



The Waterlog *February 2012*

Coach's Report:

Howdy!

The end of the season is right around the corner. So far as a team, we have dramatically improved in practices and at swim meets. When are we tapering? Are we tapering yet? . . . "Taper" is a word that so many swimmers look forward to and it's almost time for me to say, "Yes we are tapering."

For those of you that don't know what taper means, it is the time of the year when practices get shorter, weights and dry lands greatly decrease, and your kids have a ton of energy! It also means the exciting meets that we have been preparing for the entire season are right around the corner. Those meets include, Regionals (Feb 17-19), 12 & under State Championships (Feb 24-26), 13 & over State Championships (March 1-4), Speedo Sectionals (March 9-11) and Junior Nationals (March 20-24).

Congratulations to everyone who made it through the long grueling month without eating junk food! Hopefully swimmers that are concentrating their efforts on state, sectionals and junior nationals can continue to eat as healthy as possible! Please continue to dress warm before and especially after practice.

Events:

January featured three meets. First was the EBSC meet for 12&Unders. This was an exciting meet as our 12&Unders continued to swim strong. We had many best times across the board with stand out swims from Emily Hadland who dropped 22.84 seconds in her 200IM and Nicole Perreault who dropped 21 seconds in her 100free. Congratulations to Jenny Wesolowski on another state cut, 100fly.

Next was the Fond du Lac meet. This was a really fun meet that gave our kids an opportunity to swim longer races and compete in an IMX challenge. The IM Xtreme Games promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to enable long term success in swimming. We had multiple high point winners at this meet they included: Siddhant Jain, Morgan Fischer, Rachel Siebenaller, Kate Criter, Maddie Paar, Brittney Coulter, Haley DeGrace, Jake Castillo and Alle Ragland. Also congrats to Emma Neale on her first 10&under state cuts in the 50 and 100 free!!!



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Coach's Report Continued...

Last up was the Shorewood meet. Another great meet by our 12&Unders!!! Stand out swimmers of the meet were, Eli Hung (all best times), Stephanie Marks (all best times), Natalie Harms (all best times), Henry Blodorn (all best times), Olivia Eisenhauer (all best times), Sarah Scargill (dropped 27 seconds in 100fly), and Rachel Jaworski with her first 11&12 state cut.

Looking Ahead:

We have multiple meets in February. Our home meet is on Feb 4th followed by the Big 8 meet Feb 5th. A+ is also that same weekend, which is a championship meet. The following weekend we have a meet at UWM. The weekend after that, we have Regionals. Everyone is allowed to swim at Regionals, it is basically a last chance state qualifying meet and great end of season meet. So if you are looking to compete one last time this season Regionals would be the place to do it. There are no qualifying times for this meet. Sign up online today!!!

Clinic this year: The coaches and myself will be running a Start, Turn, Finish, Relay Start style 4 day clinic March 26th to March 30th before the start of the next session. We encourage everyone (SN to BS) to participate, the clinic will be one hour long every day and cost \$40 for all four days. It will be a great opportunity for a lot of 1 on 1 work with the kids and they will be split into groups of similar ability. Attached is a form for the clinic to put in the drop box at the pool.

This is the longest water log article I have ever written. If you are still reading this clearly you can tell I am excited about how well we are all swimming from our Novice to Senior level swimmers! Remember if you have any questions for me come find me 15 minutes before or after practice on deck or in the office!!

- Coach Scott Mueller

Swimmers of the Month:

Chloe Paar – Silver Novice

Henry Blodorn – Silver Novice



Making Waves ~ Featuring Gold Novice

First, I want to say great job to all the swimmers in Gold Novice! I have been pushing them really hard the last few months to focus on technique during longer swims, and they have all stepped up to the challenge. This isn't easy, as it requires them to swim fast while still focusing on fast and efficient flip turns and the perfect technique that we work on at the beginning of practices with drills and easy swims. Almost every practice, I give the kids time to work on all the little things that I bug them about every day during these drills and easy "perfect technique" 50's. I have also started using intervals on some of the longer sets, and judging by the reactions from my swimmers, the intervals are hard to make! But all of the swimmers work hard, whether they make the time or just keep chugging along through the whole set. Most of the time I have to stop them to give them a break!

All the hard work is paying off, 200 kick times are getting very fast, and the kids' times in test sets and fast swims during practice are really improving. I have been impressed with the time drops at swim meets and the number of kids signing up for the meets, so keep up the good work and keep making me check off those best times cards. Lastly, I want to thank all of the parents for bringing their kids 3 or 4 nights a week. This helps out the coaches as we can really focus on a wide range of things to work on and follow up with the kids throughout the week. I have seen several instances where a few changes in technique made a big difference because the kids came to practice often and really focused hard on what they needed to do. Keep up the good work swimmers and parents!

- Coach Brice

President's Note:

THANK YOU to each and every one of you who volunteered at our Home Meet. You were all simply amazing. Everyone pitched in and helped each other and we really worked as a team. I was quite proud to see how everyone took charge, did what they needed to do, and supported each other and our children. This was our biggest meet ever and it was successful thanks to each and every one of you.

- Becca



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Board Position Needed:

Hi everyone! The club is in need of a Kitchen Co-chair to help Lynne Mast out at our home meets. There are six of these meets a year and it's very important we properly staff this area so that we are able to provide great concessions to fuel our kids, our families, and our visiting teams. Please e-mail Lynne Mast (lp.mast@att.net) or myself (rdjaws@gmail.com) if you are interested in helping her out. Our club solely relies on parent volunteers to fill these board positions and our home meets are extremely important to the success of our club. We can't begin to express our appreciation to those parents who are willing to help. We know you're busy (believe me!), but it's all for our kids and coaches who work as hard as they do. We want to be the best swim club we possibly can be, and us parents hold an important role in making that happen. It takes a lot less time than you'd think - so please give this position some consideration. Thank you!

February Birthdays

Bhakti Anbarasan

Angie Grunert

Lauren Jex

Becca Koch

Megan Mueller

Kendra Simson

Nick Castillo

Emily Hadland

Komal Khatri

Lucas Moran

Catie Simmons