

## Coach's Report:

### *Howdy!*

#### **12 & Under State Meet Results**

MFSC ended the season with a bang, sending fifteen swimmers to the 12 & Under State Meet. As a team, we scored 359 points, which earned our team 11<sup>th</sup> place in Division 1.

#### **10 & Unders**

Maddie Paar earned 2<sup>nd</sup> place in overall points for the 10 & Under girls, finishing 2<sup>nd</sup> in the 50 Free, 100 Free, 200 Free, 400 Free and 100 Back, and 4<sup>th</sup> in the 50 Back. Dylan Webb earned 2 trips to the podium, finishing 7<sup>th</sup> in the 50 Breast and 8<sup>th</sup> in the 50 Free. Dylan earned top 16 places in the 100 Breast (9<sup>th</sup>) and the 200 Free (12<sup>th</sup>), and also competed in the 100 back (17<sup>th</sup>) and the 100 free (20<sup>th</sup>). Jaime Peterson and Becca Koch each competed in 6 individual events. While, Hanna DeGrace earned her first state cut this season and competed in the 50 Back, 100 Back, and 50 Free. She earned state cuts in her two bonus events during the meet. Hanna is only 9, so she has 2 more state meets in the 10 & Under age group to look forward to!

Our 10 & Under Relays got the job done both days, earning top 16 finishes in each race. Dylan Webb, Mason Stimson, Jacob Carlson, and Dylan Luckmann swam together to finish 8<sup>th</sup> in the Boys 200 Free Relay and 13<sup>th</sup> in the 200 Medley Relay. While Maddie Paar, Hanna DeGrace, Becca Koch, and Jaime Peterson combined for 8<sup>th</sup> in the Girls 200 Free Relay and 14<sup>th</sup> in the 200 Medley Relay.

#### **11-12 Year Olds**

Cassie Stegner and Stephanie Marks earned medals in multiple events for the 11-12 girls. Stephanie earned 3 trips to the podium with a 5<sup>th</sup> in the 50 Back, 6<sup>th</sup> in the 100 Back, and 8<sup>th</sup> in the 200 Back. Cassie finished 3<sup>rd</sup> in the 200 Free, 5<sup>th</sup> in the 400 Free and 800 Free, and 8<sup>th</sup> in the 400 I.M. Cassie also earned top 16 finishes in the 100 Free (13<sup>th</sup>) and the 50 Free (16<sup>th</sup>). Rachel Koch earned top 16 finishes in 200 Fly (11<sup>th</sup>) and the 100 Fly (15<sup>th</sup>) and also competed in 3 other individual events. Nicole Simson competed in 4 events, while Peyton Driebel, Brittney Coulter, and Corrina Winkler competed in 3 individual events each.

Our relay team of Stephanie, Nicole, Rachel, and Cassie combined for a 6<sup>th</sup> place finish in the 200 Free Relay and 14<sup>th</sup> in the 400 Free Relay. While the 200 Medley Relay (Stephanie, Peyton, Rachel, Nicole) finished 10<sup>th</sup>, and the 400 Medley Relay (Stephanie, Peyton, Rachel, Cassie) finished 11<sup>th</sup>. Overall it was a great weekend. A number of these swimmers will be returning to Winter State in February, and we are already looking forward to seeing new faces joining this group next season!



# **The Waterlog** *August 2013*

## **ZONES**

Stephanie Marks, Cassie Stegner, Nicole Simson, and Maddie Paar went on to represent Team Wisconsin at the 2013 MV Central Zone 14 & Under Championships held in Topeka, Kansas this past weekend. Team Wisconsin finished 3<sup>rd</sup> out of 10 teams, despite the fact that we were not represented in the 13-14 age group because our 13 & Over State Meet was held the same weekend.

Maddie competed on 2 Wisconsin Relays earning 2<sup>nd</sup> place as part of the A 200 Free Relay and 3<sup>rd</sup> place as part of the B 200 Medley Relay. She also earned top 8 finishes in 4 individual events: 200 Free (5<sup>th</sup>), 100 Back (6<sup>th</sup>), 100 Free (7<sup>th</sup>), and 50 Free (8<sup>th</sup>). Stephanie qualified for finals in the 50 Back and 100 Back for the 11-12 girls and earned 12<sup>th</sup> place in the 50 and 16<sup>th</sup> place in the 100. Cassie finished 9<sup>th</sup> in the 400 free (2<sup>nd</sup> of all the 11 year olds in the race).

I hope everyone enjoys their month off and is ready to come back in the fall with some new goals in mind for the 2013-2014 season! See you all soon!

- *Coach Jennie*

## **Making Waves ~ Featuring Gold Novice**

It has been a spectacular season for Gold Novice. We tell the group that they should feel so proud of themselves for how much they all have progressed in their technique, strength, knowledge and focus in the water. This past season we emphasized a lot on technique and body position in the water, along with more interval sets meant to challenge the swimmers. It has been so rewarding to watch as these kids become more conscience of their movement in the water and ability to make changes in their strokes.

So many swimmers have stood out this past season in practice and at meets. First William and Emma both having their first swim meets this past season I believe was exciting for them and the coaches. I have to acknowledge all of our recently moved up swimmers and a few of our more veteran Gold Novice swimmers for working hard with snorkels and overcoming what use to cause many tears in the pool. Finally, I'd like to point to Chloe, Andrea, Rachel and Kendra all within fifteen seconds or less of joining the four minute kick for time club. It's been great to watch them challenge and push each other during kick sets. I'm hoping in the fall I have the pleasure to add four more names to four minute club record board.

- *Coach Matt and Brice*



# August Birthdays

Timothy O'Quinn

Morgan Nienow

Jack Ragland

Maddy Nemec

Molly Jex

Sam Neal

Natalie Harms

Cameron Koch

Sarah Pflughoeft

Sophia Johnson

Sylvia Blodorn

Jamie Peterson