



# Rockwood Roundup

Rockwood  
Swim Club

September 2017

Volume 5, Issue 1

## 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.

## Welcome to Rockwood



or have any questions, do not hesitate to contact Todd Gabel, Head Coach at

[gabel-todd@prcommunityed.org](mailto:gabel-todd@prcommunityed.org)

Welcome and we're excited about a great, successful year.

Swimmers getting ready for the annual Blue/Gold Meet.

Welcome to Rockwood Swim Club! We're excited and honored to have the opportunity to work with your child in the coming year. For almost 40 years, Rockwood Swim Club has been dedicated to providing a swimming environment that brings out the best in all of our athletes at every level of their development while also providing experiences that go far beyond the winning and losing races.

Should you need and assistance

It was really great seeing everyone come out for our Annual Fall Pictures/BBQ. It was the largest gathering that we have had recently and thanks to all of our wonderful parents there was plenty of food for everyone to enjoy. Events like this are only possible with the great support of the families that make up this team. Thank you again and please reach out to your group coaches if you would like to get more involved with the club.

## *Silver North Roundup*

Welcome to the 2017-2018 season. I'm excited to help our Silver North and all Silver swimmers on their journey. Katie and I are busy teaching the basics and introducing stroke drills, kicks, pacing, and

more. It's going to be a fun filled year of swimming and learning. We hope to see a lot of the Silver swimmers participating in the meets. This is our best way to measure their progress and for them to try to qualify for

our bigger season ending meets. Let's go Silver and Swim Strong, Smart, and Swift.

Gold has had a great start to the 2017/18 season!! The group has been working primarily on technique, with an emphasis on body/head position, as well as a lot of kicking. Practices will continue this way for the

next few weeks, adding on some faster swimming and yardage by the end of September.

Athletes should look forward to the first two meets, the Parkway Pentathlon and

the RSCA Distance Classic. Both should be a great start to the season. Keep up the hard work!!

## *National Prep Roundup*

National Prep swimmers have been in the water for 3 weeks now, and it seems like the swimmers are starting to get the hang of training again. We've welcomed 10 swimmers to NP for the first time this fall and they are doing a pretty good job of acclimating. Please keep in mind that practice at this level should be challenging on most days. If it seems like it is too challenging, please have a chat with me. We started the season with a focus on technique and kicking, and we are starting to stack harder practices back to back. Our first meet is coming up at the end of this month and we will be spending some time working on our walls as well as our distance of stroke to be ready to swim fast there. Please make sure you follow the NP Twitter feed @NPUpdates for changes to our practice schedule.





## *National Roundup*

We have been back in the pool long enough to begin doubles and dry-land, not wasting any time going after our goals for the 2017-2018 season. Most of our Seniors have begun to schedule and take recruiting trips to various colleges. It is always an exciting time of year for everyone.

We finished our long course season at NCSA Junior Nationals in Indianapolis with 12 athletes competing. Rockwood finished in 22 place as a team and the Men placed 15th. Anna Miller grabbed a 5th place finish in the 50 free and Jack Dolan scored 5th or better in 6 events with a first place finish in the 100 free. The mens free relays were 18th in the 200, 22nd in

the 800 and 9th in the 400. Nick Wamsley, Mihir Chandra, Tom Lombardo and Dolan combined to set a new Ozark record in the 200 free relay.

Good luck to our boys competing in the MSHSAA High School season and to Coach Stephen Schranck in his first season at Eureka High School.

## *Senior Roundup*

Welcome back to the Rockwood Swim Club and welcome all to the Senior Group. The entire coaching staff is looking forward to a great Season. Our coaching staff this season will consist of Lead

group Coach Stefan Yarbrough, and a number of Assistant coaches they will include Coach Leah, Christie, Brian and Coach Nick. Looking forward to this up coming month, we have a few

things you need to be aware of. The first meet is the Parkway Pentathlon being hosted on the 23rd and then the following weekend we host the RSCA Distance Classic on the 30th and the 1st

of October. You need to sign up for these. Please make sure you follow the Senior Twitter feed. The name is @RSCASeniorGroup.

## *Bronze North Roundup*

Welcome to the Bronze Group for the 2017-18 swim year. My name is Shawna Bronson and I am the head coach of the Bronze Group. I look forward to getting to know all

my new swimmers and those that are returning this year. This year I have Luke Harris, Karen Moellenhoff, and Jason Weise helping. We have some great meets coming up and I

am hoping to have a parent meeting next week. I hope to see you all at the BBQ/Fun Meet on Sunday and once again, Welcome to the Bronze group.

## *Bronze South Roundup*

Welcome to Bronze! At the end of August, Bronze-South started practice with so much enthusiasm for the season to come. So far, the main focus has been strong kicking! Bronze has made great im-

provement already on flipturns, starts, and some freestyle work. In September, swimmers should look forward to working hard on the remainder of the strokes and turns to prepare for the first swim meets of the season. At the end of

the month swimmers are encouraged to sign up for the Parkway Pentathlon meet to show off their hard work!

The coaches are super excited to welcome you back to Silver group! Coaches Katie, Christie, Kristen, and Nick are eager to see all of the improvement that will be made in the coming season! Fast kicking has been a primary goal at the beginning of the season, as it

is a building block of swimming. The kids are working hard and getting stronger every day! In the next month, swimmers should expect to continue working on flipturns, while also making the remainder of our strokes legal.

As a reminder, all Silver swimmers should have a mesh swim-

## *Silver South Roundup*

ming bag, filled with the following: kickboard, fins, pull buoy, goggles, and a swim cap. Please, please, please have your last name written clearly on all of the equipment so it doesn't get lost or end up with someone else! This equipment will be used in September!

## *Senior Prep North Roundup      Senior Prep South Roundup*

Welcome to all our new swimmers and welcome back to all those who are returning. Looking forward to this upcoming month, we have a few things you need to be aware of. First is the Parkway Pentathlon, our first competition on the 23rd and then the following weekend we host the RSCA Distance Classic on the 30th and the 1st of September. You need to sign up for these. We will also be holding a group meeting on September the 7pm..Please follow me on Twitter for the latest group news. The name is @RSCASeniorGroup.

Welcome to Senior Prep! Rockwood is so excited to start this group at the South sites. The coaches have seen some great improvement already, and look forward to what this season will bring. The swimmers in this group have been working very hard on kicking strong. This will continue to be important throughout the season! They have also worked on some freestyle stroke technique, as well as making their flipturns more consistent. In September, they should expect to work on technique for the rest of the strokes, as well as open turns! Swimmers are encouraged to attend either the Parkway Pentathlon on the 23rd or the Distance Classic on the 30th to show off their hard work.

As a reminder, all Senior Prep swimmers should have a mesh swimming bag, filled with the following: kickboard, fins, pull buoy, goggles, and a swim cap. Please, please, please have your last name written CLEARLY on all of the equipment so it doesn't get lost or end up with someone else! Swimmers will use this equipment in September!

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 BBQ/Pictures	11	12	13	14	15	16
17	18	19	20	21	22	23 PKWY Pentathlon
24	25	26	27	28	29	30 RSCA Distance Meet

## Coaches Contact Info

Head Coach- [gabeltodd@prcommunityed.org](mailto:gabeltodd@prcommunityed.org)

Gold- [weisejason@prcommunityed.org](mailto:weisejason@prcommunityed.org)

National- [listonmary@prcommunityed.org](mailto:listonmary@prcommunityed.org)

Silver North- [bdkupferer@gmail.com](mailto:bdkupferer@gmail.com)

Nat. Prep- [harrisonsean@prcommunityed.org](mailto:harrisonsean@prcommunityed.org)

Bronze North- [bronsonshawna@prcommunityed.org](mailto:bronsonshawna@prcommunityed.org)

Senior/Sr Prep- [yarbroughstefan@prcommunityed.org](mailto:yarbroughstefan@prcommunityed.org)

Br/Sil/SP South- [dodgekatherine@prcommunityed.org](mailto:dodgekatherine@prcommunityed.org)

## Pics

