



Welcome New Swimmers!

We are happy to welcome the following swimmers and their families to MACS:

Pre-Team

- Rose Angelo
- Holden Bischoff
- Elizabeth Doty
- Ethan Higuchi
- Ethan Loi
- Evan Loi
- Ivan Mikhaylov
- Kingston Reib
- Gabriella Robinson
- Zachary Robinson
- Eliana Zaretsky

Mini Macs

- Addison Beck
- Adam Elgramry
- Victoria Patton
- Jayda Ward
- Zoey Weichman

Seniors 3

- Braden Kelsey
- Sydney Flack

We hope you stay with MACS for many years!

From the Deck

Coach Andy MACS Head Coach & General Chairman of Colorado Swimming

Happy Holidays,
Sectional Swimmers!



Coach Catherine

Groups 3 and 4 now have a handful of meets under their belts and are swimming quite confidently. I am pleased with the great efforts I have seen, both in practice and competition. I think that as we pull together as a team great things are happening. The fall portion of our season culminated with the Vegas trip and the CSI meet for the 10 year olds. Both went well and I was happy with our results. The swimmers who went to Vegas not only represented us well in the pool, but also out of the pool. Then we attended the distance meet December 17th. That meet, as always, provided a great opportunity to get used to racing the 200's of stroke and 400 IM. Those events are state events and we don't get to swim them at every meet so it is nice to have the opportunity. We picked up some new state times and got close to a lot more. It was a fun group meet. The longer events give the swimmers a lot of confidence and they are more likely to drop time the longer the

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**Congratulations
to Jake Johnson (12)
and Jenna Newkirk (14)
for being selected
to the
Colorado All Star Team!**

**Congratulations to
Ellie Lopez (13) for
being named an
alternate!**

**The All Star team is
made up of the top 10
female and male
swimmers in the 10 and
Under, 11-12 and 13-14
age groups in the state.**

**It is a huge
accomplishment to be
part of this team. They
travel to the
Midwestern All-Star
meet in Nebraska in
January. Colorado has
won this meet for many
years (all 21 that I
have been coaching in
CO) so they will
hopefully be part of
another Colorado
winning team! Way to
go!! -Coach Catherine**

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distance, which is always motivating. Our next meet is the MACS Winter meet. This meet is fun and a good chance to get up and race while feeling a little tired from the demanding break training practices. It is always good to train hard through the mid season meets and see what you can do. Times at this meet may be slower than the December meets for the more experienced athletes and that is normal. We are focusing on racing hard and not getting too wrapped up in the times.

Finally, I want to encourage my groups to keep up their superb attendance and effort as we go through the rest of the season. Remember swimming requires a lot of preparation to attain the results you have all set for yourselves in your goals. Also, remember that what you are doing as an age group athlete is preparing you for your future swimming. That is when we will really see the pay off. Our goal in this is to prepare you to swim well later on in your teen years and early twenties. The success you experience now is important to keep you motivated, but the real goal is to have a full career and swim faster as you get older. You will have a lot of great and difficult times along the way. It is how you deal with both that will determine how you swim in the future. Enjoy your obvious successes and learn from what you may consider failure. Realize that as long as you are learning and trying there really are no true failures. You need to judge your swimming on a lot more than the time on the clock at the end of a race or the place you come out with at the end of a meet. I am telling you this now when everyone on the group is experiencing many great swims so that you realize that although I am happy with how you are doing, I am not simply happy about your times. I am excited by your efforts and your technique and hard work. The fact that the result has been many personal best times and good placing at meets is a fun bonus and one definite way to measure your achievements, but what you are learning and developing is the most exciting part of this! Please keep it up; the learning, the fun, the developing!!

Happy Holidays to everyone and thank you parents for being supportive of your children and their coaches. We appreciate you!!

Coach Gregory

Happy Holidays, Group 2 Swimmers!



Coach Laura

MINI MACS & GROUP 1:



We are off to such a great season so far! The first couple meets are always a little hectic and there have been a few tears but every meet gets a little easier and more fun with a few less DQ's. The goal is by February or March everyone will be ready to try a couple of new events they have never done before. Mini Macs is going to start working a lot more on breaststroke and flip turns in the next few months. Group 1 swimmers will be working a lot on their turns, especially backstroke flip turns. Both groups will continue doing a lot of drills and kicking to work on all their strokes. I have been swimming for a long time and still do drills pretty much every time I swim. Drills are really good at helping swimmers

focus on specific aspects of their strokes so you only have to think about one or two things at a time. If they can make it a habit to do something well when doing a drill, they won't have to think as much when they put the whole stroke together. I know this time of year is a little hectic with school and family events but please try and make it to practice as often as you can. Swimming is so different from land based activities and so consistency is incredibly important! I have had kind of a rough year personally and want to thank all of my swimmers (including my former swimmers who have moved up!) for making it a little better. They bring so much joy and laughter to my life and make every day a little brighter. I am so grateful to be part of their lives. Happy holidays!

Coach Terry

SENIORS 3 / 5:

This has been an amazing fall season for the Seniors Groups, registration and participation in practices and meets is up quite a bit from the last couple of years. The Seniors have become a much more cohesive group with strong bonds of friendship developing among many of the members. Many of the swimmers in the group are setting new personal best times in each of the meets.



I'm proud to report that the following swimmers were able to participate at the Las Vegas Invite: Chloe Burkholder, Bugaa Gelegbalsan, Veronica Hildebrand, Garrett Iverson, Karla Velasquez and Claire Whitner.

As we approach the last couple of months before the state meets I'm looking forward to seeing several Senior swimmers make qualification times and representing MACS in these meets. To date the following swimmers have qualified in at least one event for the 2017 Silver State meet:

- Chloe Burkholder
- Bugaa Gelegbalsan
- Nathan Gibbs
- Veronica Hildebrand
- Karla Velasquez
- Dany Vesselovskii

In February we will participating in the Loveland Sweetheart meet which will be our last opportunity make qualification times for the Senior Meet, 14 and Under State, and the Silver State meet. This is a great meet for all MACS swimmers to participate in and I highly encourage all of our Seniors to do so. Loveland is only an hour drive from us which makes it possible for those not wanting to stay over night in Loveland to make the commute.

UPCOMING MEETS

Meet	Location	Dates	Groups
MACS Winter Invite	Smoky Hill High School	January 7-8	ALL
TOPS Colorado Open	University of Denver	January 27-29	2 and Up
Loveland Sweetheart	Mountain View High School, Loveland	February 10-12	ALL
Senior Meet	TBA	February 18-19	Qualifiers
14 and Under State	VMAC	February 24-26	Qualifiers, 14 and Under
Silver State	University of Denver	March 3-5	Qualifiers, 14 and Under
Jeff Bronze Cup	Meyers Pool, Arvada	December 17	2,3,4, SR, who did not qualify State or SS, most MM & Group 1

MACS Community

From the President

I hope you are enjoying the new season of swimming and the excitement of seeing your children develop skill sets in and out of the pool.

In mid-October, we had a very successful MACS Fall Invitational meet by any measure. This was accomplished through countless efforts from our volunteers, YOU. Thank you.

This is a great time for everyone to pause and appreciate all the blessings we have. Thank you for being a part of the MACS family and I hope your holidays are filled with joy.

Cheers,
George

PS: The new year brings exciting challenges. Look forward to our MACS upstairs clubhouse renovation. Details to follow.

-George Keff

Fundraising

The families at MACS have taken advantage of SCRIP since September and paid \$1,578 toward their fundraising requirements for each family. King Sooper Card amounts are \$3,709 from August through November, also for the advantage of each family. Butter Braids raised \$2,147 for the families as well. Keep up the great work!

Katie Walker has fundraiser King Soopers cards for \$5 a piece with her at all times and can set up up on SCRIP (shop.shopwithscrip.com) at any time, just email her for the enrollment code at katdenver@hotmail.com. She is also available for questions after working hours or on email at any time.

Hopefully everyone has taken advantage of fulfilling your fundraising requirements by using the gift cards to shop for your holiday needs. Lots of special rates for the holidays so make sure to put your orders in before the rates go back to normal. You can save them on your SCRIP wallet for months to come.

Upcoming Board Meetings

January 4th - 7pm, Pier Point

February 8th - 7pm, Pier Point

Board Meetings are held the 2nd Wednesday of each month, unless noted.

Questions? Suggestions? Want to Volunteer?

We want to hear from you. Email George (gjkeff@gmail.com) or Mitzie (mitzie@thegibbshouse.com).

Getting to Know Your Coaches...

Coach Terry (Seniors 3/5)

Name: Terrance (Terry) Trieu

A favorite quote?

I will have doubts.
I will make mistakes.
I will have setbacks.
But with hard work,
I will achieve.

At what age did you start swimming? I started taking swim lessons at the age of 5, but I didn't start competitive swimming until my sophomore year at East High School (Denver). I joined the high school team as a diver, but we had such a small swim team that the divers got drafted to swim as well.

What's your favorite stroke? Best event? My favorite stroke is butterfly, however with age, I think now my best stroke is the front streamline glide.

Did you swim at college? If so, where? I swam in college at Metropolitan State College/University of Denver during my first year there, but then started the first competitive cycling club at the school and focused on cycling for the remainder of my time in college.

How long have you been coaching with MACS? This is my 3rd year coaching with MACS. Prior to MACS I coached for two other USA Swimming teams and a summer league team covering a period of 17 years.

Other interests, besides swimming? In addition to swimming, I love road cycling and weight lifting. I also enjoy creating 3D animations, video production, and creating electro-mechanical prototype devices.

What's the coolest award you've ever received? Unfortunately, I'd have to say the coolest award I've received was not from swimming, but rather came from 3D animation in 2001 when I won the National Emmy Award for the animated opening I created for a Disney documentary.

What's the best way to contact you? Email is generally the best way to contact me: Terry@SwimVantage.com. In the event it's necessary to reach me right away my phone number is: 720-206-4219.

PRAISING YOUR CHILDREN

How often do you think about the amount and type of praise you offer your child? The wrong kind of praise, or praise used too frequently or infrequently can cause difficulties. Sometimes we think that it is not possible to over praise a child because we think constant praise will build a child's self esteem. However, there is a real world for the child outside of the home and a child's peers may not be as praise giving as his or her parents. Other children are usually quite truthful and blunt about the feats of their peers. A child constantly praised at home may feel placed on a pedestal only to be knocked off outside the home.

In an article in "Parents Magazine", educational consultant Fredelle Maynard listed some dos and don'ts of praise. First the DON'Ts:

- Don't praise by comparison ("You're the best swimmer on the team"). This may encourage unnecessary competition or fear of failing next time.
- Don't praise constantly. If everything a child does is terrific, wonderful, the best, you will run out of superlatives and the child will become blasé about applause.
- Don't praise indiscriminately. Children who are veteran meet swimmers know when a swim is good or bad. Parental ecstasies over mediocre performances can either make children cynical or cause them to feel like frauds.
- Don't praise so extravagantly that children feel pressure to go on shining. Over enthusiastic applause destroys a good motive for activity (to please oneself) and substitutes a poor one (to please others).
- Don't use sarcastic or "backhanded" praise. "Well, you did all the flip turns for a change." or "Well, you finally showed up and raced hard."

The best praise to use is encouragement. Encouragement helps build a child's confidence and autonomy while praise can be more manipulative, emphasizing what the adult wants. Encouragement allows kids to "own" their accomplishments and find within themselves the strength and desire to do their best. The following are Maynard's DO's:

- Do describe the behavior and its' consequences. For example, "Thanks for getting dressed and out of the locker room so quickly. Now we have more time to go shopping."
- Do focus on the child's effort, not the product. "You practiced hard for this meet, way to go"
- Do point out how your child has progressed. "A 200 IM! You couldn't have done that last year!"
- Do give control back to the child. Let the child do the evaluating. Rather than say, I'm so proud of you, "say, "You must feel so proud of yourself."

Perceived Competence:

This concept profoundly affects participation in sport, motivation, anxiety and sport enjoyment. Athletes' perceptions of their athletic competence go through predictable developmental changes:

Children (7-9 years old) focus on outcome and effort in judging one's competence. "I won, therefore I am a good athlete," or "I tried hard, I must be a good athlete." Winning and Losing serve as an important source of competence information for young athletes.

With older children (ages 8-12), there is a gradual decline in the importance of feedback from parents as a source of competence information, an increase in coach technical knowledge as a source of competence information, and a gradual increase in the importance of peer comparison in making competence judgments. "I beat Joe which means I'm a good athlete."

In adolescents (aged 12-13) and older adolescence (aged 16-18 years) is when they recognize that ability and effort impact performance. Prior to this, the athlete can not distinguish between the two concepts. There is a progression from focusing on peer comparison to focusing on self-comparison as a source of competence information. A "task" goal orientation increases with age while "outcome/win" goal orientation decreases with age.

Parents need to understand what sources children rely on to provide competence information. Because outcome is so important at a young age, late maturing athletes are at risk of low competence as they are not experiencing much success. Additionally, coach feedback becomes an increasingly important source of competence information for athletes.

Perspective-taking: the ability to take another's perspective progresses in a predictable sequence and impacts how an individual relates to others.

At a young age (under 8), children are not able to take the perspective of others have an egocentric perspective. The young athlete's thoughts, feelings, ideas and needs are correct (as far as he is concerned) . . . and everyone else thinks and feels this same way too, right?

Gradually through adolescence, children develop the ability to take others' perspective but still view their perspective as the correct view. The latter stage of development occurs when the individual can take and appreciate another's perspective.

Young athletes will often display behavior that is selfish and doesn't take others into account. However, they may not yet have developed the ability to understand others' feelings or points of view. As they develop, a parent can enhance their perspective taking abilities by pointing out how their action affects others. This can help them progress along the developmental spectrum.

Motivation: the direction and intensity of effort.

Younger athletes (7-10) seem more externally motivated while older athletes are often more internally motivated. It appears that young athletes need external motivation, reinforcement and material rewards to maintain their enjoyment of sport. They look to coaches, parents and teammates to provide and structure their fun. Around age 10, children begin seeing rewards as bribes which, under some conditions, can negatively affect motivation.

Older athletes simply enjoy the sport: hard training for them is a primary source of fun. They are internally motivated and need fewer and fewer external motivators. They have more clarity about themselves as athletes and a clearer purpose behind their participation.

[This article was taken from the 2006 United States Olympic Committee Sports Science Summit]

MACS Apparel



Next apparel order will be in March, but some of the T-shirts will be available for sale at the MACS meet. The zipper hoodie comes in navy or grey. The pullover comes in navy or Kelly green. T-shirt colors come in navy, heather grey, royal blue or Kelly green. Hoodies are both sold for \$35 t-shirts are \$18.

Questions:
j.m.claridge@gmail.com



Officials Corner

DID YOU KNOW WE HAVE TO BE HERE? USA Swimming rules require officials on-deck. If we're not there, your swim doesn't count. It won't be a Gold/Silver/Bronze/National Qualifying Time without us. Even at the State Championships where everyone should be capable of swimming legally, we have to be there to ensure a level playing field for everyone and allow your times to count and be entered into the database.

DID YOU KNOW WE DON'T LIKE RAISING OUR ARMS? There is not a single official who enjoys disqualifying a swimmer, whether an 8 & Under or a 15-18 year old. We hate it more than you do. We don't like to make you cry; we don't want to ruin your drive home and we aren't trying to get you to quit the sport. It's not fair to the kid who swam the stroke properly to have to compete against someone who didn't. It's just that simple – the integrity of the sport. At every single Stroke Briefing we hear the mantra “The swimmer gets the benefit of the doubt” alongside “We are observers, not inspectors.” Trust me, if we raise our arm over our head, it's because we saw something illegal and we're trying to make you a better swimmer. Better to be DQ'd here at a championship meet down the road.

DID YOU KNOW DON'T EVER WALK IN FRONT OF US ON DECK? The deck can be a very tight place for everyone. When you are walking on deck and you see a swim official, never walk between the official and the pool. Ever. Especially along the edge of a long course pool. USA Swimming doesn't like us carrying clipboards while officiating. This is a tool I use to push people out of the way without touching them. When we've told you once to please move back, don't return to your position during the next heat. Our job is difficult enough, walking back and forth alongside a wet, slippery, crowded pool deck. Having to constantly dodge swimmers & coaches just makes our job that much worse. Please help us out by staying out of our way.

DID YOU KNOW COACHES, PLEASE DON'T WHISTLE IN OUR EARS? Is there a clinic somewhere that teaches prospective club coaches to whistle like they're at the front of a locomotive? Every LSC has 2 or 3 coaches who can pierce an eardrum from 50 meters away. It's actually quite exhilarating to hear – from a distance! Please be mindful of the officials when pulling that rip-cord. There's nothing like walking the side of a Long Course pool or standing at the turn end during Short Course States and having a coach fire off that whistle right in your ear — all session long! I'm sure there's an OSHA rule violation in there somewhere. Same for you swimmers – “Goooooooooo Caaaaattttliiin!!!!” right behind us... OK once, but you know through her cap, head in the water... Every time... You're literally killing us... Just move over 5 feet and we'll probably be fine.

DID YOU KNOW YOU CAN THANK AN OFFICIAL? As much as we love it, it's a tough job. We stand on wet ceramic tiles for hours on end. Our knees hurt, our ankles hurt, we slip and fall, we drop our phones into pools, we agonize over calls we've made and those we didn't. Every now and then, pat someone in a white shirt on the back, especially one you don't know, and say “Thanks for helping this meet go off this weekend. My child couldn't have swam without you.”

DID YOU KNOW THAT SAID, WE LOVE OUR JOB! I often say there are many reasons I officiate, but in reality, there is only one: Officiating ensures the best seat in the house! Every heat, every event, every session. I get (free) heat sheets, never pay an admission fee or stand in a long line in the cold or rain just to get in. I know the qualifying standards, seed times and when everyone in my club will be in the water. I am literally on top of the action and see things coaches don't even witness. I can't record or cheer while working, but I can see the meet in a way you never will sitting from the stands. This alone is worthy of the training classes, the annual registration fees and the 4-hr blocks standing on concrete. I wouldn't trade officiating for anything. Giving back to the swim community I count a privilege.

IMPORTANT NOTE: Regardless of how you treat me, if you're in my way or how much your relay squad splashes me on takeoffs – my decision to disqualify you at a meet is based strictly on how you perform in the water. I do not see the color of your cap or logo on its side when making that decision. We know once the first starting signal fires, you just want to have fun and swim your best. Sometimes you forget some of the ‘rules’ while cheering on your team or rushing to get to your heat. We get it. But when you can, try to help make our day on deck a little easier. Have a good swim!

Original article <https://swimswam.com/7-things-every-swim-official-wants-coaches-swimmers-parents-to-know/>

-Richard Hall

Want to Become an Official?

Want to help USA Swimming run consistent, high-quality and technically-correct competitions? Become an Official! For details on how to get certified, please click on: [Becoming an Official](#) (from the Colorado Swimming website). If you would like more information about becoming an official, please contact Richard Hall at rhall290472@gmail.com.

