

To: Sports News Room
For Release: Immediately

**The Swimming and Diving team needs you
By Alyssa Kalen**

Image By MCC Swim team



The MCC Tribune Swimming and Diving team is now in the midst of their winter season, which runs from the beginning of fall until the beginning of March. This rather long season requires dedication, hard work and determination from all the athletes and coaches alike.

The team has been coached by Daniel S. Dubois for more than 20 years. He graduated from the University of South Florida in 1986 with a bachelor's degree in physical education. He started his career in coaching at the high school level and then made the change to the college level.

The MCC swim team has three other coaches as well, they include Assistant Coach Dale Pearce, Diving Coach John Rodman and Evan Harrison, a new coach that is new to the MCC team.

Daniel S. Dubois stated “We talk to our swimmers about being good students, good athletes and good teammates” he further goes on to explain “We talk about climbing a mountain together, we are going to do it better together than we would apart.”

Planning for the season includes figuring out plans to move the program forward for a peak performance at the end of the season. The end goal of the season is to compete well at Regionals and qualify for the national meet as well.

Image by MCC swim team

When the team returns from Florida they only have a month to continue to prepare for Championships. During that trip, Dubois stated “We live, breath and eat swimming. So you know, no distractions.”

Being an athlete on this team means having the ability to manage time well.

Practices times vary throughout the week and also include not the only time in the pool but lifting weights as well. Having that healthy balance of school work and practice is key.

Parker Stone a second-year swimmer on the team stated “We are a pretty focused team, but we also act kind of like a family. It’s really nice to get together joking and having good attitudes so it’s a pretty fun environment to be in.”

The team constantly strives to improve and to make themselves successful this year. Emily Declerk, a second-year swimmer on the team explained “It’s a very high energy team.”



The team has had a lot of achievements over the years, MCC Men's and Women's teams have captured 39 regional team championships. Team members have also won several individual titles and set a few national records as well. In Dubois' many years of coaching, his athletes have won over 20 individual event national titles and set five national records.

Dubois stated "Kids receive zero dollars to come swim at this college. So, you know, they come here, and they swim because they want to. So that's pretty gratifying."

Many former high school swimmers from all over join the team, but the team is also open to anyone, even if you have never competed before. A current first-year MCC student has joined the team, has never competed before in swimming but did compete in other sports in high school.

This is Sam Pratt's first year being on the team. She stated "It's a great atmosphere and all the coaches are really involved, even if you haven't had a lot of experience with swimming, it'll make you want to swim."

The team is always looking for new members to join. If you are interested in joining them team Dubois stated "Do it plain and simple, you know, if you want to have a positive experience."

This MCC team has a powerful positive atmosphere with a great amount of determination. It is a great hardworking team with talented coaches. They welcome in anyone who wants to have fun and succeed.

Image By MCC Swim team



