

The Waterlog



President's Report:

Hello Families,

Hope everyone is enjoying their break from the pool...before you know it, we'll be heading back! Lots of info to share...

Long Course Sessions/Practice Schedule

I have received some emails with questions regarding the scheduling of practices for the Long Course season. As you know, we split up the Long Course season into two sessions...

Session 1 (April 4-June 12, 2011) &

Session 2 (June 12-July 31, 2011).

For easy reference to these schedules, I have placed them on the homepage of our website, under the "Registration" tab and also sent them to you via email. Hope this info is helpful.

Registration for Long Course

Just a reminder...even if your child is not going to swim until Session 2, you still need to register on one of the two registration nights, April 4 or 5, 5:00-7:30 p.m. If you do not register on one of these nights, we cannot guarantee you a spot on the team. If you have any questions regarding registration, please review the details on our website under the "Registration" tab. We ask that all families print off their Long Course Registration form from the website and complete the form prior to arriving to register. This will make the registration process go much more smoothly for everyone.



NEW!! MFSC Volunteer T-Shirts for Parents

Our Board has decided that all parents will be required to wear an "MFSC Volunteer" T-shirt (*see sample*) when working our home meets. **These t-shirts will be provided to you prior to the first home meet in May.** The advantages to having every volunteer wear one of these brightly colored t-shirts is that all swimmers attending our meets will know immediately who they can turn to with a question & we will no longer be using parent nametags. **There will be an area on the MFSC Volunteer**

T-shirt for all parents to write their name in permanent ink. *Note:* We will still have volunteer check-in to track volunteers, however, you will not have to pick-up/drop-off your nametag anymore...**you will just be required to wear the t-shirt being provided to you.** Any volunteer not wearing their MFSC Volunteer T-shirt to the home meet will be charged \$10.00 and will be given a replacement.

Board Positions Update for August 2011

We have commitments from the following parents who will be accepting Board positions in Fall 2011:

President: *Becca Jaworski*

Secretary: *Sherri Ciolkosz*

Meet Entries: *Wendy Marcou*

Fundraising (SC - 1st person): *Kate McGraw*

Fundraising (LC - 2nd person): **STILL NEED!!!!**

We have split this position into two voting Board positions in an effort to decrease the workload and make this position more manageable. We need one more family member to step up. Please contact myself or Kate Ragland for details.

Well, enjoy the rest of your break and we'll see you at the pool!

-Laurie Siehs, MFSC President

April, 2011

Swimmers of the month:

Coming again in May!

Watch for the Coaches Report Next Month!



Upcoming Events:

- Session I Long Course Begins
April 4th
- Long Course Swim Registration
April 4th - 5th
- SWAT Meet
April 16th

May Events:

- OZ Spring Classic
May 6th
- BSC - Bloomington, IN
May 20th - 22nd
- WAM Meet
May 21st

Long Course Registration Dates

Registration nights for the Long Course swim season are **April 4 & 5** and will take place in the pool lobby.

The Long Course season is divided into two sessions:

Session I (April 4 – June 12) and

Session II (June 13 – July 31).

You can register for either session or both.

Regardless of which session you will be registering for, **you must register your swimmer on one of these nights.**

If you do not register in April, we cannot guarantee your swimmer a spot.



Schedule for Long Course Session I:

MFSC Schedule Long Course Session 1 (April 4–June 12, 2011)		
NOTE: No swim April 20–22...see below*		
NOTE: Location change for April 25–29...see below*		
Week Day	Practice Times by Group	Practice Times by Group
Monday	BS: 4:30 – 6:15 p.m. SS: 4:15 – 6:15 p.m. Dryland: 6:20 – 6:50 BS/SS Pre-Comp: 6:15 – 7:00 p.m. SN: 6:15 – 7:15 p.m. (Well) GN: 6:15 – 7:15 p.m. BA: 6:15 – 7:15 p.m.	Dryland: 6:45 – 7:00 p.m. (SA/GA) SA: 7:00 – 8:15 p.m. GA: 7:00 – 8:30 p.m. Masters: 7:00 – 8:30 p.m. H.S. Training: 7:00 – 8:30 p.m.
Tuesday	BS: 4:30 – 6:15 p.m. SS: 4:15 – 6:15 p.m. <i>Weights: 6:25 – 7:10 SS (BS optional)</i> SN: 6:15 – 7:15 p.m. GN: 6:15 – 7:15 p.m. BA: 6:15 – 7:15 p.m. SA: 6:15 – 7:30 p.m. GA: 6:15 – 7:45 p.m.	
Wednesday	BS: 4:30 – 6:15 p.m. SS: 4:15 – 6:15 p.m. Dryland: 6:20 – 6:50 BS/SS SN: 6:00 – 7:00 p.m. GN: 6:15 – 7:15 p.m. BA: 6:15 – 7:15 p.m.	Dryland: 6:45 – 7:00 p.m. (SA/GA) SA: 7:00 – 8:15 p.m. GA: 7:00 – 8:30 p.m. Masters: 7:00 – 8:30 p.m. H.S. Training: 7:00 – 8:30 p.m.
Thursday	BS: 4:30 – 6:15 p.m. SS: 4:15 – 6:15 p.m. <i>Weights: 6:25 – 7:10 SS (BS optional)</i> SN: 6:15 – 7:15 p.m. (Well) GN: 6:15 – 7:15 p.m. BA: 6:15 – 7:15 p.m. SA: 6:15 – 7:30 p.m. GA: 6:15 – 7:45 p.m.	
Friday	BS: 4:30 – 6:15 p.m. SS: 4:15 – 6:15 p.m. Dryland: 6:20 – 6:50 BS/SS Pre-Comp: 6:15 – 7:00 p.m. SN: 6:15 – 7:15 p.m. (Well) GN: 6:15 – 7:15 p.m. BA: 6:15 – 7:15 p.m.	Dryland: 6:45 – 7:00 p.m. (SA/GA) SA: 7:00 – 8:15 p.m. GA: 7:00 – 8:30 p.m. Masters: 7:00 – 8:30 p.m. H.S. Training: 7:00 – 8:30 p.m.
*NOTE: Due to maintenance on the high school pool over spring break, please note the following changes: April 20, 21 & 22: NO SWIM April 25, 26, 27, 28 & 29: LOCATION CHANGE: North Middle School Pool (N88 W16750 Garfield Avenue, Menomonee Falls...park in parking lot of Village Park)		



Schedule for Long Course Session 2:

MFSC Schedule Long Course Session 2 (June 12–July 31, 2011) NOTE: No swim May 30, July 1 or July 4		
Week Day	Practice Times by Group	Practice Times by Group
Monday	BS: 7:00 – 8:45 a.m. SS: 6:45 – 8:45 a.m. Dryland: BS/SS 9:00 – 9:30 a.m. SA: 8:15 – 9:45 a.m. GA: 8:15 – 10:00 a.m. Drylands for 1 st 15 min (SA/GA)	SS: 3:30 – 5:30 p.m. SN: 5:30 – 6:30 p.m. GN: 5:30 – 6:30 p.m. BA: 5:30 – 6:30 p.m. Clinic: 6:30 – 7:30 p.m.
Tuesday	BS: 7:00 – 8:45 a.m. SS: 6:45 – 8:45 a.m. Dryland: BS/SS 9:00 – 9:45 a.m. SA: 8:30 – 9:45 a.m. GA: 8:30 – 10:00 a.m. H.S. Training: 8:30 – 10:00 a.m.	SS: 3:30 – 5:30 p.m. BS: 3:45 – 5:30 p.m. SN: 5:30 – 6:30 p.m. GN: 5:30 – 6:30 p.m. BA: 5:30 – 6:30 p.m. SA: 6:30 – 7:45 p.m. GA: 6:30 – 8:00 p.m.
Wednesday	BS: 7:00 – 8:45 a.m. SS: 6:45 – 8:45 a.m. Dryland: BS/SS 9:00 – 9:30 a.m. SA: 8:15 – 9:45 a.m. GA: 8:15 – 10:00 a.m. Drylands for 1 st 15 min (SA/GA)	SS: 3:30 – 5:30 p.m. SN: 5:30 – 6:30 p.m. GN: 5:30 – 6:30 p.m. BA: 5:30 – 6:30 p.m. Clinic: 6:30 – 7:30 p.m.
Thursday	BS: 7:00 – 8:45 a.m. SS: 6:45 – 8:45 a.m. Dryland: BS/SS 9:00 – 9:45 a.m. SA: 8:30 – 9:45 a.m. GA: 8:30 – 10:00 a.m. H.S. Training: 8:30 – 10:00 a.m.	SS: 3:30 – 5:30 p.m. BS: 3:45 – 5:30 p.m. SN: 5:30 – 6:30 p.m. GN: 5:30 – 6:30 p.m. BA: 5:30 – 6:30 p.m. SA: 6:30 – 7:45 p.m. GA: 6:30 – 8:00 p.m.
Friday	BS: 7:00 – 8:45 a.m. SS: 6:45 – 8:45 a.m. Dryland: BS/SS 9:00 – 9:30 a.m. SA: 8:15 – 9:45 a.m. GA: 8:15 – 10:00 a.m. Drylands for 1 st 15 min (SA/GA)	GN: 5:30 – 6:30 p.m. BA: 5:30 – 6:30 p.m. Clinic: 6:30 – 7:30 p.m.



Fundraising Schedule

Hello Everyone -



Our first fundraising opportunities are starting this week. I will be posting these on the team calendar as well.

Scrip Order: Due Friday, April 15 by 6:30. Please have your payment, including the \$0.50 for shipping, in the locked box by that time, or Presto Payment orders by 10 p.m. that night.

Delivery: Wednesday & Thursday evenings 6-7 p.m. I am gone for Spring Break, so if you miss those delivery nights, I will be back May 2nd.

PickNSave/Sendiks: If you want to pre-order PickNSave, please order through Great LakesScrip. We are launching the PickNSave/Sendiks store, which is direct sale, with no pre-orders.

PickNSave/Sendiks Store: Wednesday & Thursday 6-7. A limited amount of PickNSave & Sendiks cards will be available. When supplies run out, the sale will be closed, so Thursday's sale may be shorter or cancelled. You will receive full credit for your purchases.

If you need access info for Great Lakes Scrip, please contact me.

Kate



May Home Meet – Volunteer Signups Start Now!

Hello ALL,

Our first Home Meet of the Long Course Season is fast approaching. For those of you new to the club, our Home Meets are run almost 100% by volunteers.

If your child is swimming in our Home Meet on **Saturday May 7th**, you are **required to work 1 shift for the 1 day meet**. Please log onto your Team Unify account. Towards the bottom/middle of the home page, you will see our MFSC meet. Click on "Volunteer Sign-up" to see what jobs are available. Once you choose your job, please save before you exit. Volunteer sign-up is on a first come first serve basis. You do not need to work the same shift that your child is swimming. If you prefer to watch your child and work the opposite shift, it's up to you.

Any questions, please let me know.

Thanks for helping make our first home meet of the season a SUCCESS!!

Connie Siebenaller
MFSC Vice President

