

## Coach's Report:

### *Howdy!*

The end of the season is right around the corner. So far as a team, we have dramatically improved in practices and at swim meets. When are we tapering? Are we tapering yet? . . . "Taper" is a word that so many swimmers look forward to and it's almost time for me to say, "Yes we are tapering."

For those of you that don't know what taper means, it is the time of the year when practices get shorter, weights and dry lands greatly decrease, and your kids have a ton of energy! It also means the exciting meets are right around the corner that we have been preparing for the entire season. Those meets include, **Regionals** (Feb 19-21), **12 & under State Championships** (Feb 26-Feb 28), **13 & over State Championships** (March 3-6), **Speedo Sectionals** (March 10-13) and **Junior Nationals** (March 15-19).

**Sleep** is critical during taper so please make sure to get to bed as early as possible and stay off your legs as much as possible!!!

Congratulations to everyone who made it through the long grueling month without eating junk food! Hopefully swimmers that are concentrating their efforts on regionals, state, speedo sectionals and junior nationals can continue to eat as healthy as possible! The date for the Pizza Party will be announced soon. Please continue to dress warm before and especially after practice.

### **Events:**

January featured three meets. First was the SWAT meet in Pleasant Prairie. This was a prelim/finals meet hosted at a very fast pool. Some fast swims included Morgan Hahn's 50fly a 5% improvement, Ava Heimler's 25fly a 6% improvement and Megan Heine's 100IM a 9% improvement.

Next was the EBSC meet for 12&Unders. This was an exciting meet as our 12&Unders continued to swim strong. We had many best times across the board with stand out swims from Adit Bhootra who dropped 7.22 seconds in his 50fly a 10.74% improvement, Carson Chavannes who dropped 14.18 seconds in his 100IM for a 12.84% improvement, Trey Hicks with a 17% improvement in his 50fly, John Pappas with a 24% improvement in his 100breast and Taylor Johnson with a 19% improvement in her 25breast.

Last up was the Shorewood meet, a really fun meet that gave our kids an opportunity to swim longer races and compete in an IMX Challenge. The IMX promotes and rewards versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to enable long-term success in swimming. We had a ton of high point winners at this meet, nice job swimmers!!!



# **The Waterlog** *February 2016*

Results of our home meet and Big 8 with stand out swims and high point winners to come in the next Waterlog.

## **Looking Ahead:**

We have multiple meets in February. The A+ meet starting Feb 5<sup>th</sup>. Sunday the 14<sup>th</sup> we have a meet at UWM. The weekend after that, we have Regionals. Everyone is allowed to swim at Regionals; it is basically a last chance state qualifying meet and great end of season meet. So if you are looking to compete one last time this season Regionals would be the place to do it. There are no qualifying times for this meet. Sign up online today!!!

**Clinic this year:** The coaches and myself will be running a Start, Turn, Finish, Relay Start style 4 day clinic at the end of March which is two weeks before the start of the next session. We encourage everyone (SN to GS) to participate; the clinic will be one hour long every day and cost \$50 for all four days. It will be a great opportunity for a lot of 1 on 1 work with the kids and they will be split into groups of similar ability. Please watch for the registration/information form, I will email it out soon. Seniors will only take part in the clinic 3 days and the cost will be \$40.

This is one of the longest water logs article I have ever written. If you are still reading this clearly you can tell I am excited about how well we are all swimming from Novice to Senior level swimmers! Remember if you have any questions for me come find me 15 minutes before or after practice on deck or in the office!!

## ***Coach Scott***

## **Making Waves ~ Featuring Silver Novice**

Silver Novice has been working on stroke technique the last few months. We have been concentrating on our underwater activities: such as six kicks 3 pulls before breathing on our freestyle when diving off the blocks and doing our flip turns. We have continued to stress the importance of kicking during practice and races and many of the swimmers have received best times during our 200 kick for time. We have also been working on some interval kicking which is one of the requirements to move on to Gold Novice. Coach Tim and I have been splitting the group up so that we can work on turns and starts at least once a week and we will occasionally combine with Coach Matt's group. This allows more experienced swimmers to help mentor some of the new swimmers as we work on starts, turns, and finishes. Many of the swimmers have improved throughout the session, we have been seeing huge time drops, one swimmer dropped 18 seconds in one event this year already.

One encouragement item that I have continued with this session are the charms. Charms are handed out at the end of most practices to the swimmers (up to 5) who either worked the hardest that night, was a demonstrator, assisted a new swimmer, swam the stroke correctly for the first time, or the winning relay for the stroke we worked on that day. The swimmers seem to really enjoy the charms and the number game that we play at the end of practice to help with our starts.

Overall, Silver Novice has been doing an outstanding job as a whole. Coach Tim and I could not be prouder.

***Coach Jessica***

## **Swimmers of the Month:**

***Johannah Zimpleman–Silver Novice***

***Nicholas Yeung –Gold Novice***

***Peyton Driebel–Silver Senior***

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

- ❖ 2/5-2/7: A+ @ Schroeder
- ❖ 2/14: NBSC Valentines Day Meet @ UWM Klotche Center
- ❖ 2/19-2/21: Regionals @ Homestead
- ❖ 2/26-2/28: 12 & Under State @ UW Madison Nat
- ❖ 2/28: Summer Meet Sign up Closes @ Midnight
- ❖ 3/3-3/6 : 13& Over State Meet @ Schroeder
- ❖ 3/9: Team Banquet @ MFHS Cafeteria

## **Article of the Month:**

- ❖ Go for your Big Scary Dreams:

<http://www.usaswimming.org/ViewNewsArticle.aspx?TabId=1555&itemid=6406&mid=13655>

## **Recipe of the Month**

- ❖ Protein Energy Bites: These are great for before practice especially the summer AM and during swim meets. They are really easy on the stomach and quite tasty. I personally think they taste like a peanut butter cup.

- 1 Cup old-fashioned Oats
- 2-3 TBSP Coconut Oil
- 1/2 Peanut Butter
- 2 scoops of Chocolate Protein Powder
- 1/2 Cup Ground Flax
- 1/2 Cup Chocolate Chips (Dark)
- 1/3 Cup Honey
- 1 TBSP Chia Seeds (Optional)
- 1 Tsp Vanilla Extract

1. Melt Coconut oil and peanut butter just so it's soft, not burning hot. Then add the rest of the ingredients and mix thoroughly. Cover and let chill in the refrigerator for a half an hour.

2. Once chilled, roll into balls of whatever size you like. Store in an airtight container and keep refrigerated for up to a week.

3. Makes about 20-25 balls.



# February Birthdays

Shawn Brown  
Connor Benoit  
Bella Harthum  
Becca Koch  
Jayden Knight  
Lauren Jex  
Mitchell Hicks  
Sammy Seiler  
Mia Pagel  
Caelin Ungerer

Kendra Simson  
Carson Chavannes  
Khushi Tanna  
Dylan Luckmann  
Maya Desai  
Gabbrielle Merlock  
Andrea Wu  
Lucas Moran  
Kayla Konitzer  
Lilly Streitmatter