

**SWIMMERS
OF THE
MONTH!**

The WaterLog

COACHES CORNER

August 2010

**Ella
Dreibel**

&

**Emily
Hadland**

Howdy!

Welcome to the coaches corner. These are the final last two weeks of training for the summer. Kids that qualified for state are currently on "Taper". Taper means the kids basically have an excuse to do absolutely nothing so they are rested for the meet. So please senior swimmers swimming at state "Do Nothing" until after the meet!!!

Events:

We swam at a couple of meets in the month of July. Our first meet was the only outdoor meet of the year hosted by Elmbrook. It was a quick one day meet that gave us the opportunity to swim in a long course pool before the end of the year. We had some good swims and a couple that fought with the sun, overall it was a good meet. The most recent meet was Silver State. This was a "last chance" meet for state and an end of the summer meet for some of our swimmers. The pool is fast and the kids swam well. Some of our kids made multiple state cuts and others added to their state cuts, and a lot of our swimmers had best times. We had three high-point winners at this meet, Jack Ragland second place 10 & under boys, Morgan Fischer first place 11&12 girls and Sommer Semanek first place 15 & over girls. Congratulations swimmers!

Looking Ahead:

We have three championship meets left this year, 12 & Under State Meet in Brown Deer, 13 & Over State Meet in Pleasant Prairie and Wisconsin Zone Championship Meet in Pleasant Prairie. So far we have two qualifiers for zones, Sam and Rachel Siebenaller. These meets will be fast and definitely fun to watch!!!

Remember if you have any questions for me come find me 15 minutes before or after practice on deck or in the office!!

Coach Scott Mueller

August Birthdays

Morgan Nienow
Jack Ragland
Rachel Garoukian
Emma Schubert
Evan DuVall
Margaret Shea
Sylvia Blodorn
Tim Damico
Sam Neale
Molly Flynn
Jordan Cernicka

Upcoming Meets

Open Water
8/2

Zones 8/6-8

Break Begins



Congratulations to the Swimmers who represented MFSC at the State Meets:

12 & Under Swimmers

McKenna Coulter
Paige Driebel
Morgan Fischer
Emma Jankowski
Sam Siebenaller
Megan Wagoner

13 & Over Swimmers

Lizzie Gilchrist, Haley DeGrace, Megan Hessler,
Rachel Siebenaller, Sommer Semanek, Hannah Mast,
Matt Ciolkosz, Nathan Bomm, Sam Neale, Daniel
Moldenhauer, Alle Ragland, John Seiler, Abby Schabel,
Ben Midlikowski, Haley Lucas, Dana Graunke, Amanda
Siehs, Nick Bietz, Bryce Davis & Scott Mueller

President's Report

Hello all! Well, the Long Course season is about to end...wow how the time flies! Soon, the kids will be back in school and in the pool for the Short Course season. Important info to remember:



Registration Nights for Short Course

DATES: September 13 & 14

TIME: 5:45 p.m. – 8:30 p.m.

PLACE: Pool Lobby

You will receive via email the registration paperwork to complete and bring with you to registration. If you need help completing your paperwork, we will have volunteers available to help you. **NOTE:** *Although the high school girls will not be swimming during the first part of the short course season, registration is still required.*

I look forward to seeing you at the banquet on August 2. Enjoy the rest of your summer!

Laurie Siehs, President

Next Highway Clean-Up: August 8 Sign-Up at the Pool or Banquet

A Note From the Meet Entries Coordinator

RE: Short Course Meets

By now you should have all gotten an e-mail with the upcoming short course reservation form attached. I have also posted copies at the pool. **Please choose carefully.** You will be reserving a spot for the meet which you want your swimmer to attend. There are 2 meets which are age-specific and one meet that is not appropriate for the "Novice" group. See details in the "Class/Meet type" field. Please have the completed form to me by the deadline, **September 3.** You can drop off the form in my mailbox, give me the completed form at the banquet or the best option is to email the form back. As always, **KEEP COPIES FOR YOUR RECORDS.** Thank you!

Sue Bomm

Meet Entries Coordinator



FYI...Pre-Comp families

There will be 3 pre-comp sessions during the Short Course season. They are:

Session 1	Session 2	Session 3
9/21/10 – 11/5/10	11/9/10 – 12/28/10	1/4/11 – 2/18/11

Days: Tuesday & Friday

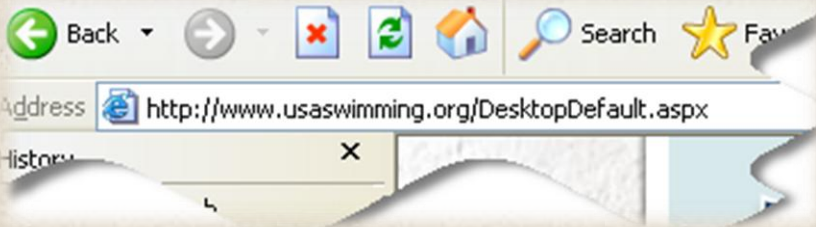
Lessons will run from: 6:15 - 7:00 p.m.

How Does My Swimmer Get a Chevron?

Each year, USA Swimming establishes time standards, or "Cuts" for each of its major meets, from BB or age group meets through Olympic Trials. These are not to be confused with State Cuts. If your swimmer makes a motivational time, they can receive a Chevron for that time standard.

The coaches are aware of the time standards, but it is up to the swimmer's family to keep track of a swimmer's time, determine if they've met the motivational time, and request the Chevron(s).

There are 2 ways that you can find this: Have the motivational time chart in front of you, or find it through USA Swimming. There is a separate .pdf attachment with the times. Below, is how you can find your swimmer's times through the USA Swimming Website.



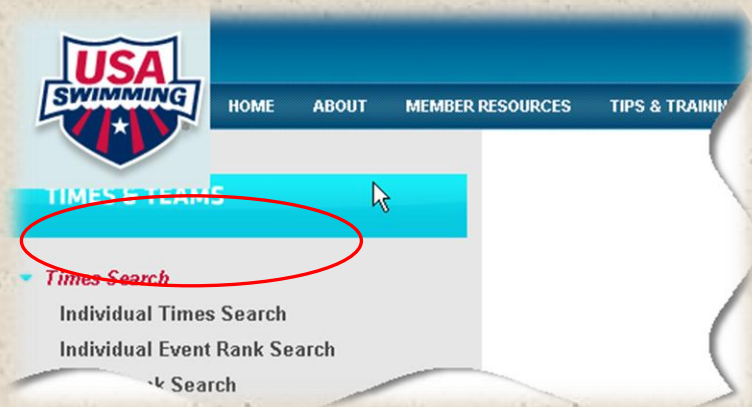
To find Motivational Times, go to the USA Swimming Website @ www.usaswimming.org :

Click on "Times & Teams", when the drop-down box appears, click on "Times Search"



Click on "Times & Teams", when the drop-down box appears, click on "Times Search"

Click on "Individual Times Search":



INDIVIDUAL TIMES SEARCH INFORMATION

Tired of keeping track of all of your times? Then stop doing it! Let USA Swimming track them for you. Just enter the event you are looking for below, and let us do the rest. Search for your time at a specific meet, season or age. If you only want your best times, you can look those up, too!

INDIVIDUAL TIMES SEARCH

Select a Person
 Last Name First Name

Select a Date
 Competition Period 2010 (Top 10) All Time
 Date Range To

Optional Search Parameters
 Event All Events
 LCM Events
 SCY Events
 SCM Events
 Specified

Age Range To
 Show all times
 Show only the fastest time by event
 Show only the fastest time by event/age

Sort By Then By:
 Then By:

SEARCH

The fill - in section will pop up. Fill in your swimmers information to however you want (with the parameters they provide), then click "Search"

If your swimmer has met a motivational time, the results will show that under the "Standard" column. A motivational time will show as (lowest to highest) "B", "BB", "A", "AA", "AAA", and "AAAA". Anything that states "All Times" is not a qualifying time standard. Please also note that if a swimmer has achieved a B time (or any other time) for long course, they do not receive another chevron for a B time in short course.

Brittany Boehler

1 2

Stroke	Course	Age	Time	Alt Adj Time	Power Points	Standard	Meet	Meet Date	Meet Results
100 BK	LCM	13	1:33.91	1:33.91	105	"All Times"	2010 WI SEAY A-BB+B-C	6/25/2010	Individual Relay
100 BK	LCM	13	1:34.34	1:34.34	98	"All Times"	2010 IN BSC Summer Invite	5/21/2010	Individual Relay
200 BK	LCM	13	3:16.42	3:16.42	157	"All Times"	2010 IN BSC Summer Invite	5/21/2010	Individual Relay
100 BR	LCM	13	1:43.23	1:43.23	154	"B"	2010 IN BSC Summer Invite	5/21/2010	Individual Relay
200 BR	LCM	13	3:33.60	3:33.60	230	"B"	2010 IN BSC Summer Invite	5/21/2010	Individual Relay
200 IM	LCM	13	3:24.18	3:24.18	86	"All Times"	2010 WI SEAY A-BB+B-C	6/25/2010	Individual Relay

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Once your child has obtained a motivational time, please inform Margo Lucas of this. She needs to know the Swimmer's Name, Event, and Standing (B, BB, A, Etc.). When you have collected this information, please email all requests to Margo Lucas @ mlucas11@wi.rr.com. Margo will get the Chevrons and slip them into your mailbox.

Chevrons are fun to collect. They can be sewn onto a sweatshirt or towel, or attached to a swim bag via a carabineer (they were on display a little while ago), which are available for purchase for \$5.

If you have any further questions about how to find your swimmer's times on-line, please feel free to contact me.

-Renee Boehler, Cell Phone (414) 510-8797 or email @ rboehler@wi.rr.com

**SEE YOU IN A
COUPLE OF
WEEKS FOR THE
START OF THE
SHORT COURSE
SEASON!**