

MISSION AURORA COLORADO SWIMMING

From the Deck | MACS Community | News & Events

Welcome New Swimmers!

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

- Enerel Batnasan
- Christian Burgeson
- Delaina Burgeson
- Emma Busta
- Ella Crabb
- Grier Etten
- Paige Frampton
- Amelia Godwin
- Siona Gupta
- Nicholas Hartawan
- Gwenyth Horst
- Henry Kaale
- Connor Leppert
- Kathryn Morey
- Sophie Noffsinger
- Madison Orgill
- Micah Oubre
- Mya Oubre
- Samuel Pupko
- Archer Sanchez
- Aspen Sanchez
- Emilie Sarier
- Luci Sarier
- Claire Sitko
- Morgan Smith
- Reed Thomas
- Emma Wulff
- Haley Zant

We hope you stay with MACS for many years!

From the Deck



Coach Andy MACS Head Coach & General Chairman of Colorado Swimming

Congratulations and thank you to all of our volunteers for making our 2017 Invitational a great success. This was a big meet with 700 swimmers participating. Thanks to the hard work of our meet director, Jeff Gibbs, and the teamwork of all our

parents we were able to host a quality meet. All of our volunteers can take pride in the time and energy they put into the meet. It was a memorable and positive experience for all of the swimmers! Please keep in mind that our next MACS hosted meet is coming up quickly on January 6th and 7th. Please plan to help make this meet a successful one as well by volunteering.

With the MACS Invitational, and the 2nd round of meets completed, the season is off to a great start. It is exciting to see our veteran swimmers back competing and training to get in top condition and then to see all the new swimmers just beginning what we hope to be a long and rewarding swimming career. MACS now has 130 swimmers on our roster! I want to extend a sincere welcome to all of our new MACS swimmers and families. Financially, our team is in the best shape it has seen since 2001. Thank you to our bookkeepers Terri Newkirk and Jennifer Payne and all of our board of directors for their efforts to get us here.

Many of our swimmers are busy preparing for upcoming meets in December. 21 MACS swimmers are traveling to Las Vegas for a mid-season championship meet. Others will compete at the Pioneer meet and in Arvada at the Distance and 10 and under meets. Good luck to all and swim fast!

With the Holidays approaching, please be sure to check for practice changes. Eaglecrest will be closed over the school break and all groups will be practicing at Pier Point. Also, with the High School season starting we will need to move or cancel practices when there are meets at the school. The coaching staff wishes everyone the best this Holiday season!



Coach Catherine

GROUP 3/4:

Hello! I hope that everyone enjoyed the break from swimming over August and you are happy to be back in the swing of the swimming life! I am excited that our season is underway.

I want to say a special welcome to all the new families that joined our team; we are happy to have you as part of our MACS family. Please come to the coaching staff with any questions you have. I am sure there will be many as you become better acquainted with MACS and the sport of swimming in general. The best time to talk with any of us is before or after practice when the kids are not in the water or through email.



By now all our age group swimmers have been in the water for two months, and I am pleased with how the younger groups look. On Groups 3 and 4 we are working on stroke technique and increasing our practice distance and intensity as we head into the middle of the season and more competitions. The emphasis has recently turned to holding the technique we focused on for the first month and a half throughout a harder workout. This will enable the kids to develop their aerobic capabilities and further stroke development. They are doing a great job, and I can see that this group is going to have a lot of success. The swimmers have also just finished their goal setting activity. I love to see what they want to accomplish and how they plan to do it.

Coach Gregory and I moved a larger than typical number of swimmers to Group 3 this season. It has been wonderful getting to know these swimmers better. They are getting used to the change and responding to the extra time in the water very well. I have talked to all the swimmers who have moved up to group 3 this season regarding my expectations. I also sent home a flyer for you to read. If you did not receive that from your child please let me know and I will email it to you. I know a few swimmers started late, and I am not sure if I got it to everyone. I want to reiterate the importance of practice attendance. Swimming is a sport where you feel the best when you are consistent. The most successful and happiest athletes I have coached typically have over 90% attendance. Of course, there are exceptions for some dual sport athletes at this age, but statistically over the last twenty years of coaching, the athletes I coached who had the best attendance went the furthest and loved the sport the most. Swimming is a great sport, and it is a hard sport. It takes a lot of commitment and desire. I feel one of my greatest strengths is teaching athletes to enjoy the “work” and to want to come and do it. I hope to continue to instill that in the group this year, and your help getting them to practice and encouraging them is crucial for that. Thank you for continuing to provide that support! Another note, please communicate any concerns to me. If your child is wondering about anything or upset please encourage him/her to talk to me. I really want everyone to enjoy their time at the pool and be comfortable with me and the group. I try to be in tune to the athletes’ emotional needs, but of course there will be times where I am unaware that someone is feeling stressed or needs extra encouragement.

We have a few meets coming up. In early December, we have swimmers competing in two qualifying mid-season championship format meets, Vegas and CSI. These swimmers are: Jake Baker, Sam Baker, Kyle Brushaber, Kaylie Gibbs, Jaida Graham, Jake Johnson, Brody Leid, Tiffany Mai, Caroline Payne, Gherman Prudnikau, and Andrew Wilson. In mid-December, we will attend the league Distance meet where Group 3 and 4 swimmers will swim some longer events that are not always offered for their age group. Our Group 2

swimmers will also attend the Distance meet, but they will swim the session that has the typical events. Mini Macs and Group 1 will attend a 10 and Under meet in December that looks to have some different and fun aspects to it. This is a newer meet on the schedule and the host team is trying out some things to make a 10 and Under meet more appealing.

I am excited to work with your children, and to help them on their swimming journey. I look forward to getting to know the newer athletes on our team as the season goes on. Thanks for supporting MACS!!



Coach Laura

MINI MACS & GROUP 1:

We are off to a great start this season! I am enjoying getting to know my new swimmers and glad to see my returning swimmers after the summer break. The first couple meets went well, and the swimmers are getting used to racing. In the beginning, there is so much to learn and it can all feel hectic for new athletes and parents, but every meet will be a little easier and more fun. The goal by February or March is for everyone to be ready to try a couple new events. Mini Macs is going to start working a lot more on breaststroke and butterfly in practice. Group 1 swimmers will be working a lot on their turns with an emphasis on learning backstroke flip turns. Both groups will continue to do a lot of drills and kick to work on all their strokes. Drills help swimmers focus on specific aspects of their

strokes so they can think about one or two things at a time. If they can make a habit to do something well during a drill, they won't have to think about it as much when they put the whole stroke together. Kick is key to being a great swimmer one day, so we will be spending a lot of our time working on it. This is a busy time of year with school and family events, but please try to make it to practice as often as you can to stay in swimming shape. Swimming is quite different from land based activities and consistency is incredibly important! I will be planning a holiday party for the groups and will have that information out soon. Lastly, I want to thank my swimmers (including my former swimmers who have moved up!) for all the joy and laughter they bring to my life. They truly make every day brighter. I am so grateful to be part of their lives. Happy holidays!

Coach Gregory

GROUP 2:

Hello group 2! Welcome back for another awesome season. Many of you moved up and our new to my group. I am really pleased with how you all have transitioned and the hard work that I'm seeing in the pool. Keep it up! We have already had an exciting start to the season with more meets to come.

As we head into the holidays, please do your best to be consistent with practice. I know it is a time of celebration and family, but it is an essential time of the season for building yardage and working hard. Most best times in February and March are the result of extremely hard work during December. Being consistent and attending practice regularly is a key component to this. Looking forward to the rest of the season with you all!



Coach Terry

SENIORS 3 / 5: This fall has been a good season for the Seniors Groups. I'm pretty sure that all of the swimmers in the group have set new personal best times in at least one event at the meets. We have been working on technique and increasing the intensity of practices as the swimmers become stronger throughout the season. It's good to see that the dedication to coming to practices and working hard during practice has been paying off. As we approach the last couple of months before the state meets I'm looking forward to seeing several Senior swimmers make qualification times and representing MACS in these meets.



LONG COURSE SEASON CHAMPIONSHIP MEETS

Congratulations to everyone on an awesome state meet to finish off last summer; MACS ended up having a great meet and finished well ahead of most of the teams in the state that are our size and many larger!! Way to go.

MACS STATE TEAM:

Alex Aleinikovas, Jake Baker, Sam Baker, Kyle Brushaber, Alex Czyzowicz, Will D'Orazio, Kaylie Gibbs, Sam Hufford, Jake Johnson, Jasmine Johnson, Jonathan Martin, Ian Noffsinger, Mya Noffsinger, Caroline Payne, Gherman Prudnikau, Everett Urban and Andrew Wilson.

POINT SCORERS (TOP 10 SWIMS LISTED):

Alex Aleinikovas (10)- 200 Medley Relay (7), 200 Free Relay (9)
Jake Baker (11)- 200 Medley Relay (5), 200 Free Relay (7)
Alex Czyzowicz (10)-9th place-100 breast, 200 Medley Relay (7), 200 Free Relay (9)
Will D'Orazio (10)- 200 Medley Relay (7), 200 Free Relay (9)
Kaylie Gibbs (10)- 200 Medley Relay (10), 200 Free Relay (10)
Sam Hufford (17)
Jake Johnson (12)- 2nd place-50 breast and 100 breast, 3rd place-200 IM, 50 breast and 200 breast, 10th place- 50 fly, 200 Medley Relay (5) and 200 Free Relay (7)
Jasmine Johnson (15)
Jonathan Martin (15)- 6th place-1500 free, 9th place-400 IM
Mya Noffsinger (9)- 200 Medley Relay, 200 Free Relay
Gherman Prudnikau (10)- 2nd place-200 free, 4th place- 100 fly and 200 IM, 5th place-100 free, 7th place-100 back, 9th place-50 fly, 200 Medley Relay (7) and 200 Free Relay (9)
Everett Urban (16)
Andrew Wilson (12)- 6th place-200 back, 7th place 400 IM, 200 Medley Relay(5) and 200 Free Relay(7)

2017 SPEEDO SECTIONAL MEET - (POINT SCORERS NOTED):

Carlos Almeraz (16)
Kristyn Bobka (19)- 11th place-1500 free, 16th place- 800 free
Hannah Bradford (19)- 15th place-200 back
Sydney Gonzales (17)
Blythe Iverson (15)
Matthew Johnson (16)
Brandon Li (17)
Ellie Lopez (14)-19th place-800 free, 21st place- 200 back and 400 IM
Olivia Morley (19)
Manna Nelson (14)- 21st place-1500 free
Jonah Saya (19)-15th place-200 fly
Rose Saya (17)- 4th place-1500 free, 9th place-800 free, 12th place-400 free
Joe Waite (19)-16th place-800 free, 22nd-1500 free
Lyssa Wood (16)

From the President

"The best preparation for tomorrow is doing your best today"

-H. Jackson Brown, Jr.

Hello to all our wonderful MACS families! I hope this season so far has been both rewarding and challenging. I am sure you have witnessed growth in your child over these past few months. I would like to reflect how our biggest meet this past October turned out, present information towards our next meet, and introduce our current boards members.

With our meet this past October we met our goal for our profit margin. This meet helps us with most of our financials. Our kids did great! This is a difficult meet due to it's size for the younger kids. It gives a great perspective on how to navigate these meets and what you need to prepare for the next time. However, we did struggle with some volunteer positions. When these positions do not get filled, individuals who have or are already volunteering picks up double or triple duty. The seasoned parents do understand the reservation to volunteering but are more then willing to help you through this. With this in mind we do have another meet this coming January that is smaller and could present as a great learning opportunity.

Our January meet is fast approaching. We will be back at Arapahoe High School! This meet will not be as long throughout the day. We will be sending out more information and requests for food donations. This will help feed our volunteers, coaches, and officials. Please help with the volunteer jobs.

This year we have a great team that makes up our board members. Honestly, these people are who make this team tick! I firmly believe that behind every success is a great team and I could not be in the position I am with out these inspiring individuals:

Our Vice President is Mr. Terry Trieu. Some know him as "Couch Terry" for our Seniors team. He is a very dedicated individual not only to the children but for his contribution to our MACs board. He brings a wealth of business knowledge in correlation with the functionality of a swim team.

Our Treasurer is Ms. Jennifer Payne. This position is one of the more time consuming and important positions and Ms. Payne has been such a valuable asset in a short amount of time for her two year commitment. She has been a incredible addition to our board.

Our Secretary is Ms. Kelly Leid. Ms. Leid not only is our secretary but she is truly a Jack of all trades. She does little odd and end jobs that help the bigger picture. She is a true blessing to have on the board.

Our communications specialist is Ms. Mitzie Gibbs. Ms. Gibbs is one of the most passionate persons I know! She not only cheers for her own children but for everyone. You may have noticed her name in your emails. She does so much behind the scenes work it is hard to believe she is only one person.

Our Members at Large are Ms. Athena Iverson, Ms. Tami Wilson, and Ms. Laura Kinney! Each have a role, Ms. Iverson is our apparel coordinator- so if you need T-shirts or info on other apparel she is your contact. Ms. Wilson is our fabulous photographer and newsletter editor. Ms. Kinney is better known as "Coach Laura" who provides insight for financials and swim ethics.

Finally our head coach Andy. Many of the new parents have not had the opportunity to meet our head coach. He is the backbone of this swim club. His experience supersedes expectations. He is known for communicating with his facial expressions. He provides the experience, knowledge and tends to know anyone that is associated with the swimming community in the state of Colorado!

There are a few other individuals that need recognition who are not boards members: Margaret Baker, our scripts manager. Jeff Gibbs, the behind the scenes electronics guru, and The Wards, Nick and Traci, who stepped up to the plate at the last minute to help with hospitality. Thank you.

I am very fortunate to be a part of a great community and appreciate the people around me that make things happen. I hope your family will find the same bonds within this community.

Respectfully,
Deb Lopez

Upcoming Board Meetings

December 13, 2017 - 7pm, Pier Point

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

Upcoming Events

MACS Winter Meet January 6-7, 2018 at Arapahoe High School. Swimmers should plan on swimming the full meet and parents are encouraged to volunteer. There are many opportunities to help and your support and help is needed and very much appreciated. Please use the Sign Up Genius link that will be emailed soon to

Want to Become an Official?

Want 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). There will be a New Officials Clinic at Pier Point this fall. Stay tuned for details. If you would like more information about becoming an official, please contact Lydia Keff at lydiagil@gmail.com.

Questions? Suggestions? Want to Volunteer?

We want to hear from you. Email Deb (lopesurg@gmail.com) or Mitzie (mitzie@thegibbshouse.com).

UPCOMING MEETS

Meet	Location	Dates	Groups
League Distance Meet	Meyers Pool, Arvada	December 16	2, 3, 4, SR, 11 & Older in 1
Jeffco Hurricanes 10 & Under	Meyers Pool, Arvada	December 17	MM, 1
MACS Winter Invite	Arapahoe HS	January 6-7	ALL
TOPS CO Open	University of Denver	January 26-28	Qualifiers, Group 2 and up
Loveland Sweetheart	Mountain View HS, Loveland	February 9-11	MM, 1, 2, 3, 4, SR
CSI Senior Meet	University of Denver	February 16-18	Section Group 15 & Over
14 & Under State	VMAC, Thornton	February 23-25	Qualifiers, generally Group 2 & up
Silver State	University of Denver	March 2-4	Qualifiers, generally Group 2 & up, 14 & under
Bronze Cup	Meyers Pool, Arvada	March 10-11	MM, 1, 2, 3, SR



New Swimmer Corner: “What am I Swimming?”

The day of the meet, the answer to this question should be marked on your swimmer’s arm (or leg) using the E-H-L grid format. It stands for “Event” “Heat” “Lane”, so swimmers know when to get ready and where to go for each of their races. The EVENT number refers to the specific race your swimmer will be swimming. Heat sheets (programs) list every event in the meet in order. Each event includes a number and a description of the race (the first example below shows “Event #7 Girls 8 & Under 100 Yard IM”), This is followed by the number of HEATS for each event and the names of the swimmers. To the left of each name, you’ll see a number: this is the LANE assigned to each swimmer. It’s a good idea to highlight your swimmer’s events on the program. Next, mark E-H-L and the corresponding numbers on your swimmer’s arm or leg in ink (refer to the example below for swimmer Ruth). Finally, don’t forget to say: “Have fun!”

EXAMPLE of EVENT CHART SWIMMER’S ARM or LEG

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
Heat 2 of 2 Finals				
2	Bree Sullivan	8	WWST	NT
3	Ruth McGee	8	WWST	2:19.99
4	Delaney Byrne	8	WWST	NT
5	Elena Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
Heat 3 of 3 Finals				
1	Elena Williamson	7	WWST	NT
2	Noelle de Vente	7	WWST	NT
3	Ruth McGee	8	WWST	21.72
4	Jeannie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)				
Lane	Name	Age	Team	Seed Time
1	Hayley Ferrell	7	WWST	NT
2	Claire Crane	7	BVCC	NT
3	Sarah McGee	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.94
5	Ruth McGee	8	WWST	NT

#61 Mixed 8 & Under 100 Yard Medley Relay				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
2	WWST	B	NT	
	Jeannie Ridley W7	Laura Stroud W7		
	Luke Leong M8	Cayman Choate M8		
3	BVCC	A	NT	
	Maddie Williams W7	Sydney Boyer W6		
	Cameron Taylor M8	Ethan Boyer M8		
4	WWST	A	NT	
	Ruth McGee W8	Colin Kruse M8		
	Jenna Rupp W8	Bree Sullivan W8		

New to Swimming?

Check out [Swim Meet Basics](#) on the MACS website under “Meets & Events”.

Download the Meet Mobile app to keep track of meet results.

Friendly Reminders

Parents are asked to stay off the pool deck during practice. If you need to speak to your child’s coach, please do so before or after practice.

If you have younger swimmers at Eaglecrest, please remember to use the mid and upper sections of the bleachers by the diving well or the hallway directly outside the pool area.

Make sure your swimmers arrive on time and ready for practice.

Important instructions are often given at the beginning of practice.

Encourage regular attendance.

Coaches spend a considerable amount of time planning weekly training for their groups. Continuity builds skills and confidence.

Model good sportsmanship at swim meets: be supportive of *all* participants, stay positive and encouraging, and remind your swimmer to shake hands after each race with the swimmers to the right and left.



Fundraising

In order to keep MACS dues affordable, families commit to a fundraising requirement. This amount varies by age group and is billed monthly, October through July. For information on how fundraising fees are calculated, please visit the [Fundraising](#) section of the MACS website.

There are several options to help you fulfill your family's fundraising requirement at no additional cost to you:

- 1) **SCRIP:** This program offers physical and electronic gift cards and electronic reloads to hundreds of restaurants and retailers nationwide. You purchase Scrip cards or reloads at face value through the Scrip website and are then credited a certain percentage of your purchase toward the fundraising portion of your dues. Example: Home Depot offers a 4% rebate through Scrip. If you buy a \$100 gift card or ScripNow (electronic gift card) you will earn a \$4 credit toward your fundraising fees. Retailers offers vary greatly. For example, Old Navy normally offers a 14% rebate, but sometimes, for a limited time, will offer its ScripNow at a 20% rebate. Be sure to sign up for email specials! Contact [Katie Walker](#) for more information. Click here to visit the team [Scrip page](#).
- 2) **KING SOOPERS CARDS:** You buy your original King Soopers card from MACS. Then you reload it at King Soopers, and you'll get a 5% fundraising credit on all your reloads. That's \$5 credit for every \$100 you reload on the card. For more information about fundraising with King Sooper Cards click [here](#).
- 3) **CORPORATE MATCHING:** Make a donation to MACS and have your employer match the funds, if the company participates in a corporate matching program. Your portion of the donation goes to your family's fundraising at 100% and the corporate match will be credited at 50% to your family's fundraising account. MACS will provide the paperwork verifying that MACS is a 501(c)(3) organization. Example: You donate \$100 to MACS (\$100 goes to your child's fundraising account). If Company A, your employer, matches your \$100 donation, you get an additional \$50 in your family's fundraising account and MACS gets the other \$50 for its capital improvements fund.

We will highlight other fundraising opportunities throughout the year.



In the News

Swimming is a Team Sport, and We're Thankful

By Mike Gustafson//Correspondent

The other day, at my local YMCA, I was floating on my back, looking at the ceiling ducts. The air was humid and heavy, but I was weightless and wandering, just fluttering with my feet at the end of a lap swim session.

I couldn't help but feel guilty. We live on a planet where a billion people don't have access to clean water, and over two billion don't have access to sanitation systems. And yet here I was, floating around in an entire pool filled with water, clean and pure, with an air system, water pump system, and purification system designed to make sure I don't get sick as I swim.

It's easy to take this for granted. Especially once it's routine: We drive to a pool, hop in, lap up and down, dry off, and don't think anything of it. Instead of contemplating the miracle of what we just did, we think back to our own struggles within this world of ours: Lack of a personal best time, lack of effort, lack of motivation.

This Thanksgiving, instead of contemplating all those little things about our sport — upcoming swim meets, past swim sets, routine difficulties, perfecting starts, a particular turn — how about we pause and give thanks to someone in our sport that meant something to us. Because there are so many. As you're reading this now, think about that one person who helped you in this sport, that one person who believed in you when no one else did, or that one person who offered a kind word after a bad race, or that one person who lifted you up when you were feeling down.

Swimming is largely referred to as an "individual sport," but nothing could be less true: This sport is filled with people helping people, teammates helping teammates, coaches helping coaches.

Swimming is a team sport, and for that, we are thankful.

So, think about that one person who helped you, and write that person a small note of thanks. Here are a few places to start:

Our coaches, for continuously working hard to make sure we succeed, for listening to us, for cheering for us when we're swimming well, for encouraging us when we're swimming not-so-well, and for making us not only better swimmers, but better people.

Our swim families, for always being the loudest voice in the stands, for sometimes being the *only* voice in the stands, for always saying, "Job well done," even though we may not have always done the best job, for dropping us off to morning practice before the sun comes up, for financially allowing us to pursue this activity, and for being our built-in support network.

Our officials and meet volunteers, for always giving free time so we can enjoy this sport, for being fair and honest, for helping out when help is needed, and for being professional.

Our teammates, for pushing us to work harder, for telling jokes when we all need to laugh, for cheering when we all need some cheers, and for motivating us when we all need some motivation. For being friends, competitors, and teammates on this journey.

Our personal best times, for always being there as a guiding motivational force.

Our worst times, for always being there as a guiding motivational force.

And ourselves, for not quitting, for never giving up, for finding new boundaries, new goals, new expectations, and new limits, for confidence, for belief, and for keepin' on swimming.

USA Swimming has a wealth of information that you can access on their website. www.usaswimming.org

Do you have an article or resource you have found useful and would like to recommend to other parents? Send a link to Tami Wilson at us3wilsons@yahoo.com.



LONG COURSE AGE GROUP STATE CHAMPIONSHIPS
JULY 28-30, 2017



MACS FALL INVITATIONAL
October 20 - 22, 2017



LAS VEGAS SUPER FINALS
November 30-December 3, 2017



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Coach Terry: terry@SwimVantage.com