

The Waterlog *October 2011*

~ Swimmers of the Month ~

Cara Hadland
&
Jamie Peterson

October Birthdays

Nathan Bomm
Michaela Borchardt
Zach Borchardt
Paul Butler
Matt Ciolkosz
Peyton Driebel
Will Hartman
Emma Huettel
Rachel Koch
Ella Paar
Matthew Wandrey
Eilish Zimilci

October Meets

Oct 1
SWAT Senior Meet

Oct 8
EBSC 12&U Meet

Oct 15
MFSC Home Meet

Oct 29
WAM 12&U Meet

Coach's Report:

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. There will be a sign up going around for team suits and warm ups shortly. On our initial order there is a discount on warm ups. You can sign up for meets online if you haven't already reserved swims for a particular meet. If you have questions with this please ask me, 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 "mock" 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 have a couple meets in October. October 1st features a Senior and Age Group distance meet hosted by SWAT in Waukesha. October 8, EBSC is hosting a 12 & under meet. MFSC hosts our annual fall meet October 15, which we encourage everyone to participate in. Our last meet of the month is October 29, hosted by WAM for our 12 & Unders. It is not too late to sign up for these meets so if you are interested please sign up on the website.

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 every day and swimmers thanks for stacking the kick boards and putting your fins away after practice!!

- *Coach Scott Mueller*

MAKING WAVES

Featuring: Gold Novice

Gold Novice has a lot of new faces this fall and so far the practices have been busy and fun. Attendance has been very good, which is great for the group as the kids are quickly meeting each other and making friends. So far we have been reviewing drills for all of the strokes as well as practicing starts. The starts have been great and almost everyone is ready to go off the normal starting blocks behind the lanes. The kids are really listening well, and are pushing themselves through personal goals or racing a friend in the group every practice.

We had our first kick for time September 29, and so far Bhakti Anbarasan leads the group with the fastest time. Kick times for the group overall are the fastest yet, with almost all of the kids under 6:00 for a 200 kick, and many under 5:00. That's fast! We have also done a few cannonball contests this year, and all I have to say is parents, if you take your kids to the pool outside of practice, make them work on swimming, not cannonballs! The only thing louder than the cheering is the laughter at me after I am covered with water from head to foot.

So far, it looks like this is going to be a great season. The kids are working hard and having fun, and everyone has improved a lot over just one month. I can't wait for the first home meet of the season!

- Coach Brice

President's Note:

Our first home meet of the season is fast approaching - - October 15th!

Please remember: If your child is signed up to swim, you are required to work one (1) session (either the am or the pm). Once Connie Siebenaller is ready for everyone to sign up, she will send an e-mail out saying that the volunteer opportunities are available online. Please log in to our website and scroll down to the bottom right-hand side of the homepage. You will see the event "Oct 15th, 2011 - MFSC Home Meet Volunteer Job Sign-up". Click on "Job Sign-up" and you will see all of the positions listed that are available to sign up for (Those positions will also include Friday night set-up). If there is any confusion on how to sign up, you'll find the instructions on that page to assist you. Any questions about a specific job, please e-mail Connie at csiebenaller@directs.com or 262-501-8462.

Volunteer shifts are filled on a first come first serve basis, so sign up early!! You can work the same shift that your child is swimming or you can work the opposite shift so you can sit in the stands to cheer on your swimmer.

Finally...Don't forget that you are required to wear your VOLUNTEER t-shirts!

Good luck swimmers!

- Becca

Private Lessons:

Beginning in October, Coach Kelsey will be offering private lessons to swimmers who are interested in extra one on one help. Private lessons are a great way to get personalized help on specific strokes and skills that a swimmer may want or need extra attention on.

Coach Kelsey will be available for 30 minute sessions between 7:15 and 8:45 on Mondays and Fridays. She will provide a one on one lesson, or 2 swimmers (from the same group) can do a lesson together.

Prices:

30 minute, one on one session: \$15

30 minute, 2 swimmer session: \$20

For more information, or to set up a private lesson with Coach Kelsey, email her at kmogle@uwm.edu.

Save the Date ~

The MFSC Halloween Party will be October 27th at 6:00pm. We will have relays and games in the pool followed by snacks and social time in the pool lobby. Please watch your email for more information. We hope to see everyone there!!!!

