

## **Coach's Report:**

### *Howdy!*

T 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!

Special congrats to Sam Siebenaller who recently signed with Texas A&M and will be attending/swimming with them next Fall!! Go AGGIES!

### **Events:**

November featured two meets. November 13-15<sup>th</sup> 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, Connor Benoit's 20% improvement in the 200free, Taylor Johnson's 20% improvement in the 50fly, Timothy O'Quinn's 22% improvement in the 100breast, Chloe Paar's 22% improvement in the 200im and Mason Piette's 22% improvement in the 100fly. A special shout out to Dylan Webb for breaking Coach Brice's 11&12 50free record, it's good to see that one go down!!!

The second meet we swam at was hosted by STAT in Beloit. This was another good meet for our swimmers with many best times and offered our parents a comfortable environment with a great view. 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) in 2014 138 and this year 144!!

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 over the last seven 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.



# **The Waterlog** *December 2015*

## **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 due to Girl's HS Basketball. They are now on the general calendar so please be prepared for those dates.

***Coach Scott***

## **Swimmers of the Month:**

***Madyson Yellstrom–Gold Novice***

***Madison Ruplinger –Silver Age***

***Mason Piette–Bronze Senior***

## **Making Waves ~ Featuring Bronze Age**

Bronze Age has been working really really hard this season. We have a lot of kids in our group averaging around 24 kids a night, so it's been really fun having such a dedicated group. On Monday and Wednesday we've working on stroke technique a lot, Freestyle and Breaststroke has been a huge focus this year for Bronze Age. Mainly because freestyle is the core stroke but also because it is the most offered stroke with 6 events for the 10&U group. Breaststroke has also been a huge emphasis this year, it is a really challenging stroke, there are a lot of moving parts and as soon as one falls apart the whole stroke kind of does. So Coach Jenna and myself have made breaststroke kind of our mission this year! On Tuesday and Thursdays we get 3 lanes sometimes 4☺ so we spread out and make sure we drill a little but then I get to introduce some sets to the kids. They've been doing a great job of working really hard those days and making the most out of those practices.

This group has also been doing a lot of racing over the last month. We had 17 kids swim down at the PX3 meet and they swam phenomenal. We came home with a lot of hardware at this meet and a few new state cuts. Congratulations to Makenna (Ken) Sura on her 100 Breaststroke and 200 I.M cut, Sammy Seiler on her 50 Free state cut and Mackenzie Fitzgerald on her 50 breast cut. Other notable swims came from Timothy O'Quinn, Connor Benoit, Mia Pagel, Emma Brooks, and Sammy Seiler. They all came home with 6 or more best times! We also had a good showing at the STAT meet down in Beloit we had another 11 kids make the long trek down. We had more good swims out of everyone that went down, we had multiple 1-2-3 finishes from MFSC, which was a lot of fun to watch. But the best part about that meet was watching the kids cheer for one another and hanging out with the older kids. It was great to see the whole team at a meet together; we don't get to see that very often.

I'm looking forward to another good month of training and racing, we have the home meet coming up on December 5 and 6<sup>th</sup>. Followed up with the Mid-Season Showdown (NIKE) the following week. So we have a lot to look forward to before the holidays roll around.

## ***Coach Kelsey***

### **Important Dates to remember:**

- ❖ 12/5-12/6: Home Meet
- ❖ 12/11-12/13: Mid-Season Showdown @ Waukesha South
- ❖ 12/15: Holiday Party @ Krueger Bowl
- ❖ 12/24-12/31: Holiday Practice Schedule (Look on Calendar)
- ❖ 1/2-1/3: SWAT Meet @ PX3

### **Article of the Month:**

- ❖ When a Meal is a Meal:  
<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1&itemid=12246&mid=14491>



# December Birthdays

Rachel Ripke

Ava Klug

Cassie Kalnins

Sara Booher

Aaron Furrer

Kayla Olson

Kailyn Benoit

Lucas Webb

Alexis Lofty

Abby Bruss

Ethan Webb

Dylan Webb

Aydin McKay

Emma Schoenauer

Corrina Winkler

Zaneta Luo

Josh Grant

Emma Brooks