



# **The Waterlog** *February 2013*

## **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 are right around the corner that we have been preparing for the entire season. Those meets include, Regionals (Feb 15-17), 12 & under State Championships (Feb 22-24), 13 & over State Championships (Feb 28-March 3), Speedo Sectionals (March 8-10) and Junior Nationals (March 11-16).

Congratulations to everyone who made it through the long grueling month without eating junk food! Hopefully swimmers that are concentrating their efforts on regionals, 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 many stand out swims.

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, Morgan Fischer, Rachel Siebenaller, Elizabeth Buchholz, Alle Ragland, Cassie Stegner, Jamie Peterson and Ryan Ciolksz.

Last up was the Shorewood meet. Another great meet by our 12&Unders!!! Great job to all of our swimmers so far this season.



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### **Looking Ahead:**

We have multiple meets in February. Our home meet is on Feb 2nd followed by the Big 8 meet Feb 3rd. 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 25<sup>th</sup> to March 28th 5:30-6:30pm (depending turnout SA/GA/Seniors 6:30-7:30pm) before the start of the next session. We encourage everyone (Silver Novice to Gold Senior) 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. Also please confirm online.

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:**

***Sadie Soley – Silver Novice***

***Tommy Seiler – Gold Novice***



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## **Making Waves ~ Featuring Silver Novice**

Things have been exciting in Silver Novice this month! We have been working on all four strokes and making them legal for our home meet the first weekend in February. We have also been testing with all the challenge sets that let us know when swimmers are ready to move up to Gold Novice. In fact, congratulations to Henry Blodorn, Chloe Paar, Kailey Crowley, Makenna Sura and Grant Renken for moving from Silver Novice to Gold Novice!

The swimmers keep getting faster and faster, they are continually making improvements and challenging themselves to new events. There are multiple congratulations to lots of swimmers this month. One in particular, congrats to the Hicks brothers, Mitchell and Brady, for earning High Point trophies at the Shorewood meet!

We would also like to send out a welcome to all the swimmers from pre-comp who have joined our group this month. We look forward to working with you and hope to see you compete at one of our home meets next session!

***Coach Jen and Heather***

## **Presidents Note:**

Hi everyone -

It's been quiet lately from me...but now I need your help. If anyone is interested in becoming a board member for the club, please let me know. We currently have an opening as Kitchen Co-chair. This position involves coordinating the concessions for our home meets and a few high school meets throughout the year. It's a great way to support the club and our kids and we can't run our home meets without it. The bonus? You would be working with the fabulous Bob and Jennifer Harms!! If you're interested, please e-mail me at [rdjaws@gmail.com](mailto:rdjaws@gmail.com).

***Becca Jaworski***



# February Birthdays

Kendra Simson	Grant Renken
Carson Chavannes	Becca Koch
Catie Simmons	Dylan Luckmann
Coach Brice	Komal Khatri
Emily Hadland	Lauren Jex
Mitchel Hicks	Andrea Wu
Ty Hennings	Samantha Seiler
Lucas Moran	Nick Castillo
Cuelin Ungerer	Angie Grunert