



Mesa Aquatics Club Masters December, 2009!!!

A Note from the Coaches.....

Coach Paul was saying that he feels so blessed to have the Mesa Masters team as part of his life, that he just doesn't need anything else. I told him, "Good!" and now don't have to buy him a Christmas present! I thank you all for that! And, being completely serious (which I actually can be at times) we both feel like the luckiest people on the planet to be a part of the Narwhal community. Having you swimming, and Jon and Sheila coaching with us, is a dream come true! We thank you all for your support, your positive attitudes, and your eagerness to improve! Happy Holidays to you and your families!!!!

Our Gift to You....

(And NO! You cannot exchange it for something you *really* want!!!)

The Gift of Butterfly!!!

Yep. You guessed it. December has officially been declared "Butterfly Month" by your team of Coaches. Why? Because we love you. There are four legal strokes in swimming competitions: Freestyle (been there, done that); Backstroke (a lot like Free but we flipped you over); Breastroke (easy to learn for our frog-legged friends); and Butterfly. How could we possibly let you start a brand new year without introducing you to the whole package of fun-filled strokes? Butterfly is all about timing and rhythm (and for those of us who have had the opportunity to see Ryan Stokes dancing, we know HE has the rhythm thing down to an art!!!). When done properly, it is one of the most beautiful of all the strokes. When done improperly, you may think they named it "butterfly" because of the insect's short life span. So...let's learn it the right way, and have some fun with it!!!

The Ron Johnson Memorial Invitational

A HUGE congratulations to the fearless Narwhals who competed in the Ron Jon Meet!!! For many of us, it was our very first Masters Meet ever! There were too many outstanding performances to list in a mere newsletter, so check out our website for more details! I will let you know, however, that MAC Team records were set in EVERY event (okay, okay....it was our first meet as a team....but they're still records, right?!) And, just between us---MAC really put the heat on some of the big established teams and had them running scared. We saw our competitors throwing any warm body on their relays to try and outscore the Narwhals! We have put fear in the hearts of many... Fantastic job, everyone!!! We are so very proud!!!

I am Ironman (think Black Sabbath song.....)

Lorie Tucker and Greg Arnett brought Ironman Florida to its knees in November! Not even sandbars in the swimming leg could stop this dynamic duo! GREAT JOB to you both!! Trix Blattmann had an outstanding finish in the Arizona Ironman in the Professional Division. You are all amazing! Now we're looking forward to posting exciting results for our Tri Mesa friends in St. George! Go get 'em, gang!!!



Mingle and Jingle!



The Smiths would like to invite you to a very casual social at their house on December 12th between 4:00 and 7:00 ish! Stop by if you're in the neighborhood, have an appetizer (or two or three or four), see what people look like dry and in clothes, and mingle with those you swim with! We live at 1957 East Fairmont Drive, Tempe (cross streets are Southern and Los Feliz). We give you our word: **NO KAREOKE!!!** We hope to see you there!



Emily Porter-LeSueur

Westwood 1990

Congratulations, Emily!!!! We can't believe you're so humble, and haven't been bragging endlessly about this!!! Emily has been inducted to the Mesa City Hall of Fame!!! Why?! LeSueur enjoyed solid seasons at Westwood swimming the distances 200 free and 500 free, but earned her kudos after graduation as a member of the 1996 U.S. Olympic Synchronized Swimming Team. That team ended up winning the gold medal (Yes!!! We said GOLD!) In the 1996 Olympics held in Atlanta, Ga. LeSueur was one of 10 members of the elite team. It's truly an honor to have you on our team, Emily!

One More Opportunity.....

We realize that Master Swimmers have a ton of stuff going on outside the pool, which sometimes makes it tough to squeeze a workout in. Fear Not! We are here for you, busy people!!! MAC Masters is introducing a Sunday workout! Every Sunday (starting NOW!) we will offer a 9:00 to 10:30 AM workout. Please note: **NONE** of us coaches encourage **ANYONE** to workout 7 days a week!!! That definitely falls into the "too much of a good thing" category. However, we have had requests by enough of you to add this workout that we want to accommodate you.

Happy Holidays!!! From your MAC Coaches:

Paul, Jon, Sheila, & Laura