



Coach's Report:

Howdy!

December is over and it is VERY cold outside. Please remember to pick up your swimmers INSIDE the pool, don't make them wait outside. Also remember your winter hats!

Events:

December featured two meets. First was our home meet. This was an excellent meet. We had a lot of fast swims, some of our younger swimmers gained racing experience and overall it ran very smoothly thanks to our parents!!! High point winners from this meet included Chloe Paar 1st for 8&U girls, Lucas Webb 3rd for 8&U boys, Dylan Luckmann 2nd for 9-10 boys, Corrina Winkler, Makayla Sura and Ella Driebel 1st, 2nd and 3rd for 11-12 girls, Dylan Webb and Josh Wu 1st and 2nd for 11-12 boys. Maddie Paar also set a new team record in the 1650 free for 11-12 girls. Awesome job swimmers!

The Nike Invite was the following weekend in Waukesha. We had another very good meet with a lot of our swimmers making it back at night in finals and achieving new state qualifying times. Swimmers had multiple best times and great races, congrats to Haley DeGrace for her 200 breast Junior National qualifying time and also Sam Siebenaller for setting a new team record in the 100 back!!!

We have a couple meets in January. The SWAT meet is our first meet down in Pleasant Prairie, the following weekend EBSC hosts a meet in Brookfield for our Age Groupers. The next meet in January is the Shorewood meet and the last is our final home meet of the year for the 12&unders. Please look at meets in February, as they are all open for swims if you didn't reserve swims ahead of time.

February is the last month to swim in meets so I encourage everyone to sign up. The last chance meet is the OZ Regional Meet Feb 20-22. This is the last meet to make state cuts and swim fast. Many of the groups will be focusing on this meet and we will be resting our swimmers for this event, so please sign up!

Looking Ahead:

Keep up the good work and please remember your water bottles at practice everyday!!!

- Coach Scott Mueller



Making Waves ~ Featuring Bronze Age

This past month we have been having a lot fun in Bronze Age, they swam extremely fast at our home meet and at the Nike Challenge Meet. At Nike we had a huge turnout with 15 kids qualifying for the meet, which is our highest ever! Out of the 15 kids we had 4 qualify for the season ending State Meet. Makenna Sura (50 Free, 50 Back, and 100 Back), Chloe Paar (100 Back), Devin Testin (50 and 100 Back), Paige Dulski (50 Back). Congrats swimmers.

Also in December we did a 12 days of Swim-mas challenge, where we did something fast each day for 12 days. Some days were challenge sets like 9*100's fast; some days we did fast turns or breakouts. Regardless of what it was that day the kids stepped up every day and did very well. It also was great to see the attendance so high during the month, so I know the kids enjoyed it. I look forward to what January brings we have 5-6 weeks left of hard work to put in before the season ending swim meets. So lets try to stay healthy so we can swim extra fast at the end of the season!

- Coach Kelsey

Swimmers of the Month:

Ariana Zhao–Silver Novice

Zaneta Luo – Silver Age

Ryan Ciolkosz– Bronze Senior

January Birthdays

Olivia Eisenhauer	Abby Duch
Parker Shiley	Grace Campbell
Payton Meyer	Gabby Barnes
Akshara Krishna	Devin Testin
Drew Testin	Michael Kaczmarek

RESOLUTIONS TO SWIM BY

BY MIKE WATKINS//CORRESPONDENT

Each year we make New Year's Resolutions to eat less, exercise more, save money, spend more time with family, blah, blah, blah – you know the drill.

But when it comes to following through with these goals, only about 8 percent of the 45 percent of people who make resolution actually *do* them (statisticbrain.com).

So rather than make resolutions we may or may not keep in 2015, here are some resolutions that past and



present athletes and coaches suggest *every* swimmer should make this year...and beyond.

Ariana Kukors

"Pick one thing to strive to be the best at and commit to it. Tell your coach and your teammates to hold you accountable. In 2009, I committed to taking seven underwater dolphin kicks off EVERY wall in practice. And it

transformed my 200 IM."

Ed Moses

"Stop pulling on the lane rope (mostly for breaststrokers)."

Lenny Krayzelburg

"Focus on things that tend to get overlooked in heavy training – starts, turns, underwater kick-outs. Set a goal for each of these and be consistent with it, every day every practice."



The Waterlog *January 2015*

Andrew Gemmell

“Make sure you recover well. It is ‘easy’ to work hard in the pool, but if you don't take care of yourself outside of the pool and recover correctly, your performance will suffer.”

Darian Townsend

“Have fun doing the hard practices. When I know I have a tough set or day coming up, I want to go into it with a positive attitude and just enjoy testing myself.”

Nick Brunelli

“Get to every workout 15 minutes earlier to stretch and mentally prepare for the workout.”

Nancy Hogshead-Makar

“Every swimmer should make the resolution to have more fun on the pool deck and more focus in the pool. Peter Rocca did this the best as a swimmer and Eddie Reese as a coach.”

Gary Hall Jr.

“Listen to your body and be more communicative with your coach.”

Austin Surhoff

“Leave every practice better than you were before you got there. Find one thing to improve on every day, whether practice was good or bad.”

Adam Small

“Every swimmer should commit to staying 10 minutes after every practice to work on the finer details of a race, like turns, starts and finishes. Ten minutes every practice over the course of a year adds up to about 50 hours of additional work that will pay off when it matters the most.”

Ryan Murphy

“One thing that I've tried to improve on over the past couple of years is my optimism. I don't think it's normal to be happy all the time, but by looking ‘on the bright side’ of things, my attitude has improved. Getting up early, jumping in a cold pool and working hard isn't an easy thing to do. But by realizing that it's going to help in achieving an ultimate goal at the end of the season, a swimmer can find joy in their improvement.”

Kim Vandenberg

“Have gratitude and appreciation for the ability to swim and compete. Not everyone has that opportunity in life.”

Mel Stewart

“Eat cleaner, whole foods, supplementing regular meals with at least four 100 percent raw meals per week.”

Catherine Breed

“Pick one thing and perfect it. For example, I want to be the best at underwater or I'm going to hold my



The Waterlog *January 2015*

breath into the walls on my turns. Get sleep and drink water and for extra credit, cut out processed foods. Make a memory jar and over the year, fill it up with happy memories, proud moments and good times/jokes. Then next year, you can go through and read them.”

Hayley McGregory Mortimer

“Trust in your training and coach!”

Jessica Hardy

“Get more sleep to help with recovery, and try not to be grumpy when the alarm goes off. Swim practice is a time to see friends and push your body. Remember, you're lucky to get to go to workouts in the morning!”

Chuck Batchelor

“Kick 7 to 9 kicks off every wall in practice and never breathe on the breakout stroke!”

Amy Modglin

“Live in the moment more. At meets, it's important to take it one race at a time. Just because one event didn't go well doesn't mean your last race can't be amazing. When I made WUGs, I had a terrible 400IM, but I let it go and focused on what I could control, which was my last race.”

Charlie Houchin

“Ask your coach ‘why?’ If there is mutual respect, it can help foster great professional relationships. Swimmers are never too young to take ownership of their swimming performances, and coaches are never above answering questions from those whom they demand so much.”

Adam Ritter

“Make a daily commitment to focus and improve one specific aspect of your stroke, diet or other swimming-related habits. It gives purpose to each workout, and a lot of small changes eventually add up to big ones!”

Arthur Frayler

“Everyone should take a step back for a second to realize how lucky some of us are to be doing what we love. Be honest with yourself and your coaches to try and be the best possible leading up to 2016.”

Tom Luchsinger

“Stop breathing off your walls!”

Robert Margalis

“Actively seek out a weakness. Work with your coach (es) to turn it into a strength.”

Kathleen Baker

“Keep a practice log so you can keep track of great sets and areas you need to work on. Get more sleep; it helps with recovery. Set practice and technique goals – they are building blocks to best times. Improve your nutrition.”



The Waterlog *January 2015*

Garrett Weber-Gale

“Keep a journal of something, anything. Write for five minutes each day about something you're working to refine or about a goal. Nothing builds confidence like tracking steady progress toward a goal.”

Melanie Margalis

“Do dolphin kicks off every wall!”

Tyler Harris

“Live in the moment more than you likely do. The current moment is always the most important moment. Living in the past and living in the future seem to matter at the time, but once you've passed the current moment, you're already living in the past. Take life for what it is at the time. I often reflect back to my best swim I ever had. During that race, I never enjoyed all of the little steps and amazing self-fulfillment the moment provided. Years later, I realize that I far too often passed what was in front of me. If I could go back and do it all over again, I undoubtedly would. As the saying goes, 'It's the not pursuit of happiness that matters. Rather, it's the happiness of the pursuit.'”

Teresa Crippen

“Do at least one thing this year that gives back to the swimming community and the young swimmers in the sport.”

Jasmine Tosky

“Make at least one person smile each day.”