



The Waterlog *December 2011*

~ Swimmers of the Month ~

**Kendra Simson
&
Mara Chisholm**

December Birthdays

Mara Chisholm

Cassie Kalnins

Kayla Olson

Dylan Webb

Corrina Winkler

Lauren Young

December Meets

Dec 3-4
MFSC Home Meet

Dec 9-11
Nike Challenge

Coach's Report:

Howdy!

We are almost half way through the winter session. Kicking progressions are looking really good, be sure to check the "Kicking Wall of Fame" to track your swimmers improvements. The December meet is our biggest ever since I have coached here. After the meet next week best time bag tags will be updated at practice. For every best time at a meet, your swimmer will receive a best time marking on their bag tag. Once the tag has 25 marks for best times or great practice performances they will get a wrist band. Make sure to bring them to practice next week, and if you don't have one you will get one next week!!!

Events:

November featured two meets. November 6th we headed over to Waukesha for a single day meet hosted by WEST. For being one of the fastest pools in the state it certainly held up to its reputation. Many of our swimmers had best times, 8 & Under swim of the meet went to Angie Grunert in the 25 free where she dropped over 11 seconds! Age group swim of the meet was a 3 way tie; Corrina Winkler dropped 18 seconds in her 100IM, Stephanie Marks dropped 16 seconds in her 100 fly and Emma Neale dropped 32 seconds in her 500 free! Senior swim of the meet went to Jake Castillo, he dropped over 5 seconds in his 200 free.

The second meet we attended was in Pleasant Prairie, hosted by PX3. This is another of Wisconsin's finest and fastest facilities and again it held up to its reputation. We had a number of best times and it was almost near impossible to highlight just a couple swims. Looking down the long list of impressive swims a few stood out, Peyton Driebel's 100 fly where she dropped 23 seconds and Haley DeGrace's backstroke events where she dropped a total of 11 seconds! Congratulations swimmers!

We have a few meets in December. The first is our home meet. Please take a look at what I wrote in last year's Waterlog describing the December home meet, "*The first weekend in December is our home meet. Last year we had 60 of our swimmers entered in the meet. This year we have 82!!!*"

In 2010 we had 60 MFSC swimmers entered in the meet, in 2011 we had 82 swimmers entered in the meet, this year we have 103 swimmers entered in the meet!!! MFSC is coming into its own and becoming a really competitive program.

From a coaches perspective this is really exciting. I just want to say thanks for attending practice on a consistent basis and working hard every day. It is starting to pay off, and I can't wait to see what the future will hold for all of our swimmers.

The following weekend some of our swimmers will be attending the Nike Invite, a prelim/final qualifying meet in Waukesha. Look for some fast swims to come out of that weekend!

Looking Ahead:

Keep up the good work and please remember your water bottles everyday!!! One other thing..... It's cold outside, bring a hat to practice and wear it home!!!

- Coach Scott Mueller

Making Waves ~Featuring: Silver and Gold Age Group

Silver and Gold Age Group has had a busy couple of months! We've been working on our starts and turns the past couple months, and I am definitely seeing improvement in practices and in meets. A number of the swimmers in these groups have participated in the majority of the meets this season, and I was especially happy with the number of best times we had there.

We had two 400 kicks for time last month. The following swimmers improved their kick time during the month of November: Brittney Coulter, Luke Gall, Jason Hunt, Cassie Kalnins, Laura Kregel, Nicole Perreault, Sydney Sawatzke, Moira Shea, Zach Borchardt, Peyton Driebel, Olivia Eisenhauer, Emily Hadland, Rachel Jaworski, Emily Marcou, Stephanie Marks, Emma Neale, and Sarah Scargill. Luke Gall improved his time the most with a drop of 1 minute 4 seconds. Laura Kregel set the Silver Age Group record with a time of 7:30. I am excited to see how these improvements in kicking will translate to improvements in our races at upcoming meets.

Attendance at practice for these groups has been outstanding this season with most of our swimmers attending practice at least 3 times a week. Best attendance for Gold Age goes to Rachel Jaworski who has only missed two practices this entire season. The best attendance for Silver Age Group for November goes to Jacob Poulsen.

I'm also really happy to report that every single swimmer in Silver Age and Gold Age is signed up for the home meet. I can't wait to see how fast everyone swims!

- Coach Jennie

Home Meet Volunteers ~

A big thank you to the volunteers who signed up so quickly to work the Home Meet this weekend!

- Connie Siebenaller

Private Lessons:

We have had an overwhelming response for private lessons in the past month. Currently our coaches are booked into the next couple of weeks for lessons. Please watch your email and future Waterlogs for future openings.

Save the Date:

Our Christmas Party will be Wednesday December 21st at the pool. Please watch for an email from Sherri Ciolkosz with more information!! We hope to see you all there!

~ See you at the pool!

