

**Missoula Aquatic  
Club Newsletter  
October 2010**



Mark Your Calendar....

To watch your swimmer &  
volunteer

MAC Fall Invitational

November 5-7

Sign ups at pool

**Want to be up to date on what is happening  
with MAC?**

**Go to [www.macswim.org](http://www.macswim.org)**

**Our website features:**

**General information on MAC**

**Training groups**

**Coaches**

**Practices**

**Meet information**

**Swim shop**

**Upcoming events**

**Inside this Issue**

**\*Coaches Corner**

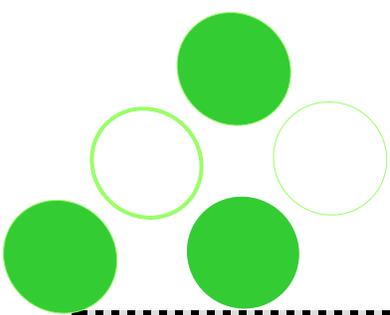
**\*Board news & members**

**\*Eat to Compete**

**\*Kudos**

**\*Photos from Long Course**

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



# Coaches Corner

## Senior

The Sr. Group currently has about 30 swimmers in the water. A few cross-country kids have started to trickle back to the pool as the season ends. They appear to be in great aerobic shape but a little weak with respect to swimming muscles. We expect to have about 35 swimmers in the water prior to HS season starting.

Our first couple of meets are rapidly approaching. We have a few swimmers heading to Great Falls and our meet is less than 3 weeks away. The Sr. kids have been training very well and have faced some pretty challenging sets this fall. Our Friday test sets have been excellent. There have been a ton of best times even by swimmers who are pretty tired from the training load. We expect great swims at our home meet.

Kate and Miranda head off to Jr. Nationals and Sr. Nationals in less than two months. Kate will swim the 100 back at Sr. Nationals and Miranda will swim both the 100 and 200 backs. At Jr. Nationals, Kate will swim the 100 and 200 back, and 100 fly. Miranda will swim the 100 and 200 backs, and the 200 IM.

Please remember, Sr. swimmers need to purchase their own gear bag, paddles, and fins. See Jake for the details. Also, please remember that we cannot be on the pool deck until 3:25 or when a coach shows up. Finally, consistency is the key to swimming fast. Be consistent on the number of times you get to practice and be consistent about how much effort you put into practices.

Dave, Jake, and Sara

## Gold

Shirley and Jen are having loads of fun coaching the Gold squad. They have been swimming very hard and having fun. We have seen gigantic leaps of improvement since the season started and we are looking forward to more of these leaps. By the numbers:

2: New swimmers...Gabby and Nicole. Welcome to MAC!

23: Gold swimmers swimming right now.

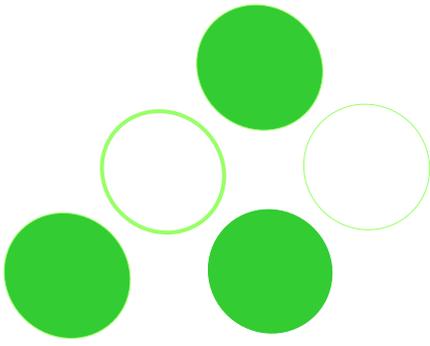
3200: Average number of yards swum in a 1.5 hour practice.

15: Minutes the gold swimmers have been run/walking once a week for dry land.

4: Minimum number of practices the gold kids swim per week.

500: Yards the gold swimmers time trialed this week. This is a hard workout and all the swimmers swam  
AWESOME!

2: Weeks until the MAC meet!



# Coaches Corner Continued....

## Silver

The silver squad is still building with excitement and intensity. We had a great summer of training, and a great series of meets. Coming into the fall we have had new swimmers, and are continuing to build on endurance and technique.

Welcome to new swimmers: Madeline, Skye, Rokken, Darragh, Zoe. Congratulations to swimmers who moved up from the bronze squad: Ajwa, Elise, Malinda, Cate, Katie, Solveig, Jesse, Sawyer, Ruby, Stephanie, Aidan.

I anticipate a great short course season with the silver squad. We have an agreement coming into our home meet to focus on being legal in all turns, strokes and starts in 3 out of 4 strokes. (We still have some work to do on Fly)

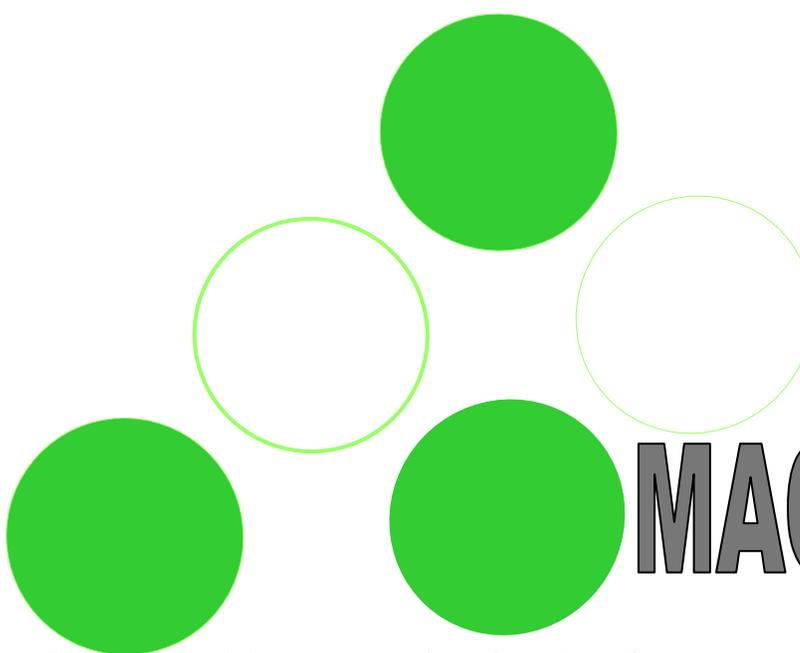
## Bronze

Welcome back swimmers! Welcome to the new swimmers on the squad - Jaiden, Ellie, Matthew, Lukas, Sela, Violet, Katie G. We have been working on lots of technique work and they are going to be awesome at our Home meet. Please remember to sign your swimmers up and don't forget to volunteer for the meet. As we continue into the winter, we will keep working on technique on all four strokes, and building endurance. If you have questions or concerns, please be sure to ask Ellen.

**Training during the week is as follows: Tu/Th includes lots of drill and basics for all swimmers, Friday is about fun and hard work, and Saturday is about test sets, and building endurance and perfecting turns, starts and some of those long swims.**

**Please feel free to talk to either Coach Stephanie, Coach Sarah or Coach Ellen if you have questions. We have been rotating around the weekend practices to better accommodate meet schedules, and keeping kids in the water while one coach or two may be out of town.**

**Stephanie, Sarah, and Ellen**



# MAC Board News

## **Board decision regarding funding for coaches at upper level meets (meets beyond state)**

Board members, coaches, & parents all agree on the importance of any swimmer having their coach at an upper level meet. The problem is how to fund getting a coach to the meet without raising fund raising goals, raising swim dues for all, and/or jeopardizing the budget of the club.

\*\*It was motioned to assess a \$100 fee for each swimmer swimming in an upper level meet each time they attend an upper level meet. This fee would pay the coach fee, travel, and per diem for each upper level meet. Families would pay for the rental car.

Motion carried.

## **MAC Board Members**

President: Kelly Archibald-Wilson

Vice President: Eric Smart

Treasurer: Katie Martyak

Secretary: Renee Isono

Past President: Jo May Salonen

Registrar/Bookkeeper: Niki Bronec

Board Members:

Curt Jacobson, Kim Fee, Luann Giammona, Denise Zimmer, Lisa Keyes,

Suzanne Rhoades, Evad Vanspoore, Jeff Brooks, Karen Sacrison

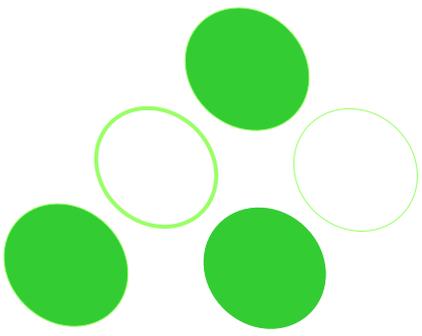
**Board meetings are the first Tuesday of the month at 7pm at the Rose Park Center. Minutes are posted at the pool.**

**Parents are welcome to attend.**

A list of board members email addresses are posted on the website.



**MAC to host  
Long Course  
State at the Lake  
July 2011**



# Eat to Compete

## Nutrition Tips for Swimmers

Denise Zimmer, R.D.

Choosing nutritious foods is important for good health and optimal athletic performance. Your body's energy or fuel comes from what you eat.

Eating three meals plus snacks each day is recommended.

**It is very important to fuel your body before and refuel your body after swimming.**

Planning ahead is the key.

The three basic nutrients are:

Carbohydrate: The body's preferred fuel source, especially during exercise.

Foods that provide carbohydrates are breads, bagels, cereal, pasta, rice, potatoes, beans, corn, yogurt, flavored milk, and fruits.

Protein: Builds and maintains muscle mass and aids in muscle recovery. Milk, yogurt, cheese, nuts, peanut butter, seeds, soy, eggs, chicken, pork, fish, and beef are all good protein sources.

Fat: Needed for every cell in the body and is a source of energy during low-intensity activity and long duration activity. Sources of healthy fat include vegetable oils and nuts.

Sample Meals:

### Breakfast

Cereal with sliced bananas and milk, toast with peanut butter, and orange juice OR  
Pancakes with margarine & syrup, strawberries, and chocolate milk.

### Lunch

Ham sandwich on wheat bread, pretzels, apple, animal cookies, and chocolate milk.

OR

Bagel with peanut butter, string cheese, carrot sticks & ranch, baked chips, oatmeal cookie, and 100% juice.

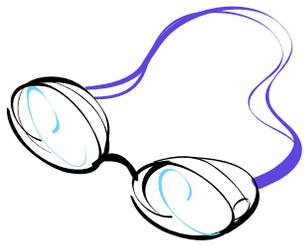
### Dinner

Spaghetti with meat sauce, bread sticks, salad, apple sauce and milk.

OR

Chicken tacos with cheese, lettuce and tomato and a strawberry smoothie.

Healthy dessert options are: pudding, frozen yogurt, light ice cream, sorbet, sherbet, oatmeal or peanut butter cookie, rice krispy bar, smoothie, fudgesicle.



# Eat to Compete

## High Performance Snack Ideas:

Yogurt and granola  
String cheese and baked crackers  
Bagel and peanut butter  
Fig Newtons  
Trail mix  
Tortilla with cheese  
Cup of soup  
Smoothies  
Bananas, apples, grapes, oranges, applesauce  
Low-fat popcorn  
Flavored milk  
Energy bars  
Pretzels  
Goldfish  
Graham crackers  
Veggies and dip



For swimmers the amount of time between events will determine the amount and type of food to eat.

**1 hour or less-sports drink, fruit, bagel, energy bar, graham crackers, pudding cup**

### **1-3 hours (combine carbohydrate with protein)**

Sandwich, peanut butter and crackers, string cheese with crackers and 100% juice, yogurt and granola, Cup of soup with handful of trail mix, smoothie, bagel with peanut butter, pretzel with cheese and fruit.

**\*\*\*Make sure water and sports drinks are always available.**

**NOTE: Do not drink** soda pop, energy drinks, or fruit drinks (Hi-C, Sunny Delight, etc.) as the high sugar content can cause stomach cramps and hurt performance. Also the large Costco muffins are loaded with calories (670) and fat (38 grams) and are not a healthy choice for competition.

**Sports drinks like Gatorade or PowerAde are designed for optimal fluid replacement.**

# Kudos

## The Gift wrap/Cookie dough fundraiser brought in over \$2,200

Thanks so much to all the participants. We would especially like to thank the top sellers of each squad who hit the \$200 range. Bronze - Violet Walker, Silver - Gabby Smart & Katie Fagg, Gold - Nicole Quirino & Zach Neumeyer-Tooke and Senior - Ryan Mason.

We would also like to thank our super sellers in each squad. These swimmers brought in sales in the \$100 range. Bronze - Khan Venn, Silver - Keidon Reynolds, Sky Everett, Ellie Giamonna, Caleb Stahlberg, Gold - Mikayla Bronec, Julian Fee, Julia Maryak, Adam Zimmer and Senior - Kyle Jensen, Hanni Leach & Kate Michell.

The Gold squad won the pizza party by obtaining the highest average sales per swimmer on their squad. Thanks also goes out to all the swimmers who participated. Every sale helps the swim team get closer to our goal of purchasing equipment like an outdoor score board. We're also grateful for the \$220 we received in direct donations.

If you have any feedback about this fundraiser; things you liked or things you wish were different, please get in touch with Karen Sacrison [kfsac@aol.com](mailto:kfsac@aol.com) or Suzanne Rhoades [smrhoades@bresnan.net](mailto:smrhoades@bresnan.net)

### MAC Parents Get Involved at State Level

\*Curt Jacobson is Montana Swimming General Chair, like president of the board

\*Lanni Jacobson is Montana Registration Chair, she handles all club registrations for all swimmers and officials and other non-athletes.

\*Ellen Parchen is the Montana Disability Swim Chair

### Current MAC officials:

Curt Jacobson, Jenny Tornatore, Joan Ungaretti, Janet Stroethoff,

Lanni Jacobson, & Katie Martyak

### Officials in training:

Kelly Archibald-Wilson, Lisa Keyes, Lisa Klempay, Lolynn Dennis, Robbie Baldry,

Laura Amon, Rita Michell, Mark Mohorich, & Evad Vanspoore

**Thank  
You!**

***Dave is elected to the USA Swim Board...*** Dave was elected to the position of Technical Vice President of USA Swimming. The position is one of the more prominent Board of Directors positions. He is essentially the BOD member that is responsible for directing policy with the more technical aspects of swimming. Dave has the authority to appoint people to four different committees and is charged with giving reports for seven committees.

The election process was pretty exciting. Each of the candidates was able to speak at the four different Zones meetings briefly, and there was a "meet the candidates" forum where candidates were able to answer questions and made 5 minute presentations describing why they should be elected.

Since the elections, Dave has been to two meetings (in Texas) and has been on four conference calls on various matters. He will be traveling to a BOD meeting in New York next month, where not so coincidentally, he will also attend the Golden Goggles Award.

**Congrats!!**



Firecracker Meet



Senior sectional team  
Gresham, Oregon



Montana State championships  
Bozeman



Montana Zones Team  
San Jose, California

Please submit photos for  
newsletter or swim board to  
Denise Zimmer  
Put hard copies in "Zimmer" folder  
at pool or email  
cdzimm@montana.com