



The Waterlog *June 2013*

Coach's Report:

Howdy!

We are almost half way through our summer session! Please remember to have water bottles filled for dry land and swim practices, so that we don't get dehydrated. Make sure to check the schedule online for change in practice times for your swimmers, which will start **June 17th**.

Events:

Both our home meets went very well, a lot of new swimmers attended and our older swimmers competed in a number of longer more intense swims on a short amount of rest. Our younger swimmers had a number of best times and our older swimmers recovered quickly and also put together some good swims. High point winners at our June home meet included, Henry Blodorn, Tommy Seiler, Maddie Paar, Jamie Peterson, Becca Koch, Dylan Webb, Stephanie Marks, Cassie Stegner, Rachel Koch, Lucas Moran and Parker Shiley. Thanks again to all of our parents for volunteering and making these meets happen and GREAT JOB SWIMMERS!

Indiana was a great experience for all swimmers as we got in some quality long course swims. Hopefully next year more families can attend.

Looking Ahead:

Up next is the Western Great Lakes Open, it is a qualifying meet and will be at the WSAC later this month. July will be heating up when it comes to meets, hopefully right in line with the temperature. We kick off July up in Appleton and also closer to home at Wirth Park, both 50 meter pools. Next is Silver State, a last chance swim meet for kids not swimming at state, then 12 & under state and 13 & over state. The Appleton meet and the Silver State meet are still open for sign ups. The silver state meet is a great last meet of the year if you aren't swimming in the state meets.

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

Silver and Gold Age Group is off to a great start this season. It is awesome to have a number of swimmers attending at least 4 practices a week. We are getting a lot accomplished at practices, and it has shown in the couple of meets we have had so far this session. Right now we are focusing on stroke technique, getting better at flip turns, and improving our breakouts. The kids in this group are starting to show that they understand how to swim some of the longer races, and I think a lot of them are becoming more confident in their ability to not only finish these races but actually race from start to finish.

A couple of things have stood out as highlights for the early part of this season. Stephanie Marks set a new kick for time record for Gold Age with a 5:59 in her 400 kick, and Maddie Paar set the 400 I.M. and 1000 freestyle records for 10&Unders. We've had a couple new state cuts this season and a number of the kids in our group are getting close to earning more cuts. We also have a few swimmers who are close to earning AAA times and qualifying for Zones, which will be held in Kansas this year. I am looking forward to the rest of the long course season and expect an abundance of best times, and more state and zone cuts before the end.

- *Coach Jennie Wolf*

Swimmers of the Month

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- *Helena Zhao – Silver Novice*
- *Avi Bhavsar- Gold Novice*



Swim-A-Thon Report:

I want to thank everyone for their generous support of the Swim-A-Thon and Make-A-Wish foundation. We have some donations still coming in, but so far we have raised a total of \$12,602.30! Of that Reagan and Make-A-Wish will receive \$7,137.99, MFSC receives \$4,830.39, USA Swimming \$630.12, and family fundraising \$1,380.92. I want to recognize our top 3 fundraisers, Faith Johnson with \$1,011.25, the Paar family with \$1,000, and Dylan Luckman with \$705. Thank you! I do want to send a special thank you to all the coaches, Amy DeGrace, Dawn Omer, Connie Siebenaller, and Vicki Koch for helping with set up, pie toss, and clean up. I appreciate all your help.

- *Kim Hunt*

June Birthdays

Anagha Bhushan

Ashley Jankowski

Sarah Scargill

Jacob Carlson

Haley DeGrace

Miya Marwood

Gaige Labott

Chloe Paar

Tina Seiler

Jacob Paulson

Mckenna Coulter

Adi Ojha