

Kansas City Blazers Newsletter

AUGUST 2025



Committed to excellence since 1975



Message From Head Coach

GEORGE ADCOCK



Well, that was a fast and furious Summer.

Blazers completed the Missouri Valley Clean Sweep. Champions at Missouri Valley Senior Champs, Age Group Champs, and Districts.

Thank you to our athletes and coaches for their hard work all year! A big shout out and thank you to our parents and volunteers for their hard work at meets all season, particularly with hosting MVS LCM Age Group Champs here this last week.

This upcoming year will bring a different look on many levels. Athletes are changing groups and sites, and there are some new coaching faces. We are also saying farewell to Tatjana Alvegard as our Santa Fe Parents Association President. I would like to thank her for her years of service to the team on the board and as an official. She has put in many volunteer hours for a team that she cares for and wants to see succeed. We are truly grateful for her service and dedication in leaving the team in a stronger place than she found it.

Every season we look back during our reviews and see what we wish had been better. The space that better can occupy keeps growing. Ending this summer with Blazers making up a third of the MVS Zones team is exceptional.

We had best times, team records, Junior Nationals, Futures, Sectionals, and Zones qualifying times. Many smiles and laughs, some tears and disappointments— all these things make a journey that grows and develops athletes and amazing young people.

Seeing the team support those who needed it and celebrate loudly those who accomplished goals makes me so proud to be the Head Coach of this team.

Enjoy the next couple of weeks as we prepare for another amazing season with the Blazers.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

/Aristotle/

George Adcock

Blazer Summer Highlights

THE BLAZERS ARE CONTINUOUSLY PERFORMING FAST AND STRONG! CHECK OUT LATEST SEASON HIGHLIGHTS AND FIND MORE INFORMATION ABOUT THE END OF 2025 SUMMER SEASON!



MV Senior Champs

Congratulations to the Blazers for placing 1st at the Missouri Valley Senior Champs Meet which was held in Wichita July 17-20. The Blazers scored over 400 more points than the second place team! The Blazers were full of team spirit all weekend as they cheered at the end of the lanes during races and for their teammates as they accepted their medals on the podium.

Congratulations to **Miles Tomsic** and **Avery Johnson** who both earned a trophy for 3rd place overall high point! Shout out to **Sam Richardson** who swam a blazing time of 24.74 in the 50 free to earn a new Sectional qualifying time! Special congratulations to the following swimmers who were crowned Missouri Valley Senior Champions in their respective events:

Individual

Kaya Alvegaard-Struble: 200 back

Emmy Barrett: 100 back

Leighton Bequette: 50 breast

Jadyn Bruch: 1500 free

Casey Carpenter-Ross: 100 free and 50 free

Avery Johnson: 800 free

Angela McCoy: 100 fly and 200 fly

Miles Tomsic: 50 back, 100 back and 200 IM

Relays

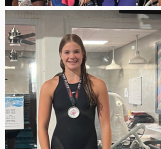
Boys 400 Medley - Casey Carpenter-Ross, Sam Richardson, Miles Tomsic, Nolan Quinn

Boys 400 Free - Casey Carpenter-Ross, Sam Richardson, Nolan Quinn, Miles Tomsic

Girls 400 Medley - Emmy Barrett, Leighton Bequette, Angela McCoy, Maggie Dahl

Girls 200 Medley - Ashlyn Hines, Leighton Bequette, Angela McCoy, Maggie Dahl

Girls 200 Free - Jadyn Bruch, Leighton Bequette, Greta Reardon, Ashlyn Hines



MV 14&U Districts

A Splash of Victory and Team Spirit!

What-A-Meet! Our team brought the energy, the focus, and most of all—the heart—to this year's District Championship Swim Meet, and it showed in every single race!

From the very first whistle to the final touch of the wall, our swimmers were **ON FIRE**. The competition was fierce, but our team rose to the occasion in true champion style, delivering an unforgettable performance across all events.

Podium Power:

TWELVE 1st place finishes – gold domination!

FIFTEEN 2nd place finishes – just a fingertip away!

SIXTEEN 3rd place finishes – still standing proud on the podium!

And an incredible 62 finishes in the 4th through 8th range – showing our depth, grit, and consistency in every heat!

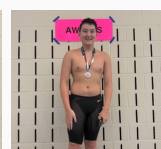
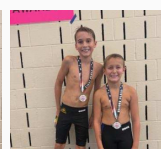
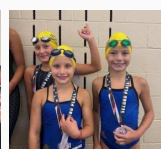
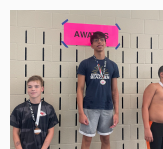
Champs Cuts Attained

Kiley Barikmo, Anna Cribbs, Claire Chipko, Ella Taylor, Loretta Johnson, Monroe Godson, Kelee Senjel, Annalynn White, Ben LaRoque, Ben Rollins, Asher Bond, Elsie Urbauer, Nancy Logan, Nora Jacob, Leonora Lynch, Abby Keim, Charlotte Feingold, Jackie Jensen, Summer Waddell, Levi Ross, Michael Arlesic, Luke Rollins, Simon Schraeder, Barrett Price, Graeme Ashley, Avery Pitluck, Zoe Hatfield, Valaria Gist, Harper Mahoney, Diego Leon, & Sawyer Vu!

But the highlight that had everyone on their feet? The entire team rallying poolside for the youngest swimmer in the 100-meter butterfly! The crowd went wild as he powered through the water with heart and determination. His courage and drive had every teammate cheering and the whole pool deck inspired.

From first-time district competitors to seasoned veterans, every swimmer contributed to this wave of success. This meet wasn't just about medals—it was about unity, passion, and the unstoppable energy of a team that believes in each other. Let's carry this momentum forward and keep making waves—onward to Champs!

GO Blazers!!



Blazer Summer Highlights



MV 14&U Champs

What-a-weekend for 14&under Swimmers! This was a long anticipated meet which did not disappoint. Blazers had put in some serious work since April in preparation for the end of the summer Championship meet.

The Blazers had 91 athletes compete at MV LCM Age Group Champs - the highest number in recent years. We had an excellent showing, fast swimming which resulted in the Blazers winning the meet by over 2000 points.

We had countless athletes on the podium over the weekend in individual and relay events.

Additionally, Blazers took home 4 out of 6 Individual age group Champion banners! KCB proudly celebrates our champion banners in the following age groups: 10 & under Girls, 10 & under Boys, 11-12 Girls and 11-12 Boys. Our 13-14 Girls and Boys categories came close as runner ups. Congratulations to an awesome group effort across all the age groups!!

Congratulations to our High Point Trophy winners:

10&Under Boys: *Landon Hartman 3rd*

11-12 Boys: *Grant Hartman 1st, Henry Tritsch 2nd, Charlie Rider 3rd*

13-14 Girls - *Amber Stringer 3rd*

KCB ended the weekend with over **20 Zones qualifiers**, many for the first time. This has been the biggest group of Zone qualifiers in recent years.

Team Record Breakers:

Jan Karlisle Beltran - *50 breaststroke 31.87*

11-12 Boys Relays:

200 Medley: *Henry Tritsch, Declan Joswara, Grant Hartman, Charlie Rider*

200 Free: *Charlie Rider, Grant Hartman, Declan Joswara, Henry Tritsch*

Overall Blazers dominated this summer not only in Missouri Valley but even outside of our region! Every single swimmer should be proud of their achievements this season.

We had some highs and lows this summer but together we accomplished a lot, learned a lot, and grew to be better athletes and teammates. The support has been great for the swimmers, families and for the coaches - Thank you!

Remember that through support and positivity we can achieve anything.

Region 8 Sectionals

We had 16 swimmers participate in this Summer's Region VIII Sectional meet, 13 competed in individual events. By the end of the weekend every individual qualifier had made at least one Final. Among non-college teams we finished 12th overall moving up 7 spots from our team place in the Spring, Our girls finishing 8th (moving up 5 spots) and our boys finishing 19th (moving up 8 spots).

We had some fantastic individual performances as well: Miles Tomsic broke a minute in the 100 Fly for the first time, Ashlyn Hines got her first Sectional cut time trialing the 50 Free, Maggie Dahl got her Sectional cut in the 400 Free, Casey Carpenter-Ross qualified for USA Swimming Futures in the 200 Free, Andrew Martin qualified fro USA Swimming Futures in the 200 Back and Abby Stidham-Ebberts got her first USA Swimming Summer Junior National cut in the 100 Breast.

Just a fantastic weekend for the Blazers at the Sectional meet, and we left that weekend feeling great about what we can accomplish as a team next Spring!

USA Swimming Futures

Three Blazer swimmers qualified for and participated at the USA Swimming Futures meet in Madison, WI, Casey Carpenter-Ross, Andrew Martin & Abby Stidham-Ebberts. There are five sites for Futures and the Wisconsin site was by far the largest. There were over 120 teams and 800 athletes at the site. It was an amazing experience for these three swimmers at a national level meet. Abby made Finals in the 100 Breast and 50 Breast, no small feat given the number of athletes at the meet!

Summer Juniors

Abby Stidham-Ebberts traveled to Irvine, CA to represent the Kansas City Blazers at this year's Summer Junior Nationals. Abby competed in the 50 Breast and 100 Breast. Abby went a best time in the 50 Breast and finished 50th.





Summer Meets



Ragnarok

Blazers traveled to Joplin, MO for the 4th year in a row to attend the Ragnarok meet. The Blazers had a little over 90 athletes traveling and swimming for this meet.

Blazers dominated the meet with numerous hardware and awards. The Blazers scored the most points and won the meet with 774.5pts and outscored the second place team by 348 points! For the first time, Blazers received a second trophy at the meet for the highest percentage of most improved times based from all our athlete swims. This calculated out to 49% best times from a total of 700+ KCB swims from the whole weekend. We had countless top 8 finishes which included 124 top 3 finishes (56 of them were 1st place finishes).

We had athletes that won individual high point award trophies in these following age groups:

8&under - Luke Rollins

9-10 year old Girl - Kayleen Lee

9-10 year old - Landon Hartman

11-12 year old Boy - Grant Hartman

13-14 year old - Jan Karlisle Beltran

15&Over - Lilly Wheeler

Hulk Sprint Award Girls - Anna Nazdryn

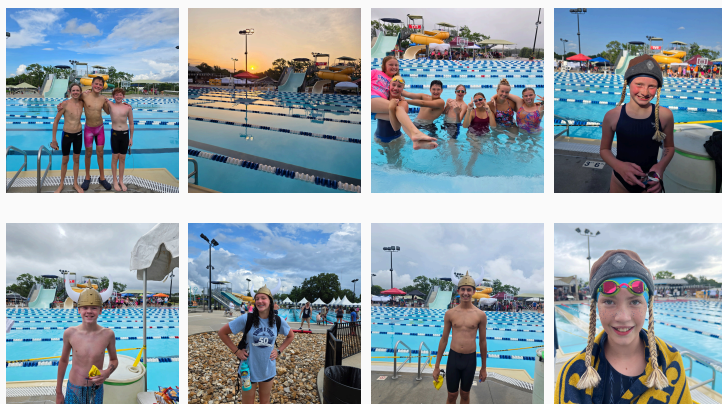
Hulk Sprint Award Boys - Jan Karlisle Beltran

Happy Swimmers are Fast Swimmers and Blazers are getting ready for the Summer Championship meets!

Keep an eye out for more news and follow us on

Instagram @swimkcbblazers

#GoBlazers



14&Under ZONES

What is Zones?

Zones is a big Championship meet for 14&under swimmers. Each LSC compiles a team of its fastest age group swimmers to compete against other LSCs in the same zone, and these swimmers compete under the name of their LSC (not their clubs). Our LSC is Missouri Valley and we are part of the Central Zone.

Central Zone is one of the four zones of USA Swimming, consisting of: *Arkansas, Illinois, Indiana, Iowa, Lake Erie, Michigan, Midwestern, Minnesota, Missouri Valley, North Dakota, Ohio, Oklahoma, Ozark, South Dakota and Wisconsin.*

How do athletes qualify?

To qualify for Zones swimmers need to achieve at least one triple A time (AAA) in their corresponding age group (*10&under, 11-12, 13-14*) found at USA Swimming Motivational Time Standards.

Blazers at 2025 Zones

Coach Uldis is serving as Head Coach and coach Rhys been selected as assistant coach for this year's Zones team.

Blazers have the biggest representation from Missouri Valley at this meet - 18 athletes.

Good luck Blazers and swim fast!!



2025-2026 Season quick info

2025-2026 Practice Schedules

This is our Tentative practice schedule for our Blazer groups. Changes will be communicated from your group coach.

We can't wait to see everyone back!

[Click Here to see the practice schedules](#)

2025-2026 Season Meet Schedule

[Click Here to see the swim meet schedule](#)

2025-2026 Season Registration

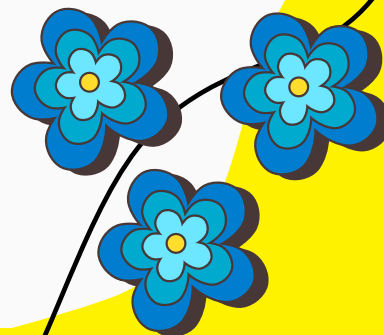
We have an exciting season ahead! Here's a quick recap to help keep things organized:

Registration for 2025-2026 is now open — early sign-up helps lock in coaches and facilities.

[Click here to Register](#)

New team swimsuits are coming! TW Custom Branding is handling them, and the online store will launch soon.

USA Swimming registration will be available starting September 1st.





IMX / IMR Information

From USA Swimming Website: "IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region, and yes, even across the USA!"

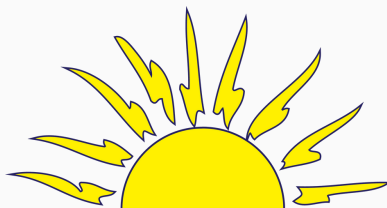
"IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much? Then start getting 'IM Ready' by swimming shorter distances and keeping track of your improvements"

If you are interested to see the specific events for IMX and IMR in your swimmer's age group you can [find the list here](#).

Why Do the Blazers Focus on IMX/IMR

Not only is IMX/IMR a great way to see how swimmers compare to other swimmers in their age group, it is also a great evaluating tool for us coaches. We believe in developing well rounded swimmers that can compete in an array of strokes and distances. Using the IMX/IMR events, we coaches can evaluate how well our swimmers are implementing the skills we are teaching in practice. We can look for patterns, either with times or with common mistakes our swimmers are making with their technique.

IMX/IMR events also encourage swimmers to step out of their comfort zone and try new events. Swimming the 400/500 Free, the 200/400 IM, or the 100/200 Fly can seem overwhelming for kids, but using the IMX/IMR events provides us an opportunity to try them. When swimmers know they are working towards completing a specific goal it helps focus and guide them during practices.



Save The Dates

Blazers 50th Celebration

Formal Celebration

Save the date for the 50th celebration of the Kansas City Blazers, the Golden Gala on **August 30th**. Tickets will go on sale at the KC Cup for \$100 per ticket when purchased in person at the meet. We will open for online sales on June 2nd and online the tickets will be \$125 per ticket. This event is for 21 and up. Food and drinks provided along with raffles and a silent auction.

If you have items you are able to donate for the raffle and/or silent auction please reach out to Tatjana, tatjana@alvegard.com

The event will be held at Eagles Landing at Lake Olathe. 5:30-8pm

All Blazer Celebration

Save the Date and Join us on **Sunday August 31** at The Lodge at Ironwoods 2-6 PM
(14701 Mission Road, Leawood KS 66224)

This is our 50th celebration open to all Blazers, past, present and future. Spread the word to all the Blazers. Drinks and snacks will be provided along with raffles, fun and games.

Parent / Swimmer Corner

Officials



Junior Officials

Congratulations to **Andy Buchwitz** and **Ronnie Benford** for becoming the Blazers first Junior Officials! Any 16 or 17-year-old can become a Junior Official by completing required training. Junior Officials learn the responsibilities of a Stroke & Turn official and serve as a leader and role model for 12 & Under swimmers. If you are interested, please reach out to Bill Gazda at gazda21@icloud.com

Officials

WHY BECOME A USA SWIMMING OFFICIAL?

Officials have the best deck position for watching everyone swim. Officiating is an easy way to satisfy your volunteer obligation. Officials get other perks too such as free meals during the meet and access to printed heat sheets! No swimming experience is required to become a USA Swimming official! For more information contact Bill Gazda (gazda21@icloud.com).

How to Become an Official



Safe Sport

[PLEASE VIEW THE SAFE SPORT PAGE FOR MORE INFORMATION](#)

Articles to read & Videos to watch

[Caffeine & Athletic Performance](#)

[How to Help Your Swimmer Have a Great Mindset](#)

[Be Smart about social Media](#)

[A Swim Parent Guide to Supporting Your Swimmer](#)

[What To Wear during a swim meet:](#)

[Article #1](#) ; [Article #2](#)

[Video: Not Good Enough](#)



Additional Content

Blazers, now more than ever we need your support! Our team is growing quickly and so are the number of opportunities for our club to host and run swim meets for athletes to race and continue to better their performance and experience overall! This is where YOU come in! Given our long-standing reputation for hosting well-run swim meets both on the local and regional level, consider becoming an official and help the Blazers continue to offer premier competitive opportunities that benefit our swimmers and the community!

Volunteering

2025-2026 SEASON

Please visit our [Volunteer Page](#) for more information on your Volunteer Requirements.

Volunteers will be needed for any Blazers hosted meets. Descriptions of the Volunteer Positions can be found [here](#).

To check your outstanding volunteer hours, login to Sports Engine. Then choose My Account, Account Information and scroll to the Service Hours Tab.



Blazer Booster

WHAT IS A BLAZER BOOSTER

The Blazers Booster Program gives parents the ability to directly impact the overall team experience by assisting in funding coaching development and equipment to assure our program offers quality experiences to the swimmers and fans. A new sound system, starter horn, public address system, are some examples of equipment that is needed. Click the link for a list of more specific benefits for the two levels of Booster supporters.

[Support KCB - Blazers Booster Program](#)

Missouri Valley Swimming

LSC



Time Standards, meet information and general information about our LSC (Local Swimming Committee).

[MoVal Swimming](#).

Our Proud Partnerships:



Get Your Gear

TW STORE

Don't forget to get your Blazer's Team Suit and equipment! We are in the works to get the new TeamStore set.

