

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. Don't forget about the "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 14-16th we attended a meet in Pleasant Prairie, hosted by PX3. This is one of Wisconsin's fastest facilities and again it held up to its reputation. We had a majority of best times and it was almost near impossible to highlight a couple swims. Looking down the long list of impressive finishes a few stood out, Austin Brown's near 29 second drop in the 200 free, Tori Gierach's 22 second drop in the 100breast, Mitchell Hicks' 41 second drop in the 100fly, Anika Pawlak's 23 second drop in the 100fly and Josh Wu's 6 second drop in the 50fly.

The second meet we swam at was hosted by MSS right outside of Madison. This was another good meet for our swimmers, it gave us a unique opportunity to swim in a 25 meter pool. Congratulations Swimmers!

We have a couple meets in December. The first is our distance home meet. This will be one of the few meets our swimmers get a chance to swim some longer events. In 2009 we had 60 of our MFSC swimmers entered in the meet, in 2010: 82, 2011: 103 swimmers entered in the meet, in 2012: 110, in 2013: 95(32 were swimming at Nike the same weekend) and this year we have 138 of our swimmers entered in the home meet and 52 swimming at Nike the weekend after!!!

It is safe to say that MFSC has EARNED the reputation as one of the fastest and most competitive smaller swim teams in the state. We have made a ton of progress in the last six 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.

Looking Ahead:

Keep up the good work and please remember your water bottles everyday!!! There will be a few nights we will not have use of the girl's locker room. They are now on the general calendar so please be prepared for those dates.

- Coach Scott Mueller

Making Waves ~ Featuring Gold Novice

28 out of 30, 16 of 8, 36 of 10. No these are not Aaron Rodger's stat line from the previous game. These are Gold Novice stats over the past three meets. Gold Novice had 8 swimmers at the McFarland meet, from those 8 swimmers we had 16 new best times, from PX3 we had 10 swimmers at that meet, from those 10 we had 36 new best times. Last 30 swimmers in Gold Novice of those 30 swimmers 28 of them will be swimming this weekend at the Home meet. Within those past two meets there are a few time drops that stand out, Connor Benoit dropped 16 seconds in his 100 Freestyle, want even better, he also dropped 11 seconds in his 50 Breast, still craving more he then dropped 16 seconds in his 25 Free. Then there was also Tori Gierach, who dropped 12 seconds in her 100 Free, and an incredible 22.94 seconds in her 100 Breast.

These new best times are impressive and Gold Novice knows it start with what we do every day in practice. Each day they are ready to work hard and focused on long warm ups getting them ready for Bronze Age and longer meet events, breathing sets to help their freestyle and aerobic capacity, and kicking to propel them through the water. This weekend many Gold Novice swimmers are competing for the first time in either the 200 Freestyle or 200 I.M. so parents give them encourage and swimmers tell them a story of your first 200. 200s aren't harder they just give you more time to enjoy the race.

- Coach Matt

Swimmers of the Month:

John Papas—Gold Novice

Brie Brandt – Silver Age

Emily Hadland— Silver Senior



December Birthdays

Rachel Ripke

Cassie Kalnins

Sarah Booher

William Stuart

Corrina Winkler

Aneta Luo

Josh Grant

Abby Bruss

Dylan Webb

Emma Schoenauer

Kayla Olson

Kailyn Benoit

Lucas Webb

Emma Brooks