



September 2014 Newsletter

MAC Swimmers/Coaches represent our team for Long Course Season

Junior Nationals (Irvine, CA)~Coach Sean Niccolucci
Mira Darham, Hailey Jacobson, Hanni Leach, Andrea Schmidt

Senior Sectionals (Gresham, OR)~Coach Dave Berkoff
Mari Aoki, Katharine Berkoff, Makayla Crist, Mira Darham, Hailey Jacobson, Hanni Leach, Andrea Schmidt, Miranda Tornatore, Cale Berkoff, Jack Eberhard, Jason Smith, and Adam Zimmer

Senior Zones (Clovis, CA)~Coach Mike Turner
Cale Berkoff, Colter Christian, Julian Fee, Jadyn Stroh

Age Group Zones (Federal Way, WA)~Coach Dave Berkoff
Mari Aoki, Katharine Berkoff, Gabby Smart

Congrats.....

MAC had 4 swimmers named as
USA Swimming Scholastic All-Americans

Andrea Schmidt (1st year)

Hailey Jacobson (3rd year)

Hanni Leach (2nd year)

Kate Zimmer (3rd year)



Montana Swimming named
Hanni Leach & Adam Zimmer
as Female & Male
Athletes of the Year



Fall Parent Meeting &
Ice Cream Social

Friday, September 26

from 7:15-8:45 pm

(Regular practice all squads but Gold & Silver
will end at 7:00 instead of 7:30)

Paxon Elementary

Please bring a topping to share
MAC gear for sale

A Huge Appreciation to MAC Volunteers

Curt & Lanni Jacobson-For their 10 + years of service
Board of Directors

Denise Zimmer, Rob Baldry, Kim Fee, Renee Isono, Lisa Keyes, Curt
Jacobson, Eric Smart, John Giammona, Suzy Archibald-Wilson, Shanta
Layton, Beth Fagg, Erica Stroh, Nan Darham, Leann Herzog, Thea Gyde

Meet Managers~Eric Smart & Lisa Keyes

Team Website~Kim Fee & Lisa Keyes

Awards~Amber Sherrill & Marian Maxwell

Swim Shop~Renee Isono

Concessions~Nicole Smart & Beth Fagg

Hospitality~Kelly & Suzy Archibald-Wilson

Scrip Coordinator~Nicole Smart

Want to get involved? Join the MAC Board~contact Denise@macswim.org

Senior Squad News

Hi MAC Families,

The Senior Group is happy to be back in the water and training again! Dave and I have worked hard over the break to come up with new training regimens both in and out of the water. The most noticeable change will be to our dryland work. Dave has created some great dryland routines focusing on swimming related strength building which we hope the swimmers find to be fun and beneficial - we are excited to see the results. We are also currently working on developing better descriptions for the Senior Group's different tracks (State, Sectional, and National), so swimmers and parents have a better understanding of placement and how to advance among the tracks.

These first couple of weeks back will be focused on details and regaining the "feel of the water". That being said, we will be jumping right back into hard training in not too long which we are looking forward to, and hope the swimmers are as well.

To end the summer season, MAC saw great swims at Senior Sectionals, Junior Nationals, and Age Group and Senior Zones. There were a number of swimmers that had never before competed at those respective levels, and Dave and I feel that it was a great learning experience for all.

Again, Dave and I are excited about the upcoming season! If there are any questions, please don't hesitate to contact us.

- Sean and Dave

Zionsville Visit a Huge
Success
Thanks
MAC Families!





Gold Squad News

My first summer working with Gold group was a blast! We wrapped things up very nicely with strong showings from the swimmers at State in Bozeman. We had some BIG time drops and a few remarkable podium finishes at that meet! Gold group is going to have a great Short Course season. I am excited to have another coach, Kelcey Crocker, join us so we can provide a bit more one on one attention to the athletes, especially with our group growing in numbers. We are going to spend the next few weeks getting back in shape with a strong emphasis on stroke technique before we get into swim meet season. We will be visiting individual goals frequently throughout the season and plan to implement a yardage leaders chart for the group. This will help track progress, attendance and measure success. I'm looking forward to working with Gold again as well as coaching some fast swimming this season. GO MAC!!



Coach

Kelcey Crocker
to Gold
and
Coach

Jay Friend to Silver
(coming in November)



Coach Mike



Silver Squad News

Welcome back! I hope everyone enjoyed the rest of their summer. We have several new swimmers on the Silver Squad and a few that are new to MAC and I would like to welcome you to the team!

We have some big changes this year to the Silver practice schedule. The squad is split into two groups, Silver I and Silver II. This will help lower the swimmer to coach ratio, reduce lane crowding and allow for more individualized attention for your swimmers. I am excited to see how this new schedule benefits our team! Feel free to contact me if you have any questions.

I also want to spend some more time this season on goal setting. Over the next few weeks we will be talking about short term and long term goals and the steps needed to achieve these goals. Keep an eye out for an opportunity to schedule a goal meeting with me and your swimmer.

See you at the pool!

Coach Steph



Pre-Bronze & Bronze Squad News



Hello Bronze and Prebronze swimmers and families!

We are excited to start our upcoming season! We had great Bronze attendance at the Firecracker meet in June. It was great to see the kids so excited to swim outside! We had a great turnout at the rookie camp and are looking forward to having those new swimmers on our team! Feel free to bring friends to try out MAC! A few reminders: with the new schedule, swimmers need to stick with their practice group. Since this is a new system, we welcome your feedback and want to know how the transition is going for Bronze families.

We're looking forward to a great season!

- Katie and Kyle



A huge congrats to Coach Katie for becoming the new 5th grade teacher at St. Joseph's! We are so proud of her!

Want to earn \$\$ toward your dues and help the team?
Check out the scrip program
It's so easy-just takes a little planning ahead
View "Scrip" tab on macswim.org home page for all the
information you need to get started!
Contact Nicole Smart with ?'s at 360-3476



We depend on our parent volunteers to run our home meets.
Mark your calendar for November 7-9 for the
MAC Fall Invitational.

We are one of very few teams that don't require or fine families
regarding volunteering because we believe everyone will do their
part!

If you register your swimmer for the meet you are expected to
volunteer to donate items & sign up for a job each day.
Please note that planning to be a timer does not count as a "job
sign up" because we first need to fill all of our positions to run the
meet. Sign ups are posted on the website and we do monitor this.
If you don't sign up you will get a call.



MAC Payment Policy-Please read this

New swimmers will have a two week trial period free of charge, after which they decide to join the team the remaining portion of the month will be prorated.

Monthly dues are specifically set for each training group and are set by the Board of Directors and approved by the membership.

Shall swimmers make a higher level meet that occurs in August, there will be no monthly dues charged for that month.

ACH Debit: All members are required to provide information for automatic payment (either via a valid credit card or bank account for automatic debit) through the MAC Team Unify web site. **Families choosing to use a credit card will pay the processing fee (5% of invoice total).** There is no additional charge for ACH/automatic withdrawal from bank account and we strongly encourage this method of payment.

Dues are withdrawn from accounts on the 1st of the month. Account holders are responsible for monitoring their account balances on a monthly basis via Team Unify, auditing for any inaccuracies and reporting such to team treasurer either by phone or via email. If it is determined that an adjustment need to be made to an account balance due to inaccurate billing, the Treasurer will make the necessary adjustment (s) in a timely manner.

If payment cannot be processed by the 10th of the month a \$10 late fee will be assessed. If balance is not paid by the 30th of the month the family will be notified via email with an invoice showing current and past due fees and any applicable late fees. Payment is due upon receipt of this invoice. In the case of extenuating circumstances the family may contact the President or Treasurer to discuss payment options.

Any swimmer with account 30 days past due will be restricted from meet entry via team unify until account balance is paid. If account balance is 30 days past due, the President will attempt to contact the family by phone. In addition, the family will receive written notice via email that their child(ren) will not be will NOT be able to attend swim practice until the account is paid in full.

Members must notify MAC at notice@macswim.org by the 20th of the month if swimmer will not be in the water for the next month. Exceptions to this would be an injury.

Please remember if swimmer is in the water at all during a month you will be billed for that month.

Eat To Compete



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 training.

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, milk, and fruits. ** Choose whole grains when possible.

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.

One myth is that eating more protein or taking supplements will build more muscle.

This is NOT true. The winning formula for building muscle is a combination of foods that contain nutrient rich sources of protein (milk, yogurt, lean meat, fish, eggs, beans, nuts) and extra calories along with strength training.

**Growing teenage athletes need 0.6-0.7 grams of protein per pound of body weight/day. So a person weighing 170 pounds would need 102-120 grams of protein per day (170 x.6 or .7).

Ideas.....

Breakfast: Essential for re-fueling your body. Those who eat breakfast do better in the classroom.

1. Pancakes, margarine, syrup, scrambled eggs, OJ , Yogurt
2. Toasted bagel sandwich with eggs, ham, & cheese, chocolate milk, banana
3. Eggo waffle with peanut butter & syrup, fat free or 1% milk, & applesauce
4. Oatmeal with brown sugar, milk, raisins, bananas, walnuts and milk
5. 2 slices whole grain toast with peanut butter and honey, peaches, chocolate milk
6. If on the run:
 - ~Left over pizza slice, banana, chocolate milk
 - ~ Hard cooked egg, yogurt or drinkable yogurt, graham crackers, applesauce
 - ~ Yogurt, granola bar, apple juice
 - ~ Smoothie : Recipe for small "to go" blenders:

Strawberry banana smoothie: 3-5 frozen strawberries, ½ cup vanilla yogurt, 1 banana, 1-2 cups apple juice

Chocolate/peanut butter smoothie: 1 cup crushed ice, 1 cup chocolate milk, 2 T peanut butter, 1 banana

Lunch:

1. Deli sandwich on whole wheat with ham, turkey, or roast beef, cheese, lettuce, & tomato, baked chips, apple, cookie, chocolate milk
2. Grilled chicken sandwich, yogurt parfait, OJ, carrot sticks
3. Chicken & cheese quesadilla, salsa, smoothie
4. Peanut butter & jelly/honey on whole wheat, banana, carrots/ ranch, pretzels, milk
5. Beef or Chicken Taco with lettuce & tomato, beans, rice, milk
6. Grilled Cheese with tomato soup, apple, milk, pudding
7. Chicken wrap, smoothie, small cookie
8. Soup in bread bowl or with roll, OJ, salad
9. Bagel with cream cheese, peaches, salad bar, trail mix, milk



Dinner:

1. Spaghetti with meat sauce, garlic bread, strawberries, milk
2. Chili with corn bread/honey, salad, peaches, milk
3. Lean hamburger with bun, cheese, lettuce & tomato, baked fries, applesauce, chocolate milk
4. Grilled chicken, mashed potatoes, broccoli, fruit salad, milk
5. Tacos, carrots & ranch, smoothie
6. Lasagna, garlic bread, salad, peaches, chocolate milk
7. Homemade macaroni & cheese, roll, carrots & ranch, grapes, milk
8. Pizza, salad, smoothie
9. Sirloin steak, baked potato, asparagus, milk



Desserts:

pudding, yogurt parfait, frozen yogurt, light ice cream, sorbet, sherbet, oatmeal or peanut butter cookie, rice crispy bar, smoothie, or fudgesicle

NOTE: Do not drink soda, energy or fruit drinks (Hi-C, Sunny Delight, etc.) as the high sugar content can cause stomach cramps and hurt performance. Costco muffins are loaded with calories (670) and fat (36 grams) and are not a healthy choice for competition.



High performance snack ideas:

Yogurt and granola
String cheese and baked crackers
Bagel, graham crackers, or pretzels with peanut butter
Fig Newtons
Trail mix
Tortilla with cheese
Cup of soup
Smoothies
Bananas, apples, grapes, oranges, applesauce, 100% fruit sticks
Low-fat popcorn
Flavored milk
Energy bars, granola bars
Goldfish
Veggies & low fat dip

***Remember if you are practicing or competing after school you should plan ahead and pack food to eat.**

1-3 hours before: Carbohydrate + Protein (sandwich, yogurt/granola, fruit, smoothie, bagel/graham crackers with peanut butter, chocolate milk, cheese, trail mix)

1 hour before: Carbohydrate-Gatorade, fruit, bagel, energy/granola bar, graham crackers

****Stay hydrated.** If you are thirsty you are already dehydrated....make sure water and a sports drink (Gatorade/PowerAde) is available. Have a water bottle at school with you!

Daily Fluids: 8-10 cups (1 cup=8 ounces)

****Recovery nutrition:** within 30-45 minutes after hard work out-combine carbohydrate + protein (chocolate milk or yogurt)



-Female teenage athletes should take a multivitamin with 18 mg iron (Flinstone Complete)

-All teenage athletes should take a Vitamin D supplement of 1000 IU's daily since we are not able to get enough sun for Vitamin D production from October-March.

-All teenage athletes should get **4 servings** of dairy per day to meet calcium needs.

(1 cup milk, 1 cup yogurt, 1 1/2 ounce of cheese, 1 cup calcium fortified orange juice)