



KANSAS CITY BLAZERS

NEWSLETTER

Committed to excellence since 1975

Kansas City Blazers Head Coach

GEORGE ADCOCK



Here we are in the depths of Winter. We managed to get some great work in over the winter break from school, only to have a few days cancelled on the back end here.

We have had a couple of meets since that winter break training and our athletes look like they are on the right path. As a staff we are super excited about the upcoming championship meets for all our athletes.

When we would hold the Brian Howard meet is always a great time for us to talk about culture, especially as we head towards Championship season. This is a time of fast swimming and competition.

As we are seeing more and more success amongst our swimmers there are some shifts in peer interactions. Some of this is from our athletes and what we hear is that some is with the parents. Competition is from the Latin “Competere” meaning to **strive together**. Our goal is to have a team that pushes each other to accomplish new things, best times, cuts and break old records. We are now in a place that there are multiple athletes in each age group and gender who can achieve these things. There is room for all of you!! Blazers looks to be a team where we want those kids to not be alone, but to have friends and teammates to share that space. By its very nature, that requires we can accept having a good day and being a good teammate, or a bad day and being a good teammate.

Brian Howard is one Blazer that embodied this, if you have not read Blazers Olympic Gold Medalist Catherine Fox’s letter about Brian on the Blazers website please do so **here**. She speaks about a spirit that Brian embodied **every day**. “In the pool, he did not always stand at the first-place position on the podium. However, he was always the first one walking into practice. He was always the first one diving into the pool and he was always the first one sharing words of encouragement with genuine smiles.” How we succeed, how we face adversity, how we give to our teammates when they are down, celebrate them when we are down, what we do in the face of glory or despair, those actions determine character.

A collective with good character is a great culture.

“We can all get more together than we can apart. And this is the way we gain power. Power is the ability to achieve purpose, power is the ability to effect change” Martin Luther King Jr

Swimming often feels like an individual sport and there is a large portion of individual responsibility on each athlete. But for anyone that has done some swim training on a team and by themselves, they will understand when I say you cannot do this without a team.

So, I challenge all of you for this Championship season, swim for your teammates to say thanks for helping you through some tough times, cheer for your teammates to appreciate them for all the fun you had together. Parents you are teammates as well and your support and cheering does not go unnoticed.

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KANSAS CITY BLAZERS

Together we can do some great things this season!!



Championship Season and Expectations

We are looking forward to the upcoming “Championship Season”. The expectation is that all Blazers swimmers participate in the highest Championship Meet for which they have qualified. [Here is a link](#) to the Missouri Valley Districts and Champs Time Standards. If you have any questions about which meets your swimmer should sign up for, do not hesitate to reach out to your group coach.



Championship meets

MAL Championships

Feb. 2-4th in Topeka

MV Districts Championships

Feb 9-11th in Topeka

MV Senior Champs

Feb 22-25th in Topeka

MV Age Group Champs

Feb 29th- Mar. 3rd in Topeka

MAL Championships

MALs is a Championship Meet for those swimmers who have not yet achieved the MV Districts or MV Champs qualifying times or have less than three qualifying times for MV Districts or MV Champs.

If your swimmer has more than three qualifying times, please talk to your swimmer’s primary coach before registering for MAL Championships.

9 & Under swimmers with MV District or MV Champs qualifying times are encouraged to participate in the 9 & Under Championship portion of the meet. (Saturday – Mid Day)

This is a fun meet and has produced a lot of fast swims and new qualifiers in the past.



MV Districts Championships

All 14 and under swimmers with District cuts and less than 3 Champs cuts and those swimmers recommended for the meet by their group coach

MV Senior Champs

All 15 and over swimmers with Senior Champs qualifying times

MV Age Group Champs

All 14 and under swimmers with at least 1 Champs cut

ISCA East Coast Elite Showcase

All 14 and under swimmers with at least 1 qualifying time.

St. Petersburg, Florida (Apr 03 - 06)

Championship Meet Rosters

As of January 19th





Parent / Swimmer Corner

Educational Information

With the end of the season approaching, it is important to remember your role to help your swimmers succeed. Here are a few articles that can help you to understand how you can help your swimmer to perform at their highest level. We hope you are excited to see your swimmers compete and create some amazing memories to cherish for years to come.



Blazer Spirit Wear

[LINK TO ORDER](#)

We are launching a limited run **Short Course Parent Spirit wear**. The designs are tying into our 50th anniversary in 2025. Get your limited edition shirts now. Super soft triblend fabric, unisex styling and true to size. "Committed to Excellence" medallion logo centered on the front and bold text running down the left sleeve of the long sleeved version or get the t-shirt. The cutoff date to **order** the Short Course shirts is Midnight on February 2nd. Click on this **LINK** to order. You can have them shipped to you directly or we can have them delivered to your pool sites the week of champs in February. The shirts will ship around the week of February 17th. We will launch another Spirit wear run this Summer for the Long Course season. Support the Blazers and look amazing doing so.

[Go Blazers!](#)

Articles to read & Videos to watch

[Caffeine & Athletic Performance](#)

[Be Smart about social Media](#)

What To Wear during a swim meet: [Article #1](#) ; [Article #2](#)

[How to Help Your Swimmer Have a Great Mindset](#)

[A Swim Parent Guide to Supporting Your Swimmer](#)

[Video: Not Good Enough](#)

How to Know if Your Swimmer Made Finals

Many of our Championship Meets that are coming up are "Prelim/Final" meets. The Top 8 swimmers make the Championship Final and the next 8 swimmers make the Consolation Final. At each meet, the Prelim results are posted and there is a period of time (usually 30 minutes) during which the swimmers who make Finals can declare their intent to scratch Finals. Then, the final list of finalists is posted. It is important that each swimmer looks at this final list before leaving the pool after Prelims so they know whether or not they made Finals. It is a Blazers expectation that ALL swimmers who qualify for Finals swim in Finals unless prior arrangements have been made with their coach.



If you do not already have the Meet Mobile app, we highly recommend that you download this app. This way you can see the Prelim results on your phone. If your swimmer has made finals, it will say "Qualified" under their name in the app.





Officials



WHY BECOME A USA SWIMMING OFFICIAL?

- To gain a better understanding of your child's sport.
- To have the best position on deck for watching everyone swim.
- To satisfy your volunteer hour requirement.
- And many other perks like free meals and heat sheet!
- No Swimming experience needed

For more information on becoming a USA Swim Official contact [Evan Benbow](#), Blazers Officials Chair.

[How to Become an Official](#)

Volunteering

2023-2024 SEASON!

Please visit our [Volunteer Page](#) for more information on Volunteer Requirements. Visit our [Parent Resources Page](#) for additional season information.

Sign-up for upcoming meet volunteering:

[Click Here](#)



Blazer Booster

WHAT IS A BLAZER BOOSTER

The Blazers Booster Program gives parents the ability to directly impact the overall team experience by assisting in funding coaching development and equipment to assure our program offers quality experiences to the swimmers and fans. A new sound system, starter horn, public address system, are some examples of equipment that is needed. Click the link for a list of more specific benefits for the two levels of Booster supporters.

[Support KCB - Blazers Booster Program](#)



Get Your Gear

SWIMQUICK

Visit SwimQuik or order online:
[Swim Quick Blazers Team Store](#)

Missouri Valley Swimming

LSC



Time Standards, meet information and general information about our LSC (Local Swimming Committee).

[MoVal Swimming](#)

Our Proud Partnerships:

