

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 for the seniors will be Speedo Sectionals this Friday and then off to sunny Orlando, Florida on Monday for a week of fast swimming at Junior Nationals. Good luck swimmers!

Events:

February featured four meets. First was the Big 8 meet which is always a fun meet. Many of our swimmers had best times and won many awards, as a team we finished in third place. The next weekend some of our senior swimmers swam at an invite in Pleasant Prairie. We had a bunch of fast swims/best times and almost won every senior girls event. Morgan Fischer put together an awesome 200IM and Haley DeGrace put together an equally amazing 200 breaststroke.

The following weekend a small group of us went to the UWM Klotsche Center for a meet hosted by NBSC. It was a great meet for some of our younger swimmers and gave them the opportunity to get in a few longer races before regionals.

Regional's, was our final state-qualifying meet in February. Almost 100 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 **1st** overall by over 1,000 points out of 10 teams. A number of our swimmers went home with high point trophies.

The 12&U meet proved to be another great meet for our youngsters. This years state meet was hosted by EBSC at Waukesha South High School. We had 27 kids attend this meet our largest group since Jennie and Kelsey have been with MFSC. The kids showed up ready to swim scoring 380 points which was good for an 11th place finish. This weekend was truly a team effort; over the course of the weekend the kids broke 3 relay records, the team of Ming Ong, Josh Wu, Mason Stimson, and Dylan Webb broke the 11-12 boys 200 Medley and 400 Free record, the 200 Free record was also broken by Dylan Webb, Ming Ong, Will Madrzak, and Josh Wu. We also had a few individual records go down by the Paar girls. Maddie broke the 200 back with a time of 2:16.44 and Chloe broke the 100 back record with a time of 1:19.85. There were a lot of other great swims and moments through out the meet but the part that stands out the most is the cheering and the support that these kids gave one another, from sun up to sun



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down these kids were a TEAM! Congratulations to everyone that swam this weekend it was an awesome meet to be apart of.

The 13&Over state meet was a great meet for MFSC. It was hosted by PX3 in Pleasant Prairie at the Rec Plex. We took 15 swimmers to the meet, scored a total of 445 points which was good enough for a 14th place overall finish. Sam Siebenaller lead the way for the seniors scoring 93 points and setting 8 new team records in the process. Her two best finishes were 2nd in both the 200fly and 100back, back to back events on the final day of the meet. Our 13&14 girls also broke a team record from 1991 which Coach Heather was a part of. The team of Becca Schoenauer, Stephanie Marks, Cassie Stegner and Rachel Jaworski finished with a 1:40.87, 5th overall. The best relay finish was our 13&14 girls 400medley relay, Stephanie Marks, Sarah Scargill, Rachel Koch and Cassie Stegner finished in 4th place just barely missing another team record. There were many exciting swims over the course of the 4 day meet but THE performance of the meet went to Mckenna Coulter and her 200fly on Sunday night. She dropped almost 5seconds and achieved a new Speedo Sectional time standard.

This weekend is Speedo Sectionals in Iowa City, followed by Junior Nationals in Orlando, Fl. We have 5 swimmers competing at Sectionals, Mckenna Coulter, Sarah Scargill, Becca Schoenauer, Skye Beckes and Cassie Stegner and 4 swimmers going to Nationals this year, Haley DeGrace, Sam Siebenaller, Morgan Fischer and Stephanie Marks. 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 necessary to put together a great race. Thanks again for such an awesome season and we will see you soon at the pool!

- ***Coach Scott Mueller***

Making Waves ~ Featuring Silver Novice

It's been an outstanding year for our Silver Novice swimmers. Attendance has steadily increasing since December and our swimmers made big improvements in the last meets of the season. We've also seen some great progress on our challenge sets.



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Here are a few highlights from this season:

- Ariana Zhao broke the 4:00 barrier in the 200 kick for time
- Fourteen Silver Novice swimmers have gone under 5:00 on the 200 kick for time (a new record for this group!)
- Five Silver Novice swimmers broke the :20 mark in the 25 freestyle (Zhao, Madyson Yellstrom, Julia Saxman, Claire Courtright, and Trey Hicks)
- Half of Silver Novice's roster was comprised of younger siblings of current MFSC swimmers

We are excited to move up seven swimmers to Gold Novice in the next session:

- Claire Courtright
- Kennedy Currey
- Cole Fischer
- Trey Hicks
- Emma Klingkammer
- Akshara Krishna
- Caelin Ungerer

It's been a truly special season and I can't wait to see what you do next season, Silver Novice. I will be cheering you on!

- ***Coach Heather***

March Birthdays

Jason Hunt

Sydney Sawatzke

Josh Wu

Faith Johnson

Ryan Ciolkosz

Charlie Ragland

Kaitlyn Wanezek

Dylan Volden

Skye Beckes

Rachel Jaworski

3 Ways to Overcome Jealousy in Swimming



Photo Courtesy: Rica Generoso

By Diana Pimer, Swimming World College Intern

My mom always tells me, “Jealousy is an ugly emotion.” She is right. And in swimming, jealousy can reign supreme.

Then again, while ugly, jealousy is also natural. It is a justifiable emotion that everyone has at at least some point in his or her lives. However, it is not necessarily the emotion that gets people into trouble,

but how they handle coping with the emotion that does.

Jealousy is predominant everywhere in swimming. Whether a teammate broke your record, someone beat you on your best set in practice, or someone took your relay spot away from you, swimmers always find themselves opportunities to become jealous. Jealousy even exists in the little things, like someone taking your favorite kickboard or a teammate ordering the new practice suit you wanted.

It is okay to be jealous from time to time, but here are 3 ways to overcome jealousy in swimming so that you can be happy and be a good teammate:

1. If you must, tell someone you trust.

It is never good to keep all of your emotions bottled up inside. However, it is usually worse to talk about people behind their back to all of your teammates. When someone does something to make you jealous, think.

First, is this really worth getting upset over? If not, let it go from your mind. If it is, find someone you trust to talk to who is NOT on your team. It could be your mom on the way home from practice, or your non-swimming best friend at school the next day. Sometimes you just need to vent, but to the right person. No matter how much you trust your teammates, gossip gets around quicker than a 50 freestyle. It is not worth it.

2. Be a good sport, show your support.

Swimmers, like anyone, have two options when something goes wrong. We can learn from it and use it to inspire us, or we can let it tear us down. First, if someone has a breakout swim or breaks a record, don't think of the things they did wrong, look to the things they did right. It is easy to say, "Well, he eats junk food all the time," or "She leaves early in every set," or the oh so dreaded, "But they PULL during KICK sets."

It is a lot harder to say, "He does push himself in the weight room," or "She has not missed one practice all season," or simply, "Good for them. They work hard, they deserve it."

Think of reasons why this person accomplished their goals. Maybe they do something extra that you could learn from. And it is always best to be supportive even when you are a bit jealous. Did your competitor from your team's rival out-touch you? Nothing is better than shaking their hand graciously even when you did not come out on top. It shows maturity and appreciation for the racing opportunity.

Try to let other swimmers inspire you to perform at your best. If your teammates keep having good swims, let their emotions carry you through your own race. You can use the positive energy to your advantage if you have the right mindset.

3. Give yourself a compliment, stay confident.

Most importantly, while it is good to boost your teammates up, you cannot tear yourself down in the process. The worst thing to do is compare yourself to others. While there are a plethora of reasons why swimming is a team sport, every swimmer is an individual with different strengths and weaknesses.

Try focusing on what you are good at. This will make you confident, and will help you be proud of your own races. However, be careful again not to compare yourself. Don't think of things you are better than others at, think of things you, yourself, personally excel at.

At the end of the day, this is all easier said than done. Any swimmer can vouch for that. Always remember that jealousy is natural, but it can have some negative effects. The next time you are feeling a little jealous, be supportive, positive, and willing to keep trying!