

Kansas City Blazers Newsletter

NOVEMBER 2025



Committed to excellence since 1975



Kansas City Blazers

2025-2026 SEASON

Messege From Head Coach GEORGE ADCOCK



The weather has now decided that we have started Winter. The winter months are always so full of busy swimming activities. So far 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 Columbia, Iowa and Jenks in the last few weeks.

As coaches we are so excited about the development of our athletes, groups, and the team. While we are already swimming fast, we can see areas for improvement and growth. We have also welcomed Eric Paden to the coaching staff and look forward to seeing his influence with the athletes as we move through the rest of the Short Course season.

We are all excited for a couple of home meets here in the upcoming months. It's going to be great to be able to host some exciting meets here in Lenexa. Our athletes have already set a great foundation, and it is now time to see how far we can push and build off that base. 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 Winter Break 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.

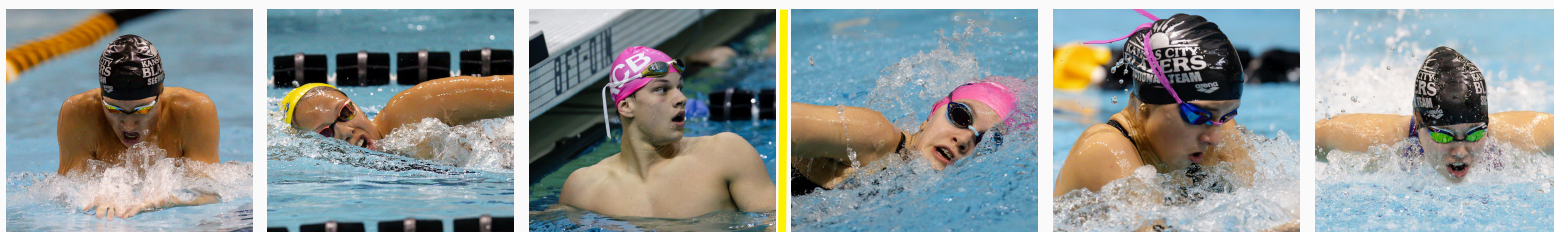
"The strength of each team is the individual member. The strength of each member is the team."

- Phil Jackson -

George Adcock

Blazer Highlights

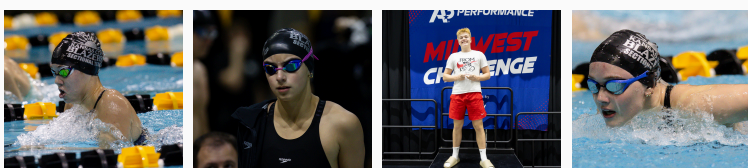
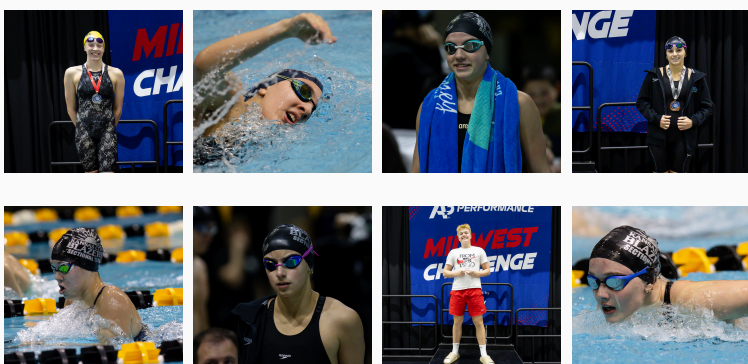
THE BLAZERS ARE CONTINUOUSLY PERFORMING FAST AND STRONG! CHECK OUT LATEST SEASON HIGHLIGHTS AND FIND MORE INFORMATION ABOUT THE 2025-2026 SEASON



A3 Midwest Challenge

*Iowa City, IA
Oct. 31st - Nov. 2nd*

The Kansas City Blazers showed up and showed out on our annual trip to Iowa City competing in the A3 Midwest Challenge! Overall, the team finished in third place, our first top-3 finish in a couple years! The girls team finished second and the boys had a fantastic showing, finishing 15th in an absolutely stacked field! As a team we had six top-3 finishes, 17 top-8 finishes, 20 top-16 finishes and 18 top-24 finishes. Swimmers from the National group, the Pre-National group and the Junior I group all contributed to scoring points for our team to help secure our top-3 team finish! Just a fantastic weekend of swimming and a great experience for our athletes as we head into the middle third of our season!



JTSC Gobbler

*Jenks, OK
Nov. 7th - 9th*

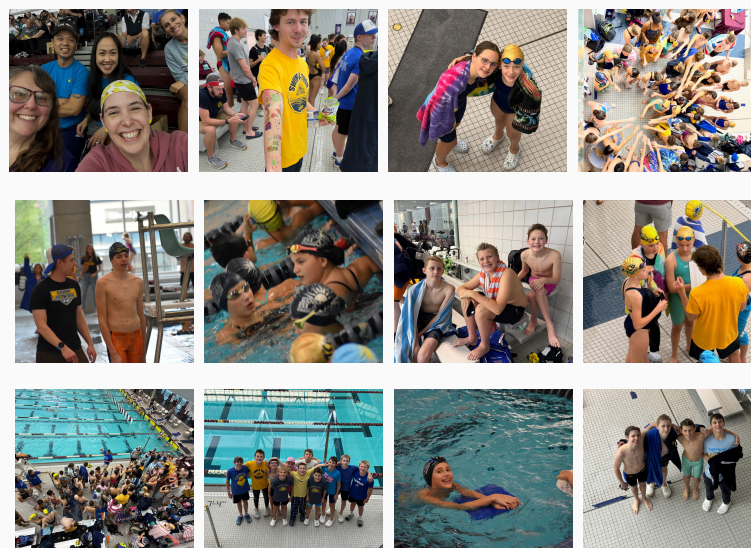
We had an amazing meet down in Jenks, Oklahoma. The energy was through the roof and the proof is in how fast we swam, how loud we cheered, and our overall attitude throughout the meet. With thirteen top three finishers in finals and coming home with three of our athletes being High Point Winners, as well as two more swimmers joining the Under One Minute Club for their swims in the 100 Freestyle. We want to thank those of you who make swimming at these meets possible, to our officials, timers, and all our other volunteers. Thank you to our parents who are so incredibly dedicated to seeing your children happy, healthy, and competing to the best of their abilities. With this meet now behind us we are eager to see what will happen at our upcoming meets and rest of the season!

High Point Winners:

10&Under Girls: Zoey Timson

10&Under Boys: Landon Hartman

11-12 Boys: Grant Hartman



Under 60 sec Club

Swimmers breaking 1min in a 100 for the First Time



Freestyle:

Luke Agre	Felix Lee
Graeme Ashley	Sami Morffi
Asher Bond	Bennett Rauscher
Turner Bruce	Jack Rider
George Ellsworth	Cole Stolte
Serena Hong	Henry Tritsch
Declan Joswara	Ryker Walter

Butterfly:

Abe Korte

Backstroke:

Bryan Branstrom

ROADMAP TO COMPETITION

How each meet fits into my swimmer's season



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.

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.

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.

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.

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.

7

Region VIII Sectionals

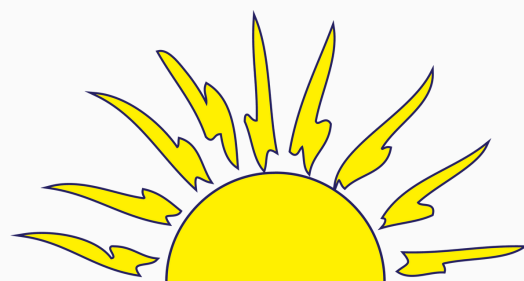
Swimmers who have achieved a Region VIII Sectional qualifying time standard for one or more events.

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



KANSAS CITY BLAZERS

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

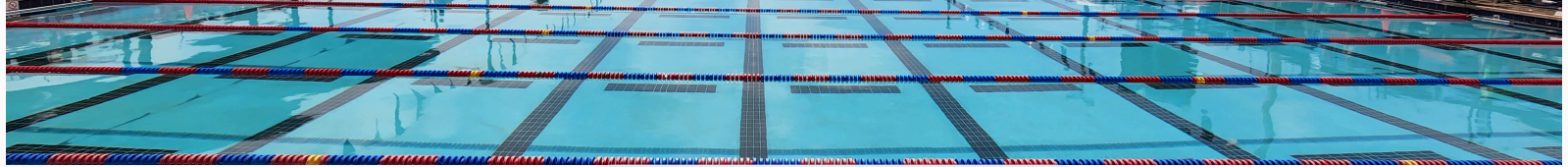
USA Swimming divides the country into four Zones - Eastern, Western, Central and Southern - Like each LSC, each zone holds championship invitational meets at the end of the winter and summer seasons for select senior swimmers for LSCs within that zone. "Sectionals" are the zonal championship meets for 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.



2025-2026 Season

Upcoming Swim Meets

November 21: CNS Gobbler (Gladstone, MO)

no longer accepting entries

December 5-7: Frosty Frolic (Topeka, KS)

no longer accepting entries

December 5-7: Midwest Winter Classic (Lenexa, KS)

no longer accepting entries

December 10-13: Speedo Winter Junior Nationals (Austin, TX)

December 14: Future Stars 10 & Under Meet

Deadline: November 26



Mark Your Calendar Now

February 13-15: MVS District Championships (Topeka, KS)

February 26-March 1: MVS Senior Championships (Lenexa, KS)

March 5-8: MVS Age Group Championships (Lenexa, KS)

March 12-15: Region VIII Sectionals (Columbia, MO)

March 31-April 4: ISCA Elite Showcase (St. Petersburg, FL)

Save The Date

December 17th, 7-9PM

Annual Team Bowling Party

Cost: \$25 per person (includes pizza, soda,
and 2 hours of bowling!)

Registration opens Friday, November 21st



Thanksgiving Schedule

[Click Here to view](#)



Winter Break Schedule

[Click Here to view](#)



IMX / IMR Information

From USA Swimming Website: "IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region, and yes, even across the USA!"

"IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much?"

Then start getting 'IM Ready' by swimming shorter distances and keeping track of your improvements"

If you are interested to see the specific events for IMX and IMR in your swimmer's age group you can [find the list here](#).



&



Below, we've listed the line-up by age groups.

10&Under

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-12 Year Olds

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13&Over

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances.

10&Under

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12 Year Olds

500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13&Over

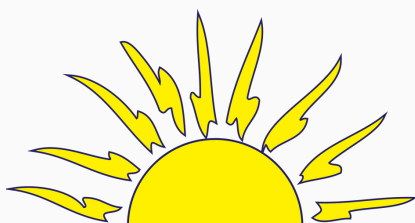
500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Why Do the Blazers Focus on IMX/IMR

Not only is IMX/IMR a great way to see how swimmers compare to other swimmers in their age group, it is also a great evaluating tool for us coaches. We believe in developing well rounded swimmers that can compete in an array of strokes and distances. Using the IMX/IMR events, we coaches can evaluate how well our swimmers are implementing the skills we are teaching in practice. We can look for patterns, either with times or with common mistakes our swimmers are making with their technique.

IMX/IMR events also encourage swimmers to step out of their comfort zone and try new events. Swimming the 400/500 Free, the 200/400 IM, or the 100/200 Fly can seem overwhelming for kids, but using the IMX/IMR events provides us an opportunity to try them. When swimmers know they are working towards completing a specific goal it helps focus and guide them during practices.

Additionally, all Blazer swimmers who complete IMX or IMR will receive a bag tag to represent their achievement.





Parent/Swimmer Corner

What to expect at the swim meet

[CLICK HERE FOR INFORMATION](#)

Swim Meet Information

[CLICK HERE FOR INFORMATION](#)

Swim Meet Reminders:

Parents are **NOT** allowed in the hallway leading to the pool deck or on the pool deck at any time unless they are volunteering for that session.

Parents are **NOT** allowed to take pictures or videos from behind the blocks, and this includes the glass windows above the pool. If the officials see it happening, they will ask for it to stop and if it becomes a persistent problem, the person breaking the rule will be asked to leave.

Parents are **NOT** allowed in the locker rooms during meets. The locker rooms are for **athletes ONLY**.

Athletes the path we ask you to take:

- Be coachable (Curious). This applies to athletes, parents and coaches.
- Care for your environment. Be a fountain (Attitude/Leadership) Do your actions/attitude/words make your environment better for all?
- Try to be better than yesterday. (Effort) Honor your dreams and goals, by taking a step towards them everyday. No one can stop you from taking that step, as it is only yours to make.
- Understand that “there’s no failure in sports, it’s not failure it’s steps to success (*Giannis Antetokounmpo - Video*)
- Analyze reasons, don’t make excuses, then make changes. (Honesty/Responsibility)

Articles to read & Videos to watch

[Caffeine & Athletic Performance](#)

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

[Be Smart about social Media](#)

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

What To Wear during a swim meet:

[Article #1](#) ; [Article #2](#)

[Video: Not Good Enough](#)

Qualification Standards

The USA Swimming Motivational Time Standards

[Click Here to View](#)

These time standards can be used to set goals and to evaluate in which events your swimmer excels. Additionally, the AAA times are the time standards used for the Central Zone Meet which will be held in August.

The Missouri Valley Championship Meet Time Standards

[Click Here to View](#)

For the 14 and unders, there will be both a District Meet and a Champs Meet this spring. For the 15 and overs, there will be a separate Senior Champs Meet.

The Region VIII Sectionals Time Standards

[Click Here to View](#)

Region VIII Sectionals will be held in Columbia, MO in March. This is one level beyond Champs and is typically attend by athletes who are 13 and over, although anyone with the qualifying times can attend.

The ISCA East Coast Elite Showcase

This meet is held in St. Petersburg, Florida in early April for 14&Under athletes. Time Standards for this meet can be found in the meet information:

[Click Here to View](#)

The meet is highly recommended for anyone with qualifying times. This is a great experience for swimmers as they have an opportunity to be part of a high level meet and see swimmers across whole USA and even few international competitors.



Parent/Swimmer Corner

Officials



Junior Officials

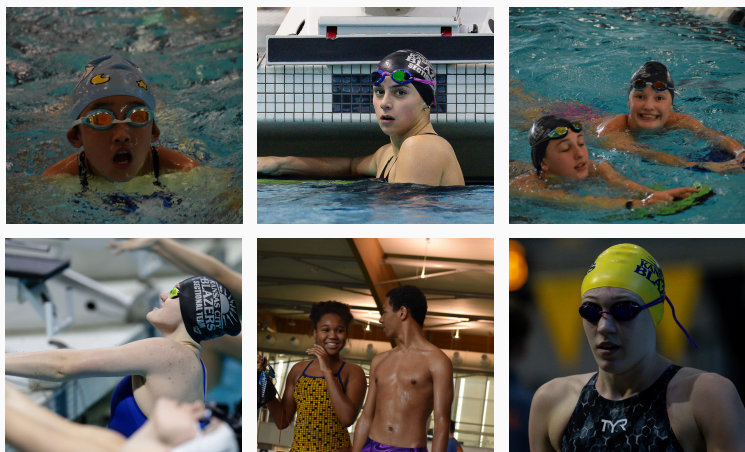
Congratulations to **Andy Buchwitz** and **Ronnie Benford** for becoming the Blazers first Junior Officials! Any 16 or 17-year-old can become a Junior Official by completing required training. Junior Officials learn the responsibilities of a Stroke & Turn official and serve as a leader and role model for 12 & Under swimmers. If you are interested, please reach out to Bill Gazda at gazda21@icloud.com

Officials

WHY BECOME A USA SWIMMING OFFICIAL?

Officials have the best deck position for watching everyone swim. Officiating is an easy way to satisfy your volunteer obligation. Officials get other perks too such as free meals during the meet and access to printed heat sheets! No swimming experience is required to become a USA Swimming official! For more information contact Bill Gazda (gazda21@icloud.com).

How to Become an Official



New Blazers Store

Our new store is officially open in partnership with Elsmore Swim Shop! Order your holiday team spirit wear now.

Additionally, you can order Team suit, all the necessary equipment for practices and a lot more!



Check it out:

Elsmore Swim Shop

ELSMORE
SWIM SHOP



Blazers Pink Caps



Breast Cancer Awareness Silicone Caps Are In! All profits will be donated to the **KC Pink Warriors**. Quantities are limited!
ORDER NOW!

Thank you Blazers!!

We're grateful to everyone who contributed canned goods to support Feed the Need as part of the Swmsgiving Blazers Series.

Thanks to your generosity, the Blazers assembled 9 holiday meal kits for families in need and collected over 100 additional canned goods to donate to the local shelter. Together, we've made a meaningful difference in our community.

Additional Content

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!

Volunteering

2025-2026 SEASON

Please visit our [Volunteer Page](#) for more information on your Volunteer Requirements.

Volunteers will be needed for any Blazers hosted meets. Descriptions of the Volunteer Positions can be found [here](#).

To check your outstanding volunteer hours, login to Sports Engine. Then choose My Account, Account Information and scroll to the Service Hours Tab.



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:



Get Your Gear

ELSMORE SWIM SHOP

Don't forget to get your Blazer's Team Suit and equipment! TeamStore is ready - [Elsmore Swim Shop](#)

