

# MACS RELAY

## PRESIDENT'S MESSAGE

Welcome back to all of our families from last year, and hello and welcome to our new swim families. On behalf of the MACS coaches and Board of Directors, I am glad you are a part of our swim team.

My goals as President of the Board for the 2008-2009 swim year are as follows:

- Increase the total number of swimmers to grow the team
- Keep a balanced budget, and leave a surplus for next year
- Provide any assistance identified by our extraordinary coaching staff
- Encourage parents to

take an active role in our team

- Continue to watch our children learn, progress, achieve, and enjoy.

I want to thank all of you for the continued great effort put forth in raising funds for MACS. A special thank you to the MACS families who have participated in fundraisers even when you were not required to do so. We could not have met our budget requirements without your extra support. Everyone is urged to participate throughout the year in one or more of the fundraising programs MACS offers, such as the SCRIP program, obtaining team sponsors, working at INVESCO Field, or by selling



butter braids, Tagawa flowers, or raffle tickets. These are some of the opportunities to meet your requirement or just help support the team. However, the best way to fundraise is by finding someone to join the team. Your fundraising requirement is waived for 12 months (as long as the new swimmer remains on the team during that time.)

(continued on Page 3)

### Inside this issue:

President's Message	1 & 3
Coach Andy	1 & 9
Coach Catherine	2
Coach Gregorz	4
Coach Mary	3
Results	6-8
Pier Point	10

## COACH ANDY

Congratulations and thank you to all of our volunteers for making our 2008 Invitational a great success. This was our biggest meet ever with over 700 swimmers participating. Thanks to the hard work of our meet director, Teresa Brandon, and the teamwork of all our parents we were able to host a quality meet. All of our volunteers can take pride in the time and energy they put into the meet. It was a memorable and positive experience for all of the swimmers!

With the Suburban League relay meet and the MACS Invitational completed, the season is off to a great start. It is exciting to see our veteran swimmers back competing and training to get in top condition and then to see all the new swimmers just beginning what we hope to be a long and rewarding swimming career. MACS now has 130 swimmers on our roster! (cont. on Page 9)

### Upcoming Meets

- TOPS High Point at DU November 21-23
- North Jeffco Pineapple Open- December 5-7
- Junior Nationals- Austin Texas December 11-13
- Suburban League Distance Meet December 20
- Junior Pan Pacific- Guam January 8-11
- Suburban League Splash January 10-11

## COACH CATHERINE

We are back in the pool! I hope that everyone enjoyed the break and you are ready to have another fun season. I know the coaching staff is geared up for a great year. I want to say a special welcome to all of the new families joining our team; we are happy to have you as part of the team! Please come to the coaching staff with any questions you have. I am sure there will be many as you become better acquainted with MACS and the sport of swimming in general. The best time to talk with any of us is before or after practice (when the kids are not in the water).

At this time, Groups 3 and 4 have been in the water for over a month and we have been working on a lot of different things in that time. For the first few weeks our practices were basically stroke technique clinics and a little swimming. Once we had a review of the basics to build on, we gradually worked into more swimming incorporating drilling into sets. This will enable the kids to develop their aerobic capabilities and further stroke development. So far the kids are doing a great job listening and focusing. I can see that this group is going to work well together. We will be talking about goal setting in the next couple weeks and have a group goal meeting soon. This is a meeting where the oldest swimmer on the group leads a discussion to come up with a set of group goals for the season. Each swimmer will also be responsible for turning in his/her goals to me. After I have a chance to review the goals I will sit and talk with each swimmer.

I have talked to all of the swimmers who have moved up to group 3 this season regarding my expectations. I wanted to pass along a few of these to all parents so you know what I have asked of your kids. The first is to please bring a water bottle to every practice (and drink it!). Also, I would like to have everyone at practice ready to stretch and do some sit ups and push ups fifteen minutes prior to start time. This is a great team building time where the kids have a chance to talk and play a little, and I have a chance to get to know more about everyone outside of their swimming. I have asked the kids to let me know if they cannot be at practice beforehand if possible. I do keep attendance and I keep track of why someone misses (sick, other sports, school events). Most of the swimmers have already given me their schedules for other regular activities; thank you! Last and most important is to please have your child communicate any concerns or questions to me. I really want everyone to enjoy their time at the pool and be comfortable talking with me and the group. This is the time in the sport that the athletes are learning to "own" their swimming and I want to really encourage that because it leads to more enjoyment and success.

We have participated in two meets so far this season, the suburban league relay meet and the MACS Invite. The relay meet was fun and we finished 2<sup>nd</sup> overall. The MACS meet featured some good competition and our swimmers looked great. I was happy to see a lot of new faces in the pool racing. Group 3 and 4 swimmers had a nice meet overall.

I entered the swimmers with goal times I was hoping they would achieve and everyone was pretty much right on or faster. More importantly, I could tell they have been paying attention to the details I had emphasized in practice leading up to the meet. Way to go! Coming up we have the Tops meet which will be a big, fast meet. We are preparing to have fast swims there and I am excited to see the results!

I have included some highlights from last summer in this newsletter as it is the first one of the season. To see actual meet results from any of the meets mentioned you can look on the CSI website. We finished in 4<sup>th</sup> place at the State Championship meet in a close race. We were just 20 points out of 3<sup>rd</sup> and 30 points out of 2<sup>nd</sup>!!

In closing I want to say a huge thank you to everyone who helped make the MACS meet a big success. I know it took a lot of preparation and hard work to pull it off seamlessly- thank you, thank you!! Also, thank you to Teresa Brandon for putting together these newsletters and dealing with all of us contributors!



**We finished in 4<sup>th</sup> place at the State Championship meet in a close race. We were just 20 points out of 3<sup>rd</sup> and 30 points out of 2<sup>nd</sup>!!**



## President's Message cont.

This is the best deal and it helps MACS grow. If we can grow the team, it will help reduce the fundraising commitment for everyone.

On another note, we are still seeking sponsors to support our Scholarship fund for the 2008-2009 swim year. Our funds from previous efforts are now depleted, and unless new sponsors are found, we will not have any scholarship money to offer our MACS families who depend on these funds. If you can help in this area, please let coach Andy or any of the board members know ASAP.

Board meetings are held the second Wednesday of each month at Pier Point. Everyone is welcome to attend. If you have an item you would like addressed at one of these meetings, please send me an email at [ruimerman@msn.com](mailto:ruimerman@msn.com), call me at 303 617 8521, or catch me at a swim meet (I will be on the deck). I also want to make a pitch for parents to join the MACS Board of Directors for the 2009-2010 swim year. Your ideas and leadership will improve MACS. Run for a position and be voted on at our July end of year picnic/photo day at Del Mar Pool. See any board member if you are interested.

The MACS Fall Invitational Meet was just completed. It was our largest and most successful meet ever thanks to all the support from each MACS family.

As a final comment, congratulations to our Head Coach, Andy Niemann, on being named by his peers as CSI's (Colorado Swimming, Inc.) **2007-2008 Coach of the Year**. Andy has been so conferred multiple times. Andy is supported by a great coaching staff: Catherine, Gregory, Mary, and Tracy. We are blessed to have them teaching our children.

## COACH MARY

Welcome all new Mini Macs and Group 1 swimmers and parents! We're glad you're here. Welcome back returning swimmers as well. After a month of practices we have finally established a working routine. Thank you all for being patient as I have been shifting kids from lane to lane in order to see where they will get the most out of each practice. Please remember to bring a swim cap, goggles that fit properly and fins to each practice. As soon as everyone has fins we will be using them at most practices.

Although there is no attendance policy for Mini Macs and Group 1, swimmers improve the most if they attend at least two practices each week. If you plan to be gone longer than a week or your

child is sick for more than a week, please send me an email (if you have time) and let me know. I miss your child when they aren't there!

Just a reminder of our practice times::

Mondays:: Mini Macs 5:30-6:00 Group 1 6:00-7:00

Wed. and Thurs: Mini Macs: 5:45-6:30 Group 1 6:30-7:30

Please pick your child up no later than 15 minutes after practice is over.

Thanks,  
Coach Mary

[mathewsmaty@comcast.net](mailto:mathewsmaty@comcast.net)



## SENIOR PRIDE

MACS Senior practice group made cool custom glow in the dark t-shirts to show their MACS pride! They also were responsible for planning the trip to Laser Quest! Coach Andy reports that the group is more cohesive than ever. They are cheering each other on at the meets and all putting forth their best effort. Keep it up Seniors!



## COACH GRZEGORZ

Hi Group Two:

We are off to a fantastic start with a big group of 30 swimmers. Everyone is doing a fantastic job with attendance. Keep up the good work, because this is how you get better technically and faster speed. The first two meets showed me that I have a very talented group of swimmers. We are way ahead of where we have been in the past two years this time of year. I am hoping many will qualify for silver state and JO State Championships in February and

March. To be able to do this, your kids will need to participate in as many meets as possible; in order to have more chances to make qualifying time cut offs. In December, there is only one meet for the kids who do not have qualifying times for the North Jeffco meet. It is very important that your kids try to make it to this meet. As we head into the holidays, I want to reinforce how important good attendance is for improvement. We will have practices over the holidays and this will be announced as it gets closer.



Keep it up!

Coach Grzegorz

## WELCOME NEW MACS FAMILIES

It's hard to be new to any group because everyone thinks you know everything they know. If you have any questions regarding what to do at meets, fundraising opportunities or anything about MACS please feel free to contact Susan Bobka at [susan@teachsourceinc.com](mailto:susan@teachsourceinc.com) or any board member. We want everyone to feel a part of our team. Don't wait. Ask now!

## FANS TO THE RESCUE

If your swimmers have been at Pier Point you may have heard them coughing due to the chlorine that is kicked up during practice. This becomes an issue when the pool sides are closed. Thanks to Dave Brandon for taking care of the problem with the purchase of two industrial size fans! The swimmers are thrilled!



## TEXAS HOLD 'EM TOURNAMENT



MACS is always looking for fundraising opportunities. Several MACS families have had some experience with Texas Hold 'em Tournaments and suggested that we get into the game! We are looking for a location to hold our first trial tournament. If you have access to a community clubhouse, restaurant connections or would like to assist with the planning etc please contact Susan Bobka.

## Holiday SCRIP

The MACS Meet is over and so is Fall break. Thanksgiving is right around the corner and then come the HOLIDAYS!!!

Do yourself a favor and take some time to simplify your gift giving and think SCRIP. Gift cards are wonderful teacher's gifts and great for those out of town relatives that you really have no idea what they have or would like. They are also an easy sell at the office. Just print off the most current retailer list at [www.glscrip.com](http://www.glscrip.com) and leave it on the bulletin board or by the coffee pot and you can start taking orders! Everyone appreciates being able to sit down and within 15 minutes have a ton of those naggy little gift items taken care of.

Gift Cards are great for Teachers, Scout Leaders and COACHES! Make your Holiday shopping as easy on yourself as possible.

Scrip orders are placed the second and fourth Fridays of the month. This means that you have only 2-3 chances to get your big Holiday order in. Pam Stoeckle is usually able to turn the orders around in less than a week, but please allow extra time due to the Holidays. Get your order in early and your won't have to worry about it.

## Summer SWIM Clinics

In August and again in September, MACS offered a "Get Ready to Swim Clinic." The clinics were very well attended and very informative and the coaching was awesome. The clinic concentrated on stroke techniques, starts, turns, Sports Nutrition and a general why swim talk for the parents. Coach Grzegorz. Coach Catherine, Coach Mary and Dr. Julie Batizky- Morley all volunteered their time and talents in

running the clinic. There is no way we could have pulled it off without them. Special Thanks also goes to Susan Arnold for the amazing PR, Susan Bobka for her organizational talents and the biggest Kudos must go to the Sectional Swimmers who gave up their morning to work with the kids, demonstrate technique and of course answer questions.



## RESULTS

### MACS LONG COURSE STATE TEAM 2008

Lars Anderson, Allison Arnold, Barbara Barocio, Brandon Barocio, Chelsie Barocio, David Bobka, Kristyn Bobka, Bonnie Brandon, Loren Brandon, Xavier Brown, Hannah Chase, Meggie Chase, Sami Daniels, Janay Griego, Seth Hendrix, Juhan Hong, Riley Hufford, Laura Kinney, Brandon Li, Mason Markle, John Martens, Olivia Martens, Claire Martin, Michael Martin, Timmy Martin, Kelly Mathews, Reed Mathews, Gabby Morley, Olivia Morley, Lindsey Morris, Mateus Rezende, Jane Rowland, Jana Ruimerman, Peter Sam, Bianca Saucedo, Jonah Saya, Lauren Stoeckle, Matthew Whang, April Wood, Mia Wood, Jeremiah Zgliczynski, Chris Zheng

### TOP 8 FINALISTS AT STATE

Allison Arnold- 50, 200, 800 and 1500 free  
 Brandon Barocio- 200 fly, 400 free, 400 IM  
 David Bobka- 800 free, 1500 free  
 Kristyn Bobka- 200 free  
 Loren Brandon- 800 free  
 Juhan Hong- 100, 200 & 400 free, 50, 100 & 200 breast, 400 IM  
 John Martens- 1500 free  
 Olivia Martens- 100, 200, 800, & 400 free, 100 & 200 fly, 400 IM  
 Claire Martin- 100 fly  
 Michael Martin- 100 back  
 Timmy Martin- 50, 100 & 200 breast, 100, 200 & 400 free, 100 fly  
 Kelly Mathews- 100 & 200 breast  
 Lindsey Morris- 100 & 200 breast, 200 & 400 IM,  
 Jane Rowland- 400 free, 400 IM, 200 fly  
 Jonah Saya- 50 & 100 back, 100 fly, 200 IM, 50, 100 & 200 free  
 Jeremiah Zgliczynski- 100, 200, 800, & 1500 free, 200 IM



### STATE CHAMPIONS

Loren Brandon- 800 free  
 Juhan Hong- 200 free, 400 IM, 200 breast, 100 free, 100 breast  
 Olivia Martens- 200 fly  
 Timmy Martin- 50 breast  
 Jonah Saya- 50 back, 100 back, 100 free  
 Jeremiah Zgliczynski- 400 free, 1500 free

### STATE HIGH POINT WINNER

Juhan Hong- 11-12 boys

## Results Cont.

### MACS ZONE QUALIFIERS, TOP 8, AND CHAMPIONS- OREGON

Allison Arnold-(13)

Juhan Hong- (12)-Zone Champion-100 free, Top 8- 200 & 400 free, 100 breast, 200 IM

Timmy Martin- (12)- Top 8- 100 breast

Jonah Saya - (10)- Zone Champion-50 back, Top 8- 50,100,& 200 free, 100 back

### MACS SECTIONAL TEAM, TOP 24 AND CHAMPIONS- OREGON

David Bobka (16)

Bonnie Brandon (14)- Sectional Champion-200 bk, 2<sup>nd</sup>-800 free, 3<sup>rd</sup>-mile, 4<sup>th</sup>-100 bk

Loren Brandon (17)- 4<sup>th</sup>-mile, 6<sup>th</sup>-800 free, 10<sup>th</sup>-400 free

Cody Hall (19)

Olivia Martens (17)- 10<sup>th</sup>- 200 fly

Michael Martin (15)

Kelly Mathews (16)

Edward Meletyan (18)

Lindsey Morris (17)

Mateus Rezende (16)

Jana Ruimerman (17)- 11<sup>th</sup>-200 back, 12<sup>th</sup>- 400 IM

Walker Sines (17)

Lauren Stoeckle (14)- 7<sup>th</sup>-100 breast, 14<sup>th</sup>- 200 breast

Jeremiah Zgliczynski (14)



### MACS JUNIOR NATIONAL TEAM, TOP 24-Minnesota

Bonnie Brandon- 2<sup>nd</sup>-200 back, 9<sup>th</sup>- 800 & mile

Loren Brandon- 10<sup>th</sup>- mile

Jana Ruimerman

Lauren Stoeckle

### MACS OLYMPIC TRIAL QUALIFIER AND RESULT

**BONNIE BRANDON- 200 BACK- 14<sup>TH</sup> IN SEMI-FINALS**

This swim also put Bonnie on USA Swimming's National Junior Team. She will travel to Guam in January to compete with this elite squad of the fastest 17 and under swimmers in the country.

## RECORD SETTERS!

### NEW MACS TOP 5 ALL-TIME LONG COURSE RECORDS

#### 11-12 Girls-

Allison Arnold- 5<sup>th</sup>- 50 free

#### 13-14 Girls-

Bonnie Brandon- 1<sup>st</sup>- mile, 100 & 200 bk, 2<sup>nd</sup>- 200, 400 & 800 fr, 400 IM, 3<sup>rd</sup>-50 free

Lauren Stoeckle- 1<sup>st</sup>- 100 & 200 breast

#### 15 and Over Girls-

Loren Brandon- 1<sup>st</sup>- 50 & 1500 free, 2<sup>nd</sup>-400 free, 3<sup>rd</sup>- 200 & 800 free

Olivia Martens- 1<sup>st</sup>- 100 fly, 2<sup>nd</sup>-200 fly

Kelly Mathews- 3<sup>rd</sup>- 200 breast

Lindsey Morris- 3<sup>rd</sup>- 100 breast, 4<sup>th</sup>-200 breast

Jana Ruimerman- 2<sup>nd</sup>- 200 back, 3<sup>rd</sup>- 100 back, 4<sup>th</sup>- 200 fly & 400 IM

#### 10 and Under Boys-

Jonah Saya- 1<sup>st</sup>-50 back, 2<sup>nd</sup>-400 free, 100 bk, 3<sup>rd</sup>- 50 fr, 200 IM, 4<sup>th</sup>- 200 fr, 50 & 100 fly

#### 11-12 Boys-

Juhan Hong- 1<sup>st</sup>-100, 200 & 400 free, 200 breast, 400 IM, 3<sup>rd</sup>- 50 fr, 4<sup>th</sup>- 100 br, 200 IM

Timmy Martin- 2<sup>nd</sup>-200 breast, 200 fly, 3<sup>rd</sup>-50 breast, 5<sup>th</sup>-50 free

#### 13-14 Boys-

Jeremiah Zgliczynski- 1<sup>st</sup>-800 free, 2<sup>nd</sup>- 200 & 1500 fr, 200 & 400 IM, 3<sup>rd</sup>-100 & 400 fr

#### 15 and Over Boys-

Michael Martin-5<sup>th</sup>- 100 free, 100 & 200 back

Walker Sines- 1<sup>st</sup>- mile, 3<sup>rd</sup>- 800 free, 5<sup>th</sup>-400 free

#### NEW MACS STATE RECORDS

Bonnie Brandon- 200 back for 13-14 girls

Loren Brandon- 1500 free for 17-18 girls



## Coach Andy Continued

I want to extend a sincere welcome to all of our new MACS swimmers and families.

The relay meet was a great way to start of the season. Everyone enjoyed the team atmosphere, got to meet many of their new teammates, and had a great time. We finished a close second to TOPS. With over 70 relays entered, the swimmers and coaches did a great job by not missing a single relay. Of special note, MACS won both the team relays to finish the meet. Great job swimmers!

Colorado swimming held its annual awards banquet October 4<sup>th</sup> in Arvada. Two members of MACS were honored at the event. Loren Brandon for breaking the 17-18 state record in the 1500 meter freestyle and Bonnie Brandon for breaking the state record in the 13-14 200 meter backstroke. Bonnie is also currently ranked 1<sup>st</sup> in the country in the 1500 meter free for 14 year olds and was nominated for Colorado Swimmer of the Year.



## Christmas Trees and Wreaths

We will be pre-selling Christmas Trees and Wreaths! How great is this? There will be **NO** standing out in the freezing cold!! All you need to do is pre-sell the trees and your customers can pick them up at a designated time and place. The vendor will even allow the customer to pre-pay MACS and then go pick out their tree, at their convenience, at the lot! **We receive a minimum of \$10 from the sale of each tree.** Please watch for more information to come home soon.

We receive a minimum of \$10 from the sale of each tree.

## MACS at Laser Quest

30 MACS swimmers had a blast at Laser Quest in October! If you would like to plan a MACS event or have ideas please let us know. Remember that if our swimmers make friends and have fun together outside the pool they will be even more eager to go to practice!



## SWIM IT TO THE MACS!



Mission Aurora Colorado Swimming  
3140 K. S. Peoria #226  
Aurora, CO 80014  
303.690.7100

### New Look at Pier Point

Hopefully you have noticed the new carpet, chairs, doors, bulletin boards and faucets at Pier Point. Special thanks to the Saya family for donating the carpet and to the Peterson family for installing it. Kudos to the Andersons for all the extra work they did to get Pier Point ready for the season and to all the families who helped with moving furniture during the carpet installation.

We are looking for someone to donate couches or couch covers that will match the new carpet. The current couches really clash! Please contact any board member if you can help with this.

Remember that Pier Point is our HOME. If you are there waiting for swimmers please feel free to straighten up or vacuum if it needs it. Help our swimmers remember that they can't sit on the chairs etc with wet suits!



N E L S O N ' S  
*Design*

**Wishing the MACS  
Program the Very Best!**

Advertising & Graphic Design at Altitude  
..Without the Attitude.

- Complete Client Service and Satisfaction
- Results-based Publications & Ads
- Logos, Branding, Visual Identity
- Twenty+ Years Experience

We've Got Great Ideas. We're Here to Help. Call us.  
**(303) 379-9593**

