



Rockwood Roundup

Rockwood
Swim Club

October 2018

Volume 6, Issue 2

Inside this issue:

Silver North	2
Gold	2
National Prep	2
National	3
Senior	3
Bronze North	3
South Groups	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.

What a Super Month of September



Our home for the last 6 months closes Saturday October 13. See you in April.

September is always one of the favorite months for swim coaches. The start of a new season is always exciting and filled with new training ideas, new swimmers, and an optimism of the season to come. Most of our swimmers have had a swim meet at this point, and it is interesting to see what the first few weeks of practice have done for them. Sometimes there is a stark difference from their times in the spring, sometimes it is the technique that looks a lot different. No matter the outcome of the first swim meet, the coaches are able to see what is working in practice,

and maybe what is not. As we move into October, there are several more meets before our first Championship meet in Carbondale the weekend before Thanksgiving. This meet requires "A" times to enter and has bonus events for swimmers who have at least 1 qualifying time. It is the

fastest Ozark Championship meet and a great experience for all of our swimmers to see what swimming at higher levels is like.

On another note, starting October 15th, all of our groups will be changing to our fall/winter schedule. This impacts almost everyone, so please be sure to check the schedule online as well as with your groups' Twitter, or group page for the updated schedule.

Good luck to all of our swimmers this month in your meets. Please make sure you are communicating with your coach if you or your swimmer have any questions or concerns. Here's to a great month of October. See you at the pool.

Silver North Roundup



The Silver North group had a great showing at the Parkway Pentathlon. We saw many time drops and great first meets for our new team members. I think the best part of the weekend was watching our athletes apply what we've been working so hard on in practice in their races. This month, we're taking what we focused on the last 6 weeks and are starting to develop endurance with our new found skills. Stay tuned as we anticipate great performances at both the RecPlex and Halloween Howl meets this month, and don't forget to sign up for the Wichita travel meet!

Coach Laura and I would like to congratulate Silver swimmers of the month: Elise Hammelink and Riley Lewis! Keep up the hard work!

We had a great first month of training during September. The group worked hard on swimming with good technique, as well as building a strong base by kicking fast. This hard work showed during the RSCA Distance classic at the end of the month. There were lots of lifetime best times as well as really great technique improvements. At this meet Syd-

ney Schoeck earned a first time AA cut, and Brennan Pfeiffer a first time A Cut. Alanna Bingham and Silas Bextermueller both earned first time BB cuts. Zoe Chalfant and Annika Andricks also earned first time B cuts. The swimmer of the month for September

is Brennan Pfeiffer. Gold athletes should look forward to another great month of October, there will be big meets coming up.

Gold Roundup

National Prep Roundup

The National Prep swimmers swam in their first meet of the season this past weekend. There were a lot of good early season swims and a good amount of lifetime best swims as well. We had several swimmers add "A" times in events that they can now add at A Champs in November as well. One area that we still need to improve upon is our work off the walls. We have been working on this specifically for a month, and unfortunately it did not show in our swims at this meet. We will continue to push our underwater work and stress the importance of it to our overall development. All in all, it was a very good meet for the early season and we look forward to our next chance to race at the Halloween Howl later this month.

Our swimmer of the month for September was Erica Mock. Erica has been trying to push herself more at practice and has been doing a pretty good job. She also had a perfect 100% attendance during September. Keep up the good work Erica.



Using our snorkels while kicking to help maintain body position.

National Roundup

Solid swimming at the Fall Distance Meet for those who entered. Several people had lifetime bests including three of the four in the 1650. Practice will stay outdoors until Sunday October 14th. That morning we will move to Lafayette. If you are swimming high school and have left your equipment at the outdoor pool please have someone get it for you before we close.

Dryland is going well and we have added a little running to help with endurance. Many thanks to Xander Garcia for his help in setting up and monitoring what we are doing. Make sure to let me know what you are doing with outside programs and what days. Perfect place for that information is in your journal. Make sure to get housing for the A Champs Meet in Carbondale- it is not team travel.

Senior and Sr Prep N Roundup

Hard to believe a month of the season is already behind us. We have had some great training. I was nervous about it getting cold on us, but we've really just had to deal with the darkness. We certainly enjoyed getting in some extra long course training and being outside longer than any other club in the area. Senior swimmers participated in two meets in September. First up, a few swimmers participated in the Parkway Pentathlon. They each had a few best times.

Emma Kaemmerer and Jeffrey Ge won high point awards in the 11-12 age group. Next we had our Fall Distance Classic. This meet can be a great opportunity to see our hard work from the summer and the first month of the new season pay off. Swimmers have to be patient though and understand they all respond a little differently to training. We are looking at the season as a whole with each meet we

attend. We had four swim the mile for the first time: Masis Bagautdinov, Annabelle Cook, Ellie Kipper, and Daniel Wamsley. For our return milers, our biggest drop was from Ava Wolf who swam 1:36.31 seconds faster than her last time out in the mile with a time of 18:43.19. She achieved two new AAA times in this one swim, also going 11:21.93 in the 1000. From all events, our biggest drop by per-

centage of time goes to Lexi Cook in the 100 Breast where she was 9.88% faster than her previous best. And runner up for drop by percentage of time goes to Brendan Berger in the 200 Back with 8.89%. Congratulations to all who swam events for the first time or achieved best times.

I am looking forward to our two meets in October to get a chance to see our swimmers race in a range of events. Try to keep the practice attendance as consistent as possible so we can go to meets with the most confidence possible.

Bronze North Roundup

Welcome to a new swim year. We have a great group of swimmers this year and so far I have been impressed with the hard work I am seeing. We had several of our swimmers compete in the Parkway Pentathlon earlier in the month.

Rama Arte and Cate Wagner both did very well in their first meet ever. We had some good time drops from everyone, but a couple of outstanding swims were an 18 second drop in the 25 breast

by Julia Bucci and a 20 second drop by Katie Krause in the 100 IM. Katie also managed to drop a lot of time in the 50 breast and the 25 fly. Katie Kraus was awarded the swimmer of the month for Sep-

tember. Congrats to Katie! She works hard at every practice.



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13 RPLX Fall
14 Festival	15	16	17	18	19	20 CSP SYOA
21	22	23	24	25	26	27 RSCA Hal-
28 loween Howl	29	30	31		November 3-4 HEAT Fall Classic	

Coaches Contact Info

Head Coach- gabeltodd@prcommunityed.org

Gold- weisejason@prcommunityed.org

National- listonmary@prcommunityed.org

Silver North- chalfantkristen@prcommunityed.org

Nat. Prep- harrisonsean@prcommunityed.org

Bronze North- bronsoshawna@prcommunityed.org

Sr/SPN- schranckstephen@prcommunityed.org

South- paskofflaura@prcommunityed.org

South Roundup

Silver and Bronze South had an awesome time at the Parkway Pentathlon. It was a great start to the fall season! We had solid swims and time drops. We also

had the opportunity to give feedback to individual swimmers as well as our groups. Silver South is focusing on stroke work and endurance this month, and Bronze South is building on

our strokes and trying new drills. We are excited to see some more racing at the Rec Plex and Halloween Howl!