



The Waterlog *November 2011*

~ Swimmers of the Month ~

**Rushil Patel
&
Paul Butler**

November Birthdays

Jacob Castillo
Paige Driebel
Shivani Ganesh
Samantha Garoukian
Brad Kruppe
Haley Lucas
Audra Newkirk
Rachel Siebenaller
Cassandra Stegner
Mackenzie Tomczyk
Jack Wheelock

November Meets

Nov 6
WEST Meet at
Waukesha South
High School

Nov 18-20
PX3 Meet at the
RecPlex

Coach's Report:

Howdy!

The cold weather is right around the corner so please bring warm clothes to wear home after practice. Some new families may be wondering, "How is my swimmer doing?" This is a very good question. There are many ways to answer this question. The obvious way is to look at their time improvements from meet to meet. If you enter your child in a meet their results will be posted on our bulletin board and website. You can tell how they are doing by comparing their previous swims to their most recent ones. Another way is by looking at test set results. I have been posting results on the bulletin board on different sets we do each week including the kicking wall of fame. Take some time to look or ask your swimmer's coach after practice about their progress. Lastly, you can always set up a quick meeting with your swimmer's coach for before or after practice. The easiest way to improve is by listening to your coach, asking appropriate questions, attending as many practices as possible and of course trying hard!

Events:

October featured three meets. Our Senior and Age Group distance meet hosted by SWAT went well. It gave our swimmers an early season benchmark three weeks into the season. EBSC hosted a 12 & under meet on Oct. 8th. We had numerous best times, which made it an exciting meet. The swim of the meet went to Maddie Paar who dropped 12 seconds in her 100IM. The last competition was our home meet. It was great to see many of our new swimmers attending the meet and swimming fast on a competitive level. We had a number of our swimmers win high point trophies and many awards. The age group swim of the meet went to Olivia Eisenhauer who dropped nearly 28 seconds in her 100IM. The senior swim of the meet went to Sam Neale who dropped nearly 4 seconds in his 100Fly. Congratulations swimmers!!!

We have a few meets in November. November 6th WEST hosts a meet in Waukesha and November 18-20th BST hosts a meet in Pleasant Prairie. It is not too late to sign up for meets so if you are interested please sign up on the website. Some meets are full; the next open meet will be our home meet Dec 4-5 at the Menomonee Falls High School. Home meets are a great starting point for our newer swimmer and I encourage everyone to sign up!

Looking Ahead:

Keep up the good work and please remember your water bottles at practice every day!!!

- Coach Scott Mueller

Making Waves ~Featuring: Silver Novice

Two months into the short course season and we are doing great! We have a number of new swimmers in our group this season! Welcome to Silver Novice: Henry Blodorn, Austin Brown, Ella Crichton, Angie Grunert, Cara Hadland, Emma Hartman, Liam Kasper, Becca Koch, Chloe Paar, Ritika Patel, Sarah Pflughoeft, Caden Piefer, Abby Rankin, Max Rankin, Kendra Simson, and Samantha Wampole. Congratulations to Camille Jefferson and Lexis Hennings who have moved up to Gold Novice!

As usual, we are working hard to improve our 2 main strokes, backstroke and freestyle, and continue to learn breaststroke and butterfly. Combining all of this with our turns and starts for each stroke, we have a lot going on! We have also been making great improvements in our 200 kick for time. The leaders for Kick for Time are: Faith Johnson (4:54), Kayla Olson (5:00), and Ella Crichton (5:05).

Attendance has been outstanding these last two months and I hope it continues! A lot of swimmers are working hard to get to practice at least 3 times per week. The swimmers with the best attendance for October are: Becca Koch, Chloe Paar, Sarah Pflughoeft, and Lauren Young. Also Silver Novice had the best attendance for our Halloween Party, good work!

Since so many of you are attending practice consistently, and we are seeing a lot of improvement in our strokes, we would love to see everyone at the MFSC Swim Meet on December 3rd and 4th! Our home meet is a great opportunity for Silver Novice swimmers to get the experience of a meet, and is a great way to track progress!!

Congratulations to all the Silver Novice swimmers who have already participated in a meet this season: Austin Brown, Angie Grunert, Cara Hadland, Lauren Jex, Faith Johnson, Liam Kasper, Becca Koch, Melanie Marks, David Nelson, Maddy Nemecek, Caden Piefer, Samantha Wampole, and Lauren Young.

Keep up the great work! I can't wait to see how fast we swim at our next home meet!

Coach Jen

President's Note:

THANK YOU THANK YOU THANK YOU to our families who volunteered at our home meet on October 15th. The meet ran very smoothly and was a big success thanks to each of you!

Our next home meet is a two-day meet - December 3rd and 4th. Things are going to be very busy that weekend with a large number of swimmers and family members in the stands and we will need your help again filling those volunteer positions. Watch for Connie Siebenaller's e-mail to sign up when these are posted. **Just my usual reminder**...if your child is swimming, you are required to volunteer. Don't forget to wear that bright yellow volunteer t-shirt! Any questions on volunteering please e-mail Connie at csiebenaller@directs.com. Also something to keep in mind - we'll be selling apparel at this meet which gives families a simple opportunity for holiday gift ideas! It will not only include MFSC apparel, but also "fun" items that will be great for under the tree.

Finally, per one of my last e-mails, Lynne Mast, our kitchen chairperson, is in need of a co-chair. If you would like more information on this position, or if you have any interest in it, please contact her directly via e-mail at lp.mast@att.net.

- Becca

Private Lessons:

Coach Kelsey will continue to offer 30 minute private lessons in November on Mondays and Fridays between 7:15 and 8:45. Also, due to the high amount of interest in private lessons, we are happy to announce that Coach Brice will also be available for private lessons on Mondays, Tuesdays, and Thursdays after practice.

You can sign your swimmer up for a one on one lesson, or 2 swimmers (from the same group) can do a lesson together if they are interested in working on the same skill.

Private lessons are a great way to get extra help in skills that your swimmer may struggle with such as starts or turns. Your swimmer may also benefit from the one on one instruction on a particular stroke that they might be struggling with or might want to put extra work into to get to the next level.

Prices:

30 minute, one on one session: \$15

30 minute, 2 swimmer session: \$20

To set up a lesson with Coach Kelsey, email her at kmogle@uwm.edu.

To set up a lesson with Coach Brice, email him at bkgbn8@mail.missouri.edu.

~ See you at the pool!

