



# NEWSLETTER

April 29, 2011

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## NEWS FROM THE BOARD

### **New Head Coach Selected**

**By Eric Sidebotham**  
**Board President**

I am happy to announce that as of March 14th, the search for a new head coach is over! Tom Leberz accepted the position as the Makos new head coach, effective April 1, 2011. Tom has been successfully coaching in the bay area for more than three decades, primarily in San Jose with the South Valley Swim Team, and for Santa Teresa High School. Tom has had swimmers who have attended Nationals, Junior Nationals, Sectionals, and some who've made it all the way to the top 24 in the Olympic Trials.

Tom is a member of the American Swimming Coaches Association (ASCA) as a Level V Coach, and is the Distance Coach for Pacific Swimming, which involves bringing select swimmers to Colorado Springs to swim in the Olympic Training Center. Tom is passionate and energetic about coaching, communicates well with kids, and has coached swimmers at all age levels.

Several of Tom's current athletes will be following him to join the Makos team; four of whom are sectional caliber swimmers. These kids will help form the "top of the pyramid" which is so important in building a comprehensive and quality swim program.

Please extend a warm welcome to Coach Tom when you get the chance!

## UPCOMING SWIM MEETS

**May 14-15;** C/B/A+, Hosted by: Team WAVE, in Morgan Hill (long course)

**June 11-12;** C/B/A+, Hosted by: San Jose Aquatics, in San Jose (long course)

**June 25-26;** C/B/A+, Hosted by: Valley Splash, in San Jose (long course)

**July 27-31;** Far Westerns, Hosted by: Terrapins Swim Team, in Concord (long course)

### ***New Practice Times/Days for Entry and Age Group Prep Swimmers***

Effective the week of April 25th, Coach Jennifer has taken on the role as the Entry Group coach, and earlier in the month Coach Spencer assumed the role as the coach of the Age Group Prep (which includes the former Novice swimmers) and the Age Group swimmers. Coach Kristin is now our new on-deck coaching/team assistant where she will be helping with new members be welcomed into our team and answering any questions they might have, conducting try outs for new swimmers, and backing up the coaches as needed. The Board is very grateful for the amount of time and effort Coach Kristin has given to coaching the Entry Group, and is now excited to have her take on this very important role for the team.

Until further notice, there has been a modification to the days and times for the Entry Group to practice with Coach Jennifer, and Age Group Prep with Coach Spencer. Entry Group swimmers will practice on Monday, Tuesday and Thursday, from 4:00 p.m. to 4:45 p.m. Age Group Prep/Novice swimmers (to be renamed soon) will swim Monday through Friday, 4:00 p.m. to 5:00 p.m.

### ***Coast Valley Aquatic League Update***

At the last board meeting, a motion unanimously passed to have the team seek re-entry into the Coast Valley Aquatic League—CVALs. The CVAL is a summer league of several Zone One South swim teams that host dual or tri meets (which are much smaller and shorter than the "C/B/A" meets the team participates in under United States Swimming/Pacific Swimming), and a championship meet at the end of the summer. These types of meets are ideal for younger Makos swimmers who do not yet have Far Western (or above) qualifying times, and new Makos families who have not yet experience the joys of a swim meet. The Makos was one of the founding teams of the CVAL, but left the league a few years ago. A preliminary inquiry has been made, and it appears as though we will be welcomed back into the league. Keep an eye out for more information about CVALs.

## **Technology and Swimming**

Since everyone now has a “smart phone,” maybe it is time to see if these cool devices can help with swimming. And they can. If you are an iPhone user, you will want to find an App called Swim Log, which is a \$4.99 tool published by Winston Rast.

This App is an easy way to track swim times, and can work for multiple swimmers. Simply enter the information about the event while you are at the meet, and Swim log will keep a record. It will also tell where your swimmer is in terms of motivational times (unfortunately, there is an additional \$0.99 fee to download the Pacific Swimming time standards) for every event entered.

Turn your iPhone on its side, and the data will be converted into a graph. The cool feature is that you no longer need to write down times and build spreadsheets—because you enter it on the spot. Also, you can share data with other iPhone users by “bumping” phones. The downside is that there can be lots of data entry when you first start out.

*If anyone has noticed any cool technology for swimming and would like to let everyone know, please submit to [comments@morganhillmakos.com](mailto:comments@morganhillmakos.com).*

## **New Team Email Addresses**

The Communications Committee has created new easy-to-remember email addresses for everyone you may need to contact on the team. For example, if you want to contact the president, simply send an email to [president@morganhillmakos.com](mailto:president@morganhillmakos.com). All board members have similar email addresses, as do the coaches. For a complete list of these email addresses, please visit the team’s website at [www.morganhillmakos.com](http://www.morganhillmakos.com). Email is a very efficient way of team communications, and therefore we encourage you to use it.



## **New Ways & Means Director**

Michael Pfefferlen has graciously agreed to join the Makos board of directors as Ways and Means Director.

Mike will be responsible for all fundraising aspects of the team, which will include fundraising events, corporate sponsorship, grants and the like. Parents will be contacted to help in each of these areas as needed. Welcome aboard Mike!

## **Family Statements & Monthly Dues**

### **By Sarriet & Severn Ferdun Board Treasurers**

In past years, account statements were not provided to team families except when requested. Since January 2011 we have been attempting to send regular monthly Dues Statements. The statements are e-mailed towards the end of each month for the following month’s Dues. It is important to review your statement in order to pay the correct amount each month. When a swimmer “moves up” to a different practice group the Dues amount changes. The statement shows which group a swimmer is in. If you have not been receiving your statements please contact the Treasurer to confirm/update your e-mail address. You might also need to check your computer e-mail settings and mark messages from [ferdun.family@verizon.net](mailto:ferdun.family@verizon.net) as being safe to receive so they are not routed to your Junk Mail folder.

Dues payments are expected on the 1<sup>st</sup> day of each month and considered late after the 10<sup>th</sup> day of each month. The “payment window” was provided to allow some flexibility when the due date falls on a non-practice day. A \$25 late fee may be added to payments received after the 10<sup>th</sup>.

Send emails to: [treasurer@morganhillmakos.com](mailto:treasurer@morganhillmakos.com) or [ferdun.family@verizon.net](mailto:ferdun.family@verizon.net)

## SOCIALS AND FUN EVENTS

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### **Morgan Hill Swim Club's 50th Celebration**

**By Tari Mitchell**

Our 50<sup>th</sup> Anniversary Celebration will be Saturday, October 1<sup>st</sup>, from 5-8 pm. We hope you have marked this date on your calendars! We would like to see **ALL** Mako families attend. Please help us spread the word to anyone you may know that has been a part of the Morgan Hill Swim Club in the past. Have them e-mail their name, address, and the amount of years they swam with the team to [50years@morganhillmakos.com](mailto:50years@morganhillmakos.com) so we can send them an invitation. You can now find all the details of this event on our website. (Check often as any and all updates will be posted frequently!)

For any questions, ideas or comments regarding our anniversary celebration please contact Tari Mitchell at [makosevent@gmail.com](mailto:makosevent@gmail.com) or [408-612-1353](tel:408-612-1353).

### **Commemorative T-Shirt Design Contest Winner!**

**By Susan Pfefferlen**

The 50<sup>th</sup> Anniversary Committee would like to congratulate Mackenzie Mitchell for submitting the winning picture for the T-Shirt Design Contest. Mackenzie's design was chosen by several coaches and board members out of over 15 submitted artistic designs and pictures.

We also want to thank and acknowledge the other swimmers who also took the time to submit pictures into this contest Thank you Amanda Giacobbe, Alyssa Greymont, Matthew Greymont, Kendal King, Michaela Larsen, Crystal Li, Abbey Pfefferlen, and Ellie Sidebotham for participating in this fun event!

Look for Mackenzie's design to first appear on our meet program at the meet on April 9th and 10th! Her picture will be also used on our annual team t-shirt, and represented in each meet program for the six meets we are hosting this year.

Mackenzie will also receive a commemorative t-shirt free of charge, and a gift card to NorCal Swim Shop. Congratulations Mackenzie!

### **50<sup>th</sup> Anniversary Fundraiser – A Big Success**

The 50<sup>th</sup> Anniversary Committee would like to thank everyone who donated items/cash or obtained a donation for the April 9-10<sup>th</sup> basket raffle fundraiser. The fundraiser was a huge success! Also, thank you to those who purchased tickets trying to win a basket or two. The MAKOS' big winner was Ryan Reagan, who won the jar of gumballs and MP4 Player. Congratulations, Ryan!

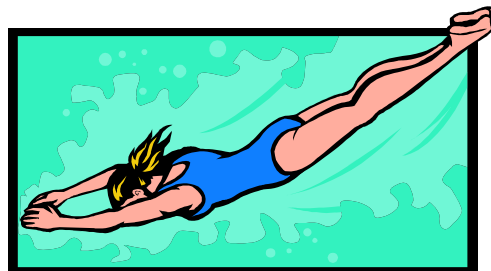
### **Upcoming Fundraiser**

We obtained so many wonderful donations for our basket fundraiser that we ended up with more baskets than we needed for one fundraiser so we decided to keep several of them to raffle at the 10 & Under Championships on April 30<sup>th</sup>. We have, among other things, a Family Fun Basket featuring 4 tickets to Gilroy Gardens, an Oakridge Mall Shopping Extravaganza basket featuring movie tickets and great restaurant/store gift cards, a collapsible wagon...great for hauling all your stuff into swim meets, a fabulous Starbucks basket and a basket being donated by MAKOS mom, Maria Sjolund, featuring beautiful home-made American Girl doll clothes! Please be sure to stop by, even if you're not working the meet, to get your tickets!!

### **Mako Dads Poker Night Results**

This "guys night out" event was a hit! Eight dads played Texas hold-em poker into the night on March 12<sup>th</sup>. David Pride, who claimed he never played poker before, dominated the game and was the outright winner. Everyone had a great time, and we ended up raising \$365 to go new equipment like kick boards, pull buoys, hand paddles, and swim fins.

**Thanks again** to Ola and Maria Sjolund who were kind enough to host this event in their home!



## COACHES CORNER

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### Senior Group

***By Coach Tom Leberz***

I'd like to thank the member's of the Morgan Hill Swim Club, the parents, and the swimmers for giving me the opportunity to turn around the program. I only hope that I can be productive and organized enough to produce a complete program. I would ask the team to be patient enough with the new staff and give us plenty of time to evaluate the complete program.

We have seen one meet run by the club and they did a great job. The swimmers were very complete and showed much improvement. Over the past two weeks the number of swimmers in the water during practice has grown. As one swimmer acknowledge during a particular morning practice, "I think we just broke an attendance record". These are the mandated items that make for a very successful program.

#### HARD WORK PLUS H2O MAKE'S FOR A SUCCESSFUL SWIMMER

Change is difficult and I know that, but if you allow my staff and me to work together, I really believe we can turn things around and have a very successful program. Let's work together on the 10 and under meet, then on to the May 14<sup>th</sup>/15<sup>th</sup> meet where we should see some good things happening.

Thanks again for the support and time to develop your program.

**Remember...OLD COACH...NEW STAFF...=  
NEW EXPERIENCE**

### Novice & Entry Group

***By Coach Jennifer Reagan***

Before I write about my excitement as the new Entry Level Coach, I would like to address the swimmers and parents from the Age Group Prep/Novice Group. I want to commend this entire group for having excellent attendance as well as great behavior. What I love most about this group is the great sportsmanship that they show towards each other. They are learning to race each other at practice and then say good job to the other person with a true smile on their face.

I will miss coaching all of you BUT I still get to see your smiling faces, hear your laughter and watch you become better swimmers, as I will be coaching just one lane over! ☺

I have a few congratulations in order from the last few months of meets. As all of you know, we are hosting the 10 and Under Championship swim meet on

April 30th. And there are a few qualifiers from Age Group Prep. Congratulations to the Makos' two 7 year olds, Ellie Sidebotham and Ryan Reagan. Ellie Sidebotham qualified for the 25 Backstroke and 25 Freestyle individual events. Ryan Reagan qualified for the 25 and 50 backstroke individual events! Ryan will join relay qualifiers Oliver Sjolund, Nathan Renggli, Matthew Graymont to make up the 8 and under boys relays for the 4X25 freestyle relay and 4 X 25 medley relay. Ellie will join relay swimmer Aziza Calvert and Kendal King (qualified for 2 individual events) and Karrine Leong (qualified for 2 individual events) in the girls 8 and under relays for the 4 X 25 freestyle and 4 x 25 Medley relay. We are so proud of all of you!!

We also hosted our first long course meet of the season earlier this month. Thank you so much to all of you who came out and helped all weekend long. The Age Group Prep Swimmers enjoyed large drops in time since the last meter season. I also want to personally congratulate Alyson Funk as this was her first swim meet ever. Way to go Alyson!

I am looking forward to getting to know the Entry Level Swimmers and parents and having some fun around the pool.

Remember that the sun is starting to emerge from a long, wet winter so please remember to apply sunscreen before practice. Also, please check the website for additional new information as it is updated frequently now. Please make sure that you check the website for upcoming swim meets and please make sure that you sign your child up in time.

I am also looking forward to coaching with Coach Tom, Coach Debbie, Coach J.K. and Coach Spencer! ...**Watch out Zone 1 South! The Makos are back!!**

## Entry Group

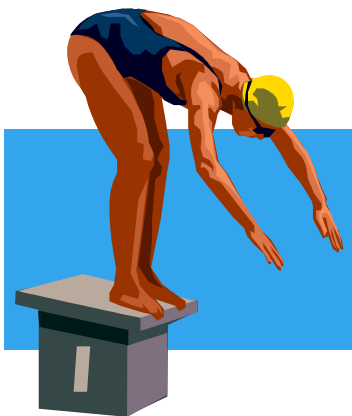
### *By Coach Kristin King*

The Entry Group welcomed another new swimmer to the Makos in March. Shelby Higley joined up and we'd like to extend a warm welcome to her and her family!

I also want to congratulate Nathan Renggli for moving up to the Novice Group as of April 5, 2011. Nathan has done a really good job steadily coming to practice, improving his racing dive and flip turns, and working hard at every practice in all four strokes. He's been in three meets now, soon to be four, so is doing very well! Congratulations Nathan!

One last thing: I'd like to say what a pleasure and joy it's been for me to have coached the Entry Group for the past 14 months! I've been asked to take on the role as the new coach's assistant to back them up as needed. I'll miss my steady gig as the Entry Group Coach, but I won't be far away as I'll also be providing Try Outs to new kids who are interested in joining our team, and help with incoming new members. Coach Jennifer has taken over as the full time coach of the Entry Group as of April 25<sup>th</sup>, and Coach Spencer Hammaker has taken over coaching the Novice and Age Group Prep kids in mid-April.

...See you on deck!  
Kristin



## 2011 Pacific Swim Guides Still Available!

For those of you who are not familiar with a swim guide please read on!

Pacific Swimming publishes an annual guide that includes information on meet schedules, club names and codes, club contacts, national and local motivational time standards (short course and long course), qualifying time standards for specific meets (Junior Olympic, Far Western), and Pacific Swimming rules and regulations. It's a very helpful tool.

The Makos ordered a limited number of the 2011 Pacific Swim Guides and are selling them to our members for just \$2.00 a piece.

If you're interested in purchasing one of these helpful guides, please see Kristin King to purchase your copy. Place \$2.00 in an envelope with your name and 'Swim Guide' on the outside, and drop in the lock box where you pay your dues. (If paying by check please indicate "swim guide" in the memo section. If Kristin is not available, contact Sarriet Ferdun for assistance (e-mail her at: [ferdun.family@verizon.net](mailto:ferdun.family@verizon.net)).



*Editor's Note:* If you have any ideas for items you'd like to see in this newsletter, please send a message to Kristin King at: [coachkristin@morganhillmakos.com](mailto:coachkristin@morganhillmakos.com)

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