



The Waterlog *January 2013*

Coach's Report:

Howdy!

December is over and it still is cold outside. 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, Lauren Jex and Faith Johnson 1st and 2nd place 8&under girls, Henry Blodorn and Dylan Luckmann 1st and 2nd place 8&under boys, Maddie Paar 1st place 9&10 girls, Nick Castillo and Dylan Webb 1st and 2nd place 9&10 boys, Rachel Jaworski, Sarah Scargill and Cassie Stegner 1st, 2nd and 3rd place 11&12 girls.

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!

We have a couple meets in January. The FSC meet is our first meet up in Fond du Lac. The EBSC meet is our second meet for the age groupers in Brookfield. 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 15-17. 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 everyday!!!

- Coach Scott Mueller

Swimmers of the Month:

Sophia Johnson – Silver Novice

Jacob Carlson – Silver Novice



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Making Waves ~ Featuring Silver and Gold Age Group

I am very excited about the progress Silver and Gold Age Group swimmers have made during this season. We are getting better at pushing off on our backs on our flip turns, streamlining off our walls, making tougher intervals, and not breathing on our first stroke or into our finishes. The past couple weeks we have started to really focus on improving our underwater dolphin kicks and the kids hard work is already showing in their times at meets. One of the biggest highlights for me over the last couple meets is watching our swimmers come up ahead of their heat or out touch someone at the end of the race because they have worked hard to do things right in practice every day.

Over the next month and a half we will continue to focus on technique, underwater kicks, and of course starts and turns. We will also start to focus on more “fast swimming”, as we get ready for our taper meets at the end of February. Attendance in our group has been great all season, with most kids making at least 3 practices a week and a number of swimmers attending 4-5 practices. Let’s keep that up over the next month and a half so we can get ready to swim fast at the end of the season.

I can’t wait to see everyone’s hard work pay off at the end of February. This group is so much fun to work with and not only do they work hard to continue to improve, but they have been doing such a great job of pushing and supporting each other!

- Coach Jennie

January Birthdays

Gabby Barnes	Aarjav Bhavsar
Jacob Brooks	Kailey Crowley
Soumaya Drover	Abriana Duch
Olivia Eisenhauer	Emma Hartman
Michael Kaczmarek	Akshara Krishna
Parker Shiley	Sadie Soley