



The Waterlog July 2013

Coach's Report:

Howdy!

The end of the long course season is right around the corner! Summer is sure flying by like it always does. **Please remember to check the calendar for new practice times and locations starting July 15th when they drain and clean the MFHS pool.**

Events:

We swam at a couple of meets in the month of June. The Shorewood meet and the WGLO meet were both held at the WSAC. Both were great opportunities to swim in a long course meter pool.

WGLO went VERY well for us as a team. Typically during this time of the year we are swimming TIRED. Meaning the kids have increased practices, hours in and out of the pool and are just tired. Well for my seniors and the age groupers that was the case but we are just getting tougher. The senior team put together a bunch of great mid-season swims and recorded numerous best times. On the age group side we had new ZONE meet qualifiers, state qualifiers and multiple top 8 finishes including a first place finish by Maddie Paar. In case you are wondering, this meet features some of the best teams in the Midwest, it is a great accomplishment to qualify for the meet and then finish in the Top-16. Congratulations Swimmers & Coaches we are in a great spot right now.

Looking Ahead:

Bird Bath is next weekend, followed by Silver State. If you haven't signed up for Silver State please do so. There are NO qualifying times and it is a great place to finish your season, qualify for state or qualify more events for your respective state meet. If you have any questions please ask your swimmer's coach or myself.

Keep an eye out for the meet schedule for the fall season to be on the website over the next couple weeks as well as our fall practice schedule. I will email sign up instructions when I post the meets so check your email. Everyone is doing a wonderful job right now; keep up the good work so we can put on a great finish to this already good summer season.

- *Coach Scott Mueller*



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Making Waves ~ Featuring Silver Novice

Summer has finally come to the Falls!

We are enjoying a bit of extra elbow room in our Silver Novice lanes these days. This means that we have a wonderful opportunity to work closely with each swimmer and already we are seeing great progress. We have been focusing on our kicks and streamlines to make sure we are quick off the walls. Already we have been able to teach flip turns to those just starting out. There is a lot of enthusiasm from these new swimmers and we can't wait to see some of them swim this month at the Silver State meet. For those swimmers who have been with us in the past season, we are fine-tuning our freestyle and backstroke but we continue to focus on breaststroke. It can be a challenge to remember all of the intricacies of the stroke while trying to swim fast, so we want to take our time and form good habits.

You will continue to us work on our 200 kicks for time. Almost all of our swimmers have dropped time each time we do the 200 in practice. We recently had one swimmer, Alex Wittig, who tied the Silver Novice record of 4:03! The improvement we see in our group as a whole only makes us more certain that we are on the right track and getting stronger.

Thank you, swimmers and parents, for all of your hard work this season. We get so much joy from this group and can't wait to see what each of these swimmers can do in the future!

- *Coach Jen and Coach Heather*

Swimmers of the Month

- *Natalie Olson – Silver Novice*
- *Payton Meyer - Gold Novice*
- *Haley Lucas – Gold Senior*



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July Birthdays

Austin Brown

Porter Brodlo

John Seiler

Sam Siebenaller

Becca Schoenauer

Avi Bhavsar

Hayden Brown

Makenna Sura

Josh Ebner

Jenny Wesolowski

Helena Xu