



# December News!!!



2023

## ♥ FROM PAUL & LAURA

Don't get tired of hearing this, because we are SO not tired of telling you all this...WE HAVE THE BEST TEAM ON THE PLANET! We can never express the gratitude we have for you, and how sincerely we have appreciated all the love and support these past several weeks. Thank you, thank you, thank you. From the bottom of our hearts. And a HUGE applause for the amazing Coaches who sacrificed their own training to make sure that the program would move forward without a hitch! Who knew Herrmann had such polished organizational skills!? Paul is making great progress....his motivation is that he genuinely misses you, and is anxious to get back on deck!

## [Mark It On The Calendar, and Burn It Into Your Brain!](#)

We can't wait to see you all dry and dressed at the Annual Narwhal Holiday Party!!! It's one of the rare times that all the swimmers from all the pools regardless of if you are a morning, noon or evening swimmer—come together and celebrate being a part of the best darn Team in the nation! Bring nothing but your appetite (all food is on us, drinks are on you!)! Bring a significant other so they can be bored to death listening to swim talk! The venue is dog-friendly, so feel free to bring your four legged loyal companion! Come for a little while, come for a long time, just be there! We'll be sending out an RSVP email soon just to get an idea of a head count, please make sure your head is on that count because we really want to see you!!!

**December 16th  
11:30 AM to 1:00 PM  
Dos Gringos  
1958 S. Greenfield Road  
Mesa, AZ**

Speaking of Celebrations, we're so glad you were born!



Happy Birthday to:

Chase Baird; JB Barr; Beth Lofquist; Carl Michelson; Doug Schnepf, Deborah Harsh; Tricia Hickey; Denise Gibbons; Jen Lembas; Dave Shields and Alan Duckworth!!! Come to the Holiday party on December 16th at Dos Gringos so we can put you in the middle of the circle and sing to you all!!!!!! Yay!



***Whoooooaaaaa! You guys are fast!***

(No bears were harmed when writing this segment)

.....and the crowd goes crazy!!!!!! Team Narwhal CRUSHED it at the Ron Johnson Invitational in November! Personal Bests, SHATTERED! MAC swimmers earning medals right and left! You were a force to be reckoned with! Congratulations, gang! As we always say, "Hard Work Pays Off"...and you hit your payday! Sweeeeet!

## **Need a New Year's Resolution?**



Resolve to get yourself to Kino on January 6th from 8:00 AM to Noon for the Annual 100 x 100's or 100 x 50's!!!! What a great challenge! What a great time!! What a great workout!!! We will start the 100's and the 50's promptly at 8:00 AM, and we must be out of the pool by 12:00 PM, so don't dilly dally around. The 100's are self-organized. Work with the people in your lane to make the yards go by quickly (yeah, right!). Laura will be coaching the 100 x 50's in a more traditional workout format. You do NOT need to finish either the 100's or the 50's...just come out, have some fun, challenge yourself, and ring in the new year!



**Let's give a BIG Narwhal welcome to our newest members!!!**

Charles Mullany, Yay! Keller Norland, Yay! Shawn  
Youndstead, Yay! Kwan Hall, Yay! Yvonne Bilshausen, Yay!  
Take some time to get to know your new friends!!! Welcome  
to MAC Masters!!!! We're so glad you're here! We hope you  
create many wonderful memories with us!!!!

*Let's finish off 2023 with a bang!!!*

*Work hard! Play hard! Laugh often!!!*

*GoOOOoOOOoooOOo MAC!!!*

