

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 quickest and 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 first 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 Ava Heimler 3rd place 6&U girls, Natalie Olson 3rd for 7yr girls, Chloe Paar, Audra Newkirk and Abby Bruss 1st and a tie for 2nd in 8yr girls, Lucas Webb 3rd for 8yr boys, Kendra Simson 3rd for 9yr girls, Dylan Luckmann 2nd for 10yr boys, Becca Koch 3rd 11yr girls, Dylan Webb and Mason Stimson 1st and 2nd for 11yr boys, Cassie Stegner, Maddie Paar and Corrina Winkler 1st 2nd and 3rd for 12yr girls. The EBSC Age Group meet was our second meet of the year. It gave our younger swimmers an early season benchmark and our 9&Unders dominated the meet taking home 2 overall combined team championship plaques (8year old boys&girls and 9year old boys&girls). If you would like to see the plaques they have just been added to our trophy case in the lobby. 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 13-15th PX3 hosts a meet in Pleasant Prairie and Saturday November 21 MSS hosts a meet in Madison. Although some upcoming meets are full, our home meet in Dec and a few in Jan and Feb are open. 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:

Connor Benoit–Gold Novice

Abby Regenfuss – Gold Novice

Jack Ragland – Bronze Senior

Making Waves ~ Featuring Silver Novice

Silver Novice has a lot of new names and faces this season! We had swimmers join us from not only pre-comp but the summer clinic program. We are so excited by the success of that program as we gain wonderful new team members. We are also happy to welcome Coach Jessica and her daughter Madyson to our team. Jessica works with some of the newer and younger swimmers and has made great progress on fine-tuning their skills. As racing starts and breaststroke kick are two of the tougher skills to master, it's important for these swimmers to work on these things step-by-step and Jessica has helped us make great strides and build confidence. I have been working with our older and more experienced swimmers on technique and skills that help to build strong, efficient strokes. We work on stroke skills but do so with more advanced drills. These swimmers are working towards goals like swimming the 100 IM in a meet and kicking a 200 flutter kick in under 5:00. As kicking is a big part of what makes a swimmer strong and efficient, you will see us doing a variety of kick during practice.

As always, one of the things I am most proud of is how these young swimmers work as a team. These kids are not afraid to reach out and make new people feel welcome. They love to swim relays together as a way to cheer each other on. This group is noisy (in a good way) and we laugh a lot! I am impressed



by the accomplishments the swimmers have made individually and as a group. We have a diverse group and each child has an opportunity to demonstrate skills that make them special. I have had great interactions with the parents so keep the feedback coming!

We look forward to another great season!

- Coach Heather and Jessica

November Birthdays

Gretchen Brookes

Eden Wisniewski

Paige Driebel

Kennedy Currey

Cassie Stegner

Will Madrzak

Jake Castillo

Valerie Arndt

John Walker

Audra Newkirk

Bennet Jaskaniec

Samantha Garoukian