

MACS RELAY

President's Message

Greetings to all families, the Short Course swim season is over and we are halfway through the swim year! Congratulations to our Silver State, Senior State and 14 & Under State swimmers, awesome job! Also, congratulations to our Sectional Swimmers who did a great job at Federal Way. It was a very large meet and my privilege to see our young women finish third against some much larger teams. To all our new and veteran swimmers, I wish you as much success in the Long Course season!



The following is an update from your Board:

1. **MACS Raffle**-Thanks to everyone's support, we had a successful raffle and met our budget number. For the second year in a row, a MACS family won! The Chase family will holiday in Hawaii this summer.

2. **Fundraising/Financial:**
A. For our team to be viable, we need everyone to continue pay their dues on time and meet their fundraising goals. Presently, there are only a few families in arrears.

B. Tagawa Spring Fundraiser will be held from April 1-15 with flowers delivered just before Mother's Day. All items are being offered below suggested retail prices.

C. Swim-a-thon: will be conducted May 30.

3. **Community Service Project**-Both for advertising and Team Community Service, the Board has scheduled our Adopt A Road cleanup. It will be Saturday afternoon, April 18. We have a great location along Parker Road just south of Arapahoe Road. We are looking for 100% participation which will make cleanup of our 2 mile strip go quickly.

4. **Pier Point Swim Facilities:**

A. Pier Point Cleanup: Saturday, May 2 will have our annual Pier Point cleanup.

B. Solar heated pool: your Board is presently considering whether solar heating of our pool is a viable, cost beneficial endeavor. (continued on page 5)

Coach Andy

Congratulations to all of our swimmers who competed in the spring Short Course Championship meets last month. Highlights from Silver State, 14 and under State and Sectionals are in this newsletter. Spring is the time to begin preparing for summer championship season. Attendance and participation at meets is especially important because the summer will go quickly. We will begin our summer schedule on June 8th. Delmar should be available to us in late May. The sectional and senior groups need to look for changes to your practice schedule

at this time. It is also time to begin planning for our annual team trip to Grand Junction June 25-28. This is a fun meet for the entire team to attend. MACS will also be hosting a league meet on June 6th at Pier Pint.

The Senior group had a great year and finished with a strong showing at Silver State and State. They worked hard all year and qualified 3 swimmers for silver state and 3 swimmers for state. Mayanka Kumar, Artur Meleytan and Caameron Navarrete participated in Silver (continued on page 5)



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UPCOMING MEETS

April 11th- Suburban league Pentathlon at Meyers pool- Arvada (ALL)

April 24-26- TOPS Spring Open at DU (Group 2 & Above)

May 3- Suburban League Qualifier- Evergreen (MM & Group 1)

May 15-17- NJ Long Course Open at Meyers- Arvada (Group 2 & Above)

June 6- Suburban League Qualifier at Pierpoint (MM & Group 1)

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Coach Catherine

Great Job on your season ending championship meets everyone!! The coaching staff was proud of all of your efforts this season and the improvements you gained from them. Andy and I would like to say a special thank you to Mary and Gregory for all of your hard work and your commitment and passion for MACS. The swimmers and Andy and I are lucky to have you. Also, thank you so much to all of our amazing families for your involvement in the team and your continued support of your children in a sport which can be time consuming and takes the whole family!! We know swimming is great for your children, but we also know there are family sacrifices at times. Thank You!

We finished state in 6th place, close behind 5th with many awesome swims- great job to all of you. As far as teams our size go we finished a close 2nd. You should be proud of yourselves and the quality swimming you achieved. You made big technical and physical strides this season. I have included a summary of SS, State and Sectionals. Results are on the website as well. If you haven't been checking out the website you should; Susan Arnold has done an amazing job with it and you will now be able to find entries, results and lots of other information there. We are putting entry fees up there as well so people can look to see what they owe if you are someone who does coach's choice for entries.

I wanted to include an excerpt on development from last March that cannot be repeated too much and that swimmers and parents new to my group or the team probably did not read. I like to address this at least once a season and figured why reinvent the wheel (Plus Eve only naps so long!)

The long-term development of our athletes is always at the forefront of our coaching. We are proud of our success with this. Perhaps one of the best examples is the fact that our sectional group swimmers continually improve and get more and more ahead of the competition. They have continued to thrive off of the background of technique and age (physical and chronological) appropriate learning and training our program provides with long term success. We strive to stay on top of the USA Swimming and the Sport Science Summit recommendations and are sure to follow sound scientific protocols for teaching and training that will enable our swimmers to be successful long term. USA Swimming is a leader in research and we are continually educating ourselves thanks to all of this available research. At a talk I was lucky to attend in October 2007 the topic of success at an early age versus later was brought up (as it always is). The difference was usually it is in a room of all head age group coaches (coaches working with swimmers typically 11-14 and maybe a few 10 and unders). At this talk I was one of only a handful of age group coaches in a room of head coaches so I had to speak up on what I have done to work with this as I do feel it is something I am keenly aware of after all of these years of working with young swimmers in both boats. It really is an art and a science keeping the early-maturer in the sport by providing the necessary training for that swimmer earlier and both rewarding success and keeping it in perspective. A coach has to make sure these athletes understand they need to work hard to continue on the same path and not rely on talent alone.



On the flip side a coach needs to help late-maturers understand the work they do now will pay off later. The coach also needs to find a way to point out their success to them since sometimes all the young swimmer can see is the faster, stronger athletes ahead of them and they don't see the future success they will achieve. So, my message to parents is please look at your child and his/her successes independent of comparison to other swimmers. Within a 10 and under or 11-12 age group there are swimmers who may be two to three years ahead of their counterparts physically or kinesthetically or two to three years behind and comparing will only cause frustration for the swimmer. So many swimmers with amazing potential quit before they get to shine because they don't see that day will come. These things are easy for coaches to see, but much harder for swimmers and parents. Back to the talk at the National Select Camp, the head coaches in the room all stressed the importance for USA Swimming age group coaches to keep the late-maturers in the sport. We all acknowledged we need to keep finding ways to encourage these swimmers (who represent the majority of our athletes in the sport) through the younger age groups as they mature and also keep the younger, bigger or more kinesthetically aware swimmer on top of their game as the late-maturers catch up. So, I thought one way was to encourage celebrate their accomplishments, realizing that there are a lot of accomplishments to be had besides just winning. (continued on page 5)



CARB LOADING

March came in like a LION. At least our **phenomenal 14 & Under swimmers** did. We had a huge number of Silver State and State qualifiers. In order to get our swimmers ready for their big Short Course season ending meets, the parents hosted two Pasta Party Dinners- one at Eaglecrest and one at Pier Point. Huge amounts of carbs were ingested and fun was had by all! Thanks to the Parents for helping and providing such great food!



Pier Point Clean up

May 2nd at 9 AM- It's time for a little **Spring Cleaning** and **Beautification** of the Pier Point pool, clubhouse, and grounds. We will be presenting 2 swim clinics in May, hosting the Suburban League Qualifier in June and hosting the Mountain High Swim League B2 Division Summer Championships in July. These are a great opportunities to show off what makes us unique in the State of Colorado. **WE OWN OUR OWN POOL!**

Please show up willing to put in 2 hours doing whatever is necessary. Planting flowers in donated pots, cleaning trophies, cleaning locker rooms, vacuum, hose off and wash the plastic chairs, hose down the outside of the clubhouse and whatever else Andy decides we need to do. We are asking each family to bring at least a four-pack of petunias when they come. If you can't make it but would like to donate some bedding plants- feel free to drop them off at PP the week before.

Adopt-a-Highway



We will meet at PP at noon on **Saturday, April 18th**. Feel free to bring a sack lunch. We will have a short safety meeting and then break up into groups to shuttle to our part of Parker Road for clean-up. Please let Teresa Brandon at tbrandon@ultrapetroleum.com know if you plan to help. All kids over the age of 6 are welcome. After cleaning up, we will return to Pier Point for Ice Cream sundaes. (Volunteers to bring toppings- are welcome.)

Details: Make sure to wear long pants, sturdy shoes or boots and bring your own work gloves. Water, Sunscreen and hats are also a good idea. The orange vests and trash bags will be provided. Please be sure to watch the short Safety Videos on-line before showing up on Saturday. The Safety meeting will consist of reviewing the points brought out in the videos. Go to <http://www.dot.state.co.us/AdoptAHighway/SafeVid.cfm> and click on each video.

Remember- Students can count this time towards their Community Service.

Tagawa's Fundraiser

One of our area's most complete and knowledgeable garden centers is teaming up with MACS to offer a fundraising opportunity with a **SPRING SALE** of beautiful planters and gift cards.

ALL PRICES ARE BELOW THE SUGGESTED RETAIL SALE PRICES!

GIFT CARDS ARE SELLING BELOW FACE VALUE!!!

Each **FAMILY** should have received a **TAGAWA ORDER FORM**. If you **have not received** your Tagawa Order Form, please call Judi Ruimerman @ 303-617-8521 (before 9 pm please).

You will earn 100% of the profit amount as fundraising credit.

ALL checks must be payable to MACS.

All orders are due on Weds., April 15th.

Give your order to your coach or leave it in the black mailbox at Pier Point Pool.

Pick up your orders on Thursday, May 7, at Pier Point Pool, between 5 p.m. and 7 p.m.

If you have questions call Judi at 303-617-8521.



President's Message (continued from page 1)

C. Community sewers: be advised that the Pier Point community association is working towards replacement of the communities' private sewer system and having the City of Aurora own and repair the sewers once installed. Stay tuned over the next year for updates.

5. **Swim Clinic:** Due to the success of this past summer's swim clinics, we will host two clinics this spring, May 2 and 9.

6. **MACS Picnic and Board election:** mark your calendars for July 27. Please let one of the Coaches or Board members know if you would like to serve on our Board next year. Help direct MACS into the future years.

As a reminder, Board meetings are held the second Wednesday of each month at Pier Point. Everyone is welcome to attend. Alternatively, if you have an item you would like addressed at one of these meetings, please send me an email at ruimerman@msn.com, call me at 303 617 8521, or catch me at a swim meet (I will be on the deck).

Thanks

Jim Ruimerman



Coach Andy (continued from page 1)

State and Tim Waite, Lucas Wang and Daniel Zheng qualified for State.

The Sectional group finished their season in Seattle at the Western Sectional Championships. Our women's team, led by seniors Loren Brandon, Lindsey Morris, Kelly Mathews, Olivia Martens and Jana Ruimerman finished in 3rd place. This was our best finish ever! MACS finished 10th in the overall scoring. Highlights include 3 MACS finalists in the 1000 and 1650 free: Bonnie Brandon, Loren Brandon and Mikella Zgliczynska. Bonnie also finaled in four other races, set five state records and finished in first place in the 200 back which was her third straight title in this event. Loren also finaled in the 500 free and broke a state record in the 1000. Lauren Stoeckle placed in both breaststrokes. Her 200 breast qualified her for the Junior Nationals and US Open Championships. Jana Ruimerman (200 back), Olivia Martens (200 fly), Kelly Mathews (200 breast) and Lindsey Morris (200 breast) also placed for MACS. Jeremiah Zgliczynski (1000 free, 400 IM), Mateus Rezende (50 free, 200 back), Michael Martin (50 free), David Bobka (1000, 1650), Walker Sines (1000, 500) and Brandon Barocio (1000, 200 fly) all had personal bests. Jeremiah's 1000 placed him in the top 20 and Brandon's 200 fly was a MACS team record for the 13-14 age group.

Coach Catherine (continued from page 2)

Your child will improve at his or her own rate and the goal is to keep them in the sport long term. This means they need to enjoy themselves now, and a big part of this is how we all react to their "performance". A swimmer who knows a swim is a swim, and it is not a defining personal moment will be more successful in the long term. She will not be scared to give it her all when racing because there will be no fear of failing and therefore more chance of succeeding! She will also know that how she places now is not an indicator of future placing- that we are all constantly changing and growing in maturity, size, technique, and mental strength. So, there you go—my yearly spiel!

As we begin Long course season a reminder to keep your attendance up please. I know this time of year there are a lot of school performances and commitments that must be attended and understand this, but please be at practice unless this is the case. The work you do now will affect how your summer goes. Also, long course will go quickly so please sign up for the available meets so you don't get to June and realize it's almost over and you haven't taken advantage of your racing opportunities. Coming up we have the Suburban League Pentathlon and then Tops. I also want to mention our swimmers invited to the USA Swimming/CO Swimming "Catch the Spirit Camp." This is a one day camp for 11-12 and 10 and under swimmers who were among the top 20 point scorers at state. They are: Kristyn Bobka, Seth Hendrix, Claire Martin, Timmy Martin, Jane Rowland and Jonah Saya. Congrats. Jonah also broke the 10 and under boys state record in the 100 back at the Loveland meet- Way To Go!

I look forward to another exciting and fun season!

MACS SILVER STATE SWIMMERS (top 16 swims listed):

Allison Arnold (13)- 50 free- 1st

Lydia Arnold (10)

Meggie Chase (13)- 100 fly- 5th

Lilly Davey (11)- 500 free- 15th

Bethany Hawley (10)

Ben Hoskins (9)- 200 free- 13th, 100 breast-14th

Riley Hufford (10)- 200 free- 16th

Samantha Hufford (9)

Mayanka Kumar (14)

Nadine Lee (10)

Brandon Li (9)- 200 IM-11th, 50 fly-7th

Josephine Lubbers (10)

Mason Markle (13)- 200 fly-4th, 100 breast -12th

Hannah Meehan (12)- 200 free- 3rd, 100 fly-8th, 100 free-11th

Nick Meints (10)- 100 IM- 7th, 50 fly- 13th

Artur Meletyan (14)

T.J. Miller (9)- 200 IM-13th

Carl Minnig (10)- 100 fly- 5th, 100 free- 16th, 100 breast-12th

Adi Mohan (13)

Allen Muzalev (10)

Cameron Navarrete (14)

Rose Saya (9)- 100 breast-4th

Isabelle Schneyer (10)- 200 free-4th, 100 IM-10th

Leah Van der Sanden (9)

April Wood (11)

Lyssa Wood (8)

Mia Wood (11)

Chris Zheng (11)



MACS 14 and under STATE SWIMMERS- Individual event qualifiers (top 20 swims listed)

Allison Arnold (13) - 500 free-5th, mile-6th, 200 free-15th, 100 free- 19th

Barbara Barocio (14) - mile- 15th

Brandon Barocio (14) - 500 free-3rd, 200 fly and mile- 4th, 100 fly- 6yh, 200 free- 8th, 100 free- 10th, 50 free- 19th

Kristyn Bobka (10)- 200 free- 2nd, 200 IM and 100 free- 3rd, 50 free and 100 breast- 10th, 100 fly-13th, 100 IM-20th

Sami Daniels (12)- 500 free- 19th

Lilly Davey (10) - 200 fly- 18th

Seth Hendrix (9)- 50 fly- 4th, 100 fly-7th, 200 IM- 9th, 200 free and 100 IM- 10th, 50 and 100 back-15th

Ju Han Hong (13) - 200 breast and mile- 14th, 200 fly-16th, 100 breast and 500 free- 17th

Ben Hoskins (9)

Nathan Hoskins (12)- 50 breast-20th

Riley Hufford (10)

Brandon Li (9)

Derek Liu (12)-200 breast- 13th, 100 breast-17th, 200 free- 19th

John Martens (14) - 400 IM, 200 breast and mile- 5th, 200 fly and 500 free-6th, 100 breast-9th, 100 fly-10th

Claire Martin (10)- 200 IM-4th, 100 fly- 6th, 50 breast and 100 breast- 7th, 200 free and 100 IM-9th, 50 fly-11th

Timmy Martin (12) - 50 breast, 500 free, 200 free, and 200 breast- 1st, 100 breast and 100 fly-2nd, 100 free- 3rd

Owen Mathews (11)

Reed Mathews (14)- 200 fly-17th, mile- 19th, 100 fly-20th

Hannah Meehan (12)

Nick Meints (10)- 200 IM- 19th

Carl Minnig (10)

Gabby Morley (13) - 500 free- 16th, mile- 18th

Olivia Morley (10)- 200 IM and 100 breast- 13th, 50 breast and 100 free- 16th, 100 back- 19th

Jane Rowland (12) - 200 fly- 5th, 500 free and 400 IM- 6th, 200 breast- 10th, 200 free- 14th

Peter Sam (13) -

Jonah Saya (10) - 100 free, 50 back, 100 back, 50 free, 100 fly- 1st, 200 free-2nd, 200 IM-3rd

Rose Saya (9)

Isabelle Schneyer (9)

Lucas Wang (14)

Daniel Zheng (14)

Relay Swimmers- thank you for coming; we hope it was fun to be a part of the state meet:

Meggie Chase, Samantha Hufford, Nadine Li, Josephine Lubbers, Jacqueline Macke, Artur Meletyan, T. J. Miller, Mia Wood



2008 Sectional Meet Swimmers - Federal Way, WA (Top 24 swims listed)

Brandon Barocio (14)

David Bobka (17)

Bonnie Brandon (15) - 1st- 200 back, 2nd- 1000 free, mile, 3rd- 500 free, 4th- 200 free, 7th- 100 back

Loren Brandon (17) - 3rd- 1000 and mile, 8th- 500 free, 16th- 200 free

Olivia Martens (17)

Michael Martin (16)

Kelly Mathews (17) - 20th- 200 breast

Lindsey Morris (18)

Mateus Rezende (16)

Jana Ruimerman (18) - 12th- 200 back

Walker Sines (18) -

Lauren Stoeckle (15) - 5th- 100 breast, 6th- 200 breast

Mikella Zgliczynska (17)- 5th mile, 7th- 1000 free

Jeremiah Zgliczynski (15)- 17th- 1000 free



Relays in top 24-

6th - 800 Free - Olivia, Bonnie, Loren, Mikella

7th- 400 Medley- Bonnie, Lauren, Olivia, Loren

10th- 200 Free- Bonnie, Loren, Lindsey, Olivia

10th- 200 Medley- Bonnie, Lauren, Olivia, Loren

18th- 400 Free- Bonnie, Loren, Lindsey, Olivia

23rd- 400 Medley- Jana, Kelly, Lindsey, Mikella

**2008 USA
Swimming
National Junior
Team Member
Bonnie Brandon**

2008 Short Course Junior National Qualifiers

Bonnie Brandon

Loren Brandon

Olivia Martens

Jana Ruimerman

Lauren Stoeckle

Mikella Zgliczynska



Coach Mary

Spring is finally here! With that in mind, some swimmers will be participating in soccer and baseball and perhaps lacrosse. Please try to get to practice as often as you are able even if it is only once a week. We have only four months left before the end of the swim season so be sure to check the meet schedule which is posted on our website. Some swimmers will be competing at the pentathlon on April 11. The next meet for all Mini Macs and Group 1 swimmers will be May 3rd in Evergreen. MACS will host a meet for Mini Macs and Gr. 1 and some Gr. 2 swimmers in June. I encourage all swimmers in my group to do both meets.

There has been some confusion about the short course season ending and the long course season beginning. Mini Macs and Gr. 1 swimmers will continue to swim short course until our break in August. Short course and long course refer
(continued on Page 10)

Coach Grzegorz

Hi Group 2!

Summary of Silver State and State Championships:

This was a long and hard end to the season with so many meets so close together. I was very pleased with many personal best times set by my swimmers. We had a record number of swimmers from group 2 qualify for silver state and

JOs and even more swimmers if you include relay swimmers.

This was excellent reward for all of the hard work put in by my group this year.

Long Course season is beginning in April. For those of you new to swimming, this means our meets will be in a 50 meter pool. This season is short and goes by very quickly. Because of this, good attendance and hard work will need to continue. So enjoy Spring break and come back to MACS ready to work hard again.

Coach Grzegorz



So enjoy Spring break and come back to MACS ready to work hard again.



MACS

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303.690.7100

We're on the web
www.macsswim.com

SWIM IT TO THE MACS!



Coach Mary continued.

to the length of the pool for competition and practice. Short course is a 25 yard pool (like Eaglecrest) or a 25 meter pool (like Pierpoint). Long course pools are 50 meters in length. Only Groups 2 and above train and compete in long course during the long course season which ends at the end of July.

I have been very pleased with the progress of all of the swimmers. Group 1 swimmers have been very focused at every practice. In addition, they have done a fantastic job of swimming in lanes with up to 9 or 10 swimmers! This will help as they move into Group 2. Mini Macs swimmers have been learning how to swim circles in the lane as they have been swimming 50's (two lengths at a time) instead of doing only 25's (one length).

As we get closer to summer I know some swimmers will be swimming with their summer club teams. Some of you have already told me. Please let me know if you will be leaving for the summer. You have the option of swimming both summer club and with MACS. We will continue to practice in the evening.

Coach Mary

Upcoming Events Calendar

March 28th- Duffy Roll Fundraiser- Orders due by April 14th with delivery April 20th at PP after 4 PM.

April 1-15th- Tagawa's Spring Fundraiser. Orders due May 15th. See Information on Page 4.

April 17th- MACS Mom's Night Out- Dusty Boot Saloon @ 5:30- SE corner of Arapahoe & Parker So. of Qdoba.

April 18th - Saturday- Adopt-a-Highway Clean Up. Details on Page 4.

May 2nd- Saturday morning- Pier Point Clean up. Details on Page 4.

May 2nd and May 9th- Spring Clinics- If your summer swim club would be interested in receiving information on these "Get Ready for Summer" Start, Stroke and Turn clinics call or e-mail Susan Arnold: sarnold@hss-inc.com or 303-840-0067 so she can get you information to be emailed to your summer team.

May 7th- Thursday- Tagawa's Pick up at Pier Point between 5-7 PM.

May 30th- Swim-A Thon and MACS BBQ - Details to come later.

June 6th- MACS Hosts Suburban League Qualifier

July 27th- MACS Annual Picnic at Del Mar at 5:30 PM.

August 22nd- APPLEBEE'S Pancake Breakfast.

