



April 2015 Newsletter

MAC Spring Banquet



Friday, May 1 @ Griz Sky Club

4-5:30 pm All Team Practice

5:30-7:30 Potluck Dinner & Banquet

MAC Board supplies main course

A-M bring salad or veggies/fruit

N-Z bring fruit or dessert



Griz Tri Volunteers needed 4/18

Our team makes \$600

Senior, Gold or any parent welcome~sign up at pool

Splash Cleaning for Gold & Senior Squad on May 9 ~11:30

We do this as a community service since Splash is willing to open early for our team

CHECK "INFO" TAB ON WEBSITE FOR EARLY OPENING SCHEDULE



Senior Squad News



Hi MAC Families,

I find it hard to not start each one of these, “So much has happened since our last newsletter” because so much does happen between newsletters - so I’m going to stick with it this time.

The Montana State Meet, Senior Sectionals, and Age Group Sectionals were full of highlights as Dave has outlined in his email updates. In other news, it is about the time that Dave, I, and the other coaches have to say goodbye to our outgoing seniors. We have 7 graduating seniors. Mira Darham, Baylee Everett, Thomas Fallon, Hanni Leach, Ryan Mason, Andrea Schmidt, and Stephanie Uhlenbruck. While a few are not currently in the water they swam during this year and have been part of the MAC team over the years. We hope to see you at the banquet on May 1.

As many of you know, it is move-up season and Senior group has gained eight new members from Gold group. We are excited to have them, and excited to help them progress as athletes. If there are any questions or concerns, please don’t hesitate to get ahold of Dave or me.

Long course season is upon us, and it will be over just as quickly as it has come. Dave has worked on making group expectations more clear so both swimmers and parents know what we are expecting as coaches. If you have not received a copy yet, one should be distributed by email soon. Practices will increase in intensity quickly, but Dave and I will make sure that we mix in plenty of recovery as well.

We can’t wait to see all the great swims that this season has in store for Senior group, and all other MAC groups, and Dave and I must admit we are excited to get outside and get a little bit of a tan!

GO MAC!
Coach Sean and Coach Dave





Gold Squad News



Gold Group really finished out the Short Course Season with a bang! We had some fantastic end of season swims with numerous huge time drops and multiple top finishers at State in Butte as well as some brand new qualifiers for Age Group Sectionals in Federal Way. Our swimmers gained some valuable experience at these meets.

I felt like as a group we had a very strong season with lots of success and improvement. This positive energy is great to see and I think it will transfer into a great Long Course Season. We have lots of great ideas for the season ahead with plans to use a lot of equipment. I'm very much looking forward to getting outside for some 50 meter swimming! GO MAC!

Coach Mike & Coach Kelcey





Silver Squad News



Hello from Silver Group!

Silver group had a great short course season culminating in a fantastic State meet! We had nine swimmers qualify for State and eight attended the meet. We had two swimmers win state championships. Conor McMahon won the 9-10 Boys 50 yard Breaststroke and Grace Wandler won the 8 and Under Girls 50 yard backstroke. Madison Faust, Claire Powell, Reagan Remmers, Ruby Airhart, Ava DeArment, and Otto Seagrave also competed at that State Meet. They also all achieved at least one best time!

We are looking forward to an exciting summer of getting to swim long course (and outside!) and we ready to have a blast at the Firecracker Meet!

Coach Jay

Hi MAC families,

First, I would like to say thank you to the swimmers and parents who helped make this past short course season another great one! We saw time drops across the entire squad with outstanding swims at BC Champs and at the Montana State meet. Our swimmers have set themselves up for a great long course season.

Looking forward to the spring and summer, I would like to quickly remind everyone that while we have a great opportunity to start swimming outside early, we need to be prepared for the weather. That means extra warm clothes, towels and lots of sunscreen.

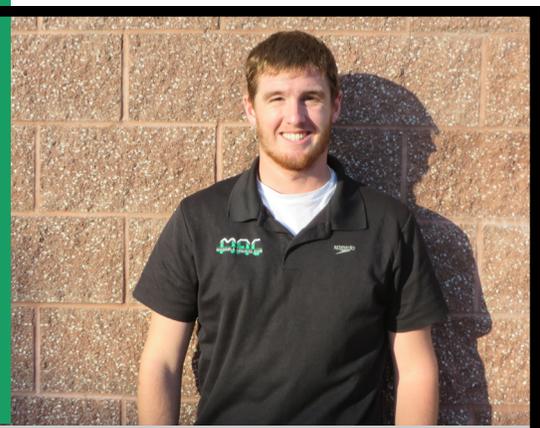
I'm looking forward to a fun summer with some great swimmers!

Coach Steph





Bronze & Pre Bronze Squad News



Hello Bronze and PreBronze families! We have had a great end to the short course season. Many of our Bronze swimmers (and one PreBronze swimmer) swam in the short course State meet at the beginning of March and did an excellent job! We had several 8 and under state champions in a few different events. Many of the swimmers who went just started competing this year and did a great job! We also had 18 swimmers participate in the Swim-a-thon on April 11th. These swimmers raised money for our club and swam a full hour and a half!

Currently, we working on the skills we need in order to move into the long course season. We are kicking and swimming longer distances every practice and working on basic skills such as pushing off every wall with a streamline and including an underwater dolphin kick. As we move outside at the end of May, please note a few things. The kids on our squad do get colder easier, so wetsuit shirts or rash guards are more than welcome! Also, please, please send your swimmer to practice with sunscreen and dry clothes to change into after practice! As always, please do not hesitate to get in contact if you have any questions or concerns!

Coach Katie



MAC is sad to say good bye to Coach Kyle Hopkins who has been with the team since 2011. Kyle earned his degree in Wildlife Biology from UM. Kyle has been such an amazing coach and positive influence for the team!
We wish you all the best!!

We welcome new coach Riley Egger Graduate and former swimmer for University of Wisconsin~Green Bay



Swim a thon Results

Total Raised: \$13, 201

Total Participants: 71

Top earners:

Ruby Airhart \$915

Katie Fagg \$631

Kaylee Macholz \$500

Squads:

1. Silver \$3,125

2. Gold \$2,858.50

3. Sr. Sectional \$2,480

4. Bronze \$2,322.50

5. National \$1,485

6. Pre-Bronze \$855

****Pledges collected through April 30th on-line and also using the pledge packet.****

A huge thank you to Kristin Airhart, Beth Fagg, & Kim Fee for their hard work coordinating the event and getting all the pledges entered, and also to the parents that volunteered during the event and donated prizes.

MAC is pleased to be able to offer scholarships.

A portion of the money raised through the swim a thon goes directly toward providing financial assistance to swimmers.

2014-2015

7 Swimmers

\$4,070 per year

MAC Firecracker

June 25-28, 2015

**Please plan to donate items AND volunteer time
MAC Parents are awesome-Please DO your part!**

MAC by the Numbers

Pre-Bronze 15

Bronze 23

Silver 20

Gold 20

Senior 23

National 8

Totals: 109 currently swimming with team



usaswimming.org
Check out Member Resources
and Tips & Training



swimswam.com
A great website to keep up on
the world of swimming



Download this app
Up to date info on meet results



Earn Money for Team and Family
Shopwithscrip.com



We're off to a great start. In just the first 2 months of the year (Jan/Feb), 8 families have earned just over \$400 in scrip funds. Half of that has gone directly towards their swim dues - that's an average savings of \$12.50 per month for each family simply by paying for everyday purchases with their scrip cards. In addition, the team earned over \$550 in scrip by paying for our coach hotel rooms with scrip cards including the B/C Championship, State Championship, as well as the Age Group and Senior Sectional meets. If anyone has any questions about our scrip program or how to set up an account, please feel free to give me a call (406-360-3476). Nicole Smart

"I love the scrip program. We purchased hotel & restaurant cards for Federal Way and earned \$130 last month. The team gets half and the other half is applied toward our swim dues. We would have spent the money any way so it's a win~win! It is so easy to use and Nicole is very helpful if you have questions. Please consider signing up!"

~Denise Zimmer



Parking passes will now be available at:

Stewart Title
320 W. Broadway
(Corner of Orange and Broadway)

We thank Clay Christian for being willing to do this and send a huge thanks to CTG and the Jacobson's for doing the parking passes for the past many years!!

If you already have one for this year you won't need a new one until after summer.

Congrats to Coach Dave, Katharine Berkoff & Mari Aoki for special selections



Mari was selected for the Diversity Select Camp~Each spring, USA Swimming invites 48 athletes from underrepresented populations to participate in a three-day camp program which includes pool training, motivational and education sessions and team-building activities. Selection is based on times achieved at USA Swimming sanctioned events.

Dave (Coach) & Katharine chosen were chosen for the Western Zone Select Camp~USA Swimming sponsors four Zone Select Camps in an effort to identify the emerging young athletes in each Zone and offer them a unique motivational and educational experience. The Zone Select Camps are viewed as an integral step for athletes to move from the local and Zone level onto the national scene.

Courtesy of Hannah Hecht

At the end of the road, most swimmers aren't going to be able to make money by competing professionally. After college, we have to shift gears from the 5:00 a.m. workouts and weekends spent out of town at swim meets, and we are thrown out of the water and into the workforce. However, just because so-called "swammers" may have hung up their goggles, doesn't mean that those years of hard work were wasted. Former swimmers have spent years developing skills which can be integral to their new lives in the workforce.

1. Swimmers are detail-oriented.

It takes a certain type of person to spend hundreds of thousands of yards perfecting her stroke to the exact underwater catch that will produce maximum speed or to practice splitting out a 500, making sure to stay consistent to the tenth of a second. Swimmers know that success comes from looking over all of the elements of a project with a microscope in order to make sure that even the minutest details are perfect. That kind of dedication to the particulars can give us the competitive edge in the office as well as in the pool.

2. Swimmers can manage their time effectively.

In order to be a student athlete in any sport, you have to be able to effectively balance your work and school, but swimming takes time management to another level. After handling year-round two-a-days on top of taking sixteen credit hours, participating in on-campus activities, traveling to meets, and striving for that Academic All-American title, working a nine-to-five job may seem like a piece of cake.

3. Swimmers can set challenging, yet realistic, goals.

Having honed our craft ever since we were little kids perfecting our 25 free, we know what a good goal looks like. Swimmers understand that the most effective goals are ambitious, but reachable, and once we have a goal, we work tirelessly to achieve it. Importantly, we also know how to regroup and change our strategy if our work is not producing effective results.

4. Swimmers know how to be good teammates.

Almost every job that you will get after college will require you to work as a part of a team with other people. Luckily for you, years of swimming has taught you that while you can't choose your teammates (or your coworkers), you can choose how you treat them. Swimmers know that everyone performs best, and the team places the highest, when everyone feels like their teammates are rooting for their success. We know how to elicit high achievements, whether it is through a compliment, a cheer, or a pat on the back, from both ourselves and our teammates.

5. Swimmers know how to take a tedious task and make it interesting.

After spending hours every day staring at a black line on the bottom of the pool and swimming back and forth, most tasks in the adult world may seem a lot more interesting. And even if your employer assigns you to something monotonous, as a former swimmer, you will have already developed a lot of tricks to keep yourself focused. Singing in your head, making the job into a game, or finding small ways to creatively change how you do things can help make tasks go by faster, in swimming and in life.

6. Swimmers know how to perform under pressure.

If you have competed in finals at the big conference or national meet, you know how to execute tasks when the stakes are high. In fact, swimmers know how to take nervous energy and harness it to enhance their performance. Years and years of performing in front of huge crowds is very good practice for any presentations or public speaking that may come your way.

7. Swimmers are intrinsically motivated.

The most important thing that swimmers learn from their years of training is how to stay motivated at both the fun times and the hard times. Swimmers know how to work through a plateau or through that dreaded January month when it seems that taper will never come. Even in the middle of the season when the rewards are far off and our times are looking slow, we know how to find happiness from hitting that turn just right or nailing the relay exchange. Although the records and the medals are nice, our real motivation comes from making ourselves better. We know how to work at what may seem to be a thankless task in order to improve ourselves and benefit the team as a whole.