



NEWSLETTER

July/August/September 2011

President's Report

By Eric Sidebotham

Over the past six months, we as a team have experienced some great development and improvement on the “wet side” of the program, namely the coaching of the swimmers. The swimmers are, as a whole, swimming faster and having a more positive experience on the team. It is hard to explain why or how the coaches have achieved this success, but it is pretty easy to recognize the results. Probably the most important is that former Makos are returning to the team, en masse.

In the upcoming months, it is my hope that we can match that development and improvement to the “dry side” of the program, namely the infrastructure of the operations and governance of the program. Having a good and stable infrastructure will allow the team to continue its growth trend, both in terms of aggregate numbers and also in the individual achievements of many of our swimmers. But we, the board, are not able to do this without your help. The committee model, which essentially means bringing in membership to organize and operate projects for the team (i.e.: the Coach Search Committee, the 50th Anniversary Party Committee), has proven to be successful. It is a way of sharing the work, without totally overwhelming the seven board members. I am particularly thankful for everyone who has helped out in the various projects over the past year, and hope that many people will step up for projects in the next year to come.

I would like to recognize and thank Jason Hatch for getting his name on the ballot, and for giving the membership a choice. This is actually a good sign of a functioning governance structure. The board governs the team, but it is the membership who selects the board. The recent election process was, I think, done very well.

There is one area where we can all improve in, and that's in communicating with each other; expressing our comments, concerns and questions by talking directly to the person(s) responsible for whatever conduct is at issue. For example, if you have a question about something your child's coach has done, you need to first take that concern directly to the coach. The board isn't always in the know, and we usually end up circling back and raising the questions presented to us directly to the coach, which is neither efficient nor always accurate. I can assure everyone that the coaches will respond to any issues raised to them in a timely manner, but obviously not during the middle of a busy practice. If the issue is not resolved satisfactorily, then the proper protocol is to talk to the Vice President, David Pride. Likewise, if you have an issue about leadership, talk to me, etc. Talking directly to the person will mitigate miscommunications, misinformation and misunderstandings. And I think it will significantly lower the tension on the pool deck.

Finally, let's all keep in the back of our mind that this program has endured for 50 years because it focuses on a good thing: youth sport. As a volunteer governed non-profit organization of our size, we will not be able to run as efficiently and perfectly as a high tech company, and our progress may seem slow. But, as Mick Jagger wrote in 1969, “You can't always get what you want/ And if you try sometime you find/ You get what you need.” We really have come a long way, and much of that progress has been sustainable. And we will get to where we need to be.

Important—Save the Date—Important

As everyone probably knows by now, the Makos will be hosting the Winter Junior Olympic meet this December 2 through December 4. For those of us who have not experienced a “JOs” meet before, the meet will last three full days, and will start early in the morning and end late in the evening. We as a team host meets like this primarily to generate funds, which means we don't need to do things like selling pizza coupons door-to-door. The money we generate from this (and other meets) goes directly to the operations

of our program, and helps us keep dues as low as possible while also providing those resources our coaches need to improve the wet side of the program.

To successfully run this meet, we are asking everyone to pitch in as much as they can. We will soon be sending around the volunteer signup through i-Volunteer, but we wanted to give everyone advance notice as we will need help with meet setup on Thursday afternoon, December 1st, and a full day's staff on Friday, December 2.

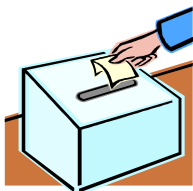
We thank you in advance for your help on this important project for the team.

50th Anniversary Party—A Great Success!

The board would like to thank everyone who pitched in on the 50th Anniversary Party. It was a great success, and a very fun event. A special thanks to Tari Mitchell, Susan Pfefferlen and Nelly Hernandez for organizing, and also, we'd like to thank all the local businesses who also supported us with this event.

Eric

New Board Member Election Results



The Makos held their annual General Meeting on September 24th, 2011, and votes were cast by all who were present at the meeting. Votes submitted by proxy were received prior to the meeting, and the cumulative results of those votes were:

- President – Eric Sidebotham, re-elected
- Vice President – David Pride (elected mid-term due to Matt Deakin stepping down)
- Secretary – Rob Reagan, re-elected
- Ways & Means – Mike Pfefferlen, re-elected

These folks begin their new two-year term which will run through September of 2013.

One year from now, the board member positions whose two year terms will be ending are:

- Vice President
- Treasurer
- Membership Coordinator
- Meet Director

It's beneficial to keep our whole membership involved with the inner workings of our team, so if you are someone who'd like to be a part of the board, please consider one of the three above board positions. You have a whole year to think about it!

Morgan Hill Swim Club Membership Survey - Now Available on the Website

By Rob Reagan, Secretary

The Morgan Hill Makos Swim Club Membership Survey was rolled out on September 24th at the General Meeting. Please take a few minutes to complete this survey and let us know what you think. We will use the knowledge gained to make the Makos a stronger and better organization for all involved.

We thank you in advance for your valuable responses.

Remaining Swim Meets in 2011

1. **Oct. 15 - 16:** Senior II, Almaden Swim & Racquet Club @ Morgan Hill Aquatic Center
2. **Oct. 22 - 23:** CBA+(Z1S), Morgan Hill Makos @ Morgan Hill Aquatic Center
3. **Nov. 11 - 13:** Sr. III/IV T&F, Terrapins Swim Team @ Concord Community Pool
4. **Nov. 19 – 20:** C/B/A+ (Last Chance JO Qualifier), ALMA @ Morgan Hill Aquatic Center
5. **Dec. 2 – 4:** Junior Olympic Short Course Championship (14/under), Morgan Hill Makos @ Morgan Hill Aquatic Center
6. **Dec. 9 – 11:** C/B/A+ (Z1S), Gilroy Gators @ Morgan Hill Aquatic Center
7. **Dec. 9 – 11:** Senior III Trials & Finals, Walnut Creek Aquabears/Lehmer's Aquatic Center in Pleasant Hill

Coaches Corner

By Tom Lebherz, Head Coach

Welcome back to a new season!! The entire coaching staff is excited to be starting their first full year together with the team. Last summer, the swimmers made huge improvements both in and out of the pool. The team sent more swimmers to J.O.s, Far Westerns, and Sectionals than they have in a long time. Also, we now have more than a dozen swimmers ranked in the top 25 in Pacific swimming, where there were only 2 to 3 during short course season.

It was great to have over 60 swimmers at the first meet of the year. Hopefully, we can have large turnouts at all the remaining meets we attend this year. Everyone swam fast, which was a great indication of things to come this year. The hard work that they are putting in is clearly showing when they race. We want to continue to see all of the swimmers reach to new levels, whatever that may be. The Age groupers should be focusing on the J.O. meet we are hosting on December 2 - 4, while the Sr. swimmers should be striving to qualify for the senior III Trials and Finals meet on December 9 - 11. (This senior meet will be the last meet of this calendar year.)

Tom

Team Swim Wear – Now Available to Order!

We've partnered with *Swim Suits West* who will be our team store for all our team swim wear needs. Order forms for swim suits, parkas, duffel bags and more can be found on our website at:

<http://www.morganhillmakos.com/makos-parents/team-gear-information/>

Competitive Swimming Videos

The following fun eHow.com url provides you an opportunity to watch some short videos that were made by Angela Bennion, a swimmer on the Eagle Aquatic Swim Team in Salt Lake City Utah. She's been swimming competitively since she was a child.

http://www.ehow.com/video_5113211_tips-swimming-competitively.html



BY JILL CASTLE, MS, RD, LDN

What do you pack to eat on race day? What's your nutrition prescription?

Everybody has a different approach when it comes to eating on race day. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand. Here are a few guidelines for smart eating and packing up the cooler:

- Don't DQ your day. Breakfast at home or on the road is the metabolism boost every swimmer needs. Instant oatmeal made with skim or low fat milk, toast with nut butter, dry cereal, yogurt and fruit are all light options that rev up the body. If you are competing in the morning, be sure to keep it light. Opt for a heavier breakfast if competition is in the afternoon.
- Pack variety. A few options of fruit, vegetables, grain, and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. It's better to have more food options than a large quantity of only two or three foods. Don't make the mistake of relying on a single food or energy bars to get you through the day. While they can do the job of fueling your body, they may not rate in appetite satisfaction. Having a variety of food sources increases the odds of proper fueling and healthy eating.
- Pack enough. You don't want to run out of food, and you may want to share with other swimmers (well-fueled swimmers help the whole team, right?).
- Pay attention to temperature. If you are packing perishables, be sure to add an ice pack. It's no fun to get tummy cramps before a race because something has spoiled.
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Please read the rest of this informative article on the USA Swimming website at:

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=3748&mid=11545>

Facts about Competitive Swimming

By Genevieve Van Wyden, *from eHow.com*

Competitive swimming took more than a century to reach its current incarnation. The British, in 1844, relied on the breast stroke, which was considered a more genteel stroke than the crawl. New strokes were created, such as the butterfly and backstroke. Swimming stars like Johnny Weissmuller, Janet Evans, Dara Torres and Michael Phelps have all made strong contributions to the sport, either in their training methods or competitive winning times.

Significance

Ancient people, from the Greeks to Plato, held swimming in high regard. Plato is said to have considered the man who could not swim to be "uneducated".

American Victory

At the 1924 Olympics, Johnny Weissmuller beat Duke Kahanamoku, a Hawaiian, using the freestyle stroke. Weissmuller popularized swimming, winning three medals at the 1924 Games and two more at the 1928 games.

Evolution

The backstroke became an Olympic competitive swim event in 1900; female Olympic athletes began competing in the freestyle competition in 1912. The butterfly appeared at the 1956 Melbourne Olympics.

Risky Method

Breaststrokers used to swim underwater as long as they possibly could, which contributed to the early situations when swimmers either fainted in the water or finished so short of air they were almost blue when they came out of the water.

Famous Swimmers

Famous swimmers include Michael Phelps, who has won more Olympic medals than any other Olympian in history; Dara Torres, who competed at the age of 41 in the 2008 Beijing Olympics; Janet Evans, who competed in the Olympics as a young teenager and won gold medals in 1988 in Seoul, South Korea and in Barcelona, Spain.

Makos Team Picture Update

By Tari Mitchell

Just wanted to let everyone know what is going on with our team photo this year since we are now into our new swim year.

We now have many high school swimmers on our team, and many of them play water polo. They are in the middle of their water polo season which ends in November. Due to this schedule, they are unable to make it to our pool in the evenings during the water polo season.

Therefore, we are waiting until their water polo season is over so that they can be a part of our team photo. It is anticipated right now that we will have the picture taken sometime in November. Due to the fact that it gets dark pretty early at that time of year - we may likely have to plan for our team picture to be taken on a Saturday.

Thank you for your patience!

Note: Next year we will plan to take our team photo on the first Saturday after school resumes in August. (This is usually a free weekend for the water polo team before the season gets going.)

If you have any ideas for items you'd like to see in future newsletters, please send a message to Kristin King at: coachkristin@morganhillmakos.com



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