



Upcoming Meets and Events

Summer Age Group Champs

July 11-13th, Qualifiers only
Santa Rosa, CA

Senior 2 Prelims/Finals

July 18-19th, Qualifiers only

Summer LC Sectionals

July 18-21st, Qualifiers only
Novato, CA

Western Zone AG All Stars

August 6-9th, Qualifiers only
Elk Grove, CA

**Upcoming
Meets**

Nutrition

**Birthday
Shoutouts**

**Championship
season tips**

**High School
Season Recap**

Pre-Meet Meal

Before a swim meet, athletes should focus on eating a balanced meal that provides sustained energy, hydrates the body, and supports muscle function. A good pre-meet meal should be rich in complex carbohydrates, like whole grains, to fuel the body, moderate in lean protein for muscle repair, and include healthy fats. It's important to avoid heavy or greasy foods, as they can cause sluggishness. Ideally, the meal should be eaten 2–3 hours before the event to allow for digestion and optimal performance.

Egg and Spinach Breakfast Wrap

- 2 large eggs (or egg substitute)
- 1 cup fresh spinach, chopped
- 1 whole wheat wrap (or wrap of your choice)
- 2 tablespoons cheese of your choice
- ½ sliced avocado
- Salt and Pepper to taste

Sauté spinach in a pan with olive oil for about 2 minutes, add in eggs and scramble. Add in salt and pepper to taste. Warm your wrap of choice up and add scrambled eggs, spinach, cheese and avocado. Fold together the wrap and enjoy!

Pre-Practice Snacks

The best pre-practice snacks for swimmers should provide quick and easily digestible energy, especially carbohydrates, along with a moderate amount of protein. Ideally, you want a snack that can fuel your workout without making you feel too full or sluggish. Here are some great options:

- Turkey and cheese wrap
- Banana and nut butter sandwich
- Tuna and crackers

(all snacks can be made with substitute ingredients of your choice)

Try to have your pre-practice snack about 30–60 minutes before your workout to give your body time to digest and absorb the nutrients!

Post-Practice Meals

After a swim practice, refueling properly is important to help your body recover, replenish energy stores, and repair muscles. The best post-practice meals for swimmers should focus on a balance of carbohydrates, protein, and healthy fats.

Grilled Chicken Rice Bowl

Ingredients:

- 1 cup cooked brown rice or quinoa
 - 4–6 oz grilled chicken breast (or tofu for vegetarian option)
 - 1 cup steamed broccoli florets
 - ½ cup sliced carrots
 - ½ cup chopped red or yellow bell pepper
 - 1–2 tbsp olive oil or tahini dressing
 - Salt, pepper, and lemon juice (to taste)
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- Cook your grain, prepare brown rice or quinoa according to package instructions. Grill the chicken or your protein of choice: Season with salt, pepper, garlic powder, and a touch of paprika or lemon zest. Grill or pan-cook on medium heat until fully cooked (internal temp of 165°F / 74°C for chicken). Steam the veggies until just tender but still vibrant (5–7 min). Assemble the bowl: Start with a base of rice/quinoa, add the grilled chicken (sliced), top with steamed veggies. Optional Toppings: sliced avocado, sesame seeds or pumpkin seeds, fresh herbs like parsley or cilantro, or a dash of hot sauce or lemon-tahini for an extra flavor
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MAY-JUNE BIRTHDAY SHOUTOUTS



KRISHA, ERIC, JONATHAN, LAURA, DANIELA,
ERIK, AVANEESH, JEFFREY, KENNETH,
PRISCILLA, CAITLIN, CLOVIS, ARA, ISHAAN,
SIDDH, QUINTUS, AARUSH, MAX, ARIA,
ANHQUAN, AKASH, JAKE, SHRUTHI, JOAQUIN,
KAYSTEN, JAYLEN, AK, ABBY, TYLER, AAKASH,
MASON, CALEB, THOMAS, VIHAAN, EMMA,
ETHAN, NATHAN, ALYSSA, CAYDEN, KAEDEN,
LUCAS, AMBER, ZARAAN, ARIANNA, AURIK,
KRITI, NATHANIEL



LOOKING TOWARD CHAMPIONSHIP SEASON WRITTEN BY COACH KYLER

Age Group Champs is less than week away. Sectionals are only 2 weeks away. Our championship prelim/finals meets will be here before we know it. Let's make sure we are attending practices and doing everything we can to set our swimmers up for success! Below are some tips and tricks for championship meet success.

Most swimmers do not have the luxury of coasting prelims to qualify for finals so it's important to be ready to swim fast in the morning.

1st Tip: They'll help for non championship meets too!

Tips and Tricks for Prelim Success:

- 1. Stretch/foam roll before going to sleep the night prior.**
 - **Stretching before bed can help you wake up feeling just a little bit better and a little bit looser, starting the day off on the right foot.**
 - 2. Go to bed earlier, get up earlier.**
 - **Shift your sleep schedule 30 minutes earlier, but be sure to account for stretch time too.**
 - 3. Take a warm shower to get body temperature up, then keep your core warm.**
 - **This is a tip I stole from Michael Phelps. In the 2008 Beijing Olympics, finals were happening at 10AM local time to air at prime time. This was one of his tips for being ready to swim his best.**
 - 4. Be on time for team warm up!**
 - **A longer warm up will help you wake up and be ready to go.**
 - 5. Attend Saturdays and morning practices.**
 - **Going fast in the morning is a skill. It can be practiced and developed by doing it. Try your best in morning and Saturday practice, and never say "I can't go fast, its too early"**
 - 6. Develop a pre-meet routine.**
 - **Consider developing your pre-meet routine. What time you get up, what you eat, how you dress, what music you listen to can all be part of your routine. However, don't be afraid to change it as you grow as a person and swimmer.**
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YOU'VE MADE FINALS, NOW WHAT?

1. LONG WARM DOWN.

- **A LONG WARM DOWN IS ESSENTIAL TO FEELING GOOD FOR FINALS OR THE NEXT DAY'S SWIMS. WARMING DOWN HELPS THE BODY FLUSH LACTIC ACID THAT THE BODY PRODUCED DURING THE RACE. WHEN IT COMES TO WARM DOWN LENGTH IT'S BETTER TO BE SAFE THAN SORRY. YOU WON'T KNOW IT WASN'T ENOUGH UNTIL YOU FEEL IT LATER AND THEN IT'S TOO LATE. WARM DOWN IS IMPORTANT NO MATTER THE LENGTH OF THE RACE. "BUT IT WAS ONLY A 50" IS OFTEN SAID BY SWIMMERS, BUT THE SHORTER RACES CAN ACTUALLY BUILD MORE LACTIC ACID DUE TO THE INTENSITY AND RELIANCE ON ANAEROBIC ENERGY.**

2. HAVE A HEALTHY MEAL.

- **PICK SOMETHING THAT IS LIGHT AND WON'T SIT HEAVY IN YOUR STOMACH. MAKE SURE TO HAVE SOME PROTEIN. THE BODY TAKES ABOUT 3-4 HOURS TO GET ENERGY OUT OF THE PROTEIN YOU EAT WHICH MAKES IT IDEAL BETWEEN SESSIONS RATHER THAN AT THE MEET.**

3. TIME AND LOCATION PERMITTING RETURN TO THE HOTEL OR HOME.

- **MAKE YOUR ROOM DARK AND COOL AND TAKE A NAP. MAKE SURE ITS NOT TOO LONG AND THAT YOU'RE UP AND MOVING AN HOUR BEFORE LEAVING FOR THE POOL. THIS TAKES SOME TRIAL AND ERROR AND LEARNING YOUR BODY. AIM FOR NAP LENGTH THAT MAKES YOU FEEL RESTED BUT NOT GROGGY.**

TIME AND LOCATION NOT PERMITTING:

- **FIND A SHADY SPOT NEAR THE POOL AND TRY TO GET COMFORTABLE FOR A SHORT NAP. PUT A TOWEL OR SHIRT OVER YOUR EYES OR WRAP YOURSELF IN YOUR PARKA.**

REPEAT SOME OF THOSE PRELIM TIPS IF POSSIBLE.

MAC Swimmers at SCVAL , MVAL and CCS Championships

MAC WAS WELL REPRESENTED AT THE SCVAL EL CAMINO CHAMPIONSHIPS WITH 18 MAC SWIMMERS SCORING POINTS FOR THE MILPITAS HIGH SCHOOL SWIM TEAM.

SCVAL RELAYS

FRESHMAN SPENCER LIU AND FORREST LIN JOINED JUNIOR JUSTIN LI IN LEADING THE VARSITY BOYS 200 MEDLEY RELAY TO A SECOND PLACE FINISH.

SPENCER HELPED THE VARSITY 200 FREE RELAY TO A 2ND PLACE FINISH AND BOTH JUSTIN AND FORREST CONTRIBUTED TO A 4TH PLACE FINISH IN THE VARSITY 400 FREE RELAY.

ELLAH GONG AND AN NGUYEN HELPED THE VARSITY GIRLS 200 MEDLEY RELAY TO A 5TH PLACE FINISH. ELLAH AND AN ALSO LED OFF (GOING 1ST AND 2ND RESPECTIVELY)

THE VARSITY 400 FREE RELAY WITH ELLAH SPLITTING A 56.6. THE 400 WAS ANCHORED BY ANOTHER MAC SWIMMER, FRESHMAN AARUSHI KULKARNI TO SCORE 4TH.

ON THE JV RELAYS AARNAV BHAT HELPED THE TROJANS TO A 2ND PLACE FINISH IN THE 200 FREE RELAY. JARED WONG HELPED THE BOYS 400 FREE RELAY FINISH 2ND. NEFERTITI YITAMBEN HELPED THE JV GIRLS PLACE 3RD IN THE 200 FREE RELAY AND 4TH IN THE 400 FREE RELAY.

SCVAL INDIVIDUAL EVENTS

FOR THE VARSITY GIRLS, SENIOR AN NGUYEN SCORED A TOTAL OF 26 POINTS, FINISHING 5TH IN THE 200 FREE AND 7TH IN THE 500 FREE. AVARY MORAN FINISHED 12TH IN THE 100 BREASTSTROKE. AARUSHI KULKARNI FINISHED 7TH IN THE 200 FREE AND 8TH IN THE 100 BREAST SCORING A TOTAL OF 23 POINTS. ELLA GONG FINISHED 5TH IN THE 200 IM AND 5TH IN THE 10 FLY TO SCORE 28 POINTS.

THE FUTURE IS BRIGHT FOR THE MILPITAS VARSITY BOYS TEAM WITH INDIVIDUAL SCORING LED BY FRESHMEN FORREST LIN AND SPENCER LIU WHO EACH SCORED 30 POINTS FOR THE TROJANS. SPENCER PLACED 5TH IN THE 200 FREE AND 4TH IN THE 100 BACK. FORREST PLACED 5TH IN THE 200 IM AND 4TH IN THE 100 BREASTSTROKE. JUNIOR JUSTIN LI ADDED 27 POINTS TO THE TEAM, PLACING 5TH IN 100 FLY AND 6TH IN THE 100 BREAST. SOPHOMORE KEREM BAKMAZ ADDED 21 POINTS TO THE TOTAL WITH A 10TH PLACE FINISH IN THE 200 FREE AND 5TH PLACE IN THE 100 BACKSTROKE. KEREM'S 100 BACK FEATURED A SPECTACULAR DOUBLE DIP, GOING A BEST TIME IN PRELIMS BY 1.1 SECONDS AND THEN DROPPING ANOTHER .51 SECOND IN FINALS FOR A TOTAL OF A 4.33 SECOND DROP DURING THE HIGH SCHOOL SEASON. SOPHOMORE COREY YIU SCORED A TOTAL OF 14 POINTS WITH A 9TH PLACE FINISH IN THE 500 AND 12TH IN THE 100 BACK. ROUNDING OUT OUR SCORING WERE SENIORS VARUN UDUPA AND ERIK WALTERSCHEIDT. ERIK FINISHED 14TH IN THE 500 FREE, SCORING 3 POINTS. VARUN FINISHED 15TH IN 200 IM EARNING THE TEAM 2 POINTS. THESE CONTRIBUTIONS REPRESENTED THE BULK OF THE VARSITY BOYS TEAMS POINTS AND HELPED THEM TO A SECOND PLACE TEAM FINISH.

FOR THE JV GIRLS SCORING WAS LED BY JV MVP, FRESHMAN NEFERTITI YITAMBEN, WITH A TOTAL OF 32 INDIVIDUAL POINTS. NEFERTITI PLACED 3RD IN BOTH THE 200 FREE AND 100 FREE. ZURI DEV, ALSO A FRESHMAN, CONTRIBUTED 20 POINTS WITH AN 11TH PLACE FINISH IN 50 FLY AND 5TH IN THE 100 BACK. JUNIOR JANVI BALAKRISHNAN SCORED 10 POINTS WITH A 10TH PLACE FINISH IN THE 100 IM AND 14TH IN THE 100 FREE.

ON THE JV BOYS LEVEL, FRESHMAN JERED WONG SCORED 28 POINTS WITH A 4TH PLACE FINISH IN THE 100 IM AND 6TH IN THE 100 BREAST. FRESHMAN ADRIAN NGUYEN SCORED 26 POINTS, 5TH IN THE 200 FREE AND 7TH IN THE 100 FREE. FRESHMAN RYAN CAO AND VISHV DHANRAJ CONTRIBUTED 17 AND 16 POINTS RESPECTIVELY. RYAN FINISHED 15TH IN THE 50 FREE AND 5TH IN THE 100 BREAST. VISHV FINISHED 9TH IN THE 100 BACK. THE JV BOYS TEAM ALSO FINISHED IN 2ND PLACE BEHIND MOUNTAIN VIEW.

MAC SWIMMERS AT WCAL

BOTH DANIELA BUCKALLEW AND YISIN LIM COMPETED FOR SAINT FRANCIS HIGH SCHOOL AT WCAL CHAMPIONSHIPS. DANIELA HELPED THE LANCERS 200 MEDLEY RELAY TO A 3RD PLACE FINISH AND CCS QUALIFICATION. SHE ALSO CONTRIBUTED WITH A 10TH PLACE FINISH IN THE VARSITY 100 FLY AND A 7TH PLACE FINISH IN THE VARSITY 100 BACKSTROKE. BOTH SWIM WERE NEW LIFETIME BESTS! FRESHMAN YISIN LIM COMPETED IN THE VARSITY 50 FREE AND VARSITY 100 FREE FINISHING 15TH AND 9TH RESPECTIVELY.

ON THE BOYS SIDE, DYLAN TAI COMPETED FOR BELLARMINE AND JEFFERY TAN COMPETED FOR VALLEY CHRISTIAN. DYLAN CONTRIBUTED A 7TH PLACE FINISH TO BCP IN THE VARSITY 100 BACK WITH A NEW LIFETIME BEST. JEFFERY SCORED POINTS FOR THE WARRIORS IN THE VARSITY 200 IM (14TH PLACE) AND THE VARSITY 100 BACK (12TH PLACE). BOTH OF JEFFERY'S SWIMS WERE NEW LIFETIME BESTS.

CCS

THREE MAC SWIMMERS EARNED INDIVIDUAL CCS QUALIFYING TIMES AND ALSO HELPED QUALIFY ALL THREE RELAYS FOR MILPITAS HIGH SCHOOL. JUSTIN LI COMPETED IN THE 100 FLY FINISHING 28TH. FORREST LIN SWAM THE 100 BREAST IN A VERY COMPETITIVE FIELD AND FINISHED 24TH. SPENCER LIU COMPETED IN THE 100 BACK FINISHING 15TH IN PRELIMS AND EARNING A FINALS SWIM WHERE HE PLACED 16TH.

THE 200 MEDLEY RELAY CONSISTING OF SPENCER, FORREST, JUSTIN, AND FORMER MAC SWIMMER KAI PHAM FINISHED 14TH IN PRELIMS AND 16TH IN FINALS.

KEREM BAKMAZ COMPETED AS PART OF THE 200 FREE RELAY WHICH FINISHED 39TH.

FORREST AND SPENCER FORMED THE BACK HALF OF MILPITAS'S 400 FREE RELAY SPLITTING A 49.77 AND 50.7 TO EARN A 24TH PLACE FINISH.

MVAL CHAMPIONSHIPS

OUR MAC SWIMMERS HAD A STRONG SHOWING AT THE 2025 MVAL SWIMMING CHAMPIONSHIPS, REPRESENTING AMERICAN, IRVINGTON, AND MISSION SAN JOSE HIGH SCHOOLS. OUR SWIMMERS ACHIEVED OVER 40 PERSONAL BESTS OVER THE COURSE OF THE 2 DAYS. IN ADDITION, WE SAW JOSEPH MIAO WIN THE 200 IM AND FINISHED SECOND IN THE 100 BREAST. TYLER ANGWIN PLACED SECOND IN BOTH THE 200 IM AND THE 100 FREE. SHANAY VERMA TOOK SECOND PLACE IN THE 50 FREE AND THE 100 BACK. IZZY LAM FINISHED THIRD IN THE 100 FREE. EMILYA ASATRYAN TOOK THIRD PLACE IN THE 500 FREE.

MVAL RELAYS

MAC CONTINUED THEIR SUCCESS INTO THE RELAY EVENTS AS WELL WITH JAKE KO AND IZZY LAM PARTICIPATING IN WINNING RELAYS. MANY OF THESE SWIMMERS QUALIFIED TO COMPETE AT THE NORTH COAST SECTION CHAMPIONSHIP THE FOLLOWING WEEK. OUR TOP PERFORMANCE OF THE WEEKEND CAME FROM IZZY LAM COMPETING IN BOTH THE 200 MEDLEY RELAY AND 200 FREE RELAY HELPING HER RELAY TEAM TO WIN THE B FINAL FOR BOTH EVENTS. IN THE 200 FREE RELAY IZZY, ALONG WITH 2 FORMER MAC SWIMMERS ACHIEVED THE CIF STATE CONSIDERATION QUALIFYING STANDARD FOR THE 200 FREE RELAY.

