



SMAC TALK

MAY 2024

MAY THIS MONTH BE AN AWESOME ONE!

April didn't have a newsletter, but it definitely generated a ton of news! Read all about it!

APRIL'S INTRASQUAD AND BRING A FRIEND DAY

SMAC's inaugural Bring a Friend day on 4/20 was a massive hit! SMAC swimmers blazed by their friends during the racing and many of them even taught friends some new skills they've been learning! We'll definitely be doing this again next year!

Next on the docket was April's intrasquad meet, which, while lightly attended, was a massive hit with swimmers going some lifetime best times, playing games in between events, and learning more about swimming during the "Quiz Break"!

Did you know the first sanctioned NCAA swim meet was held at the Naval Academy? No? We didn't either!

ISCA CHAMPIONSHIPS RECAP

As many of you may have read in the March newsletter, SMAC sent 5 athletes down to St. Petersburg, Florida, to compete at the national ISCA meet.

Reagan Wilkinson, Luke Gonzales, and Jaden Gibson came back with a slew of best times and national competition experience that they'll be looking to build on this summer!

Mia Lombardo and Ian Wilkinson had their

own awesome meet as well with a bunch of best times for Mia and Ian returning home with a Top-10 finish in the 11 year old Boys' 200 Breaststroke and 100 Yard Butterfly!

SUMMER SMAC (MSL) VS. LONG COURSE (USA)

As Summer SMAC begins, many of you may be asking, "What is the MSL vs. Long Course (USA)? I keep seeing these terms thrown around!" Well, we are here to help!

During the Summer, SMAC participates in 2 separate leagues simultaneously. One is the MSL, or Mountain Swim League. This is a league focused on fun, safety, and getting your feet wet in the sport. The meets in the MSL are typically outdoors in 25 yard pools (the same as the Waynesville Rec Center).

Some swimmers attend "long course meets", which are hosted by USA Swimming. These meets are held in 50 meter pools, which is what they swim in at the Olympics! Many of these swimmers swim year round to get ready for this and families that typically only participate in the summer don't need to worry about these!

MAY KEY DATES:

Saturday, 5/11- Registration deadline for Knoxville Meet (Long Course)

Saturday, 5/11- CLINIC IS CANCELED

Monday, 5/13- Summer SMAC Registration Deadline

Friday, 5/24-Sunday, 5/26- Knoxville Meet (Long Course)



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ATHLETE SPOTLIGHT

Solie Davis



This month, our athlete in the spotlight is Solie Davis! She swims in the Silver group and has really been working hard at practice and even going some best times at the April Intrasquad meet!

Favorite Food: Soft Tacos

Favorite Color: Violet

Favorite Activity Out of the Pool: Slaying out with the hood/shopping

Favorite Event: 50 Free

Favorite SMAC Memory: Learning and performing her first dive

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Nathan is also a SMAC parent, so you may see him on deck during practice here and there!

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