



The Waterlog *January 2012*

Coach's Report:

Howdy!

December is over and surprisingly enough the weather is half way decent. However, please remember to pick your swimmers up inside the pool, don't have them wait outside with a wet head. Also be sure to bring your best time cards to practice, especially after meets.

Events:

December featured two meets. First was our home meet. This was an excellent meet. We had a lot of fast swims, some of our younger swimmers gained racing experience and overall it ran very smoothly thanks to our parents!!! High point winners from this meet included, Ella Driebel 3rd place 8&under girls, Dylan Webb 3rd place 8&under boys, Jenny Wesolowski 3rd place 11&12 girls, and Jack Ragland 3rd place 11&12 boys. We had about 6, 10 & under girls that were very close to achieving a state cut in the 50 backstroke!!!

The Nike Invite was the following weekend in Waukesha. This year we had more swimmers make it back and place well and swim faster finals. If you're not quite sure what that means, it's a good thing! The swimmers of the meet were Rachel Siebenaller and Emma Neale. Emma dropped time in five events and is very close to a bunch of state cuts. Rachel also had a great meet, most notably her 500 free where she cut off almost 9 seconds and also broke a 17 year old team record!

We have a couple meets in January. The EBSC meet is our first meet for the age groupers in Brookfield. The FSC meet is our second meet up in Fond du Lac. The last meet in January is the Shorewood meet. Please look at meets in February as they are all open for swims if you didn't reserve swims ahead of time. February is the last month to swim in meets so I encourage everyone to sign up. The last chance meet is the OZ Regional meet Feb 17-19. This is the last meet to make state cuts and swim fast. Many of the groups will be focusing on this meet and we will be resting our swimmers for this event.

Looking Ahead:

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

- Coach Scott Mueller



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Making Waves ~ Featuring Bronze Age Group

Hello Everyone,

Bronze Age Group has made tremendous strides throughout the month of December. Even with all the commotion of the holidays the kids were still able to make great improvements. The group as a whole has been doing a great job, our kick for times have been fantastic. In our last 300 there were 9 best times and 3 kids under 6 minutes. We also have established a new kick for time record, which was a 5:24, set by Maddie Paar. Along with working on kicking this month, we have really been working on our backstroke. Our strokes have come a long way and it showed when we had 3 kids qualify for the Nike Challenge Meet. Maddie Paar, Cassie Stegner, and Eli Hung all qualified for this meet and came away with a few best times at this meet. December turned out really well strong practice and meet attendance. I can't wait to see them race in January and February!

- Coach Kelsey

President's Note:

Happy New Year Everyone!

Just a quick note to let you know we are still in need of a Kitchen Co-chair to help Lynne Mast out at our home meets. If you are interested in this board position or have any questions at all, please contact Lynne directly at lp.mast@att.net. We can't run our meets without food for our kids and the club, as always, would very much appreciate anyone stepping up to take this on.

Thank you!

Aside from that bit...Good luck to everyone with "No Junk Food January"!

- Becca

Swimmers of the Month:

Michaela Borchardt – Silver Novice

Max Rankin – Silver Novice



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Reminder About Working Home Meets:

I'd like to remind parents of our volunteer policy, below. We will be enforcing the \$25 fee as noted below. Volunteer questions specific to home meets can be directed to Connie Siebenaller (csiebenaller@wi.rr.com or [262-501-8462](tel:262-501-8462))

VOLUNTEER POLICY:

MFSC is a volunteer organization. It is expected that every family shall contribute during each swim season. These activities include: working at swim meets hosted by MFSC, contributing food/money towards the kitchen at MFSC-hosted meets, and supervising in the locker room before and after practice, etc. MFSC has adopted the following "no work, no swim policy": One parent/guardian (or family recruited responsible person) from each family must work one session for each session swimmer(s) is entered in all meets hosted by MFSC. If a parent or guardian fails to work at the required number of sessions, that swimmer will be unable to compete/swim unless the \$25 per session not worked is paid.

Thanks,
Connie

Coach Brice's Half-Marathon

Coach Brice is running his first half-marathon May 5 in Door County. He is supporting the Lakeshore Natural Resource Partnership through Run for a Cause. LNRP is committed to maintaining the Lakeshore Watershed and Lake Michigan's beaches to maximize environmental and recreational use for the public. If you would like to pledge and support LNRP, Coach Brice is accepting pledges through the month of February. All donations benefit LNRP.

Also, Coach Brice suggests that the kids try to use reusable water bottles, as a number of plastic water bottles are left behind after each practice. This will help ensure our kids are drinking their own water at practice (avoiding the chance of accidentally grabbing someone's matching water bottle) and will help our environment!



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Private Lessons:

Private lessons have been a huge success. With one month left in the season, Coach Heather is available to do private lessons Monday thru Thursday following the early practice and Coach Brice still has availability on Tuesdays 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.

Prices:

30 minute, one on one session: \$15

30 minute, 2 swimmer session: \$20

To set up a lesson with Coach Heather, email her at HMelzer@rwbaird.com.

To set up a lesson with Coach Brice, email him at bkqbn8@mail.missouri.edu.

January Birthdays

Gabby Barnes

Olivia Eisenhauer

Hannah Klug

Joseph McGraw

Lucas Runingen

Sadie Soley

Kate Criter

Emma Hartman

Akshara Krishna

Payton Meyer

Parker Shiley

