



Rockwood Swim Club

Inside this issue:

Silver	2
Gold	2
National Prep	2
National	3
Senior	3
Bronze	3

Notes

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

Winding Down the Season



Senior gifts before their final Sectional meet before college.

It seems incredibly short, but the summer is already winding down. We recently returned from our team travel meet for the summer in Pleasant Prairie, WI. It seemed like the swimmers that went on the bus had a great time. They did a very good job traveling as a team and represented themselves and Rockwood in a good way. We have had a lot of swimmers competing in a lot of different meets and some of our biggest meets are still coming up in the following weeks. This weekend marks the beginning of the Championship Season. We

have our National group swimming in Jenks, OK at Sectionals this week. In a couple of weeks we have our Ozark Champs meet in Carbondale and we are looking forward to strong performances from all levels attending. Following that, we will have 14 & Unders swimming at Zones and some Senior swimmers attending NCSA Juniors. Throughout all of these meets, the commonality behind the success is the hard work that the athletes have put in during the months leading up to these meets. Hard work is the best recipe for long term success. Good luck to all of our Rockwood swimmers attending any of these end of season championship meets. We look forward to seeing you when we start back up in the fall. The August Newsletter will be posted on the website since accounts will be deactivated during much of the month of August.

Silver Roundup

During these past few weeks, the Silver squad has spent quite a bit of pool time learning about body position in the water, and how important it is for fast swimming. We've tried different techniques and played fun games to help them learn this concept. Congratulations to all Silver athletes who swam at the CSP Summer Invite. The coaches saw a lot of personal best times, and swimmers earning new BB qualifying times and chances to swim at the Ozark Championship meet in a few short weeks! As we enter the Championship season, it's important for your athletes to stay hydrated, make healthy eating choices and get good sleep. We look forward to fast swimming to round out the summer!



Gold has been hard at work! We have increased our focus on technique and working on maintaining it through our practices. We are already seeing improvements in their strokes. Congratulations to Lexi

Cook on her 2nd place finish at Open Water Zones. Gold had a good showing at the CSP meet with a majority achieving best times. Congratulations to Sydney Schoeck, Ella Wolf, Nour Abdenadher and Jeffery Ge for placing top 3 in High Points for their age

Gold Roundup

groups. Nine of our Gold swimmers competed at the MAC Summer Challenge in Wisconsin where we saw some first time BB, A, AA and AAA cuts in events. We are looking forward to the Long Course Champs meet at the end of the month.

National Prep Roundup

National Prep had a good month of June. It was a fast month and plenty hot in both the pool and the air. As a group, we have spent a lot of the month working on our practice speed and toughness, our ability to continue to push forward even when the workout gets tough. Our swimmers did pretty well at the CSP meet and even better at the travel meet in Wisconsin. We had a lot of big time swims for a non-championship meet, and it seemed like the swimmers had a lot of fun overall. We have a couple of weeks until Champs, and we will be working on perfecting our race strategies and techniques. Keep staying hydrated and working hard at the coming workouts to maximize your potential at the final meet of the summer.

The swimmer of the month for June is Ciara Hynes. During the month of June, Ciara had a 100% attendance rate. She is always one of the hardest workers in the group and has been doing a great job this past month. Nice job Ciara.



NP swimmers playing pool "soccer" on the 4th.

National Roundup

June was a hot month - in the pool and on deck. National swimmers attended a couple of meets and Open Water Swims with good results. Most of the energy was put into doing the work for our end-of-season meets. With Sectionals a week earlier than usual, the workload was stepped up a week earlier and that means everyone felt the heat the past two weeks. National group has a very busy July with travel and competition in Tulsa, Irvine, Carbondale and Indianapolis. With the summer rushing to an end, we want to thank our college swimmers for their leadership and trust in the process. Having these young people in the pool and on the deck definitely lends leadership and experience to our younger swimmers.

Big thanks to Jerod Simek for his video expertise, leadership of the college group and general positive attitude. Liz Vorbeck, Laura Paskoff and Christie Cloutman have given the group consistent voices for technique. Our weekend Warrior, Brad Morrison and our Monday Master, Brian Kupferer each bring their special skill set and personality to the pool deck. Off we go to reach for excellence at every level- wish us luck.



Senior and Sr Prep Roundup

What a summer it has been so far. We have had great training, but also a lot of swimmers go to camps, on vacations and had other commitments that took them away from training with the group. I hope everyone is having a fun summer and enjoying training with RSCA. The other coaches and myself are certainly enjoying working with the swimmers and spending time on the deck outside at our beautiful LC pool.

We also had a busy month at meets. First we swam at the Rec Plex where multiple swimmers swam their first LC meet. Our two biggest drops at the meet both came in the 100 fly not swimming it since last summer. Emma Knoesel dropped 19.37 seconds and Nathan Buchman dropped 18.08.

Next we swam at CSP. There Ava Wolf tied for the high point award!

1/2 seconds off his 50 back.

I am excited to hear how those of you who have been swimming in summer leagues are do-

Again our big drops came in fly races. Ellie Kipper dropped 16.26 in the 100 fly from last summer and Joel Dulle dropped 6.06 in the 200 fly from earlier this Spring.

The last meet we went to was our travel meet to Wisconsin. We had a lot of fun traveling as a team on the bus. Ava Wolf had our biggest drop of 29.52 in the 400 IM from last Summer. Elizabeth Tyson had a 14.25 drop

in the 200 Free. Jordan Moulton dropped 13.59 in the 200 Free.

These big drops are certainly fun to watch, but getting a drop of .01 is cause for celebration as well. Sometimes we need to celebrate swimming a race more correctly (the process) and we won't even have a time drop. Stay focused on the end of the season or preparing for the next if you don't have any more meets. The Get Your Best Yard Time Meet is a great opportunity to put your summer training on display.

Bronze North Roundup

We've had a busy month with swimmers at the CSP 80th Summer Invitational and the Wisconsin travel meet. Big congrats to James Liu who took 11 seconds off of his 50 free time and 8 and

ing. Good Luck to those who will be swimming in Conferences over the next few weeks! And I look forward to seeing all of you who are traveling during the summer. I

am excited to have everyone back in the pool soon.

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			Summer Sectionals, Jenks, OK			
15	16 GYBYT	17 Meet	18	19	20	21
22	23	24	25	26	27	28
				Ozark Long Course Championships, Car-		
29 bondale, IL	30	31				

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Pics



Out for lunch in Wisconsin.



Fun on the bus to Sectionals.