

Mark Your Calendar!

- Jan. 16-18, KATS Meet - Kalispell
- Jan. 16 - No 6 p.m. practice
- Jan. 17 & Jan. 19 - no practices for any squad
- Feb. 13-14, MHSA State Swim Meet - Great Falls
- Feb. 21-22, HLST - Helena
- Feb. 28-29, B-C Championships - Great Falls
- Mar. 6-8, State Short Course Championship - Butte

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January, 2009

Volume 1, Issue 5

MAC Dives Into the New Year!

The swimmers, coaches and families of the Missoula Aquatic Club are looking forward to the New Year and all that it brings!

The first few months of the new year are always hard, as our swimmers gear up for the State High School Championship Meet in February, B-C Championships and finally the State Short Course meet.

Be prepared for our swimmers working very hard in January and February. Also be prepared for them to be tired and perhaps a little cranky from time to time about going to practice! Read more on Page 3 about supporting swimmers when training gets hard.

The Board of Directors is happy to announce that we have awarded three scholarships to MAC families in this new year.

We know these are trying economic times and the Board feels fortunate to have a Scholarship fund in place to assist those families needing help with monthly dues. More about the Scholarship program can be found on Page 4 of this newsletter.



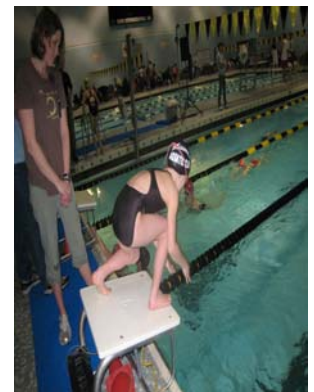
both swim clubs.

Finally, we hope MAC's billing will be simplified this year with the new billing process and now, the option for automatic withdrawal from your bank account. Please read more about the automatic withdrawal process on page 4.

Again, we are so proud of our MAC swimmers and families and look forward to great swimming in 2009.

GO MAC!!!

Parents are encouraged to attend the Missoula City Council Meeting on Monday, January 12th where it's expected the Council will approve the 50M pool fees for this summer. We appreciate anyone who can attend to show support for the rate proposal of \$80/per hour (\$10/per lane). Historically, MAC has split this rate and the pool with MYST to best serve



Coaches Corner — Senior

Senior swimmers are doing really well and most of the group got in some great training over the holidays. With Jen gone for the next few months (training for triathlons), Sam will be coaching morning and Friday afternoon practices. Dave will be coaching most afternoons and Saturday mornings.

The end of the season is closer than we know. High School State Championships are just a month away and Short Course

State is just a few weeks later. The coaches ask that each Senior group swimmer bring a list of season-end goals to practice for review.

Thanks again for all of the hard work we've been seeing these past few months. Our senior swimmers are a great and cohesive group!

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

We do not need to give all available meets, awards, training time & training techniques to all levels and all ages of swimmers.

Life is progressive!

Coaches Corner — Gold

We'd like to see our Gold Squad swimmers get to practice at least three times a week. We ask that you all try to get organized with homework and other activities so that you can still make swim practice!

Over the holiday break, we started videotaping the swimmers and we'll con-

tinue with taping through January.

The next few months may be hard with the different meets ahead of us, but we know our swimmers can do it. That's why attendance at practice is so important!

We love our Gold Squad swimmers!!

Coaches: Shirley Gustafson, Sam King

CONTACT INFO.

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

Coaches Corner — Silver and Bronze

Silver Squad swimmers have been working on turns & building endurance for those 200's that everyone loves...especially your coaches! Over the break we did some taping of butterfly and lots of stroke work to put it all together. "No butt, no fly" is beginning to make sense!

Two brave swimmers showed up for the New

Year's Day swim and accomplished the goal of swimming 70 x 50yd swims on the 1:00 - great job! Super hat awards go to Brandon K. and Kennedy S.

Bronze swimmers are working hard on breaststroke to see if they can all be legal soon! Also working hard on endurance. This group is big fun and

lots of intensity. Animal Cracker awards go to Ellie G. and Keidon R.

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

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243-2763, Grizzly Pool
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Swimming Tired

One aspect of competitive swimming that many swimmers and parents have a difficult time understanding and/or accepting is what coaches call “swimming tired”.

To understand fatigue and its effect on meet performances, it’s important to understand the “training effect”. Improvement in swimming is largely a result of the body’s adaptation to the stress of regular training. Of course, technique and skills are very important for peak performance but for the purpose of understanding this element of swimming, we’ll address only physical training.

The body adapts in many different ways - the mus-

cles become stronger, the heart pumps blood more effectively and the cardiovascular system becomes more efficient. These all contribute to faster swimming. Progress at the beginner or novice level comes quickly and is dramatically evident in large decreases in swimming times. As a swimmer becomes more accomplished, decreases in swimming times come in smaller increments even though the amount of training may increase.

When training is increased, fatigue may affect performances at meets. However, swimmers may still be able to swim best times in spite of being tired. Improved stroke technique, better starts and turns, more ef-

fective race strategies and increased conditioning and strength can offset fatigue.

Coaches always encourage swimmers to swim at 100% effort and use their skills to overcome the tiredness.

So why not reduce the large training load just before each meet and allow swimmers to be a little rested? To optimize the benefits of training, it’s best not to “interrupt” the continuous stress of training at certain times of the season for the purpose of swimming faster, for example at an early-season meet compared with a championship meet. These early meets can be considered “practice meets” where the

Swimmer gains valuable race experiences and tests improvements in strokes and skills. A successful swim is not always just a fast time. Not resting for early-season meets will result in better end-of-the-season times.

The hard training of the early and middle part of the season WILL pay off at the end!!

Courtesy: Herb Huddleston, Coach



- Matthan S. - Jan. 7
- Katherine B. - Jan. 28
- Connor C. - Jan. 24
- Rachel F. - Jan. 19
- Nick G. - Jan. 21
- Madeline K. - Jan. 15
- Seha L. - Jan. 25
- Caelin M. - Jan. 11
- Bailey M. - Jan. 30
- Marius R. - Jan. 14
- Keidon R. - Jan. 11
- Caroline S. - Jan. 31

More From Maddie...

Maddie Arciello is the student swimming representative to the MAC Board. Here’s what she has to say about the hard work facing swimmers:

“These next few months are a hard time for training. School is hard and swimming is hard. Remember that swimming helps so much with stress. Please come to practices - especially the morning practices. These are great practices for training. Don’t sleep in and skip practice - it’s worth getting out of bed for!

Parents, please encourage your swimmers to keep up their

practice regimen even though it’s tough. Encouragement and support from Mom and Dad goes a long way during a long practice.

Most importantly -

You’re not going to swim faster if you’re not in the water.

We all need to be there for each other whether it’s in the pool or out of the pool.

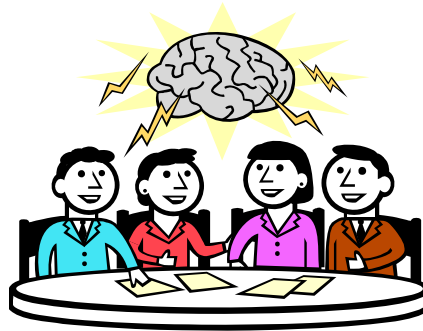
This is a really important time for us as swimmers, even though it’s hard.”





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.

Billing Updates

☼ All pre-paid dues need to be paid in full by February 1st. In accordance with our new billing policy, MAC will bill for dues in advance starting this month, to reflect February's bill.

☼ We are now able to do automatic withdrawal from bank accounts to make dues paying easier. Debit Authorization forms will be 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**

Scholarship Update

Three MAC families have benefited from the Scholarship Fund beginning this month. The Board of Directors is pleased this fund was created to help keep our swimmers in the water.

An additional anonymous donation of \$500 was received last month, bringing the total donated to the Scholarship fund by donors to \$1,000.

The Board of Directors has also approved additional funding from the budget for the Scholarship Fund and monies are still available to families who need help paying their dues and/or other fees.

Applications are available on the MAC website and can be turned into Curt Jacobson at any time during the year.

Scholarships can be used to cover monthly dues, clinics or any meet related expenses for Sectional meets and higher. Scholarships will cover a portion of these fees - families will need to pay part of the total due.

Scholarship funds will be credited to a swimmer's account, once a family has paid their portion of the total due.

All scholarship applications are strictly confidential and information provided is not shared.



For more information, contact Curt Jacobson at 329-7611. Again, all inquiries are confidential.

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