



From the Deck | MACS Community | News & Events



FALL 2020 NEWSLETTER



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From the Deck

Welcome New Swimmers

We are happy to welcome the following swimmers and their families to MACS:

Pre-Team

Dave Archibeque
Makaila Beers
Layla Gard
Milan Jugovic
Connor Martin
Fernanda Recio
Cody Sanford
Efraim Situmeang
Sariah Smith
Gabriel Tarr
Michael Vanheck

Mini Macs

Keila Beltz
Valori Brown
Kendall Burleson
Brooke Haynes
Everett Langberg
Kendall Marcus
Alessandra Neri
Lucy Oetter
Kylee Schenden
Beau Sutton
Alexandra Zimmerer

AG1

Addison Harris
Kendyll Harris
Levi Oetter

Coach Andy

MACS Head Coach (Sectionals & Senior 5)



Thank you to everyone for participating in this year's record-breaking swim-a-thon. With the team unable to host our Fall and Winter meets, the money raised will significantly help our budget and allow us to make some upgrades to our facility this year.

Thank you to all the volunteers for helping our dual meet with Castle Rock run smoothly. We had over 100 swimmers participate in

several short sessions over two days. Practices are being well attended and we will continue to look for or create competitive opportunities for our kids. Upcoming dual meets for some groups are being put together for November 14 with Jeffco in Arvada, possibly a December meet and a mid-January meet is also being planned with Falfins in Colorado Springs. A mile meet at Pier Point is also being discussed. With conditions and restrictions changing please keep in mind that events can be canceled or changed with little notice.

The status of practicing at Eaglecrest High School for us has not changed. Cherry Creek pools remain closed. Discussions are ongoing, mostly positive and should be updated soon.

With winter quickly approaching, please dress warmly for practice. We are working on a few changes for the cold weather in the bubble to try to keep things dry. Sides will continue to come down but plan for a few to remain up for air flow. In case of snow, swimmers will enter through the side gate and then exit through the building. We are working on more lighting for the tennis court area and parking lot. Please be careful when driving into, backing up and leaving the parking lot.

We realize conditions for this winter may be unpredictable and frustrating at times. Owning our own facility is a great advantage. We have a little more control over some things and most importantly we can keep our kids involved in a healthy activity.

-Coach Andy

Welcome New Swimmers (cont'd)

We are happy to welcome the following swimmers and their families to MACS:

AG2

- Marshall Adams
- Josephine Blackburn
- Olivia Blum
- Daniel Bonilla Laskin
- Talia Burleson
- Avianna Frolick
- Nicholas Goldman
- Felipe Neri

AG3/4

- Chelsea Lopach
- Caitlyn Wesoky
- Sawyer Wesoky

Senior 3

- Cason Evansa
- Ashley Jackson

Senior 5

- Patrick Adams
- Lilyana Haynes
- Jadyn Phillips
- Chae Phillips
- Charlene Yee



Coach Catherine

GROUPS 3 & 4:

As we head into the fall and winter months we are so glad that we have been able to stay up and running since June with no major issues! We hope to continue this path and will do our best to provide a safe positive environment for our athletes! As a coach and parent I am

incredibly grateful for swimming for our youth right now. I am also incredibly grateful for our coaching staff, board of directors, and all of our parents who have worked hard to make sure we can provide this. All the years of running and owning our own pool definitely feels worth it in this moment. I won't lie that there have been times the amount of extra time and energy that goes into that has been difficult, but we see once again how much it means to have Pier Point.

I want to welcome all of our new families to the team! We look forward to getting to know your children better and to be a part of their swimming journey! Obviously this year will be different and we won't have the social events we typically do, but we hope that the practices themselves and friends they will make there will enrich their lives during this time. We are trying to keep up competitions. With the limits on numbers allowed at indoor pools, most meets will only be for a part of the team. However, we will be looking to see what we can do to get everyone competing, and since we have PP we can do some inter squad meets as well.

I have a few suggestions for all of our athletes as we get into colder weather and will still not be in the locker rooms. If you are able, invest in a parka, a shammy swim towel, and Ugg type boots. I just ordered a swim shammy off of Amazon for around \$10 and we always get the Costco brand "uggs". The athletes can dry off excess water quickly with a shammy, then wrap a towel around themselves or throw on some fuzzy pants, then put the parka, a hat, gloves and boots on and they are good to go! It might not hurt to have a pair of foot or hand warmers to throw in the mix on extra cold days.

For Group 3 and 4: I am so proud of all of the positive energy and hard work that my groups have brought to the table since June! I am truly impressed and inspired by them daily. I absolutely love coaching them. We spent most of the summer working technique and building back endurance and speed. Now they are challenging themselves and each other every practice. The new swimmers and those who moved to Group 3 from Group 2 have acclimated nicely and made the group more fun and competitive. Everyone shows up happy to be there and invested in what they are doing. Let's keep that great enthusiasm going! I have the best group of athletes I could ask for. Not only are they going to be amazing swimmers, but they are truly amazing people.

So far groups 3 and 4 have had three official meets since June and in addition three inter squad meets where they swam as well as they would in a real meet. Currently we have scheduled a one day dual meet in November in Arvada and we are deciding on a December meet. As we saw with the Ft. Collins meet,

**Thank you to
all of the athletes and
families who donated
and collected
donations for the
MACS Swim-A-Thon.
We broke our record
for the most funds
ever raised!**

things can change. Dual meets are less likely to change though unless a new Covid guideline comes into play prior to a scheduled meet.

I have had a few people ask me if I am still doing private lessons. Yes, I am. Just email me if you are interested and we can figure out a time. We do drills and have set goals every day, so they will always be working on technique as a group in practice with individual reminders. From time to time I do tell a swimmer to check if they can do a private lesson on something when they could benefit from that. I realize you are already making a big financial and time commitment to be on a team and private lessons are completely optional.

Lastly, I appreciate all of you encouraging your children to follow the Covid guidelines and keeping them home if they are not feeling well. If in doubt please have them stay home. I know it will be hard in the winter with not knowing what virus they have when cold symptoms appear, but staying home is the safest choice for the team.

GO MACS!!!

-Coach Catherine



Coach Gregory

GROUP 2:

Hello group 2!

Welcome back for the new season! I realize that COVID has made this season look and feel a little different. Traditionally, our group practiced out of Eaglecrest high school during the school year- and traditionally, when we moved to Pier Point practices were a bit chaotic. I want to commend the swimmers and parents in my group for the outstanding job everyone is doing adapting to our new routine. The kids are really being great about following rules to keep each other safe - and this allows us to stay in the water. Although our meet schedule isn't set given the fluidity of COVID, let's keep focused and working hard for what lays ahead!

Here is to making the best of the 20-21 season.

-Coach Grzegorz



Coach Breanna & Coach Laura **PRE-TEAM, MINI MACS & GROUP 1:**

Welcome to the new and returning Pre-Team, Mini Macs and Group 1 Families!

I am very excited to be coaching again this year with Laura. This is my 3rd year coaching and Laura's 9th (I think). I have been part of the MACS family for 6 years and my kids have formed great friendships and

have seen great success in and out of the pool all because of this team. I really love coaching these young swimmers and instilling a love for the sport of swimming as well as working on developing good technique that will carry them through to higher levels of swimming. As many have said, this is a year like none we have ever had. We are thankful to be able to swim and provide the kids with something to keep them active, safely see friends and have fun. Our goals this year are still the same as always but we'd also like to build in some fun when we can as this is the only outlet some of your kids have during this time.

We will continue to work on technique mainly on freestyle and backstroke for younger Pre-Team swimmers and Mini Macs as well as work towards legal breaststroke and butterfly. Group 1 and older Pre-Team swimmers will focus on technique for all four strokes and flip turns for freestyle and backstroke as well as continue to build endurance. Most of the kids have all of the necessary equipment for practice. This year we are asking that all kids have their own kick board and fins. If your child has not gotten this equipment yet, please get them fins and a kick board to bring to practice regularly. It is best to have fins that don't have a strap on the back. You can ask me or Laura if you need help on where to buy or what brands we recommend.

We had our first swim meet in September that was only available to some of our swimmers. All the kids that were able to attend did great! It was fun to see how much they all have improved. I hope we have some opportunities for all of our swimmers to race again soon. With the current restrictions we do not know when or how often we will be able to have swim meets. When we do have the opportunity to race, I encourage you to sign up when we have meets available.

Thank you to all of the families who donated to and participated in our Swim-a-thon, it was a HUGE success! This is the first time we have done the Swim-a-thon in the fall and I couldn't be prouder of how well ALL the kids did. Usually the kids have 2 hours to complete as many laps as they can, this year the Pre-Team and Mini MACS swimmers did between 25-50 laps in 45 minutes! Group 1 swam over 1 mile (60 laps) in an hour!

I have really enjoyed getting to know all of your kids, continuing to coach some kids I coached last year and meeting new ones that joined this year. I look forward to working with all the kids this year!

-Coach Brianna

Coach Andy Levine

SENIORS 3:

Greetings MACS!

It's great to be back at MACS after a 7 year absence. MACS has always held a special place in my swimming heart and I'm stoked to be a part of it once again. I believe that this season is gearing up to be an amazing one, even with all the questions and uncertainty around COVID. I feel that since we are together, we are practicing and we are strong, that this season will be unlike any before it and that makes it amazing. I'm proud to be a part of MACS again and honored to be coaching your athletes.

In Senior 3 my goal as coach is to have all swimmers continue to perfect and master their strokes while putting that extra edge in for speed and form. We usually break our week into a sprint day, a stroke or mid-distance day and an IM day. We work in speed and consistency with turns and underwaters. It is remarkable to see how much your swimmers have improved over the summer and into the winter months. It's awe-inspiring. As for equipment I would recommend, if your swimmer doesn't have them yet, paddles (stroke makers), fins, and a pull buoy. I know they have everything you need at MI Sports.

Please feel free to reach out to me if you have any questions at any time. I am here for you and your swimmers. I'm really looking forward to this season and again, and so honored and proud to be a part of MACS and Senior 3 again! Thank you for welcoming me back!

-Coach Andy Levine

UPCOMING MEETS

Meet	Location	Dates	Groups
Jeffco vs MACS Dual Meet	George Meyers (Arvada)	November 14	AG1, AG2, AG3/4, SENIORS 3 & 5, SECTIONALS



Letter from our President

Happy Fall to all the MACS families, I am Kevin Noffsinger, Coach Brianna's husband. We have 3 swimmers on MACS, and have enjoyed being a part of this team. I did not grow up swimming on a swim team, but have enjoyed learning the sport and cheering on our team.

I am very encouraged to be writing this letter to you all as 2020 has been different for everyone, but I hope it has been a learning experience for all. I know I enjoyed some fun family time during the stay at home orders, and the conversations I had with my family about health and socializing. I want to say a big thank you to all the coaches who continued to engage the swimmers via zoom when the executive order was to stay at home. Then as we moved into being able to get back in the water, the coaches had to change how they ran practice with restrictions. We had to change how we enter and exit the pool area (we are so very blessed to have our own pool). So, I want to say another big thank you to the temperature check volunteers for helping the coaches get the swimmers ready for practice. The biggest thank you I have is to all the families who helped with raising money for the swim-a-thon, as we weren't able to host a big swim meet in the fall, which helps the team make money for operating costs. Many of you continued to pay dues, as we changed the amount to help lessen the burden on families and acknowledging that the kids weren't actually swimming in the pool. We really do have a great family and atmosphere for our kids to learn more than just swimming.

As 2020 comes to the final quarter and the weather changes, we on the board will continue to help make MACS a fun and safe team to be a part of as well as continue to help pour into your kids with as many opportunities as we are allowed to get them showing off their hard work. I hope you enjoy the Holidays and look forward to seeing all of you at swim meets and social events again.

Blessings,

Kevin Noffsinger, Board President of MACS

Team News & Updates

Swim-a-Thon

Thank you for all of your support in our annual Swim-A-Thon and making it the most successful Swim-a-Thon our team has ever held. The funds raised will definitely help our team navigate through the pandemic and the lack of our ability to hold large swim meets as we have in years past.

Friendly Reminders

Please SLOW DOWN when entering and exiting the Pier Point parking lot. We have received several concerning emails regarding speed within the parking lot. In order to keep our athletes and families safe, driving fast is not acceptable. Please be sure to look around you before you safely back up and exit the parking lot.

Team Sponsors

Thank you to Melissa Walkup, who has secured a sponsorship from Highpoint Dental for our team. We truly appreciate your efforts in helping support the swim team!



Congratulations to our 2020 Graduates!



Jenna Newkirk, Manna Nelson, and Blythe Iverson. Not Pictured: Kennedy Philbrick

Excerpts from Coach Andy's remarks about our amazing Seniors:

After all my years of coaching, one thing never changes. It is always hard to say goodbye to our seniors. They have been with the team for years and have made so many contributions to the team. You will all always be a part of MACS!

Jenna Newkirk

Jenna is one of the best swimmers in the state. She finished 2nd in the 1650 at state, qualified for Futures and made Junior Camp. She had a great sectional meet in Austin in 2016 and swam at Zones. Jenna really helped create a more positive environment within Sectionals. Jenna had many opportunities to swim in college, but unfortunately, she developed tendinitis in her shoulders and decided to not pursue the opportunities. Jenna is going to the University of Arizona. I will miss seeing and talking to Jenna.

Manna Nelson

Manna is one of the hardest working, determined swimmers I have had. She attended almost every practice the past 5 years. She is a many time state finalist in the distance free. She is a Sectional finalist, medaled at Austin Sectionals, and is very close to making Futures in the 1000. I will miss Manna a lot next year. Manna is going to attend Seattle University and will swim there.

Blythe Iverson

Blythe is one of the top distance swimmers in the state over the past 5 years. She has been in the finals at High School State in the 500 free several times and recently picked up the 200 Fly. Blythe has also been at several Sectional meets. Blythe has worked very hard and was able to hit goals she set for herself. I will miss our daily conversations and laughs. Blythe is going to Trinity College in San Antonio and will swim there.

Kennedy Philbrick

Kennedy came to MACS 2 years ago and I feel like I am still getting to know her. Switching teams is never easy, but Kennedy was a good fit. Kennedy made Sectional trips with the team to Arizona, Portland, and Seattle. She was able to reach several of her goals. She brought a lot to the team and I am happy she joined MACS. Kennedy is going to Seattle University this Fall and will swim.



Swimming News & Articles



Stress Better: How Parents Can Help Athletes Grow from Stress by TrueSport

Stress automatically calls to mind negative moments in life: A difficult upcoming test, a fight with a friend or parent, global collective stress like the coronavirus pandemic, or even self-created stress about what others might be thinking. And yes, too much stress and too few resources to combat it can be a bad thing...but allowing kids to entirely avoid it actually does them a disservice.

Board-certified family physician and TrueSport Expert Deborah Gilboa, MD, specializes in youth development—including stress management. Her main message to parents is that children need to experience stress in order to be prepared for later life and become effective leaders. "Our job as parents is not to protect them until they're adults. It's to ready them for adulthood. And the ability to deal with stress is one of our best tools," says Gilboa.

Here, Gilboa explains how parents and coaches can teach young athletes how to process and handle stress, rather than bulldozing it away.

Understand your response to a child's stress

"From the time kids are very small, we have to be hyper-vigilant to keep them safe: There's no more helpless creature than the human newborn," says Gilboa. "It's natural to try and control absolutely everything that you can, but that won't help your child grow and lead. Parents are hardwired to pay attention to every sneeze and cough, but then by the time our kids are adults, they suddenly need to be able to do everything for themselves."

Consider the source of the stress

"Very few parents get kids into sport to win championships or trophies, we're just trying to teach them life lessons and as such, we shouldn't deprive them of chances to deal with adversity and stress," says Gilboa. This experience is especially beneficial in the semi-controlled environment of sport.

"Those experiences of getting benched or having to run extra laps or being second string, they're all valuable life experiences even if they cause stress. Kids have to learn to put the group ahead of themselves sometimes. They have to learn to do stuff that they don't feel like doing. They have to learn to show up when they'd rather stay home."

Lead with empathy

Often, a child's stress can be lessened simply by having an adult acknowledge it and believe that it exists. While it's tempting to laugh off certain stressors for a child, you have to understand that to them, a minor stress may feel like the end of the world.

“You can’t tell young people how they should feel—it’s ineffective and disrespectful,” Gilboa says. “As parents, we sometimes think that if our kids are stressed, we have somehow failed them already, so we try to rationalize that if a child is stressed, they’re not ‘really’ stressed. So first, we need to recognize that our kids do have stress, despite what we may think about it.”

Help them understand their feelings

Often, a child will feel stressed but not be able to articulate that emotion. As adults, Gilboa notes that we can help children work through their complicated emotions and should make sure that they feel safe sharing how they’re feeling. This includes if someone is hurting them, if they’re being bullied, or if they feel uncomfortable. Ensure that your child feels he can share any emotion with you without judgement or immediate action on your part.

Use low-consequence opportunities for teaching

While you may consider an argument between your child and a teammate to be a dramatic annoyance, they might consider it a major stress. These smaller issues are great learning opportunities with low risk for your child.

Rather than trying to solve the problem for the athlete by phoning the coach or the teammate’s parent, use this as a chance for your athlete to learn about stress management. That may mean discussing how to confront the teammate, talking through some stress-relieving techniques like deep breathing, or even having your child speak directly to their coach.

Stress can get out of hand

“As with sport, overtraining with stress is certainly possible,” Gilboa admits. “It’s important to make sure you’re not pushing your child too far.”

“If a child experiences too much stress from too many directions without the right support and training, they could become damaged—just like someone who runs once a week would be injured if they suddenly tried to run a marathon. It’s our job to help support our children to make sure they have what they need to deal with stress without over-taxing themselves.”

Promote a healthy lifestyle

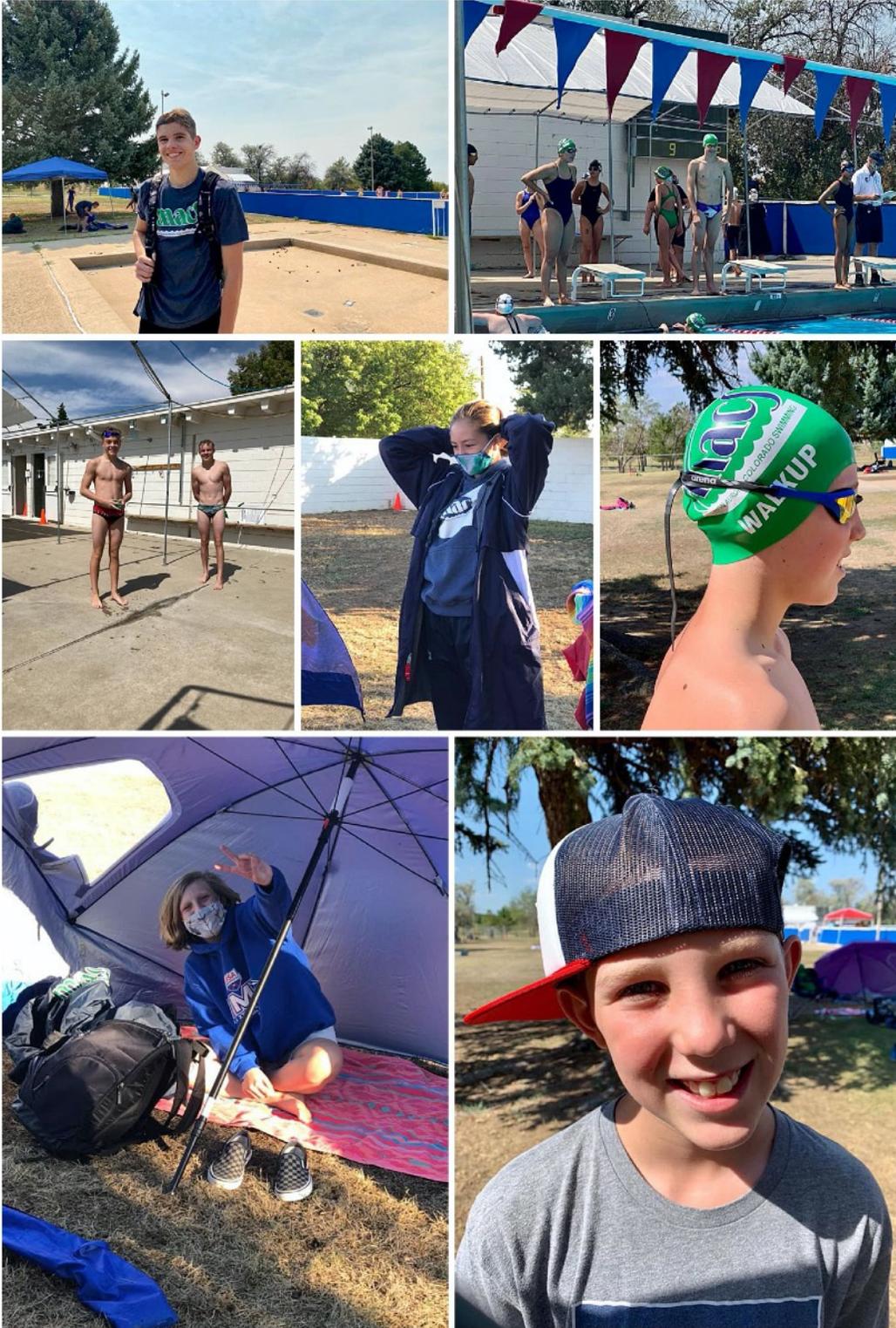
It’s worth noting that some stress can be brought on or made worse by how your child is taking care of themselves. Stress is exacerbated by a host of physical influences, including hormones and sleep. Even overindulging in junk food or drinking too much caffeine can interfere with healthy reactions to stress. The simple solution is generally healthy living: Make sure that your athlete is getting plenty of sleep, hydrating and fueling properly, and exercising enough.

Takeaway

While it’s natural to want to eliminate stress for your young athlete, they need to learn to manage stress to prepare for adult life, and sport provides a perfect testing ground to hone stress-management skills.

Athlete Photos













Newsletter Photos

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Do you have photos of your athlete(s) you would like to submit for the upcoming newsletter? Please email your images to Tami Wilson (twilsonmacs@gmail.com) .