



The Waterlog December 2012

Coach's Report:

Howdy!

We are almost half way through the winter session. Kicking progressions are looking really good, be sure to check the "Kicking Wall of Fame" to track your swimmers improvements. The December home meet had more of our own swimmers swim ever since I have coached here. This month best time bag tags will be updated at practice. For every best time at a meet, your swimmer will receive a best time marking on the bag tag. Once the tag has 25 markings for best times or great practice performances they will get a wrist band. Make sure to see one of the coaches if your swimmer does not have a bag tag yet!

Events:

November featured two meets. November 4th we headed over to Waukesha for a single day meet hosted by WEST. For being one of the fastest pools in the state it certainly held up to its reputation. Many of our swimmers had a number of best times.

The second meet we attended was in Pleasant Prairie, hosted by PX3. This is another of Wisconsin's finest and fastest facilities and again it held up to its reputation. We had a number of best times and it was almost near impossible to highlight just a couple swims. Looking down the long list of impressive swims a few stood out, Nick Castillo's 100 free where he dropped 8 seconds, Jason Hunt's 200 free where he dropped 6 seconds, Rachel Koch's 12 second drop in the 200 free and Sarah Scargill's 15 second drop in the 400IM! Congratulations swimmers!

We have a few meets in December. The first is our home meet where we have more MFSC swimmers competing than we have had in any year since I have coached here. In 2010 we had 60 of our swimmers entered in the meet, in 2011 we had 82 swimmers entered in the meet, 2011 had 103 swimmers entered in the meet and this year over 110!!! MFSC is now one of the fastest and most competitive smaller swim teams in the state. We have made a ton of progress in the last four years. I just want to say thanks for attending practice on a consistent basis and working hard every day. Our swimmers and coaches are doing a great job. I can't wait to see what the future will hold for all of our swimmers. *A few of our seniors signed letters of intent in November and will receive scholarships to swim in college. Congrats to **Haley Lucas** and **Elizabeth Buchholz** for signing with UW Green Bay and South Dakota!!!*

Looking Ahead:

Keep up the good work and please remember your water bottles everyday!!! One other thing... It's cold outside, bring a hat to practice and wear it home!!!

- Coach Scott Mueller



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Making Waves ~ Featuring Bronze Age Group

It is so great to be back working with Bronze Age, this is such a fun group to be working with and I am really excited for the upcoming months! The last couple of weeks have been outstanding with over 75 % of the kids getting best times on there 300 kick for time. I have always been very big into kicking it is the driving force behind every stroke. It is my goal to have 8 kids under the 6:00 mark by the end of the season. Right now I have 3 kids, and I can't wait to see which kids are up for the challenge.

This past weekend was an absolute blast! I haven't had this much fun at a swim meet since the summer 12 and under state meet in July. The group as a whole swam absolutely fantastic we ended up with 68 best times for the meet. Lauren Jex won High Point for the 8 and Under girls and Nick Casitllo and Dylan Webb went one two respectively for 10 and under boys high point. Dylan had an exceptional weekend qualifying for the 12 and under state meet in the 50 freestyle and is closing in on many other events. Other outstanding swims came from Becca Koch who is very close to state cuts in the 50 and 100 backstroke. Lastly, Nicole Simson had all best times for the weekend and swam the 500 freestyle for the first time and doing so with no goggles! Great Job everybody!!!!

The next couple of weeks are going to be pretty tough, with no meets till after the holidays it is a great time to crank it up a notch. Drylands are going to be getting a tougher so the kids might be a little sore. We are also going to be focusing on our body position in the water, which will involve a lot kicking without a kickboard. I'm very excited about the next couple of weeks and can't wait to see how our training will pay off!!

- Coach Kelsey

Swimmers of the Month:

Rachel Ripke – Silver Novice

Emma Hartman – Gold Novice



Holiday Party:

** Remember the MFSC Holiday Party is December 18 (tonight) at 6:00!! We will have relays and games in the pool and snacks in the hallway after! See you there!

December Birthdays

Sara Booher

John Francis

Adam Lynch

Melanie Marks

Rachel Ripke

Dylan Webb

Corrina Winkler

Emma Brooks

Cassie Kalnins

Aydin McKay

Kayla Olson

Emily Schoenauer

Lucas Webb