



**Missoula Aquatic
Club Newsletter
January 2011**

UPCOMING MEETS

***February 5-MAC**

Drive "n Dive

(one day meet)

***February 19-20 Great Falls**

Jr BC Championship Meet

February 25-27 Butte

Short Course State Championships

March 9-13 Federal Way

Western Sectional Senior Championships

March 18-20 Federal Way

Western Sectional Age Group Championships



Mark Your Calendar....

JANUARY •TEAM PICS

Schedule:

4:30 Silver Wear MAC suit, shirt

5:15 Senior with team logo

5:25 Bronze or colors

5:35 Gold

5:45 All Team Picture

Picture envelopes in
mail pocket

Inside this Issue

Coaches Corner

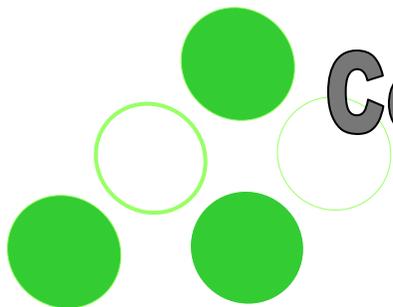
Board news

Article for Parents

Kudos

MAC photos

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



Coaches Corner

Senior



The Sr. Squad is doing quite well. Training has been solid by most swimmers, but we would still like to see some faces more often. Please remember that practices will run until 6:00 for dryland until taper time. There are less than 30 days until HS State, 43 until Butte State, 53 until Sr. Sectionals, and less than 60 days until AG Sectionals. The season is quickly winding down and focus on training is more important than ever, especially those swimmers who got a late start to the season or who come to less than all of the practices.

Jake and I would like for Sr. Group swimmers to get to practice on time if possible. Swimmers who are out of school at 2:30 should not roll onto the pool deck 10 minutes late. We have limited pool time and every minute counts. Please see Luann for MAC suits, caps, and other gear before we start going to meets.

Also, if your swimmer (especially the girls) is headed to upper competitions—including the state meet—you may wish to consider purchasing a “fast suit” for that competition. “Fast suits” must be approved by FINA as of 2010. Only 2010/2011 approved suits may be worn at competitions. For the boys, suits must be jammers or briefs—no leggings or body suits are allowed. For the girls, the suit cannot have a zipper back nor can the suit go below the top of the knees.

These suits can be a bit pricey but they do provide a real advantage for swimmers who are bigger and faster. True fast suits include compression and hydrophobic technology. There’s no doubt that they work. The list of approved suits can be found at http://www.fina.org/H2O/index.php?option=com_content&view=article&id=917&Itemid=461. The girls who are using fast suits really seem to like the Speedo LZR Racer elite kneeskin and the Blue 70 Nero TX Kneeskin. Please check with the distributor and/or the FINA list before purchasing. Some dealers are still selling banned suits at huge discounts. If you have any questions, please speak with the coaches.



Gold

New for the Gold Squad

Weekly test sets: Test sets put gold swimmers in a race like situation so that they are competing against each other and the clock, learning how to race. They take a little bit of stress out of meets since we do them every week, HOPEFULLY!

Cody: We have another new swimmer. Welcome, Cody!

Goal sheets: Maybe you have them, maybe you don’t. Make sure your swimmer brings one home and help them fill out contact information, short-term & long-term goals, and a few swimming experiences.

Coach Sarah: Sarah Hallgrimson is no stranger to MAC and she is now helping out on the Gold squad.

Attendance Incentives: Help your swimmer get to our minimum 4 practices a week and they will be working their way towards a practice reward. Wednesday mornings (5:30 to 7, treat included) and Saturday mornings (7 to 9:15) are both great practices for a little more attention in the water as attendance is generally lower. Let’s change it!

Coaches Corner Continued....

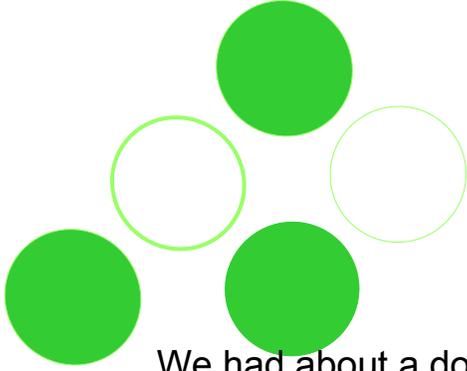
Silver



The Silver squad has welcomed a few new swimmers who moved up from the bronze squad: Hannah, Khan, Lukas, Grace, and welcome back Jessie. We will also be saying goodbye to Rokken, who is headed out of town. We have been getting out to a number of meets, and the kids are swimming very well! Great starts, fast swims, and turns are getting better. The bronze squad has 6 swimmers qualified for Butte, and 5 ready to roar in Great Falls. Silver squad has 14 swimmers qualified for Butte, and 15+ ready to go to Great Falls. Congratulations to Katherine and Elli for achieving their A times, with more soon to come I am sure.

Bronze

The Bronze squad continues to have new swimmers joining us. Welcome to Mackenzie, Jayden, Connor, Matthew, Ellie, Henry, Lucia. There are a few more meets coming soon - end of January Helena, and our own meet February 6th. After that we enter championship season. BC championship is in Great Falls this year, the middle of February - any swimmer who has either a B or C time. Any swimmers with BB times are qualified to go to the Championship meet in Butte. If you have any questions on which meet your child should plan on attending please check with Coach Stephanie, Coach Abby or Coach Ellen



MAC Board News

We had about a dozen parents attend the meeting that discussed meets beyond state or “upper level” meets. Coach Dave explained the importance of attending these meets even if qualifying for one event or if your swimmer is invited to swim on a relay. Our team does enter the swimmer in the event and reserve a block of rooms, but it is up to the families to make their reservations & travel plans.

Our board feels it is essential to have coaches attend these meets regardless of number of swimmers going. Our monthly swim fees don't cover the cost of coaches travel to meets. Our new policy is that there will be \$100 fee that each swimmer pays when attending an upper level meet.

Below you will find important dates and web sites to assist in planning.

Upper Level Meets 2011

Western Sectional Age Group Championships *** (short course)
March 18 – 20 Federal Way, WA

Western Sectional Senior Championships (short course)
March 9 – 13 Federal Way, WA

Senior Sectionals (long course)
July 19 – 23 Mt. Hood, OR

USA Nationals August 2 – 6 Palo Alto, CA
Junior Nationals August 8 – 12 Palo Alto, CA

Western Zones Age Group Championships (long course)
Swimmers attend as a Montana team
August 9 – 13 Clovis, CA *Location changes

USA and Junior Nationals ? December 2011

Websites: (To access meet contracts, meet fees, standards, dates, etc)
macswim.org
montana.usswim.net
usaswimming.org
pns.org (Pacific Northwest Swimming)
ieswim.org (Inland Empire Swimming)



Kudos

MAC achieves Level One Club Recognition

The Club Recognition Program offers USA Swimming club members a working blueprint for developing strong, stable, financially sound and athletically productive organizations.

Designed over a two year period by USA Swimming's Club

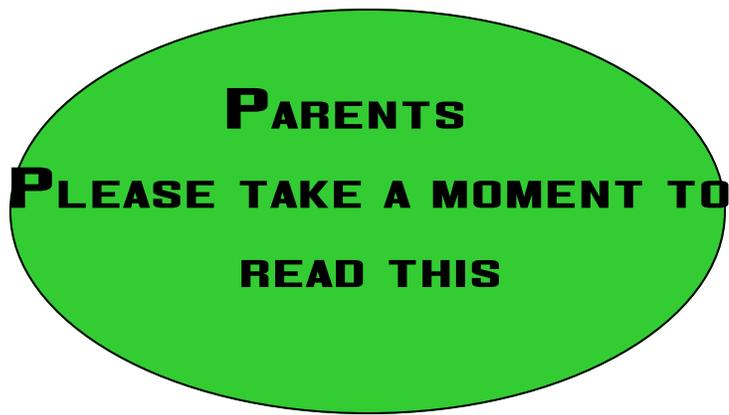
Development Committee, this voluntary program presents four levels of achievement across four component areas deemed critical to long-term club success. The program encourages clubs to establish organizational goals and to benchmark their progress toward those goals.

The ultimate objective of the program is to strengthen the club system in USA Swimming by guiding clubs through a development process that ultimately positions the program and its coaches to better serve athletes.

The Club Development Committee looked at many different factors that helped create "great" clubs. The committee grouped all of the factors into four major component areas:

- . Business & Organizational Success
- . Parent & Volunteer Development
- . Coach Development & Education
- . Athlete Development & Performance

A huge thanks goes to Dave Berkoff, Curt & Lanni Jacobson, Niki Bronec, and Jo May Salonen for the time they invested in helping our club achieve this recognition!



PARENT AND COACH...THE OTHER STUFF BY TOM SLEAR, SPLASH MAGAZINE SPECIAL CORRESPONDENT

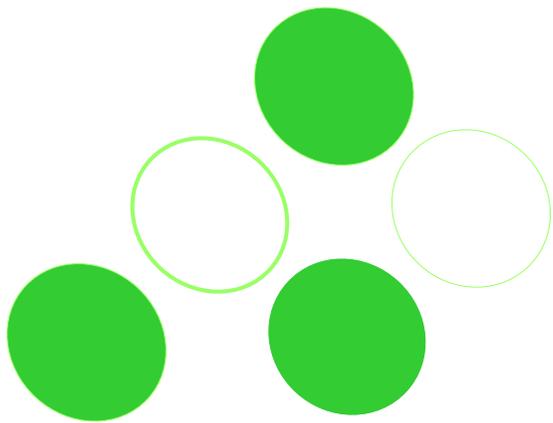
Coaching is about more than athletes, practices, and competition. As Mike Krzyzewski, Duke's hugely successful basketball coach said, it's also about "the other stuff." For coaches of club teams, that means parents.

"All that craziness," is how Monica Teuscher describes the rituals of other parents who nervously follow their children's swimming development. Teuscher, mother of Cristina, a 1996 and 2000 Olympian, never owned a stopwatch and rarely bought a meet program. She didn't track her daughter's times, yell during her races, or seek out her coach after practices for private chats. During swim meets, she went off by herself to read or knit, only to be amused when other parents gave her a rundown on Cristina's swims, complete with split times.

"I thought it was important that I was there, but for support, not for coaching or to add pressure," Teuscher explains. "My job was to take my daughters (older daughter Carolina also swam) out for a good meal after they raced. The last thing we talked about was swimming."

Most coaches would agree that the best team to coach is one filled with parents such as Teuscher, who recognize the line between parenting and coaching and avoid it as if it were radioactive. They somehow manage to counterbalance their staunch support with a refreshing cluelessness. Years ago Debbie Phelps, mother of Michael, the world record-holder in the 200-meter butterfly, relocated the family so that her children would be closer to North Baltimore Aquatic Club's practice facility. Yet when asked about Michael's world record time, she can do no better than to say, "I'm not sure – 1:50 something?" (Actually, 1:54.58)

"The swimmers I've had who have had the most success were unencumbered by parents calling the shots behind the scenes," says John Collins, who has coached Olympians Rick Carey and Lea Loveless as well as Cristina Teuscher at the Badger Swim Club in Larchmont, N.Y. "These parents are very good about backing up their kids, but they are hands off when it comes to swimming business."



PARENT ARTICLE CONTINUED...

THE GROWING INTRUSION OF PARENTS

Most coaches will tell you that Teuscher and Phelps are hardly exceptions. The overwhelming majority of parents instinctively, or with gentle guidance, find their place in the background. A few, however, can't resist meddling, such as the mother who wrote Collins a five- or six-page letter every week for a year and a half. Rare is the swim coach who doesn't have a similar story to tell.

"So many," says Chuck Warner, the head coach at Rutgers University who coached club teams for years before entering the college ranks. "All filed away in a painful spot."

The effect of such parents is all out of proportion to their numbers. A survey by Dan Doyle, which will be published in his forthcoming book, *The Encyclopedia of Sports Parenting*, found that high school coaches across different sports are convinced that the biggest change in their profession over the last 15 years has been the growing intrusion of parents.

"No other factor they mentioned even came close," says Doyle, the executive director of the Institute for International Sport.

The top issues raised when the development coordinators for USA Swimming solicit opinions from club coaches are "parent education" and "club governance," euphemisms for the difficulty of dealing with parents, whether individually or as members of the club's board of directors.

**MORE OF THIS ARTICLE CAN
BE READ AT
WWW.USASWIMMING.ORG
WHICH IS THE OFFICIAL SITE
FOR **USA SWIMMING****



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