

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 Ethan Webb 1st place 6&U boys, Ava Heimler 2nd for 7yr girls, Aaron Furrer 2nd for 7yr boys, Taylor Johnson and Natalie Olson 1st and 3rd in 8yr girls, Connor Benoit 2nd for 8yr boys, Chloe Paar, Madyson Yellstrom and Sammy Seiler 1st 2nd and 3rd for 9yr girls, Lucas Webb and Trey Hicks 2nd and 3rd for 9yr boys, Makenna Sura, Rachel Ripke, Kailyn Beniot 1st 2nd and 3rd 10yr girls, Devin Testin and Drew Testin 1st and 3rd 10yr boys, Ali Beay, Kayla Olson and Faith Johnson 1st 2nd and 3rd 11yr girls, Dylan Luckmann, Tommy Seiler, Michael Kaczmarek 1st 2nd and 3rd for 11yr boys, Emma Schoenauer, Hanna DeGrace and Sabina Mrzyglod 1st 2nd and 3rd for 12yr girls and Dylan Webb, Will Madrzak and Mason Stimson 1st 2nd 3rd for 12yr boys. 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. The final meet of the month was the OZ meet at Homestead High School. Again the meet was filled with best times, multiple top finishes and high point winners including Cassie Stegner, Connor Beniot, Makenna Sura, Faith Johnson, Maddie Paar, Chloe Paar, Dylan Luckmann and Dylan Webb. Congratulations swimmers!!!



The Waterlog *November 2015*

We have a few meets in November. November 13-15th PX3 hosts a meet in Pleasant Prairie and Sunday November 21 STAT hosts a meet in Beloit. 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!!! 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

Swimmers of the Month:

Delaney Danduran–Silver Novice

Adit Bhootra – Gold Novice

Porter Brodlo–Bronze Senior

Making Waves ~ Featuring Gold Novice

Gold Novice has been working hard this season while also getting back to basics. Each day we've added kicking with our snorkels working on our head and body positions as part of our warm up. And with a new practice structure on Thursdays where we get to split the group each getting time in the lanes and the well, we've been able to swim some longer distances helping our aerobic capacity. With a group goal of improving our 200 freestyle times this season this practice set up will certainly aid in us getting faster, I can't wait to see the group swim the 200 freestyle at PX3 or the home meet in December.

We also have a new face in our group with the addition of Coach Tim on Wednesday and Thursday. He's been a great asset to the group, challenging the kids to push themselves beyond what their brains think they can do to what we know their physically capable of. He's been indispensable on Thursdays in our new practice structure.

Important Dates to remember:

- ❖ 11/9-11/13: Seniors practice at 3:45
- ❖ 11/13-11/15: PX3 Meet @ Rec Plex
- ❖ 11/22: Beloit Swim Meet
- ❖ 11/26-11/27: NO PRACTICE

Article of the Month:

- ❖ Goal Setting: <http://swimswam.com/7-questions-better-goals-swimmers/>



November Birthdays

Eden Wisniewski

Clayton Stanley

Kennedy Currey

Bennet Jaskaniec

Maeve Shummer

Valerie Arndt

John Walker

Audra Newkirk

Cassie Stegner

Will Madrzak