

Bhakti
Anbarasan

Swimmers of the Month

Dylan
Webb

The WaterLog

COACHES CORNER

May 2011

Howdy!

Welcome to this season's first "Coaches Corner". There are new faces around deck so I encourage parents to introduce themselves to new parents and new parents if you have any questions ask anyone around you. So far we are off to a great start. Many groups have started dryland work which will increase coordination and strength. This helps a swimmer's body balance in the water and also their strength in the water.

We will be starting the kicking wall of fame very shortly, which is a certain distance kick for time every three weeks. There is a giant golden kickboard on the wall, "MFSC Kicking Wall of Fame." This is where we track how the swimmers are doing with their timed kick set and look for improvements. Kicking is probably one of the least worked skills across the board among many teams. It is something that is a very important part of MFSC's training for all groups. If you are a good kicker it usually means you are a pretty good swimmer.

Most importantly please participate in this year's **Swim-a-thon**. You can sign up online by clicking the event and "**Attend this Event**". There is also a special envelope for collecting donations. This year we are helping out a 3-year-old with cancer, Brian, a child in the Make a Wish Foundation. There is a good possibility Fox News will be there to interview some of the kids as well, let's get him to Disney World!

Events:

We swam in one meet in the month of April. This meet was the second weekend in April hosted by SWAT in Waukesha. Pretty early for a meet, but a great "are you in shape" indicator for myself and the swimmers. Almost all of our performances were better than last year at the same meet.

Looking Ahead:

We have a couple meets in the month of May including our home meet. Once again we outdid last year and have even more swimmers on the team competing in the home meet. It is really encouraging as a coach to see that so many of our swimmers want to and are ready to take part in a meet. It is also great because we get to start charting their progress. The other meets in May include, our two travel meets to Indiana and a meet in Port Washington hosted by WAM.

If you haven't purchased a snorkel yet and your child swims in the Gold Novice or higher, please purchase a Finis Swimmers Snorkel. They can be found at Walter's Swim Shop or online at www.swimoutlet.com/mfsc.

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

Coach Scott Mueller

May Birthdays

Coach Scott
Jessica Rabay
Evan Foht
Siddhant Jain
Coach Caitie



Upcoming Meets

May 6
OZ Spring Classic

May 7
MFSC Spring Sprints

May 20
Purdue Meet
BSC Meet

May 21
WAM

President's Report

Hello Families,

Hope everyone enjoyed their spring break! Following is some info of interest...

Board Positions...One More Left!

Publicity Chairperson: **NEEDED!!** For details on this position, please contact Shelley Semanek at shellsem@earthlink.net.

Note Regarding Masters Swimming

Have you ever been in the bleachers on Monday, Wednesday, or Friday night and wondered why those adults swimming in Lane 6? This is why...MFSC has a Masters Swim Team that has workouts each of those nights. We have room for two to three more swimmers without taking lane space away from the kids. If you are looking for a workout while your kids are swimming please consider joining us. The workouts are provided by our coaching team and are meant to be swum to the best of your ability. Please consider joining us if you are looking for a workout opportunity.

Contact Amy DeGrace at wdegrace@wi.rr.com if you are interested.



Laurie Siehs, President

A Note From Your Meet Entries Coordinator

Hello swim families, welcome back! On the bulletin board at the pool, I have posted a colorful spreadsheet showing the swims that you pre-reserved for your swimmer. If you did not pre-reserve swims and wish to swim in a meet, please use the online waitlist in Team Unify. If you have any questions about that please feel free to contact me.

I also want to point out that I have attached the specific meet information documents (the documents that I also post at the pool) on the Team Unify website. If you click on the name of the meet from the home page, you will see below a hyperlink to a document for that meet. You can view the specifics of the meet there rather than going to the Wisconsin Swimming website.

If you have any questions, please feel free to let me know.

*Sue Bomm
Meet Entries Coordinator*

***Swim-A-Thon
Wednesday, May 11***