



# Missoula Aquatic Club Newsletter

Volume 1, Issues 6 and 7

## Mark Your Calendar!

- April 7 - MAC Board Meeting, Rose Park Bldg., 7:00 pm
- April 11 - Grizzly Triathlon
- April 18 - MAC Swim-a-thon fundraiser, Grizzly Pool
- May 15 - Grizzly Pool Closure for maintenance/drainage. \*\* Pool will be closed for at least two weeks!

March/April, 2009

## March Meet Madness!!

Where to start? Our MAC swimmers have had so many amazing swims and meets this past month it's been mind-boggling!

Starting with the B-C Championship Meet in Great Falls - all of our MAC swimmers who attended this meet did very well. The turnout for the B-C Championships was awesome this year. Congratulations go to several of our swimmers including: Jack and Ben from the Senior Squad, Faith, Mark, Ingrid, Isadora and Jesse from the Bronze and Silver Squads. These swimmers along with others had great swims, some best times and amazing time drops.

Next came the State Meet in Butte where 46 MAC swimmers swam among more than 400 swimmers overall- remarkable! Again, there were some best times and awesome time drops from our MAC

squads. Several swimmers made "A" times, age group sectional times, senior sectional times and PR times at the State Meet. It was great having so many swimmers and coaches in Butte - they definitely knew that MAC was in the pool!

The State meet was a lot of fun and we should add that the "we mean business" shirts were great!

The next meet was Senior Sectionals in Federal Way, Washington. Once again - amazing is the word that comes to mind! Seven swimmers traveled to the meet: Sean N., Maddie A., Matthan S., Corban E., Miranda T. Kelsie M. and Kate Z.

Times were shattered, records were broken and our MAC Senior Squad just shined. Matthan, Sean and Miranda all had Junior National qualifying times at the meet.

## SENIOR SECTIONAL FINAL NUMBERS:

- 9 Montana state records.
- 19 team records.
- 31 best times.
- 30 points scored
- Tied for 30th overall for men out of nearly 200 teams
- 108 seconds faster as a team than when we left.

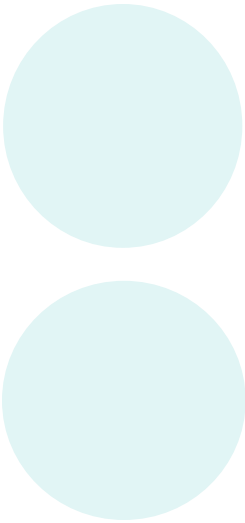
Finally, we had several of our swimmers who qualified for Age Group Sectionals which were also held in Federal Way. They are: Adam Z., Kate Z., Jasper V., Hanni L., Kelsie M., Patrick M., Hailey J., Lathan G., Emilie T., Tomas S., Nate B., Mary R. and Jenna W.

Congratulations to all of our Championship swimmers!

**GO MAC!!!!**

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# The swimmers swam their lights out.”

*Coach Dave Berkoff, commenting on the past month of meets*

## Coaches Corner — Senior

The Senior Group's efforts at the State and Senior Sectional meets over the past two weeks can be summed up in one word—AWESOME!

Every Senior swimmer who swam at the State meet recorded multiple best times and significant drops or breakthroughs. Several swimmers recorded their first Senior Sectional or Age Group Sectional qualifying times. Others simply dropped huge amounts of

time. Highlights included: Jack K.'s 2 minute drop in the mile; Nate B.s amazing swims including his 50-free anchor leg on the 200-free relay which led to an Age Group Sectional relay qualifying time; Rachel R.'s 50-breast and 200 breast; Jaymi W.'s first sub-1:00 100 free; Jenna W.'s multiple best times; Hailey J.'s two Age Group Sectional qualifying times; and Corban E.'s Senior Sectional qualifying swim in the 200 back. There were many, many other

incredible swims as the three page "Hero Board" posted at the pool indicates. Congratulations to all of the participants at the State Meet. The hard work clearly paid off!! (More info. for Senior and A.G. sectionals found on pg. 1)

**Coaches: Dave Berkoff, Jen Luebke**

### CONTACT INFO:

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

## Coaches Corner — Gold

Our swimmers have been AMAZING at all of the championship meets!!

All of the hard work has shown in our swimmers at these meets and we are so proud of them! Great job!

In April we will begin our "Long Course" season.

Though we won't be swim-

ming outdoors for another couple of months, the season will begin in April. By the time we go outside, we will be in the middle of the Long Course season. It may be hard to believe with the weather outside, but we will start to focus on Long Course soon.

Again, it was a wonderful

Short Course season for our Gold Squad.

Go MAC!!

**Coaches: Shirley Gustafson**

### CONTACT INFO.

**Shirley: 546-7385 cell**

## Coaches Corner — Silver and Bronze

From the Silver Squad, Sara, Kennedy, Adam & Cale swam at the State meet in Butte and from our Bronze squad we had 7 girls and 3 boys who swam – great job you guys! A big thank you to Granger, Isadora, Julia and Mikayla for swimming the relays in Butte. We had excellent swims and time drops from our swimmers at both the Great Falls BC Championship meet and State! Top Banana meet awards go to Isadora and Ingrid for dropping big times at some meets. CONGRATULATIONS!!!

Heading into April for Bronze we'll go back to basics – breathing and timing on all strokes, turns, and still working on the legal breast stroke kick for all bronze swimmers – that is my personal coaching goal before June! For Silver, we'll rearrange some lanes and re-focus on the basics. It will be good to slow down the pace again. As we get

warmer weather please remember to be prepared for dryland outside, which includes proper footwear, and water bottles for practice.

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

### CONTACT INFO:

**ellen.parchen@mso.umt.edu**

**243-2763, Grizzly Pool**

**Jbyrne.sae@gmail.com**

## Shop at the Swim Shop!

Don't forget to check out the MAC swim shop when purchasing all of your swim gear! Practice and team suits, caps, goggles, apparel, backpacks and so much more are available.

And, remember that the Swim Shop isn't just for MAC swimmers - parents and siblings can also purchase items for themselves. It's a great way to save money!

To purchase suits and other items please contact Luanne Giammona or Coach Shirley. They are continuing to update the swim shop inventory so look for more choices to be available soon. More information is available on the MAC website.

In other equipment news, personal training items such as fins and paddles are required for the Gold and Senior Squads. If you need to purchase these items, please talk to your coach first.



- Paula W - Mar. 1
- Mary R - Mar. 31
- MacKenzie K - Mar. 26
- Madison AW - Mar. 25
- Kyle J - Mar. 20
- Nick D - Mar. 17
- Tomas S - Mar. 2
- Finn W - Mar. 22
- Jesse H - Mar. 7
- Jordan H - Mar. 18
- Corban E - Apr. 10
- Lathan G - Apr. 6
- Becca, Emily &
- Libbie J. - Apr. 2
- Rachel M - Apr. 16
- Mackenzie M - Apr. 24
- Nolan N - Apr. 22
- Zach N-T - Apr. 5
- Megan R - Apr. 23
- Andrea S - Apr. 5
- Isadora S - Apr. 12
- Matthalia S - Apr. 8
- Jaymi W - Apr. 23
- Jenna W - Apr. 8

### Why Don't Coaches Continue To Work On Technical Points At Championship Meets?

Coach Alex Braunfeld of the Dynamo Swim Club has this to say about coaching at championship meets:

"I believe most coaches do realize that the technical aspects of stroke, turns, and starts are extremely important, no matter what time of the season. It's important to stress fundamentals throughout the season, including the championship season. Technique should be a day-in, day-out consideration but with a bit more concentration at the beginning and end of the season when more time is available.

"However, most coaches try to avoid over-coaching at a championship meet. Swimmers perform best when they are intuitively doing things they have rehearsed thoroughly for a long time. Trying to make technique adjustments at a championship meet can be distracting to the swimmer, forcing them to think too much when they should be performing skills almost automatically and subconsciously.

"One final point, while parents can always find fault with starts and turns and they are always the first thing to be identified as needing work, if adjustments are to be made, it should be the coach who makes them. Athletes get easily confused when they hear different advice from parents and coach. Let the coaches do the coaching."



### 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.

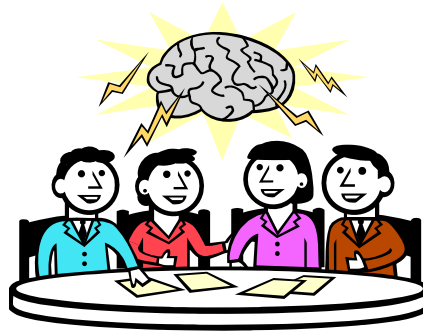
### Please Consider Automatic Dues Withdrawal!

We continue to encourage MAC families to participate in the 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 at 329-7611.

### 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.

### March Board Actions

Following the monthly review of Accounts Receivable balances for the club, a Motion was proposed to only allow families enrolled in the automatic withdrawal program to charge swim shop and concession items at MAC meets.

This Motion was approved by the Board so we again encourage as many families who can to sign up for the automatic dues payment program. This motion was made due to the number of unpaid charges MAC has had on the books for several months following our meets.

In other Board news, an agreement has been made

with the Peak Health and Wellness Center to use their pool during the Grizzly pool closure in May. Arrangements have been made to rent 3 lanes of the Peak pool so that MAC swimmers don't lose valuable practice time during long course season.

Here is the tentative pool time available at the Peak pool:

Monday, Wednesday and Friday 7:00pm - 9:00pm.

Tuesday and Thursday 6:30pm - 8:30pm

Saturday 7:00 am - 9:00am

At this point it hasn't been determined when each

squad will practice, but look for information to come via e-mail and on the website.

The board feels this will be a great way to keep the kids in the water while the Grizzly pool is closed for maintenance.



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