

Mesa Aquatics Club

NEWSLETTER

MAY 2024

LONG COURSE SEASON SUMMER IS COMING!



Upcoming Events

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

Pre-Team Base Camp / Narwhal (Skyline)

By Coach Shawna

We have hit the ground running, picking up where we left off at the end of short course season. The past few weeks have been spent getting body lines back into proper position, remembering that streamlines are important off every wall, and starting to practice dives now that the weather has warmed up!! At the IntraSquad meet last weekend Base Camp and Narwhal had a fantastic showing; Brady, Grady, Caroline, Nathan (who became a big brother the day before the meet started 😊), Claire, Lilly E., Soren, James, Hudson, Loic, and Latham!! Wow!! Most of the swimmers have never swam long course and champed it up to race for their team! They did a tremendous job, and with no walls to stop on, may start to understand the importance of proper body line and stroke technique. It's a long way to go swimming incorrectly. 😊 We have had some great discussions on what happens in practice is what happens in a meet, practice proper technique and you will race with proper technique.

Coach Morgan and I are excited to see the groups grow, and see everyone take steps as they improve in the water, and make some new friends along the way!

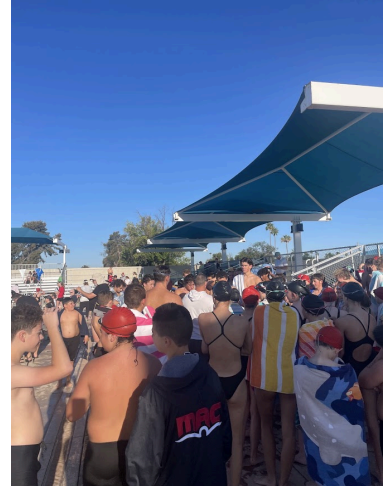


Red & White (Kino)

By Coach Abbey

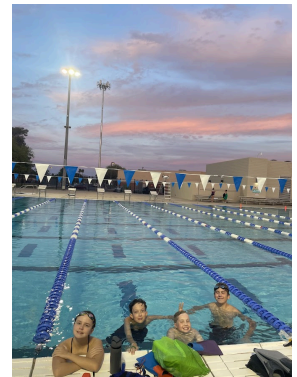
Red Group Kino

This month we have spent time learning and preparing for how to compete in a meet. We had a number of our swimmers enter in the intrasquad meet and for some swimmers, this was their first meet! I am very proud of them. Your first meet is always nerve wracking and uncomfortable, but they did phenomenal. We spent time learning swim meet etiquette, and rules for disqualifications. We spent time on starts, turns, and finishes and tweaking our butterfly and breaststroke. I'm so proud of those who signed up for the intrasquad meet and chose to swim something that was out of their comfort zone, shoutout to Grace Vickers who did this!



White Group

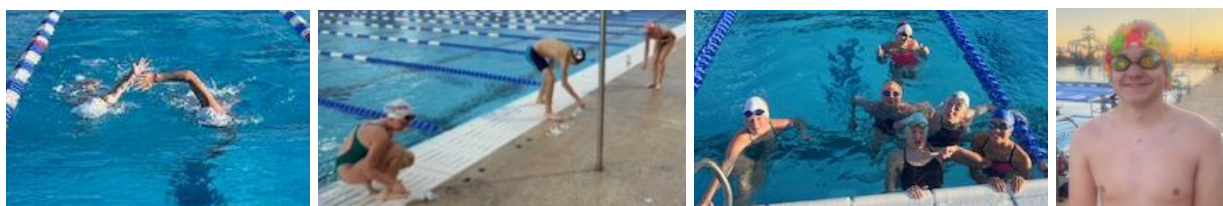
In the White group we also spent time learning and preparing for how to compete in a meet. We had a number of our swimmers enter in the intrasquad meet and for some swimmers, this was their first meet! I am very proud of them. Shout out to Austin and Andrew Fry! Your first meet is always nerve wracking and uncomfortable, but they did phenomenal. We spent time learning swim meet etiquette, and rules for disqualifications. We also spent time focusing on our butterfly recovery and breathing with Coach Marvin.



Black & Gold (Skyline)

By Coach Angela

We are well underway with long course season! We're past our skills and drills portion and into the grind. We're ramping up our aerobic work and keeping our engine going! There have been many practices where these athletes have broken through new barriers and I am so pleased to see that! But don't worry, we are not all just work; we know how to have fun too! Our fast and fun Friday's mixed with birthday swamp swims have kept us afloat! These groups have also filled out their goal sheets for the season. Their dedication and dreams are amazing and I am so excited for our next couple of meets!



Hopefully many of you were able to attend the team picnic! It was filled with hours of fun! From inflatable fun with friends to team record recognition to dunking coaches in the dunk tank to eating yummy food to playing a pick-up football game with the coaches... what more could you ask for? We were able to hear from the Seniors who are swimming in college to gain inspiration for the swimming future!



Our first meet of the season was the Red vs. Black meet! We dusted the cob webs off, came together as a team, raced, and learned what to tweak for next time. Congratulations to the Ultimate IM Champions from our group: Nate Larson, Riley Price, Emerson Borgschatz, Caden Baker, and Jace Lembas! There were nearly all best times which is a great way to start the season!



Dryland (Kino/Skyline)

By Coach Bear

Dryland has been progressing very well. I am happy with the effort all the swimmers are putting into getting stronger and more athletic. The first few weeks the focus was on getting stronger. Now we have shifting in becoming more powerful athletes, working on more explosive type movements like power push ups and squat jumps. We are working on the Swimmer's Pyramid of Success as it pertains to their physical attributes.



The foundation of the pyramid and of athletic qualities in **MOVEMENT**. Movement dictates the success of ALL the other characteristics and outcomes over the long term.. ie technique first and foremost! If you can't move into stream very well because of lack of movement you won't be able to be as fast as you could be. Same goes for having the ability to move and get into the weird shapes that each swim stroke requires (ie through the catch phase, developing a high elbow powerful catch position). Built on top of movement is **STRENGTH** or the athletes ability to exert force. This is the mother of all qualities. Once you are able to move properly and efficiently then you will have a better, injury free, time developing strength. Next level in the pyramid of success is **POWER** and **ENDURANCE**. Power is the rate at which force is exerted. Both sprint and endurance athletes benefit from power/endurance training. A 50-yard sprint is 2x the duration of what a true power movement involves so there needs to be some endurance training to it. Endurance is the duration of a rate of force. Longer distances need to be able to maintain high speeds over time. A swimmer needs all 4 building blocks built in the right order to be a successful swimmer!