



# Rockwood Roundup

Rockwood  
Swim Club

February 2020

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## Fast February!

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### RSCA were 2nd Place finishers at the Edwardsville MLK Invite

February is looking to be another exciting month for our RSCA swimmers. The Qualifier will be a last chance for our swimmers to qualify for, or add events to be swum at, the Division 1 Championships. The Division 1 Championships are then an opportunity for the 14 and Unders to come together and compete as a team. We placed 2nd last year after a string of 4th place finishes. There will be a lot of great individual performances, as well as some fast relays. Over these next few weeks final preparations will be made. We will also have many RSCA girls swimming at the MSHSAA Swimming Championships this month at the Rec

Plex. Some of these swimmers, as well as many of the 15 and Overs on the team will be continuing to pre-prepare for championship level meets into March. Good luck to all and stay focused!

The Swim-a-Thon fundraiser is now well under-

way. Tell everyone you know how much swimming has done for you and how any monetary donation could be part of something big. A small part of the funds our team raises could even go as far as helping your favorite Olympian train by supporting the USA Swimming Foundation. How cool is that! Personally it benefits our team in numerous ways by supporting our facilities, equipment needs, and education for our coaches, amongst others. For top earners there are some great prizes. Make sure to check out the flyer attached at the end of the newsletter. There are also weekly prizes that have already begun to be handed out. Pledges can be made through April 15. Keep them coming!



## Notes

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

Please consider supporting Rockwood Swim Club Parent's Association at [smile.amazon.com](https://smile.amazon.com), you get the same Amazon prices, but a small percentage comes back to RSCA.

## *Senior and Sr. Prep North Roundup*

The Polar Dash was another chance to show off the great racing being done by these swimmers. The work they put in at practice continues to show up when it's time to race. Sam Bolla in the 100 Breast took off 9 seconds or 10.36% and Jordan Moulton in the 100 Fly took off 12.88 or 13.99%, both from this meet one year ago. Sam has increased his training dramatically since we started in the fall, not just in attendance but also in regards to how he performs when he is there. Besides this time drop he has had many to be proud of this season so far. Jordan has been training with the Lafayette Girls High School team since just before Thanksgiving, but she is always a welcome addition when she practices with us. We then attended the MLK Celebration Invitational hosted by Edwardsville. This was a great opportunity for many of our swimmers to swim multiple events in finals. Veda Kolli in the 100 Breast took off 6.05 or 6.74% and Zoe Chalfant in the 100 Fly took off 4.42 or 5.97%. At this meet Lexi Cook broke the 11-12 Ozark record in the 200 Back. February is looking to be a great month. We have our RSCA hosted Qualifier at the beginning and the Division 1 Championship at the end of the month. Swimmers achieving a first time BB in at least one event for their current age group were Alex Behl, Annie Mangan, and Jordan Moulton. Sam Bolla and Spencer Kinsey achieved a first time A. Megan Bilsland, Zoe Chalfant, Janna Moellenhoff and Brennan Pfeiffer achieved a first time AA. Sam Bolla is the Senior swimmer of the month.

Senior Prep again saw quite a few swimmers taking on new events this month. Looking at those who swam an event for at least the second time, at the Polar Dash Jake Lee in the 100 Fly dropped 19.84 seconds or 16.12% and Tanush Puri in the 50 Free dropped 5.04 or 12.81%. At the Edwardsville MLK meet Ani Simhadri dropped 29.07 or 13.16% in the 200 IM and Ethan Lee dropped 9.2 or 5.15% in the 200 Free. The Senior Prep swimmers have exponentially increased their intensity and focus over the past year. We have also added some new swimmers recently and are excited to help them progress their swimming as well. Jake Lee is the Senior Prep swimmer of the month.

## *National Prep Roundup*

National Prep had a great month of January, although it seemed to go really fast. Following the break, we had a couple good weeks of practice where we started using some cool equipment on Thursday nights at Lafayette. The kids really enjoy using the power rack, bungee cords, and parachutes. It is a nice change of pace from our normal swimming routine, and hopefully it will help our athletes improve their power in the water as well (check out some pictures below the calendar on page 5!).

Our big meet this month was Senior Champs at the Kirkwood pool. This meet went pretty well for most of us. Unfortunately we did not add any new swimmers to the Sectional meet, but several got closer to those cuts. Our 14 and Under swimmers have another shot at Division I Champs at the end of February, and some of our High School girls could qualify at Conference or State. Good luck to everyone in their upcoming competitions. The swimmer of the month for January is Zoe Pipes. Zoe is always a hard worker at practice and leads by example. Zoe ended up with 100% best times at Senior Champs, and was the only swimmer to do so. Keep up the good work Zoe.



**National Prep  
practicing a turn drill**



**Warming up at Senior Champs**

## *National Roundup*

2020 has started off with hard work and exciting challenges. Our high school swimmers are heading into the end of the season, our club swimmers just finished our last yards meet of the season (with 64% best times). On to our long course season...we will begin training on Sundays in Edwardsville leading into our Sectional Meet at University of Missouri in mid March.

Welcome to Anna Scott Baur who has joined Rockwood National group.

Congratulations to Jenny Flores who has been accepted to attend Purdue University for Fall of 2020. Good luck to our Juniors making unofficial or official trips to colleges and universities in the next few months- stay ahead of the game.

## *South Roundup*

Wow, what a month! I cannot help but feel like January 2020 was three months long! We are chugging right along as we approach championships in February. As we continue preparing for the Qualifier, 14 & under Champs, and 8 & under Champs, we will fine tune our technique as we continue to keep up with our endurance. Bronze South has worked really hard this month. They have been fantastic listeners who are clearly eager to work hard in the pool. They excel with their technique when they slow down and take the time to think about what they are doing in the pool. With that in mind, their

strokes have improved tremendously. I am excited to add in a little bit more endurance in the weeks to come! We have also completed another round of the Bronze 100 Club. Many of our swimmers lowered their 6x100 freestyle average and earned their stickers to move to the next fastest interval group for this particular set. Silver and Senior Prep South continue to wow me, a month into the new year! They have such positive attitudes toward the sport, which makes them such easy swimmers to coach. They brighten my day with their hard work to make any changes the coaches throw at them! Our January 200 Club was such a success, showing how

the majority of the swimmers who have completed this sets multiple times this year have grown. There were some sticker-earners this time around. I cannot wait to see what the growth into the next 200 Club. Finally, I am excited to name Clara Budge as our South Swimmer of the Month! Clara is such a hard working athlete who always has a smile on her face. Congrats, Clara!!



**Enjoying each other's company at the Polar Dash**

## Silver North Roundup

January was a good month for the Silver group! Many of our teammates competed in meets at both the RecPlex and in Edwardsville. We've seen a great number of athletes qualify for Ozark BB Champs later this month with new BB qualifying times. For those who are close, we've got one last chance at the RSCA Qualifier. We are getting ready for the Champs meet by fine-tuning our strokes, starts and turns in practice. It's wonderful to see great technical improvement in the Silver group athletes!

This month's swimmer of the month is Ava Muehlemann. Ava consistently works hard and pushes herself each and every time she gets in the pool and has improved greatly over the course of the season! Keep up the hard work, Ava!



**Always time for a team cheer after warm up!**

## Bronze North Round-

It's hard to believe that we are already swimming in the new year. Welcome 2020! We participated in two meets this month the MLK Meet in Edwardsville and the Winter Warm Up at the RPLX. Our Bronze group is working hard

at practice and it is starting to show.

Swimmers that took off 5 or more seconds in these meets include Aidric Bextermueller, Julia Bucci, Joseph Collins, Abby Cook, Lucy Dubose, Karly Frankenberger,

Katie Graul, Karis Lee, Bentley Lewis, Ryder Lewis, Libby Morman, Matthew Pannell, Kennedy Surber, Aanov Vallepalli, Maya Van Den Berg, and Cate Wagner. Way to go! Keep up the hard work!

## Gold Roundup

The Rockwood Gold group had a very productive January with meets at the RecPlex and Edwardsville and another rendition of the Gold 300 Club. Many of our athletes are gearing up for Championship season with Division 1 Champs and NCSAs in Orlando in March. Stay tuned to Meet Mobile to watch our Gold

teammates finish out the short course season!

This month's Swimmer of the Month is Owen Sattler. Owen has taken great strides this season, and pushed himself to new heights. Keep up the hard work, it's going to pay off!



**Alex Atkins—1st place high point at the MLK Celebration Invite**

# February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 QUALIFIER	8
9 QUALIFIER	10	11	12	13	14	15
16 RCA LC	17	18	19	20	21	22
23	24	25	26	27	28 DIVISION 1 CHAMPS	29

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South- paskofflaura@prcommunityed.org

## Pics



National Prep using some power building equipment.



Where's the coach?!  
Oh, taking this picture.



Practice is more fun when we work together!



## 2019-2020 Swim-A-Thon

Attention parents and swimmers! Our Swim-A-Thon fundraising has officially begun! You can raise pledges and donations from family members, friends, neighbors, and local businesses. All donations are tax deductible.

**START YOUR CAMPAIGN TODAY!!**

We will have lots of fun competition between our groups. Will you be Coach for a DAY ??? How many “skip a set” passes can you earn???

Some of our top prizes this year include:

*FORM goggles*

*2 4-day Tickets to Olympic Trials in Omaha, NE*

*B&B TYR Swim Package*

*Monogrammed Swim Parka*

*Season Passes to Six Flags*

*And much, much, more!!*

Start today by signing into the Rockwood website and find the Swim-A-Thon banner in the middle of the home page. Simply click on the banner and you will go straight to your fundraising page. Make sure you personalize it with amazing facts about you!

