



From the Deck | MACS Community | News & Events



SPRING 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

Mirabelle Levine
Caleb Passannante
Jonah Wickline

Mini Macs

Brooke Alconcel
Gael Ascani
John Coyne
Justin Dion
Kennedy Ginsbarg
Ruben Matevosyants

AG1

Abdelrahman Eltourky
Ana Rideau

AG3/4

Ezzelden Eltourky
Ciara League

Coach Andy

MACS Head Coach (Sectionals & Senior 5)



Summer is almost here. It is wonderful to see the trees blooming at Pier Point and surrounding our newly refinished parking lot at Pier Point. Our team is back in at Eaglecrest after a long 14- month absence. Things are slowly starting to return to normal. The coaches are proud of how great the kids have been during all the changes and uncertainty this past year. Our team is as strong as ever and this

summer and next season will be even better.

A few important reminders.

A summer meet schedule is up on the website. There are still covid procedures in place and dates and places could change.

Our summer practice schedule will start June 1. There will be no practice on May 31 for all groups. An updated schedule is posted on the website.

The team will be on break during the month of August. Practices for most groups will resume September 7. The practice schedule will change a little but will be like the May schedule. A lot depends on covid numbers and restrictions.

A few highlights from two end of season championship meets for the Sectional group. 8 swimmers competed at the Western Sectional Regionals in Phoenix. And 5 swimmers competed at the 13-14 Colorado Invitational at VMAC. They swam fast. Congratulations on your efforts this season!

-Coach Andy

Speedo Sectionals Meet in AZ

Ellie Lopez 100 back 2nd, 400 IM 2nd, 200 back 5th, 200 IM 4th

Jake Baker 1000 free 4th, 400 IM 7th, 500 free 14th, 1650 free 4th

Welcome New Swimmers (cont'd)

Senior 3

Tanh Chau
Colin Cortez
Alexandra Glowacki
Joshua Hutabarat

Senior 5

Julia Benko
Samantha Smith
Megan Yea

Senior 5

Megan Doubrava

We hope you stay with MACS for many years!

Nathan Gibbs 200 fly 24th, 1000 free 20th, 1650 free 22nd

Jadyn Phillips 100 free 17th, 200 free 9th, 500 free 7th, 200 IM 11th

Andrew Wilson 1000 free 11th, 400 IM 20th, 200 back 18th, 200 im 24th

Caroline Payne 200 fly 14th, 200 back 16th, 1650 free 16th

Sam Baker 200 fly 13th, 400 IM 18th,

Kaylie Gibbs 1000 free 16th, 500 free 18th, 1650 free 15th

13-14 CO Spring "State" meet

Alex Aleinikovas 1650 free 6th, 200 free 19th, 200 breast 12th, 500 free 11th

Kyle Brushaber 200 back 9th, 400 IM 5th, 100 back 12th, 500 free 13th

Kaylie Gibbs 1650 free 6th, 200 fly 11th, 500 free 7th

Ian Noffsinger 1650 free 4th, 200 back 10th, 200 free 13th, 100 back 14th, 500 free 6th

Gherman Prunikau 1650 free 7th, 200 free 18th, 200 fly 7th, 500 free 9th



Coach Catherine
GROUPS 3 & 4:

We made it! What a year! We started back in June from quarantine and have accomplished so much in a time where we weren't sure whether or not we would be able to stay open and swimming! Back in June I was worried that we wouldn't have any competitions and we ended up with just as many or maybe more than we typically schedule. It felt like we had to jump on everything in case there wasn't more to come. Thank you to everyone for

your flexibility. I know it has been a challenge for me going week to week or month to month not knowing our exact schedule for practices and meets. So, I am sure it was for everyone else, too! Plus when we were able to schedule meets everything seemed to arrive at the last minute with quick sign ups and different policies and procedures at each. Maybe all of this will help us to take things as they come and enjoy the moments!

Mini Macs, Group 1 and Group 2 all did a great job swimming at Pier Point through the winter for the first time. I am sure there were days where they didn't love the jump in or out of the pool, but overall they really thrived and had fun while they learned. Thank you to all of our coaches for making that possible for them! Everyone stayed positive and appreciated that we were able to make it work! We have a great group of younger athletes and I am excited to watch them progress.



**Summer
Schedule
is on
the
website!**

I also have to say thank you to our Sectional and Senior 5 athletes and parents!! These swimmers swam before school ALL year long. Sectional group usually does doubles two to three days a week during the school year, but they swam every morning this year with very few evening practices. That is serious dedication and I am sure it was hard at times. They did this so that we could run all of our age group swimmers at Pier Point and keep everyone in the water. I am so grateful.

I am incredibly proud of all of our swimmers for staying motivated and working together this year.

Groups 3 and 4 had awesome attendance and grew in all areas. I look back to what they were doing a year ago, and I am truly impressed with where they are now. In some ways I think they were more focused than during a typical year. I think swimming was just the outlet they needed. It is a place that feels more “normal” even with the Covid procedures. Swimming still feels like swimming regardless of which end you begin at or how you are spread out. I know the meets in some cases felt less exciting, especially the season finale compared with a regular state meet, but we continually rose to the occasion! Everyone has had big breakthroughs in practice and you all have bright futures in the sport. Keep it up and the sky is the limit!! We work hard at MACS to prepare our athletes for long term success in the sport. We avoid the short cuts and make sure we are designing the best program to enable them to reach whatever their goals may be when they are Senior level swimmers. Our sport is definitely a marathon and not a sprint!

Groups 3 and 4 have our first long course meet at DU May 8th and then the Lowry meet two weeks later. Following that we, along with a few SR 5 swimmers, will be headed to Arizona Memorial Day weekend for a prelim/final meet. I am sure it will be a great trip and we will swim fast and make some memories together. We have quite a few meets on the schedule and the summer season will go quickly, as it always does. Please try to sign up for as many as you can. I realize families may take more vacations during the summer than usual since many have not seen family in a long time!

We are still awaiting our exact practice times at Lowry this summer. We anticipate they will be the same as what we have on the summer schedule, but we will let you know once they have the schedule finalized. The Lowry practices are long course and I would really like the swimmers to be there to get the experience.

I will include some results from the season ending meets in here and

new MACS Top 5 times. This is a list Andy and I have kept for many years and getting on it is a great accomplishment!

We have had a lot of amazing athletes come through the program so congrats to those who earned a spot.

Happy Swimming!! GO MACS!!

-Coach Catherine

13-14 CO Spring "State" meet

Alex A - Mile-6th, 500 Free-11th, 200 Breast-12th

Klye B- 400 IM-5th, 200 Back-9th, 100 Back-12th, 500 Free-13th

Kaylie G- Mile-6th, 500 Free-7th, 200 Fly-11th

Ian N- Mile-4th, 500 Free-6th, 200 Back-10th, 200 Free-13th, 100 Back-14th

Mya N- 200 Breast- 5th, 400 IM-6th, 200 Back-9th, 100 Breast-16th, 200 IM 16th

Gherman P- Mile-7th, 200 Fly-7th, 500 Free-9th

Sydney T- 200 Breast-14th

11-12 AND 10-UNDER Spring "State" meet

Qualifiers:

Talia Burleson, Alex McInroy, Daniil Son, Bodhi Comerford, Ezzeldeen Eltourky, Gwen Horst, Mila Huseby, Eve Niemann, Sophie Noffsinger, Sabina Odilbekova, Cameryn Walkup, Cooper Walkup

Your A finalists: (1-8th place)

Cameryn Walkup...State CHAMPION in the 400 IM and 200 free, 2nd-500 free, 4th-100 IM, 5th-100 free

Eve Niemann...2nd-200 Breast, 3rd-50 fly and 100 breast, 5th-400 IM, 6th-50 breast, 7th-200 IM

Daniil Son....3rd-100 Breast, 7th-200 IM, 8th 200 Free

Cooper Walkup...6th 200 IM

Your B finalists: (9-16th place)

Bodhi Comerford... 10th 500 free, 11th-200 back, 12th-100 back, 14th-200 free

Gwen Horst....12th 500 Free, 16th-200 free

Sabina Odilbekova...15th-200 back

Daniil Son...9th-100 back, 13th-100 IM, 15th-50 back

Cameryn Walkup.....13th-50 free

Cooper Walkup....9th-200 free, 13th-50 fly, 16th-100 IM

New MACS Top 5 Short Course swims:

Jake Baker (13-14)- 4th-200 IM (2:04.29) & 400 IM (4:24.81)

Sam Baker (13-14)- 2nd-100 fly (54.99) & 5th 400 IM (4:25.48)

Landon Brewer (13-14)- 2nd 50 free (23.27)

Kyle Brushaber (13-14)-5th-100 back (58.65)

Ellie Lopez (15 & O)-2nd-100 back (57.40), 3rd-200 back (2:03.14) & 4th 200 IM (2:07.44)

Eve Niemann (11-12)- 3rd -200 Breast (2:40.25) & 5th -50 Fly (28.72)

Cameryn Walkup (11-12)- 4th-200 Breast (2:41.88)

Cooper Walkup (10-Under)-5th 100 Free (1:02.19) & 500 Free (6:14.80)

Coach Gregory

GROUP 2:



Hello Group 2!

After a year and a half of training in the realm of covid, we have big changes in group 2! We are finally back to practice at Eaglecrest and things feel like the old days. The number of meets is finally beginning to increase again. I want to encourage you all to sign your kids up to meets as much as you can. Summer brings long course season. This can feel discouraging for younger swimmers especially, because 50 meter pools bring on new challenges. Please do not get discouraged. However, for this reason, it becomes even more important to have good practice attendance. Finally, we just went through movement in our groups, for the first time in some time, due to covid. It was hard to say good- bye

to my swimmers as they moved up, but at the same time, I am excited to welcome a whole new bunch of swimmers to group 2. I wish everyone a great and healthy summer season.

-Coach Grzegorz

Coach Breanna & Coach Laura

PRE-TEAM, MINI MACS & GROUP 1:



We had such a great short course season with Pre-Team, Mini MACS and Group 1. This has been a challenging year but also very rewarding. For some kids the time at swim practice was a time to escape, get some physical activity and spend time with friends. We are happy that we could provide a safe environment for the kids during this time. Thank you for all of your cooperation and help!

The kids have improved a lot this year and Coach Laura and I have really enjoyed the opportunity to coach your child. By the time the short course season wrapped up in March/April the kids were really working hard at every practice. They have increased the amount they are swimming each

practice, many kids now have 4 legal strokes and their technique is continuing to improve. Our swimmers have shown great sportsmanship and compassion for their teammates. They have learned to work well together and help each other out with challenges. We didn't have the opportunity to do too many meets this year, but when the kids did compete, they all achieved best times. It was not uncommon to see time drops of 10 seconds or more in an event. Alex McInroy from Group 1 was even selected to compete in the Colorado Swimming Top 100 State Spring Invite for 10 & Under Boys! Congratulations, Alex!

Pre-Team kids have also made great improvements this year. Although they don't have the opportunity to compete I am hoping to do another race day with them as the weather gets warmer. Coach Andy Levine, our Senior 3 coach, has also started coaching our 12 and older swimmers in Pre-Team. He has been such a great addition as he knows exactly what the kids need to do to be ready for the next level. This has also allowed me the opportunity to coach the younger kids and give them the attention they need.

We look forward to a great summer with more fun and fast swimming!

-Coach Brianna

Coach Andy Levine

SENIORS 3:

Greetings Senior 3 Swimmers!

Wow... What a great season we have had. There were moments that were pretty frustrating (dang COVID regulations!), but many more that were absolutely glorious. The pure influx of swimmers and the excitement and team chemistry have been nothing more than remarkable and inspiring to me. Yeah, we've had our ups and downs with sets and paying attention and watching the clock and going fast vs. just going, but each and every moment has been a growing experience and has made us better as a team and a group and I couldn't be happier about who we are as a whole, functioning unit.

The level of comfort of y'all is amazing. I know getting a new coach is hard and getting a new coach twice in one month can't be any easier, but over this past year we have learned more and more about each other and what we're all about, and honestly, it makes coming to practice that much easier... I love being on deck and coaching y'all. I love the jokes and pushing for effort and the level of enthusiasm y'all have for the sport and being at practice. Sometimes I'll be walking the deck watching everyone swimming a particularly hard set, giving feedback in between intervals, and I think to myself, "Man, I really love coaching swimming. This crew makes it so enjoyable and fun."

We have a lot of work to do in the coming months, but I know that every one of you is ready and willing and able to put in the work. I look forward to continuing to build our group and working toward making those personal goals (whether it be a best time, getting to a base interval for your 100 frees in practice, or just getting that 200 fly complete at a meet), as well as formulating closer relationships and swimming faster and harder each and every day.

Just know, you all make me proud to do what I do, and I look forward to coming to practice each night ready to work. Swimming is one of those sports that is very individualized and yes, you have personal goals, but Senior 3, well, as a unit, we are strong and that's nothing to shake your fist at. Thank you for all you do and I'll see you on deck!

-Coach Andy Levine

UPCOMING MEETS

Meet	Location	Dates	Groups
ACES Spring Invite	Lowry	May 22 & 23	Groups 2, 3,4,SR,Sectional
Speedo Arizona Invitational	Mesa, AZ	May 29-31	Groups 3, 4, SR5
Jeffco Invite	Meyers	June 5 & 6	Groups 2, 3,4,SR 3& 5,Sectional
Suburban League Meet	Pier Point	June 19	MM, Groups 1, 2
TOPS Summer Invite	University of Denver	June 25-27	Groups 2, 3,4,SR 3& 5,Sectional
Zone 2 Age Group Meet	TBA	July 9-11	Groups 2, 3, 4
Zone 2 Senior Meet	TBA	July 9-11	SR & Sectional
13 & Over State Championships	VMAC (Thornton)	July 22-25	13 & O state qualifiers
ISCA Senior Meet	St. Petersburg, FL	July 27-31	Sectional
12 & U State Championships	TBA	July 30-August 1	12 & U state qualifiers

Letter from our President

Spring has sprung and swimming is back. As a parent I have to say that I enjoy watching our MACS kids competing again, even if it is on my phone sitting in a parking lot. There is something about seeing our kid's hard work and determination pay off.

I want to thank all of you for your support and dealing with the cold weather practices at Pier Point. The younger groups sure displayed perseverance and getting out side of comfort zones. Your support also allowed us to redo the parking lot. I have had a couple of swimmers mention to me they will enjoy walking on it with their bare feet when it is warmer. Your support also helped us to weather a big hit on our Natural Gas bill in March from the Texas snow storm as our provider was an independent company based in TX and price increased significantly due to the demand after the February storm. As you can imagine it took more to keep the pool heated during the winter since we were using it more than previous years. We had purchased new pool covers late in 2020, which helped with keeping the temperature of the water more constant. Having new covers also makes pulling them after the last groups practices easier, as I help Coach Brianna when her groups were the last to practice.

Please keep a look out from your kid's coach as we will be doing end of year picnics for each group. We will need parent volunteers to help the coaches coordinate these events for the kids and celebrate all the hard work our kids have done. I would personally like to congratulate all the Seniors that will be moving on to life after high school, whatever that may look like for them. We will miss them, but am excited for all the new adventures their future holds. We at MACS are proud of you.

Have a great summer and I look forward to seeing you all at meets soon.

Sincerely,
Kevin Noffsinger, Board President of MACS

Officials Corner



Hello MACS parents!

MACS is looking for parent volunteers to become officials for the team. As a collective group, local swim teams have a specified percentage of qualified officials in relation to our active swimmers. That percentage ensures that all swim teams in our communities share the officiating responsibility equally and fairly. That is why volunteer officials participation is incredibly important for MACS.

As a thank you for your volunteerism and service, MACS wants to extend the following incentives to you: *(MACS will start the financial incentives at the completion of your training.)*

- Your USA Swimming registration fees will be covered.
- Your fees for a non-athlete background check through USA Swimming will be covered
- Your team fundraising amounts will be lowered by \$250/\$400 annually, divided equally by month. This number is based on the age group your oldest swimmer is enrolled.
 - \$250 credit for MiniMACS, Group 1, Group 2, Senior 3
 - \$400 credit for Group 3, 4, Senior 5 and Sectionals
- Your appropriate officials uniform shirt (\$40 value)

Hopefully, you will find these incentives beneficial as they cover the vast majority of the out of pocket costs in becoming an official. If you are interested in becoming an important part of our MACS team, please contact [Blake Wilson](#) for questions or to sign up.

I also encourage you to check [Colorado Swimming's website, Officials](#) section for further information and upcoming class dates.



Team News & Updates

Summer Schedule

The summer schedule is on the website for all groups. Please [CLICK HERE](#) to view the updated schedule that will begin on June 1.

Team Sponsors



Upcoming Board Meetings

June 8, July 13, August 10 - 7pm, Pier Point



What is Long Course, What is Short Course?

Published by The American Swimming Coaches Association

"One of our pools is 25 yards wide by 50 meters long. Why isn't the pool 25 meters by 50 meters or 25 yards by 50 yards?"

For years the "American Standard Short Course" pool has been a 25 yard pool. Almost all high school pools and most college pools are 25 yards long and most high school and college meets are run as short course meets. USA Swimming Club teams generally swim short course meets from September through March.

The international standard is meters. The Olympics, Pan-American Games, and World Championships are held in 50 meter pools. In this country, most 50 meter pools are outdoors due to the cost of building an indoor 50 meter pool. For that reason our long course season is generally from March through August. As more and more indoor 50 meter pools are being built and as the United States focuses more on international swimming the distinction between the "short course season" and the "long course season" becomes less distinct and more meets are going to the long course standard throughout the year -- with the exception of high school and college swimming which will generally remain short course yards.

At this time (April) many teams are training short course but are preparing to go to long course when the outdoor pool is ready. Some lucky teams are located in

a climate and have access to long course pools all year around. And some lucky teams have indoor 50 meter water all year around.

Eventually we all will be at swim meets during the spring and summer that are long course. This will cause some confusion about times. The times will be slower because a 50 meter swim is approximately 5 yards longer than a 50 yard swim. Another factor are turns. There are less turns in long course swimming and generally, turns are faster than swimming -- we

can push off the wall faster than we can swim. (Although for some of our swimmers who have not yet mastered a turn, the turning process is slower than swimming!)

Some people attempt to "convert" a short course time to a long course time or visa versa. The conversion factors are not precise due to differences in turns, strokes, and individual's ability to swim the extra distance at speed. Conversions can lead to unrealistic expectations and disappointments, or to a false sense of achievement. For those reasons we do not convert times. We simply say that each swimmer has two sets of best times, one for long course and one for short course.

Athlete Photos

















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).