



# SMAC TALK

MARCH 2024

## **MARCHING INTO CHAMPS SEASON!**

After an exciting February, SMAC is now entering the second phase of the championship season. We've got a lot of events coming up this month, so mark off your calendars!

## **NC CHAMPIONSHIP MEETS RECAP**

Over the weekend of February 16-18 at NC Age Group Champs, Ian Wilkinson (11) competed in the 50/100 Fly, 50/100 Breast, 50/100 Back, and the 200 IM. The meet highlights were him finishing 2nd in the 100 Fly and 5th in the 50 Fly, 6th in 100 Breast, and 7th in the 50 Back out of **ALL** 11 year olds in NC! Awesome job Ian!

The following weekend, Jaden Gibson (15), Reagan Wilkinson (17), and Luke Gonzales (18) competed at NC Senior Champs.

Jaden competed in the 1000, 200, 100, & 50 Free, 100 Fly, and the 100 Back. Her craziest swim came in the 1000 Free when she went 2 best times in the same race by going a best time in the 500 at the halfway mark!

Luke swam the 50, 100, & 200 Free as well as the 100 & 200 back and the 100 Fly. Luke had a great meet as well and looks toward ISCA at the end of the month to kick some more butt!

Reagan competed in the 100 IM, 50, 100, & 200 Free, and 100 Fly. He swam to best times in all of his events and came away with his first ISCA cut in the 50 free!

SMAC will be sending Luke Gonzales, Reagan Wilkinson, Jaden Gibson, Mia Lombardo, and Ian Wilkinson to the ISCA National championships in St. Petersburg, FL at the end of the month where they will represent SMAC and Waynesville!

## **QUALIFYING TIMES AND CHAMPS MEETS?**

If you have been reading these newsletters and have been curious about what championship meets are and how they work, no worries! There are a lot of things to keep track of in swimming and one of them is qualifying times!

Championship meets mean that your swimmer must swim faster than the qualifying time to enter the meet. (i.e. Billy's 50 free time is 29.20. The qualifying time is 29.59. Billy is under the time, so he can compete)

These time standards are posted on the cork board in the SMAC corner at the pool if you're curious! Don't get discouraged if they seem far off though! This is why we work so hard!

## **MARCH KEY DATES:**

**Saturday, 3/16-** SMAC Intrasquad Meet  
9:30-11:00 am (all groups welcome)

**Friday, 3/22-Sunday, 3/24-** Tar Heel States in Cary, NC

**Tuesday, 3/26-Saturday, 3/30:** Sr ISCA Meet in St. Petersburg, FL



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## **ATHLETE SPOTLIGHT**

### **Walt Holderness**



This month, our athlete in the spotlight is Walt Holderness! He swims in the Silver group and just moved up from Bronze this past month and has been doing an amazing job in his new group so far!

**Favorite Food:** Pizza

**Favorite Color:** Blue, but dark blue

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

**Favorite Event:** 100 Free

**Favorite SMAC Memory:** Swimming in the latest SMAC home meet and crushing his best times!

## **SPONSOR SPOTLIGHT**

### **KIM'S PHARMACY**

Kim's Pharmacy was started by Kim Ferguson, a Haywood County native, after spending many years working in other pharmacies in Western NC. Kim's provides necessary pharmaceutical services to our community such as medication therapy management, Kim's Connect (to assist with connecting your healthcare team to one another), and filling prescriptions just to name a few. They have been an amazing supporter of SMAC for a while now and we are thankful to have them on our team!