

Mark Your Calendar!

- Dec. 13-14, BOZ Teddy Bear Classic—Bozeman (date change)
- Grizzly Pool closed at 1:00 p.m. on 12/24; closed all day Christmas Day.
- Grizzly Pool closed at 6:00 p.m. on 12/26 for maintenance - NO Saturday a.m. practices on 12/27.
- Grizzly Pool closed at 1:00 p.m. on 12/31.
- New Year's Day swim for Senior, Gold and Silver squads - by invitation, times TBA.
- Holiday practice schedules announced soon - please check e-mail or Website.

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December, 2008

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50 Meter Pool Fees to Increase for 2009

Rental fees for summer practice at the 50 Meter Pool (The Lake) are expected to increase for the 2009 Long Course season.

Following meetings between MAC and the Missoula Parks and Recreation department, the proposed hourly rental rate will increase from \$63 per hour to \$80 per hour. This increase is in response to increased operating costs of the 50 Meter pool.

In past years, MAC has split the hourly rate with the Missoula YMCA swim team by sharing the pool for practice time, thus decreasing each team's costs.

The City Council's Conservation Committee is scheduled to hear the new fee proposal at its meeting on Wednesday, December 10th at 9:00 a.m.

If the Conservation Committee approves the \$80 hourly rental rate then the Council as a whole will vote on the proposal at its next scheduled meeting.



It may be necessary to have MAC parents at the City Council meeting to show support, so please check e-mails and the Website for updated information.

Additionally, the Parks and Recreation Department is recommending that Concessions during the Firecracker Meet be returned to MAC's control, with a portion of the proceeds paid to the city. This proposal will greatly benefit MAC and it's hoped the City Council and its Committee will vote in support of it.

MAC has worked diligently this past year with the Parks and Recreation Department and with the Missoula City Council to keep the hourly rental fees at The Lake affordable for our team.

For more information please contact Curt Jacobson at 329-7611.



Coaches Corner — Senior

High School swimming has started and many of our swimmers are in the pool for both squads. But, that doesn't change the MAC practice schedule for Senior Squad swimmers!

Our number of swimmers on the Senior Squad is still up and we are thrilled about that! Sometimes we even have to have Jake, Shirley or Sam help us on deck with all the swimmers - which we think is great. Keep on swimming!

Our dry land training has been focusing on weight-lifting and core work. These exercises are always so helpful for swimmers when they are in the pool.

We may soon incorporate yoga for stretching, flexibility and maybe a little Zen!

We can't emphasize enough how well the Senior Squad is working together and bonding as a team. This means so much to us as coaches. The next two months will

be busy, busy with meets but we know our swimmers will work hard and swim well. Thanks swimmers!

Coaches: Dave Berkoff, Jen Luebke

CONTACT INFO:

Dave:
546-3038 cell
493-6534 home

Jen:
jen_luebke@yahoo.com
239-4182 cell

Make sure your swimmer knows that win or lose, scared or heroic, you love him/her, appreciate their efforts and are not disappointed in them.

This will allow them to do their best without a fear of failure.

Coaches Corner — Gold

The Gold Squad has been putting in some longer and harder yardage this past month and will continue to do so through January.

Remember to eat well and get to bed on time! There will be some practice schedule changes over the holiday break, so keep checking e-mail or the Website.

During the holiday break, we will do some videotaping during practices. We might be looking for some parent volunteers to help with the taping, so if you can assist please give Shirley a call.

Thanks for all of your hard work Gold Squad swimmers. It is paying off and

will continue to do so in the upcoming months!

Coaches: Shirley Gustafson, Sam King

CONTACT INFO.

Shirley:
546-7385 cell
Sam: 546-0812 cell

Coaches Corner — Silver and Bronze

We are increasing the intensity of work for Silver Squad. We have been doing more "test" sets to see what the swimmers have hidden inside - how many, how fast, etc.

Super hats for Silver go to Granger, Solomon and Katie S! Congratulations to Cameron, Heather, Samantha and Anna K. who moved up to Gold!

Bronze Squad had a lot of great swims at the MAC meet. They are working hard, making their breast-stroke legal and wanting to go to more meets which is exciting!

Congratulations to Molly M. who moved up to Silver. Animal Cracker awards go to Finn W. and Sydney A.W.

Our swimmers are awesome!

Coaches: Ellen Parchen, Jacob (Jake) Byrne (Carrie & Stephanie - part-time substitutes)

CONTACT INFO:
ellen.parchen@mso.umt.edu
243-2763, Grizzly Pool
Jbyrne.sae@gmail.com

Scholarships to be Awarded

The new scholarship application is now available for MAC swimmers in need of assistance this upcoming year. The application can be found on the MAC website.

Scholarships can be used to cover monthly dues, clinics or any meet related expenses for Sectional meets and higher. Scholarships will cover a portion of these fees - families will need to pay part of the total due.

All Scholarship applications are strictly confidential and information provided is not shared.

Each year the Scholarship Committee of the Board can award scholarships to swimmers for no more

than 50% of the total fund in any one year.

For the 2008-2009 year, we have \$2,000 in scholarship money available.

The Scholarship Committee will review each application and then recommend to the Board the amount to be awarded for each swimmer.

The Board needs to approve the Committee's recommendation before funds can be awarded.

Families can apply for scholarships at any time during the year.

Scholarship funds will be credited to a swimmer's account, once a family has paid their portion of the total due.

The MAC Board has designated funds from our budget to the Scholarship Fund, but donations from individuals, families or corporations are always welcome.

Additionally, a specific swimmer or program can be designated for receipt of scholarship funds if the donor so desires.

For more information about Scholarships, please contact Lauren Fern at 251-4105 or Curt Jacobson at 329-7611.

Again, all inquiries are confidential.



New Billing Process Starts in January

The new MAC billing process of paying dues one month in advance, goes into effect January 1, 2009.

We will now have only one bill for fees, rather than the two invoiced in the past.

January's bill will reflect dues owed for February. Parents will be notified if they are past due on a bill and will have 15 days to correct the problem, or the swimmers will not be allowed in the water. If there are special circumstances, parents are asked to contact Board President Curt Jacobson.

Additionally, if a swimmer stops swimming MAC needs to be notified 15 days in advance. E-mail or a written letter is necessary for notification.

All billing mistakes need to be addressed within 60 days of when they occur.

Fundraising activities will be deposited into a family's fee account and will offset your monthly bill, once the fundraising activity is completed.

30% of all advertising, meet sponsorships and corporate sponsor sales will be credited

to a family's account as part of fundraising activities.

Finally, e-mail is the standard method of MAC billing. If a family requests that their bill be mailed, a \$5.00 fee will be assessed for postage and handling.

We greatly appreciate everyone's patience with the new billing system. We believe it will make everything easier in the long run!

Brooke B. - Dec. 11

Kristen E. - Dec. 29

Julian F. - Dec. 28

Hailey J. - Dec. 21

Ryan M. - Dec. 19

Maddie Mc. - Dec. 9

Heather P. - Dec. 27

Ingrid. S. - Dec. 24

Stella S. - Dec. 5

Katie S. - Dec. 18

Stephanie U. - Dec. 29

Catherine W. - Dec. 26



Missoula Aquatic Club Board Members

- President—Curt Jacobson
- Vice President—Jo May Salonen
- Treasurer—Kate Martyak
- Secretary—Renee Isono
- Registrar—Niki Bronec
- Member—Lauren Fern
- Member—Kelly Archibald-Wilson
- Member—Kim Fee
- Member—Luanne Giammona
- Member—Open
- Member—Carrie Forsythe
- Member—Michelle Miewald



** Board Meetings are typically held the first Tuesday of every month. Any parent is welcome to attend. Minutes of each meeting are posted on the Bulletin Board at the Grizzly Pool.

MAC Mission Statement

The mission of the Missoula Aquatics Club is for swimmers of all ages and abilities to perform at their personal best in an environment that is educational, supportive and fun. Through our core values of teamwork, sportsmanship, health and wellness, integrity, and discipline, swimmers will develop skills to help them succeed in life.

Bits & Pieces

☛ The Billet family is grateful to all the MAC families who have provided meals to them these past few months, due to Patti's illness.

Meals are provided on Tuesdays and Thursdays, with delivery to the Billet Home by 5:30 p.m.

If you'd like to volunteer to provide a meal, please contact Denise Zimmer at 542-7078 or by e-mail: cdzimm@montana.com.

☛ Stella Shannon offers up a big "Thank You!" to everyone who made her birthday so special during the meet in Moscow - it really meant a lot to her!

For Swimmers Only!

Mom and Dad - this part of the newsletter isn't for you!

Starting with a message from Maddie Arciello - the new swimmer representative to the MAC Board. Maddie swims for the Senior Squad and would like to swim for Ohio State for her college career.

Maddie says: "We're having a lot of fun and the pool is really busy now that High School season has started. To my fellow Senior Squad swimmers: **yes, we do still have practice when there is High School practice.** Sorry, can't get out of it! Have fun and keep swimming strong!"

Now for some laughs...



What do you get if you cross a fish with an elephant...?

Swimming Trunks!

What kind of stroke can you use on toast...?

BUTTER-fly!

Why do you keep swimming the backstroke...?

Because I just had lunch and don't want to swim on a full stomach!

Where do ghosts like to go swimming?

The Dead Sea!

What kind of swimmer makes a good gardener?

One with great seed times!

Why did the vegetarians stop swimming?

They didn't like meets!



Visit the MAC website: www.macswim.org for updated info.