

Murray Aquatics Club (MAC) Information

What is MAC?

The Murray Aquatics Club is a year round, USA Swimming sanctioned team. Swimmers are divided into practice groups based on their age and their ability level. Coaches use drills and training principles to help swimmers improve their technique, speed and endurance in the four competitive strokes—freestyle, backstroke, breaststroke, and butterfly. Meets are usually held once a month with other area teams. MAC helps prepare kids for the high school swim team and life-long exercising skills. MAC practices are held Monday through Friday from 4:30pm to 5:30pm-Bronze, 4:30pm to 6:00pm-Gold/Silver.

How Do I know if My Child is good enough?

Ask your child's swim instructor. If the swimmer has passed Level 6 Swim Lessons, they're ready for Bronze level MAC. Swimmers should be able to swim 50 yards of freestyle, 50 yards of backstroke, and 25 yards of breaststroke, with an introduction to butterfly. They do not have to be able to do all the strokes and skills perfectly before joining the swim team. If you have any questions about the eligibility of your child for MAC, talk to the MAC Head Coach.

How Do Swim Meets Work?

At meets, the swimmers are divided by age groups: 8 & under, 9 & 10, 11&12, 13 & 14, etc. Girls and boys swim separately. Swimmers are divided into heats by their best times, so they will generally be swimming next to someone with a similar time. The main focus at meets is to improve personal best times in each event.

Does My Boy Have to Wear a Speedo?

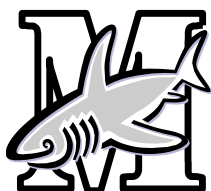
No, regular suits are fine, even at meets. He will quickly realize, however, that Speedos or jammer-style lycra suits (similar to bike shorts) will help him swim more effectively.

How Much Does MAC Cost?

Monthly (March, April, May)		Seasonal (March-May)	
Resident-Member/Non-Resident		Resident-Member/Non-Resident	
Gold/Silver	\$40/\$45	Gold/Silver	\$105/\$120
Bronze	\$35/\$40	Bronze	\$90/\$105

Monthly fees are due by the 1st of every month or swimmers will not be allowed in the pool. Swimmers must register with USA Swimming each year. The cost is \$75. There are also additional minimal fees for meets.

Sign Your Child Up To Become a MAC Tiger Shark Today!



Things to Know After Joining MAC

Attendance

It is important for swimmers to attend at least 3 or more practices a week in order to progress and achieve competitive goals. There are various USA Swimming competitions available throughout the year. Though participation at these meets is optional, we strongly encourage you attend as many as possible! We will not hold practice on meet days.

Locker and Facility Use:

Swimmers must check in at the front desk before entering the Park Center. Swimmers will not be allowed into the facility until a coach is on deck unless he/she has a membership to the Park Center. Swimmers who have not paid their MAC fees by the 1st of every month will not be allowed to swim until the fee is paid. If swimmers would like to be assigned a locker, they and their parents must fill out the locker form provided by the Park Center. It is important that swimmers clean up after themselves and show respect for the facility in order to continue using the lockers.

Communication

A member of the MAC coaching staff will send periodic e-mails regarding MAC, so please make sure you fill out an information sheet (attached) and place it in the "MAC Committee" box next to the coach's office in the Competition Pool. If you have questions about the progress of your swimmer, talk to one of the coaches before or after MAC practice. Please do not disturb the coaches during practice.

Team Suits and Supplies

MAC team suits that swimmers wear when participating in meets. They are available to order in the fall and spring. A team suit is not required in order to participate in meets. Other supplies such as fins and paddles which help strengthen the swimmer during practice are also available to order. Swimmers will also want to purchase a separate practice suit as well as a "drag" suit. Drag suits are baggy shorts or extra large suits which are worn on top of the regular suit. They make workouts harder and therefore, more effective. Practice suits usually last longer if they are made of polyester.

These items can also be purchased through our equipment order or at any local swim shop. Special racing suits which rappel water can also be purchased at local swim shops. These suits are optional and expensive. Parents usually purchase these suits when their children become serious about competing. They are normally only worn during competitions and at the State Championships. A MAC cap will be provided to the swimmers when they swim at meets; however, if a cap gets lost or torn, additional caps must be purchased. Good goggles are also a must and can be purchased at the Park Center or a local swim shop. Ask the swim shop employee to help you fit the right goggles to your child so that they do not leak during practice

or meets. They should provide good suction around the eyes. Pool n' Patio and Aquaholics give discounts to MAC swimmers, so let them know you are from MAC.

Meets

The ultimate goal of MAC swimmers is to participate in as many meets as possible. Invitational meets are hosted by the various swim clubs throughout the year and most require that swimmers have established times in the events they choose to swim. Dual or tri-meets are held between two or three teams, and the MAC committee tries to set up a few of these meets during the season as well. They do not require that swimmers have times for the events they swim. During the summer, swimmers can train for long course meets which are held in 50 meter pools. Practices for long course are held at the Kearns outdoor pool.

Swimmers are charged a small fee for each event they choose to swim in the meets as well as a meet fee. These fees are due before the day of the meet. Sign-up sheets for meets will be placed in one of the MAC file boxes next to the bulletin board. Once they are filled out, they can be placed in MAC lock box outside her office, along with payment for the meet. There will be no refunds for missing a meet you have signed up for.

MAC meets are normally several hours long; therefore, it is important to make sure your swimmer is prepared by bringing a couple of towels, some snacks (make sure you include something with protein in it as well as some carbs), Gatorade/water, something to keep him/her busy between meets (cards, portable dvd player, handheld games), and a fold up chair (most pools don't have room for all of the swimmers and spectators). Also, eating healthy foods high in carbohydrates the night before a meet can help enhance the performance of a swimmer. Hydration is also essential to a swimmer's success.

Parental Involvement

We need parent volunteers! For various meets throughout the year, we are required to provide timers. Timing is not a difficult job, and we need parents to help with this. If your child is signed up to swim at a meet, and we are asked to provide timers, you will be required to time. If you cannot fill your slot, you will either be expected to find someone to fill it or pay a \$10 fee.

We also hold one to two fundraising meets per year at which we expect parents to volunteer their time helping with concessions and timing. Also, at the Utah State Championships, we are required to provide an allotted number of volunteers to do various duties. If your child swims in the state meet, you will be assigned a volunteer time slot. The \$10 fee will apply if you are not willing to volunteer.

There are also needs for officials. If you are interested in becoming an official please visit usaswimming.org for information.

Parent involvement is key to the success of our team!

Time Standards/Aging Up

You may hear your swimmer's times referred to as "A, B, or C" times. This is based on a certain time standard that must be reached in order to achieve the various levels, with A or above (AA, AAA) being the highest. When a swimmer "ages up" into another age group level on his or her

birthday, the time standards change and a swimmer must achieve the new standard in order to be ranked "A, B, or C." Time standards for the State Meet are different and not necessarily judged by the A, B, or C standards. If a swimmer has a birthday (ages up) which places him in another age bracket before the State Meet, his/her times must meet the required times for the higher age bracket in order to qualify for State. If a swimmer ages up during State, he/she can still compete in the lower age bracket.

State/Regional Meets

The State Short Course JO Championships are usually held sometime in the spring. The Long Course Championships are held in the summer. The Head Coach will let swimmers know what events he/she is qualified in. State times are very competitive so parents and swimmers should not get discouraged if a swimmer doesn't qualify. There are also Zone and National Meets which have even more competitive time standards and are held out of state.

Water Polo

If your child is interested in learning to play water polo, you can sign him/her up to take the Youth Water Polo program on Tuesday and Thursday nights at the Park Center at 7:00 pm. Murray usually has quite a few kids who participate in this fun program. They participate on teams with other Murray kids and play games against teams from other clubs.

Jr. High-age kids can talk to Kim Durrant about becoming a part of the Junior Varsity or Varsity Spartan Polo Team if they are interested in competing with the high school kids in the spring. Practice times are from 7-9am, and 3-4pm weekdays and games are held at various times in the week during March through May. There is also an 8th grade and under coed team that plays several times during the season. Spartan Polo begins at the end of February and runs until May. There is a participation fee associated with this program

Kids wishing to participate competitively in water polo must register with USA Water Polo at www.usawaterpolo.org. There is a cost involved with registration. Coaches need proof of registration before a child will be allowed to participate.

Swimming affiliations:

USA Swimming

USA Swimming is the national governing body of competitive swimming. MAC, its coaches and swimmers are all registered members of this organization. USA Swimming provides the rules, guidelines and sanctions for competitive swimming in the United States. In addition, it provides some secondary insurance for meets and practices. **All athletes swimming with MAC must register with USA Swimming.** Please fill out the registration form and give to the Head Coach with payment. After you have paid the annual registration fee, you will receive a membership card for the year.

Utah Swimming

Utah Swimming is the state affiliation of USA Swimming. It is run by volunteers from around the state. It organizes several meets a year including the state meets. Their website has helpful information about upcoming meets and time standards (www.swimutah.com).

New Swimmers/Parents: Please fill out and cut off the form below and place in the MAC Committee Box(next to Coach's Office in Competition Pool) so that we can put you on our roster.

Name _____ Age ____ Date of Birth _____

Parent's Names _____ Phone: _____

Address _____

Parent's e-mails _____
(We will contact you mostly by email)