

## Coach's Report:

### *Howdy!*

The end of the season is right around the corner. So far as a team, we have dramatically improved in practices and at swim meets. When are we tapering? Are we tapering yet? . . . "Taper" is a word that so many swimmers look forward to and it's almost time for me to say, "Yes we are tapering."

For those of you that don't know what taper means, it is the time of the year when practices get shorter, weights and dry lands greatly decrease, and your kids have a ton of energy! It also means the exciting meets are right around the corner that we have been preparing for the entire season. Those meets include, **Regionals** (Feb 21-23), **12 & under State Championships** (Feb 28-March 2), **13 & over State Championships** (March 6-9), **Speedo Sectionals** (March 13-16) and **Junior Nationals** (March 18-22).

Congratulations to everyone who made it through the long grueling month without eating junk food! Hopefully swimmers that are concentrating their efforts on state, sectionals and junior nationals can continue to eat as healthy as possible! Remember the No Junk Food Jan Pizza Party is Thursday February 6<sup>th</sup> right after practice at the pool. Please continue to dress warm before and especially after practice.

### **Events:**

January featured three meets. First was the EBSC meet for 12&Unders. This was an exciting meet as our 12&Unders continued to swim strong. We had many best times across the board with stand out swims from Jillian Leaman who dropped 5.24 seconds in her 25 free a 19.29% improvement and Charlie Ragland who dropped 15.67 seconds in his 50fly for a 22.58% improvement.

Next was the SWAT meet in Pleasant Prairie. This was a prelim finals meet hosted at a very fast pool. Some fast swims included Joseph Poulsen's 50fly a 14% improvement, Nicole Simson's 100Breast a 11% improvement and Henry Blodorn's 25Breast a 11% improvement.

Last up was the Shorewood meet, a really fun meet that gave our kids an opportunity to swim longer races and compete in an IMX Challenge. The IMX promotes and rewards versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to enable long term success in swimming. We had a ton of high point winners at this meet, nice job swimmers!!!

## **Looking Ahead:**

We have multiple meets in February. Our home meet is on Feb 1<sup>st</sup> followed by the Big 8 meet Feb 2<sup>nd</sup>. A+ is also that same weekend, which is a championship meet. The weekend of the 15<sup>th</sup> we have a meet at UWM. The weekend after that, we have Regionals. Everyone is allowed to swim at Regionals, it is basically a last chance state qualifying meet and great end of season meet. So if you are looking to compete one last time this season Regionals would be the place to do it. There are no qualifying times for this meet. Sign up online today!!!

**Clinic this year:** The coaches and myself will be running a Start, Turn, Finish, Relay Start style 4 day clinic April 1<sup>st</sup> – 4<sup>th</sup> (Tues-Fri) the week before the start of the next session. We encourage everyone (SN to GS) to participate, the clinic will be one hour long every day and cost \$40 for all four days (*No Pre-comp swimmers please*). It will be a great opportunity for a lot of 1 on 1 work with the kids and they will be split into groups of similar ability. Attached is a registration form for the clinic, please put in the drop box at the pool along with payment. Seniors will only take part in the clinic 3 days (April 1-3<sup>rd</sup>) and the cost will be \$30. SN – BA will be 5:30-6:30, SA/GA and Seniors 6:30-7:30pm.

This is the longest water log article I have ever written. If you are still reading this clearly you can tell I am excited about how well we are all swimming from Novice to Senior level swimmers! Remember if you have any questions for me come find me 15 minutes before or after practice on deck or in the office!!

- *Coach Scott Mueller*

## **Swimmers of the Month:**

***Maya Desai – Silver Novice***

***Kaitlyn Wanezek – Gold Novice***

***Gabby Barnes – Bronze Senior***

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

I cannot wait for the home meet this weekend. Many Good Novice swimmers will be either swimming in one of their first meets or first meets with Gold Novice and that's exciting. It will be great to see some of the specifics we work on in practice come out in the meet. Not to mention all of the Gold Novice veterans who have been working so hard with new challenging sets. I've enjoyed watching the swimmers get excited, work hard and cheer their teammates on in practice, and I believe I can speak for the swimmers when I say that we all then look forward to some free time or cannonball contest afterwards.

Gold Novice has used group goals this season to focus our attention on attributes both in racing, practice and out of the water. One of our group goals was for everyone to improve our kick for time and have more people break the four minute mark. With this goal in mind I would like to congratulate Alex Wittig for breaking the four minute mark back in December and then improving her time in January, Way to go Alex.

- *Coach Matt*

## **February Birthdays**

Kendra Simson

Bella Harthun

Catie Simmons

Jayden Knight

Emily Hadland

Mitchell Hicks

Sammy Seiler

Mia Pagel

Carson Chavannes

Becca Koch

Dylan Luckmann

Maya Desai

Lauren Jex

Andrea Wu

Lucas Moran