

Happy
New Year

IMPORTANT DATES

January 10

*Quest Swimming January
Jumpstart Intrasquad
All Swimmers
Deer Run*

January 17-19

*NOVA Long Course Winter
Invitational
Qualified 13 & Olders
NOVA-Regency*

January 24-25

*WAC Mike Willard Polar
Plunge
All Swimmers
CSAC- SwimRVA*

TEAM MESSAGE FROM COACH JOHN

HAPPY NEW YEAR QUEST!!

January marks an important point in our season. The excitement of December meets are behind us, and the real work that builds championship performances has been happening every day at practices since we returned back on December 27. This month is about discipline, commitment, and consistency.

New Year, New Goals

Now is the perfect time for swimmers to reflect and reset. Goals don't always have to be about times - they can focus on efforts, techniques or on building habits.

Examples include

- Holding Streamlines off every wall
- Improving turns and underwater (knowing how many kicks off walls).
- Staying mentally focused throughout tough sets.

Small daily improvements add up to big results later in the season.



Quest For Excellence

Mid-Season Focus

January training can feel challenging. Training is challenging. It is often dark, clocks have been set back, etc. Training in January is where strength and endurance are being built. Progress doesn't always show up immediately on the clock, but it is happening. Trust the process.

Mindset Matters

Championship swimmers stay focused even when practices are hard. Athletes need to come to practice ready to work. Encouraging your teammates through the challenging sets and staying positive are important. It's hard, and you are not alone! Lean into your teammates you are all in it together!

Coach's Message

We are proud of the effort and dedication we see every day on deck. January is an important month in preparation for championships. Keep pushing, stay positive and support one another. The best of the season is still ahead of us.

Let's make the beginning of 2026 strong and successful by how well we will practice in January.

Show up everyday and stay consistent; these are the keys!



The **Midlothian Swim Shop** is excited to partner with Jolyn and have high-quality training and lifestyle swimwear available in the Swim Shop later this month. Jolyn, built for movement, longevity and confidence, is a brand trusted by competitive athletes, coaches and active swimmers at every level. Jolyn suits, female and male, are **NOW** available in the Midlothian Swim Shop - be sure to stop by!

Teaching the Art of Swimming & Playing the Game of Racing