

# 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:*

### Mini Macs

Luke Ahn  
Philip Ahn  
Sophie Brand  
Katy Brand  
Allison Claridge  
Brinnon Cook  
Lorelei Gearity  
Lucas Kruse  
Lucas Machado  
Georgy Mikhayla  
Jack Payne  
Achipen Sanitkhum  
Daniil Son

### Group 1

Addysen Carlson  
Kanshita Dam  
Matt D'Orazio  
Will D'Orazio  
Edgardo Garcia  
Anton Hammer  
James Olejnele  
Liam Rieb  
Cayden Snyder  
Sydney Tarr  
Napat Tubtim  
Alexis Walton

## From the Deck



**Coach Andy** MACS Head Coach & General Chairman of Colorado Swimming

Welcome back! By now everyone is back in the water and beginning the process of preparing for our first round of competitions in October. We are looking forward to another exciting and successful season. During the first few weeks of the Fall, the emphasis of our

training is technique and basic conditioning. The focus is to review and improve stroke technique while gradually building a solid aerobic base from which to work from for the upcoming year. It was great to see so many of our swimmers eager to get back into it. A positive attitude is very important for success. Let's keep it going!

Please take time this Fall to introduce yourself and welcome all the new swimmers and families who have recently joined the team. I hope you will find swimming with MACS to be a valuable and rewarding experience. Communication is very important to us and to the success of our team. If you have any questions about MACS, your swimmer, or the sport of swimming, please contact our coaches. Our emails are included in this newsletter.

The meet schedule for this year is on the website. If you have any questions about signing up for meets, please ask your coach.

Since 1977, MACS has been a locally and nationally recognized team. From 2009 to 2013, MACS was ranked in the top 100 teams in the country by USA Swimming's National Club Excellence program. Over the years, MACS swimmers have broken state records in every stroke and distance. We were State team champions in 1993 and 2002. We also have been very well represented at the Sectional, Junior National, National, and Olympic Trial events. Many of our swimmers have earned National top 10 rankings and two of our swimmers were selected to represent our country internationally as members of the National Junior team. In 2012, MACS swimmer Bonnie Brandon finished in the top 5 in the backstroke events at the Olympic Trials. Every year, several of our high school seniors will go on to compete in college. As a team, we take pride in our dedication to the sport and in our work ethic which leads to individual achievement. We look forward to continuing this tradition in the years ahead.

**Group 2**

Melanie Angelo  
Sander Bird Bear  
Kyle Chu  
David De la Garza  
Benjamin Nemanov  
Sovikul Tubtim

**SR 3**

Lindsay Becerra  
Allyson Chu  
Kaylee Freeman  
Eduardo Garcia  
Gracie Jones  
Alan Pedroza

**SR 5**

Tatiana Cantu

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

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**Congratulations,  
Coach Grzegorz!**



World Champion in his age group at the Aquathlon Event (1.5 mile Run, 1000 yard swim and 1.5 mile run) 2016 ITU World Championships in Cozumel. A couple days later, he became the World Champion in his age group for the Standard Distance Triathlon (1 mile swim, 25 mile bike ride, and 6.2 mile run).

**Coach Catherine**



The short course season is underway now and we are all excited to be back at the pool! We have a lot of new MACS swimmers and families. We welcome you and look forward to getting to know you. I am the Head Age Group Coach and oversee the age group program. I directly coach Groups 3 and 4.

You have joined a great swimming journey with us! We welcome the challenge of convincing everyone how wonderful this sport is. It is amazing to be a swimmer!! Swimming helps to create people who will rise to challenges throughout the rest of their lives. Swimmers learn about failure and success and dealing with both as positive experiences at a young age. They take this with them forever. They learn to budget their time, prioritize, work extremely hard, set goals, think long-term, support each other during tough times, and so much more. Swimmers are some of the best student athletes of all sports both in high school and college; they balance a tough academic and athletic schedule and most still come out consistently in the top of their class. The health and overall benefits of swimming are obvious. It takes physically and mentally tough people to persist in this sport and it takes a family commitment with lots of love and support. Our parents consistently show this commitment. I remember my mom dedicating a lot of her time to our team while I was swimming. I did appreciate that and realized how important it was to the swimmers and coaches. I know that your children are learning about dedication from seeing what you are doing for them and their team.

Your children are also part of USA Swimming which has a long standing tradition of excellence. As an organization we have some of the best education, training, and oversight of any youth sport. Our coaches are professionals. We are also a huge volunteer organization. Our officials, meet directors, timers and countless others enable USA Swimming to provide something for every level of swimmer in our organization. You would be hard pressed to find a sport with more to offer!

**GROUPS 3 & 4:**

At this time, all of our younger groups have been in the water for a couple of weeks, and we have been working primarily on stroke technique. For groups 3 and 4 once we have the basics to build on, we will work into more swimming incorporating our technique work into sets. This will enable the kids to develop their aerobic capabilities and further stroke development. So far the kids are doing a great job. I can see that this group is going to work well together. We have a lot of new swimmers to the group and the returning swimmers will do a great job taking a leadership role. I have been gearing them up for this since the beginning of last summer since I moved over half of the group up to Senior and Sectionals this season.

I have spoken to all of the swimmers who have moved into group 3 about expectations. A few reminders: first is to bring a water bottle to every practice (and drink it!) and to have equipment every day. This season I would like everyone to have paddles. Please purchase these at

our Welcome Back Picnic from MI Sports. They know which paddles we want the swimmers to use. The younger swimmers will only use them occasionally, and the older swimmers will use them more. Also, I would like to have everyone ready to be in the pool on time and do a little stretch/social together for ten to fifteen minutes *before* practice begins. This is great team-building time where the kids have a chance to talk and stretch and do some push-ups and sit-ups. It also gives me the chance to get to know more about everyone outside of their swimming. I have asked the athletes to let me know if they cannot be at practice beforehand if possible via email or telling me at the previous practice. I do keep attendance and encourage them to be there. Last and most important is to please communicate any concerns to me. If your child is wondering about anything, 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. Swimming should be a place where they feel safe and included. If your child is nervous to talk to me about how they are feeling about the group, then please let me know. Sometimes getting to know a new coach is intimidating at this age and a parent needs to start the communication for them. Also, if you have any questions about the team I am here to answer them. You can stop in at the end of practice or e-mail. I do have to drop our daughter at gymnastics and swimming most nights so I will not be arriving to practice until 10-15 minutes prior to the start so after practice works better for me.

Coming up we have the MACS Fall Invitational, the Jeffco Pineapple Open, and a team travel trip in December to Vegas for all of the Group 4 swimmers. I will speak with Group 3 swimmers individually on this as there are qualification standards and it is also an 11 and Over meet. Travel trips are extremely motivating as a reward for hard work. The swimmers should have a great time and the memories last forever. It is also a time for them to learn to care for themselves at a meet and take on new responsibilities. The team bonding is invaluable. We will fly and stay at the hotel as a team. The swimmers will room together, eat together, travel to the meet together, etc. I highly encourage the swimmers to attend. We will have chaperones. 10 and Unders who qualify for the CSI December meet will do that one with Gregory while we are in Vegas. 11-12 swimmers who do not qualify for Vegas will also not meet the CSI qualification times as they are more difficult, so their December meet will be the League Distance meet which is on the schedule for all of group 3 and 4. I am excited to coach your children and looking forward to a great season!

## Coach Gregory

### GROUP 2:

Welcome back to all Group 2 swimmers and families. Coach Gregory is busy racing and coaching at World Championships in Cozumel as I write this so I am doing the welcome!! By the way, he won gold for his age group while there. I had the pleasure of working with Group 2 last week and enjoyed seeing the enthusiasm the kiddos are bringing to the pool. They will be spending the first few weeks of the season reviewing or learning the drills they will use. Once they get confident in the drills and expectations, they will swim more sets, but technique will always be the primary focus so we can have them set up for future success. They will also be working towards becoming great kickers. Please try to have your children attend as often as they can and be a few minutes early so they are ready to get in on time. For pick up, plan to arrive at the end of practice. We expect all children to be picked up within 10-15 minutes after practice. When you have questions, please ask. It is usually best to talk with coaches after practice or through e-mail. We are excited to watch your children progress and enjoy this season! -Coach Catherine



## Coach Laura

### MINI MACS & GROUP 1:

For those of you that don't know me, I started swimming on MACS when I was 11 and am starting my fifth season as the Mini Macs and Group 1 coach.

The majority of our practice in Mini Macs and Group 1 is spent working on technique. We will do a lot of drills and stroke work to make sure we are reinforcing good habits. Most of our endurance building sets will be done kicking, especially early in the season. Having a strong kick is very important in developing good body position in the water and will help them become faster swimmers.

For the first month or so we will be working on starts a lot so that everyone is safe and comfortable diving in at the first meet. Our first meet of the year is just around the corner and



I hope to have all of my swimmers attend! It's amazing how quickly swimmers improve at this level, so it's good to get an idea of where they are at the beginning of the season, so they have something to compare to later in the season! Just a couple of reminders: Please try to arrive on time and with all necessary equipment. It's best to write your swimmer's name on their stuff, so it doesn't get taken by someone else by accident. Also, it's good to double check that your swimmer has all their belongings before you leave. There is usually a team coming in right after us so it's hard for me to tell if things have been left behind. Try and get to practice as often as possible. The more time they spend in the water the faster they will improve.

Thanks for your support. I am looking forward to a great season!

### Coach Terry



**SENIORS 3/5:** Welcome to our new members and welcome back to our returning members. I'm really looking forward to this season and seeing the improvements that you will make in the coming months. In addition to our in-water workouts we will add a regular dry-land workout to help build strength and speed. Although perfect attendance is not required, it is encouraged, as improvements are a direct result of effort. It's not enough to just come to practice, you must make a conscious effort toward improvement. We will be examining what your individual goals are and the best way we can help you achieve those goals. One way to see if you are on track with your goals is to participate in as many scheduled meets as possible and use each one to plot a point toward your goals. If you do not already have all of your equipment yet, please make an effort to get your fins, pull buoy, paddles, and snorkel (optional) as soon as possible to help facilitate your training. Please remember to bring water bottles to practice so you can remain hydrated on the inside, too. Parents, please be sure to pick up your swimmer(s) within 15-minutes of the end of practices each night.

## UPCOMING MEETS

Meet	Location	Dates	Groups
MACS Fall Invitational	Arapahoe High School	October 14-16	ALL
Suburban League Qualifier	University of Denver	October 29	MM, 1
Jeffco-Pineapple Open	Meyers Pool, Arvada	November 11-13	2 and Up
Suburban League Turkey Trot	Arvada	November 19	MM, 1, some 2
Las Vegas Invite	Las Vegas, Nevada	December 1-4	Qualifiers, 11 and older, Groups 3 and Up
CSI Pioneer Open	University of Denver	December 2-4	Groups 2 and Up, qualifiers who do not go to Vegas
Suburban League Distance Meet	Meyers Pool, Arvada	December 17	2,3,4, 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
<b>Heat 1 of 2 Finals</b>				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Laura Stroud	7	WWST	NT
<b>Heat 2 of 2 Finals</b>				
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
<b>Heat 1 of 3 Finals</b>				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maeve English	7	WWST	NT
<b>Heat 2 of 3 Finals</b>				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
4	Skyeler Jackson	8	BVCC	NT
5	Meredith Setser	7	WWST	NT
<b>Heat 3 of 3 Finals</b>				
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	
<b>Heat 1 of 1 Finals</b>				
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		

  

## First Swim Meet?

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.

**LONG COURSE SEASON CHAMPIONSHIP MEETS**

**2016 SPEEDO SECTIONAL CHAMPIONSHIPS- MT. HOOD, OREGON**

*Sectionals is a USA Swimming sponsored regional meet which offers some of the best competition for swimmers in the nation.*



Swimmers who competed and Top 32 finals Swims:

**Jonah Saya-** 800 Free (2<sup>nd</sup>), 400 Free (4<sup>th</sup>), 1500 Free (7<sup>th</sup>), 200 Free (8<sup>th</sup>), 200 back (15<sup>th</sup>)

**Brandon Li-** 400 IM (16<sup>th</sup>), 200 Fly (19<sup>th</sup>), 200 IM (27<sup>th</sup>)

**Kristyn Bobka-** 1500 Free (9<sup>th</sup>), 800 Free (14<sup>th</sup>), 400 free (26<sup>th</sup>)

**Rose Saya-** 800 Free (21<sup>st</sup>), 400 Free (25<sup>th</sup>)

**Jenna Newkirk-** 1500 Free (21<sup>st</sup>), 800 Free (26<sup>th</sup>), 400 IM (29<sup>th</sup>)

**Riley Hufford-** 800 Free (10<sup>th</sup>), 1500 Free (16<sup>th</sup>)

**Joe Waite-** 1500 Free (27<sup>th</sup>), 400 IM (31<sup>st</sup>)

**Sydney Gonzalez**

**Matthew Johnson**

**Women's 800 Free Relay (9<sup>th</sup>)-** Jenna, Rose, Kristyn, Sydney

**Men's 800 Fr Relay (14<sup>th</sup>)-** Riley, Jonah, Matthew, Joe

**WESTERN ZONES CHAMPIONSHIPS- Kearns, Utah**

*Zones is a USA Swimming sponsored competition that features some of the fastest 12 and Under swimming in the nation and a very competitive 13-14 age group as well. In Colorado you must have 3 standards to participate) not only meet Zone Qualification standards, but LSC standards as well.*

**Ellie Lopez (13)-** 200 IM (4<sup>th</sup>), 400 IM (6<sup>th</sup>), 200 Back (7<sup>th</sup>), 100 Back (8<sup>th</sup>)

**CO LONG COURSE STATE JULY 2106 -Grand Junction, CO  
Swimmers and Top 16 Final Swims**

**Carolos Almarez (15)-**400 Free (14<sup>th</sup>), 1500 Free (7<sup>th</sup>)

**Jacob Baker (10)-** 100 Free (15<sup>th</sup>)

**Sam Baker (10)-** 200 Free (13<sup>th</sup>)

**Kristina Domashevich (12)**

**Lawson Ficken (11)**

**Kaylie Gibbs (10)**

**Robert Hall (11)**

**Blythe Iverson (14)-** 1500 Free (2<sup>nd</sup>), 400 Free (3<sup>rd</sup>), 200 Fly (16<sup>th</sup>)

**Jake Johnson (11)-** 50 Breast (7<sup>th</sup>), 100 Breast (9<sup>th</sup>), 50 Back (10<sup>th</sup>), 50 Free (10<sup>th</sup>)

**Jasmine Johnson (14)-** 400 IM (13<sup>th</sup>)

**Veronica Keff (12)**

**Ellie Lopez (13)-**100 Back (4<sup>th</sup>), 200 Back (4<sup>th</sup>), 400 IM (4<sup>th</sup>), 200 IM (10<sup>th</sup>), 400 Free (12<sup>th</sup>), **200 Free (15<sup>th</sup>)**

**Jonathan Martin (14)-** 400 IM (5<sup>th</sup>), 200 Breast (5<sup>th</sup>), 100 Breast (7<sup>th</sup>), 200 IM (7<sup>th</sup>), 200 Fly (11<sup>th</sup>), 100 Fly (13<sup>th</sup>)

**Nicole Mazurkiewicz (10)-** 100 Breast (11<sup>th</sup>), 200 IM (12<sup>th</sup>)

**Ava McGonigle (11)**

**Ella McGonigle (9)**

**Manna Nelson (13)-** 400 IM (7<sup>th</sup>), 1500 Free (13<sup>th</sup>)

**Gherman Prudnikau (9)-** 200 Free (12<sup>th</sup>)

**Everett Urban (13)**

**Andrew Wilson (11)**

**Megan Walker (10)**

**Cobi Wood (15)-** 1500 Free (3<sup>rd</sup>), 800 Free (5<sup>th</sup>), 400 Free (6<sup>th</sup>), 400 IM (16<sup>th</sup>)

**Lyssa Wood (15)-** 400 IM (6<sup>th</sup>), 400 Free (6<sup>th</sup>), 200 Fly (7<sup>th</sup>)



# MACS Community

## From the President

For a team that will be celebrating its 40th anniversary this year, we have a tremendous amount of new things happening. It's a new swim season with many new faces. This is a great opportunity to welcome our new swim families and a chance for us to share our experiences and friendship.

We have several new board members helping set the course for our future and organize our day to day operations: Deb Lopez (president-elect), Terri Newkirk (treasurer), Katie Walker and Jenny Claridge (fundraising/members at large). They join Gina Napolitano (secretary), Larry Malik (member at large), Bob McClendon (facilities VP), Mitzie Gibbs (communications), and Coach Andy (head coach). It is a privilege to work with such a dedicated and enterprising team.

We made many improvements to Pier Point over the summer (see Facilities Upgrade) and are working on our long range strategic plans too. Also, after a long hiatus, our team newsletter has been reinstated and will run on a quarterly schedule.

We encourage all parents to volunteer for MACS. Supporting our team is easy. Volunteering helps ensure that our team remains a safe and inclusive environment that is fun and rewarding for all swim families. You can volunteer your time and expertise to help us upgrade our facilities. You can help by supporting our fundraising initiatives and volunteering for the many positions needed to run successful swim meets. This is a crucial part of what makes MACS a family.

I look forward to a fantastic season and getting to know our new families.

-George Keff

## Upcoming Board Meetings

October 12, 2016 - 7pm, Pier Point

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

## Facilities Upgrade

While swimmers were resting in August, Pier Point was abuzz with activity. We had new flooring installed downstairs, repaired walls in the men's locker room and installed new fixtures. And our ventilation system has been enhanced! For all this work to be completed in such a short time required tremendous teamwork and coordination. Thank you, to all the parents who stepped up to help. (Please see below). Thanks also to Justin Kirk of Armor Coating, LLC for installing our beautiful new flooring.

## Thank You, Volunteers!

Katie & Rich Walker and their children: Morgan, Megan and John; Mitzie & Jeff Gibbs: you guys rock! This amazing team of volunteers helped with demolition and prep for the new flooring system downstairs; repaired water damage in the men's locker room, which involved tearing down existing walls, sheet rocking, re-tiling, caulking, and installing new fixtures... Andy Newkirk has helped throughout the year with all kinds of projects around Pier Point, from tree cutting to cleaning out the drains and always keeps track of what needs to be done to keep the place in good shape... A special thanks to our dedicated group of officials for the long hours they work throughout the season... Finally, thanks to our amazing MACS Board for their nonstop work in preparation for the new season and Fall meet.

## Questions? Suggestions? Want to Volunteer?

We want to hear from you. Email George ([gjkeff@gmail.com](mailto:gjkeff@gmail.com)) or Mitzie ([mitzie@thegibbshouse.com](mailto:mitzie@thegibbshouse.com)).



## Upcoming Events

**Parent Meeting** Wednesday, September 21, 2016, 5:45pm at Eaglecrest HS. Board members will be present to answer any questions you may have and to offer some tips for new swim families. It can be overwhelming in the beginning and we want you to be comfortable asking any and all questions. Everyone welcome!

**Welcome Back Picnic** Friday, September 30, 2016 starting at 5:00pm at Pier Point. All registered families are invited to attend our annual potluck fall picnic. Hot dogs and condiments will be provided. Families are invited, but only registered swimmers will be allowed to swim. MI Sports will have team suits and MACS spirit attire for sale. Items ordered at the picnic will be available to pick up at our first meet in October.

**MACS Fall Invitational** October 14-16, 2016 at Arapahoe High School. There will be over 800 swimmers at this year's Fall meet. Swimmers should plan on swimming the full meet and parents are encouraged to volunteer. There are many opportunities to help. Please use the Sign Up Genius link that will be emailed in the coming weeks to volunteer for jobs and food donations.

## 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.

## Getting to Know Your Coaches...

### Coach Laura (Mini Macs, 1)

**Name:** Laura

**A favorite quote?** “Anyone who has never made a mistake has never tried anything new.” - Albert Einstein

**At what age did you start swimming?** I started swimming for MACS when I was 11

**What's your favorite stroke? Best event?** Butterfly/breaststroke. 200 breast is my favorite event

**Did you swim at college? If so, where?** Florida Atlantic University

**How long have you been coaching with MACS?** 4 years

**Other interests, besides**

**swimming?** Running, biking, reading, traveling

**What's the coolest award you've ever received?** Sorry I don't have an answer to this one... what makes an award cool??

**What's the best way to contact you?** Email [Lauramichell515@gmail.com](mailto:Lauramichell515@gmail.com)

### Coach Gregory (Group 2)

**Name:** Grzegorz Zgliczynski

**A favorite quote?** “I don't have one” 😊

**At what age did you start swimming?** 8 years old in Poland

**What's your favorite stroke? Best event?** Breaststroke when I was a kid. 200 breast

**Did you swim at college?** No

**How long have you been coaching with MACS?** Finished 10 years, starting my 11th year with MACS

**Other interests, besides**

**swimming?** Hiking, walking my dogs, and racing in The Triathlon World Championships every year!

**What's the coolest award you've ever received?** At around 8 years old, I got 3rd place in singing competition!

**What's the best way to contact you?** In person

Interviewed by Veronica Keff

Interviewed by Kaylie Gibbs

Stay tuned... Next issue: Coach Terry

### 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 Richard Hall at [rhall290472@gmail.com](mailto:rhall290472@gmail.com).

## *Why You Should Be Glad Your Child Picked Swimming*

Sports are supposed to be good for children. In theory, a sport should build strong bodies, not tear them down. It should promote sportsmanship, self-discipline, and perseverance. Unfortunately, not all sports live up to these ideals. Swimming, however, does quite well.

According to many authors of articles on sports for children, the fact that swimming uniquely develops the cardiovascular systems to the maximum makes it an ideal sport for children, since an efficient cardiovascular system is the key to life-long health. This is in addition to the fact that children run so little risk of injury in swimming. (Swimming is rated as a "most desirable" sport on insurance company premiums.)

Swimming is a sport in the true sense of the word. It is a pursuit of a striving for excellence. Its very nature demands self-discipline and great strength of purpose. This striving for excellence is what the ancient Greeks revered as being that which brings out the finest qualities in mankind. And, supposedly, the development of these qualities is the reason for a sports curriculum in the schools. Swimmers learn early the relationship between hard work and results.

Like all extracurricular activities, competitive swimming expands upon the growth and development of its participants that begins with families and education. Swimming offers many unique advantages over other sports and clubs that make it an ideal choice for young people.

Swimming:

- Uses all the body's major muscle groups, promoting complete development.
- Offers the most complete aerobic fitness possible.
- Enhances flexibility while building strength.
- Helps develop superior coordination skills because of the complexity of the four multi-dimensional strokes and various techniques.
- Is a low impact sport and therefore enjoys a low rate of serious injuries.
- Adapts as one ages and can be enjoyed for a lifetime.
- Develops swimmers mentally, through strategy, concentrations and discussions of related areas, such as physiology, nutrition, and psychology.
- Develops self-discipline, which transfers over to life skills outside the pool.

These are just some of the obvious benefits, but the advantages are too numerous to list. Long-time swimmers can attest to the life skills gained by participation, including time management, goal setting, cooperation and independence.

### **Why Swimming?**

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. Age group swimming teams use every precious minute of practice time developing fitness and teaching skills.

Swimming does a better job in proportional muscular development by using all the body's major muscle groups. No other sport does this as well.

Swimming enhances children's natural flexibility (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.

Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.

Swimming is the most injury-free of all children's sports.

Swimming is a sport that will bring kids fitness and enjoyment for life. Participants in Master's Swimming programs are still training and racing well into their 80's.



In addition to physical development, children can develop greater intellectual competence by participating in a guided program of physical activity. Learning and using swimming skills engages the thinking processes. As they learn new techniques, children must develop and plan movement sequences. They improve by exploring new ideas. They learn that greater progress results from using their creative talents. Self-expression can be just as much physical as intellectual. Finally, their accomplishments in learning and using new skills contribute to a stronger self image.

As coaches, we do not see the first place person as the only winner. We'd rather look to see who behaves like a winner. There are certain characteristics of a winner, and every swimmer, no matter where they place, has the opportunity to emulate those characteristics: concentration, listening skills, and working toward goals.

Swimming is not an end in itself, but a vehicle we use to teach children life skills and how to reach their potential. We use sport as organized play to demonstrate and measure one's abilities. In competition, the important measure is not who collected the most medals, or even who improved the most seconds. The real critical measure is who learned the most from the competitive experience.

Swimmers quickly forget the medals, records, and other material benefits. They will, however, remember the development of interpersonal skills, discipline, listening skills, time management, goal setting, and enhanced self- image. These are the things that make the swimmer a more successful person with a better chance of living a life closer to their peak potential and to contribute to the world they live in.



MACS Swim-A-Thon



[USA Swimming](#) has a wealth of information that you can access on their website. MACS parent Deb Lopez recommends the following article: [“Sport Participation and Maturity”](#)

*“I feel this article touches on both sides of the spectrum. I have these two types of swimmers. I felt a connection to understanding my supportive role better.” -Deb Lopez*

Do you have an article or resource you have found useful and would like to recommend to other parents? Send a link to: [lydiagil@gmail.com](mailto:lydiagil@gmail.com)



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 Coach Laura: [lauramichelle515@gmail.com](mailto:lauramichelle515@gmail.com)  
 Coach Terry: [terry@SwimVantage.com](mailto:terry@SwimVantage.com)