

## **Coach's Report:**

### *Howdy!*

The cold weather is here so please bring warm clothes to wear home after practice and don't forget a winter hat or something to cover your ears! Some new families may be wondering, "How is my swimmer doing?" This is a very good question. There are many ways to answer this question. The obvious way is to look at their time improvements from meet to meet. If you enter your child in a meet their results will be posted on our bulletin board and website. You can tell how they are doing by comparing their previous swims to their most recent ones. Another way is by looking at test set results. I have been posting results on our kicking wall of fame. There you will find your swimmers current time, the seasonal leaders and the team record holders. Take some time to look or ask your swimmers coach after practice about their progress. Lastly, you can always set up a quick meeting with your swimmers coach for before or after practice. The easiest ways to improve are listening to your coach, asking appropriate questions, attending as many practices as possible and of course trying your hardest!

### **Events:**

October featured three meets. The EBSC Age Group meet was our first meet of the year. It gave our younger swimmers an early season benchmark about four weeks into the season. The second competition was our home meet. It was great to see many of our new swimmers attending the meet and swimming fast on a competitive level. We had a number of our swimmers win high point trophies and many awards. High point winners included Natalie Olson 1<sup>st</sup> place 6&U girls, Audra Newkirk, Sammy Seiler and Sadie Soley 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for 7yr girls, Trey Hicks 2<sup>nd</sup> for 7yr boys, Makenna Sura, Kendra Simson and Rachel Ripke 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> for 8yr girls, Lauren Jex 2<sup>nd</sup> for 9yr girls, Dylan Luckmann 3<sup>rd</sup> for 9yr boys, Becca Koch and Hanna DeGrace 2<sup>nd</sup> and 3<sup>rd</sup> 10yr girls, Dylan Webb 1<sup>st</sup> for 10yr boys, Cassie Stegner 1<sup>st</sup> for 11yr girls, Nicole Simson 3<sup>rd</sup> for 12yr girls and Lucas Moran 3<sup>rd</sup> for 12yr boys. The final meet of the month was the OZ meet at Homestead High School. Again the meet was filled with best times and multiple top finishes. Congratulations swimmers!!!

We have a few meets in November. November 15-17<sup>th</sup> PX3 hosts a meet in Pleasant Prairie and Saturday November 23 SWAT hosts a meet in Waukesha. Although some upcoming meets are full, SWAT is open at the end of Nov as well as our home meet in Dec and a few in Jan and Feb. Please check the website for open meets or email me with questions.



## **Looking Ahead:**

Keep up the good work and please remember your water bottles at practice, also please put away any team equipment used in an orderly fashion!!!

- *Coach Scott Mueller*

## **Swimmers of the Month:**

*Sammy Seiler – Silver Novice*

*Mitchel Hicks – Bronze Age*

*Sarah Scargill – Silver Senior*

## **Making Waves ~ Featuring Silver and Gold Age**

Silver Age and Gold Age are off to a great start this season. We spent extra time during the first month of this season on stroke work and other skills, and will be incorporating more skill work over the next couple weeks while we prepare for our November and December meets.

Over the past month we worked on developing our goals for the season. By now most of the kids have turned their goals in to me and now have them back so they can track their progress over the next few months. This season I gave the group more freedom with goal writing and asked them to do them independently and I was impressed at how well they did. I think it is important for them to set goals that they actually believe they can achieve and as we move through the season they will become more confident in themselves and start setting the bar a little higher.

Attendance and effort at practice and meets has been great this season! I am also really happy with the way the age group swimmers have been supporting each other at meets. Let's keep up the good work as we move into the more challenging part of our season!

- *Coach Jennie*



# November Birthdays

Rachel Siebenaller

Quinten Piefer

Paige Driebel

Coach Heather

Cassie Stegner

Samantah Garoukian

Eden Wisniewski

Valerie Arndt

Ian Young

Audra Newkirk

Lauren Alburg