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# MAKO WORLD

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June 2010

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## News from the Vice President

As a reminder, Steve Bridges, in his role as Makos Vice President, is the liaison for swimmer/parent/coach issues. He is often on deck or can be reached at [makovp@yahoo.com](mailto:makovp@yahoo.com). He is happy to be of assistance to parents or swimmers.

**Remember; check out the Makos website at [www.morganhillmakos.com](http://www.morganhillmakos.com) for information on meet results and more words from Coach Scott. Look for us on Facebook under Go Makos as well!**

## Words from Coach Scott

### Good or bad, eventually you will get good at what you practice.

For people of all ages (and coaches too), if we focus, pay attention, work hard and intelligently, we will get good at what we do. This can be positive or negative. For example, if we swim sloppy when we are tired, we will get good at swimming sloppy. But, if we see a teammate do

## CALENDAR

<i>June 19</i>	Family Night at the Aquatic Center
<i>26-27</i>	San Jose Valley Splash
<i>July 15-18</i>	Junior Olympics
<i>21-25</i>	Sectional Championships
<i>28- Aug 1</i>	Far Westerns
<i>Sept 4-5</i>	Meet at Morgan Hill

## Welcome a New Board Member

Hello Swimmers and Parents!

My name is Eric Sidebotham, and I am your new Ways and Means board member. When I was first asked if I was interested in this position, I actually didn't know what a Ways and Means board member did. Basically, as I quickly found out, it is the fundraising arm of the team, and is responsible for setting up fundraising events, managing corporate fundraising relationships and seeking out and obtaining grants. As a 501(c)(3) non-profit entity, the Morgan Hill Swim Club relies on fundraising as a way to meet its operating expenses, and to raise money for specific items or projects that are intended to benefit the team. I think it has been some time since the team has had a Ways and Means board member, so there is a lot to do to catch up. My approach is to bring a lot of energy to this position, and make fundraising fun for the team and very productive.

Since accepting this position, I have been busy, and I am pleased to report that things are coming together nicely. This week, all swimmers will be getting their Straw Hat Pizza fundraising packages. Each coupon has a savings value of *over \$200* for the purchaser, and we are selling them for only \$20. What a deal! (continued on page 4)



### **Coach Scott (cont.)**

something really cool, and tell them so, we will get good at complimenting teammates. If we encourage a swimmer when they are struggling, we will get good at encouraging others. If we forget a lot, we will get good at forgetting, but if we remember, our memory will become a strength. Practice what you want to get good at!

### **Your best effort will practically always be good enough.**

We can't do much about our level of born talent. What we can do is make a HUGE difference in our energy and effort levels. As a coach I feel effort and energy levels is the most important thing in competitive swimming and in life. If you are giving it your best effort in workouts, eventually you will be able to give it your best effort at a meet. There are times when your best effort will not be enough to reach your goals. In those cases you give your best effort and then turn to your team and your coach. We can help you be better, faster, stronger and smarter than you could be by yourself.

### **There is no such thing as failure if you learn something and make a change.**

It has never been, is not now, and never will be ok to dog a race. But let's say you swim a race and it does not go well at all. Is that a failure? Not if you learn what you did wrong, what you can do to fix it, and how you can start making some changes so it won't happen again! In fact, if we don't mess up, we don't learn. Sometimes you need to get disqualified in order to start practicing legal strokes and turns.

### **We are not looking for perfection; we are looking for best effort.**



## **The Latest from Coach Jennifer**

The Novice group, which is full of talented and hard working young swimmers, has enjoyed another month of great swimming. This last month the group has focused on fine-tuning all four strokes plus mastering flip turns and diving. It's quite a lot to ask, but these young swimmers have really worked so hard to improve themselves.

Last weekend three Novice Group swimmers participated in the San Jose swim meet at Gunderson High. Despite the heat these three swimmers swam to personal bests. Esmeralda Valle swam in her first ever swim meet competing in the 50 M Freestyle and 50 M Backstroke. Macie Murcay enjoyed a near 2-second drop in the 50 M Freestyle. Ryan Reagan swam to a best time in the 50 Freestyle by dropping 5 seconds from his previous time. He also captured a new "B" time in the 8 and under bracket as a brand new 7 year old in the 50 Backstroke. He also attempted the 50 M butterfly for the first time and remained legal! Way to go Esmeralda, Macie and Ryan.

I would like to welcome Reina Cruz, Luke Malech, Crystal Li, and Briana Deharo into the Novice group. I also would like to congratulate a few swimmers for moving up to the Age Group Prep Group coached by J.K. These swimmers are Elizabeth Sidebotham, Andrea Topete, Esmeralda Valle, Karrine Leong, Michael Pham and Ryan Reagan.

As we move further into Summer please remember to put sun block on your child, make sure that he/she wears flip flops as the deck can be very hot and also keep your child well hydrated as the days begin to heat up! Once again I am amazed at the wonderful work ethic of my group of swimmers. I love the determination coupled with a smile! It is a pleasure to coach these fine young athletes and I am looking forward to a summer of fun swim practices and fast times!  
-Coach Jennifer

## Coach Kristin's Corner Entry Group News

It's always enjoyable for me to announce when my swimmers progress and are ready to move up to the next group level. Each swimmer comes to the team with a different level of experience; some swimmers move up quickly, and some move up more slowly. Either way, each swimmer improves in their swimming abilities in their own time, and when they're ready to take on a more strenuous, detailed, practice, it's time for me to move them along.

With that said, I'd like to announce the promotion of Crystal Li and Briana Deharo to Coach Jennifer Reagan's Novice Group effective June 15, 2010.

Crystal started in the Entry Group in September of 2009, and rarely missed a practice. She even entered and swam in a couple swim meets, so her hard work at practice paid off. Congratulations Crystal!

Briana started in the Entry Group just this past May, so was only in my group for one short month. Her dedication and focus was very evident to me every time she was at practice, so she quickly progressed within my group and proved she deserves to move up. Congratulations Briana!

New swimmers will be joining the Mako swim team on a regular basis, so I'll need to work on my ability to learn new names quickly. I enjoy getting to know these "newbies" and will have fun fine-tuning their swimming skills. Welcome to the team!

New Entry Group swimmers:

Rowan Davenport-Smith, joined 05-31-10  
Jocelyn Rinck, 05-31-10  
Giselle Garra, 06-07-10  
Jacob (Jake) Goller, 06-07-10

Welcome to the world of competitive swimming!  
See you at the pool – Go Makos!  
Coach Kristin King

## Have You Volunteered Lately?

I would like to say thank you to all our parent volunteers for their time and energy given to the swim team. The Makos are a non-profit organization that operates through volunteers, so parent support is extremely valuable. If you need information regarding volunteer opportunities please contact me by email ([avcruz1@verizon.net](mailto:avcruz1@verizon.net)) or phone (408-665-9100). The next big opportunity to volunteer will be at the Labor Day weekend meet, which our team is hosting. We will need help both days, Saturday and Sunday, September 4 and 5. I will have the sign up sheets on the cart at the pool by June 30.

"Volunteers don't get paid, not because they're worthless, but because they're priceless!"

Victoria Cruz  
Volunteer Coordinator



## Welcome a New Board Member (contd.)

I am hoping that this campaign will be successful, and that we will be able to buy some EZ Ups with the Makos name and logo. We will use these EZ Ups on the deck during practice, and especially at meets. They will make us look like a million bucks. The deadline to turn in money will be July 30, 2010. Please encourage your swimmers to start this fundraising push early, and challenge them to do well. Each swimmer only has to sell 5, but it would be great if they could sell more. We are going to give prizes to the top producers from each group.

The next big fundraising event isn't technically ours—it is the Family Night at the Aquatic Center on June 19, 2010 starting at 6:30--but it is very important to our team in two ways. First, the proceeds from this great aquatics event will be used to install a scoreboard that will be used at our pool during swim meets. How cool is that! The other is that this will bring us closer as a team to both the City of Morgan Hill (who owns and operates our wonderful facility) and the Morgan Hill Aquatics Foundation (which is a cool local organization that focuses on fundraising for aquatics!) Please come support this fun event, and try to bring as many friends as you can. We have been invited to do a presentation/demonstration, and so this could be a good opportunity for us to show how great the team is and help us grow it.

In mid-July, you will be receiving email notice of our main summer fundraising event—the *Makos Swim-O-Rama*. For this event, Makos swimmers will go out to friends, family and neighbors and get donation pledges, and then “earn” those pledges by swimming laps. These events are typically a per-lap fee, but I am **strongly recommending** that swimmers seek and obtain flat rate amounts—like \$20.10. I am still working on designing this event, and trying to figure out what we are going to do with the money we raise. I am also working on a host of other fundraising activities, from developing corporate sponsorships, looking into grant that we might apply for, reinstating old fundraising

programs (like eScript), and thinking of new ones. Keep an eye out for them. For example, I am looking into a Makos Night at Chili's in Morgan Hill. A percentage of the food and beverage sales to our team at the event will be returned to the team. We are also looking into a regular team social event (like the spaghetti feed last year) that can also be used as a fundraising event. I am pretty new at this fundraising stuff. If you have any ideas, questions, concerns, criticisms, suggestions or compliments about what I'm doing, I'd like to hear them. My email is [eric.sidebotham@ejs-law.com](mailto:eric.sidebotham@ejs-law.com), or I can be reached at 408-398-2990.

## News from Coach JK

What a great start to a beautiful summer. The kids in my groups that are attending the meets are diving and thriving. If you go to the meets you will learn more in those two days than a month of practices. I encourage everyone on the Makos to attend these great learning opportunities because the kids who go develop twice as fast as the kids who don't. That's a fact! I want to have my kids go to meets and attend both days and sign up for as many events each day as allowed by the meet entry. There's no excuse why any of my kids can't swim all the events available at a meet. These kids I train are ready for everything because we practice all four strokes for all distances. No excuses! Summer is here and now that school is over I expect my swimmers to attend all practices during the week. This is the time of the year where they can develop quickly, so don't miss a single opportunity to improve this summer. We have one more meet left this summer, Valley Splash on June 26-27. If you didn't sign up for that one our next chance will be September 4-5 at our home meet. You have to ask yourself as parents and swimmers on a daily basis “What have I done today to make our swim goals come true?” At the very least you should be able to say I showed up for practice. Well, I'm asking you right now “What Have you people done today?”

See you out on deck,

JOHN "J.K." KRAMER