



Missoula Aquatic Club Newsletter

February, 2009

Volume 1, Issue 6

Mark Your Calendar!

- Feb. 21-22, HLST - Helena
- Feb. 28-29, B-C Championships - Great Falls
- Mar. 6-8, State Short Course Championship - Butte
- Mar. 21-22, Montana Masters State Championship - Missoula
- Mar. 27-29 Age Group Sectionals, Federal Way, WA
- Feb. 28 - deadline to link/re-link Albertsons Preferred Savings card for MAC. Our ID# is: 49000122049. To link go to www.albertsonscp.com or call (877) 932-7948.

MAC Seeking Grant Money

To help with the many equipment needs MAC faces this year, and will face in the years to come, our club is submitting grant applications to a number of grant sources. Through the hard work of MAC parent Nicole Smart and Board Members Renee Isono and Curt Jacobson several grant sources have been identified and the grant needs prioritized.

Currently MAC is looking for grant money to help pay for diving blocks at The Lake (50-meter pool at Splash Montana), timing equipment, and a storage trailer for the timing equipment.

In the future MAC would like to apply for grants that would help support our scholarship program so we can continue to assist families needing help with dues and/or fees.

The Grant & Sponsorship Committee is also looking into a corporate sponsorship program for the trailer and other needs. Corporate sponsors would have name/logo recognition on the trailer and on other advertising opportunities.



Another area that MAC feels we should tap into for support is our alumni. Over the years, former MAC swimmers have been generous donors of time and money as needs arose. We'd like to encourage any MAC alumni - or if you know former swimmers and would like to contact them - to look at supporting the swim team either for equipment or scholarships.

For more information, or if you would like to help the Grant & Sponsorship Committee please contact Cut Jacobson at 329-7611.

Swim Shop Expands

Luanne Giammona and Shirley Gustafson are now running the Swim Shop. The inventory has expanded and there's a tremendous offering of suits, shirts, water bottles, caps and much more. The Swim Shop also offers gear to wear to the State Short Course Championship Meet coming up in a few weeks in Butte. We'll soon be offering our inventory on the MAC website which will make ordering easy! To purchase from the Swim Shop contact Luanne or Shirley.

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Coaches Corner — Senior

Congratulations to all of the Senior Swimmers who swam at the State High School Championship Meet in Great Falls. We had some awesome swims from our MAC swimmers! Now we can look ahead to State, Senior Sectionals and Age Group Sectionals.

I'm glad our Senior swimmers will be able to remain competitive at the higher-level meets with the Board's decision to purchase high-tech racing suits and build an inven-

tory that Senior swimmers can access if needed.

Swimmers have been working hard this month and we appreciate the work in the water and on the deck. It will pay off!

It's nice to have Jeff back at the pool helping us coach while Jen is in Arizona training for triathlons for a couple of months.

Keep up the good work Senior swimmers!

Coaches: Dave Berkoff, Jen Luebke

CONTACT INFO:

Dave:
546-3038 cell
493-6534 home

Jen:
jen_luebke@yahoo.com
239-4182 cell

Sam: 546-0812 cell

*Children
need
models -
not critics.*

Joseph Joubert

Coaches Corner — Gold

Our Gold Squad swimmers are looking great! We've done a lot of technical stroke work which has required concentration and effort and they have all done very well. We're looking forward to the BC Championships in Great Falls and the State Championship Meet in Butte.

We will be having a cheer practice every Friday until the State Meet so everyone will know that MAC is in the pool!

Cheer practice will be held from 5:15-5:45 pm in place of dry land. Warm up your vocal chords and Go MAC!!!

Coaches: Shirley Gustafson, Sam King

CONTACT INFO.

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

Coaches Corner — Silver and Bronze

As we move into the end of the Short Course season, we'll continue to focus on quality swimming as well as race-pace training. Quality means fast turns, clean starts, pacing in swims and great attitudes. When we're at meets these are the same things we talk to swimmers about before and after races. All of the Silver and Bronze swimmers have worked

very hard this season and have come a huge distance (not just in the pool). As coaches, that's the best pay-off ever!

Super Silver Hat winners are Emily C., Becca J. & Marius R.

The Bronze Animal Cracker award goes to Faith K.

We have some new swimmers to both squads and

we're thrilled they're with MAC.

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

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

Jbyrne.sae@gmail.com

How to be a Positive Swim Parent

Just as it is of utmost importance that coaches be continually positive and optimistic, so too must parents. Being critical, no matter how much it may seem justified to the parents (“who have spent so much money and time”) is clearly a negative approach with a strongly undermining effect.

When constructive criticism is needed to form the foundations of a revised plan for improvement, parents should express their ideas to the coaches. Coaches welcome constructive criticism, presented in the right way at the appropriate time.

Parents should continually protect swimmers from the damaging input of negative

thoughts. If they can make a habit of always being positive and only foreseeing success swimmers will be given the greatest opportunity to transcend existing performance levels.

It’s important for swimmers to know they are loved no matter what their swimming performance may be. The negative fear of failure is much less likely to develop when parents emphasize love and compassion.

When setbacks occur the attitude of parents and coaches must express the idea: “Well, you didn’t do as well as you’re capable of this time - but next time it will be better.” Positive self-expectancy and opti-

mism helps the programming of the sub-conscious mind. The coach and swimmer should analyze and determine what can be improved and positive action taken. Parents, above all, should be the least critical and never suggest that what has happened is more than a temporary setback. It’s not only the swimming development of the child that parents can help by the right psychological approach.

We can all benefit greatly.

Taken from notes written by Forbes Carlile, Head Coach of numerous Australian Olympic Swim Teams.



Championship Meets Coming Up

It’s championship meet season! The B-C Championship meet in Great Falls is coming up Feb. 28-29. All swimmers who have achieved B and C times are encouraged to attend this meet. It is a great end-of season meet!

The State Championship Meet for short-course will be held in Butte Mar. 6-8. Swimmers who have achieved at least one BB time can swim any BB and B times at the Butte meet. If you’re not sure which meets are appropriate for your swimmers, please ask your coaches. Be sure to check the

MAC website for hotel-block arrangements in both Great Falls and Butte.

As seasoned swimmers know, team cheers are a BIG part of the championship meets. Rachel of the Senior Squad is this season’s “cheermeister” and would like all swimmers and parents to learn the following cheers:

News Flash!

Extra, Extra! Read all about it!
Newsflash! We’re back -
scream and shout about it.
MAC flies free to win, win, win.
It ain’t where we are it’s

Where we’ve been.

Go MAC!



Give me an “M”...(M).

(Repeat for A and C)

What does that spell?

MAC!

Spell - anyone can spell it.

Smell - everyone can smell it.

Sell - we ain’t gonna sell it.

The Black, White & Green!

Nate B. - Feb. 19

Scarlet - Feb. 6

Rachel R. - Feb. 7

Gabby S. - Feb. 9

Emilie T. - Feb. 7

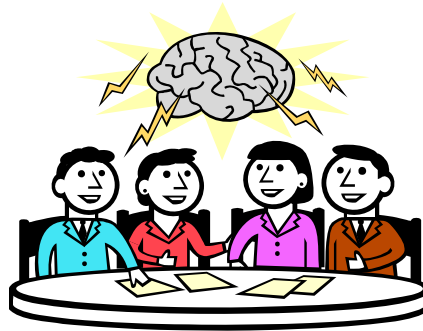
Lindsay T. - Feb. 15





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—Open
- Member—Carrie Forsythe
- Member—Michelle Miewald



** 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.

MAC Mission Statement

The mission of the Missoula Aquatics Club is for swimmers of all ages and abilities to perform at their personal best in an environment that is educational, supportive and fun. Through our core values of teamwork, sportsmanship, health and wellness, integrity, and discipline, swimmers will develop skills to help them succeed in life.

Pay Dues With Automatic Withdrawal!

We strongly encourage MAC families to participate in the new automatic withdrawal dues payment program. Automatic withdrawal makes dues paying easier for both families and the club. With automatic withdrawal no one ever has to worry about a missed payment again!

Debit Authorization forms are available on the MAC website. Forms should be turned into Ellen at the Grizzly Pool. All information is kept in strict confidence. **Contact Curt Jacobson for more info. at 329-7611**

Hi-tech Suits Purchased for MAC Swimmers

At the request of MAC coaches the Board has agreed to begin building an inventory of high-tech racing suits, such as the LZR suits used by Olympians in Beijing.

These suits will be available to swimmers age 15 and older for upper-level meets such as Zones, Age Group Sectionals, Junior Nationals and Nationals.

Initially MAC will purchase two men's suits and two women's suits in different sizes that can be rented by swimmers for \$50.00 per meet.

According to Senior Coach Dave Berkoff, these new suits are being used by

swimmers across the country and by not investing in them, MAC swimmers will be at a great disadvantage. As Dave noted at the recent MAC Board meeting, the difference of one second in swim times can determine whether or not a swimmer receives a college scholarship.

MAC will either purchase the LZR suit or a comparable suit that the coaches feel is just as good with a slightly lower cost.

The suits are expensive which is why the Board voted to build the rental inventory as needed, but in a way that helps our swimmers now.

For more information about the suits and/or renting them, contact Curt Jacobson at 329-7611.

*Thank You
Nancy Kinsey
for all your years
of hard work in
the Swim Shop!
We greatly
appreciate it!*

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