



KANSAS CITY BLAZERS

# NEWSLETTER

*Committed to excellence since 1975*

## Kansas City Blazers Head Coach

GEORGE ADCOCK



We are approaching the winter months of busy swimming activities. We have had a busy start to the season. The development and growth of our athletes has been exciting to watch. We have seen some incredibly fast swimming between some of our athletes in Iowa and Columbia in the last few weeks, our Blazers Series meets here in town and this past weekend in Jenks.

As coaches we are so excited about the development of our athletes, groups, and the team as a whole. While we are already swimming fast, we can see areas for improvement and growth.

Adjusted practice schedules for Thanksgiving Break and Winter Break are in this newsletter. After the Thanksgiving break there may be a change to your schedules as High School swimming begins and that effects our rentals.

As we pass that section of the season, our attention starts to turn to our championship meets. Blazers have been the standard bearers for the last few Missouri Valley Championship seasons. It is something that we would like to continue. If you are new to club swimming keep an eye out for more information regarding championship meets and where your athlete fits in the next month or so.

Parents, please remember that by having your athletes as part of the Blazers you too are also a part of our team. Building a team culture for our athletes to succeed has been a large part of our success and growth in the last few years. What we show our kids, how we talk about our teammates and competitors is vital to our culture. Celebrating each other's successes, supporting each other in difficult moments these are the foundations of our competitive culture. For parents in the stands this is also the connection and team that we want our members to be part of.

"The strength of each team is the individual member. The strength of each member is the team." – Phil Jackson

## This issue:

Message from Head Coach & Lead group coaches

Blazer Highlights

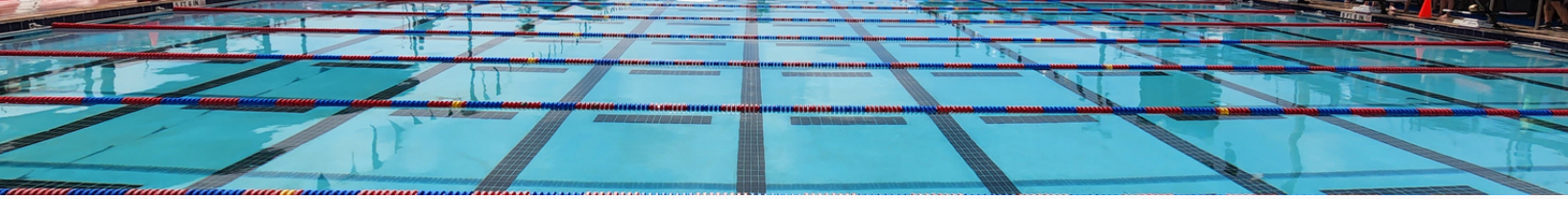
Holiday Schedules

Championship meets

Parent Corner:  
Parent Board Message  
Officials Update  
Educational information  
Additional resources



# KANSAS CITY BLAZERS



## Message From Lead Group Coaches

AGE  
GROUP 1

AGE  
GROUP 2

JUNIOR  
2

JUNIOR  
1

SENIOR

PRE-  
NATIONAL

BLAZERS IS HAVING A GREAT FIRST HALF OF THE SEASON! CHECK OUT OUR SEASON HIGHLIGHTS SO FAR AND UPCOMING INFORMATION FOR SECOND HALF OF THE SEASON!

## Blazers at The Meets

### Blazer Series

#### Spooktacular

While this meet started with a hiccup, it was amazing to see how all the parents, swimmers, and volunteers rolled with the change in venue and helped make this meet fantastic! I appreciate you all.

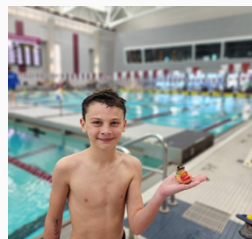
#### Giving Thanks

Thank you to all the parents and swimmers who donated food. We delivered the canned goods and boxed items to the Mission Food Pantry on Shawnee Mission Parkway and Nall. They were most appreciative of the donation.

During the holidays, they run low.

The Age Groupers have made significant changes from the first Blazer Series meet to the second. Starts, turns, and strokes have improved overall. Swimmers had an opportunity to swim longer distances at Giving Thanks.

Great job everyone!



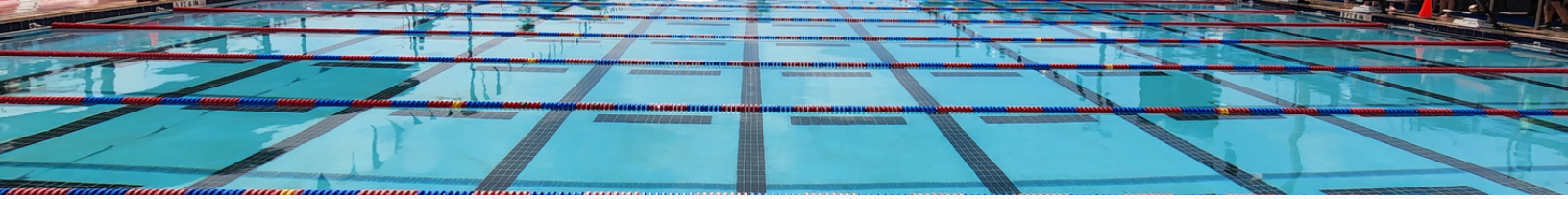
### Gobbler Invitational, Jenks, OK

Gobbler invitational at Jenks, OK was a successful away meet for the Blazers! It's always a good learning opportunity for swimmers to participate at a prelim/final format meet. It's important to remember that with such format, those few hours in between morning and evening sessions is meant for resting, refueling, and getting ready to get after it in the finals.

It was awesome to see a lot of Blazers swimmers returning for finals every night and getting faster swims in the evening! Swimmers were excited and ready to go every session and had wonderful team spirit.







# Iowa A3 Midwest Challenge

Blazers had a great showing in Iowa City. Our athletes should be very proud of their swims, and how they performed as a team. There were many new milestones and qualifying times achieved. But the confidence and energy that came with fast swimming amongst friends sets us up nicely for the rest of the season.

## New Junior National Qualifying Times

Sophia Paduano 100 Back

## New Futures Qualifying Times

Sophia Paduano 200 Free

Kinley Baber 100 Breast

## New Sectionals Qualifying Times

Andrew Jamison 100 Breast

Ashlyn Bolyard 200 Free & 100 Free

Maddy Timson 100 Back & 200 IM

Nathan Weiner 100 Back, 200 Back & 50 Free

Kinley Baber 200 IM, 50 Free & 100 Free

Abby Stidham 200 Breast

Neo Glennon 50 Free & 100 Free

Reilly Eagan 200 Fly

Fia Boshart 100 Fly

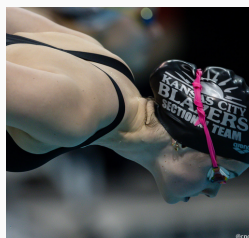
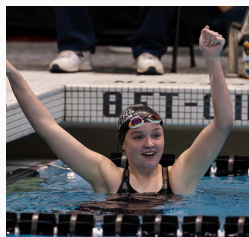
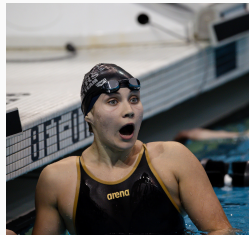
## Highlights

Annika Finzen 2nd place High Point

Sophia Paduano 3rd place High Point

**Woman's team 1st place** overall for the second year

**Blazers 4th overall** highest place finish in 5 years



# Practice Schedules

As the Holiday season is approaching we would like to provide the practice adjustments during the busy time of the year. Additionally, base practice schedule changes will be affected after Thanksgiving due to start of the Boys High School season. Please take a look at the schedules below. Group coaches will be sending weekly updates as well and will remind the changes. Keep an eye out for the information!

## Thanksgiving Week



## Winter Break



## New Base Practice Schedule



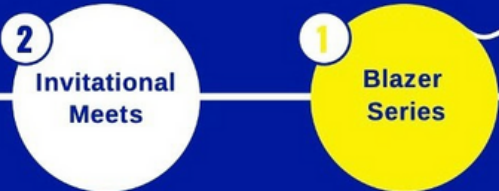


# ROADMAP TO COMPETITION

How each meet fits into my swimmer's season

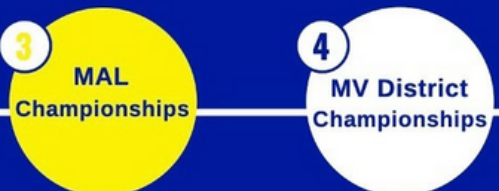


Local Meets



**1 Blazer Series**  
Series of local, low-key meets designed for swimmers in our Age Group I & II groups to help promote a positive and nurturing competitive experience for young and novice swimmers.

**2 Invitational Meets**  
Meets are selected in accordance with season training plans and every meet has different objectives. Swimmers are expected to attend meets as recommended by their coach.



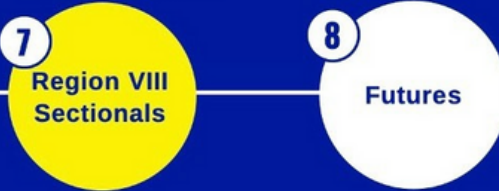
**3 MAL Championships**  
End of season meet for Age group swimmers not attending Championship meets. This meet is run as a Championship meet without time standards.

**4 MV District Championships**  
Swimmers who have achieved MVS SCY or LCM Districts time standards are eligible to enter in the events for which they have qualified and are eligible for up to two Bonus events. Events are Timed Finals.



**5 Missouri Valley Championships**  
Swimmers who have achieved MVS SCY or LCM Championship time standards are eligible to enter in the events for which they have qualified and are eligible for up to two Bonus events for which they qualify.

**6 Central Zones Age Group Championships**  
Swimmers who have achieved a 'AAA' Motivational Time Standard are eligible to be selected for an all-star team representing Missouri Valley. Swimmers compete individually in their qualifying events & relays as determined by the MoVal Zones Head Coach.



**7 Region VIII Sectionals**  
Swimmers who have achieved a Region VIII Sectional qualifying time standard for one or more events.

**8 Futures**  
A USA Swimming National level meet that serves as a stepping stone between Sectionals and Junior Nationals. For swimmers who have achieved a qualifying time standard for one or more events.

- ★ Junior Nationals
- ★ U.S. Open
- ★ Phillips 66 Nationals
- ★ Olympic Trials

LSC/Regional Championship Meets

Regional/National Meets



## SEASON MEETS

Swim meets are selected for each group and the team due to a variety of factors including, level of competition, training cycle, team cohesiveness, and location.

Best times do not always determine or define a swimmer's success; not every meet should have an expectation of best times or attaining a season goal. Given our training and/or development cycle, seeing swimmers implement technique changes in a race environment is always a success. When selecting events for swimmers, coaches will consider these factors. In developing well rounded swimmers we are always looking to balance challenging a swimmer with new events and with having them swim their favorite events.

**Blazer Series Intrasquad meets** are designed for swimmers in our Age Group I and Age Group II competitive training groups. We developed these meets to help promote a positive and nurturing competitive experience for our young and novice swimmers new to the world of competition. This series is built into the training plan for both groups to help foster a growth mindset towards competing by hosting low-key, local swim meets held in one session.

**Invitational Meets** are an important supplement to training. At these swim meets, build their racing skills, strategy (pacing). Swimmers can learn about their bodies - how to prepare for the races and how to recover in between races. Meets are selected in accordance with season training plans and every meet has different objectives. Swimmers are expected to attend these meets as outlined/recommended by their primary coach.

**MAL Championships** is an end of season meet for Age group swimmers not attending Championship meets. This meet is run as a Championship meet without time standards.

## MISSOURI VALLEY CHAMPIONSHIP MEETS

Championship meets for our KC Blazers are listed below. Each meet has a time standard necessary to be eligible to enter. These are qualifying meets and they are the culmination of all of your training, hard work and dedication throughout the season. If eligible, Blazers swimmers are expected to attend.

### MV DISTRICTS

District Championship meets are held twice a year; once for the Short Course season (prior to Champs) and once for the Long Course season (prior to Champs). The swimmer competes on an individual basis.

### MV CHAMPIONSHIPS

Champs meets are held twice a year; once for the Short Course season (end of February; 25 yard pools) and once for the Long Course season (end of July; 50 meter pools). The swimmer competes both on an individual basis and for club points. The club also organizes relay teams to compete for club points. Similar to districts, this swim meet has qualifying time standards which are harder to achieve than District Q time standards. Swimmers need to be consistent with their training and work hard to be able to achieve these time standards.

## USA SWIMMING REGIONAL & NATIONAL MEETS

### CENTRAL ZONES AGE GROUP CHAMPIONSHIPS

USA Swimming divides the 59 LSCs into four zones: Eastern, Central, Southern and Western. Like each LSC, each zone holds championship invitational meets at the end of the summer seasons for select age group and senior swimmers for LSCs within that zone. "Zones" are the zonal championship meets for age group swimmers. At Zones, each LSC compiles a team of its fastest age group swimmers to compete against other LSCs in the same zone, and these swimmers compete under the name of their LSC (not their clubs).

### REGION VIII SECTIONALS

USA Swimming divides the country into four Zones - Eastern, Western, Central and Southern - Like each LSC, each zone holds championship invitational meets at the end of the winter and summer seasons for select senior swimmers for LSCs within that zone. "Sectionals" are the zonal championship meets for senior swimmers and swimmers generally compete under their own club's name. The Sectionals meets do not have age specified qualification time standards. There is only 1 time standard for all ages in every event.

### FUTURES

A USA Swimming National Level meet that serves as a stepping stone between Sectionals and Junior Nationals.

### NATIONAL/JUNIOR NATIONAL CHAMPIONSHIP

This is one of the highest levels of competitive swimming. Swimmers must achieve specific time standards to attend the meet. From these meets, swimmers can be chosen for various national teams.





# Save The Date

## Swim-A-Thon

[CLICK HERE FOR INFORMATION](#)

November 17th, 2023

## Championship meets

### **MAL Championships**

*Feb. 2-4th*

### **MVS Districts Championships**

*Feb 9-11th*

### **MV Senior Champs**

*Feb 22-25th*

### **MV Age Group Champs**

*Feb 29th- Mar. 3rd*

Swim-a-Thon is Kansas City Blazers' single largest fundraiser. Prior to the actual Swim-A-Thon event, swimmers will obtain pledges either per lap or as a flat donation from family, friends, or neighbors. On the day of the event, swimmers swim as many laps as they can in 2 hours, with the goal of completing 100 laps or 200 laps.

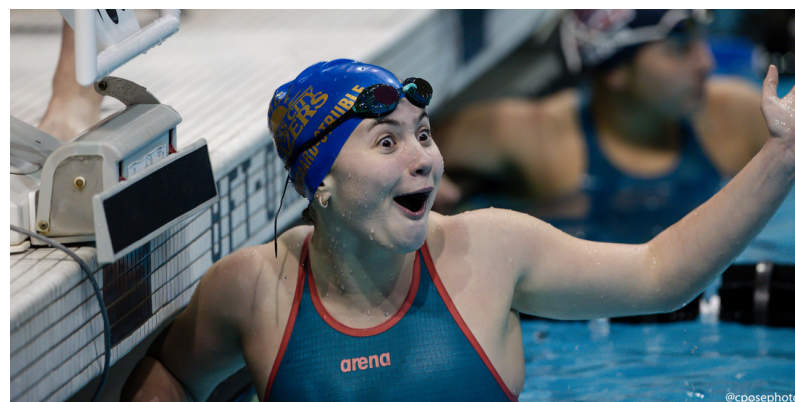
Our team keeps 95% of the funds raised. Funds raised go towards the basic needs of the team including increasing pool rental costs, training aids, coaches training, and swimmer rewards. The remaining 5% goes to USA Swimming to support nationwide initiatives including Coaches Clinics, Leadership Conferences, Make a Splash Foundation, and supporting the National Team Athletes and Coaches.

#### 2023 Fundraising Requirements

Age Group I & II: Responsible for \$100 in donations.

Junior II: Responsible for \$100 in donations.

Junior I, Senior, Pre-National & National: Responsible for \$150 in donations







## Parent Corner

Blazers, now more than ever we need your support! Our team is growing quickly and so are the number of opportunities for our club to host and run swim meets for athletes to race and continue to better their performance and experience overall! This is where YOU come in! Given our long-standing reputation for hosting well-run swim meets both on the local and regional level, consider becoming an official and help the Blazers continue to offer premier competitive opportunities that benefit our swimmers and the community!

## Message From Parent Board

The parent board is excited about the Blazer spirit and our season is off to great start. We have already competed in Columbia, Iowa City and Jenks. In these times of so much negativity let's keep the Blazer space a place of positive energy. We, the parents set the example for our kids to follow. We are here for our swimmers, to support and encourage them. We are not the coaches nor are we the swimmers. We are one team, and we cheer for everyone. " In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact."

The Blazers were founded 48 years ago on nine disciplines. The nine rays of the Blazer Logo are each dedicated to a personal trait that we as Blazers want to embody.

Excellence, Commitment, Discipline, Dedication, **Leadership**, Education, Passion, Loyalty, Eternal.  
Let's keep that Blazer Spirit alive.

### 5 Tips For A Supportive Parent



## Officials Update - Education

Thank you to all our new officials that have completed their training for Stroke and Turn and Admin Officials. Big shout out to Hui, Cathy, Kari and Libby for completing their training and welcome on deck! We cannot run meets without officials. This is a great way for parents to get involved and learn about the sport of swimming. The camaraderie and hospitality on deck is amazing. Our next hosted meet is the Winter Classic, feel free to shadow one of the pre lims sessions.





## Educational Information

As we continue with our season and championship season time is around it is important that we prepare as good good as we can. Educational Corner is for parents and swimmers.

### Caffeine & Athletic Performance

### Be Smart about social Media

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



## 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](#)

## Missouri Valley Swimming

LSC



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

[MoVal Swimming](#)

## Our Proud Partnerships:



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