

IT'S TIME FOR A LITTLE **NARWAL NEWS!!!**



Mesa Aquatics Club Masters March, 2021

Opportunity for Trash Talk and Competition!!!

With all the craziness going on in the world, some of you are jonesing for some good old-fashioned competition to keep you motivated! Fear not! We have a solution! All of March we will be running a version of USA swimming's IMX/IMR championships. Instead of "King of the Hill", we're thinking about calling it "King OVER The Hill!!!!" There are three categories each with 5 swims which you can do some or all of them. They are "scored" however by cumulative time and in USMS age brackets: 18-24, 25-29, 30-34, etc! Amazingly tacky awards will be given to the winner of each category! Here it goes:

IMX: 500 free, 200 back, 200 breast, 200 fly, 400IM

IMR: 200 free, 100 back, 100 breast, 100 fly, 200IM

IM: 100 free, 50 back, 50 breast, 50 fly, 100IM

Rules (subject to change at coaches discretion) 🤪✌️

#1 All swims must be completed by the end of the month. Swims can be done in any order

#2 No gear! 🚫

#3 One and done! You don't like your swim? Get over it, no do overs! 👍

#4 Skins races (Mano on Mano) or individual time trials. Watch times only to the hundredth

#5 Legal starts, turns, underwaters! We are watching as are your teammates! 👁️👁️

#6 Awards for each age group 🏆

#7 Big Kahuna Challenge! Swim all 3 events, 18 total swims! 🏊

Coaches at each practice will help organize the swims, several swimmers at a time or you guys can call head to head challenges at will!

And for our never evers, we will be spending time this month going over the basics of masters swim meets including starts and turns, etc! You do NOT have to participate in any of the above, but we thought it would be good motivation for everyone to start exploring strokes other than freestyle!!!

Good times coming!!

WHAT? So many beautiful people all born in the same month?! Happy Birthday!!!!



Britta Carlson Micki Colonesse Joanne Mendard CJ Raidy, Chelsea Thomas, Kent Nicholas, Pearlie Beratis, Sheila Arrendondo, Travis Price, Lynne Patenge, Jesse Dahl, Peter Eisenklam and Sandy Whitmeyer...we hope you have the best year EVER! Go celebrate!

Pencil In The Date!!!



Speaking of competition....we are tentatively planning on holding an Intersquad Meet on Saturday, April 10th from 9:00 AM to 11:00 AM at Kino! Every single one of

you are invited and encouraged to participate! It's going to be a fun, non-threatening way to get in some race paced swims and see where you're at. If you've never competed before....you'll get all personal best times! If you're a veteran competitor, you just might surprise yourself with your performances. Regardless, you'll have a great time and meet some people who aren't in your workout group! So plan on it, and anxiously await more details! (Vegan friends please note: this is a meet with an "e", not an "a", so no animals will be injured during the course of the event.)

Other stuff....

Because you all absolutely ROCK, we've been able to keep our pools open and train with near complete normalcy! Remember that you are welcome to attend any and all workouts freely, with the exception of the Saturday Skyline workout at 10:00 AM, which you will still need a reservation for. Email Paul or Laura weekly if you would like a spot at this coveted practice! Otherwise, just keep showing up at the pool with a positive attitude ready to swim!

If you are a female who wears a size 28L tech suit, let me know! One of our gracious Master swimmers has donated some very gently used tech suits that she had from college....and they're looking for a good home!

Let's Make March a Month to Remember!

GooOOOOoOO MAC!!!