



Missoula Aquatic Club

September 2013



Are you in the
know about MAC?
Check out the
website
macswim.org

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Please take the time to
Read the newsletter
This is for you to have
current information
About the team!

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*MAC is looking for a
concession manager &
awards coordinator*

Please contact:
Denise@macswim.org

Coaches Corner

Important info from Head Coach



The Fall season is upon us and it's amazing how overwhelming the start of another school year can be. There are tons of things to get done and no more time in each day to get it done. We all understand that it might take a few weeks to get into a rhythm so don't be too hard on yourselves if you feel like you are going a bit nuts! This applies to the coaches (especially me) too. If we forget something or do not respond to an email, please hound us. We are not ignoring you—rather we, too, are playing catch up.

1. We have **two new Gold Group** coaches—**Julie Lucier and Sean Niccolucci**. As you may know by now, Julie comes from Moorehead, Minnesota where she was the Head Swimming Coach at Concordia College for 14 years. Julie brings a ton of experience and knowledge to our team. Julie will be doing a lot of drill and technique work so it is important that Gold swimmers really pay attention after coming from school wound up. Please mention this to your swimmers. Sean is a former MAC swimmer and recently graduated from Arizona State University. Sean swam at ASU for four years and was a PAC-12 conference scorer in the 1650. Sean still owns numerous Montana state and team records going all the way back to his 9-10 50 breast state record of 35.80. Sean will focus on endurance and speed sets. Sean will be running dry land too. Julie has a really full schedule as a teacher and will be at practice a few times each week. Sean will be coaching on most days but will have to leave on Thursday afternoons a little early. I will assist with the Gold Squad on some of those Wednesdays. Please make Sean and Julie feel welcome.

2. Stephanie is helping with the Sr State track swimmers and will be focusing on technique work to a large degree. Mike and I will be working with the Sr. National and Sectional track swimmers. Stephanie will be coaching Silver and has done a great job so far. She will likely have help beginning in early October. We have received a commitment from another coach to join us after October 5. Serena Reynolds is from Utah and comes to MAC with 10 years of coaching experience. Serena will be working with Silver and will also help out with Gold and other squads as needed. I am really excited about our coaching staff. Again, things might be a little bumpy for a few more weeks, so be patient.

3. **Fridays**—Please remember: Coaches Meetings will be happening once a month on Fridays. Please check the website or your email to see whether there is a Coaches Meeting—as there will be **NO DRYLAND** on those days. The first Coaches Meeting is **TODAY**—so **NO DRYLAND**.

4. **GEAR ORDERS**: Please remember that at swim meets we **would like MAC swimmers to wear MAC caps**. This really helps us look like a team and shows great team spirit. If you do not have a MAC cap, please contact Renee Ison (renee@macswim.org) for more information. Also, if you would like to place a gear/clothing order, remember that we receive a substantial discount as a Speedo sponsored team. Use the Kast A Way link on the website. If ?'s contact Lanni at 544-1170. See website for list of recommended gear.

5. Congratulations are in order for three of our swimmers. Hailey Jacobson, Kate Zimmer and Hanni Leach were selected by USA Swimming as 2013 Scholastic All-Americans. This is the second time making the Scholastic All-American honor roll for Kate and Hailey. To be selected as a Scholastic All-American one must be a sophomore or older, have an unweighted 3.5 GPA or better, and have achieved at least one USAS Jr. Nationals "B" qualifying time. Only 5 Montana swimmers received this honor this year. The other two were Jenna Marsh (Billings) and Kaitlin Kleppelid (Helena).

Thanks,

Dave Berkoff
MAC Head Coach



Senior



Senior Squad - State Track

I am happy to be working with the senior squad again this season. The state track has been focusing a little more on technique and has been working very hard. I am excited for the rest of the season and I am looking forward to some great time drops !

Coach Stephanie



Silver

I am really excited to be working with the silver squad this short course season. We will be focusing a lot on technique and how to hold that technique when we race. We will also be doing a lot of team building activities. I am looking forward to great racing this year and helping the silver squad swimmers reach their goals.

Coach Stephanie





MAC thanks Kyle Watson for her time with us & we wish her all the best!

MAC welcomes Julie & Sean!!

Gold



I had the wonderful opportunity to work with the Gold squad this summer, and in that short three months I had a great time getting to know the group. Unfortunately, with the school year schedule and a full time job, I won't be able to continue coaching this fall. I am excited to have the job opportunity in my field, but it is very hard to leave such a dedicated, spirited, and enjoyable group. All summer I was amazed, day after day, by the fortitude and ability of the Gold swimmers. I have many memories that will stick with me—Sawyer swimming a 400 free time trial a mere minutes after missing an A time in it, Isabella's unwavering great attitude, Keidon qualifying for zones at State, seeing Ajwa biking to the pool in the morning with a cello on her back, the group working together on our team building activities (and conquering every one of them), the sometimes thought-out and sometimes desperate bargaining that would happen at 6:58 am, and many many more. These kids blew me away with their ability and willingness to push themselves constantly, and I know they will have great success in the future.

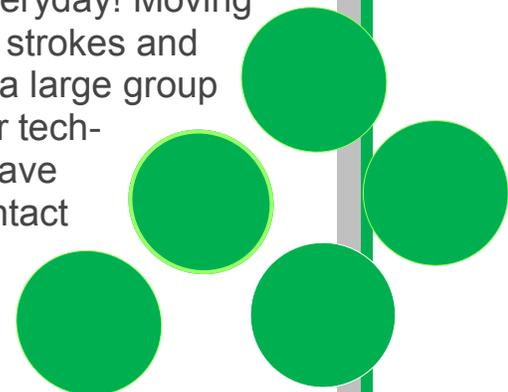
Gold Squad—thanks for making me laugh every morning, for your hard work, and your continued perseverance! I will miss you all immensely! Coach Kyle

Bronze



Hello everyone! Welcome back! We have some exciting news about the bronze and pre bronze squad. Currently our bronze team is the biggest it's ever been since we started coaching with MAC! The bronze and pre bronze currently has a total of 35 swimmers, with new additions everyday! Moving forward into the fall, we will be working on developing legal strokes and proper technique for all swimmers. We are excited to have a large group of swimmers and look forward to working with them on their technique and having them participate in swim meets! If you have any questions about bronze team, please feel free to contact us.

Coach Katie & Kyle



MAC Board News

A huge thank you to the 26 families & businesses that made "The Lake" early opening a reality.

Total raised=\$5,635.00

Total expense for MAC (gas, electric, pool rental)=\$4725

All extra money will go towards doing this next year!

Thank you to following.....

Berkoff Law

Corporate Technologies Group

Big Sky PT

Griz Triathlon Volunteers

Darham

Gass

Leach/Sacrison

Michell

Eichhorn/Kaplan

Johnston

Macrow

Powell

Crist

Everett

Hulsey

Keyes

McMahon

Rhoades

Salonen

Smart Consulting

Ellis Ventures, LLC

Schmidt

Sherrill

Stahl

Steele

Zimmer



2013 Olympic Clinic another success!!

**The MAC Board thanks Lisa
for
organizing this amazing
event!**

On September 8th, MAC hosted its 8th Olympic Clinic at the Griz Pool and once again it was a great success! 2012 Olympian Ricky Berens, who just competed this past summer at the World Championships in Barcelona, led the day-long event. Joining him were returning swimmers Aaron Peirsol, Neil Walker, and Missoula's very own David Cromwell.

75 swimmers and coaches were in attendance.

Feedback from the participants was positive with different aspects of the clinic serving as highlights for different swimmers. Here's a sampling of just some of the comments we received:

"I liked the new drills they taught us for all the strokes!"

"They were really good at answering our questions."

"I liked the way they paid attention to us, alternating lanes, watching our strokes from under water and telling us about them."

"They're Olympians but they had to go through everything we do."

"I like that they demonstrated the drills to us in the water and also that they raced each other."

"They gave us a lot of tips at the question and answer session."

"They taught lots of good technique."

"It was cool to hang out with Olympians."

Participating swimmers also had the opportunity to talk to the Olympians face-to-face, get autographs and pictures taken, and maybe best of all, hold Ricky's Olympic gold medal!

A big thank you goes out to Lanni and Curt Jacobson who hosted the Olympic Clinic Sponsor Party and set up all the Olympians' travel plans. Also to Lanni and Kim Fee for helping with check-in and for Kim's delicious Caesar salads! Thank you Suzy A-W for taking the time to pick up all the Costco food and items needed for the lunch and to all those who helped serve the swimmers! A final thank you goes out to all the MAC families who sponsored the clinic. We could not put on this fantastic event without you and all of the wonderful Missoula businesses who support it!

If you couldn't be there, we hope to see you next time!

Lisa Keyes

MAC Board welcomes new members....

Nan Darham, Thea Gyde, and Leann Herzog

All board members are listed on the website under "coaches" tab. We can all be reached by "first name" @macswim.org

How We Communicate:

~**Web site-** www.macswim.org

~**Newsletter** (online or hard copy on bulletin board at pool)

~**Email**

~**Squad parents**

Bronze: Margie Denison margie@macswim.org

Silver: Lisa Keyes lisa@macswim.org

Gold: Nicole Smart nicole@macswim.org

Senior: Denise Zimmer denise@macswim.org

Please take the time to sign up for scrip...thanks to the 6 new families who have signed up!!!



Have you heard the great news?

MAC is now applying 50% of your family's Scrip rebates towards your swim fees!
Best of all, it doesn't require you to sell ANYTHING. It works while you shop!

What Is Scrip?

Simply put, Scrip are gift cards or printed e-certificates! When you purchase scrip, you're purchasing gift certificates and prepaid cards that are used just like cash. You can use scrip cards to purchase everyday expenses like groceries, gas, clothing, and other essentials. With every purchase, you earn revenue for MAC and toward your swim fees, without having to sell a thing!

How scrip generates revenue for MAC AND YOU!

- Families buy scrip cards through MAC and use them at full face value for purchases.
- For each card sold, MAC receives a rebate - from 2% to 15% or more – from the retailer.
- **50% of all of the rebates that your family generates for MAC through our scrip program will be credited directly to your family's monthly swim dues!**

How Do I Order Scrip Cards?

- You set up an account and order cards, instant electronic certificates, e-gift cards, and reload existing cards through the free www.shopwithscrip.com website where you can browse retailers, place orders and track purchases.

How Do I Pay For Scrip Cards?

- Orders are paid for using "PrestoPay" with your shopwithscrip account. This will allow you to automatically debit your checking or savings account when you place your order (a 15¢ fee is charged for each order paid using PrestoPay). You can also use PrestoPay to order scrip certificates instantaneously to your computer (called ScripNOW!), send e-gifts to others, and to reload existing scrip cards.

How Often Will I Receive Scrip Cards

Family scrip orders for physical cards will be combined and are placed every other weekend and are delivered the Tuesday after our order is placed. ScripNOW! Certificates are delivered within minutes to your computer. Reloads of an existing card are added overnight and e-gifts can be delivered to your intended recipient immediately or on a specific date like a birthday.

Find Out More

For more information, check out the scrip section of the MAC website. It has detailed instructions on how to set up your account and PrestoPay as well as more information on scrip cards, ScripNow!, reloading, and giving e-gifts. Setting up your account is a snap and then you can place your first order and start earning money for your swimmer and for MAC. If you have any questions, please contact our scrip coordinator, Nicole Smart, at MACscrip@hotmail.com (best) or 360-3476.

Kudos



MAC swimmers named to USA Swimming Scholastic All-American Team

Congratulations to
Hailey Jacobson, Hanni Leach, and Kate Zimmer
For being named to the 2013
USA Swimming Scholastic All America Team
All 3 Swimmers have a 4.0

The Scholastic All-America Team is made up of high school student-athletes who have a grade point average of 3.5 or higher and who have achieved the required time standard in a single event. To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming member athlete.

Congrats!

Dave Berkoff-Montana Coach of the Year
Mike Turner-Montana Assistant Coach of the Year
Sam Couch-Montana Sportsman of the Year
Hanni Leach-Montana Swimmer of the Year

MAC Coaches & Athletes Rock!



Want to see your swimmer?

Pictures needed from bronze, silver, and gold teams for newsletter and photo display case at pool. Email pics to Denise Zimmer at denise@macswim.org or put hard copies in "photo" folder at pool.