



MACS

MACS RELAY

Volume 32, issue 2

January 2009

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Upcoming Events

- **GET PUMPED UP-** Jan 28 at Eaglecrest-Swimmer Recognition & Parent Information mtg. 6:45 PM
- Feb. 11- **Board Meeting** at 7 PM at PP
- Feb 20-22- **Loveland Invite**-Group 2 & up
- Feb 27-Mar 1- **Silver State** at DU
- Mar. 6-8 **14 & Under State** in Ft. Collins
- Mar 11-15- **Sectionals** in Federal Way, WA

President's Message

Happy New year to all our families! Where has the time gone, the Short course season is more than half-done! The following is an update from your Board of Directors:

1. To assist the team with fundraising, MACS will host a second major swim meet in January 2010

2. We need everyone's support for the ongoing MACS Raffle, which we will hold our drawing on Valentine's Day. These tickets should sell themselves and help everyone meet fundraising goals. The raffle is our second largest fundraiser (after

our swim meet in the fall).

3. Fundraising/Financial: For our team to be viable, we need everyone to pay their dues on time and meet their fundraising goals. Presently, the team is in arrears by \$8,000.

4. Texas Hold Em: For team building and fundraising, the Board is moving towards a series of Texas Hold Em evenings (thanks to swim parent, John Miller). We are looking at a date in April. We will try to make this an entertaining event that may draw spouses or non-players with food, music or a silent auc-

tion.

5. USA Swimming Recognition Program: The Board is in the process of completing an information packet for submittal this month. MACS should get Level I recognition (very likely a Silver-see the USA Swimming Website for what this means) and could be granted up to \$2200.

6. Swim Officials-MACS now has eight swim officials, thanks to a number of folks stepping up, to support our attendance at swim meets. We could use a few more; it is the best seat in the house.

(Continued on Page 3)

Coach Andy

Happy New Year! The holidays are always busy for swimmers as we prepare for several important upcoming meets. First we have Tops and Loveland. The short course season is already winding down with the State and Sectional Championships coming up soon. Good luck to those who are trying to qualify for these meets and congratulations to those that already have.

The holiday break training period went well again this year. The sectional group got 16 practices in, including two long course practices at the Olympic Training

Center in Colorado Springs. The senior and age group swimmers also put in a lot of practices at Pier Point. Those who attended a majority of these practices have built a very strong

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COACH CATHERINE

Since the last newsletter we have competed in four meets. The first was the TOPS High Point meet. MACS swimmers had a great meet and accomplished a lot. The whole group of 3 and 4 swimmers had over 90% best times: Kristyn Bobka, Meggie Chase, Sami Daniels, Lilly Davey, Juhan Hong, Nathan Hoskins, Jeffrey Li, Derek Liu, Mason Markle, Claire Martin, Timmy Martin, Owen Mathews, Hannah Meehan, Olivia Morley, Jane Rowland, Jonah Saya, April Wood, Mia Wood, and Chris Zheng. This was due to a lot of preparation, hard work and stroke refinement in the previous months- great job paying attention and applying what you learned. Of course the swimmers cannot expect best times every meet or every swim, but this meet is typically a great one for the group. Swimmers achieving new short course state times were Sami in the 500 free, Kristyn in the 500 free, 50 breast and 50 fly, Meggie in the 200 IM, 500 free, 50 fly, 100 back and 50 back, Olivia in the 50 breast, 100 IM, 100 fly, 50 back, and 200 free, Derek in the 100 breast, Jane in the 200 IM and 50 breast and Jonah in the 500 free. Chris and Jeffrey achieved Silver State times in the 100 breast and 50 free respectively. They awarded trophies for the top ten swimmers in each age group and those group 3 and 4 swimmers who won one were: Kristyn Bobka, Meggie Chase, Sami Daniels, Juhan Hong (1st), Claire Martin, Timmy Martin, Owen Mathews, Jane Rowland and Jonah Saya.

Next we competed in the North Jeffco Winter Open which was a prelim/final event for many of the swimmers. I was pleased with all of the incredible swims just two weeks after racing at Tops; of course getting up and racing at night in finals usually creates a more exciting situation. Just a quick recap: Kristyn - 6 best times many top 8 swims, Meggie - 7 best times- many top 8 swims- first time breaking a minute in the 100 free, Sami- fast 100 IM, Lilly-3 best times- nice 100 free, Juhan-raced with 14 and under and still made finals in all races with 12 best times, Nathan-nice 100 free, Jeffrey-3 best times, nice stroke improvements, Derek-3 best times- big drop in 200 free, Mason-3 best times, nice drop in 200 breast and 100 free, Claire-all best times, big drops in 100 back, 200 IM and 100 fly, many top 8 swims, Timmy- won 5 races- 10 best times, Owen- nice drops in 50 breast and 100 IM, Hannah- 4 best times great freestyles, Olivia-4 best times- top 8 swims- huge drop in 100 free, Jane- many top 8 swims-3 best times, Jonah- 7 best times- 6 top 8 swims even swimming with 12 and under- great 200 IM, Chris Zheng- 5 best times, nice 100 IM and 100 free. Great job everyone!

Then came holiday training!! You made it through the break training with flying colors!! Eleven swimmers in group 3 and 4 began the holiday with the TOPS distance meet at DU. The meet ran quickly and provided us with a chance to swim many of the distance events that are not always offered for the 11-12 year olds. The kids improved on nine of their existing state times and Lilly Davey and Owen Mathews achieved their first state times in the 200 fly and 200 breast respectively; way to go. We had 100% best times with many first time swims achieved. Then we began our training. The two weeks over the holidays we really step up our intensity and see what we can accomplish with the extra time we have to workout. The kids swam 14 times (including TOPS meet) in the two weeks and did an amazing job. Mornings we really had awesome workouts; combining with senior group was fun and challenging for us! Plus the humor of the older boys on seniors made my mornings. We had over 90% attendance as a group and swam well and hard!! I was proud of all of you! Sami Daniels had 100% attendance for group

4 over the

(cont on page 4)

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President's Message Cont.

7. New MACS Website-Thanks to Susan Arnold, we are launching a new and improved, user-friendly website.

8. Community Service Project-Both for advertising and Team Community Service, the Board has signed a contract with CDOT for Adopt A Road. We have a great location along Parker Road just south of Arapahoe Road.

9. Swim Clinic: Due to the success of this past summer's swim clinics, we

will host several clinics this spring (most likely in May).

10. Swimmer Recognition/ Parent meeting: We plan to have a Swimmer Recognition/Parent Meeting at Eaglecrest to celebrate the accomplishments of our swimmers in Mini-MACS, Group 1 and Group 2 and explanation about long course season and goals for the future for the groups.

As a reminder, board meetings are held the second

Wednesday of each month at Pier Point. Everyone is welcome to attend. Or, if you have an item you would like addressed at one of these meetings, please send me an email at ruimer-man@msn.com, call me at 303 617 8521, or catch me at a swim meet (I will be on the deck).



Coach Mary

Happy New Year to all! On December 20th several MiniMacs and Group 1 swimmers competed at the Highlands Ranch Sprint meet. Almost everyone swam best times in their events. Jonathon Martin swam his first swim meet and did great. Some of the swimmers swam relays for the first time. The girls 8 and under relays placed first. I was extremely proud of everyone who competed.

On Saturday and Sunday January 10th and 11th, Simone, Cobi, Jasmyne, Meredith, Joseph, Bella, Paige and William competed at the Taylor Reeves meet at Auraria. It was a great opportunity to compete at a larger meet.

Although there are no attendance or meet requirements for MiniMacs and Group 1, I strongly encourage everyone to compete in at least one meet over the next few months. In addition to competing in races it is a great time to socialize and get to know your teammates. As far as practices go I recommend that Group 1 swimmers try to attend at least two practices each week. Those swimmers who do, get faster and improve their strokes sooner. This will make the transition easier for those swimmers who will be moving up to Group 2 in the fall.

Please let me know if your child is sick for more than a week. My email is coachmary@macsswim.com. Also, please check your email at least every other day for important practice schedule changes due to holidays and high school swim meets at Eaglecrest.

If you have a friend who might be interested in joining MACS please have them email me.

Special welcome to Hannah Shuster, our newest Group 1 swimmer. We're glad you're here!

Coach Mary

**As a reminder,
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COACH CATHERINE CONT.

break and Chris Zheng, Olivia Morley, and Claire Martin exceeded 100% of the group 3 attendance requirement and Nathan Hoskins posted 100% of group 3's practice! Swimmers missing only one practice were: Juhan Hong, Timmy Martin, and Jonah Saya.

Last weekend we did one day of the Taylor Reeves meet with the goal of getting up and racing tired. Somehow two swimmers managed to make new state times as well- Nathan Hoskins in the 100 fly and Owen Mathews in the 100 breast. I haven't looked to see best time percentage for the meet as it really wasn't the focus there. I just wanted everyone to race a little to prepare for racing at Tops at the end of January where we will be ready to go fast!! This meet will be the swimmers' opportunity to get the cuts they still need for the championships. I am excited to see how all of your hard work pays off there. Following that we have Loveland which will be an important opportunity to get up and race two weeks prior to State. I will have swimmers who have all their state cuts do some events they don't usually focus on and swimmers still trying to achieve cuts can do those events. We will have a few swimmers going to Silver State and I will talk to you individually about how to go about signing up for Loveland and SS. I may have you do one less day at Loveland. Swimmers with 3 or more state cuts will not do SS. I want you to have the weekend before state off. As a group we have 91 state cuts right now (100 before Meg's age up- I want to point out how great Meggie has done this season- she has that Feb birthday!!). Of course we cannot swim all 91 swims as there is a 7 swim limit. Our group goal is to hit over 100- minimum!

This coming weekend five swimmers head out to Kansas for the Midwestern All-Star meet with the Colorado All-Star Team: Kristyn, Juhan, Claire, Timmy and Jonah. Five is a good number for us, with our highest numbers in 2001 and 2004 of nine swimmers. Brandon Barocio was an alternate as well. I wish I could go, but it is too much to travel there with Eve alone.

Let's keep up the great preparation and enthusiasm as we approach the end of the season!! We are heading into the final stretch and in reading your goal sheets I know you have a lot you plan to accomplish; I cannot wait to be a part of it!!

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MACS Adopts a Highway

Effective January 1, 2009- MACS became the proud parent of a part of Parker Road. We have adopted the two miles south of Arapahoe Road. We are now responsible for keeping this stretch of road all picked up and spiffy looking. We will have our names on two signs (one on each side of the road.)

Our responsibilities include picking up trash along this stretch twice a year. This is a great way to give back to the community and get our team name out there at the same time. We plan to schedule our first pick up in late March or early April. We will most likely do the other pick-up in late September or early October. (We want to have good weather.)

Kids 6 years and older are encouraged to help. We will be provided the lovely blaze orange vests to wear and are required to wear long pants, long sleeve shirts, work gloves and boots or sturdy shoes. The trash bags will also be provided. The only thing required of us is to make sure we watch the two safety videos online and have a safety meeting before we head out to pick up trash.

More information will follow once we choose a date. Remember that this counts as community service for those students who need it. As the group coordinator, I will be happy to sign off on any necessary school forms. If you have questions, please contact me, Teresa Brandon, at 303.645.9831 or tbrandon@ultrapetroleum.com. If you would like to watch the safety videos at home please go to <http://www.dot.state.co.us/AdoptAHighway/SafeVid.cfm>

COACH ANDY CONT.

foundation from which great future performances can be expected.

December featured two big meets for the older MACS swimmers. The North Jeffco meet gave us our first experience of the season with a prelim/final format and featured several outstanding performances. Leading the way were Allison Arnold (200,500 free), Luke Cyphers (200 back, 200 IM), Michael Martin (50, 100 free), Brandon Barocio (200 fly, 500 free) and John Martens (500 free, 400 IM). Two members of the senior group, Lucas Wang and Daniel Zheng, qualified for state for the first time.

Six MACS swimmers traveled to Austin, Texas for the Short Course Junior National Championships. Mikella Zglicynski (1650), Olivia Martens (200 fly) and Jana

Ruimerman (200 back, 400 IM) swam bests. Lauren Stoeckle became the fastest breast-stroker in MACS history with a 1:04.8 in the 100 and a 2:18 in the 200. Loren Brandon broke the Colorado State Record in the 17-18 girls 1650 and Bonnie Brandon broke 9 state records for 13-14 girls. Bonnie's 1:55.8 in the 200 back was also a national record for 13-14 year olds! Bonnie recently returned from the Junior Pan Pacific Championships held in Guam where she was representing the USA in an international meet. She swam 4 long course bests and bettered her time in the 200 back that she swam at the Olympic Trials last summer.

It has been a great season and I look forward to watching our MACS swimmers finish up with amazing season-ending performances.

Bonnie's Trip to Guam

With Bonnie getting home just in time for Finals and then trying to recover from her trip, I could not ask her to write anything for the newsletter. Instead I have noted a few items of interest that I have gleaned from her trip:

They served rice at every meal and some funny meat stuff which Bonnie didn't like. I gather her protein came from the eggs at breakfast and her Power Bars

The Australians did some sort of native dance that the US team members called the "Slappy Dance." Apparently there was a lot of chest slapping and grunting involved.

The "Slappy Dance" must not have worked for the Australians because the US team won the meet for the first time this year over the Aussies. The Score was USA 388 & Australia 372.

The Men's captain introduced the team to "Stewie's Stretches." These were his personalized form of yoga. Very interesting to watch. (Ask Bonnie to demonstrate.)

The beds were very small

Curfew was at 8 PM with lights out at 8:30 and they actually did it.

The scenery was fantastic- very green and mountainous.



L-R— Eva Fabian, Bonnie and Sam Shellem

Below: The View from Bonnie's room.



Another Fundraising Opportunity

Sunflower Farmer's Market (SFM) located in the CornerStar Shopping Center at Arapahoe Road & Parker Road has a fundraising opportunity for interested MACS families. SFM will provide cider (and maybe a bakery item) free of charge for us to sell at their store location at a "SAMPLING or TASTING TABLE". We supply the servers (our swimmers) and a parental supervisor or two, and sell the "samples" to shoppers in their store. All sale proceeds will go directly into your fundraising account. If you would like further information or to schedule a time, please call Judi Ruimerman at 303-617-8521 or email ruimerman@msn.com.

GET PUMPED UP!!!

In recognition of all the hard work and improvements our younger swimmers have made, we are having a **SWIMMER RECOGNITION** and Parent Information Meeting on Wednesday, January 28 at 6:45 at Eaglecrest. The kids will practice during the Parent Informational Meeting and then the fun will begin with Fun awards and treats!

We hope that all parents can come and watch their kids get the recognition that these kids deserve.

CARB LOADING

Our swimmers going to Silver State and State need their carbs! We are hoping to have a pasta dinner for these swimmers before their big meets. We are looking for a few parents to make this happen. Proposed dates are Thursday Feb 26 at Eaglecrest at 7:30 and Thursday March 5 at Pier Point. Interested in Helping? Please email Susan Bobka at Susan@teachsourceinc.com

MACS RAFFLE

The prizes this year are better than ever. The winner will have a choice to spend a week in Hawaii or a week in Mexico. They will also win \$2500 CASH! The drawing will be held on Valentine's Day so get out there and make the most of the remaining few weeks. Remember this is an easy sell and only 3500 tickets were printed so the odds are much better than many other raffles.

Picture: Last Year's winners were one of our very own. The Arnold Family had a great time in Hawaii.

Andy and I would like to say thank you for all of the Holiday gifts and wishes; we really appreciate your thinking of us!! Eve would say thanks too (if she knew how)!

-Catherine



RIBBONS?

There have been some delays receiving our ribbons from Suburban League Meets that we have attended. It is the host team's responsibility to get the ribbons out quickly and this has not been happening. MACS coaches will give the ribbons to the swimmers as soon as we receive them. Thanks for your patience. We know how important these are to our hard working swimmers.

Picture: MACS All Stars-

L-R: Jonah, Timmy, Ju Han, Claire and Kristyn



Billing/Invoices

It's vital that all of our MACS families pay their monthly swim dues and meet their quarterly fundraising on time. If you have any questions about your bill or anything else please email

billing@macsswim.com

Most banks offer online bill pay that may help some families. Why not check it out?

BOARD MEETINGS:

All MACS parents are invited to attend the next board meeting on Wednesday February 11 at 7pm

TEXAS HOLD'EM TOURNAMENT

Texas Hold Em'

Get ready to put on your poker face! MACS will be hosting our first Texas Hold Em' Tournament in the Spring. If you'd like to be part of the planning please plan to attend our brainstorming session on Monday February 9 at 7pm at Pier Point. RSVP to Susan Bobka at Susan@teachsourceinc.com if you plan to attend. Special thanks to new MACS Parent John Miller for volunteering to chair this event. Should be a blast not to mention a terrific fundraiser!

MACS

Mission Aurora Colorado Swimming
3140 K. S. Peoria #226
Aurora, CO 80014
303.690.7100

MACS would like to extend our gratitude and appreciation to **Webolutions**, a Denver marketing agency, which has donated a great deal of time to help develop and launch a new website for our team. Webolutions' services include website development and design, Internet marketing and search engine optimization, brand creation and management, graphic design, and interactive marketing campaigns. Please keep Webolutions in mind if your employer or company should need any of these services. More information on Webolutions is available at www.webolutions.com or call Rick Siegmund at 303-300-2640.

SWIM IT TO THE MACS!

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The Strategic Marketing Agency

COACH GRZEGORZ

Hello Group 2!



I am pleased to let you all know how very happy I am with the work that was done in my group throughout the winter training season. Everyone is performing very well, working very hard and swimming extremely fast. This group has more than exceeded my expectations at the start of the season. I am very proud of all of my young swimmers and want them to continue the hard work and commitment. Looking forward, we have very exciting races coming up in Loveland, Silver State and State Championships (JOs). This will be an exciting time and I look forward to the great races that lay ahead. Please continue the great work.

Coach Grzegorz