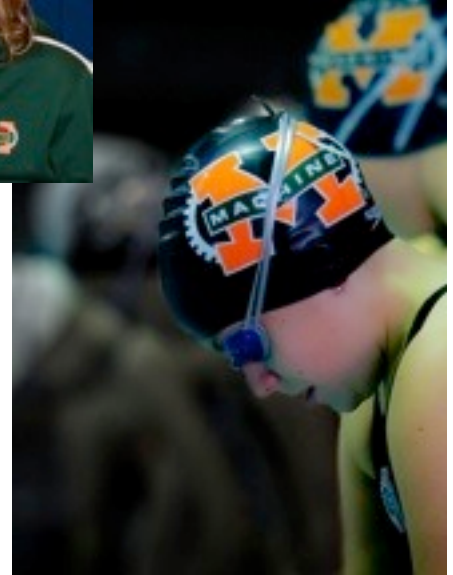


Nuts & Bolts

MACHINE
AQUATICS
NEWSLETTER

VOL. 1 /
ISSUE 4
APRIL 2011



The April Machine Aquatics Newsletter!

A Message from Coach Dan

Another Amazing Championship season for all levels of Machinery from Micro Machines to our National Team. Our Success is a direct result of the hard work and dedication that each one of our swimmers, parents and coaches gives each day. We set the bar high every practice knowing the results will make all of the work worth the effort. The coaching staff wants to thank each of you for making Machine so awesome!

From the Senior Swimming perspective, Machine is better than we have ever been! We are deeper and more powerful than ever. We had great performances at Senior and Jr Champs where we achieved over 95% best times. Several swimmers made Sectional, Grand Prix and Jr National cuts as well.

In the Issue

Championship Swimming Recap	1
Masters Swimming News	4
Long Course Registration Info	5
Machine Team Retreat Information	8
Speedo Nutrition Tip of the Month	7



Machine Aquatics strives to make a positive difference in the lives of its team members by promoting good sportsmanship, biomechanically sound techniques, nutrition, healthy lifestyle, balance, commitment, responsibility, love for the sport of swimming and self respect. We are committed to creating an environment where each individual athlete may realize his or her own potential. We believe that the healthiest motivation for a child is the motivation that comes from within, and we endeavor to draw out each child's natural energy, hope and courage, thereby fueling the pursuit of their dreams.



Machine traveled to Orlando, Florida with our largest Jr National team ever and took 10th overall at NCSA Jr Nationals! That is just plain amazing! We swam against the best 18 and unders in the country and represented Machine Aquatics with honor! People know who we are around the country and respect our swimmers and coaches. We are extremely proud of our very young and talented National team.

While we were at Jr Nationals, Machine hosted one of the largest PVS Meets of the year, 14 & Under Championships. We again showed everyone that Machine is the best team around, pound for pound. Not only did we run the best meet of the year but we also swam ridiculously fast and made parents and swimmers alike, notice our excellence. You can't argue with Results!

The following week we traveled to Christiansburg, VA with another huge group of athletes for The Speedo Sectional Series and swam out of our minds. Again finishing in the top 10 overall! We are the best! We had over 90% best times and had swimmers make their Grand Prix and Jr National cuts.

Just when you thought we were done with the shortcourse season we get back from Sectionals and have another Championship Meet. March Madness was Fantastic. Several swimmers had the opportunity to Final and get exposed to a higher level of swimming that is exciting and FAST! Best times all over the place. The coaching staff was impressed by the tenacity and perseverance of our swimmers. We had MASSIVE time drops across the board from 8 & Unders to Seniors. Again showing that hard work pays off!

We tell our swimmers all the time, "Nobody is going to give you anything. If you want something bad enough, consistently work your tail off and you will be rewarded!" We believe in each and every single one of our swimmers. Each one is an individual and each one has a different set of lofty goals. Our job is to help them get there and beyond. Continue to believe in yourselves and continue to work toward BIG goals! We could not be more proud of our Machine swimmers and excited about helping each of you unlock your potential. Be proud of your accomplishments this past year. Celebrate your success but don't be satisfied. Now that you have swum faster than ever before.....GET BACK TO WORK! Because that's what we do!

See you at practice! See you at Long Course!

Coach Dan

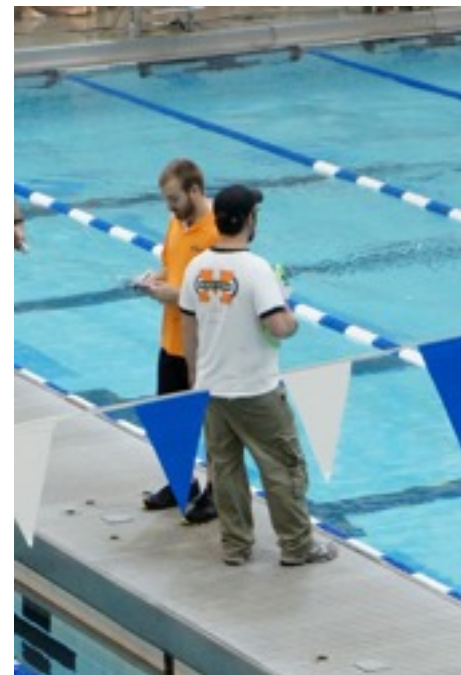
Attention Seniors!

We need your information for the Senior Recognition Program!

Email Paris with the following information:

Your name,
a great photo,
the name of the school
you'll be attending
and a Small Bio

[paris@
machineaquatics.com](mailto:paris@machineaquatics.com)



A Message from Coach Mason

Hello Machines! I am very excited to talk to everyone about my experience coaching the 4th place over all Machine swimmers at Mini Champs. I was so impressed with how well our younger swimmers represented our team. Right off the bat from the other coaches/officials, I received many compliments on our kid's sportsmanship and positive attitude. After winning the 25 Free, 25 Back, and 25 Fly, I was especially proud to see Darby Galbraith shaking hands with all her fellow competitors. Gabriela Miralao stood next to Hope and I, and cheered for all her teammates, then went on to win the 25 Breast. One of my favorite things about coaching the younger swimmers is their enthusiasm for the sport and for life. And let me tell you, once the Relays started we did not have a single swimmer sitting down! Everyone was on their feet cheering, and those that were participating in the Relays were RACING their hearts out. The other thing that amazed me, was being able to see their progress throughout the season pay off in how they swam their races. Important stroke technique, that I have been repeating to them throughout the year, for example: "Streamline off your walls", was followed through on. Will Fletcher dropped 7 seconds off his 50 Breast, and 2 seconds off his 50 Fly using Streamline to get maximum efficiency out of his start and turn. He and Tommy Nagle were racing and challenging each other to swim faster the whole meet. It was really cool to watch them duke it out in the pool and come out of the water and hang out the entire meet as best friends. I cannot wait to see our mini Machines continue to grow in their technique and love for the sport. As they move up through the Machine program, they will be a force to be reckoned with!

- Coach Mason

Congratulations to our Top 10 Championship Meet Finishers Senior Champs, Junior Champs, Junior Olympics and Mini Champs

Megham Overend	Alison Boardman	Sabrina Groves	Ella Galbraith
Abigail Speers	Caitlin Rose	Cassidy Humphrey	Emma Flickinger
Laura Kellen	Aedan Collins	Alexander Gomez	Darby Galbraith
Maggie Shaw	Denny Nguyen	Jack Galbraith	Sophie Smith
Catherine Munch	Sean Mayer	Will Soobert	Catherine Walter
Jordan Parry	Daniel Hemmer	Derek Perez	Gabriela Miralao
Kristin Haufler	Olivia Schmid	Daniel Gyenis	Anna Sullivan
Carolyn Rice	Julia Downing	Riley Fletcher	Ellison Soobert
Bo Ilgenfritz	Caitlin Nguyen	JC Bennett	Joseph Fallon
Farrin Saba	Suzanne Dolan	Ryan Ha	Liam Downing
Stephanie Hallock	Claire Greene	Connor Rainey	Tommy Nagle III
Nora Snee	Rachel Robertson	Justin Nguyen	William Fletcher



A Message from Coach Blair

Hey Machine parents and swimmers!

What a championship season! We have really gone out to every meet, from Nationals to Junior Olympics, performed fantastic and represented ourselves in a manner we can all be proud of. I get the opportunity to talk a little bit about our JO meet and the great stuff that happened and the super swims all around. This was one of the most fun JO's in memory and a meet in which we showed all of our hard work, dedication, and teamwork to all of the rest of our LSC.

Machine is always a club that stands out and one that people notice and that is because of the dedication of our parents, swimmers and all of the hard work from our great coaches.

Going into this season we had many goals and achievements we were looking to accomplish. Now that we are in the finishing part of our season we can look back and really reflect on what we have done both on a team wide basis and on the individual side. I know we have talked at length as coaches about what we wanted from this year and that we wanted to rise above our expectations and improve as a team from last year. One of those goals was score well as a team in our championship meets and show that we are the best team around! We went into JO's feeling pretty good about our chances and came out of it extremely happy with how we did. All across the board we had great swims and raced really well. I thought one of the best parts of the meet was the support we gave each other and the way every swimmer stepped up in the relays and swam as a team!

All of our morning swims were impressive and we had goals for the swimmers to make it back to finals. We had a ton of swimmers make finals this year and get second swims in multiple events. It was great to see such a different assortment of swimmers at night and the fact that we were represented from all areas of Machine. Coming out of our great swims were a bunch of Zone qualifiers for Potomac Valley, which means they were the top 3 swimmers in all of Potomac Valley in a certain event. The



Congratulations to our 2011 PVS Zone Team Qualifiers

Olivia Schmid

Julia Downing

Caitlin Nguyen

Suzanne Dolan

Sabrina Groves

Rachel Robertson

Will Soobert

Denny Nguyen



Congratulations to our Washington Post All-Met Swimmers!

1st Team

Abi Speers
Langley/Sophomore

Callie Fosburgh
Wilson/Senior

Cj Fiala
Westfield/Senior

Charlie Putnam
McLean/Senior

2nd Team

Ryan Natal
Langley/Junior

Shannon Harper
Forest Park/Junior

zone qualifiers were Denny Nguyen, Sabrina Groves, Suzanne Dolan, Will Soobert, Julia Downing, Olivia Schmid and Caitlin Nguyen. This year was a lot faster than I can remember in the past so it was a huge accomplishment for these swimmers and we had many more swimmers who were close. I wanted to also give a shout out to Suzanne Dolan who won two events at the Zone meet, something that is a huge accomplishment and great to see from our club!

I want to thank all of our parents and volunteers; we really couldn't have this meet without all of your help and support. I'm sure there will be other area's in our newsletter that will thank you for all you do but the coaches wanted to send out a huge thanks because we would never get through the weekend without our hospitality and help all around the deck. You guys are the best!!!

Now to continue our greatness and keep moving in the right direction we need to start focusing on our long course season. Hopefully, you have started signing up for long course and are excited about the new groups of swimmers you will get to train with. Swimming in the summer with us allows us to maintain the consistency that is so important in development. We offer a variety of different places to train and always see huge amounts of improvements with the swimmers who commit to long course. I hope to see a lot of you this summer!

I can't tell you enough how proud I am and how proud all of the coaches are of each one of you, this year we had a great JO meet and we are going to keep getting better.

- Coach Blair





Coaches Corner

*Featuring Josh Travis, the new coach for
Machine Masters*

What is Masters Swimming? It's a program to help promote fitness and health in adults and provide a continuous learning environment.

Let's face it. As adults, we are constantly taken over by the overwhelming pace of today's society. In both good ways and bad. If we can work together to counteract fatigue and stress build up, then we have a great chance of manipulating our days from OK to excellent and productive.

After the day is over and done. I don't say "finished" for a reason. We reflect on what has been accomplished. On days we have completed something physical or strenuous, there is a sense of pride. It starts with TODAY and NOW!

My goal as the new Machine Masters Coach is to provide motivation, inspiration, and to help you achieve your goals. Let's stay positive and be proactive with each other so that we, as machinery, can build each other up. We need to work as a TEAM! Did you know that by working out the legs you can increase upper body strength by 15-20%. Besides, summer is nipping at our heels - so lets get those Bods in Peak shape!

Machine Masters - The Joys of Waking Up at 4:15 am.

*Featuring Andrew Galbraith,
Machine Masters Swimmer*

Today, I actually woke up before my alarm. Always feels good to do that, especially when the alarm is set for 4.15 am. Its Tuesday and its Masters swim day. Along with the usual 8-12 brave souls, (sometimes more on Mondays and Wednesdays), it's off to Oakmarr, sans caffeine. While the 18 and under crowd slog away with Dan and Blair, the over 21 crowd (I am being generous here !) reminisces about their youth. Funny thing is I don't recall getting up this early in 1984 when I when my 100 Fly was at its peak ! In the past month, the Masters crew has said goodbye to "chili" Billy and we have welcomed "jamming" Josh. It's kind of like out with the old, in with new, Josh's practices are a little different. No more 50x50's on :50 on freaky Friday ! Now I have said that, I am sure we will find a variation on the schedule next week.

If anyone is curious, it's not just the parents of those swimmers slogging away at the other end of the pool - they have an excuse as they hope their son / daughter will manage to cover part of the college tuition, I simply enjoy eating my third meal before 9 am on swim mornings.

Want to join in the fun:

*The Machine Masters Program is
Monday - Friday from 4:40 - 6:30 am at
Oakmarr Rec Center. Summer workouts
will be Monday - Friday from 5:00 - 6:30
am at Chantilly National Country Club.*



A Message from Coach Paris

Dear Machine Family Members–

What a season!! I want to thank everyone for your support of the Machine family throughout this incredible season. We hosted several events that would not have been possible without the phenomenal support of the Machine parents.

This season, we hosted two of the largest meets in Potomac Valley swimming: The Turkey Claus Showdown & PVS 14 & Under Junior Olympics. Our parents ensured these meets ran smoothly and represented Machine with pride. We also hosted the Green and Orange Bowl and Machine JO Qualifier. In May, we will host the Machine Long Course Classic. These meets are our team fundraisers which help support team events; such as the outing this weekend at High Point Farm, the annual team banquet, ice skating and bowling. A huge thank you to every parent for your support.

As we look towards closing out the 2010–2011 short course season, we are excited about this summer with the 2011 long course season and details about the 2011–2012 short course season. We are very excited to announce the hiring of an incredible coach joining our Machine family. Watch for more details to come in a couple of days.

We are also excited to announce the opening of our new swim school in September! Machine will open a swim school located at The Madeira School. We have recently hired a Swim School director, who is putting the finishing touches on the program. The program information will be released in June along with our short course program. Classes will include Swim Star babies & preschool-aged swim classes. Drowning is the number one cause of death in children under the age of seven. This school will provide the community a safe, secure and nurturing environment for children to learn to swim and develop a love of the sport to eventually graduate into the competitive environment with Machine Aquatics. We are excited to make a long time dream a reality.

As you can see this last season has provided a lot of growth for Machine. USA Swimming has recognized our achievements and efforts. We have been designated as a Silver Medal club. This award is given to less than 100 of the 2700+ clubs in the Nation. Congratulations again to the swimmers and coaches for earning this award.

Thank you again to everyone for a great short course season and we look forward to seeing everyone at the end of the season party on May 15th at the Waterford reception hall.

– Coach Paris

Now Open: Machine Long Course Registration

In a few short weeks our short course training season will draw to a close. We wanted to remind you of opportunities to continue your training with Machine Aquatics.

Summer league swimming is "fun" and a great opportunity to showcase how your swimmer has improved this season with Machine. However, many times the training provided in a summer league workouts are not enough to maintain the endurance your swimmer has built up as a year-round swimmer.. Continuing to train with Machine in the summer is a great way for your swimmer to develop this talent further while supporting your summer team.

The Long Course season begins in May and finishes in August. Work outs for all ability levels are available at Oakmarr, Audrey Moore Rec Center, The Madeira School, Westwood Country Club and Chantilly National Country Club.

All registrations require coach approval. Our coaches for the LC season are: Dan Jacobs, Blair Piddington, Rod Montrie, Damian Rodino, Josh Travis and Paris Jacobs. So talk to you coach today about what works best for your swimmer!

Check the Machine website www.machineaquatics.com for additional information about long course season practices and meets.

We Have A LOT to Celebrate!

Machine Aquatics

Annual Awards Banquet

Sunday, May 15th from 3pm - 7pm

Season ReCap, Senior Recognition, Dinner, Dancing and More fun!!

The Waterford at Fair Oaks

12025 Lee Jackson Memorial Highway, Fairfax, VA

Cost: \$15 per person - Free for 5 and unders

RSVP at www.machineaquatics.com

National Nutrition Month: Tips for Your Family's Health from Speedo

Celebrate with your family by trying some of these helpful and healthful suggestions.

Sensible Snacking

Encourage your children to eat more fruits and vegetables by setting an example! Have carrots and celery or cut-up fruit readily available for the family to snack on.

Cherries for your health

Cherries are a great choice, whether fresh or dried. They are rich in fiber and vitamin C, and are associated with heart health and reducing the risk of cancer. Cherries also are rich in melatonin, which may help with sleep!

Fresh or Frozen

Frozen fruits and vegetables are just as nutritious as fresh. Toss carrots, broccoli, or corn into canned soup, or make a fruit smoothie for a quick, delicious breakfast.

Colorful Vegetables

Dark, colorful vegetables, such as broccoli, peppers, tomatoes, and carrots, are more nutrient dense than pale cucumbers, mushrooms, and celery.

Early to bed

Get some rest. Your body recovers and repairs while you are sleeping. Sleep also can affect your weight and mood.

A perfect start to the day

Start your day off right with oatmeal, an excellent source of whole grains. Spruce your oatmeal up with some cranberries, apples, and nuts!

Which cereal to choose

When choosing cereal, look for those that contain at least 3 grams (g) fiber/serving, no more than 6 g sugar/serving, and no *trans* fat.

The fewer, the better

When it comes to choosing meat, the fewer the legs, the better. Chicken has two legs, thus it is a better option than pork, which has four legs.



Ready-to-go lunch

Pack your lunch the night before. This way you can easily "grab and go" in the morning and avoid eating fast-food or a highly processed, fattening meal in a box.

Vending machine alternatives

Stock your desk drawer with trail mix, whole-grain crackers, fruit cups, and reduced-sodium soups to satisfy your cravings and to keep you away from the vending machine.

Important Dates

APRIL/MAY 2011

Weeks of
APRIL 30TH -
MAY 1ST

Machine Team
Building Retreat
April 30
High Point Farm
Clarksburg,
Maryland

SNOW LC Spring
Classic
May 7-8
Claude Moore Rec
Center
Sterling, VA

Week of
MAY 15TH

Machine End of
Season Banquet
May 15
Waterford at Fair
Oaks
Fairfax, VA

Machine Long
Course Classic
May 20-22
Takoma Park Pool
Takoma Park, MD

Week of
MAY 23RD

First Day of Long
Course Practice
May 23
Various locations

Be Your Best Machine this Summer!

Register for Machine Aquatics 2011 Long Course Season Today!

www.machineaquatics.com

