



Missoula Aquatic Club Newsletter

September, 2008

Volume 1, Issue 1

Mark Your Calendar!

- **Sept. 12—Annual MAC Potluck, All-team Practice & Parents' Meeting**
5-7:30 p.m., Grizzly Pool
- **Sept. 21—Texas Gold Clinic, Grizzly Pool**
Time TBA
- **First Tuesday of each month—MAC Board Meetings. Parents welcome.**
7 p.m., Rose Park Bldg.
- **Nov. 8-9—MAC Fall Invitational Meet**

Inside this Issue:

Coaches Corner	2
Practice Schedule	3
Birthdays	3
Texas Gold (cont.)	3
Board Information	4
MAC Etiquette	4
We Need You!	4

Now We're Talking

Isn't communication a wonderful thing? Of course you have to do it in order for it to be successful! Our swim club has been without a newsletter for quite some time, so the Board and our Coaches decided it's high time we started publishing one again.

The newsletter will be printed each month and placed in swimmers' boxes, posted on the bulletin board at the Grizzly Pool, sent via e-mail and soon—available on the MAC website.

Each newsletter will fea-

ture important information about meets, upcoming events, information for each squad, birthday wishes for our swimmers

and much more. We'll also incorporate ways to help swimmers and parents be successful in the water and in life. Of

course, since MAC is a non-profit organization we can't do it without volunteers so we'll always have volunteer opportuni-

ties available. Helping out with MAC is a great way to not only support your swimmer but meet our families as well!

This newsletter is for everyone so please give us your input. Board member Jo May Salonen is producing the newsletter and you can

send information or feedback to:
jomay@blackfoot.net



MAC Swimmers are the BEST!

Texas Gold Clinic — Catch Olympic Fever!

Swimming stole the show at the 2008 Summer Olympic Games in Beijing. MAC is pleased to announce some of that "Beijing Bling" will be coming to Missoula later this month for our 3rd Annual Texas Gold Clinic.

Olympic backstroke and world record holder Aaron Piersol, Olympic breast-stroker Eric Shanteau, one of the world's fastest backstrokers and Missoula native David Cromwell, along with former Olympian Neil Walker

and NCAA championship swimmer Jeri Moss will hold a day-long swim clinic at Grizzly Pool, Sunday, Sept. 21st. MAC is fortunate to have these famous swimmers from the Texas Longhorn Aquatic swim club teach this clinic, (cont. page 3...)

Coaches Corner — Senior

**Coaches: Dave Berkoff,
Jen Luebke**

Our Senior Squad comes off a very successful summer. The Firecracker meet was great and our swimmers had lots of best times! Next, five girls and three boys attended Senior Sectionals which resulted in four team relay records, a bunch of individual team records, two state records, one Jr. Nat'l. qualifier and several finalists. The Senior Group finished up with

some great swims at the State Meet in Bozeman and a few tired swimmers managed to swim Zones in August.

This month look for swimmers to be working on drills, body positioning, endurance building and core strength exercises. Morning workouts and weights start soon. ***Dave and Jen will be meeting with swimmers individually to talk about goals, needs, wants and

dislikes over the next few weeks. Swimmers should be formulating their ideas for these conversations before they meet with the coaches

CONTACT INFO:

Dave:
546-3038 cell
493-6534 home

Jen:
jen_luebke@yahoo.com
239-4182 cell

Coaches live for the development of their swimmers & build a program that is a reflection of their goals, hopes & dreams for those swimmers.

Coaches Corner — Gold

Coach: Shirley Gustafson

It's been fun getting back into the swing of things with MAC and joining the Gold Squad! The kids are great. Our first month will be devoted to perfecting drills for each of the four strokes. We'll also work on understanding and practicing good sportsmanship

and swimming etiquette. We will also get to know the Senior group better by training with them a couple days of the week. Our dry-land training will consist of stretches, ab workouts and some yoga. Swimmers should keep some loose fitting, comfortable clothing in lockers for dry-land.

Finally, we are in the process of hiring an assistant coach for the Gold Squad. I'm looking forward to a great season!

CONTACT INFO.

Shirley:
546-7385 cell

Coaches Corner — Silver and Bronze

**Coaches: Ellen Parchen,
Jacob (Jake) Byrne**

Welcome new swimmers! We have several new swimmers and we're excited you've joined MAC. Parents of new swimmers please feel free to ask questions of the coaches and other swim parents. I hope you can all attend our Fall Potluck and Meeting because there will be

more information available. New USA swim forms will be showing up in swimmers' mailboxes in October—please fill them out and return to Ellen as soon as possible.

The Silver Squad had some great swims at Firecracker and represented us well at the State Meet. On Grizzly Football week-

ends, you will need a parking pass for Saturday mornings. Please pick them up at the front desk.

We're looking forward to working with all returning and new swimmers.

CONTACT INFO:
ellen.parchen@mso.umt.edu
243-2763, Grizzly Pool

Texas Gold Clinic (cont.)

thanks to MAC's long-standing relationship with David Cromwell.

More details will be available soon. Please check our MAC website and the bulletin board at the pool for the clinic flyer. Also, coaches can offer more information about this invaluable and unique clinic.

The cost of the clinic is \$95 per swimmer, which includes lunch, swim cap and an ice cream social at the end of the day.

The Texas Gold Clinic is open to all swimmers 10 years of age or older.

MAC offers this clinic as a special opportunity for swimmers in our area, but it is **NOT** a fundraiser for MAC—clinic costs help cover expenses only. To help underwrite the clinic Corporate Sponsorships and benefits are available.

For more information about corporate sponsorships please contact Jenny Tornatore at 360-8380 or

Lanni Jacobson at 329-7612.



You help your child develop a philosophy of sports and life, using the medium of swimming.

Practice Schedules

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Gold 5:30—7:00 a.m.	Senior 5:30—7:00 a.m.	Gold 5:30—7:00 a.m.	Senior 5:30—7:00 a.m.	Senior 5:30—7:00 a.m.	Senior 7:00—10:00 a.m.
Senior 3:30—6:00 p.m.	Senior 3:30—6:00 p.m.	Senior 3:30—6:00 p.m.	Senior 3:30—6:00 p.m.	Senior 3:30—6:00 p.m.	Gold 7:30—10:00 a.m.
Bronze 4-5 p.m.	Gold 4-5:50 p.m.	Bronze 4-5 p.m.	Gold 4-5:50 p.m.	Gold 4-5:50 p.m.	Silver 8:30—10:00 a.m.
	Silver 4:30—6:00 p.m.		Silver 4:30—6:00 p.m.	Silver 4-5 p.m. OR 6-7:30 p.m. *Ask Ellen	Bronze 9:00—10:00 a.m.



Anna B.—Sept. 21

Ellie G.—Sept. 29

Emily C.—Sept. 4

Jackson P.—Sept. 24

Kate M.—Sept. 14

Kate Z.—Sept. 11

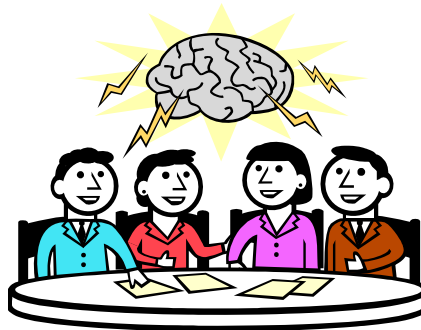
Lauren B.—Sept. 30

Samantha S.—Sept. 25



Missoula Aquatic Club Board Members

- President—Jenny Tornatore
- Vice President—Curt Jacobson
- Treasurer—Kate Martyak
- Secretary—Renee Isono
- Registrar—Niki Bronec
- Member—Jo May Salonen
- Member—Lauren Fern
- Member—Shelly Elliott
- Member—Kelly Archibald—Wilson
- Member—Vacant



MAC ETIQUETTE

- Arrive on time
- Think positively
- Be prepared
- Say “thank you”
- Talk to your coaches
- Listen to your coaches
- Treat everyone with respect & courtesy
- Don’t splash water, curse, etc. following a bad race
- Don’t get out of the water before all swimmers in your heat have finished the race
- Graciously accept any DQ’s or warnings
- Don’t stop in the middle of a race except if you’re sick or injured
- Don’t ignore your coach or parents
- Don’t argue or be rude to officials, coaches, parents or other swimmers

- New Board members and Officers will be elected at the Parents’ Meeting in September.
- 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.

We Need You!!!

The Missoula Aquatic Club relies on our parents to be successful. Some people may wonder why they need to help the swim team when we have coaches and the Board, but the answer is really quite simple...you should help because your child benefits greatly from MAC.

The club needs a little bit of time from EVERYONE, a little more from some, and on occasion a great deal of time from a few.

There are many ways that parents can help and we encourage you to find the

best place that works for you. Here are a few ideas to get you thinking about how you can help this upcoming season:

1. Board Membership
2. Recruiting new swimmers
3. Fundraising
4. Maintaining the Bulletin Board at the pool
5. Swim Meets

** When we host a swim meet, this is where we really need your help. There are many ways to volunteer and no matter

how you help at a swim meet—YOU WILL BE ABLE TO SEE YOUR CHILD SWIM HIS/HER RACES!!!!

Hosting a swim meet requires parents’ help with Concessions, Swim Shop, Timing, Place Judging, Set-up, Tear-down...and much more. Swim meets are a lot of fun and volunteering is a great way to get involved and meet more of our parents and swimmers.

More information will be provided next month for our Fall Invitational in November. Thank you!

HAVE FUN!!!!!!

Visit the MAC website: www.macswim.org for more info.