



Mesa Aquatics Club Masters April News, 2010

NARWHALS DOMINATE THE East Valley INVITE!

A big shout out to all the Narwhals who competed in or volunteered for the East Valley Invite at Kino on March 13th! The meet was a HUGE success, as Narwhals got Personal Best times right and left!!! We saw so many swimmers reach a new level for themselves, and we couldn't be more proud!!! A very special congratulations for all of those who competed for their first time in a Masters competition. I tallied up the final points, and Mesa Masters won the meet by a landslide victory. CONGRATULATIONS!!! You guys are awesome!!! Now, it's time to gear up for the Arizona State Meet, April 9 – 11 in Tucson. The only requirement to compete is to obtain a USMS card, and enter the meet. We have plenty of forms with us! Ask your coaches for more details (as if they're not going to be telling you all about it even if you DON'T ask!!!)

Just to Keep You on Your Toes....

We're making a few more changes to the schedule. The Tuesday and Thursday Noon workouts will once again be at KINO pool! So, if you go to Rhodes on Tuesday and Thursday at Noon, expect to be in a P.E. class with a bunch of Jr. Highers! If you go to Kino on Tuesday and Thursday at Noon, expect a phenomenal Masters workout! Got it? Any questions, ask a coach. Any complaints, Paul's personal phone number is 602.228.9739!!! Feel free to call him anytime!!! Especially during dinner or really late at night....he loves that! The www.mesamasters.com website is always updated with current information. So, to reiterate: Monday through Friday, the Noon Masters workout is at KINO pool.

Speaking of Changes....

For those of you seeking variety in your workouts (read as: for those of you tired of listening to Paul all the time!) we are offering some diversity to the current schedule. Thursday A.M. workouts will be coached by Sheila Arredondo, and will focus on technique, technique, technique...and more technique. She will be rotating through all four strokes, throwing in some turn work on occasion, and making each of you a more efficient and well versed swimmer. Sheila has her Masters Degree in Exercise Science, has worked at the Olympic Training Center in Colorado Springs, and has been instructing all levels of swimmers for the past several decades (and NO, Sheila! I am NOT calling you old!!!). As if THAT wasn't enough, Laurel Hill will be coaching the noon workouts on Tuesday and Thursday at KINO. Laurel has a very keen eye for stroke inefficiencies and great solutions to correct them. Hey! Do me a favor!!! Go to our website. Click on "Coaches" (it's a cute little icon on the top of the homepage) and read about the background of all of us who are coaching you. Mesa Masters is lucky to have some of the most knowledgeable and passionate coaches in the country working for you. We love swimming. We love coaching. And, we love our swimmers!!!!



Warning...this could be you!!!

ST. GEORGE TRIATHLON 30 DAY COUNTDOWN!!!!

Tick...tick...tick... We're counting down the days until our Tri Mesa contingency heads to Utah to compete in the St. George Triathlon. Guys, anything you need...ask us! Any stroke advice...it's yours! We KNOW you are each going to be successful. We've been watching you train. We've been seeing monumental improvements in your strokes, your aquatic endurance, and your level of relaxation in the water. We're excited to see you put all the training to the ultimate test, and will be cheering you on every stroke of the way!!! Best of luck!!!

Long Course Training

It's that time of season, when we will be periodically changing the pool to long course. Long course is when we move the bulkhead and change the lane lines, so 50 meters = one length, rather than 25 yards equaling one length. Long course training will help to improve your swimming stamina, as there are fewer walls to rest on during sets! Why swim long course? A. It's much more conducive to mimicking open water swimming for the upcoming open water and Triathlon season. B. If you're a competitive pool swimmer, all the summer meets are held in the long course format. C. You all are getting so good, we need to keep finding ways to challenge you!!! Please note: because the pool will be a little more than twice as long as you're used to, it means that there are fewer actual lanes. Thus, on the days that swim long course, expect to "circle swim" as there will be other friends sharing your lane with you! "Circle" swimming means that you stay on the right hand side and swim counter-clockwise - the same way you expect cars to follow the rules of the road. When you circle swim, proper turn etiquette is to start preparing for the turn 5 yards in advance. When you come up to the flags start swimming diagonally towards the left side of the lane. This will allow the people behind you to turn without running into you. Confused? Ask for help! And, while we're on the topic of Lane Etiquette, let's revisit some information that we keep on our website at all times

The goals of good pool etiquette are twofold:

- 1) Safety. No head-on collisions. No colliding with the wall or lane line. No blood in the water.
- 2) Good manners. No one wants to be the swimmer that keeps getting in everyone's way... accidentally. If you have any questions about lane etiquette, please feel free to ask any of the coaches. Keep in mind that it can be intimidating when first joining a workout, so experienced swimmers need to have patience with those around you and make them feel welcome! If we all know what to expect and what to do, things go smoothly and there are no temper-tantrums.

How to be a lovely lane-mate:

- 1) Pick the right lane. In most pools there are "slow", "medium" and "fast" groups. Choose a lane compatible with your speed, and don't be shy about asking the coach for help.
- 2) **Passing.** If you are catching the person in front of you, tap them on the feet - once - twice at the most - to let them know you want to pass. If you get tapped, stop when you reach the wall, stay to the far right, and let the other person turn and go in front of you. As an alternative you can slow down and move to the right so they can pass as you swim, but this always seem fraught with peril to me. Of course, the most courteous thing would be for the passer to finish whatever distance you are doing and ask to go ahead while resting on the wall (not always possible for longer distances though).
- 3) If you are joining late - join the set, don't do your own thing - remember, the goal is to prevent collisions and temper tantrums.
- 4) When you finish a set please move over left and let everyone have a chance to finish by touching the wall

If you ever have any questions about lane etiquette, please ask one of the coaches!!! If someone in your lane isn't following polite procedure, let the coach educate them BEFORE you snap at them!!! We're all just here to have fun!

Let's have a GREAT April, Narwhals!!!

