



The Waterlog May 2012

Coach's Report:

Howdy!

Welcome to this season's first coaches corner. There are new faces around deck so I encourage parents to introduce themselves to new parents and new parents if you have any questions ask anyone around you. So far we are off to a great start. Many groups have started dry land work which will increase coordination and strength. This helps a swimmer's body balance in the water and also their strength in the water.

We have also incorporated a certain distance kick for time every three weeks. By now you probably noticed the giant pieced together board on the wall, "MFSC Kicking Wall of Fame." This is where we track our swimmers timed kick set and look for improvement. Kicking is one of the least worked skills across the board among many teams. It is something that is a very important part of MFSC's training for all groups. If you are a good kicker it usually means you are a pretty good swimmer.

Events:

We haven't swum in any meets yet, but have been putting a lot of great training in at practices.

Looking Ahead:

We have a couple meets in the month of May including our home meet. This year once again we have the most individual entries into our home meet with 70 of our athletes competing for MFSC. It is really encouraging as a coach to see that so many of our swimmers want to and are ready to take part in a meet. It is also great because we get to start charting their progress. The other meets in May include, the SWAT distance meet the same weekend, our travel meets to Indiana and a meet in Port Washington hosted by WAM. You can still sign up for the WAM meet and other meets in June and July online.

If you haven't purchased a snorkel yet and your child swims in the Gold Novice group or higher, please purchase a Finis Swimmers Snorkel. They can be found at Walter's Swim Shop or online.

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



The Waterlog May 2012

Making Waves ~ Featuring Silver Novice

Silver Novice is off to a great start and we are so proud of the progress this group has made in the first month of the season. During the month of April we focused on freestyle, backstroke, streamlines, and kicking. We also began introducing breaststroke and butterfly. It can be a challenge to remember all of the rules for each stroke, finish, and turn, and our swimmers have made great strides in forming good habits. We have been working on streamlines off the wall and are pleased to see that most of our returning swimmers have maintained this skill from last season. We have also completed our first 200 kick for time. To see how your swimmer did check out the “Kicking Wall of Fame” next to the girls locker room. The current Silver Novice Record for the 200 kick is held by Faith Johnson, who is now in Gold Novice. So far this season our top kicker is Kendra Simson with a time of 5:37.

We have a number of new swimmers who have joined our group this season. Welcome to: Avery Chisholm, Hanna DeGrace, Timothy O’Quinn, Ella Paar, Emily Schoenauer, Sadie Soley, Makenna Sura, and Matthew Wandrey!!

As we progress through the season we will be learning stroke drills and improving technique on all four strokes, learning and improving our flip turns, and learning to do our starts off a starting block. Some of our Silver Novice swimmers will be participating in meets this session, and we look forward to watching their hard work pay off as they achieve best times or complete new races. If you are wondering if your swimmer is ready for a meet, don’t hesitate to ask one of the Silver Novice Coaches for our thoughts and advice! We are happy to help get our swimmers started with meets! We, as coaches, love working with this group and can’t wait to see what each of these swimmers can do in the future.

- Coach Jen, Coach Heather, Coach Jennie

Swimmers of the Month:

Sarah Pflughoeft – Silver Novice

Austin Brown – Gold Novice



The Waterlog *May 2012*

President's Note: *Board Position Needed*

Spaghettios and puppy chow...the highlight of a swim meet for lots of kids! The kitchen committee is looking for another person to serve as a co-chair. This is a fun way to help the club and earn fundraising credit. Lynne Mast currently serves as the kitchen chair but would like to transition two parents during the long course season to take over the job in the fall. Vicki Koch has signed on, but we need one more person! The job involves planning a menu, shopping, organizing food donations from club families, set-up the day before, and working the day of the meet. In terms of time commitment, several hours are required in the days before the meet and at the actual meet. With two people working together, this is a very manageable work load, plus you get to make lots of people happy at all of our home meets! Please contact Lynne Mast at lp.mast@att.net if you are interested or have any questions.

- Becca

May Birthdays

Jeremy Balloni	Skylar Cranfield
Cole Fischer	Samuel Grayson
Olivia Hennes	Siddhant Jain
David Nelson	Shivani Ojha
Ritika Patel	Nicole Simson
Kate Stevenson	

***Coach Scott turns 30 on May 3rd!!!!**