

....and it's MARCH!!!!

# Newsletter 03.2024

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## Oro Valley Distance Meet

Several of the Mighty Narwhals competed this past weekend in the Oro Valley Distance Meet. Although the official results aren't yet posted, I heard a rumor that they may need to change the title of this meet to "MAC Masters Owns the Distance Meet"!!! A HUGE congratulations to each of you who showed up, and threw down! You crushed it! A special shout out to Kelly Harrigan and Stephanie McNicol who broke Arizona State Records!!! Let's keep all those records 'in the family' and pass them down to fellow Narwhals!!! A super job to everyone!!!



better!!!

## Welcome New Members!!!

We absolutely love making new friends on the Team! A huge welcome to: Blair Akerland, Joseph Bora, Jamaila LoMeli, Tyler Lovemark, Marshall McVeigh, Jennifer Miller, Rheous Nolastrane, Tiffany Rudd, Deidra Shuck-Lee and Joshua Lee!!!! We can't wait to get to know you

## Who Was Born in March???



A VERY Happy Birthday to:

Micky Colonnese; Joanne Menard; CJ Raidy; Cherie Jones; Monica Robinaugh; Tiffany Ray; Shawn Younstedt; Lynn Patenge; Jesse Dahl; Max Reynolds; Peter Eisenklam; Jessica Rudd; Sam Wojta; Sydney Nelson; Sandy Whitmeyer and Chris Hammer!!!! We sincerely hope each of you have a very happy and healthy year!!!

## Upcoming Events!

There is never any pressure for you to compete in a meet, but it sure can be fun....and it's a great goal to keep you coming to practice and working hard! All the details for these meets can be found on our website's homepage, [www.mesamasters.com](http://www.mesamasters.com). Here are a few events coming up:

**April 20 - 21.** Arizona State Championships in Oro Valley! You don't need any prior experience in meets to compete in the State Champs. It's a beautiful venue, and a great excuse to get out of town for a weekend! If you'd like to be relays, let us know! Let's make our presence known and strike some fear in the hearts of our competition!

**June 20-24.** USMS 2024 Spring Nationals in Indianapolis, Indiana. Nationals will take place during the final weekend of the U.S. Olympic Team Trials (June 15-23 at Lucas Oil Stadium in Indianapolis)....so not only can YOU swim fast, you can also watch others battling it out for a spot on our 2024 Olympic Team! How cool is THAT?!

If you would like a Team cap in black or red for these events...or just for workout in general....Latex caps are \$10 and Silicone caps are \$12.

## Member Spotlight: Ceci Cummins!!!



"Hello teammates. My name is Cecilia Cummins. Cummins? Yea, Clessie was my grandfather. (Clessie Cummins was the founder of Cummins Engine Co. He was an entrepreneur who improved on existing diesel engines, created new diesel engine designs, was awarded 33 US patents for his inventions, and set 5 world records for endurance and speed for trucks, buses and race cars.) I'm one of Coach Laura's Skyline brats in the morning. I swim at noon if the UV index isn't too high. Also Saturdays, where Coach Paul has the honor of yelling at me.

I swam for my high schools (9th St. Helena; 10th & 11th Montgomery-Santa Rosa; 12th Gunn-Palo Alto) and colleges (1st Menlo-Atherton; 2nd and 34d Humboldt State-Arcata) in California and of course, Age Group swimming. One of my high school coaches summed up my swimming ability and career. Ceci is not fast. So, what do you do on a swim team when you are not fast? You

swim the 500. The 500 doesn't require speed. It requires only a high threshold of pain. USMS off and on since college days.

I had to leave Paradise CA because of a little fire they called "the Camp Fire". ( The Camp Fire was the deadliest and most destructive wildfire in California's history, and the most expensive natural disaster in the world in 2018 in terms of insured losses.) I decided to start my new life in Apache Junction, AZ. My first practice with new team and I knew this is where I belong. I love doing open water swims. Those are the only swimming events I did in CA. Thanks Kelly (Harrigan) for organizing the lake practices. I also like trail running (Lost Dutchman 8K), hiking trails (working on my bucket list) and anything outdoors. Which is why I have scars on my body from too much sun. Come April 20 and 21, I'm going to make a fool out of myself (I cannot dive with my goggles on. I never really learned, and I don't care) and swim the State Championships. Last time I swam in a meet was 2011. Join me if you want to have a fun filled two days in Oro Valley, AZ. Looking forward to hanging out with my teammates."

**A Celebration of Life**  
**Susan Watt 07/31/1959 to 02/21/2024**



Our beloved teammate and friend, Susan Watt passed away peacefully at her home after losing a battle with Pancreatic Cancer. Susan was a beam of sunlight, who brought smiles and enthusiasm to every workout. Although she was small in stature, she was one of the 'biggest' swimmers on the team factoring in her personality and competitive streak. She unabashedly showered love on her friends, and brought the right amount of sass, humor and focus to each practice. If you knew her, you loved her. It's not "she will be missed" but "she IS missed" and will continue to be forever. Rest In Peace, sweet Susan. All are welcome to attend her Celebration of Life (as there is so much to celebrate) on Friday, March 22nd at 11:00 AM. Gilbert Memorial Park, 2100 E. Queen Creek Road, Gilbert, AZ.

**Let's continue working hard,  
Playing hard,  
And making great memories.**

**Goo000ooo00ooo00oo MAC Masters**