

MISSOULA
MAC
AQUATIC
C.L.U.B



Missoula Aquatic
Club Newsletter
September 2011

Fall Parent Meeting
Friday, September 23
Adams Center Sky Club

5-7 pm

5:00 Parent informational
booths

5:30-6:30 Parent meeting
(kids will be at all team
practice & join for dinner)

6:30-7:00 Dinner

**Families A-M bring des-
sert or fruit**

Families N-Z bring salad
MAC will provide pizza

 Mark Your Calendar...

Upcoming meets listed
on MAC Web site

macswim.org

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



Dave Berkoff Named Head Coach Of Missoula Aquatic Club

MISSOULA, MONTANA (8/4/11-dg) -- The Missoula Aquatic Club (MAC) has appointed Dave Berkoff to the newly created position of head coach, the organization announced recently.

Berkoff joined the Missoula Aquatic Club in 1992, and in 2008 he became the head coach of the age 11 and older swimmers, with primary emphasis on the MAC senior squad. In September 2010, he was voted to the USA Swimming Board of Directors as the technical vice president.

As some may know, Berkoff was an incredibly accomplished competitive swimmer for the United States, winning four (4) Olympic medals (2 Gold, 1 Silver, and 1 Bronze). He also set numerous Ivy League, NCAA, United States and World Records during his career. In addition, he has more than 20 years of coaching experience with swimmers of all ages.

Berkoff revolutionized the world of swimming by refining a technique whose origins date back to the 1920s – the dolphin kick. In the late 1980s, he began consistently winning races by dolphin-kicking underwater at the start of each race and after each flip turn, for as much as 35 meters at a time. He quickly went on to be a world-class champion, winning two Olympic medals in 1988, and two more in 1992. Not surprisingly, given the media's love of alliteration, his technique was termed the “Berkoff Blastoff.”

Berkoff's initial impact was limited to his event, the backstroke. However, other competitors soon began utilizing his technique, which caused International Amateur Swimming Federation officials to institute a new rule precluding underwater swimming beyond 10 meters from the pool walls (which was later relaxed to 15 meters). The official reason given for this rule change was “the safety of the athletes.”

Over the past 17-plus years he has earned his masters in environmental studies as well as a law degree from The University of Montana, gotten married and had kids, became a partner in his law firm and engaged in Missoula as a volunteer and pro bono lawyer for several organizations and causes. He was inducted into the International Swimming Hall of Fame in 2005.

“MAC is very fortunate to have someone of Coach Berkoff's caliber serving as the MAC head coach along with the current excellent coaching staff,” the organization said in a news release. “His commitment to the sport of swimming, the team, his dedicated colleagues, and to past and current athletes is remarkable.”

In his new role, Berkoff will work closely with the entire coaching staff to ensure MAC reaches new levels of excellence, providing additional leadership, goals, and guidance to swimmers across all age-based squads. Along with the MAC Board of Directors, he will work to develop short and long term strategic goals for the Club.

Berkoff said he plans to place increased importance on coach-swimmer-parent communication, something he believes is necessary as the club moves forward.

Dave and his wife, Shirley Gustafson, have two children, son, Cale, 12, and daughter, Katherine, 10.

COACHES' UPDATE

MAC got started with a bang this fall and all of the coaches and swimmers seem recharged and ready for another great fall/winter season. So far, we have had some great interest in the Bronze Group with more than a dozen and a half new swimmers trying out. Jen and Kyle report up to 24 swimmers attending practice. Ellen reports approximately 28 swimmers in Silver. Gold has about 22 swimmers while Sr. has about 27 currently in the water. This is a really good start to the goal of having 120 swimmers in the water this year. We will likely be running a rookie camp toward the end of September targeting a handful of elementary and middle schools. Bronze and Silver may have "bring a friend to practice" days too so please pay attention for those announcements.

The Sr. Group had four graduations and reports are that all four former MAC swimmers are enjoying their first weeks of college. Kelsie reports that she gets to train in a nearby lake three times a week! Miranda claims that she swam a set of 3x1650's last week and went to the overtime football game against Missouri last night with 100,000 other ASU fans.

MAC had some really outstanding swims this summer. Almost all swimmers had best times in multiple events at the Firecracker and that performance level continued at the King Invite in Federal Way, Washington. Top performers at the King Invite included a state record from Adam Zimmer in the 200 breast and two near misses in the 50 and 100 breasts. Other great performances were seen by Sidney AW, Keidon Reynolds, and Elie Giammona, Kate Michell, Kori Ungaretti, Nick Giamonna, Ryan Mason, Patrick Martyak, and Brenna Saffel—all of whom made multiple finals or had huge drops in time.

The Sr. Sectional Meet in Gresham, Oregon was excellent. MAC placed in the top 30 for girls out of over 150 teams—which included several dozen college programs. We had 10 team records, 6 state records, and our first Summer Nationals qualifier in several years when Hanni Leach went 1:04.64 in the 100 back. Hanni's time placed 7th overall, ranks her in the top 10 for 13-14 girls in the country, and missed the 2012 Olympic Trials cut by .65 seconds. Finalists included Kate Zimmer (100, 200 back), Miranda Tornatore (100, 200 back, 100 fly, 200 IM), Hailey Jacobson (100, 200 breast, 200 IM), and Matthan Stroethoff (100, 200 breast). I am constantly amazed at how well we perform as a team in such a tough and

COACHES' UPDATE

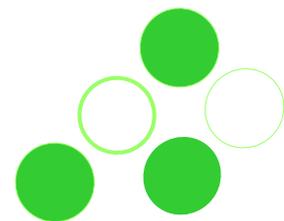
Hanni, Karen (Hanni's mom), and I visited sunny Palo Alto, California for what was perhaps the biggest National Championships ever. Hanni seemed a bit intimidated at first but settled into the meet and posted some good times—something that is very hard to do at a first nationals ever. Importantly, Hanni was able to meet and talk with swimming superstars such as Madison Kennedy (2nd in the 50); Ryan Lochte (arguably the best swimmer in the world today); and Peter Vanderkay (2008 Olympic Gold medalist). Hanni was one of only 5 13-14 year old girls swimming backstroke at the meet.

The MAC summer swim season ended in Clovis, California for the Western Zones Age Group Championship meet. Montana had an incredible meet under the leadership of HLST coach Kirk Ermels. Montana had its highest ever placing (5th) and scored more points per team member than any other team by a very large margin. MAC representatives on the Montana team were Elli Giammona, Hailey Jacobson, Kate Michell, and Brenna Saffel. Hailey dominated her events, winning the 100 and 200 breaststrokes, and 200 and 400 IMs. Her 200 breast time was a 15-16 Zones record, MAC's second Zones record in as many years (Kate Zimmer set the 13-14 Zones record last year). Kate Michell absolutely dominated the field in the 200 fly with a 2:27.43 victory and her first Sr. Sectionals qualifying time ever. Brenna Saffel ran down half of the field on the last 50 in the same race to place 4th. Brenna just missed her first Sr. Sectionals qualifying time by 0.2 seconds.

The fall meet schedule is quickly approaching. Our fall meet is a bit different this year and will actually include two swim meets—an upper-level prelims/finals Sr. Open meet with hard qualifying times and an open invitational meet between the prelims/finals sessions for everyone who does not qualify for the Open Sr. meet. Speak with your coaches about the format if you have any questions. There are other meet opportunities coming up. Please check the MAC or Montana Swimming calendar and ask your coaches about the meets if you have any questions.

Dave Berkoff

MAC Head Coach



MAC Coaches

Senior

Gold



Dave Berkoff
Head Coach



Jake Byrne



Jen Luebke



Sarah
Hallgrimson

Silver

Bronze



Ellen Parchen

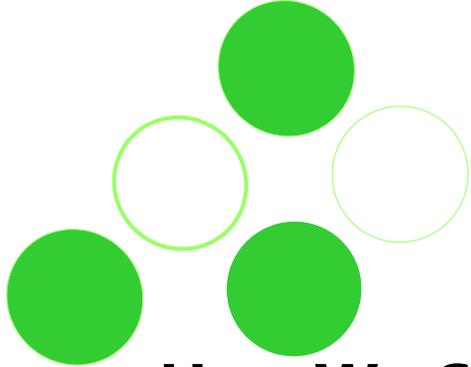


Stephanie
Hellberg



Welcome our newest
coach.....Kyle Hopkins

Full bio's of coaches posted at
Griz Pool in picture display



MAC Board News

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 cdzimm@montana.com

MAC has a lot of information to communicate so we hope each family will make it a priority to stay informed.



**Thank you to all who helped make the
Firecracker &
Long Course State meet
A huge success!**

Kudos

MAC Bike-A-Thon a huge success!

Thank you to all MAC swimmers and families who participated in the first annual Bike-A-Thon which raised **\$4,200** for our club! Kudos to Evad Vanspoore for organizing this event. All money raised will go towards purchasing equipment for the club that is essential for hosting swim meets and to our scholarship fund.



Congrats to Coach Ellen for being voted the MT Swimming Assistant Coach of the Year!

Meet Results

Firecracker - Missoula Aquatic Club high point team

LC State Championship

Top three team scores - girls - 1. Bozeman Barracudas 2. Billings Aquatic 3. Missoula Aquatic

Top three team scores - boys - 1. Bozeman Barracudas 2. Missoula Aquatic 3. Billings Aquatic

Top three combined team scores - 1. Bozeman Barracudas 2. Missoula Aquatic 3. Billings Aquatic



2011 Olympic Swim Clinic Enjoys Record Turnout!

This year's Olympic Swim Clinic was a great success, with a record number of swimmers from around the region participating in the one-day clinic. Eighty-two swimmers and ten coaches attended the clinic at the Grizzly Pool, which was sponsored by the Missoula Aquatic Club. Swimmers came from as far as Pasco, Washington and Glasgow, Montana!

The addition of Olympian swimmer **Emily Silver** as one of the clinicians was an amazing opportunity for the swimmers in attendance. Silver swam on the 4x100 Freestyle Relay team at the 2008 Beijing Olympics and won a silver medal at those games. Silver currently works for USA Swimming as the Athlete Relations Manager for the National Team.

MAC was fortunate to again have Aaron Peirsol, Neil Walker and David Cromwell join Silver as clinicians for the clinic. **Aaron Peirsol** has won several Olympic medals, including gold and he won the 100-meter backstroke at the Pan Pacific Championships in his hometown pool in Irvine, Calif in 2010. He has also won numerous world championships, holds the world record in the 100-meter backstroke, and has dominated the event for several years. Aaron is considered to be the best backstroke swimmer of all time.

Neil Walker has also won several Olympic medals, including gold, and had a very long and successful swimming career specializing in the freestyle. He holds numerous records and is known worldwide for his accomplishments and leadership. He retired from competitive swimming after the 2008 Olympics and is now coaching swimmers of all ages in Dallas, Texas.

David Cromwell began swimming for the Missoula Aquatic Club at a young age and still calls Missoula home as he travels about the world. He was an All-American swimmer at Harvard and holds school records in the 100- and 200-meter backstroke, and the 200- and 400-medley relays. He went on to train under legendary coach Eddie Reese at University of Texas. While at Texas Cromwell was a National Champion and ranked 4th in the world. Following his stint with the Longhorns, he went onto swim for two years in Madrid, Spain.

During the Olympic Swim Clinic, swimmers received personalized attention in technique, stroke work, starts and turns along with motivational advice from each of the clinicians. This is the fifth year MAC has hosted the Olympic Swim Clinic and it's hoped the clinicians will join us again in 2012!

Updated pictures in swim cases at Griz
Pool from:

Short Course State

Senior Sectionals

Age Group Sectionals

Firecracker

Long Course Championships

Long Course Senior Sectionals

Nationals

**All pictures are welcome and wanted so
please put in Zimmer mailbox and email me
to let me know they are there.

cdzimm@montana.com