

## Coach's Report:

### *Howdy!*

Welcome to this season's first coaches corner. There are new faces around deck so I encourage parents to introduce themselves to new parents and new parents if you have any questions ask anyone around you. So far we are off to a great start. Many groups have started dry-land training, which will increase coordination and strength. This helps a swimmer's body balance in the water and also their strength in the water.

The kicking wall of fame has started up; it is a certain distance kick for time every three weeks. There is a giant pieced together kick board on the wall, "MFSC Kicking Wall of Fame." This is where we track how the swimmers are doing with their timed kick set and look for improvements. Kicking is probably one of the least worked skills across the board among many teams. It is something that is a very important part of MFSC's training for all groups. If you are a good kicker it usually means you are a pretty good swimmer.

Most importantly please participate in this year's [Swim-a-thon](#). You can sign up online by clicking the event and "attending this event". There is also a special envelope for collecting donations. We will be announcing the child that we will be sponsoring through Make-A-Wish program very soon. Also this year the money raised for the team portion will be used to purchase a new underwater camera system and we will also be bringing in a sports nutritionist to speak to the age groupers/parents and then the seniors/parents. Nutrition is a key staying healthy and swimming fast!

### **Events:**

We swam in one meet in the month of April. This meet was the second weekend in April hosted by SWAT in Greenfield. Pretty early for a meet, but a great "are you in shape" indicator for the swimmers and myself. This was a relay meet, which ended up being a lot of fun and pretty competitive.

### **Looking Ahead:**

We have a couple meets in the month of May including our home meet. Once again we outdid last year and have even more swimmers on the team competing in the home meet. It is really encouraging as a coach to see that so many of our swimmers want to and are ready to take part



# **The Waterlog** *May 2014*

in a meet. It is also great because we get to start charting their progress. The other meets in May include, our two travel meets to Indiana.

If you haven't purchased a snorkel yet and your child swims in the Gold Novice or higher, please purchase a Finis Swimmers Snorkel. They can be found at Walter's Swim Shop or online at [www.swimoutlet.com/mfsc](http://www.swimoutlet.com/mfsc). There are some seniors that still need a snorkel!

***Remember if you have any questions for me or the other coaches come find me 15 minutes before or after practice on deck or in the office!!***

***- Coach Scott Mueller***

## **Swimmers of the Month:**

***Claire Courtright – Silver Novice***

***Arene Lim – Bronze Age***

***Morgan Fisher – Gold Senior***



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

Silver and Gold Age has been working hard this past month to get ready for our upcoming meets. So far, this has been one of the best seasons in terms of attendance, with a number of swimmers attending 4 or more practices per week.

This past week we did our first 500 for time and we had 8 swimmers under 7:00 and another 8 swimmers finish under 8:00. We have had a number of swimmers already make intervals that we were not making last season, and I expect to see more success over the next few months as we prepare for the Long Course portion of the season.

The kids are working hard and we have been having a lot of fun at practices the past few weeks. I am excited to work with such a great group of kids who amaze me with their work ethic, motivation, and positive attitudes every day. I am excited to see where our hard work takes us over the next few months!

## **May Birthdays**

Megan Gundrum

Scott Mueller

David Nelson

Shivani Ojha

Siddhant Jain

Brady Hicks

Tika Patel

Cole Fisher

Sam Grayson

Nicole Simson

John Pappas

Trevor Gundrum

## SWIM MEET BASICS from USA Swimming

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

### BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all swimmers and also in the team newsletter.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach! Check for special posted instructions in the check-in area.
  - Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
  - Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.
4. Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
9. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she

will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

## **MEET STARTS**

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:
  - A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions.
  - In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with his/her cap and goggle.
    - Generally, girls events are odd-numbered and boys events are even-numbered.  
Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course."  
The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
    - The clerk will usually line up all the swimmers and take them down to the pool in correct order. You can expect at least 4-8 heats of each event.
3. The swimmer swims his or her race.
4. After each swim:
  - He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  - Depending on the coaches instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
  - The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
5. Generally, the coach follows these guidelines when discussing swims:
  - Positive comments or praise
  - Suggestions for improvement
  - Positive comments
6. Things you, as a parent, can do after each swim:
  - Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
  - Take him back to the team area and relax.
  - This is another good time to check out the bathrooms, get a drink or something light to eat.
7. The swimmer now waits until his next event is called and starts the procedure again. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expect-ed to be a member and she is not there.

Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.