



## Rockwood Swim Club

### Inside this issue:

Silver North	2
Gold	2
National Prep	2
National	3
Senior	3
Bronze North	3
Silver South	4
Bronze South	4
Senior Prep	4

### Notes

Please follow your group's Twitter feed for the latest practice updates. Also please "LIKE" our Facebook page for meet updates and pictures.

\*\*\* If Rockwood School is cancelled due to weather, then practice for RSCA is also cancelled.\*\*\*

## Long Course on the Horizon



2018 SECTIONALS TEAM

A great group of swimmers who have been preparing for this meet for months, some years after making the cut.

Following spring break, it would be easy to think that things cool off for a while, but while the flurry of meets is over, we still have a lot going on. Schedules are constantly changing due to Water Polo games, our older groups are looking to move outside soon, and we do have our first long course meet April 6-8 in Cape Girardeau for Senior, Gold, and Sr. Prep. Good luck to all of those swimmers in the early LC season.

We have had a lot of swimmers throughout the team recently make

move ups to the next level. As swimmers and coaches try to adjust to their new environments, we encourage parents to talk to their new coaches and ask questions. It is always helpful to create that relationship early on so that

communication from both sides is easy going forward. Congratulations to all the swimmers who have made it to the next level. Keep working hard.

As we look towards the LC Season, we have a lot to look forward to in the busy summer. We are planning on taking a team travel trip late in June with our Age Group program. As always, we are planning to take a group to the Central Zone Open Water meet in the middle of June. And we will certainly have a lot of meets in St. Louis as well leading us to our Long Course Champs in Carbondale at the end of July. Good luck to all in the coming months.

## Silver North Roundup

With the 8&Under Champs meet we have finished the 2017-2018 Short Course Championship season. As I reflect upon the season I am very pleased with the progress that we have made in Silver. There was a lot to learn when we started in the fall. The swimmers have done a great job and I enjoy watching this progress in practice. From learning how to push off the wall to when they are supposed to go, to learning their starts and turns, the kids have been phenomenal.

The long course season is upon us. If you haven't made up your mind yet about the summer season, I encourage you to keep your swimmer going through the summer. It's a great way to keep their skills fresh and continue their training. If you have signed up, make sure to get your meet entries in ASAP. Entries are usually done way ahead of time due to the lack of meets in the summer and we need to have our entries in early to ensure we get in the meet.

Swimmers of the month: This month I am naming all of the 8&Unders that were at the 8&Under champs meet. As a team we were 3rd overall and the swimmers did an amazing job dropping times. These swimmers are Alex Atkins, Addison Pfeiffer, Isla Sattler, and Livvy Cook. Great Job Guys!!!

## Gold Roundup

Gold has had a good month of March. During this month some of the group took much deserved time off during Spring Break to rest and recharge. Since then practices have been focused on technique and strong kick in preparation for the start of long course season. Others in the group participated in the Heat Lightening meet towards the middle of the month. At this meet multiple Gold athletes saw lifetime best times. Out of these great performances Eryn Lashley received first

time BB cuts in multiple events, Jeffrey Ge received a first time A cut and Molly Brim deserves notation for dropping significant amounts of time and earning some first time B cuts in the 13/14 girls age group. Lexi Cook also received the High Point award for 9-10 girls. Later on in the month a select group of Gold athletes earned the opportunity to travel to Orlando Florida for the NCSA Age Group Championships. At this meet Lexi

Cook and Sydney Schoeck placed in the top 8 and top 16 in multiple events. The 10&Under girls relays, which also included Ella Wolf and Lily Maginn placed in the top eight. These placements from Gold group athletes greatly contributed to the Rockwood Girls finishing tenth overall at the meet out of 84 teams! Swimmers of the month for March are Eryn Lashley, and Jeffrey Ge. Both have really stepped it up during practice this month and have reaped the rewards during recent competition. Gold Group swimmers should look forward to training for, and competing in the two April meets.

## National Prep Roundup

The National Prep group got to, for the most part, have a relaxing month of March. With the exception of the 4 swimmers we had going to Sectionals and the 1 swimmer going to Orlando, everyone else saw their first meet free month since September. We also took a week off for spring break and hopefully used that time to catch up with friends, family, or homework.

Now we are back at practice and looking forward to the LC Season. We have welcomed a few Sr. swimmers into the group full time, and several more on a part time basis, while saying goodbye to Ryan Joehl, Sidney Durbin, Emma Harris, and Jenny Flores. We wish everyone that has made a group change the best of luck in the future. We have almost a month until our first meet in Edwardsville April 20-22. We will begin to swim outside shortly and most of the swimmers are very excited about that.

Our swimmer of the month for March is Sidney Durbin. Although we did not have a lot of training in the month of March, Sidney had an incredible Sectional meet where she took 6 seconds off of a cut she made a month before in the 200 Br. She also made finals in her first Sectional meet, an impressive achievement.



NP swimmers helping set up the 50m pool.

### National Roundup

March competitions started with a record setting 200 free relay for the mens team at Sectionals and concluded with a strong finish at NCSA's in Orlando. In between we rewrote the records of both Ozark and Rockwood Swim Club. Thank you to all the parents for the support at Sectionals. The Senior gifts were original and creative. Our team presence on deck was strong at both Mizzou and Orlando. Now on to long course season with our first meet in Edwardsville in late April.

We are happy to add Emma Harris, Jenny Flores, Sidney Durbin and Ryan Joehl to the National training group. Now is the time to get started on recruiting for our Junior class and finish those student-athlete questionnaires. As we head into the base-building part of the season it is also time to think about your academic future. Our staff is always thinking about possible matches for our athletes and available for help in the search process.

Congratulations again to our Seniors: Franki Petrosino and her decision to attend Kansas University, Nic Wamsley and his commitment to Miami of Ohio, Jack Riffel and Megan McSalley will continue their education and swimming at Maryville University.



### Senior Roundup

March was a great month for Senior. Some of us got to enjoy a nice long, much deserved, week off swimming during Spring Break. We also had some swimmers preparing for the Heat Lightning meet where multiple best times were achieved and events swam for the first time. At this meet Clara Pailer swam a qualifying time for the NCSA Age Group Champs. The week after Spring Break we had 6 swimmers swim at the NCSA Age Group Champs in Orlan-

do, FL; Nathan Buchman, Taylor Cloutman, Emma Kaemmerer, Marin Lashley, Clara Pailer, and Ava Wolf. Nathan swam 16 times over the course of 4 days qualifying to swim in the finals of the 50, 100 and 200 free, 50 and 100 back, 50 fly, 100 IM. He swam a AAA time in the 100 back for the first time. Ava swam 22 times over the course of 4 days making finals in the 50, 100, and 200 free, 50, 100,

and 200 back, and 100 and 200 IM. She also placed in the top 24 in the 400 IM and 500 free which were timed final events, achieving AAA times for the first time. Our 11-12 girls swam in the 200 and 400 free and medley relays. They placed 12th in the 400 free relay, swimming almost 6 seconds faster than the same 4 girls had at the Division 1 Champs just a month prior. We all

learned lessons about traveling for a meet, being ready to race, and especially about bringing enough warm clothes and shoes.

We also have some swimmers who have begun training with National Prep and some who have moved up to begin training with us from Gold and SR Prep. This is an exciting time for the whole club as we refocus our efforts and goals. We are looking forward to a great Spring and Summer of training and racing.

In March we took all of our 8 and under swimmers to Pattonville High School where they swam to a 3rd place finish. Congrats to all who par-

ticipated! We had a lot of swimmers with time improvements at this meet. Some of those included Tej Atwal, Brynn Best, Paige Cloutman,

Nolan Deeds, Katie Kraus, Sri Mallepeddi, Brock Martin, and Greta Suedkamp who all dropped over 5 Seconds in several events. And a

big wow to Kasey Chatman who dropped a stunning 50 seconds in his 100 free. It was a fun meet for our Bronze group.

### Bronze North Roundup

## Bronze South Roundup

Bronze did a nice job this month focusing on small things that they can do to make their swimming stronger. One thing that we specifically spent time on almost every day was

making sure we had long



Seniors Franki Petrosino and John Althoff accepting the peer award at the Sectional Meet.

There weren't many options for swim meets. Long streamlines were worked on at several practices a week,

The silver swimmers got to work on a lot of technique in March, as there were-

streamlines off of every wall! Swimmers did an excellent job pushing themselves to make changes to become faster swimmers! In the upcoming month, they should look forward to working on developing better technique on butterfly, staying STRONG with each stroke they take. The

as well as flip turn positioning to make their streamlines longer. Swimmers also did some endurance work, getting several personal bests in this month's 10 minute swim! In April, they should look forward to continuing to work on small details in their strokes that will make their swimming STRONGER! This month's swimmer of the month is... IZY! Keep

bronze swimmer of the month is..... Lauren!!! Keep up the great work!

## Silver South Roundup

up the great work!



## Senior Prep North Roundup

March has also been a great month for Senior Prep as we have had some new faces join the group and some begin training on a part time basis with Senior. They are embracing the challenge very well. We also had one swimmer swim in his first meet for RSCA. Jacob Tham swam at the HEAT Lightning meet. He has swam in meets for his high school, but at this meet he swam some events for the first time and did very well. We are excited to have Spring Break behind us and get focused on a great Spring and Summer.

## Senior Prep South Roundup

Senior Prep did an awesome job in March! Swimmers had a lot of time to work on technique, as there were not many opportunities to swim in meets. One thing that makes me super proud when looking at this group is seeing the true leaders they are becoming! When they have practice at the same time as the younger kids, they are always setting a good example and being friendly! Swimmers should look forward to more work on their turns in the coming month, especially for IM!

# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 RCA Long Course	7
8 Invite	9	10	11	12	13	14
15	16	17	18	19	20 CFAC Long Course	21
22 Kickoff	23	24	25	26	27	28
29 RSCA Banquet	30					

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## Pics



Team meeting at the 8 & Under Champs.



11-12 Girls hanging out in Orlando at the NCSA Age Group Champs Meet.



Cool opportunity for these boys to get to review their 800 Fr Relay at Juniors.