

Coach's Report:

Howdy!

We are almost half way through the winter session. Kicking progressions are looking really good, be sure to check the "Kicking Wall of Fame" to track your swimmers improvements. MFSC is now starting a "hat rule". All swimmers must leave the building after practice with a winter hat on. Please pass on the word to your swimmers and make sure they go home warm!

Events:

November featured two meets. November 15-17th we attended a meet in Pleasant Prairie, hosted by PX3. This is one of Wisconsin's finest and fastest facilities and again it held up to its reputation. We had a number of best times and it was almost near impossible to highlight just a couple swims. Looking down the long list of impressive swims a few stood out, Maya Barwick's 100 fly where she dropped 15 seconds, Sophia Johnson's 11 second drop in the 50 back, David Nelson's 18 second drop in the 100 free and Chloe Paar's 12 second drop in the 50 fly.

Our second meet in November was hosted by SWAT at Waukesha Express. This was another good meet for our swimmers with a few high point award winners, Sammy Seiler, Makenna Sura, Becca Koch and Makayla Sura. Congratulations swimmers!

We have a couple meets in December. The first is our home meet. In 2009 we had 60 of our MFSC swimmers entered in the meet, in 2010 82, 2011 had 103 swimmers entered in the meet and in 2012 110. This year we have 95 of our swimmers swimming in the home meet and another 32 swimming the same weekend at the Nike meet hosted by WEST.

MFSC has earned the reputation as one of the fastest smaller and most competitive swim teams in the state. We have made a ton of progress in the last five years; I just want to say thanks for attending practice on a consistent basis and working hard every day. Our swimmers and coaches are doing a great job. I can't wait to see what the future will hold for all of our swimmers.

Keep up the good work and please remember your water bottles everyday!!!

- *Coach Scott Mueller*



Making Waves ~ Featuring Silver Novice

The Silver Novice group has welcomed quite a few new swimmers this season and we are thrilled to have them! Our returning swimmers have done a great job helping them feel like part of the team.

We have been focusing on starts lately and have seen a vast improvement from the beginning of the season. We can't wait to see our swimmers show off their new starts in the next few weeks, as we have quite a few swimmers entered in the home meet in December. We are starting to incorporate more breaststroke in practice on a daily basis, as this stroke has a lot of mechanics to put together. The kids seem to enjoy the breaststroke relays we do in the deep end so expect to see us adding 25's and 50's of breaststroke to their meet entries.

We are so excited to see big time drops in our 200 kicks for time since the beginning of the season. That hard work will translate to stronger and faster freestyle and backstroke swims. A little friendly competition keeps it fun and our group will continue to learn the value of teamwork and the importance of cheering on your teammates as we do these 200's each month.

We can't wait to see our Silver Novice swimmers at the December home meet.

Happy Holidays!

- *Coach Jen and Coach Heather*

Swimmers of the Month:

Drew Testin – Silver Novice

Ella Heimler – Gold Novice

Rachel Siebenaller – Gold Senior



December Birthdays

Rachel Ripke

Cassie Kalnins

Sara Booher

Emma Schoenauer

Kayla Olson

Lucas Webb

John Francis

Abigail Bruss

Dylan Webb

Aydin McKay

William Stuart

Kailyn Benoit

Joshua Grant

Emma Brooks