



# Missoula Aquatic Club

April 2014



↓  
**May 10 @ noon**  
Clean the "Lake"  
Senior/Gold

→ **May 19**  
outdoor swim schedule  
starts

→ **June 16**  
LC schedule starts

See website for  
meet dates

## Inside this Issue

Coaches Corner  
MAC Seniors  
Board news  
Kudos  
MAC photos

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## Spring Awards Banquet

Friday, May 9

Griz Sky Club

**5:00-6 pm All Team Practice**

**6-8 pm Banquet**

*MAC Board supplies main course*

*A-M bring salad or fruit*

*N-Z bring dessert or fruit*

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Please remember our  
primary  
communication is through email  
**PLEASE** read them so you are in the know  
about team information!



# From the Head Coach.....

Hi MAC fans!

We are having a great spring so far! First, MAC raised nearly \$13,000 in its second swim-a-thon in recent years. While we were short of our lofty goal, we have set the bar for next year and basically doubled our total from last year.

**If you have any last minute donations please send them in.**

Congrats to Gold who won a breakfast with the coaches.

Second, we have the upcoming team awards banquet on

**May 9 from 6-8 pm.**

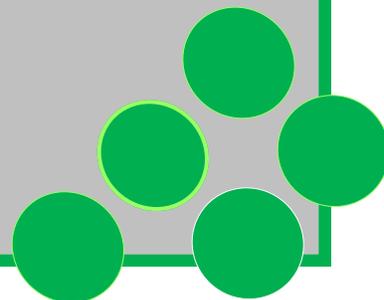
Please read the upcoming emails for more details. We will have some fun awards and will be recognizing 11 graduating seniors.

Third, the Splash pool cleanup is less than three weeks away (**May 10 @ noon**) We will need senior and gold swimmers to help. And it's a pretty fun time.

Fourth, I am in the process of compiling all of the new team records and state records achieved by MAC swimmers this season. There are quite a few and we will be recognizing these at the May banquet.

Go MAC!

Dave





# Senior



Hey MAC Families!

Senior Group has jumped back into the swing of things after the break with ease. Due to the short, 13-week, long-course season Dave and I decided to get right into heavy training and we are extremely happy with how the swimmers have responded.

Dave says we are weeks ahead of where we were last year.

There are some changes that have been implemented in the group. Dave has come up with a **new, more focused, dryland routine** that we are still working on implementing fully.

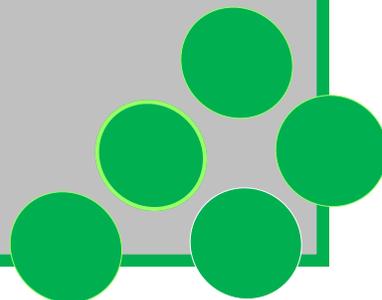
A **"distance group" option** (mandatory for some) has been added, which I have been leading on Tuesdays, Thursdays and Saturdays. The goal is not to turn anyone into a distance swimmer, but to improve endurance in all disciplines. We haven't gotten into anything too crazy yet, but I think they know it's coming. I plan to stress attention to detail and swimming efficiently, not just yards on top of yards.

Additionally we have started **optional Sunday trail-runs** up the Rattlesnake. We are looking to get as many of the swimmers involved as possible as we believe it would be a great opportunity to improve overall fitness.

Again, we are **extremely pleased** with how this season has started, and plan to build on it moving forward. Splash is opening up in just under a month and we can't wait to get into real long-course training.

Thanks, and as always, don't hesitate to contact either Dave, or myself with any questions or concerns.

- Sean Niccolucci, Dave Berkoff





# Gold



I'm very excited about what long course season has to bring. The gold squad has been intensely focusing on stroke work for these first few weeks. They have really been showing improvement in technique in their drills and strokes. As we get closer to moving outside we will ramp up yardage to prepare for the longer pool. This week Jill Olson from Peak Performance visited our group for dryland training. She oversaw our workout and plans to help develop some ideas and exercises to help strengthen the program. Jill will return in a few weeks to run a dryland session and present some of those ideas to the group. I look forward working more with her. My transition to gold has been great. As I said, I look forward to big accomplishments and fast swimming this long course season. Coach Mike

Gold squad has been working on stroke drills & technique at the beginning of long course season. We appreciate how well our athletes are listening & working hard on their drills! Coach Julie



# Silver

Happy Spring!

Firstly, I want to say that I am extremely happy with how our short course season went. Our silver squad swimmers were essential to our team becoming the 2014 State Short Course Champs! Thank you to all the parents who helped to make our State Meet such a success!

## Swim-a-thon

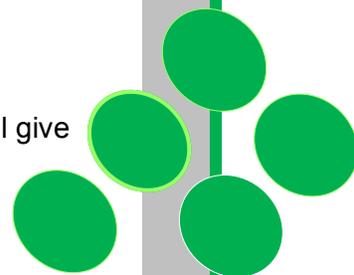
We had twelve silver swimmers participate in our swim-a-thon: Everett Smith, Matthew Herzog, Sela Etzel, Reagan Remmers, Hannah Powell, Kathryn Gyde, Marcus Gurzynski, MaKinzie Mason, Conor McMahon, Blake Everett, Otto Seagrave and Gabby Beaton.

I would like to recognize those swimmers and their families who helped make this our most successful swim-a-thon to date!

## Long Course

I think we are all ready for some warm weather and fun racing, and long course will give us both of those things! I am working with Jill Olsen, from The Peak, to develop some new, fun and beneficial dryland practices for our swimmers. They are all working hard in practice and I think we are on track for another successful swim season!

-Coach Steph





# Bronze



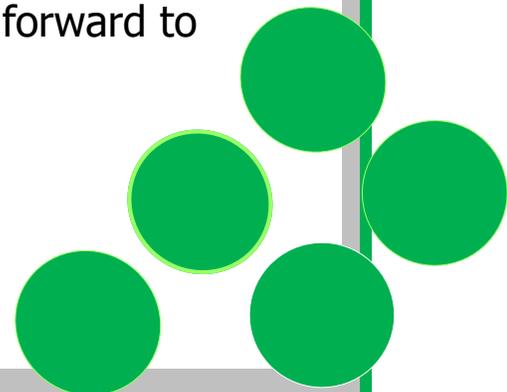
Hello Bronze and Pre Bronze families!

We had an excellent short course season this year. We would like to start off by thanking all of the parents for bringing your kids to practice and being supportive of bronze team goals throughout the season. It makes a huge difference in how smoothly the season goes with great contributions from all the parents. As you probably already know, MAC won state this year! The bronze team did very well to help contribute to this victory. We had 8 bronze swimmers swim in the state meet and they all swam well. Not only did they place well in their individual events but also in the bronze team relays we were able to bring to state! Great job bronze team!

As many of you may have noticed, the bronze team is getting big! We have a great group of kids right now and have seen better attendance in practices than ever before this season. This is fantastic! As we move into the summer season many of you may transition into spring sports. If so, don't forget to email and let MAC know you will be out of the water!

Moving into the summer season we will begin preparing for the long course pool! We I'll be doing lots of kicking and drills and practice to get them ready for that transition. As always, please let us know if you have any questions or concerns! We're looking forward to another great season!

Coach Kyle & Coach Katie



# MAC Seniors Rock!!

## **Sam Couch**

Pacific Lutheran University~Swimming  
Kinesiology/Nutrition

## **Jack Eberhard**~Gap year

## **Scarlet Kaplan**

University of Colorado, Boulder~Triathlon Team  
Environmental Studies

## **Madison Reynolds**

Morningside College-Sioux City, Iowa~Swimming  
Biology

## **Hailey Jacobson**

Brown University~Swimming  
Biology/Foreign Affairs

## **Kate Michell**

Boise State University~Pharmacy

## **Brenna Saffel**

University of Montana~History/Pre-Law

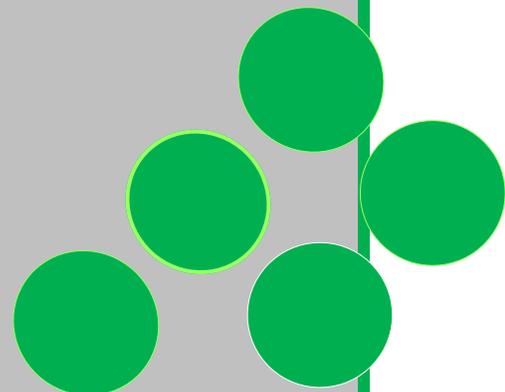
## **Stella Shannon**

Yale or Harvard University

## **Mary Rhoades**~Undecided

## **Kate Zimmer**

Louisiana State University~Swimming  
Kinesiology/Nutrition



# Nine Ways to Be a Great Team Member

By Jon Gordon, Author, Motivational Speaker

While watching the Oscars I noticed that almost every award winner said they couldn't have done it without their team, family, and the support of others. The fact is no one achieves success alone. We all need a great team to accomplish great things. We are at our best when we are surrounded by those who want the best for us and when we are bringing out the best in others. In this spirit I want to share 9 ways to be a great team member.

1. **Set the Example** – Instead of worrying about the lack of performance, productivity and commitment of others you simply decide to set the example and show your team members what hard work, passion and commitment looks like. Focus on being your best every day. When you do this you'll raise the standards and performance of everyone around you.

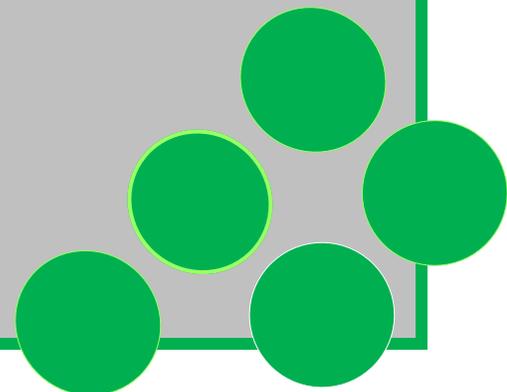
2. **Use Your Strengths to Help the Team** – The most powerful way you can contribute to your team is to use your gifts and talents to contribute to the team's vision and goals. Without your effort, focus, talent and growth the team won't accomplish its mission. This means you have an obligation to improve so you can improve your team. You are meant to develop your strengths to make a stronger team. Be selfish by developing you and unselfish by making sure your strengths serve the team.

3. **Share Positive Contagious Energy** – Research shows emotions are contagious and each day you are infecting your team with either positive energy or negative energy. You can be a germ or a big dose a Vitamin C. When you share positive energy you infectiously enhance the mood, morale and performance of your team. Remember, negativity is toxic. Energy Vampires sabotage teams and complaining is like vomiting. Afterwards you feel better but everyone around you feels sick.

4. **Know and Live the Magic Ratio** – High performing teams have more positive interactions than negative interactions. 3:1 is the ratio to remember. Teams that experience interactions at a ratio equal or greater than 3:1 are more productive and higher performing than those with a ratio of less than 3:1. Teams that have a ratio of 2:1, 1:1 or more negative interactions than positive interactions become stagnant and unproductive. This means you can be a great team member by being a 3 to 1'er. Create more positive interactions. Praise more. Encourage more. Appreciate more. Smile more. High-five more. Recognize more. Energize more. Read more about this at [www.FeedthePositiveDog.com](http://www.FeedthePositiveDog.com)

5. **Put the Team First** – Great team players always put the team first. They work hard for the team. They develop themselves for the team. They serve the team. Their motto is whatever it takes to make the team better. They don't take credit. They give credit to the team. To be a great team member your ego must be subservient to the mission and purpose of the team. It's a challenge to keep our ego in check. It's something most of us struggle with because we have our own goals and desires. But if we monitor our ego and put the team first we'll make the team better and our servant approach will make us better.

Continued.....



6. **Build Relationships** – Relationships are the foundation upon which winning teams are built and great team members take the time to connect, communicate and care to build strong bonds and relationships with all their team members. You can be the smartest person in the room but if you don't connect with others you will fail as a team member. (Tweet This) It's important to take the time to get to know your team members. Listen to them. Eat with them. Learn about them. Know what inspires them and show them you care about them.
7. **Trust and Be Trusted** - You can't have a strong team without strong relationships. And you can't have strong relationships without trust. Great team members trust their teammates and most of all their team members trust them. Trust is earned through integrity, consistency, honesty, transparency, vulnerability and dependability. If you can't be trusted you can't be a great team member. Trust is everything.
8. **Hold Them Accountable** – Sometimes our team members fall short of the team's expectations. Sometimes they make mistakes. Sometimes they need a little tough love. Great team members hold each other accountable. They push, challenge and stretch each other to be their best. Don't be afraid to hold your team members accountable. But remember to be effective you must built trust and a relationship with your team members. If they know you care about them, they will allow you to challenge them and hold them accountable. Tough love works when love comes first. Love tough.
9. **Be Humble** - Great team members are humble. They are willing to learn, improve and get better. They are open to their team member's feedback and suggestions and don't let their ego get in the way of their growth or the team's growth. I learned the power of being humble in my marriage. My wife had some criticism for me one day and instead of being defensive and prideful, I simply said, "Make me better. I'm open. Tell me how I can improve." Saying this diffused the tension and the conversation was a game changer. If we're not humble we won't allow ourselves to be held accountable. We won't grow. We won't build strong relationships and we won't put the team first. There's tremendous power in humility that makes us and our team better.

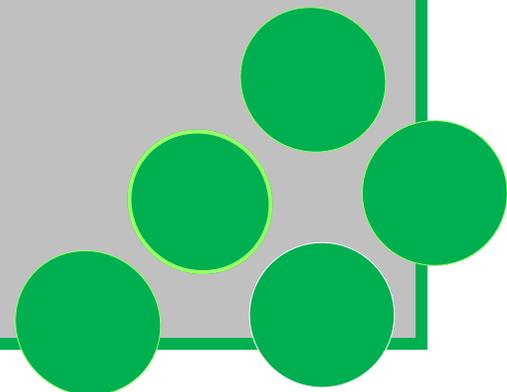
In addition here are a few of my favorite sayings about being a great team member.

Your team doesn't care if you are a superstar. They care if you are a super team member. (Tweet)

You have to work as hard to be a great teammate as you to do be a great player. (Tweet)

Many teams communicate but the great ones connect. Great teams form bonds of trust that strengthen relationships and the team. (Tweet)

-Jon Gordon [® Jon Gordon 2013](#)



# MAC Board News

## *~Swim~a~thon Results~*

*\$12,665.62 Raised*

*50 kids did swim~a~thon*

*67 kids & 1 coach collected donations*

*Top Earner~ Jack Eberhard*

*Top Pledges~Gabby Smart*

*Top Team~Gold*

*This will help pay for scholarships, early opening of the "Lake" & meet equipment-Thanks!!*

### **Thank you to MAC Block Sponsors**

**MAC Board, Coaches, & Swimmers appreciate your generosity!**

**Berkoff Family**

**Corporate Technology Group/Honoring Cromwells**

**Jacobson Family**

**Missoula Bone & Joint (Sherrill)**

**Maxwell Family**

**Big Sky Physical Therapy (Christian)**

**Lilliput Ranch (Eichorn/Kaplan)**

# MAC Payment Policy

New swimmers will have a two week trial period free of charge, after which they decide to join the team the remaining portion of the month will be prorated.

Monthly dues are specifically set for each training group and are set by the Board of Directors and approved by the membership.

Should swimmers make a higher level meet that occurs in August, there will be no monthly dues charged for that month.

ACH Debit: **All members are required** to provide information for automatic payment (either via a valid credit card or bank account for automatic debit) through the MAC Team Unify web site. **Families choosing to use a credit card will pay the processing fee.**

**(5% of invoice total).** There is no additional charge for ACH/automatic withdrawal from bank account. Dues are withdrawn from accounts on the 1<sup>st</sup> of the month. Account holders are responsible for monitoring their account balances on a monthly basis via Team Unify, auditing for any inaccuracies and reporting such to team treasurer either by phone or via email. If it is determined that an adjustment need to be made to an account balance due to inaccurate billing, the Treasurer will make the necessary adjustment (s) in a timely manner.

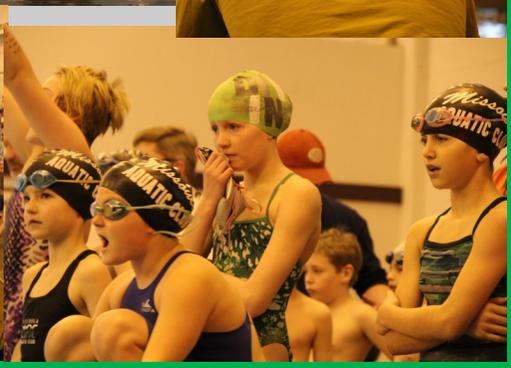
If payment cannot be processed by the 10<sup>th</sup> of the month a \$10 late fee will be assessed. If

balance is not paid by the 30<sup>th</sup> of the month the family will be notified via email with an invoice showing current and past due fees and any applicable late fees. Payment is due upon receipt of this invoice. In the case of extenuating circumstances the family may contact the President or Treasurer to discuss payment options. Any swimmer with account 30 days past due will be

restricted from meet entry via team unify until account balance is paid. If account balance is 30 days past due, the President will attempt to contact the family by phone. In addition, the family will receive written notice via email that their child(ren) will not be will NOT be able to attend swim practice until the account is paid in full.

Members must notify MAC at [notice@macswim.org](mailto:notice@macswim.org) by **the 20<sup>th</sup> of the month if swimmer** will not be in the water for the next month. Exceptions to this would be an injury.

**Please remember if swimmer is in the water at all during a month you will be billed for that month.**





Want to see your swimmer?  
Pictures needed for newsletter and photo display case at pool.  
Email pics to Denise Zimmer at [denise@macswim.org](mailto:denise@macswim.org) or put hard copies in "photo" folder at pool.