

Mark Your Calendar!

- Nov. 8-9—MAC Fall Invitational Meet!!!
- Nov. 15-16, BTST Mining City Classic—Butte
- Thanksgiving practice schedule changes—please talk to your coach and check e-mail and website.
- Dec. 7—Helena
- Dec. 13-14, BOZ Teddy Bear Classic—Bozeman (date change)
- Dec. 2—MAC Board meeting, Rose Park Bldg., 7:00 p.m.
 ** All parents welcome

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Get Ready for MAC Fall Invitational !!

The MAC Fall Invitational is shaping up to be a big and fun meet this year!

The meet will be a Split Session format, due to the large number of swimmers registered!

There are 88 swimmers from MAC registered with more than 22 of those swimmers new to our club. Wow!! Swimmers from all over the state plus Idaho and Canada are also coming to our meet.

If you're a new swimmer/parent please look at last month's newsletter for a complete listing of things to bring to a meet, expectations of your coach, and general meet information.

Additionally, please remember that safety comes first. There are more than 320 swimmers registered for this meet and even though it's a Split Session format, a lot of people will be at the

pool at all times.

Swimmers and parents please remember to pick up all towels, swim bags, sleeping bags, personal belongings, etc. from the balcony and locker rooms.



The balcony at the Grizzly Pool in particular needs to remain safe at all times. In addition to the number of swimmers at the meet, equipment for other programs is stored in the balcony making for tight spaces. Parents of small children also need to watch children on the stairs and around the railing. Please don't let children climb or hang on the railing. This can be dangerous and it obstructs the view of spectators.

A few volunteer positions may still be available for the meet, so if you haven't signed up yet at the pool please do so. Curt and Lanni Jacobson are our Meet Managers and will be happy to answer any questions you have.

** The warm-up schedule for the meet should be posted on the website on Wednesday. The schedule will shift slightly due to the Split Session so please check the website and talk to your coaches this week for last-minute particulars.

Finally, please remember to eat and hydrate correctly since there won't be a lot of time between events. More meet nutrition tips can be found on page 4.

**HAVE FUN AND
 GO MAC!!!!**

Coaches Corner — Senior

We currently have 26 Senior swimmers in the water - yee haw! Overall, our group has a cohesiveness we haven't seen in many years. It's great to see the fun interaction of our swimmers and the absence of negativity. Happy swimmers are fast swimmers!

Speaking of fast, we've had some outstanding swimming in both practices and meets. Practice animals include: Rachel R. Miranda, Matthan, Sarah

T., Maddie A. and several others who've made the majority of practices these past two months.

At the Great Falls meet, Maddie A. set personal bests in the 100 Free and 100 Back and set an all-time team record in the 200 fly! Patrick M. had personal bests in nearly everything he swam. Kate Z. swam like a crazy lady with a sub-minute 100 free and Corban E. broke 1:00 for the first time in the 100 back! I've probably missed

other great swims but I just want to say these improvements are a testament to the dedication of these kids and their willingness to work hard!

Coaches: Dave Berkoff, Jen Luebke

CONTACT INFO:

Dave:
546-3038 cell
493-6534 home

Jen:
jen_luebke@yahoo.com



Coaches Corner — Gold

The Gold Squad has been working hard on flip turns, sprinting, starts and finishes. We have seen big time improvements from those who swam at the Whitefish meet and the Great Falls meet.

We are geared up and ready to go for our MAC meet and then will focus

on other upcoming meets as well. Sam and I are very excited about our Gold swimmers and appreciate all their hard work in practices.

The MAC team party was a lot of fun and I hear you all really liked my costume! I think these are great team-building activities for all of

our swimmers and I hope we can continue to do them. Go MAC!!

Coaches: Shirley Gustafson, Sam King

CONTACT INFO.

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

Coaches Corner — Silver and Bronze

The Silver Squad is ready to show their stuff at the MAC meet. We have 16 new swimmers who will be swimming in their first meet ever - wow! Parents, swim meets can be a little overwhelming so feel free to talk to coaches this week or other parents during the meet. Top Banana awards go to Cale B. and Adam Z. Super Hat awards

go to Cameron K., Zoe and Shayna.

The Bronze Squad has lots of energy in the water - well, just lots of energy period! They are working hard on strokes, putting everything together and getting ready for the MAC meet. Top Banana award goes to Ellie G. and the Animal award goes to Keidon R. Animal Cracker

winners are Molly M. and Mark H. Swim fast and have fun!!!!

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

Coffee Sales

Once again we will be participating in our annual Montana Coffee Traders fundraising event.

Net proceeds of the coffee sales are credited 100% toward your monthly MAC dues, so this is a great fundraiser to participate in. Also, the coffee/tea products make nice holiday gifts.

This year we are offering coffees, teas, chocolate-covered espresso beans and a new item: organic hot chocolate. We thought this was perfect for our swimmers coming into the Winter months!

Coffee sales forms have been placed in each swimmer's box at the pool. All items must be pre-paid at

the time of sale. Checks should be made payable to Missoula Aquatic Club (MAC). Before turning in your sales, please double-check the order and the amount of money received.

The completed forms and money must be turned in by Friday, November 21st.

If you have any questions, please contact Lauren Fern at 251-4105.



Parents:

Don't forget to let your swimmer read each month's newsletter! The MAC newsletter is fun for the whole family!

Swimming is a direct reward system. The better you work, the greater your reward!



Scholarship Fund

MAC has started a scholarship fund to help those families needing assistance paying monthly dues.

Scholarships initially will be awarded January 1, 2009. Scholarship application forms will be available by December 10th.

All inquiries will remain confidential. If you are interested in requesting a scholarship, please contact MAC Board President Curt Jacobson at 532-7611 (office).

Applications will be reviewed by the MAC Board and awards will be given as fairly as possible, based on the funds available.

Since the Scholarship Fund is new to MAC, monies awarded will cover a portion of monthly dues fees. Families will need to pay the balance not covered by the scholarship

An anonymous donor has given \$500 toward the scholarship fund and is challenging other MAC families who can, to make donations - in any amount - to help build the scholarship fund. All

donations to the scholarship fund are greatly appreciated. We know these are tough economic times for many and MAC is committed to helping as needed. We will have more details about scholarships and the fund challenge in the coming months.

If you're interested in making a donation to the fund, please contact Curt Jacobson at 532-7611 (office).

- Madison R. - Nov. 1
- Zoe M. - Nov. 6
- Grace S. - Nov. 16
- Kate B. - Nov. 27
- Kessa - Nov. 29
- Kalysta - Nov. 30



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.

New 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

• We have one Board position open and would like to fill it soon. Please contact Curt Jacobson if you're interested: **532-7611 (office)**

• Sign-ups are now available to volunteer at Lady and Men's Grizzly Basketball games. Each Lady Griz game has four volunteer spots and each Men's game has nine spots available. ** These are fun ways to fundraise toward your MAC dues! Please contact Kelly Archibald-Wilson for the Men's games at: **721-5362** or Niki Bronec for the Ladies' games at **829-1485**. Sign-up sheets are posted at the pool by the swimmers' mailboxes.

Nutrition Tips for Top Performance

Eating a balanced diet with three meals plus snacks is the way to go! Go on-line to MyPyramid.gov and you can get a personalized meal plan and also enter what you eat for a day to see if you are on the right track!

Here are some sample meals for a swim meet:

Breakfast - Cereal with sliced bananas and milk; toast with peanut butter and orange juice or pancakes, strawberries and chocolate milk.

Lunch - Ham sandwich on wheat bread, pretzels, apple, animal cookies and milk. Also, bagel with peanut butter, string cheese,

carrot sticks, baked chips, fig bars and 100% juice.

Dinner - Spaghetti with meat sauce, bread sticks, salad, apple sauce and milk or chicken tacos with cheese, lettuce and tomato and a strawberry smoothie.

Please remember that in addition to eating healthy for a meet you need to drink water and/or sports drinks for proper hydration.

Also note that Vitamin Water doesn't have the electrolytes needed to replace lost fluid. Sports drinks like Gatorade or PowerAde are designed for optimal fluid replacement. And again, don't drink soda

pop, energy drinks or drinks with high sugar content.

Eat Smart, Swim Smart!

(Thanks to Denise Zimmer for providing this article.)



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