



January 2015 Newsletter

Team Pictures~Thursday, January 29

Wear MAC Team Shirt (Black or Grey)
or MAC apparel

If you would like a team shirt please contact Renee Isono
(renee@macswim.org)



Schedule:
3:30 Senior Squad
4:00 Gold Squad
4:30 Silver Squad (1 & 2)
5:00 Bronze, Pre-Bronze (1 & 2)
5:15 All Team

Picture envelopes will be in your folder at the pool.
Please have ready to give to photographer on picture day.



Save the Date~Swim a thon

Saturday, April 11 during regular practice
Watch for details!



Senior Squad News



A lot has happened since our last newsletter! There have been three very successful meets, lots of good training, and a high level of motivation throughout the group.

The MAC meet in November was a very good experience for all involved. There were a number of swimmers who took big steps in their racing, and also a number of learning opportunities. One of the areas in which we saw improvement was the swimmers' ability to put aside the fact that they were tired from hard training and minimal rest, and still swim fast. Dave and I hope to continue to build on that as we move forward as that is a very important ability for swimmers.

Next up was the Husky Invite in Federal Way, WA (MAC West as Dave likes to say). This meet afforded some of the swimmers their first opportunity to race against college swimmers, and they sure responded well. Seven team records, and four state records were set and we even had an event winner (Mari Aoki - 400 IM), so needless to say it was a successful meet, and an invaluable learning experience.

Juniors – also at MAC West, is such a fun meet to coach! Obviously there was a lot of fast swimming, but it's also a totally different environment than a state or sectional level meet, and it's an awesome learning experience for swimmers and coaches alike. Hanni Leach and Adam Zimmer were our two finalists, each qualifying in two events and using those second-swim opportunities to swim like champs. Each of the swimmers either swam best times, or were ahead of where they were last year at this time, so as coaches you can't ask for much more. Even more importantly than the times swum, everyone came away with things learned and experiences had which can be leveraged for future, greater success at national level meets.

After a busy fall short course season of meets and good training, Dave and I have learned a number of things which we will be working on implementing before our spring taper meets. While we plan to work very hard and hit weekly yardage marks that are higher than our fall numbers, we will really stress that every practice is another opportunity to improve every aspect of swimming, not just conditioning. Every turn, and every stroke is an opportunity to learn and get better.

The spring portion of short-course season will surely fly by as we are only a few weeks out from the MAC Winterfest and then just a few more for High School State, Senior Sectionals, and Age Group Sectionals. We can't wait to see how all of our hard, focused work pays off in the coming months.

- Coach Sean & Coach Dave





Gold Squad News



Our first half of of short course season 2014-15 has been a great start! Gold group has put in some very hard work at the pool and it was reflected in our meets. We have seen very solid racing across the board, especially at meets with a bit tougher competition (e.g. MAC meet, Boise). As planned, we implemented a yardage leaders chart, which measured the kids' distance swum so far. It has been a great motivational tool and we feel that it has helped boost attendance, especially at morning practices. We're excited to see how far some of the swimmers make it by the end of the season! Our goal setting discussions this season have been quite successful, and they are helping the kids realize better what it takes for them to reach their goals. As we return from break and get back in things, we will be revisiting and reassessing those goals (some kids already made their goals and need to make new ones) and sitting down to discuss each athlete's progress at practice. We only have about 2 months left in the season, but we're excited to see what we can do with that time. The second MAC meet is just around the corner and B/C Champs, State And Sectionals are not far behind it. We're looking forward to a great end to our season!

GO MAC

Coach Mike & Coach Kelcey





Silver Squad News



It's been a blast coaching silver so far and getting to know everyone! Fall went well for silver group with some great swims at swim meets. We worked hard on our kicking and our body position in the water. We have also begun testing our endurance with some longer swims in practice.

Swimmer's focus in the water has been great and we're excited to see what the rest of short course season holds for silver squad!

Coach Jay & Coach Stephanie

GO TEAM, GO!



Bronze & Pre Bronze Squad News



Welcome back bronze and pre-bronze families! We hope you enjoyed the holiday break and are excited to get back to swimming! The past few months for the bronze teams have been great, with the MAC meet being one of our highlights. We had several brand new swimmers compete and of course our seasoned veterans. The kids enjoyed the meet and the team atmosphere, with several of them qualifying for state times. We now have turned our attention to preparing for our meet at the end of January. We again have new swimmers, as well as old, eager to compete and improve. We would like to remind parents that we are available and willing to talk about your swimmer's progress before or after practice or at your convenience! We look forward to the rest of the season!

Coach Katie and Coach Kyle



Resources



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

MAC NEEDS PARENT VOLUNTEERS~PLEASE CONSIDER GETTING MORE INVOLVED

*MANAGE POOL BULLETIN BOARD AND PHOTO DISPLAY CASE AT GRIZ POOL (2-3 TIMES/YEAR)

*DESIGNATED PERSON TO TAKE AND SUBMIT PHOTOS TO THE YOUTH SPORTS PAGE OF THE MISSOULIAN

*HELP WITH SWIM A THON (AHEAD OF TIME-GETTING PRIZES, DAY OF-CHECK IN & PRIZES)

PLEASE CONTACT DENISE ZIMMER (cdzimmfive@yahoo.com or text 239-0078)

MAC Winterfest

January 30-February 1

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

DOS AND DONTs FOR SPORT PARENTS



DO FOR YOURSELF:

- Get vicarious pleasure from your children's participation, but do not become overly ego-involved.
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.
- Have a life of your own outside of your child's sports participation.

DO WITH OTHER PARENTS:

- Make friends with other parents at events. Socializing can make the event more fun for you.
- Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents.
- Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

DO WITH COACHES:

- Leave the coaching to the coaches.
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child. You can learn about your child from each other.
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children. You have a right to know.
- Make the coaches your allies.



DO FOR YOUR CHILDREN:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.
- Show interest in their participation: help them get to practice, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Intervene if your child's behavior is unacceptable during practice or competitions.
- Understand that your child may need a break from sports occasionally.
- Give your child some space when need. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humor. If you are having fun and laughing, so will your child
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!!!

DON'T FOR YOURSELF:

- Base your self-esteem and ego on the success of your child's sports participation.
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

DON'T WITH OTHER PARENTS:

- Make enemies of other parents.
- Talk about others in the sports community. Talk to them. It is more constructive.

DON'T WITH COACHES:

- Interfere with their coaching during practice or competitions.
- Work at cross purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what he or she may get out of sports.

DON'T WITH YOUR CHILDREN

- Expect your children to get anything more from their sports than a good time, physical fitness, mastery and love of a lifetime sport and transferable life skills.
- Ignore your child's bad behavior in practice or competitions.
- Ask the child to talk with you immediately after a competition.
- Show negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- Think of your child's sports participation as an investment for which you expect a return.
- Live out your own dreams through your child's sports participation.
- Compare your child's progress with that of other children.
- Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to dislike you.
- Expect anything from your child except their best effort.
- EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU!

YOU CAN HELP YOUR CHILD BECOME A STRONG COMPETITOR BY...

- Emphasizing and rewarding effort rather than outcome.
- Understanding that your child may need a break from sports occasionally.
- Encouraging and guiding your child, not forcing or pressuring them to compete.
- Emphasizing the importance of learning and transferring life skills such as hard work, self-discipline, teamwork, and commitment.
- Emphasizing the importance of having fun, learning new skills, and developing skills.
- Showing interest in their participation in sports, asking questions.
- Giving your child some space when needed. Allow children to figure things out for themselves.
- Keeping a sense of humor. If you are having fun, so will your child.
- Giving unconditional love and support to your child, regardless of the outcome of the day's competition.
- Enjoying yourself at competitions. Make friends with other parents, socialize, and have fun.
- Looking relaxed, calm, and positive when watching your child compete.
- Realizing that your attitude and behaviors influences your child's performance.
- Having a balanced life of your own outside sports.

DON'T ...

- Think of your child's sport participation as an investment for which you want a return.
- Live out your dreams through your child.
- Do anything that will cause your child to be embarrassed.
- Feel that you need to motivate your child. This is the child's and coach's responsibility.
- Ignore your child's behavior when it is inappropriate, deal with it constructively so that it does not happen again.
- Compare your child's performance to that of other children.
- Show negative emotions while you are watching your child at a competition.
- Expect your child to talk with you when they are upset. Give them some time.
- Base your self-esteem on the success of your child's sport participation.
- Care too much about how your child performs.
- Make enemies with other children's parents or the coach.
- Interfere, in any way, with coaching during competition or practice.
- Try to coach your child. Leave this to the coach.

ABOUT THE AUTHOR:

Michael A. Taylor an Instructor for the Stanford University based Positive Coaching Alliance, a long-time member of the United States Elite Coaches Association and a former gym owner.



MAC TEAM SHOWS SUPPORT

MAC Coaches
ROCK!!

