

**SWIMMERS
OF THE
MONTH**

The WaterLog

COACHES CORNER

January 2011

**Cassie
Stegner**

&

**Camille
Jefferson**

Howdy!

December is almost over but sadly the cold weather stays. Please remember to pick your swimmers up inside the pool, don't have them wait outside with a wet head. Also be sure to bring your "Best Time" cards to practice, especially after meets. Coaches will mark them for best times and also great practice performances. Once the card is full your swimmer will receive an awesome rubber bracelet!

Events: December featured three meets. First was our home meet. This was an excellent meet. We had a lot of fast swims, some of our younger swimmers gained racing experience and overall it ran very smoothly thanks to our parents!!! High point winners from this meet included, Ella Driebel 2nd place 8&under girls, Sam Siebenaller 1st place 11&12 girls, and Siddhant Jain 3rd place 11&12 boys. Also congratulations to Rachel Jaworski for achieving her first 10&U state cuts!!! The Nike Invite was the following weekend in Waukesha. This year we had more swimmers make it back and place well and swim faster finals. If you're not quite sure what that means, it's a good thing! The final meet was in Port Washington. It was a nice smaller meet in a recently refurbished pool. The kids also had some good swims there.

We have a couple meets in January. **The FSC meet is our first meet up in Fond du Lac. There are still swims available if you sign up in time by December 30th.** The other meet that is open is the Shorewood meet. There may be a small possibility of a few swims there as well if you didn't reserve ahead of time.

Looking Ahead: Keep up the good work and please remember your water bottles at practice everyday!!!

"No-Junk-Food January" Begins: Make the commitment to eat healthier! Join us in starting the year off right. Sign your name up at the pool to get started. This program is based on the honor system. For all of those who complete the four weeks there will be a reward. For four weeks, including weekends, we will eat healthy in order to further prepare ourselves to accomplish our end of season goals. Each day if you truly eat healthy you will receive a sticker from your coach to put under your name. If you have 24 stickers or more you will share in the reward at the end of the month. Please see the list below for healthy choices and the foods to avoid. Welcome to the party!

AVOID	CHOOSE
Sugared Cereal	Oatmeal, eggs, Cold cereal with fruit
SODA	Gatoraid, water, Low fat milk / chocolate milk
Hamburgers	Turkey
French Fries	Baked potato
Donuts	Plain bagels , English muffins
Chips	Pretzels, wheat thins, Popcorn (no butter)
Candy, Candy bars	Trail bars, energy bars, granola bars, rice cakes
Desserts	Fruit, applesauce
Fried Foods	Grilled, baked or broiled Food
Cookies	Low fat yogurt
Fast Food	Subway/Cousins

Coach Scott Mueller

January Birthdays

Olivia Eisenhauer
Abriana Duch
Kate Criter
Parker Shiley
Lucas Runingen
Joseph McGraw
Amanda Miller

**Happy
New
Year!**

Upcoming Meets

**FSC
Jan. 8-9**

**Shorewood
Jan. 22-23**

President's Report

Happy New Year!! Good luck to all the swimmers who participate in the **No Junk Food January**. We have done this for the past two years and it has always been a lot of fun for the kids. It is amazing how the kids really stick to eating healthy. And, most of them notice how much better they feel and how much more energy they have in the pool. If the parents join in and everyone in the family eats healthy, it really helps the kids stick to it.

For anyone interested in running for a Board position (elections will be held at the Long Course Banquet in August 2011), they are **Fundraising Chairperson** (Kate Ragland: ragland0668@gmail.com) and **Meet Entries Coordinator** (Sue Bomm: weswim1@gmail.com)

Additionally, the Social Committee Chairperson which is currently a shared position is also available. If you have an interest in learning more about this position, please contact either Judy Neale at mneale@wi.rr.com or Lisa Seiler at lsei@att.net.

FYI: There is a fundraising credit offered for each of these positions. If you have ever thought about sharing your time and talent, this would be the time...MFSC needs you! Please contact the Board member who is currently in the position you are interested in. Have a happy & healthy 2011!!

Laurie Siehs, President

A Note From Your Meet Entries Coordinator

In January our club will attend 2 meets. The first one is at Fond Du Lac Community Aquatic Center and it is on 1/8 and 1/9. The second is at Shorewood High School, it is on the weekend of 1/22-1/23. If you have not pre-reserved for these meets, you may waitlist online.

Also I have some good news about the splash fee. As you know, each meet you compete in, has a splash fee that is charged to you. Starting with the 2011 meets, that fee is reduced from \$3.00 to \$2.00 per meet.

Lastly, my position will be up with the end of LCS, which is August 2011. Feel free to contact me with any questions if this is something you may have an interest in, or just want to know more about.

*Sue Bomm,
Meet Entries Coordinator*

**No Junk Food
January**