

Narwhal News!

September, 2023



Stuff!

Welcome to a new month, Narwhals! There will be periodic changes coming up these next few weeks to accommodate the Mesa High School swim season, so if you see an email from us, open it!!! It could save you a trip to the wrong pool at the wrong time!

Let Paul know if you'd like a Team cap! We have black and red. The Latex caps are \$10.00 and the Silicone are \$12.00. You can email Paul at Paul.smith.tpa@gmail.com

Upcoming Events:

September 10th La Jolla Cove Open Water Swim
November 19-20 Ron Jon Invitational (at ASU)

December 16th Annual MAC
Masters Christmas Party (details to come...)

January 6th Annual 100 x 100's
or 100 x 50's (tentative)

**HAPPY BIRTHDAY
TO YOU!!!!**

A VERY Happy Birthday and Best Wishes for a new year to:
Jennifer Harris; Mindy Prezor;
Mike Flanigan; Matt Ulrickson;
Ray Marciniak; Pam Barker;
Kristin Bartashunas; Gina Matter;
Kyli Wright; Lisa Skinner;
Ron Hall; Chris Sutton; Mark



Biegel; Nick Willis; and Meg Beutler!!!
Have a fantastic year!!!!



Member Spotlight: Cindy Clutter!!!

This is coming to you from Coeur d'Alene, Idaho. I was a late bloomer in the swimming world. My parents would take me to swimming lessons at the age of six, but I was the screamer in the pool. Finally, by the age of 12, I decided that I was a floater and could actually swim. I swam in high school and played water polo, mainly because the boys and girls teams were combined. I

graduated in 1982 from Washington State University. My husband John and I moved to California. I joined the Walnut Creek Masters and was coached by Kerry O'Brien, a legend in the Masters world. I fell in love with the sport.

My husband and I moved back to Idaho to raise our family—we have two daughters. I joined our local masters swim team, coaching and competing. Swimming also opened the door for completing four Ironman events, 25 triathlons, and too many swim meets to count. I'm one of those swimmers who's never the fastest or the slowest. I'm out there for the pure joy of the sport.

In 2011, we moved to AZ, and had the honor of coaching the MAC age-group team and masters when needed. If you ever wonder why you're put in a relay and didn't sign up for it, you can blame me. Unfortunately, we were transferred back to Idaho after a year. We fell in love with Arizona and the people, so we decided to spend time in both states. We are blessed to have a winter home in Gold Canyon.

Fast forward 12 years later, 6 grandkids, a house in Idaho and Arizona, and I still coach, put those awesome relays together, and swim for MAC when in town. I'm still competing, still not the fastest or the slowest. Kerry O'Brien (the coach I mentioned earlier) has moved to Idaho and swims in the lane next to me. The life-long friendships,

the strength of what Paul and Laura have created with MAC, has blessed me beyond words.

Welcome to our Newest Members!!!



If you see a new face on deck, go introduce yourself and make a new friend! A huge welcome to our newest members:

Caitlin Green; Monica Robinaugh; Blake Larson; Hudson Downs; Ruben Avila; Rhys Tallentire; Domonic Mangino, Christie Hall, Ron Hall, Tiffani Ray and Addey Edmunds!!

We're so glad you're part of the TEAM!!!!

Coaches Corner: Important Reminders on Safety:

Hi Gang! We don't want to scare you, or bring up the obvious....but we do want to remind you of a few basic safety tips that will keep all of us safe, happy, and healthy! Here we go:

- Never attend a practice if you are feeling sick and/or have any type of open wound! Ick!
- When warming up ALWAYS circle swim. Check with coach and lanemates before deciding whether to split the lane, as there are often people still coming in. Some swimmers prefer circle swimming even with just 2 per lane. Please respect that!
- Always check to make sure that the Backstroke Flags are up and haven't moved.
- The deck and lobby/locker room/ shower floors can be very slippery and dangerous. It's a good idea to wear non-slip sandals to and from the pool's edge.
- Never bring any glass into the pool area.
- Never chew gum while swimming, although it seems benign on land, it can be dangerous in the pool.
- If you see a Toaster in the pool and notice that it is plugged in, do not enter the water and alert the Lifeguard. (Okay...I just threw that one in to see who actually reads the Newsletter!!! However, if, by fluke, it DOES happen.....RUN!)

Let's Make September a Phenomenal Month!!!

