



# **The Waterlog July 2012**

## **Coach's Report:**

### **Howdy!**

We are over half way through our HOT summer session! Please remember to have water bottles filled for dry land and swim practices, so that we don't get dehydrated.

### **Events:**

It's been a couple of months since our last waterlog and we have swum in a number of meets. The meets we have attended so far have gone well for most of us. Indiana was a great experience for all swimmers as we got in some quality long course swims.

Both of our home meets went very smoothly. We had a number of best times and gained much more swim meet experience for our newer swimmers. Thanks again to all of our parents for volunteering and making these meets happen.

At the end of June we headed out to Olympic Trials which was quite a meet. I can't remember the last swim meet I went to that had flames shooting out of the pool deck, a jumbo-tron over the middle of the pool and Olympic Athletes rising out of the floor to accept their awards. It was truly an amazing experience and I hope that all of you will get to either watch or compete in the trials one day.

### **Looking Ahead:**

July is heating up when it comes to meets, right in line with the temperature. We kick off July up in Appleton and also Wirth Park, both 50 meter swim meets. The same weekend as Wirth Park we also have the WEST meet. Next is Silver State, a last chance swim meet for kids not swimming at state, then 12 & under state and 13 & over state.

Remember if you have any questions for me or the other coaches come find me 15 minutes before or after practice on deck or in the office!!

**- Coach Scott Mueller**



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## **Making Waves ~ Featuring Silver and Gold Age Group**

Silver and Gold Age Group has had a great summer session so far and is getting ready to swim fast at Silver State and State at the end of July.

As a group we are getting better at training, which shows in the huge drops in our kicks for time. In June, Eli Hung took over the Silver Age Group 400 kick record and Stephanie Marks took the Gold Age record with a time of 6:27. The kids are learning to push themselves harder on high quality sets, and proved that when properly motivated (free time, donuts, and watching their coach do a 1000 I.M.), they can go best times in practice.

A number of swimmers from this group will be competing at the state meet at the end of the summer. Congrats to Eli Hung, Maddie Paar, Cassie Stegner, Rachel Jaworski, Stephanie Marks, and Sarah Scargill for achieving state cuts in one or more events. I am looking forward to more cuts and a lot of best times at our last couple meets.

I couldn't be more proud of everyone in this group. I have seen a huge increase in the level of commitment from our Age Group Swimmers over the past few months and look forward to seeing this hard work and dedication pay off in the near future as well as further down the road as they move on to the Senior Groups with a great work ethic.

**- Coach Jennie**

## ***LONG COURSE BANQUET***

The Long Course 2012 Banquet will be July 31<sup>st</sup> at 5:30 at Kinderberg Park in Germantown. More details will be provided in the next couple weeks! Please save the date!!

## **Swimmers of the Month:**

***Dylan Luckman – Silver Novice***

***Charlie Ragland – Silver Novice***

***Audra Newkirk – Silver Novice***

***Makayla Sura – Gold Novice***



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## **Reminder/Info About Home Meets:**

Hello MFSC Parents/Volunteers,

As many of you know, we cannot run our home meets without ALL of our Parent Volunteers. When we run a 1-day meet, parents with swimmers in that meet are required to work 1 shift. When we run a 2-day meet, parents are required to work 2 shifts, if their children are swimming both days. If you do not sign up for your required shift or do not show up for your required shift, you will be charged a \$25 fee per shift.

I am very thankful for those parents who consistently work extra shifts at our home meets. We cannot run a successful meet without everyone's help.

Any questions regarding volunteering, please contact Connie Siebenaller at [csiebenaller@wi.rr.com](mailto:csiebenaller@wi.rr.com).

Thanks,

Connie

## **July Birthdays**

Austin Brown	Brittney Coulter
Megan Hessler	Ethan Hung
Liam Kasper	Laura Kregel
Melanie Marks	Abigail McGraw
Alle Ragland	Max Rankin
Becca Schoenauer	John Seiler
Sam Siebenaller	Makenna Sura
Megan Wagoner	Jenny Wesolowski