

**Mark Your Calendar!**

- Oct. 17-19, Fall Frenzy Meet—Whitefish
- Oct. 22nd—Officials Clinic 7:00 p.m. Rose Park Bldg. conference room
- Oct. 23rd—MAC Team Photos, 3:45-6:00 p.m. (exact schedule TBA)
- Oct. 24-26, FAST Snowflake Meet—Great Falls
- Nov. 8-9—MAC Fall Invitational Meet!!!
- [The complete SCY Meet Schedule is on the MAC website.](#)

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**October, 2008**

**Volume 1, Issue 2**

**Swim Meets 101**

Swim meets are the culmination of those long hours our kids spend in the pool practicing. Swim meets are the perfect place to showcase skills, engage in healthy competition and most importantly, have fun with their MAC teammates!

When considering swim meets, always plan to be at the MAC home meet—which will be held **November 8-9** at the Grizzly Pool. MAC swimmers enjoy swimming in our home pool and you get to sleep in your own bed. Nothing better than that!

Other meets around the state are your choice, though some are better than others for beginners, those looking for state times or gearing up for sectional meets.

**\*\* Ask your coach which meets are best for you!**

Also, you should talk to your coaches about which races are best for the individual swimmer. Coaches attend meets in which 10 or more swimmers are registered.



Every meet follows the host team's Meet Contract, which are available at the pool and on-line. The contracts explain the meet format, rules and entries.

Additionally, a meet entry



form is required for each swimmer in order to sign up for events.

**\*\*Please pay attention to all MAC internal contract deadlines for meet entries!**

At a meet, coaches will be on the side of the pool and expect to speak with each swimmer before and after every race. Please be sure to direct your child to their coach(es) before their events. After the event, the coach(es) will ask swimmers how they viewed their swim, listen to responses and then review the swim from the coach's point of view. **(Cont. pg. 3)**



## Coaches Corner — Senior

The Senior Squad is having a lot of fun with new faces and move-up swimmers from Gold Squad. We do have more swimmers in the water which can be a challenge but everyone has stepped up to the plate and is swimming with enthusiasm!

Space for dryland training has been tricky, but we're devising new plans. We are keeping kids safe by not having everyone in the weight room at the same

time and utilizing our mat space for core work.

Everyone will have a chance to bring appropriate music to play on the new stereo during weight training. Next up for the tunes is "foreign dance mix"!

This fall would not be as much fun and easy if it were not for the attitudes of the Senior Squad swimmers. We really thank them for being so adaptable to the changes. The

cooperation of everyone is so appreciated.

Keep up the good work! We're looking forward to a great short-course season.

**Coaches: Dave Berkoff, Jen Luebke**

### CONTACT INFO:

**Dave:**  
546-3038 cell  
493-6534 home

**Jen:**  
jen\_luebke@yahoo.com  
239-4182 cell



Olympian and world-record holder Aaron Piersol working with swimmers at last month's Texas Gold Clinic.

## Coaches Corner — Gold

Our Gold Squad swimmers are fabulous kids!

Parents: please try to have your child eat a little snack before practice and bring a water bottle, with their name on it to practice.

**Saturday, Oct. 11th at 9:00 a.m.—** Gene Pauli, an exercise physiologist/

swimmer/shoulder expert, will be talking with the Gold and Senior squads about shoulder injuries and injury prevention. Parents are invited to attend as well. This will be a very worthwhile talk!

Shirley will be attending the meet in Whitefish. And finally, a big WELCOME to

our new assistant—who's a familiar face to MAC— Sam King! It's great you're coaching.

**Coaches: Shirley Gustafson, Sam King**

### CONTACT INFO.

**Shirley:**  
546-7385 cell  
**Sam: 546-0812 cell**

## Coaches Corner — Silver and Bronze

**Coaches: Ellen Parchen, Jacob (Jake) Byrne (Carrie & Stephanie are part-time substitutes)**

We also have lots of new swimmers—welcome to MAC!

The Silver Squad is working on technique, technique, technique! Also some endurance and leg power. We've been doing

some video taping and teaching the basics along the way for all strokes.

Bronze Squad is working on technique, leg power, steering in the lane and sorting out which of the four competitive strokes each swimmer likes best!

Swimmers need to bring water to practice and eating a snack before practice

is a good idea. Dryland is on Tuesdays/Thursdays.

Finally, both squads are taking the advice of the Texas Gold clinicians and working on streamlines off the wall!

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## Swim Meets (cont.)

Traveling to a swim meet can be a lot of fun, but there are things you need to know. The keys to a good road trip are:

1. Eat the proper foods
2. Get plenty of rest
3. Make the days as normal as possible

Understand that swim meets can be extra exhausting. Napping between preliminary and final events (for older swimmers) is a good idea.

During “free time” at a meet avoid excessive talking about the meet, particularly anything negative. Instead, think very positive thoughts for short periods of time.

There are several things to

bring to a swim meet that can make the long days more comfortable for everyone:

- Lawn/camping chairs, chair pads, sleeping bags
- Healthy snacks, water, energy drinks (such as Gatorade)
- Activities for down-time: music, books, games, cards, etc.
- Sharpie pen to write events, heats, lanes on swimmers. (it’s the easiest way to keep track!)
- Purchase a meet program to follow events and support the host team

- Highlighter pens to mark events in programs.

Hotel blocks for out of town meets are set up for MAC families. MAC parent Shelly Elliott works very hard to get good rates at hotels, making travel more affordable. Hotel block information can be found on the MAC website.

Individual and team meet results for MAC are published in the Scorebox section of the Missoulian (pg.2, Sports) the week following a meet. Unfortunately not all swimmers are listed because the paper only allows publication of the top-three swimmers in each event. Look for your swimmer and teammates in the Missoulian!

## Swim Meet Guidelines for Parents

It’s important that parents play the role of emotional support at a meet. Give warm towels, hugs, and encouragement. Leave the race strategies, breathing patterns, stroke, start and turn reminders, time analysis and race analysis to the coaches.

There are four things a coach looks for in each performance: proper attitude, a best time, proper technique and winning. Few swimmers achieve all four aspects in a single race. When they do, that

is a job well done. When a swimmer does one or more aspects of a performance that is cause for some level of praise. When a swimmer achieves none of the above, there has been a failure in the coach-swimmer relationship and the coach will make every attempt to correct the difficulties.

**Attitude:** Coaches look for the “I want to be coached” attitude. Coaches look for swimmers to look at their swim in an analytical fashion and be able to listen to advice.

**A Best Time:** This represents

an improvement in endurance, strength and technique. It measures the swimmer first against themselves and second against others. **Technique:** How was the start, strokes, turns, pace and race strategy? **Winning:** Winning means racing and finishing ahead. However in every heat there are several races—for 1st through 8th places.

\* Portions of these articles courtesy American Club Swimming Assoc.

**Swimming teaches people how to win, how to lose with grace and how to develop a personal philosophy.**

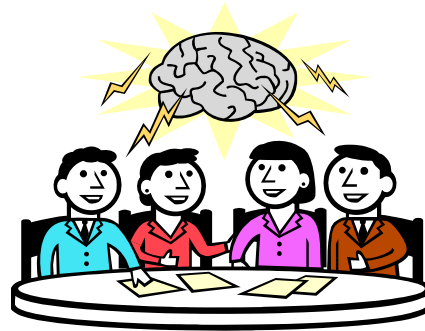


- Maggie M.—Oct. 1
- Stellan B.— Oct. 2
- Granger E.— Oct. 2
- Anna K.— Oct. 4
- Patrick M.—Oct. 20
- Brandon— Oct. 24
- Katie F.—Oct. 27



## Missoula Aquatic Club Board Members

- President—Curt Jacobson
- Vice President—Jo May Salonen
- Treasurer—Kate Martyak
- Secretary—Renee Isono
- Registrar—Niki Bronec
- Member—Lauren Fern
- Member—Kelly Archibald-Wilson
- Member—Kim Fee
- Member—Luanne Giammona
- Member—Barb Chaney
- Member—Carrie Forsythe
- Member—Michelle Miewald



### **New Billing Process**

We've devised a new and hopefully simpler billing process. As with many programs, MAC will now bill in advance. The bills will reflect pre-payment of one month of swimming.

Each family will receive ONE bill, instead of the two we used to send out.

In order to catch up with the new pre-paid billing process, this month's bill reflects fees for Sept., Oct. and Nov. 2008. On the 1st of Nov. you will receive the December pre-pay bill.

Each family will have until February 2009 to catch up with these bills.

Monthly bills will be out no later than the 15th of each month, to give families 15 days to pay their bills.

### **Bits & Pieces**

- The Texas Gold Clinic was a BIG success! Thank you again to our clinicians, participants and sponsors!
- 12 & Under Swimmers: NO full body suits can be worn—new USA Swimming rule.

Board Meetings are typically held the first Tuesday of every month. Any parent is welcome to attend. Minutes of each meeting are posted on the Bulletin Board at the Grizzly Pool.

### **Eat for a Meet!!!**

MAC swim parent and Registered Dietician Denise Zimmer says choosing nutritious foods is important for good health and optimal athletic performance. Your body's energy or fuel comes from what you eat!

The three basic nutrients are Carbohydrates, Protein and Fat.

Carbohydrates are the body's preferred fuel source, especially during exercise. Sources include: breads, cereal, pasta, rice, potatoes, beans, corn, yogurt and fruits.

Protein builds and maintains muscle mass and aids in muscle recovery. Sources include: milk,

yogurt, cheese, nuts, peanut butter, soy, eggs, chicken, pork, fish and beef.

Fat is needed for every cell in the body and is a source of energy during low-intensity activity and long-duration activity. Healthy sources include vegetable oils and nuts.

Here are some high-performance snack ideas for a swim meet:

- Yogurt & granola
- String cheese, crackers
- Bagel w/peanut butter
- Fig Newtons
- Trail Mix
- Soup
- Tortilla w/cheese
- Smoothies

- Energy Bars
- Pretzels
- Veggies and dip
- Bananas, apples, grapes, oranges

Make sure water and sports drinks like Gatorade or Powerade are always available.

\*\* Don't drink soda pop, energy drinks, or fruit drinks (Hi-C, Sunny Delite, etc.) as the high sugar content can cause stomach upset.

\*\*One hour or less before swimming, eat some carbohydrates and hydrate.

\*\*One to three hours before: combine carbohydrates with protein and hydrate.

Visit the MAC website: [www.macswim.org](http://www.macswim.org) for updated info.