



From the Deck | MACS Community | News & Events



# FALL 2019 NEWSLETTER



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# From the Deck

## Welcome New Swimmers

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

### Mini Macs

Shae McAllister, Elle Theisen, Jordin Williams, Katelyn D’Orazio, Tyan Smith, Sara Zunno, Declan Whitaker, Ethan Phan, Michaela Carter

### AG1

Max Deshevykh, Nyjah Vellinga, Torin McAllister, Lola Cristie, Madelyn D’Orazio, Brayden Whitford, Angelina Phan, Gage Ross, Sam Norkin, Ivan Mikhaylov, Adi Ruban Lnu, Logan Kempf, Liliana Jackson

### AG2

Sadie Ballou, Samara Rivera, EJ Keys, Jazzy Theisen, Gino Palombi

### Senior 3

Matvey Bubalo, Ally Yates, Naomita Situmeang, Amanda Mitry, Sophie Mosca, Leila Hadian, Yuichi Hunter, Maggie Donohue

### Senior 5

Jose Valle Vargas

### Sectionals

Ella Queenan

*We hope you stay with MACS for many years!*

## Coach Andy

### MACS Head Coach



Our team is off to a great start this Fall. We hosted a great first round meet with over 500 participants. Our Fall Invite is one of the biggest in Colorado and thanks to the many volunteers it was a great success. It’s impossible to thank everyone who helped by name, but Jeff Gibbs deserves a lot of

credit for being a great meet director. And, thank you to everyone who has stepped up this past year to become an official. We can’t run meets or expect our swimmers to be successful in the sport without your help.

MACS thanks Coach Terry for his years of service to the team. We will all miss him and wish him luck in the future. Please be sure to welcome Coach Dakota. We are excited to have her working with the Senior 3 and 5 groups.

The Sectional group is starting to pick up their training in preparation for several upcoming meets. We are looking forward to meets in Arizona. (IMX), Seattle (Husky invite) and the mid-season prelim final meet in Ft Collins. Our seniors have also been busy with college recruiting and taking visits to schools. We wish them the best in their quest to continue swimming at the college level. Please pay attention to schedule changes during the Holiday season. There will be cancellations and moves to Pier Point at times. Good luck to everyone in their upcoming competitions and remember to work hard and stay focused on your goals.

~Coach Andy



## **Coach Catherine**

### **GROUPS 3 & 4:**

Welcome back! I am so pleased to see all of our returning swimmers in the water and all of our new swimmers getting acclimated to the team! Our age group program has grown and looks great. We had awesome meet attendance in October between our meet and the 10 and Under meet. Almost all of our swimmers raced between the two. This is so important because it keeps them motivated and provides team bonding experiences. Please continue supporting your children in their meet attendance.

Groups 3 and 4 are in the swing of things and starting to work harder as we get into November. We will always keep a strong focus on technique as we add more aerobic and anaerobic work. The swimmers got back in swimming shape quickly this year due to great summer training effort and attendance and they look awesome! I was happy with their swims at the October meet and can't wait to see how they do as the season goes on. Groups 3 and 4 have the Pineapple meet, USA Swimming's IMX meet (travel trip to Arizona), and the FAST mid-season meet coming up. MACS attended the IMX meet for many years at its inception prior to attending the Vegas meet. This year IMX will work better for us due to a date and format change in Vegas. We try to do a travel trip with our 11 and Over qualifiers each short course season. For this meet swimmers had to have a specific IMX score to attend. That is a power point total made up of their points in each IMX event. The events for 11-12 year olds are the 100 fly, 100 back, 100 breast, 200 IM and 500 free. The events for 13 and Over are 200 fly, 200 back, 200 breast, 200 IM, 400 IM and 500 free. They race these events at the meet and are awarded based on their IMX score. The idea behind IMX is to encourage USA Swimming athletes and coaches to work towards swimming all of the strokes and distances as age group swimmers.

This year we are attending a prelim/final meet at the end of March instead of Silver State. We believe this meet will provide a better experience for our athletes and team. State cuts are quite challenging during the short course season. So, not as many athletes get to have a Championship format meet in March. I feel our Silver State level swimmers would benefit from the opportunity to attend this meet later in the season that offers the chance to race for a second swim. State swimmers are also allowed to compete at this meet, but they can only swim events that they did not swim at the State meet. This opens up space for the Silver State level swimmers in finals. Since this is an invite meet we can bring more swimmers and have our age group program together for the weekend.

Lastly, I want to thank all of our parents for their hard work putting on a great October meet. The coaches on deck were very complimentary to you and let us know they appreciate the extra effort our families put into hosting our meets. They do notice and appreciate the experience it provides their athletes as well as ours. We are grateful to have wonderful families on our team that are willing to go that extra mile for their children and the team!

~Coach Catherine

## **Coach Gregory**

### **GROUP 2:**



Hi Everyone.

We just finished our first meet and it went very well. I'm excited to see all the improvements and looking forward to more to come in the next few months. I'm encouraging you to please sign your children up for meets as often as possible. The meets are the place where kids can test their hard work. I know they are time consuming, but please do not deprive them of this opportunity.

The next two months we will work on improving all four strokes and building endurance. We will build our yardage by ten percent each month respectively.

We are switching our practice times. We will be starting 45 minutes later. This new schedule will last until the girls' high school swim season is over, sometime in mid February. Please make sure your children eat something before they come to practice, and perhaps do some of their school home work . From my experience with my own kids, I have learned that swimmers are more productive doing homework before, rather than after, practice. Especially with later hours.

Again- excellent job so far and here is to an exciting season, full of improvements!

~Coach Grzegorz



## **Coach Laura & Coach Brianna**

### **MINI MACS & GROUP 1:**

Welcome to the new and returning MiniMacs and Group 1 Families!

I am very excited to be coaching again this year with Laura. This is my 2<sup>nd</sup> year coaching and Laura's 8<sup>th</sup> (I think). I have been part of the MACS family for 5 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. We started this year with the largest groups we have ever had! It took a few weeks but the kids are learning the routine and the basics for swim team which helps make practices run more smoothly and helps the kids to have time to work on and improve their swimming technique.

We will continue to work on technique mainly on freestyle and back stroke in MiniMacs and working towards legal breast stroke and butterfly. Group 1 will focus on technique for all four strokes and begin work on flip turns in the next few weeks. With the new schedule during High School swim season, we will be able to have three 45-minute practices for MiniMacs and 3-hour long practices for Group 1. This is a great opportunity to have more time in the water to work on these skills. If your child has not gotten fins yet, please get them a pair of fins and have them 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 had our first swim meet of the season and more than half of our swimmers were able to participate. I am really impressed with how much they have already improved since the beginning of the year! Swim meets are a great way to help get your kids excited about swimming, develop friendships with their team mates, learn how to handle nerves and what they need to work on in practice as well as see their times improve.

Thank you to all of the families who donated time or food to our MACS Fall Invite meet that helped make it a huge success! Most of our swimmers did not swim in this meet and it was so great to see some families there that still came to help with timing, officiating and various other things. You are a big part of what makes this team so great! I have really enjoyed getting to know all of your kids and look forward to working with them this year!

~ Coach Brianna

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## Coach Dakota

### SENIORS 3 / 5:

Hey everyone, my name is Dakota, and I am the new Senior 3/5 coach! For my first newsletter article, I thought it would be a great idea to do a little “about me” section, so those of you who haven’t met me yet can get a little insight on who I am and my history with swimming!

I am from Colorado. I was born and raised near Longmont, CO and lived there until my 8<sup>th</sup> grade year. I then moved with my mom to Wisconsin until I graduated high school. After high school, I moved back to this wonderful state I call home and went to Colorado State University in Fort Collins! I just graduated this past May with a bachelor’s degree in Health and Exercise Science with a concentration in Sports Medicine, and just finished applying to Physical Therapy school last week. I hope to become a pediatric or sports physical therapist within the next 3-4 years! Some other fun facts about me:

- I love to hike and camp
- I have a cat, Izzy, and a dog, Lana who are the loves of my life
- I am certified to teach lifeguard courses through the American Red Cross
- I am a huge Denver Broncos fan
- I’ve swam every single short course event at least once
- I have type 1 diabetes
- I love Harry Potter, but I’ve never read the books.

Another fact about me, when I was younger, my parents put me in swimming is because it was the only environment I couldn’t get injured in. I was- and still kind of am- horribly uncoordinated on land. I started swimming in 4<sup>th</sup> grade and swam year-round from then until my sophomore year at CSU. I’ve always been a breaststroker, and even dabbled in the 400 IM for a little while. I also really enjoy swimming the 200 IM—the 200 IM and 100 breast were my high school events. I held the record at my high school for the 100 breast, and also was a part of the record-holding 200 medley, 200 free, and 400 free relay teams. In club swimming, a few teammates and I were able to make a Speedo Championship cut for our 400 free relay, which was really fun! I kept swimming into college until I decided that swimming had to be put on the backburner so I could do my best in school and still get a good night’s rest.

For my coaching background, I coached Longmont’s equivalent of MiniMacs a few summers ago and assistant coached with the older kids. I have been so pleased at the welcome I’ve received from all of you. However, I understand a coaching change is hard, but I will do my best to make the transition as smooth as possible for everyone. I am so excited to have this opportunity to build my coaching skills and to be a part of a great team like MACS!

Overall, Senior 3&5 both did great at the MACS Invitational, and I am so proud of everyone for going out and bringing their all, even though it was the first meet! We will continue working on various stroke and technique work throughout the season. Specifically, I plan on spending time on turns and finishes, breathing techniques, endurance, and general stroke improvement. I also plan on continuing the team dinners once a month and am in the process of planning one for November, so keep a look-out for that!

One thing to know is that I am an open book, so please don’t ever hesitate to ask me questions regarding myself, the team, or anything in between. Happy Fall!

~ Coach Dakota

## UPCOMING MEETS

Meet	Location	Dates	Groups
IM Xtreme Games	Mesa, AZ	Nov 15-17	11&O Qualifiers
Turkey Trot	Meyers, Arvada	Nov 16	MM & Group 1
Husky Invitational	Federal Way, WA	Dec 6-8	Sectional Group Qualifiers
FAST Mid Season Finale	Fort Collins	Dec 13-15	Group 2 & up Qualifiers
Suburban League Distance	Meyers, Arvada	Dec 21	All groups (except Sectionals)
MACS Winter Invite	Arapahoe HS	Jan 5	All groups
TOPS Open	DU	Jan 24-26	Groups 2 & up



## Letter from our President

MACS Families,

Our new season is well underway, and on behalf of the Board, I would like to welcome you to the team. We are thrilled to have our returning families, along with our many new swimmers back in the pool for the short course season. We are happy to have you all as a part of the MACS family.

The team had an amazing season in 2018-2019, and we are eager to build on that success. The MACS Fall Meet was a great start to the season. Our swimmers had great days in the pool and the meet was run smoothly and successfully by our coaches and parent volunteers.

Our team depends on our parent volunteers and we appreciate all your help and support. We are also very appreciative of the parents that are currently officiating and training to officiate. It is huge volunteer need for our team! We value all the contributions our members make to MACS. There are always many areas, including officiating, where we would welcome your participation. As the saying goes....TEAMWORK MAKES THE DREAM WORK.

I am thankful to be on a board with parents and coaches that are so invested in the success of the team and more importantly the success of our swimmers. We are all available for questions and we also have parent liaisons available at most Eaglecrest practices.

I want to express my enthusiasm for the 2019-2020 swim season, my appreciation to my fellow board members and amazing coaches, and a big thank you to all the swimmers and their families for making this team successful year after year. I look forward to great things ahead for the team!

Please feel free to reach out at any time with questions or suggestions. My email is [magsbaker@aol.com](mailto:magsbaker@aol.com)

Margaret Baker

President, MACS Board

# Team News & Updates

**Thank you to all of our families who donated their time and food to make our MACS Invite a successful meet. We truly appreciate your efforts and could not run our meets without your support!**

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## Team Sponsors

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Thank you to the parents who have secured the following sponsorships for our team. We truly appreciate your efforts in helping support the swim team.



## Upcoming Board Meetings

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Board Meetings are typically held the 2nd Wednesday of each month at 7pm at Pier Point, unless noted. Guests welcome.

## OFFICIALS CORNER

### Want to Become an Official? There are Incentives!

Would you like to help USA Swimming run consistent, high-quality and technically-correct competitions? Become an Official! For details on how to get certified, please click on: [Becoming an Official](#) (from the Colorado Swimming website) and contact Blake Wilson at [Blake.Wilson@macsswim.org](mailto:Blake.Wilson@macsswim.org) for more information.

MACS will pay USA swimming registration fees each year and the family will earn a credit towards their fundraising fees each month.



### Questions? Suggestions? Would you like to Volunteer?

We want to hear from you. Email Blake [Blake.Wilson@macsswim.org](mailto:Blake.Wilson@macsswim.org) or Mitzie ([mitzie@thegibbshouse.com](mailto:mitzie@thegibbshouse.com)).



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## 5 LIFE LESSONS YOU WILL GET FROM SWIMMING

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*By Olivier Poirier-Leroy//Contributor | Monday, October 28, 2019*

Did you know that swimming can provide you with the tools you need for achieving success later in life?

I am not talking about time management and sportsmanship, although those two things are super important. Nor am I talking about having the ability to deck change faster than Clark Kent turns into Superman, or figuring out how to iron out the goggle and cap marks on your face before yearbook photos.

The following life lessons aren't things you can put on your resume, and they aren't taught in a classroom. They are dished out in the school of hard knocks, and if you pay enough attention over the course of your swimming career, you can unleash these lessons to achieve success in whatever endeavor you choose.

Here are 5 valuable life lessons to draw from the countless hours we spend paddling around in big, chlorinated buckets of water:

### **MAKING BIG IMPROVEMENTS REQUIRES PATIENCE.**

Patience has never been something I have been all that good with. Once I decide that I want something, if there is not significant and immediate progress visible quickly I tend to get rather frustrated. I want my awesome swimming goals and I want them five minutes ago.

From the emails I get on a weekly basis, and in watching fellow swimmers over the years I suspect that I am far from alone in this respect.

Often what will result is that you will create a list of unrealistic expectations that match up to the lofty stuff you want to accomplish. Things like having perfect workouts every time out. Or seeing improvement every single session. Or pushing yourself too soon, too fast, landing yourself on the DL.

Long term progress requires patience in the short term.

### **YOU GOTTA BE ABLE TO PADDLE BEFORE YOU CAN SWIM.**

Having those big lofty goals is necessary to achieve success in the pool. You need to have that compass that provides you with direction and purpose over the course of a long season in the pool. Sometimes those big goals can be our worst enemy, however.

With the excitement of achieving big things on our minds, our veins pumping with excitement and drive, we hurtle headfirst towards our goals with reckless abandon. Overcome with enthusiasm we assume that we can skip the beginning steps, that because we deserve it, because we are more talented, or because we simply don't have the time for the necessary work.

Taking baby steps can be infuriatingly too slow for some people, but successful swimmers know that this slow grind provides a cumulative effect that makes a massive dent in the mid and long term.

Success in the pool – and life – is achieved step by step, mistake by mistake, small win by small win.

### **YOU'RE NOT GOING TO WIN EVERY TIME.**

One of the quickest ways to see how people deal with the peaks and valleys in life is to watch them have a bad race.

Do they quietly pout back to the stands, foregoing warm-down and giving up on the rest of the meet?

Do they spaz out, punch the touch pad and storm off inconsolably? Or do they walk back to coach, head down, but resolved to bounce back?

Over the course of our swimming career there will be times where you graze the top of the podium, just like there will be times that you place DFL.

You are going to have bad races. There are going to be times where life just doesn't seem fair, where you should have won but didn't, those performances that weren't reflective of the work and commitment you had invested in the water.

The question then becomes, equally in the pool as it applies to life outside of the lane lines—*how will you bounce back? What will you do to make that particular setback the best thing to ever happen to you?*

### **RESULTS COME BECAUSE YOU ARE GOOD A LOT, NOT BECAUSE YOU ARE PERFECT SOMETIMES.**

I will admit that I have caught myself wearing the perfectionist outlook numerous times over the years.

I mistakenly told myself that every workout had to be a 10/10, took the bad swims personally, and valued myself far too much on what I accomplished in the pool.

The reality is this: Not every workout will go perfectly. Not every race will go according to plan.

Mistakes, DQ's and suit rips will happen. And your self-esteem should not entirely rest on what you do with your swimming.

When we learn to chase greatness instead of perfection in the pool and in life we discover that we are more resilient to failure by creating more realistic goals. By chasing 8's and 9's in practice we make far more progress as opposed to expecting every workout be an elusive (and impossible) 10. Chase goals that are challenging, yet realistic, the accomplishment of which pushes us ever further.

### **IT'S ALL MENTAL.**

Swimming, and sport, provides an exceptional proving ground for testing your mental limits. I cannot count how many times I watched coach write a set up on the board ("oh wow...and he is going to put brackets around that thing too?" and felt myself inwardly cower, mind racing, with thoughts of how badly I was going to die over the course of the set.

But then what happened? I got in. Started the set, and talked myself through it. “Hey, this isn’t so bad.” A little bit later: “Okay, halfway done.” And finally, “I am going to punch this last rep in the face!”

The reality is you never know how shockingly tough you are until you are in the soup, crushing that set even though mere minutes prior you were mentally quivering in your swimsuit. This carries really well into the other challenges you will face in the course of your life. Things like epic writing assignments at university. Taking on large projects in work. Starting a family.

We always think we aren’t capable, that swimming or life finally has our number, but believe it or not, **you will always be as strong as you need to be.**

### Swimming News to Share?

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Do you have an article or news you would like to recommend for the upcoming newsletter? If so, please email Tami Wilson ([twilsonmacs@gmail.com](mailto:twilsonmacs@gmail.com)) .

# 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](mailto:twilsonmacs@gmail.com)) .









