



Rockwood Swim Club

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Notes

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

Rockwood Takes 3rd



Rockwood swimmers doing a garden activity while on the travel trip to Wichita, KS.

November was a really exciting month for our swimmers and coaches. This year we tried a meet in Wichita, KS for the first time. The swimmers did great in the pool and even got to visit Coach Kristen's family's garden center for a really cool experience. All of the swimmers got to bring home a plant that they potted themselves along with all their new best times. The following weekend we sent 70 swimmers to Carbondale for the Ozark A Champs meet. This is the fastest meet in Ozark that in-

cludes both age group and Senior swimmers. As a team, Rockwood took 3rd place by the narrowest of margins (15 pts), the highest we have been in the last few years. Every swim mattered, and in the end, it was some of our smallest swimmers that made the difference. Our 12 and under swimmers outswam their FAST counterparts in every session and we are very proud of the work they put in. Another highlight was our 5 swimmers who received 1-3 high point awards for their swims. Hunter Deuschmann, Sydney Schoeck, Ava Wolf, Josh Schultz, and Jack Dolan all placed top 3 in their age groups for scoring the most points. Please look at the group roundups to read more about individuals at the meet.

December will bring a little more racing, and with it, colder weather. Please make sure to check your groups' Twitter, email, or the team Facebook page for any weather related cancellations. Good luck to all this holiday season.

Silver South Roundup

Silver South and North Swimmers after working on doing the 100 Fly.



Silver and Senior Prep South is showing serious improvements in the pool, as we move into our focus on endurance. So far, we have been building up to this phase of our season by working mostly on technique, and sprinkling in endurance. Our combined groups also rocked out an 88% improvement with the Silver 200 Club in the last few days of November! Way to go Silver group!! Going into the holiday season, I am so excited to see our swimmers succeed in the meets coming up this season and continue to work on endurance. Finally, I would like to announce Kyra Shorb as our Silver/Senior Prep South Swimmer of the Month! Congrats, Kya! Keep up the great work!

Silver North Roundup

Silver has now moved into the endurance phase of our season. We've spent a large chunk of our season preparing for this chapter, and it's paying off. In late November, we had our second installation of the Silver 200 Club - a test set of 6x200s best

average. As a group, we had an improvement rating of 88%! Going into Christmas break, we'll continue to build endurance and fine tune our skills as we prepare for several key meets in December and Janu-

ary, which will pave the way for Ozark Division 1 Champs . This month's Silver swimmer of the month is Blake Mallette. Blake has done a great job focusing in practice and has worked very hard. Keep it up, Blake!

National Prep Roundup

The month of November was a really good one for our National Prep group. After our last chance meet for A times, we got to focus on getting ready for A Champs. There are always challenges like swimmers coming back and leaving for high school swimming, snow days, but all in all our swimmers did a great job preparing for their taper meet. While preparing, we learned that we need to work more on relay starts, but we were ready to swim. The A Champs meet went very well for the group. We saw 65% best times from the group and had a couple of special accomplishments as well. Marin, Josh, Olivia, and Ava all made new sectional cuts. Dylan, Josh, Sydney, and Emma K. all made their first cuts qualifying them for the NCSA Florida meet. We had lots of really great swims outside of these swims and I am very proud of how they did. Now we have to continue moving forward for our next phase of training and meets.

The swimmer of the month for November is Grace Tyson. Grace is a tireless worker. She is always one of the hardest working swimmers in the pool and is always asking questions about how she can get even better. She also does a great job of focusing on the details we work on at practice. Keep up the great work!!!



Rockwood took 3rd at A Champs with help from some of these NP swimmers.

National Roundup



November was a good month for National group...with college decisions, strong race performances at A championships and boys doing well at their respective state meets. Our group contributed to the team success of grabbing a third place finish with strong relay performances in both the A and B relays. Never has it been so clear that every swim mattered as the point differential was only 15 points. Congratulations to those swimmers adding to their sectional competition list. Join me in welcoming Caleb Terschak and Erica Mock to National. Looks like March in Columbia will be a good time.

The National group celebrating Mary's birthday at the meet.

We are looking at December as another building time - stroke corrections, video review, new strategies, using the tempo trainers and both assisted and resisted stretch cords. Our holiday training schedule is ambitious and I encourage each of you to make a commitment to prioritize swimming during break. Leading into exams we have ample time off to study or conclude those semester projects. As always let me know when you will not be at a regularly scheduled practice.

Bronze South Roundup

Bronze South continues to put a smile on my face moving into the holiday season. This month, we have had the opportunity to add some endurance work, while we continue to focus on our technique. I cannot wait to see how we perform in the next few weeks! We are looking for-

ward to winter training and meets to come over the next few weeks. To wrap up 2018, I am excited to announce Gracie Radcliff as Bronze South's Swimmer of the Month. Way to go, Gracie!



Jack Dolan with coach Brad accepting the Vornbrock award at the MAC.

We went to Wichita, Kansas in November for a swim meet. Along with doing an awesome project at Johnson's Garden Center and getting to see the Keeper of the Plains monument in really cold weather, we had some great

swims. Julia Bucci, Bentley Lewis, Ryder Lewis, and Ellie Mohan each took at least 7 seconds off of an individual event. We are working hard at practice and hoping that we will

continue to bring down our times over the next month.

Bronze North Roundup



Ellie Mohan is Bronze North swimmer of the month.

Senior and Sr Prep Roundup

As the end of the year approaches please try to keep focused on end of the season, and even longer term, goals. Training done when off school can make a big impact. I know schedules are tough and there is lots to do, but try to make a commitment to a certain number of practices, and keep it.

The first weekend of November we had swimmers attend a meet in Columbia, MO and others at a HEAT hosted meet at Pattonville. Both saw swimmers hitting quite a few best times.

The next weekend we had swimmers travel with the team on the bus trip to Wichita, KS. Besides some fast swimming they came back with memories and lessons learned about team travel. Our biggest percentage of time drop goes to Tristan Wistuba with a 5.89% drop in the 50 Free. We are looking forward to our next team travel meet to Memphis in January, if you haven't decided whether or not you are attending, I urge you all to attend.

Our big meet of the Fall season was the Ozark A Championships. Placing in the top 8 were Nathan Buchman, Lexi Cook, Eric Feng, Jeffrey GE, Emma Kaemmerer, and Janna Moellenhoff. Senior had a lot of representation on the 11-12 relays. In both the 11-12 Girls 200 and 400 Free Relays the A was 1st, B was 4th. The 200 Medleys

were 2nd and 7th, and the 400 Medleys were 2nd and 6th. The 11-12 Boys 200 Free and 400 Medley Relay were 3rd. We also had Senior representation on 13-14 relays. Our biggest percentage of time drop for this meet goes to Janna who dropped 5.41% off her 100 Back.

Swimmers achieving a first time BB in at least one event for their current age group this month were Louis Chen, Anabelle Cook, Abby Miltenberger, Jordan Moulton, Aleksa Roark, Tristan Wistuba. Swimmers achieving a first time A in at least one event were Lexi Cook, Eric Feng, Ellie Kipper, Elizabeth Tyson. Swimmers achieving a first time AA in at least one event were Janna Moellenhoff, Haiden Schoessel. Swimmers achieving a first time AAA in at least one event were Nathan Buchman, Jeffrey GE.

While we didn't have a meet to attend this month, Senior Prep has continued to put in great work at practices. We continue to focus on technique and building up more endurance training. We have been doing 10 minute swims for distance and will continue to do so, seeing if we can increase the number of laps swum in this time. I'm looking forward to racing at the Rec Plex this month, put in some good training the month of December, including during the break from school, and then racing some more in January. If you haven't signed up yet for the team travel meet to Memphis and would like to do so, please do!

Gold Roundup

The Gold group had an extremely successful month of November, starting off with a few Gold athletes attending the Wichita Legends meet earlier in the month. All had a really fun time at the meet, and the group looks forward to an even bigger turn out next year. In Wichita, Piper Dunn received a first time BB cut in the 100 Backstroke. Later in the month the group finished out the Fall season at the Ozark A Championships in Carbondale Illinois. At this meet the Gold group had multiple swimmers placing in the top 16, contributing to the team's third place finish. Alanna Bingamann, and Avani Joshi both placed in the top 16 in multiple events. Ella Wolf, Sydney Schoeck, Hunter Deutschmann, and Nour Abdennadher all placed in the top eight in multiple events. Sydney Schoeck placed first in the 50Fly and Hunter Deutschmann placed first in the 100fly, both Hunter and Sydney received third place high point awards for the 10&Under category. Both placed in the top three in the majority of their events. Ella Wolf also received 3rd place in her 100Fly. The Gold group should look forward to a great winter season, starting with the RecPlex H2O Holiday Invitational this weekend. The swimmer of the month for November is Hunter Deutschmann.

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Winter	6 Juniors,	7 RecPlex Austin, TX	8 H2O
9 Meet	10	11	12	13	14	15
16	17	18	19	20	21 RSCA Bowling Party	22 Dual Meet w/ PKWY (NP & National ONLY)
23	24	25	26	27	28	29 RSCA Dis- tance In- trasquad
30	31					

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Top Times Update

Congratulations to the following swimmers :

Ava Wolf ranked top 25 in 4 events, 50 free, 100 free, 100 back, 100 IM with her highest being 9th in 100 free.

Sidney Schoeck ranked top 25 in 2 events 100 back and 50 fly with 21st 100 back.

Jack Dolan is top 25 in 7 events - 50 free, 100 free, 200 free 50 back, 50 fly 100 fly, and 100 IM with his highest ranking 11th in 100 fly.