

Coach's Report:

Howdy!

Fall is here and that means colder weather is coming. As it starts to get cold we will bring back the "hat rule". All kids must leave practice wearing a winter hat. Hopefully this year we can cut down on swimmers being sick, mainly due to them leaving with no hat and a wet head.

By now you should have received an email about equipment and which groups require certain equipment (It's also on the website [Required Equipment](#)). If you have any questions about this please let me know or ask your swimmer's coach before or after practice. The best way to label snorkels is with different colored duct tape. Sharpie will eventually wear off; there are a lot of "abandoned" snorkels in the lost and found.

Events:

We kick off the swim meet season at our home pool Saturday October 3rd. It's a single session meet with sprints and some relays; it will be a great start to the season! Our last two meets of the month are on the same weekend. October 17th our 9yr olds and younger will compete at a meet hosted by EBSC. The rest of the team will be attending the OZ meet October 17 & 18th. Remember most timelines for swim meets are available about 4 days before the meet. When I receive them from the host team I email them to you ASAP and post them to the specific event on our website.

Looking Ahead:

The warm-up and suit team order was a success with Walter's; once you receive your team suit your swimmer must wear it along with a MFSC team cap at every swim meet. The jackets will be mandatory in the spring but if you ordered please also wear them.

Water bottles are a must for your swimmers at every practice/meet, it is VERY important they stay hydrated. Lastly, if you shop at Amazon or SwimOutlet please use the links under the "Partner" section left hand side of our website before making your purchases. MFSC is part of their affiliate programs and will receive a small portion of the purchase. It really helps the club provide our younger swimmers with fins and all our swimmers with kick boards, paddles and other training gear.

- ***Coach Scott***

Making Waves ~ Featuring Silver Novice

We are off to a great start in Silver Novice. Coach Tim assists us 3 days a week and we are thankful to have the extra hand to give the kids some one on one attention. Our group has well over 30 kids and we have a variety of skill levels. It is great to see so many of the kids that attended camp are now part of the team. We have been preparing for our first meet home meet of the season. In silver novice, we spend a lot of time on stroke technique, starts, turns, and finishes. We are working with the kids to explain what relays are, what to expect at a swim meet, but most importantly how much fun you can have swimming and learning at the same time.

One thing I introduced last season was to award the swimmers after each practice with charms they can put on their bags. These charms are very similar to the charms they receive for best time. After each practice Coach Tim and I choose 1 or 2 kids that we feel did really well at practice and they receive a charm to add to the bag. Coach Tim and I are looking for special things that stood out during that practice. Some examples may be, kids that maybe listened really well that day, tried their best, was able to be a helper to less experienced swimmers, and was a demonstrator during practice. It has been a wonderful motivator and I have found that the children really look forward to the charms therefore trying their very best during practice.

- ***Coach Jessica***

Swimmers of the Month:

Payton Jakowski–Gold Novice

Sabina Mrzyglod – Silver Age

Siddhant Jain– Gold Senior

Important Dates to remember:

- ❖ Thursday October 8th and 15th: No Practice (Silver Novice, Gold Novice and Bronze Age)
- ❖ Thursday October 8th and 15th: Silver Age and up practice is from 3:30-4:55.
- ❖ October 17: EBSC Meet @ Brookfield East
- ❖ October 17 and 18th: OZ Meet @ Homestead
- ❖ Tuesday October 27th: Halloween Party

Articles of the Month:

- ❖ Vitamin C and Flu Season: <http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=0&itemid=10153&mid=14491>
- ❖ Protein mistakes with Athletes: <http://swimswam.com/the-most-common-protein-mistakes-young-athletes-make/>

October Birthdays

Peyton Driebel	Rachel Kock
Ana Finley	Ella Paar
Aerene Lim	Coach Matt (Oct. 7 th)
Ali Beay	Brett Haensgen
Anika Pawlak	Krithi Gopinath
Erin Dowling	Sam Douglas
Riley Fila	Ruby Kernan
Drew Tai	Coach Jennie (Oct. 28)
Marcela Hahn	Brooke Stanley
Alex Wittig	Johannah Zimpelman