of May we have been working on IM sets and our transitional turns and finishes. For backstroke and freestyle, finishing on our side with our head and belly button facing up. For butterfly and breaststroke, finishing with our head down and reaching for the wall. We have also been working on freestyle technique. Particularly rotation and reaching for each stroke.



Kino White Group

This last month we have been learning what it means to give our best and full effort right away in a set and not saving our energy for the last part of the workout. This group has been incredibly receptive to assessing their effort and reading their times to identify if they really did give their best effort on the set. We have also incorporated “set of the day” which is given to the person who gave their best for the whole main set.

Black & Gold (Kino)

By Coach Meg

May brought some great opportunities for training and stroke development. We want to encourage all of the swimmers in this group to make an effort to compete in the meets we have on our schedule. Competition is part of “honoring the process”.

It takes time to master the sport of swimming. It requires swimmers to practice well and to swim at meets in order to see the outcome of all their hard work.

We are competitive by nature. Swimming is a sport that presents both individual and team competitive opportunities. Athletes learn how to challenge themselves both as individuals and as a member of a group. There are a number of reasons to attend swimming meets, and we have outlined a few here.

1. The first is to experience competition – Viewing these competitive opportunities in this way promotes healthy attitudes towards competition for each swimmer and they are vital to athletic development.
2. Fast times are produced in practice and are born at meets. It is not possible for any athlete to go as fast or dig as deeply into themselves at practice as it is in competition. This going beyond what was thought possible is one of the gifts of swimming in meets.
3. Swimming meets provide swimmers with an environment where they can learn to compete with grace and sportsmanship. The meet setting is a great place for swimmers to learn to review their efforts for performance to help them in the future.
4. Swim meets are fun! They can be social in nature as well as competitive. The swimmers have a different opportunity to get to know their teammates at a meet than they do at practice.. They come together to celebrate success and learn from disappointment. Doing this together with teammates provides an environment of support and loyalty and builds team spirit.

We hope to see you all in the next few meets!

Black & Gold (Skyline)

By Coach Angela

Welcome to another season of summer swimming! Our goggle and cap tan lines are in full force! We kicked off May with watching some FAST swimming at the Spring Cup which was held at Skyline. Here we got to see some of the fastest 18&U swimmers in the country! We had a great turn out for our own swimmer's coming to watch and to help out with timing or hospitality. I loved seeing our black and gold group swimmer's cheering for our Senior swimmers who were competing in the meet! Way to go MAC!



We hosted our first invitational of the season and we swam SO. FAST! Congratulations to all who competed. Our group had nearly 100% best times! Many swam fast enough to qualify for their first regionals, state, or SWAGR meet! We were fortunate to have so much competition from out of state and we even survived our first weather incident! One thing that really made our groups and team stand out was the culture we had when it came to cheering! I don't think I saw one race where there was a swimmer from our group who was not being cheered for by another teammate!



As we continue through the summer with a few meets left; let's talk about how we can battle Arizona summer-time meets!

Hydration

Did you know, a recommendation for water intake is half of your body weight in ounces? Now think about how much you are sweating while working out (dryland and in the water)! Challenge yourself to stay hydrated daily!

Shade

Contrary to our winter season - stay out of the sun! The sun can zap your energy so fast - and you need that for your races! Think smart when you are packing for meets - for example a wide brim hat! Also when choosing your spot to sit for the meet - get a spot under a tent or shaded area.

Sunscreen

For those times that we cannot be in the shade - please protect yourself by using sunscreen! This may mean that you need to re-apply more than once throughout the meet. Again, we are trying to save energy here and not let the sun zap you!

Dryland (Kino/Skyline)

By Coach Bear

We are at that point of the season where we are at the top of the pyramid. For those who have been showing up consistently from the beginning have a pretty solid solid of movement and strength and are now working on developing some power. These 34 building blocks get re-visited each season with each new season always working from the bottom up.

Since we are currently in the power phase let's break this down a little more. As mentioned briefly last month power is the rate at which force is exerted. Both sprinters and distances athletes benefit from power/endurance training. A 50 yard sprint is double the time duration of what a true power movement involves (true power movements are quick and explosive), there needs to be some endurance training to it just like with the distance athletes it takes power to catch and pull that water with each and every stroke. All swimmers need to work on their power and endurance. If you want to improve your power, then improve your ability to move!



S1 (Kino/Skyline)

By Coach Eric

As the heat rises it is always important to be taking the proper precautions. Here is an article from Ocean Swims that list 5 rules for enjoying outdoor exercise. Pay special attention to #1, 3 and 4. The second and fifth rules are taken into consideration as we plan our schedule with the limited space provided by the city.

5 RULES FOR SWIMMING WHEN ITS HOT OUTSIDE

Summer is well and truly here and with that comes hot sunny summer days. More than any other time of the year, people are taking to the water to get their exercise. But while swimming when it's hot can bring temporary relief from the soaring outside temperatures it can also pose risks.

Here are our top 5 tips to manage the heat this summer for safe ocean swimming:

1. Hydration

Staying hydrated is important when we're exercising, especially on a hot summer's day. It's easy to forget to hydrate because we're swimming, but don't forget you can still sweat in water. It is recommended you drink between two to four litres of water a day. So before you head out for your swim drink a big glass of water and when you finish your swim have another big glass of water. During you swim drink regularly.

Hot tip: Sports drinks or electrolyte drinks can help you rehydrate faster.

2. Pick the right time to swim

When deciding on a time to swim, take into account the weather forecast and the predicted air temperature during each part of the day. Usually, the best time to go for an open water swim is early in the morning before the sun gets too high in the sky. If you do choose to go for a swim in the late afternoon (as the sun is getting lower in the sky) choose your location carefully as most beaches will have a pesky sea breeze that can leave conditions not ideal for swimming.

3. Find shade

We all love hanging out and having a chat with our swim buddies after our swim, especially in summer where we can soak in the warm rays of the sun. But when we finish our daily swim it is important to seek shade; like a large tree or at the local cafe, or you can take a beach umbrella down with you and pop it in the sand to enjoy your post-swim coffee and chat in the shade under your umbrella.

4. Use sun protection

Sun protection is a big thing in Australia with many of us familiar with the saying 'slip, slop, slap'. When going for a swim whether that be in a pool, creek, lake or ocean, it is important to use sun protection. Wear sunscreen (don't forget your ears), wear a rash vest or wetsuit and wear a hat and sunglasses pre and post-swim. By doing this you'll reduce your exposure to the elements which can cause sunstroke, or worse, skin cancer.

5. The water temperature matters too

When the water temperature is between 25-30 degrees your core temperature can rise quite quickly when doing strenuous swimming. If you do swim in this temperature range, take plenty of breaks and drink more water than usual. If the water is above 30 degrees it's recommended to avoid strenuous swimming because it can lead to dangerous heat stroke.