

MACS RELAY



CONGRATULATIONS to our Class of 2009 Graduates

- Loren Brandon
- Luke Cyphers
- Stephen Macke
- Olivia Martens
- Kelly Mathews
- Lindsey Morris
- Jana Ruimerman
- Walker Sines

Good luck in your future and make sure to come back and visit!

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COACH ANDY

Summer is here and preparation for the long course season is underway. Practices at Delmar have begun and our 4th long course meet is set for June 12th -14th at North Jeffco. Please check your summer schedule for changes in practice times and locations. The official schedule will begin on June 8th. The summer season always goes by quickly so please be sure to look for meet information as it goes out so you do not miss any opportunities for competition.

MACS will be hosting two suburban league meets this summer, Saturday June 6th and Sunday July 19th at Pier Point. To ensure that both meets run smoothly we will need volunteers to help with timing, awards, etc. Please respond to Teresa Brandon, our meet director, to volunteer to help.

Our traditional team meet in Grand Junction has been cancelled this year. Instead we will attend the ACES meet held at Lowry pool in Aurora the same weekend. Look for information on a team rafting trip on the Monday following the ACES meet!

Congratulations to our graduating seniors! They are Loren Brandon, Olivia Martens, Kelly Mathews, Lindsey Morris, Stephen

Macke, Jana Ruimerman, Luke Cyphers and Walker Sines. Thank you for all your contributions to MACS and good luck next year.

Thank you for your patience this past month while we have had to changes schedules because of the roof tear at Pier Point. The new cover is going up in early June and our insurance will cover the cost of replacement. Also, MACS will receive up to a \$2,500 grant from USA Swimming for earning Silver Medal Club status. Our plan is to use the grant money for improvements to our facility.



PRESIDENT'S MESSAGE

The team is gearing up for a fun and busy Spring/Summer long course season. We will be seeing each other at the upcoming meets and at practices. Here are the key issues and points of communication that you should know:

Fundraising/Financial:

The budget calls for fundraising income from the last two quarters of the year to equal \$17,000. We can achieve that amount if the Swim-a-thon pledges are collected and our projected revenue is met. Swim-a-thon was conducted on May 30th and was very well attended. Thank you to all the swimmers.

Our membership is at 119 swimmers.

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COACH CATHERINE

Long Course season has begun and our first practice at Delmar is coming up this Monday, Memorial Day! I love long course and being outside swimming is great. Our summer schedule officially begins on June 8th. Please be sure you are aware of the schedule changes this implies. Also, bring sneakers with you to morning practice at Pier Point on Monday and Wednesday as you may need them for some of our dry land workouts.

This past month we competed at the TOPS Spring Open and the May NJ meet. I was happy with our first long course swims of the season. Now we have something to build from as far as times are concerned. Coming up we have two meets in June, NJ and ACES.



I wanted to give a sunscreen reminder as we go outside. Please apply sunscreen of at least SPF 15 half an hour before every practice this summer. You should apply it at home before practice to assure it is absorbed before you begin swimming. Last year a lot of you put it on just before diving in and ended up with some sunburns. I know we all know about skin cancer and sun damage but it bears reminding! Also, it becomes even more important to stay hydrated as we go outside and deal with higher temperatures and sun. Please bring a big water bottle to each practice (and drink it!).

Long Course season will go quickly so please plan to attend every practice to be ready for our competitions. If you will be out of town let me know and if possible try to swim with a USA team where you are visiting. Our group attendance at this time is great; keep it up!

The updated Top 5 list has been online for a few weeks now. Please check it out if you have not. Great job to everyone that accomplished a team record swim this season! There is a list of new records included in this newsletter. Also, if I accidentally missed anything please let me know. I am still waiting on the boy's HS League meet results, so those are not included in Top 5 swims. I did include swims accomplished at the HS State meet in this newsletter, but I am waiting to update those online once I have League so I can do it all at the same time.



COACH MARY

Welcome to summer! Starting Monday June 8th we will be swimming at Pier Point on Monday, Wednesday and Friday evenings. We will have a lot more room to spread out in the pool. Times are as follows: Mondays and Wednesdays: MM--5:30-6:15. Group 1--6:15-7:15. On Fridays practice times will be: MM--5:00-5:45. Group1--5:45-6:45.

We have two more meets coming up before the end of the season. Our first meet will be June 6th at Pierpoint. The second meet will be July 19th at Pierpoint also. I encourage everyone in both groups to attend at least one of these meets. Our season will end toward the end of July. I will let you all know the exact date of our last practice as soon as I know.

Summer is a busy time with vacations and some kids swimming summer club. Try to make it to practice as often as you can as I will be able to give more stroke instruction because we will have fewer swimmers in the water. Please let me know if you are going to be gone for more than a week.

President's Message Cont.

For our team to be viable, we need everyone to continue pay their dues on time and meet their fundraising goals.

We also completed our Tagawa and Duffy Roll Fundraisers in May.

Upcoming events:

Sunday, July 12th- Pier Point Clean-up- Please plan to meet up at 9AM to spruce up the Club house, pool grounds and Locker Rooms. There is plenty of work for everyone.

Friday, June 19th- Team Dinner at Panda Express. Meet the rest of the team after practice at the Quincy & Buckley Panda Express. Your purchases will also help MACS.

Monday, July 27-MACS Picnic and Board election. Please let one of the Coaches or Board members know if you would like to serve on our Board next year.

Pier Point Swim Facilities:

Community sewers: be advised that the Pier Point community association is working towards replacement of the communities' private sewer system and having the City of Aurora own and repair the sewers once installed. Stay tuned over the next year for updates.

Pool Cover: the replacement of our wind damaged pool cover should be starting early June.

2009 Silver Medal National Club Excellence Program-because we have been granted this status by USA Swimming, MACS is eligible for a grant. To that end, we have applied for a \$2500 grant to upgrade our facilities and make them safer for our swimmers.

Swim Officials: Although we now have 8 officials, we need more swim officials as our older swimmers graduate and parents (who are officials) of these swimmers move on from MACS. In addition, for us to continue hosting meets (which are our largest fundraisers); we need officials to move up to starter, deck referee and meet referee positions. Please let me know.

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

Happy swimming and don't forget your sunscreen and water bottle.

Jim Ruimerman



RAIN, HAIL, TORNADOS- OH MY

After re-scheduling our Highway Clean-up day three times, a group of hardy MACS members hit the road on Sunday, June 7th. Things were going pretty well for about 20 minutes when the sirens started sounding. After deciding that we couldn't ignore them any longer we all met at the nearest Fire Station to wait it out. We were fortunate to get an impromptu tour of the place and our guys got to sit on the Fire Engine. After our tour we decided to head back to PP. After ice cream and brownies half of the group headed back out. We were able to finish 3 of the total 4 miles. We learned a lot for our first outing.

1) With Colorado weather we are probably

better off planning to pick up the trash in the morning.

- 2) 40 volunteers would be the ideal number. We figure we could get it done in about an hour with this many workers.

Thanks to all who helped.



New MACS Top 5 Short Course Records

GIRLS:

10 and under:

Kristyn Bobka- 3rd-500 free and 5th-200 free

11 and 12:

Jane Rowland- 4th- mile and 5th- 200 fly

13 and 14:

Bonnie Brandon- 1st- 200, 500, 1000, and mile free, 100 and 200 back, 200 and 400 IM
2nd- 100 free and 100 fly, 4th- 200 fly, 5th- 50 free

15 and over:

Bonnie Brandon- 1st-50,200, 500, 1000 and mile free, 200 back, 2nd- 100 back, 3rd- 200 IM, 4th- 100 free

Loren Brandon- 2nd- 1000 and mile, 3rd- 200 free, 4th- 500 free

Olivia Martens- 3rd- 200 fly

Kelly Mathews- 5th- 200 breast

Lindsey Morris- 2nd- 200 breast

Lauren Stoeckle- 1st- 100 and 200 breast

Jana Ruimerman- 2nd- 200 back, 3rd- 100 back, 4th- 400 IM

Mikella Zgliczynska- 4th- mile, 5th- 1000 free

BOYS:

10 and under:

Jonah Saya- 1st- 50,100,200 and 500 free, 100 back, 100 fly, 200 IM, 3rd- 50 back, 100 breast, 100 IM

11 and 12:

Juhan Hong- 1st- 200,500 and mile free, 200 breast, 200 fly, 400 IM, 2nd- 50 and 100 free, 3rd- 100 breast, 100 fly, 100 IM and 200 IM, 4th- 50 breast, 50 fly

Timmy Martin- 1st- 50 breast, 2nd- mile, 100 and 200 breast, 3rd- 200 and 500 free, 4th- 200 fly, 400 IM, 5th- 100 fly



13 and 14:

Brandon Barocio- 1st- 1000 and mile free, 200 fly, 4th- 500 free, 100 fly

John Martens- 1st- 500 free, 2nd- 200 IM, 4th- 200 fly, 5th- mile, 100 fly, 400 IM

Jeremiah Zgliczynski- 1st- 200 and 400 IM, 2nd- 500 and 1000 free, 5th- 200 free, 100 and 200 back

Group 2

This is Coach Catherine writing an article for group 2 as Gregory is in Poland and busy! I thought I would give you some of my observations on how the group is going this season. I have been so impressed with the changes in the group over the past few years. I watch now and love seeing how far the group has come. I have had some of you recently ask me about the different group levels and I thought I'd take the opportunity to explain where we are right now with the age group program.

So, summer is here and MACS is going strong! This is one of the most accomplished groups of swimmers we have had on group two in about four years. The goal the coaching staff set three years ago was to get this group back up to a group of ten and under male and female state qualifiers and 11-12 male state qualifiers leading the way. When we were placing our highest at 14 and Under State (2000-2003) group two was made up of those swimmers. We had a time where we were rebuilding (it cycles every four to five years) the group and it was a developmental level group for a couple of those years. Now group 2 is a real "training" group where we will have the majority of our ten and under state qualifiers and most of our eleven year old male state qualifiers, and our 11-12 female silver state qualifiers training.

The reason for the 11 year old (and some 12 year old) boys to do group two rather than group three is that it is not physically necessary for young boys to train at the level group 3 does; it will not make them faster long term. A boy who moves up earlier doesn't really have an advantage long term to a boy who moves up later. We always say it is great to be a boy in swimming since it all equals out when they are older. Everyone grows, matures and breaks out!! Often boys who no one "knew" at 11 will be at the top of the game at 15. It is a little harder for the girls unfortunately. They need to do more preparation at a younger age. Males need to get their aerobic base around age 13-14 while females need to do so a couple years earlier. So, unless a boy is way ahead of group two and really enjoys training they will be much more challenged on group 2 where they are leading and racing than if they are behind and just swimming back and forth in an inappropriate training group. In my 15 years of coaching almost every swimmer on one of my groups who quit did so because either they had poor attendance and could not keep up, or they did not enjoy/were not ready for the harder workouts and could not keep up. I made the mistake of moving up swimmers too early my first few years and learned fast! USA Swimming has made it clear that we need to be sure to keep our boys in the sport by offering male appropriate practices at this age. The water time and practice content of group two is at the top end of these recommendations. Honestly, my practices are only appropriate for the very serious young boy who really enjoys the back and forth endurance swimming

that the majority of young boys just don't go in for (and who can blame them!!). There are always some boys that fit that bill, but most have a different idea of what is fun and challenging than the girls. Good thing the girls do enjoy this kind of work since they do need to do harder workouts at a younger age (11-13) to reach their potential. Once the girls are leading group 2 for a year, have great attendance and enjoy the harder sets they are usually ready to move to group 3.

A few years ago on MACS I had to take younger swimmers on group 3 since we were rebuilding the age group program. I did modified practices with those swimmers to equal what group two is doing now. We made it work, but it was a big challenge for me to also prepare our team's top 12 and 13 year olds for senior level swimming (the goal for group 4) and give everyone the attention they needed. So, needless to say we are so happy to be back at this place again where we see amazing things coming and can have more cohesive groups! I am proud of all the work that went into getting there from Mary's awesome preparation and Gregory's continuation of the stroke work and the addition of the aerobic training. And of course great job to the swimmers who have come together as a real practice group. The hard work will pay off! Gregory is so excited whenever he talks about how the group has progressed. I don't know how often he tells all of you, but he is proud of you. He brags about you to me constantly!

A group of you recently competed in the NJ Long Course and the MACS SLQ Meet; way to go to all of you. Please be sure to continue to sign up for the meets so you can see what you are accomplishing with all of your practice efforts. Those of you sitting out meets please consider competing more often because it really is a great way to stay motivated. I noticed only 13 group 2 swimmers signed up for the June NJ meet and it would be nice to have a bigger group participate in the rest of the summer meets.

Keep up the attendance and enjoy the summer season!





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WE'RE ON THE WEB

WWW.MACSSWIM.COM



MACS Swim-A-Thon a Success!

The **MACS Swim-a-Thon** was **awesome** and believe it or not the weather was perfect. Thanks to all who participated. While all the numbers haven't been tallied yet- it appears that this was the most successful Swim-a-thon in many years. Look for details to be announced. All of the coaches are pleased with the efforts made by all the swimmers. None seemed to be surprised by the number of laps swum even if the parents and the swimmers themselves were! I know there were several younger swimmers who didn't know they could swim so far! Thanks also to the Daniels Family and Dreyers Ice Cream for generously donating the great ice cream treats. They really hit the spot.



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