

**SWIMMERS  
OF THE  
MONTH**

# The WaterLog

## COACHES CORNER

*October 2010*

**Nick Bongard**

**&**

**Adi Ojha**



### **October Birthdays**

*Peyton Dreibel  
Michaela Borchardt  
Eilish Zembilci  
Jacob Stucky  
Claire Youngquist  
Matthew Ciolkosz  
Emma Huettel  
Nathan Bomm  
Emily O'Connell  
Zachary Borchardt  
Matthew Wandrey  
Joseph Abt*

### **Upcoming Meets**

**October 2  
SWAT**

(Bronze Age Group & Older Only)

**October 9  
EBSC**

(12&U Only)

**October 16  
MFSC**

### **Howdy!**

Welcome to all new families and existing swimmers to the short course season. We are now three weeks into the season and are starting to get into the full swing of things. By now you should have received an email about equipment and which groups require certain equipment. If you have any questions about this please let me know or ask your swimmers coach before or after practice. Also if you're planning to have your child swim in any upcoming meets remember to purchase a team suit for your swimmer for the meet. You can sign up for meets online or on our bulletin board at the pool if you haven't already reserved swims for the meet. If you have questions with this please ask one of the coaches or a parent in the stands.

### **Events:**

Last week we hosted our semi-annual intra-squad meet. It gave our newer swimmers a chance to experience a meet at our home pool. The kids did a great job and seemed to learn a lot about what goes on during a meet and the rules associated with it as well. We will have another opportunity for a small meet vs. Oz which is a great learning experience and a chance to race! We have a couple meets in October. October 2<sup>nd</sup> features a Senior and Age Group distance meet hosted by SWAT in Waukesha. October 9, EBSC is hosting a 12 & under meet. MFSC hosts our annual fall meet October 16, which we encourage everyone to participate in. It is not too late to sign up for this meet so if you are interested please sign up on the website or at the pool.

### **Looking Ahead:**

Now that the first two weeks of stroke technique work are behind us, we will start to work more on our endurance. You have probably noticed that some of the groups are doing dryland work. This not only increases your swimmers strength but also improves quickness, flexibility and coordination. Please remember your water bottles at practice everyday and swimmers thanks for stacking the kick boards after practice!!

*Coach Scott Mueller*

## **\* Annual MFSC Halloween Party \***

Join us on:

Wednesday, October 27<sup>th</sup>.

6:00-7:00 Haunting Pool Games!

7:00 Snacks (bring a snack to share!)

Look for a sign up on the bulletin board at the pool in October!

## **President's Report**

Hello Families...

We've been back at the pool for a month now and there hasn't been a dull moment. **Trials... registration nights...clothing to purchase...intramural meets** to get both you & your swimmer(s) ready for the real thing. And that is just the beginning!

**First Home Meet:** Our first home meet of the season is coming up quickly...October 16. **Please remember that if you sign your child up to swim, you are required to work "1" session (either the a.m. or the p.m.).** Volunteer sign-ups are available on-line. Please log-in to our website and scroll down to the bottom right-hand side of the homepage, you will see "**Oct. 16, 2010 - MFSC Home Meet VOLUNTEER JOB SIGN-UP**". Click on the "**Job Sign-Up**" button. You will then be able to look over what positions are available and decide what works best for you. If needed, the instructions on how to sign-up are on the same page. If you have questions about a position, please contact Connie Siebenaller at [csiebenaller@directs.com](mailto:csiebenaller@directs.com).

**Home Meet Set-Up:** For our home meets, we begin set-up the day before the meet. We set-up tables in the pool lobby, organize the concession area, pull out bleachers, put the blue mats down, set-up the Staging area (this is for the 8 & Under swimmers), etc. Having all of this set-up the day before allows us to be organized come the day of the meet. This is not only good for us, but is a good first impression for those teams entering the pool lobby for our meets. So, if you are in the stands on Friday, October 15 and would like something to do to pass the time, please lend a hand in setting up. We would greatly appreciate it! Good luck to all our swimmers as the meets begin!!

*Laurie Siehs, President*

## **A Note From Your Meet Entries Coordinator**

The Short Course Session is underway and we have 3 meets in October. One of the three meets is a home meet, to be held on October 16. Our home meet is the perfect opportunity for new swimmers to get used to an official meet. If you and your coach feel that your child is ready for a meet, you can sign up on the waitlist at the pool, or online through Team Unify.

**NOTE - The SEAY meet originally scheduled for November 6 was changed to November 7.** If you were unable to attend the Saturday meet, you have the opportunity to attend on Sunday. There will be a waitlist posted on the bulletin board sometime in October.

*Sue Bomm,  
Meet Entries Coordinator*

## **From the Desk of Publicity Chairperson**

A big "**thank you**" goes out to those swimmers and parents that helped with the Adopt-A-Highway cleanup that took place on Saturday, September 25th. Those folks were Eilish Zembilci, Matt Ciolkosz, Amanda Siehs, Sommer Semanek and Laurie Siehs. We have got this down to a science and completed the cleanup in record time, under 45 minutes. Every person helping was only obligated to pick up a 1-mile stretch of road, which helped in finishing quickly. Thanks again!

For those families new to our club, check out the articles regarding meet results. Copies of the articles will be posted on the board at the pool. The newspapers that I submit to are Express News, Sussex Sun, and the online paper MenomoneeFallsNow. If families have other papers that they would like me to submit to, please send me the information. Also, if families have pictures of our swimmers at meets in action or posed pictures, if they would like the picture published, send them to me via email at [shellsem@earthlink.net](mailto:shellsem@earthlink.net).

*Shelley Semanek  
Publicity Chairperson*

**Interested in learning more about becoming an official?**

**See the next page!!**



# ***Learn to be an Official – Help our Swim Club – It's FUN and EASY!!!***

**\*\*You meet a great group of people**

**\*\*It's EASY**

**\*\*You receive free admissions and free heat sheets for the sessions you work**

**\*\*You receive a free breakfast or lunch for the sessions you work**

**\*\*If you work a select number of sessions within a season, you can receive a \$50 credit towards your child's swim dues!!**

The Officials Committee in cooperation with BAC and EBSC is conducting:

- 2 Stroke and Turn Judge Clinics ( October 9, Brookfield; and October 12, Madison)
- 1 Starter Referee Clinic (October 12, Madison)

No experienced is required to become a Stroke and Turn Judge. Some experience is required to become a Starter-Referee and is noted in the announcement.

Wisconsin Swimming and the Y has partnered for some joint certification clinics. One or more of these joint clinics likely will be conducted later this Fall.

Time is short. Act quickly to register so sufficient materials are available at the clinics. Registration forms were sent to you via email.

**Please contact Connie Siebenaller ([csiebenaller@directs.com](mailto:csiebenaller@directs.com)) or Jeff Sawatzke ([jeff@sawatzke.com](mailto:jeff@sawatzke.com)) with any questions.**