

# We are MNswim.



MINNESOTA  
SWIMMING

Welcome swimmers, parents, coaches and officials to the 2016 Short Course Championship series:

Congratulations to all swimmers, coaches and teams competing in what promises to be another fast championship season! Thank you to the hundreds of coaches, officials, and volunteers who have worked tirelessly behind the scenes and on deck, not only for the championships but every day. Your contributions and dedication allow our swimmers to take their accomplishments to new heights.

Our Short Course championships begin with three Minnesota Achievement Championships (MAC), then moves on to six Minnesota Regional Championships (MRC), and concludes with the two State Championship meets. The Senior swimmers are at the University of Minnesota Jean K. Freeman Aquatic Center followed by Age Group swimmers who wrap up their State Meet fun at the newly renovated Rochester Recreation Center.

Speaking of fun...you might have noticed **we have added a fourth Core Value: "Fun!"** It goes without saying that fun has long been a big part of what our members expect when they participate as a swimmer, coach, official, and/or volunteer, but now we're making it official! **"Integrity. Sportsmanship. Excellence. Fun."**

And, 2016's fun is about to get crazy—the **countdown to Rio and the 2016 Summer Games of the XXXI Olympiad has begun!** With all the Olympic buzz, it's just a great time to be a swimmer and/or a fan of the sport. We are proud to be home to a number of past and current Olympic hopefuls. Watch our website ([mns swim.org](http://mns swim.org)), as well as our Facebook, Twitter and Instagram sites, as the U.S. Olympic trials near (June 26 through July 3, in Omaha). We will do our best to keep you updated on all the action, including the success of our hometown swimmers.

The sheer number, age and versatility of our Olympic hopefuls is directly related to the caliber of our coaches. As an LSC, we are lucky to have some of the best swim coaches in the country and we plan to keep it that way. To that end, with the help of USA Swimming we've launched a new **Coach Mentor Program** committed to the development of our coaches and to the ultimate development of our member clubs. This program was created in the spirit of the LSC's core value of Excellence, to help develop young or new coaches, and to help programs that are new, small or growing. Our coaches are experienced and renowned, and the fact that they are willing to share their expertise and best practices for the greater good of our members speaks volumes to their Integrity and Sportsmanship as well.

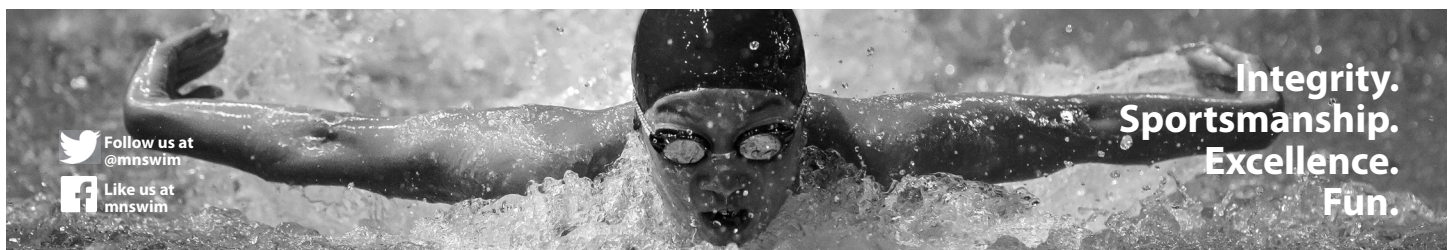
Finally, to our swimmers—enjoy the 2016 Short Course Championships. Let your Integrity, Sportsmanship and Excellence shine through over the coming weeks—and above all, make our "newest" Core Value obvious...Fun! I know you will!

Good Luck!

Bob Crunstedt  
Executive Director  
Minnesota Swimming, Inc.  
We Are MNswim

## We're in. Are you?

Learn more at [mns swim.org](http://mns swim.org)



**Integrity.  
Sportsmanship.  
Excellence.  
Fun.**