

Coach's Report:

Howdy!

Welcome to all new families and existing swimmers to the short course season. We are now a month into the season and are starting to get into the full swing of things. By now you should have received an email about equipment and which groups require certain equipment. If you have any questions about this please let me know or ask your swimmers coach before or after practice. Also if you're planning to have your child swim in any upcoming meets remember to purchase a team suit for your swimmer for the meet. You can sign up for meets online if you haven't already reserved swims for a particular meet. If you have questions with this please ask me, one of the coaches or a parent in the stands.

Events:

Friday October 4th we will host our semi-annual intra-squad meet. It gives our newer swimmers a chance to experience a "mock" meet at our home pool. The kids learn a lot about what goes on during a meet and the rules associated with it as well.

We have a couple meets in October. October 6th features an Age Group meet hosted by EBSC in Brookfield. MFSC hosts our annual fall meet October 12, which we encourage everyone to participate in. Our last meet of the month is October 19-20, hosted by OZ.

Looking Ahead:

Now that the first few weeks of stroke technique work are behind us, we will start to work more on our endurance, as well as starts and turns. You have probably noticed that some of the groups are doing dryland work. This not only increases your swimmers strength but also improves quickness, flexibility and coordination. Please remember your water bottles at practice everyday and swimmers thanks for stacking the kick boards and putting your fins away after practice!!

- *Coach Scott Mueller*

Swimmers of the Month:

Cole Fisher – Silver Novice

Lucas Webb - Silver Novice

Sam Piette – Silver Senior

Vice President Report:

Hello Families,

Please sign up to volunteer for our upcoming home meet! If your child is swimming, you are required to work 1 shift (1 session). Please log onto Team Unify, search for "Home Meet Volunteer" under "Team Functions" at the middle of our home page. Once you've selected your job, please remember to save before exiting. Any questions, please contact me at csiebenaller@wi.rr.com or 262-501-8462 (cell).

- *Connie Siebenaller*

Making Waves ~ Featuring Bronze Age

Bronze Age is off and running and this season we are going back to the basics. This season we are really going to be working a lot on our starts and turns, and really trying to perfect all of our strokes. In my group the kids are racing a lot of 50's so we need to make sure our starts and turns are really on point. Along with starts and turns we have also been working a lot on our kicking so far this season. We have struggled in the past being able to kick through our entire races so that is a goal of ours for this season. Coming up we have EBSC and our home meet, I'm excited to see what kind of times the kids post!

- *Coach Kelsey*

October Birthdays

Peyton Driebel

Ella Paar

Ali Beay

Anika Pawlak

Emma Huettel

Nathan Bomm

Paul Butler

Alex Wittig

Rachel Koch

Aerene Lim

Brett Haensgen

Matt Ciolkosz

Hannah Rechlicz

Riley Filla

Coach Jennie Wolf



The Waterlog *October 2013*