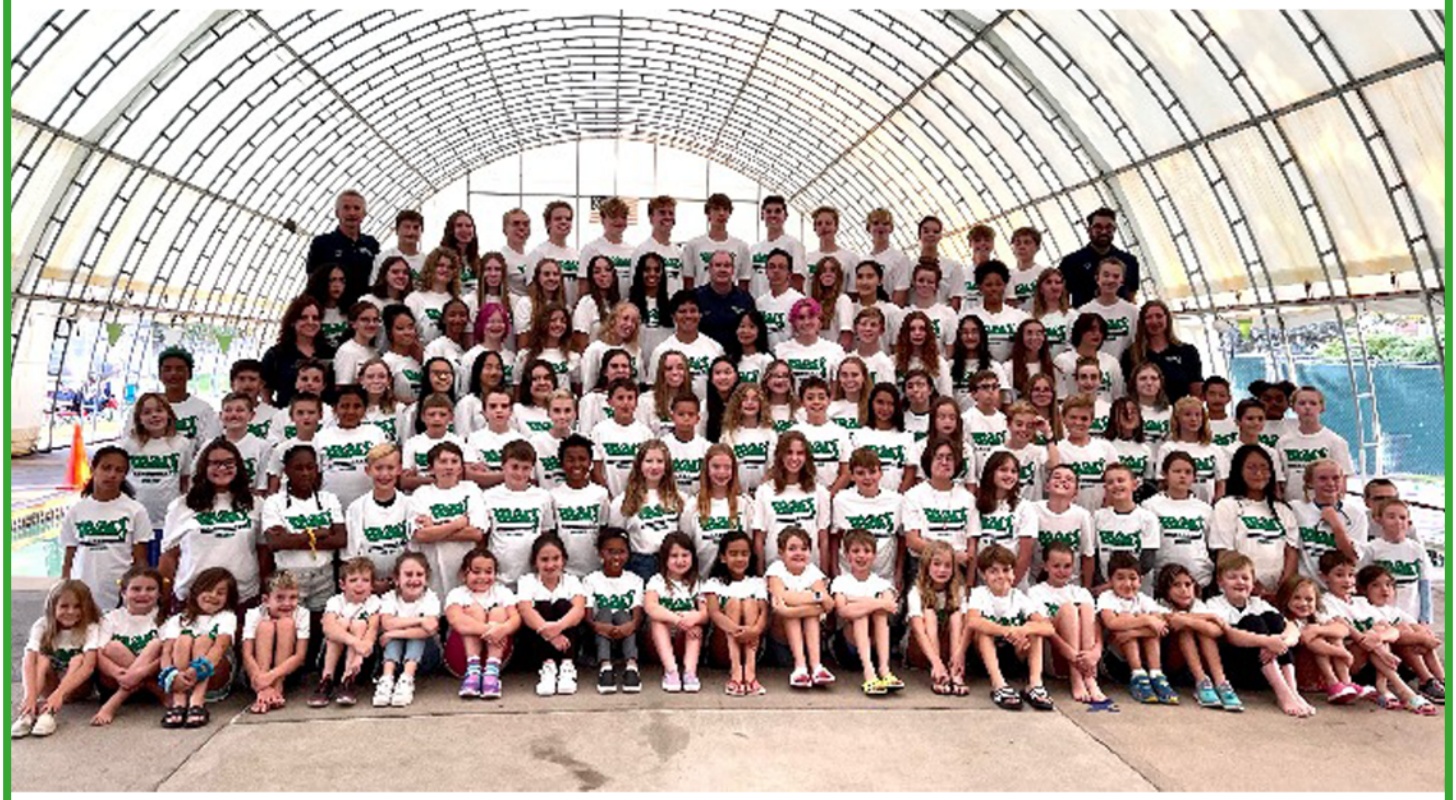
MISSION AURORA COLORADO SWIMMING

From the Deck | MACS Community | News & Events



FALL 2021 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
Anoushka Behere
Thomas Blum
Luke Carruth
Francesca Casaverde Marin
Kylie Johnson
Matthias Malukas
Selinda Morales
Elise Plunkett
Vincent Samudio
Eric Shelter
Nikolaos Stefanoudakis
Sage Swang

Mini Macs
Matthew Hickey
Makenna Klump
Bilguun Orgilbold
Ailish Pellow
Yael Rozendorf
Eleni Stefanoudakis
Elpida Stefanoudakis
Lydia Trubee

AG1
Anthony Boyard-Stevenson
Rylan Brown
Lukas Burnham
Abigail Cross
Logan Cross
Jackson Dominguez
Reyna Kanu

Coach Andy

MACS Head Coach (SECTIONALS & SENIOR BLUE)

Our season got off to a great start with our annual Fall invitational. It was great to see everyone again at a regular competition. Thank you to all our hard-working volunteers who made this meet a successful event that our organization can be proud of. We are especially thankful to our meet director, Jeff Gibbs, and to all our new officials. We could not have done it without you! Our next MACS hosted meet is scheduled for January 2nd at Arapahoe. We hope to see you there.

Our Sectional and Senior Blue groups are preparing for mid-season competitions coming up in December. It has been nice to get back to a regular schedule and we are looking forward to some fast swimming ahead. Our focus is on the Sectional Championships in March at the University of Texas. Good luck to everyone in their next round of meets.

With the Holidays quickly approaching, please check your emails for practice changes. Eaglecrest is closed during these times and some practices are changed to Pier Point. Some groups will add practices or move practices times. The coaching staff wishes everyone a safe and wonderful Holiday season!

-Coach Andy

Welcome New Swimmers (cont'd)

AG1 cont'd
Ellis McBride
Revas Narsia
Fletcher Osterhaus-Binkert
Fiona Osterhaus-Binkert

AG2
Nora Howell
Zoe Morris
Ernest Kolesnikov

Senior Blue
Rachel Cooper

Senior Green
Piera Blumberg
Ethan Graves
Leila Hadian
Michael Johnson
Alexandra Jones
Genevieve McCullar
Olivia Osterhaus-Binkert
Lia Rivera
Allison Scott
Evan Sheehan

Sectionals
Annelise Thomas

Coach Catherine
GROUPS 3 & 4:

We are full swing into the short course season! Welcome to all of our new athletes and families! We are excited to coach your children and get them started on their competitive swimming journey. Welcome back to all of our returning athletes. We are thrilled to continue working together towards your goals.

We are especially excited to have so many new 10 and Under swimmers this season. We expanded Group 1 to have more room to grow! It was awesome to see so many younger athletes attend the 10 and Under Grand Prix meet last weekend and we hope to have great meet attendance throughout the year.

Groups 3 and 4 started out the season with the MACS meet which went very well! We had goals set for showing great details, and I saw all of the athletes working toward that. In practice we have been talking a lot about how important the details are and how they add up to awesome swims at the end of the season. Each meet we hope to see improvements on these. I have tried to cover almost every event for the athletes between the MACS meet and the Pineapple Open so they can get experience in everything. It is important not to specialize too much as Age Group swimmers. When they become Senior swimmers they will specialize more.

The swimmers turned in goal sheets to me last month, and it was nice to see what they would like to accomplish this year and in the future. It is a great exercise for them to come up with goals and also helps me to redirect their focus when they have days when they need it. I am excited to help them work to achieve many of the goals they wrote. We have a lot to work on and a lot we will accomplish so the sky's the limit!!

For our Age Group swimmers, we have the Pineapple Open (groups 1,2,3,4) and the Turkey Trot (MM,1) meet this month. In December we will attend the CSI Pioneer meet or the Falfin Invite, depending which they qualify for. Group 3 and 4 will be split between the meets. Group 1 and 2 will do the Falfin meet. Our coaching staff will also split up the meets, so athletes may have a different coach than their practice coach. This will happen at some meets throughout the season. Please be sure your child always reports to the MACS coaches at warm up and before and after each race. Please do

Thank you to everyone who volunteered in both time and food and drinks to help us host our first meet of the year. The MACS Fall Invite was a big success thanks to all of the teamwork. We appreciate the support from all of our families!

not skip warm up. It is important for the athletes to be there to get ready for the meet with their teammates and the coaches.

Thank you parents/guardians for bringing your children to practices and meets and always being their biggest fans. We appreciate how much you support them in the sport and encourage you to always tell them how much you love to see their growth and commitment and love for their sport. This encouragement and show of pride in them needs to be given regardless of meet results. This will help them to continue confidently through the years. Times are a just one part of the overall growth of the athletes at this age, and they will vary meet to meet based on a lot of factors (event order, time of season, attendance, difficulty of practices..more tired at some meets than others where we rest in advance, working a new technique,etc). Please continue to be their soft landing. The coaches will let them know what they need to improve swimming-wise and give the feedback they need (good and bad). I know it is hard not to get too caught up in placing and times, but this sport is hard and it is a marathon, not a sprint. Please try to remember that and be proud of the effort.

As we head into the winter, we will let you know by email if a practice is canceled due to weather conditions. If CCSD cancels school or after school activities we will not have Eaglecrest practices. If we also cancel at Pier Point you will be notified in advance. Please check email before driving to the pool.

Happy Swimming!!!
-*Coach Catherine*

LONG COURSE SEASON CHAMPIONSHIP MEETS

Congratulations to our 14 and Under swimmers on awesome State meets to finish off last summer! And Congrats to our Sectional swimmers who attended the ISCA Summer meet for their Championships!

MACS Age Group State Team (Top 24 scoring swims noted)

Jaida Alexander (10)
Olivia Doell (9)
Dani Bonilla Laskin (12)

Talia Burleson (10)
Bodhi Comerford (12)- 200 bk-5th, 400 fr-7th, 100 fr-12th, 200 fr-12th, 100 bk-16th, 50 bk-20th
John Finnessy (10)
Mila Huseby (12)- 50 fly-14th, 200 IM-15th, 100 fly-17th, 100 fr-18th, 100 bk-21st
Ciara League (12)
Alex McInroy (10)-100 bk-12th, 100 br-20th, 200 IM-20th
Georgy Mikhaylov (11)
Sophie Noffsinger (11)- 400 IM-10th, 400 fr-15th, 200 fr-20th, 200 IM-21st, 100 fly-24th
Caden Walkup (9)
Cooper Walkup (11)-100 bk-7th, 200 IM-9th, 50 fly-13th, 400 fr-15th, 100 br-19th, 200 fr-21st, 100 fr-22nd
Jordin Williams (9)-50 br-11th, 100 br-17th

MACS Senior State Team (Top 24 scoring swims noted)

Aleks Aleinkovas (14)-400 IM-5th, 200 br-14th, 100 fly-20th, 100 br-22nd
Kaylie Gibbs (14)- 400 med relay- 7th , 400 fr relay-9th
Nathan Gibbs (18)
Eve Niemann (13)-400 Med relay-7th,200 br-9th, 400 fr relay-9th 100 br-13th, 200 IM-18th, 100 fly-23rd
Mya Noffsinger (13)-200 bk-2nd, 1500-4th, 400 IM-6th, 200 br-7th, 400 med relay- 7th,100 bk-8th, 200 IM-9th,400 fr relay- 9th, 100 br-12th
Jadyn Phillips (18)-200 fr-4th, 100 fr-4th, 200 IM-4th100 bk-9th, 100 fly-12th
Gherman Prudnikau (14)-800 fr-State Champion, 1500-3rd, 400 fr-3rd, 400 IM-4th, 200 fl-5th, 200 fr-7th, 100 fl-12th
Sydney Tarr- 100 br (24th)
Cameryn Walkup-1500-2nd, 400 fr-5th, 200 IM-5th 200 fr-7th, 400 med relay- 7th, 100 fr-8th, 100 fly-12th, 400 fr relay-9th ,50 fr-19th

ISCA Championship Meet (Top 26 swims noted)

Aleks Aleinikovas (14)-1500-21st
Jake Baker (15)-800-5th, 1500-6th, 400 IM-9th, 400 fr-14th, 200 bk-22nd
Sam Baker (15)-200 fly-12th, 400 IM-14th, 100 fly-22nd
Julia Benko (16)
Ben Brewer (15)
Landon Brewer (15)
Kyle Brushaber (15)
Megan Doubrava (16)-1500-12th, 400 IM-13th, 800-14th, 200 IM-17th, 200 fly-25th
Kaylie Gibbs-(14)-1500-15th, 800-26th
Ian Noffsinger (15)-1500-12th, 800-13th
Caroline Payne (16)
Gherman Prudnikau (14)-800-12th, 1500-20th
Andrew Wilson (16)-1500-10th, 400 IM-16th, 200 bk-16th, 200 fr-18th, 400 fr-20th, 50 bk-26th

NEW MACS LONG COURSE TOP 5 RECORDS

Sam Baker -*15 and Over Boys*- 5th-100 Fly- 1:00.32
Megan Doubrava-*15 and Over Girls*-5th-100 fly-1:07.40
Eve Niemann- *11-12 Girls* – 3rd- 50 br- 38.53, 4th-100 br-1:23.52, 4th- 200 br-3:02.82, 5th-50 fl-32.50
Jadyn Phillips- *15 and Over Girls*-3rd-100 fr-1:00.02, 3rd-50 fr-28.23, 5th-100 bk-1:07.85, 5th-100 fly-1:07.21
Cameryn Walkup-*11-12 Girls*-2nd-200 IM-2:34.34, 2nd-800 fr-10:19.61, 3rd-100 fr-1:03.71, 3rd-1500-9:30.41, 4th-50 fly-32.45, 4th-100 fly-1:11.08, 5th-200 fr-2:18.55,5th-50 br-38.67,5th-100 br-1:23.97, *13-14 Girls*-100 fr-3rd-103.08
Andrew Wilson-*15 and Over Boys*-3rd- 200 bk-2:14.87

Coach Gregory
GROUP 2:

Hi Everyone

The first part of the winter season is coming to the end. There are still two meets before Christmas. I'm confident that your children will do well in them.

My observations so far, as to what can we do better, are still attendance, attendance and one more time attendance. There is no amount of talent which can substitute for regular well-attended practices. I know how difficult it can be to get your children to practice sometimes, but in the long term it is worth it. If you bring your children late, it is still better than not bringing them at all.

Swimming is the type of sport where hard work always pays off in the long run. I know this because four of my own kids have done it.

Second subject I have to bring to your attention are masks. I know most of us are sick of them already and do not want to wear them. I'm one of them. However, at school we have to have them and wear them appropriately. This is a requirement in order to have access to the pool. Please do not make this political. I really need you as parents to help with this issue. The masks need to be worn when You and Your children are entering the school. This is what Eaglecrest High school requires from us. It is part of our rental contract. The chances are if we do not obey this contract, it can be terminated at any time. What that means for us, if that we will not have any place to swim as a team because Pier Point is too small to accommodate all the kids for long enough/ productive practices. The climate of swimming in Colorado is such that the school district will have no problem replacing our team with someone else, if they get more complaints about breaking the rules of our contract. Please put aside your personal and political ideologies and help us run practices without any MASK issues.

-Coach Grzegorz

Coach Brianna & Coach Laura

PRE-TEAM, MINI MACS & GROUP 1:

Mini MACS and Group 1 swimmers are off to a fast and great start to the season! We had our first meets of the year and there have been a lot of new best times, some heat/event winners and even some disqualifications. We expect all of those things at our level at every meet. Those things help us to know what we are doing well and what we can and need to work on and improve. Most of our swimmers have done or are signed up for at least one of our meets. If you haven't had a chance to do a meet yet I would encourage you to look at our schedule and find one that will work for your family. We have one meet available every month for our groups.

Please make sure your swimmer comes to practice with all of their swim equipment, ready to listen and swim. We have a lot of great friendships forming! Remind your swimmer before practice to listen when we are giving instructions. It is hard to hear in a loud pool area and with us wearing a mask. If we have to wait to get their attention and repeat instructions several times it takes away time that they can be swimming/practicing.

We have really enjoyed getting to know your child and coaching them. We are looking forward to seeing them grow even more these next few months!

-Coach Brianna & Coach Laura

Coach Andy Levine

SENIOR GREEN:

Greetings MACS!

It's great to be starting this season! I believe that this season is gearing up to be an amazing one! We have an amazing group of swimmers, a solid team foundation, and just an awesome feel for Senior Green! 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.

In Senior Green my goal as a 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, a long swim 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 Green! I'm so excited to see what we can do this season!

-Coach Andy Levine

UPCOMING MEETS

Meet	Location	Dates	Groups
CSI Pioneer Meet	University of Denver	December 3-5	Group 4 & Sectionals Qualifiers
Falfin Invite	Air Force Academy	December 18-19	Group 1,2,3,4,Seniors
10 & Under Grand Prix #2	Meyers Pool, Arvada	December 19	MM, Group1 (10 & under only)
MACS Winter Invite	Arapahoe HS	January 2	All Groups
TOPS CO Open	University of Denver	January 21-23	Groups 2 (some) 3, 4, SR, Sectionals
ACES Winter Invite (Tentative)	TBA	February 11-13	All Groups
CSI Senior Meet	University of Denver	February 18-20	15 & over Qualifiers
14 & U State Championships	VMAC	February 25-27	14 & U Qualifiers
Mile High Championships	Meyers Pool, Arvada	March 11-13	14 & U Qualifiers
Speedo Championship Series	Austin, TX	March 24-27	Sectional Qualifiers
TOPS Spring Invite	University of Denver	April 22-24	Groups 2, 3, 4, SR, Sectional

Letter from our President

MACS Families,

Happy Fall, and welcome to what should be a fantastic year for MACS! On behalf of the board, I'd like to welcome to our new families to the team, and welcome back to our returning families! We're excited for all of you to be a part of the MACS community and to have the swimmers back in the pool this fall. I know my swimmers are happy to return to some sense of normalcy after the many challenges we experienced due to COVID. We were so thankful to have MACS through it all, as the exercise, stability, and team camaraderie were huge bright spots during a challenging time. Thanks to everyone for the hard work and support for the team last year, particularly our coaches, who provided a safe and healthy environment for our swimmers.

The fall season is off to a great start, and our first MACS-hosted meet was a success! A huge thank you to all of the coaches and volunteers who helped this meet run smoothly. Whether you donated items for concessions and hospitality or worked volunteer shifts at the meet, or both, we appreciate all of your efforts. It takes a village to run a great meet, and it's all worth it to provide these opportunities for our swimmers. I look forward to having more opportunities to volunteer with all of you at future swim meets.

And finally, I'd like to thank our awesome coaches and board members for the work you put into the team all year round. I'm honored to serve the team with you and appreciate your efforts so much. I encourage all parents to reach out to any of us with your questions and suggestions.

Thank you,

Keri Brewer

MACS Board President

keriabrewer@macsswim.org

Team News & Updates

MACS Fall Invite

Thanks to all of you who stepped up and volunteered to help us hold our first meet of the season. Hosting a meet requires a lot of team work. We could not hold these meets without your support and it's greatly appreciated.

Friendly Reminders

Please SLOW DOWN when entering and exiting the Pier Point 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

MACS is a non-profit swim team and we are always looking for companies who would like to sponsor our team and support our athletes. All donations are tax deductible. These businesses will be mentioned at our meets, listed on our website and also in our newsletter. If you are interested in learning more please contact Tami at twilsonmacs@gmail.com.

Upcoming Board Meetings

Dec. 8, Jan. 12, Feb. 9, March 9 - 7pm, Pier Point

Board Meetings are held the 2nd Wednesday of each month, unless noted. Guests welcome.

GUESS THE COACH

question & answer

Coach A

At what age did you begin swimming competitively? I began competitively swimming at 6 or 7.

What is your favorite stroke to swim? I am a breaststroker and IM'er (which I realize is not a stroke, but 4, but that's okay)

What is/was your favorite event to swim? Probably the 100 breaststroke, but I truly loved the 400 IM

What important life lesson do you believe swim teaches athletes?

I think that swimming teaches patience, tolerance for one's self, integrity, and perseverance. It is one of the hardest sports to participate in, but one of the best as well, because it teaches the swimmer that they need to be a teammate, but also that their effort, their passion, their buy-in, their racing, and everything they do in the water is solely on them, however, they have a support staff that is unbeatable: Coaches, teammates, parents, etc. Swimming builds and reveals character. Fun is the goal, but getting faster and faster is also the goal. I love this sport because it lives in both of those worlds.

Did you swim in college? If so, where? I did not swim in college.

What is your favorite place to vacation? My couch/home.

What is your favorite meal to eat? Anything Mexican food-related.

How long have you been a swim coach? This will be my 16th year coaching swimming.

What was your most memorable race or swim meet as an athlete?

I was swimming the 200 Breaststroke during finals at a meet in Arizona and I was in the consolation heat, but I could hear the announcer calling the race (I guess that's a thing) and I kept hearing my name being called, and it was pretty exciting. I was only 14 at the time, but I was swimming in an open event so everyone around me was 16-18 and I was just jazzed to win a heat at finals and hear my name being called. It was pretty cool.

If you weren't a swim coach, what would you do as a career? Well, I am a middle school teacher (English Language Arts) and this is my 22nd year in the classroom, so I am happy I get to do both!

Coach B

At what age did you begin swimming competitively? I began swimming competitively at 7

What is your favorite stroke to swim? Can't choose one-I loved to swim fly, back and breast

What is/was your favorite event to swim? Again too hard to choose! When rested it was the 400 IM. Unrested probably the 100 breast, 100 back or 200 fly

What important life lesson do you believe swim teaches athletes? ***I*** *could write a book on this. Mostly perseverance and respecting the accomplishments of others and being proud of your own.*

Did you swim in college? If so, where? Yes, Small D1 school in NY-St. Bonaventure

What is your favorite place to vacation? Western NY, dream of more international travel at some point

What is your favorite meal to eat? Amaretto Chicken

How long have you been a swim coach? Volunteered in HS and College, Professionally- 27 yrs

What was your most memorable race or swim meet as an athlete?

Standing crowded on the podium at our college championships with my best friends/teammates for our relay awards. I remember swims, but really at this point it is all the fun/travel and time with friends that is closest in my memory.

If you weren't a swim coach, what would you do as a career? Psychologist or Pharmacist

Coach C

At what age did you begin swimming competitively? I started on summer club when I was 6. Year round when I was 8.

What is your favorite stroke to swim? Free.

What is/was your favorite event to swim? Favorite race not necessarily my best was the 200 free. I also liked the 100 fly a lot.

What important life lesson do you believe swim teaches athletes? Perseverance. Working hard for a long time to reach goals and dealing with the many setbacks along the way is the most important thing you can learn from swimming.

Did you swim in college? If so, where? Swam in college at the University of Missouri.

What is your favorite place to vacation? Anywhere other than Denver is my favorite place to vacation.

What is your favorite meal to eat? Pizza

How long have you been a swim coach? Coaching for 32 years.

What was your most memorable race or swim meet as an athlete? My most memorable race was my last race of my college career at the conference championships. I swam a best time in my best race after a three year plateau. It was a nice way to go out.

If you weren't a swim coach, what would you do as a career? If I weren't a swim coach I'd probably be a historian/author of some kind.

Coach D

At what age did you begin swimming competitively? 11, started in Group 2 swimming for MACS!

What is your favorite stroke to swim? Breaststroke and Butterfly

What is/was your favorite event to swim? 200 Breast and 200 Fly

What important life lesson do you believe swim teaches athletes? Time management

Did you swim in college? If so, where? Yes. Florida Atlantic University

What ***is your favorite place to vacation?*** Anywhere I haven't been yet! Favorite place I've been is probably Wanaka, New Zealand

What is your favorite meal to eat? Sushi

How long have you been a swim coach? This is my 10th year coaching

What was your most memorable race or swim meet as an athlete?

Definitely when MACS won the Colorado State Meet in 2002. I tied for 8th in the 200 Breast in prelims and had to do a swim off. Since we were hoping to win the meet, every point was important. Practically the whole team stuck around to cheer for me. It was a really exciting race. The other girl and I were tied to the one-hundredth of a second at the 100 turn. We came into the wall at the 150 and I turned….but she stopped. She had miscounted and stopped a 50 early. It was a very unique and memorable way to win a race! And then getting to push Andy and Catherine in the pool at the end of the meet when we won is one of my favorite swimming memories too :)

If you weren't a swim coach, what would you do as a career? Well I'm currently getting my PhD in Statistics so I definitely plan on a career as a Statistician

Coach E

At what age did you begin swimming competitively? 7 years old

What is your favorite stroke to swim? Backstroke/IM

What is/was your favorite event to swim? 100 Back

What important life lesson do you believe swim teaches athletes? I gained great time management skills from swimming. With practices, school, work and other activities I had to manage my time wisely to be successful and get everything done.

Did you swim in college? If so, where? Yes. Old Dominion University

What is your favorite place to vacation? Mexico

What is your favorite meal to eat? Mexican food

How long have you been a swim coach? 4 years at MACS and I coached a summer league team when I was in College for 4 years.

What was your most memorable race or swim meet as an athlete? Breaking 1:00 in the 100 Back for the first time and qualifying for Junior Nationals

If you weren't a swim coach, what would you do as a career? I majored in Finance, so something in that field. I used to work at an online trading firm before I was married and had kids.

Coach F

At what age did you begin swimming competitively? I started swimming at 8.

What is your favorite stroke to swim? Breast

What is/was your favorite event to swim? As a junior I liked 200 BR the most.

What important life lesson do you believe swim teaches athletes? Hard work

Did you swim in college? If so, where? I never swam collage, by that time I was competing in pentathlon/ horse jumping / fencing/ swimming/ shutting/ running.

How long have you been a swim coach? Over 20 years

SEE NEXT PAGE FOR ANSWERS!!!

Answers to GUESS THE COACH!

COACH A - Coach Andy Levine

COACH B - Coach Catherine

COACH C - Coach Andy Niemann

COACH D - Coach Laura

COACH E- Coach Brianna

COACH F- Coach Gregory

Athlete Photos

Levi's

SWIMMING
DIVING
RICOH

U.S.NAVY SEALS

15
15
SWIMMING AND DIVING RECORDS

Newsletter Photos

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) .

TOKYO
BOUND
CHAMPIONS

7
E
6
P
5
9
8

EXIT
1
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3
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