

Kansas City Blazers

Newsletter

JANUARY 2026



COMMITTED TO EXCELLENCE SINCE 1975



Kansas City Blazers

2025-2026 SEASON

Message From Head Coach

GEORGE ADCOCK



Welcome back from the freedom of Winter Break to our last big push towards Championship season.

We are super excited about the upcoming championship meets for all our athletes.

Leading into the Brian Howard meet is always a great time for us to talk about culture, especially as we head towards Championship season. This is a time of fast swimming and competition. This is also the time where we are looking at how our individual actions can impact the team results positively.

Brian Howard is one Blazer that embodied this, every day. “In the pool, he did not always stand at the first-place position on the podium. However, he was always the first one walking into practice. He was always the first one diving into the pool and he was always the first one sharing words of encouragement with genuine smiles.” – Catherine Fox

Pushing ourselves together daily with our teammates to feel that hurt and work. So when we are on the big stage we know that we can rely on our team for support, and have the confidence to compete at your best.

“We can all get more together than we can apart. And this is the way we gain power. Power is the ability to achieve purpose, power is the ability to effect change” Martin Luther King Jr

So, I challenge all of you for this Championship season, swim for your teammates to say thanks for helping you through some tough times, cheer for your teammates to appreciate them for all the fun you had together.

Parents you are teammates as well and your support and cheering does not go unnoticed. Champion the sport, your athletes competition and their friends.

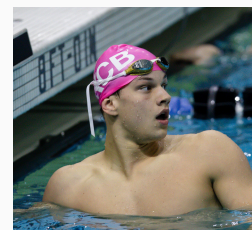
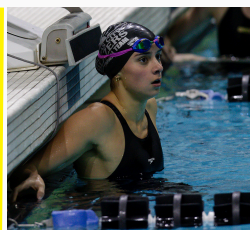
Being a great person of character and values and a champion swimmer are never mutually exclusive.

Together we can do some great things this season!!

George Adcock

Blazer Highlights

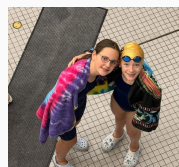
THE BLAZERS ARE CONTINUOUSLY PERFORMING FAST AND STRONG! CHECK OUT LATEST SEASON HIGHLIGHTS AND FIND MORE INFORMATION ABOUT THE 2025-2026 SEASON



Championship Season and Expectations

We are looking forward to the upcoming Championship Season. The expectation is that all Blazers swimmers participate in the highest Championship Meet for which they have qualified.

You can find Missouri Valley Districts and Champs Time Standards under the listed meets. If you have any questions about which meets your swimmer should sign up for, do not hesitate to reach out to your group coach.



Under 60 sec Club

Swimmers breaking 1min in a 100 for the First Time



Freestyle:

Aidan Arensberg
Wumei Cai
Paul Wassmer

Butterfly:

Grant Hartman

Upcoming Meets

To The Stars

Feb. 7th in Topeka, KS

Last Chance to qualify for Districts and/or Champs

MV Districts Championships

Feb 13-15th in Topeka, KS

All 14 and under swimmers with District cuts and less than 3 Champs cuts and those swimmers recommended for the meet by their group coach

[Qualifying Times](#)

MV Senior Champs

Feb 26th - March 1st in Topeka, KS

All 15 and over swimmers with Senior Champs qualifying times

[Qualifying Times](#)

MV Age Group Champs

Mar. 5-8th in Topeka, KS

All 14 and under swimmers with at least 1 Champs cut

[Qualifying Times](#)

Region VIII Sectionals

Mar. 25-28th in Columbia, MO

All Qualified athletes

[Qualifying Times](#)

ISCA East Coast Elite Showcase

Mar. 31st-Apr. 4th in St. Petersburg, FL

All 14 and under swimmers with at least 1 qualifying time.

[Meet information with Qualifying times](#)



2025-2026 Season



Championship Meet Rosters (as of 1/13/26)



MVS District Team

MVS Senior Champs Team

MVS Age Group Champs Team

Region VIII Sectionals Team

ISCA Elite Showcase Championship Team



Mark Your Calendar Now

Pizza Party will be held right after practice at Lenexa Public Market. More information to follow.

Districts Pizza Party - February 11th
Senior Champs Pizza Party - February 25th
Age Group Champs Pizza Party - March 4th



Save The Date

Annual Team Banquet

April 9th, 6-8 PM

Arts & Heritage Museum



More details will be shared as the event approaches. We look forward to celebrating together!



Parent/Swimmer Corner

Educational Information

With the end of the season approaching, it is important to remember your role to help your swimmers succeed. Here are a few articles that can help you to understand how you can help your swimmer to perform at their highest level. We hope you are excited to see your swimmers compete and create some amazing memories to cherish for years to come.

Message From Parent Board

We are excited to host the Blazer's Brian Howard Meet at SMSDAC. We would like to share the steps being taken by all parties to help ensure a safe and positive experience for all attendees:

[Read More Here](#)

MindFlex: Puberty, Performance & Pressure

We encourage any parents who have a daughter ages 9-16 years old to attend. Betsy Maxfield, one of our Mental Performance Coaches, will be leading the 60min virtual session on February 8th. She will be providing tangible tools when it comes to sleep, nutrition, performing during your period, and much more! You can register here: [Click Here](#)



How to Know if Your Swimmer Made Finals

Many of our Championship Meets that are coming up are "Prelim/Final" meets. The Top 8 swimmers make the Championship Final and the next 8 swimmers make the Consolation Final. At each meet, the Prelim results are posted and there is a period of time (usually 30 minutes) during which the swimmers who make Finals can declare their intent to scratch Finals. Then, the final list of finalists is posted. It is important that each swimmer looks at this final list before leaving the pool after Prelims so they know whether or not they made Finals. It is a Blazers expectation that ALL swimmers who qualify for Finals swim in Finals unless prior arrangements have been made with their coach.



If you do not already have the Meet Mobile app, we highly recommend that you download this app. This way you can see the Prelim results on your phone. If your swimmer has made finals, it will say "Qualified" under their name in the app.

91 KCB-MV 14	
Full schedule	
EVENT 103	Girls 13&O 200 Yard Back Prelims Completed 2:10.85 Place: 2 Qualified.
EVENT 103	Girls 13&O 200 Yard Back Finals Completed 2:06.61 Place: 2 Time improvement: - 1.89



Parent/Swimmer Corner

What to expect at the swim meet

[CLICK HERE FOR INFORMATION](#)

Swim Meet Information

[CLICK HERE FOR INFORMATION](#)

Swim Meet Reminders:

Parents are **NOT** allowed in the hallway leading to the pool deck or on the pool deck at any time unless they are volunteering for that session.

Parents are **NOT** allowed to take pictures or videos from behind the blocks, and this includes the glass windows above the pool. If the officials see it happening, they will ask for it to stop and if it becomes a persistent problem, the person breaking the rule will be asked to leave.

Parents are **NOT** allowed in the locker rooms during meets. The locker rooms are for **athletes ONLY**.

Athletes the path we ask you to take:

- Be coachable (Curious). This applies to athletes, parents and coaches.
- Care for your environment. Be a fountain (Attitude/Leadership) Do your actions/attitude/words make your environment better for all?
- Try to be better than yesterday. (Effort) Honor your dreams and goals, by taking a step towards them everyday. No one can stop you from taking that step, as it is only yours to make.
- Understand that “there’s no failure in sports, it’s not failure it’s steps to success (*Giannis Antetokounmpo - Video*)
- Analyze reasons, don’t make excuses, then make changes. (Honesty/Responsibility)

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](#)

Qualification Standards

The USA Swimming Motivational Time Standards

[Click Here to View](#)

These time standards can be used to set goals and to evaluate in which events your swimmer excels. Additionally, the AAA times are the time standards used for the Central Zone Meet which will be held in August.

The Missouri Valley Championship Meet Time Standards

[Click Here to View](#)

For the 14 and unders, there will be both a District Meet and a Champs Meet this spring. For the 15 and overs, there will be a separate Senior Champs Meet.

The Region VIII Sectionals Time Standards

[Click Here to View](#)

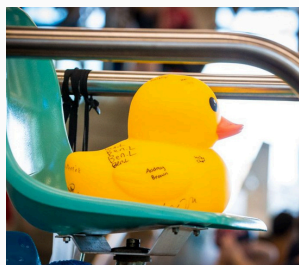
Region VIII Sectionals will be held in Columbia, MO in March. This is one level beyond Champs and is typically attend by athletes who are 13 and over, although anyone with the qualifying times can attend.

The ISCA East Coast Elite Showcase

This meet is held in St. Petersburg, Florida in early April for 14&Under athletes. Time Standards for this meet can be found in the meet information:

[Click Here to View](#)

The meet is highly recommended for anyone with qualifying times. This is a great experience for swimmers as they have an opportunity to be part of a high level meet and see swimmers across whole USA and even few international competitors.



Parent/Swimmer Corner

Officials



Junior Officials

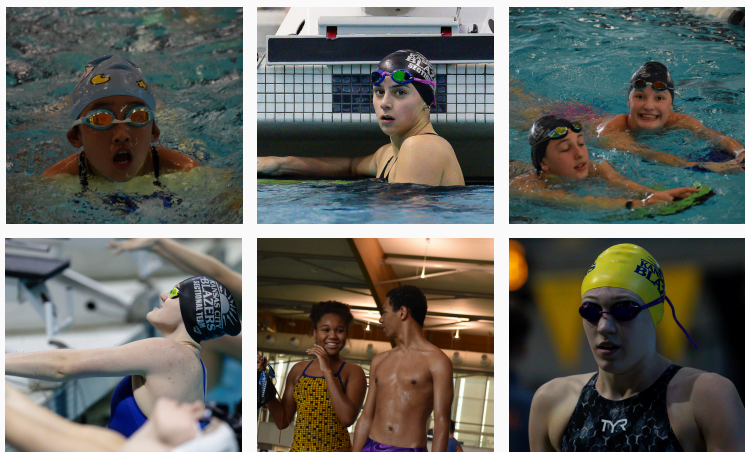
Congratulations to **Andy Buchwitz** and **Ronnie Benford** for becoming the Blazers first Junior Officials! Any 16 or 17-year-old can become a Junior Official by completing required training. Junior Officials learn the responsibilities of a Stroke & Turn official and serve as a leader and role model 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



New Blazers Store

Our new store is officially open in partnership with Elsmore Swim Shop! Order your holiday team spirit wear now.

Additionally, you can order Team suit, all the necessary equipment for practices and a lot more!



Check it out:

Elsmore Swim Shop

ELSMORE
SWIM SHOP



Blazers Pink Caps



Breast Cancer Awareness Silicone Caps Are In! All profits will be donated to the **KC Pink Warriors**. Quantities are limited!
ORDER NOW!

Thank you Blazers!!

We're grateful to everyone who contributed canned goods to support Feed the Need as part of the Swmsgiving Blazers Series.

Thanks to your generosity, the Blazers assembled 9 holiday meal kits for families in need and collected over 100 additional canned goods to donate to the local shelter. Together, we've made a meaningful difference in our community.

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

ELSMORE SWIM SHOP

Don't forget to get your Blazer's Team Suit and equipment! TeamStore is ready - [Elsmore Swim Shop](#)

