

MISSOULA
MAC
AQUATIC
C.L.U.B



Missoula Aquatic
Club Newsletter
April 2012

Save The Dates
May 5

**Bike a Thon/Griz pool parking lot 11:30
Team Banquet/Paxson Elementary
4-6 pm**

**A-M bring salads/fruit
N-Z bring dessert/fruit**

May 18-20

Bozeman Classic

June 21-24

Firecracker

We will need lots & lots of volunteers

September 28 & 29

**MAC 50th Anniversary Party &
Olympic Swim Clinic
Ranch Club Barn**

 **Check it out....**

The MAC Web site is
your source for
information.....

macswim.org

Please be sure to log in and set
up your password

If ? 's contact Curt Jacobson
at cjacobson@ctgmt.com

Inside this Issue
Coaches Corner
Board news
Kudos
MAC photos

We communicate via email so if you are not on our
list please send an email to : info@macswim.org

New MAC Team Shirts

On sale May
5 during
Team Awards



Front
Black Standard Cotton



Front
Charcoal Tri-Blend in

Show your team spirit and purchase shirts for the
whole family!

A note from the head coach...



Age Group Sectionals Update

MAC took 12 swimmers to the Northwest Age Group Sectional meet in Federal Way, Washington during the last weekend in March: Sawyer Keyes; Mark Herzog; Sidney Archibald-Wilson; Katharine Berkoff; Cale Berkoff; Adam Zimmer; Hanni Leach; Mira Darham; Andrea Schmidt; Ellen Brooks; Kennedy Salonen; and Sam Couch. **In a word, MAC swimmers were “awesome.”**

MAC had two individual champions, set seven team records, and set three state records. MAC had five individual finalists and three relay top 8 finishes. MAC’s top 30 team placing out of 142 teams was its best team result in a number of years.

Hanni Leach won the 14-year old girls’ 100 back in 55.80, the fastest girl at the meet in any age group. Hanni swam the prelims 200 back in 2:02.57 before leaving on vacation and would have clearly gone under 2:00 at night if she had been able to swim finals. Her prelims time was four seconds faster than the eventual winner.

Adam Zimmer won the 13-year old boys’ 100 back in a great race. His winning time of 56.86 was only two one hundredths of a second ahead of the second place winner. Adam also placed 7th in the 100 breast with a 13-14 boys’ team record of 1:04.45. Like Hanni, Adam left a day before the end of the meet for a family vacation and would have likely doubled up on wins in the 200 back.

Other finalists included **Cale Berkoff** in the 50, 100, and 12-year old 200 backstrokes and 100 free;

Mira Darham in the 14-year old girls’ 100 and 200 breaststrokes; and **Katharine Berkoff** in the 200 back. Mira’s third place swim in the 100 breast of 1:07.04 was a MAC 13-14 team record as was her 50 split of 31.21. Mira also qualified for Sr. Sectionals in both breaststrokes.

Of special note is Katharine’s 200 back swim. Katharine dropped 7 seconds from her seed time (and overall last place seed) to place sixth in the preliminaries. Her time of 2:20.10 was the fastest eleven year old swimmer by four seconds and she was the only 11 year old in the combined 11-12 finals.

The 13-14 girls relays demolished 3 of the 4 relay state records. The 200 and 400 medley relays of **Hanni Leach, Mira Darham, Ellen Brooks and Andrea Schmidt** set team and state records of 1:53.12 and 4:08.74. Those times placed 5th and 6th respectively. The 200 free relay of **Hanni Leach,**

Kennedy Salonen, Mira Darham, and Andrea Schmidt reduced the former record to 1:42.67. Kennedy time trialed the 100 free in 59.87, her first time under 1:00 and a personal best of 1.5 seconds.

Our ten and under rookies had big eyes for their first few swims at the big pool but eventually settled down to swim some personal best times. **Sawyer Keyes** dropped 17 seconds in his 500 free while

Mark Herzog dropped two seconds in his 100 fly. **Sidney Archibald-Wilson** swam a solid 50 fly and had a lot of fun with her teammates.

Although finishing out of the medals, first-year MAC swimmer **Sam Couch** destroyed three personal bests and qualified for Age Group Zones in three events. Sam’s 200 back swim of 2:04.40 was a personal best by 4 seconds. His 100 back of 57.90 was a best by 1 second. Sam dropped 5 seconds off of his 200 IM to go

All of the Montana teams at the meet swam very well, likely the result of nearly all of the Montana swimmers and coaches sitting together and cheering for all Montana swimmers. We should remember that we swim faster and have a lot more fun when we cheer for one another and support our fellow Montana swimmers and teammates.

Coaches Corner

Senior



First, we would like to say welcome back to all MAC swimmers. The Senior Squad is back in full swing and long course season is fast approaching. When we move outside we won't have all the equipment that the Grizzly Pool provides. If your swimmer will be joining us at the outdoor pool we recommend that each swimmer has their own pair of paddles and fins. Dave or I can let your swimmer know what type of paddles and fins to look for.

The senior squad had a great showing at Montana Short Course State in Butte. Dave and I were pleased with how every swimmers performance. After LSC state the senior squad headed to Age group sectionals where we continued to have stellar swims. Hanni Leach and Adam Zimmer both won the 100 yard Backstroke. Mira Darham placed 3rd in the 100 yard Breaststroke and 4th in the 200 yard breaststroke. The 13 - 14 girls relay combination of Hanni Leach, Andrea Schmidt, Mira Darham, Kennedy Salonen, and Ellen Brooks broke 3~13-14 Montana State age records! Our season ended on a high note In Washington and really set our expectations high going into long course season. Until then we will just count the days till we go outside. Coach Jake

Gold



Move-ups: We have had quite a few new move-ups from Silver squad in the past month. We would like to welcome Sidney, Finn, Sawyer, Mark, Kate, Steph, and Tanner.

Welcome: We would also like to make a formal welcome to a new addition to the Gold squad Matthew! Welcome, Matthew!

Equipment: Please purchase a pull buoy, paddles, and fins, if you have not already done so. We ask that you have this equipment by the time we move out to the outdoor pool. Links to swim outlet paddles and fins:

Fins-TYR crossblade training fin (http://www.swimoutlet.com/product_p/8490.htm)

Paddles – red xs strokemakers (http://www.swimoutlet.com/product_p/1230.htm)

Swim Meets: Congratulations to everyone who competed at the State Meet this past February. The kids did awesome! Also congrats to those that went on to Sectionals: Kennedy, Ellen, Sidney, Cale, and Katharine.

Dryland: As we are getting more and more nice weather, please remember to bring appropriate dryland attire. This includes: running shoes and dry-land clothes that are weather appropriate.



Coach Jen
Bronze

Welcome...from the pre bronze group: Blake, Tait, and Hannah!

Big numbers...on Saturday mornings with Coach Kyle!

Competitive & team spirit...is growing in the little ones. We are approaching expert level at the clapping cheer.

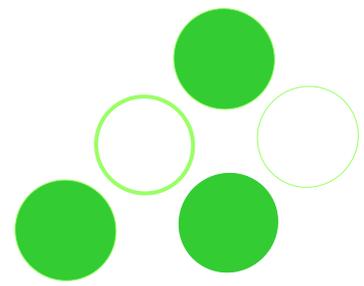
Congratulations...to the recent moveups: Estelle, JoJo, Gillian, and Tait.

Parents, please remember to watch from the **bleachers** for the majority of practice. Listening and paying attention skills improve considerably when this is in effect.

We will be preparing for the **long course season** now. This means that the races this summer will be in a pool that is 50 meters long, rather than 25 yards, and we will be working on a little bit of



Silver



As we started up practices after the break, we said a farewell to some awesome “old timers” –

Sawyer, Sidney, Finn, Mark, Tanner, & Cate. We added some new faces from the Bronze squad - a big welcome to Gillian, Tate, Sage, Josephine, Estelle, Jack, and some others that have joined us in the interim: Henry, Wesley, Blake.

The silver squad is a bundle of new energy with about 30 bright and shining faces. We are working on basics to get everyone back in the groove and some development time for endurance before heading out to the long course pool in June. With a new influx of younger swimmers we are back to 2 practice options on Fridays: swimmers in lane 1 and 2 should plan on attending the 4 pm practice, and swimmers in lane 3 should plan on attending the late practice from 6 – 7:30 pm.

Coach Stephanie and I have been talking about re-instating the super hat award, as well as some other attendance incentives, more on that later 😊. Many of our swimmers are participating in other spring sports and fitting swimming in which is great – it makes for great athletes in the long run. If you are a swimmer who has other sports this spring, be sure to let us know, because we do miss you when you are gone, and are always happy to see you as you get back into the water.

As we get warmer weather, please remember to stay hydrated, bringing a water bottle to practice is a good idea – and it should contain ----- WATER. Also remember that Tuesday and Thursday we have dryland practice from 4:30 to 5 pm, be sure to have proper foot wear on because you never know what we could decide to do – teee-hheeeee. Dress appropriately for the ever changing spring weather, we will be outside as much as we can.

There will be a few meets coming up before the end of school – keep an eye out for those contracts, and if you have any questions of what to enter for swims, please do not hesitate to check with Coach Stephanie or myself. Coach Ellen

MAC Board News



MAC 2nd Annual Bike-A-Thon Saturday, May 5

All Team Fundraiser 11:30 (exact squad times TBA)

Why participate?

- ~Raise money for your team (equipment & scholarships)
- ~Spend time with friends outside the water
- ~Have a blast biking around Missoula

All swimmers are encouraged and expected to participate

If you cannot do the bike ride you can still submit donations to your coach

Challenge: Let's top last year....50 riders and \$4,200

Parents are encouraged to ride too!

How We Communicate:

~Web site- www.macswim.org

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

~Email

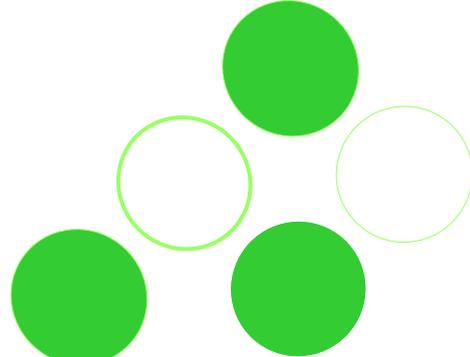
~Squad parents (listed below..if you are not getting information email your squad parent so they can get you on the list)

Bronze: Lisa Keyes lisamkeyes@yahoo.com

Silver: Nicole Smart smartsquared@hotmail.com

Gold: Kim Fee kdfree1@bresnan.net

Senior: Denise Zimmer cdzimmfive@yahoo.com



MAC Board News

continued...



MAC 50th

Anniversary Celebration

Ranch Club Barn

September 28, 2012

If you would like to help with this
event please email Kim Fee at
kdfee1@bresnan.net

Olympic Swim Clinic Returns in 2012!!

Aaron Peirsol, Emily Silver, Neil Walker and David Cromwell will return to Missoula in September to host our annual Olympic Swim Clinic, sponsored by the Missoula Aquatic Club. The clinic will be held in conjunction with MAC's 50th Anniversary celebration, the weekend of September 28-29, 2012.

The clinic is scheduled for Saturday, September 29th at the Grizzly Pool.

As always, our clinicians offer a full day of great technique, stroke work, starts and turns, and fun! Your swimmers will learn from the best and have the opportunity to ask these amazing athletes questions, as well as have photo opportunities with the clinicians.

Please save the date for this great clinic – September 29th, 2012.

For more information contact Jo May Salonen at: jomay@blackfoot.net.

MAC Board News

continued...

Exciting Partnership Benefits MAC Swimmers & Coaches

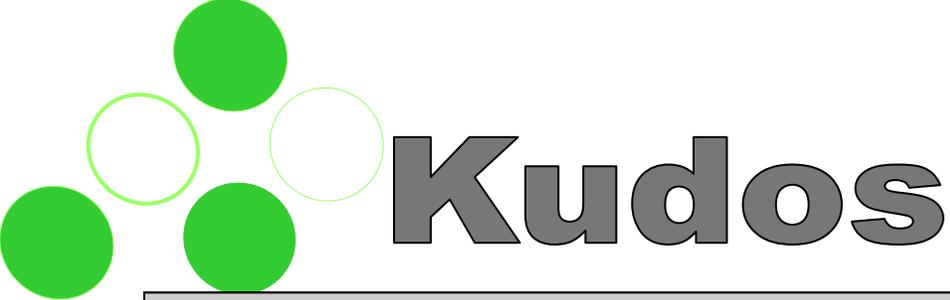
The MAC board heard a report from Jill Olson, owner of Peak Performance Physical Therapy and Sports Medicine as she has been working with MAC swimmers and coaches this year.

Jill has provided recommendations for dry land training to focus on quality not quantity. Proper technique has been reviewed in order to maintain good scapular and core stabilization. New exercises have been added to address core weakness and improve rotator cuff and scapular stabilization strength.

Pilates was incorporated from September-March as a senior project for Natalie Zimmer. Pilates had a positive effect on the swimmers as they showed permanent postural changes with increased flexibility & core strength. The MAC board will be hiring someone to continue Pilates.

Future....Jill will continue to work with MAC and consult with our coaches to further encourage safe and effective lifting techniques and to help maximize the general flexibility and stability of our swimmers!





MAC swimmers/parents raise \$600 for team!

A HUGE thanks to all the MAC kids, parents & coaches who helped at the Griz Triathlon!
Thanks for giving your time and helping MAC earn \$\$

Senior squad~

Andrea Schmidt

Kate Michell

Mary Rhoades

Hanni Leach

Kate Zimmer

Adam Zimmer

Brenna Saffel

Stella Shannon

Maddie Reynolds

Maddie Archibald-Wilson

Sam Couch

Kessa Juda-Nelson

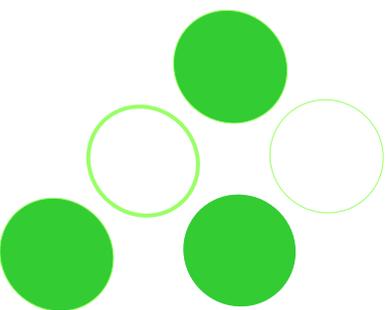
Gold Squad~

Thanks to.....

All families using MAC Scrip Program

**This is our year round...easy way to raise
funds for our team.....please sign up!**

Any ??? 's call Nicole Smart at 825-3007



Volunteer Opportunity

Concession Manager Needed

It is time to identify a new volunteer to run concessions. This entails overseeing the setup, running of, and take down of the concessions stand as well as a few administrative duties such as obtaining the health department permit and purchasing the small amount of items not donated by MAC members (ie Coke, sandwiches, pretzels, etc.). As the concessions manager you are responsible for the accounting of cash and charge receivables and reporting the profit/loss to the Board Treasurer. The position will be for a 2 year term beginning this summer and will include 2-4 meets a year.

We now have a concessions manual with detailed instructions and transition training will be provided. Nicole will be involved for another year to help with the transition and we will recruit a second volunteer to help beginning in 2013. This way the duties can be shared and the new manager will have the benefit and experience of the previous concessionaire.

If you are interested in this important position, please visit Nicole or Eric at the pool or contact us by email: Eric and Nicole Smart cln3008@blackfoot.net

**Thank You to all MAC families who volunteered and brought items for concessions and hospitality for our Winterfest Meet !
The MAC Board is very grateful! Keep up the good work!**



Age Group Team-Placed 30th out of 140 teams



Short Course State-Placed 3rd



Pictures or newsletter ideas always welcome.....contact Denise Zimmer at cdzimm-five@yahoo.com