

Coach's Report:

Howdy!

Short course session is almost officially over!!! Many of us swam in our last meet of the year at either of the state meets, both of which went really well. Our last meets of the year will be Speedo Sectionals this Friday and then off to sunny Orlando, Florida on Monday for the week at Junior Nationals. Good luck swimmers!

Events:

February featured five meets. First was our home meet Feb 3rd. This meet was open to 12 & Unders only and was a great meet featuring 7 teams. We ended up finishing 3rd place as a team which is one better than last year. The very next day was the Big 8 meet which is always a fun meet. Both meets many of our swimmers had best times and won many awards. That same weekend some of our older & younger swimmers swam at A+. We had a bunch of fast swims most notably Sam Siebenaller's new team record in the 100back and also a team record from our 8&U girls relay of Ella Heimler, Makenna Sura, Kendra Simson and Chloe Paar.

The following weekend a small group of us went to the UWM Klotsche Center for a meet hosted by NBSC. A few stand out swims of the meet included Lucas Moran's 13% improvement in the 200breast, Nicole Simson's 18% improvement in the 50breast and Dylan Webb's 13% improvement in the 200free. And Ella Driebel getting 3 state cuts in the 100 free, 200 free, and 200 I.M.

Regional's, was our final state-qualifying meet in February. Over SEVENTY of our swimmers competed. It was a great showing by our team and many of our swimmers swam to multiple best times. Regional's, is a meet that we have our kids prepare for if they do not have state cuts, with the hope that some will achieve state cuts. We had many new state qualifiers at this meet and as a team we took 4th overall out of 17 teams.

Our 13&Over state was a good meet for us in an unfamiliar pool. The meet has been held in Brown Deer for about 10 years in a row, this year it was in Pleasant Prairie. We took 25 swimmers to the meet and set few new team records. Sam Siebenaller set two new team records in the 100back on her way to a second place overall finish in the 15&16 girls event. We ended up scoring 547 points good enough for 13th as a team in division one. Rachel Siebenaller was our highest point scorer with 98 points in her division good enough for 6th place overall in the Senior Women's division.



The Waterlog *March 2014*

This weekend is Speedo Sectionals at the Rec Plex, followed by Junior Nationals in Orlando, FL. We have 6 swimmers going to Nationals, Haley DeGrace, Sam Siebenaller, John Seiler, Rachel Siebenaller, Skye Beckes and Morgan Fischer. Good luck to all of our swimmers competing and CONGRATULATIONS to everyone on a great season.

Looking Ahead:

March is time for some much needed rest and recovery so I encourage everyone to do just that!! At the end of March the coaches will be hosting a clinic for starts, turns, relay starts and finishes. This is a great opportunity for a lot of one on one time with coaches to work on the details that are hard to spend a lot of time on at practice every day. Thanks again for such an awesome season and we will see you soon at the pool!

- *Coach Scott Mueller*

Swimmers of the Month:

Kailyn Benoit – Bronze Age

Mitchell Hicks – Silver Age

Sam Piette – Silver Senior

12&Under State Meet Report:

Another great season and another great state meet in the books for our 12 & Under state swimmers. This year we had our biggest team since Jennie and myself have been at MFSC, with 18 individual qualifiers and 7 relay only swimmers! It was such a fun weekend, the kids swam fantastic we couldn't have asked for a better meet.

The 11-12s had some stand out swims came from Cassie Stegner and Nicole Simson in the 50 Free getting 6th and 8th. Cassie also made it onto the podium for the 200 free (8th place), and 500 free (6th place), Nicole also joined in on the fun taking 7th in the 50 backstroke.

The highlight of the weekend was definitely our relays, we had an A and B team for the 11-12 girls, and then A relays for 11-12 boys. The 11-12 Girls 200 Free A relay team (Nicole, Maddie Paar, Corrina Winkler, and Cassie) got a new team record and placed 3rd, making it on to the ever so difficult relay podium! Those girls had the highest finish for MFSC on the weekend; they also came together to get 4th in the 400 Freestyle relay. Our 11-12 boys scored in the 200 Medley relay taking 16th (Austin Brown, Dylan Webb, Ryan Ciolkosz, Trevor Gundrum), and then the 200 Freestyle team (Dylan, Austin, Joshua Wu, and Ryan) took 15th!

The 10&Unders had a great meet as well. We had a lot of first time qualifiers at this meet and it was definitely a learning experience for them. Ella Driebel led the way with 6 individual swims and 2 relays, her highest finish came in the 50 backstroke where she took 20th. Other notable swims came from Hanna Degrace, and Sylvia Blodorn, Hanna got both her 50 and 100 back state cuts in the short course pool (she had them in long course), Sylvia got her 50 back state cut during her bonus swim! The relay teams stepped it up and had some great swims as well. The girls 200 freestyle relay team consisting of Hanna, Sylvia, Ali Beay, and Ella moved up and scored taking 15th place. And our Boys 200 Medley relay team of Jacob Carlson, Dylan Luckmann, Mason Stimson, and Charlie Ragland took 17th! Great Job Everyone!

- Coach Kelsey

10 NUTRITION STRATEGIES FOR THE BIG RACE DAY 3/11/2014 Like 6 Tweet 0

BY JILL CASTLE, MS, RDN



At the end of the season when you're laying everything on the line, don't let a misstep in nutrition or poor planning sabotage your goals. Here are a few things to keep in mind as you prepare for the biggest meet of the season:

- 1. Eat breakfast.** Start races on the right foot by eating something first thing in the morning. Muscles and metabolism will get the carbohydrate and energy boost they need.
- 2. Eat at the meet.** I'm not hungry, or I'm too nervous to eat. These are just two excuses for not eating at competition. Going for long time periods without food (namely carbohydrate) is a bad idea and will chip away at performance.
- 3. Be structured with eating.** No skipping, delaying or erratic times for eating (ahem, midnight munchies). Even at the pool, space eating around events, keeping the pre-load/recovery eating cycle going. The body will perform at its best when it is fueled.
- 4. Don't experiment with food.** Stay with tried and true foods your body can digest and tolerate while swimming.
- 5. Focus on carbohydrates.** These are the body's first food resources for energy. Go for slow digesting carbs like oats, whole grain bread or bagels or starchy vegetables. When opting for pasta, hold the fatty sauces like Alfredo. Instead, go for marinara or a low-fat option.
- 6. Forget the fatty foods.** These are best eaten later, not during competition weekends, as they will just drag the swimmer down, leaving him feeling full and sluggish.
- 7. Be prepared for hunger.** Unexpected hunger can get the best of any athlete. Bring more food than you need. That's better than running to the concession stand for something less-than-ideal. Remember the adage: If you fail to prepare, you prepare to fail.
- 8. Keep it clean.** Important races and meets are not the time for fast food, junky snacks, sugary desserts or candy. Stick with wholesome, real food like fruit, whole grain breads and crackers, and nut butter.
- 9. Quench the muscles.** Drink plenty of water to avoid dehydration and muscle cramping. Swimmers don't need to get fancy with sports drinks or other sugary beverages during competition, as most races are brief.
- 10. Sleep.** Although not a nutrition recommendation, sleep is tightly tied to allowing nutrition to do its thing. Sleep is energizing and restorative, and the time of day when muscles are in major renovation mode, healing, building, strengthening and using all that good nutrition it received

during the day. Don't sacrifice sleep!

Jill Castle, MS, RDN is a childhood nutrition expert and co-author of [Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School](http://www.fearlessfeeding.com) (www.fearlessfeeding.com). She is the creator of [Just The Right Byte](http://www.justtherightbyte.com) (www.justtherightbyte.com), a childhood nutrition blog. She lives with her husband and four children in New Canaan, CT. Questions? Contact her at Jill@JillCastle.com.

BACK



March Birthdays

Caden Piefer

Charlie Ragland

Sydney Sawatzke

Josh Wu

Skye Beckes

Henry Blodorn

Jason Hunt

Courtney Sprink

Kaitlyn Wanezek

Faith Johnson

Ryan Ciolkosz

Rachel Jaworksi