



# SMAC TALK

DECEMBER 2023

## **NOVEMBER GOT GOBBLED UP!**

December is here and we didn't even realize it! We hosted a meet at the rec center and had a TON of first swim meets happen for many of our Stroke School swimmers. Great job guys! We are so proud of you! This month, we've got a lot going on, so please look at the reminders and key dates to ensure you don't miss anything!

## **NEWS AND REMINDERS**

**Gourd Time Gathering:** SMAC hosted our first meet of the season at the Waynesville Rec Center and it was awesome! We had 3 other teams there and new swimmers got to see how a USA swim meet works. Many of the Bronze/Silver/Gold swimmers also came out of the meet with new best times and the coaches couldn't be more proud of all the hard work they've been putting in!

**Optional Clinics for Bronze, Silver, & Gold:** Every Saturday, we have been hosting the optional clinics from 10-11am for Bronze/Silver/Gold groups. The topics have covered starts, flipturns, breaststroke, and allows the kids to get some more practice with some of the more difficult skills we may not have time to fine tune at practice. If you can bring your swimmers, it would really benefit them. We'd love to have more swimmers regularly attending.

**Christmas Parade on 12/4:** SMAC will be participating in the Waynesville Christmas Parade on 12/4 at 6pm. We have sent out a sign up to see who is going and we'd love to have as many people attend as possible! Meet up at Waynesville Middle School at 5:30pm and wear SMAC apparel!

**SMAC Holiday Party on 12/15:** We will be having a holiday party on 12/15 at the rec center from 5:30-7:30pm with food from 5:30-6:00pm and the swimmers can use the water park from 6-7:30pm. We have rented out the pool and it will only be SMAC swimmers! During this time, we also ask that anyone that can help us set up for the meet the next day please do so.

**"It's SMAC Time" T-shirt Pick Up:** If you ordered the "It's SMAC Time" shirt and have not picked up and paid for your order, please see a coach or board member on deck to pick up.

## **DECEMBER KEY DATES:**

**Monday, 12/4:** Christmas Parade

**Friday, 12/8:** Registration deadline for Snowky Mtn Invite

**Friday, 12/15:** Christmas Party

**Saturday 12/16-Sunday, 12/17-** Snowky Mtn Invite

**Monday, 12/25-Wednesday, 12/27-** NO PRACTICE. Rec Center closed for holiday

## ATHLETE SPOTLIGHT



### Ella Mason

This month, our athlete in the spotlight is Ella Mason. She swims with the Bronze group and has been demolishing her times this year! We look forward to seeing how she keeps improving!

**Favorite Food:** Spaghetti and Meatballs  
(but mostly candy)

**Favorite Color:** Blue

**Favorite Activity Out of the Pool:**  
Running

**Favorite Swim Event:** 50 Backstroke

**Favorite SMAC Memory:** Purple vs.  
Green (She loves competition!)

## SPONSOR SPOTLIGHT

The Frog Level Brewing company has been a proud local business supporter of SMAC for several years. Purchased in 2020 by longtime SMAC parents, Frank (board member) and Julia Bonomo, Frog Level Brewing is a favorite place for team gatherings and swim board meetings. The brewing company features an array of on-site crafted beers, seasonal menu items, weekly live music, and local artists displayed throughout the historic building. “Frank and I are very proud to be able to support the Smoky Mountain Aquatic Club through Frog Level Brewing. Three of our 4 daughters have been members of the swim team. We initially joined the team back in 2014 as Summer SMACers. Our youngest, Lucie, is still swimming competitively as a member of the Gold group.” GO SMAC!

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