



Missoula Aquatic Club Newsletter

Mark Your Calendar!

- Sept. 18, Fall Parents' Meeting with Dinner and All-team Practice.
- October 14 - Officials Clinic for new & current officials, 7 pm, Rose Park Bldg.
- October 16-18, Whitefish Swim Meet
- October 23-25, Great Falls Swim Meet
- October 30, All-team "Dance Party" - more details to come!
- November 6-8, MAC Swim Meet. This is our big home meet so please plan to attend and help volunteer to make this meet a success!!!
- Jan. 1 - All-Team Swim-a-Thon fundraiser...more details to follow!

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September, 2009

The MAC Attack Welcomes You Back!!

Welcome back to the pool everyone and welcome to the 2009/2010 Short Course Season. MAC had a great Long Course season training at the 50M Pool (The Lake) and we had some awesome swims from our swimmers who traveled to the State Meet, Zones and Sectionals. Even Coach Dave got into the action at Sectionals after training with the Senior Squad this summer - our swimmers and Dave turned in some awesome performances and also had fun with MAC alum David Cromwell joining the relay team!

Now we're looking forward to this year of swimming at the 25Y Grizzly Pool. We have several new swimmers who have joined all squads along with some familiar faces who are back in the water after taking the summer off. All squads for MAC

are looking great and our coaches are excited for the new season.

MAC has recently learned that we were the successful bidder for the meet timing equipment and trailers that were auctioned off by Montana Swimming. Previously the equipment and trailers traveled around the state to be used at different meets, but it was decided that swim clubs needed to purchase their own equipment. MAC, Bozeman and Billings swim clubs all bid on the equipment with MAC submitting the winning bid.

This is great for our squad as we can keep the equipment in Missoula for our home meets - **our first MAC meet is November 6-8**. The equipment should also be easier to maintain now that it isn't traveling to different meets. The Board had looked at purchasing new equipment, but due to our tight budget the purchase of this used equipment is the best use of our resources.

Additionally, MAC will be purchasing a new scoreboard to be used at local swim meets. The downpayment on the scoreboard is the result of a generous donation from Swim Missoula earmarked specifically for a scoreboard. The scoreboard costs more than the Swim Missoula donation so we are currently looking for corporate sponsors and donations.

We are very excited about these new equipment purchases and know they will greatly enhance our home meets.

Thanks again to all of our swimmers and their parents who make the MAC swim club such a great success!



Coaches Corner — Senior

The last few weeks of practice have entailed a lot of drill work and emphasis on turns and streamlines. We need to really focus on remembering that short course is all about turns, stroke count, and maintaining speed. Getting this concept into our heads early on will enable us to keep our technique focused when the yardage goes up and intensity increases.

Practices have been big in numbers, which is great to see. Some days we have as many as 7 in a lane and 25 in the pool for the senior group alone!

Even with these numbers and full lanes, everyone has been working together very well.

Please be on time to practices. It doesn't hurt to take five to ten minutes before practice to stretch and get ready. We would love to see the senior group bringing water to practices and a snack for immediately after they get out of the pool. Eating a snack of 200-400 calories (such as fruit, half a bagel, half a PBJ, or fruit juice)

within 20 minutes of exercise aids in the recovery process. This gets very important for morning practices and swimmers are returning to the pool within 12 hours of when they last left it.

Coaches: Dave Berkoff, Jen Luebke

CONTACT INFO:

Dave: 546-3038 cell
493-6534 home

Jen: 239-4182 cell
jen_luebke@yahoo.com

Congratulations to all swimmers who have moved up to the next level of squads.

Look for more move-ups in the next few months.

Everyone has worked very hard and we're proud of all our swimmers!

Coaches Corner — Gold

Gold Squad is starting strong this season with 27 swimmers. We are working on stroke techniques and sprinting while in the water. Dry land training is focusing on stronger core and legs for good push-offs and turns from the wall.

Early morning practices at 5:30 am are underway and Jen would really like to see more Gold

Squad swimmers in the water at this early hour! It may be early but it's a great workout!

Please read the Senior information above about hydration and eating a snack before practice - this is equally as important for the Gold Swimmers.

Happy Training!

Coaches: Shirley Gustafson, Jen Luebke

CONTACT INFO.

Shirley: 546-7385 cell

Jen: 239-4182
jen_luebke@yahoo.com

Coaches Corner — Silver and Bronze

In Pre-Bronze we have 7 swimmers who are working on breathing, balance, and the basics of swimming. We will be continuing to build strokes in the next two months. The goal of this squad is to have fun in the water and be ready to progress to the bronze squad.

The Bronze squad is back in the water with their usual excitement and energy and is working on balance, kicking,

breathing and timing drills as well as lane etiquette and how to be a good teammate.

For the Silver Squad, Jake says "welcome back to the basics!" The squad will often be practicing on 2-3 tiers, based on ability & technique needs for the swimmers. Additionally this should offer more personal attention for the many Sil-

ver Squad swimmers in the water.

Welcome to all new and returning swimmers!

Coaches: Ellen Parchen, Jake Byrne & Stephanie

CONTACT INFO:

ellen.parchen@mso.umt.edu

243-2763, Grizzly Pool

Jbyrne.sae@gmail.com

Please Share Your Time With MAC!

As with any non-profit organization, volunteers are key to its success and MAC is no exception.

We have many volunteer positions available throughout the year and all families need to make the commitment to share their time.

One key area we need parents is for team spirit. This is critical for team building and support at meets. We need help organizing cheers at meets, signs/banners, car painting and help with the all-team activities we do throughout the year i.e. dance party next month.

Squad Parents are also wanted!! Anyone can volunteer to be a "squad par-

ent" – duties include: getting information to other parents on the squad, helping to organize some volunteers for team functions and keeping the communication channels open and functional. This is a new idea for this year, but we think it will be very beneficial for the swimmers, parents and the squads.

One of our biggest volunteer needs is our home swim meets. It takes so many volunteer hours to plan, coordinate and hold a swim meet. **We ask that each family volunteer at least 2 hours per day of a swim meet.** This isn't very much time when you consider all that goes into a meet. At meets we need parents to help as timers, working at

the concession stand, hospitality suite and swim shop, plus set-up and tear down.

You will still see your child swim while volunteering!!!

When the MAC meet rolls around in November please remember how much we need you to volunteer and how much we appreciate the time you'll give!

The final area where we need people to volunteer is on the Board of Directors. Each position is a 2-year commitment and Board meetings are held monthly. The Board of Directors governs the swim club and is the liaison between coaches, swimmers and parents.

For more information about volunteer opportunities please call Jo May Salonen at 239-9228.



Emily C - Sept. 4
Baylee E - Sept. 19
Ellie G - Sept. 29
Samantha S - Sept. 25
Cameron - Sept. 22
Kate M - Sept. 14
Kelsie M - Sept. 5
Kate Z - Sept. 11
Granger E. - Oct. 2
Anna K. - Oct. 4
Patrick M. - Oct. 20
Avery M. - Oct. 22
Maggie M. - Oct. 1
Luke M. - Oct. 21
Andrea P. - Oct. 29
Kate B. - Nov. 27
Hannah B. - Nov. 29
Kyla D. - Nov. 14
Kessa - Nov. 29
Solomon N. - Nov. 10
Madison R. - Nov. 1
Grace S. - Nov. 16
Kahn V. - Nov. 27

Tribute and Memorial to Patti Billet

On September 15th MAC lost a very dear friend and avid supporter of our swim club. Patti Billet was diagnosed with ALS a year ago and passed away surrounded by her family at her home.

Patti is remembered for her tireless work in the concessions stands at meets, helping with hospitality suites for officials at meets, serving on the Board of Directors and holding the position of Board President. Patti was

a hard worker who always had a smile on her face and that great laugh. Both of her daughters - Kate and Anna - have been swimmers for the club, but took a break this past year to spend time with their Mom. She is also survived by her husband Mike.

Patti's commitment to MAC will be honored in the years to come at each of our home meets as the Board acted on a request by Patti's friends to name our concession stands,

The Patti Billet Memorial Concession Stand. It's the least we could do for such a wonderful MAC parent who is missed very much.

Finally, a big thank you from the Billet Family to all of the MAC families who have provided meals and support during this past year. It's been a huge help to them during tough times and they are very grateful.

Patti, thank you for all that you did and we miss you.





Missoula Aquatic Club Board Members

President—Curt Jacobson

Vice President (incoming President)—Jo May Salonen, 239-9228

Treasurer—Kate Martyak

Secretary—Renee Isono

Registrar—Niki Bronec

Member—Kelly Archibald-Wilson

Member—Kim Fee

Member—Luanne Giammona

Member—Open

Member—Open

Member—Open

Member—Open



** 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.

Meet Information

Meet contracts can be found at www.macswim.org approx. 2 weeks before the meet date. Some will also be available at the pool mailbox area. Be sure to also get a meet entry form to fill out for your swimmer's events. It's imperative to read the contract and note some important information – the date the contracts are due at the pool, the cost of the meet, and how many swims each swimmer may do per day. Once you have filled out the meet entry form place it and a check for the right amount in the envelope labeled with the name of the meet found in the mailbox area. This envelope will be picked up @ 5 pm of the day the entries are due to the team. Please be timely with submission of meet entries as this is how we find out how many swimmers are traveling to the meet, and determine how many coaches will be going to the meet.

When signing up for meet events, if you are not sure please feel free to contact your coach and ask their opinion. Also know that coaches will put swimmers on relays at the meet so please plan to participate in them. It is great fun and the team part of swimming!

Fundraising Needs for Upcoming Year

With increasing costs each year for the swim club, MAC is stepping up its fundraising efforts.

Our big fundraiser will be a New Year's Day Swim-a-thon. This is a fun way for our swimmers to raise money for the club. This event has been very successful in the past and so we will concentrate on making this year no exception. Look for more information in the coming months and please support your swimmer as they participate in the swim-a-thon.

While our monthly dues contribute greatly to our overall monthly costs, the club continues to absorb increased pool fees, travel expenses, offer our

scholarship fund and much more. We don't cover all of our costs through dues so we need to find creative ways to raise money for the team.

Additionally, as more of our kids travel to higher level meets such as sectionals and zones we'll also be holding separate fundraisers specifically for travel expenses. These fundraisers won't be team fundraisers, but will benefit those individuals who face extra travel expenses when qualifying for high-level meets. We think this is an excellent idea to help our families as they travel out of state.

We continue to seek grants for the club (and are grateful for the ones received) and always welcome corporate sponsorships!!

Visit the MAC website: www.macswim.org