

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 will be starting the kicking wall of fame very shortly, which is a certain distance kick for time every three weeks. There is a giant golden kick board on the wall, "MFSC Kicking Wall of Fame." This is where we track how the swimmers are doing with their timed kick set and look for improvements. Kicking is probably 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.

Most importantly please participate in this year's [Swim-a-thon](#). You can sign up online by clicking the event and "attending this event". There is also a special envelope for collecting donations. This year we are helping out Reagan, a 7 year old suffering from muscular dystrophy in the Make a Wish Foundation. Her wish is to go on a vacation to Hawaii, lets help make her wish come true!!!

Events:

We swam in one meet in the month of April. This meet was the third weekend in April hosted by SWAT. Pretty early for a meet, but a great "are you in shape" indicator for myself and the swimmers. Almost all of our performances were better than last year at the same meet.

Looking Ahead:

We have a couple meets in the month of May including our home meet. Once again we outdid last year and have even more swimmers on the team competing in the home meet. 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, our two travel meets to Indiana and a meet in West Bend hosted by WBSC.



The Waterlog *May 2013*

Coaches Report Cont'd:

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

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*

Swimmers of the Month:

Molly Jex – Silver Novice

Alex Wittig Silver Novice

Making Waves ~ Featuring Bronze Age

Finally it's May and Bronze Age is back and ready to get racing! This group is the strongest I have ever had collectively and I'm going to be pushing them harder than ever. They have such potential and I'm trying to pull every bit of it out of them early and often. They came back into the pool in fantastic shape, they have an amazing attitude and they seem like they are ready to get going and start reaching their goals. We have been doing a couple fast 50's in practice to see where we are at, and some kids are going best times and state cuts, they just look fantastic. Our 300 kicks for times were fantastic this past week, we are right where we left off and it is very exciting to see. I can't wait for the meet this weekend; I have feeling Bronze Age is going to make some noise at the home meet!

- *Coach Kelsey Ogle*



The Waterlog *May 2013*

Presidents Note:

Just a reminder...if anyone would like to volunteer for a board position, please let me know. We have positions that will be up for re-election in August. Our current board members are more than happy to stay on, but we did want to make everyone aware of the openings in case anyone has questions or interest. You can always email me at rdjaws@gmail.com

Thank you,
Becca

May Birthdays

Megan Gundrum

Ritika Patel

Coach Scott

Nicole Simson

John Papas

Siddhant Jain

Brady Hicks

Trevor Gundrum