

MACS

MACS RELAY

Tell Your Friends!

- MACS Group Placement will be on September 8 at 5:30 PM at Eaglecrest HS Pool
- MACS Stroke Clinic and Sports Nutrition talk to be held on September 13th. Details to be announced
- MACS Meet will be held October 17-19th at AHS

BABY EVE

Sorry-but the Baby makes the first page instead of the President and Head Coach.

Eve Marie Niemann arrived on June 2nd- weighing in at 6 pounds, 19.75 Inches long.

She has already been on deck coaching and has been to at least three different pools in her young life. The best is yet to come Eve!



Great Picnic!

Thanks everyone who helped make the Year End Picnic such a success. With over 200 attendees it was perhaps the largest Picnic MACS has seen in many years.

Thanks to QDoba Mexican Grille for providing us with a discount for our picnic and to Sam's Club for donating cakes! Special thanks to Don Waite and Susan Bobka for making the arrangements and to all the MACS parents who helped serve at the MACS picnic.

MACS SWIMMERS HANGING WITH OLYMPIANS

Allison and Lydia went to swim camp at the University of Michigan this summer, which is also the home pool for Club Wolverine. During the camp, the girls often shared pool space with Michael Phelps, Peter Vanderkaay, Erik Vendt, and Allison Schmitt who all recently qualified for the Olympic Team. The girls thought it was pretty fun to be swimming in the diving tank and look down at the bottom of the tank to see Phelps, Vanderkaay, Vendt, and Davis Tarwater playing rock, paper, scissors. It was also inspiring for the girls to walk through the doors at athletes entrance to the pool. The doors had the Olympic rings painted on them, and above the doors it said "It's Not Every Four Years, It's Every Day."

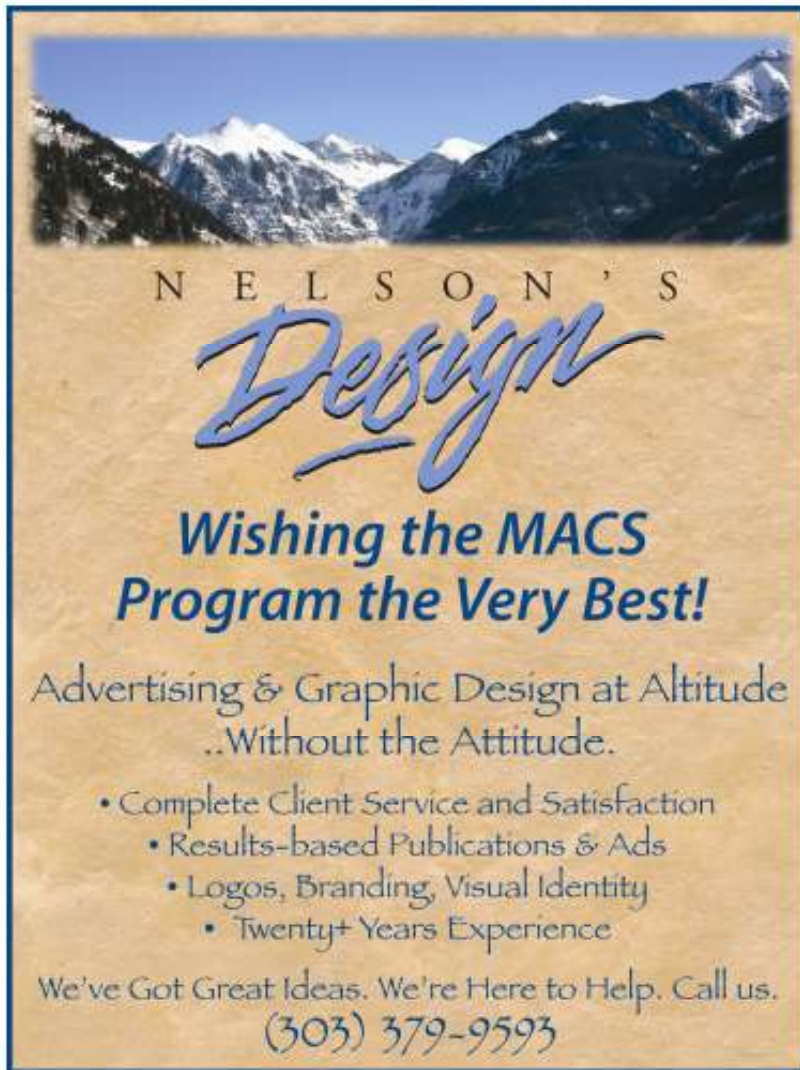


left to right is Davis Tarwater, Allison, Lydia, and Peter Vanderkaay.

"It's Not Every Four Years, It's Every Day."



Advice and support from a friend



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Bonnie standing outside of the Olympic Trial pool in Omaha



Pierpoint Clean-up

The clean-up went very well this year. It was not nearly the amount of work as it was last year. Thank goodness we don't have to paint but every five years or so. Thanks to everyone who helped. The Sectional and Group 4 swimmers scrubbed the pool tiles, a door that never got painted last year was finally painted, a pick-up truck load of trash was hauled away, the grounds were spruced up and we can once again walk through the store room/kitchen area.

Still left on our Wish list:

New Carpet upstairs. We have had an offer for free carpet for over a year but so far have had no luck in finding a cheap carpet installer. If you know anyone who is interested please have them contact us. We are happy to trade free advertising in our Newsletters and the MACS Fall Invitational Meet Program. We also can provide non-skilled labor.

New Lockers and paint in the Locker rooms: The Sectional kids have agreed to re-paint the locker rooms but we would like to see if we can come up with newer, non-rusty lockers. Again- if you have any contacts, let us know.

MACS BOARD OF DIRECTORS

Congratulations to our 2008/2009 MACS Board of Directors

President: Jim Ruimerman

President Elect: Susan Bobka

Vice-President: Bob McClendon

Secretary: Marc Barocio

Treasurer: MaryAnn Sines

Ways and Means: Tracy Goodwin and Teresa Peterson

Members at Large: Tim Chase and Dave Brandon

City of Aurora Representative - Rich Abrahams,

Head Coach - Andy Niemann

Head Age Group Coach - Catherine Niemann.

**Ted Martin, Pam
Stoeckle and
Elizabeth
Shelleda -
thanks for your
service to MACS
on the board.**

MACS Official Diet!

This is right out of the magazines at the check out stand!

What do you do in between your swimmer's races at meets? You eat. Right? What else is there to do when chatting with the other parents?

You need to try the **MACS Official Diet**. On this diet you

will be standing or walking the deck with your hands clutching the clipboard and pen. How does it work? You become a USA Swim Official and volunteer to help at the meets. (The navy blue shorts can be very slimming as well.)

Being an official frees you from the tempting food that we all bring for our kids, you don't have the extra time to hit the concession stand and right when you think you might be hungry someone from the host team brings you a little nosh. When it is time for lunch you will be served fresh and yummy food made especially for the coaches and officials. I hear it is the best food at the meet.

Please excuse the goofiness!
Now more seriously ...

Many Thanks to the recent group of parents that have stepped up to be trained as Officials. MACS has a great reputation as a well run swim club but we need to give back to Colorado Swimming by providing officials to help with all the meets that MACS participates in.

We need more- Two of our veteran officials will be retiring next year after their daughters graduate. You will be trained and mentored by the best CSI has to offer. MACS will be running another officials clinic. If you are interested in learning more about officiating, please call Susan Bobka at 303.693.2762.

As long as you are at the pool anyway, why not stand on deck and officiate?





**GREAT FUN IN
GRAND JUNCTION**



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



SWIM IT TO THE MACS!

THANKS to Nelson's Designs

(See ad on Page Three)

Nelson's has very generously contributed to our new and improved recruiting flyers. These professional Flyers really get the MACS name out there

Please consider using Nelson's for your Graphics needs.

We're on the Web
www.macsswim.com

RECRUITING!!!

After watching our swimmers at State this past weekend it is apparent that MACS is a first rate swim team. We just don't have the numbers that other teams can boast of. We need to grow our program. It is a simple matter of recruiting new swimmers. There are many summer club swimmers who are ready to make the jump to year-round swimming. The key is getting them to try out MACS before deciding on another team. We need to get the word out!

For practical purposes- recruiting swimmers benefits everyone. If you bring in one swimmer, your fundraising commitment is waived for a full 12 months as long as that swimmer stays on the team and keeps up with their dues. This helps your family with its finances as well as helps the new swimmer know someone on the team who is willing to help them learn the ropes. We are confident once the new swimmers come and see our program they will want to join us.

MACS has put together a tremendous recruiting package. We have a great brochure which can be emailed or handed out. We have a great Promotional DVD to be passed on and blank Postcards with swimming pictures and the words "Just Add Water," on the front. All of these items can be used by team members to solicit new swimmers. If you are interested in any of these, please contact Teresa Brandon at 303.645.9831 or tbrandon@ultrapetroleum.com or Susan Bobka at 303.693.2762 or kisskaroo@aol.com.



**Kelly and Olivia cheer-
 ing on their MACS
 Teammates**