

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

Events:

February featured five meets. First was our home meet Jan 30th. This meet was open to 12 & Under only and was a great meet featuring 9 teams. We ended up finishing 1st place as a team repeating our top finish from last year. The very next day was the Big 8 meet which is always a fun meet. Both meets many of our swimmers had best times and won many awards. The following weekend some of our older & younger swimmers swam at A+. We had a bunch of fast swims most notably Sam Siebenaller's new team record in the 100back and Ali Beay's new team record in the 50back.

The following weekend a small group of us went to the UWM Klotsche Center for a meet hosted by NBSC. A few stand out swims of the meet included Riley Filla's 15% time drop in his 100free, Aaron Furrer's 18% drop in his 50free and Payton Jankowski's 13% drop in her 100IM.

Regional's, was our final state-qualifying meet in February. Over NINETY 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 a few new state qualifiers at this meet and as a team finished in the top 3(they didn't post team scores).

Our 13&Over state was a good meet for us in familiar pool. The meet was held in Brown Deer at WSAC. We took 22 swimmers to the meet and set few new team records. The relay team of Moira Shea, Makayla Sura, Maddie Paar and Cassie Stegner took down the 200 Medley Relay record which stood for 25 years. Cassie Stegner also lowered her own 200free record with a 1:53.64. We ended up scoring 318 points good enough for 14th as a team. The 13&14 boys finished 8th overall and were our highest finish as an age group.

This weekend is Speedo Sectionals at the Rec Plex, followed by Junior Nationals in Orlando, Fl. We have 5 swimmers going to Sectionals, Becca Schoenauer, Jenny Wesolowski, Maddie Paar, Makayla Sura and Mckenna Coulter. We have 4 swimmers going to Nationals, Sarah Scargill, Sam Siebenaller, Stephanie Marks and Cassie Stegner. 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 that are hard to spend a lot of time on at practice every day. Thanks again for such an awesome season and we will see you soon at the pool!

Coach Scott

Making Waves ~ Featuring Silver Novice

As the season comes to an end Gold Novice has been working hard on the small things. Each day we've been drilling into the swimmers to stay under the water off their turns and adding dolphin kicks with excellent streamlines. Our focus on fundamentals in all the strokes has really shown itself in the results from regionals and the overall form of the swimmers. All of Gold Novice has put in so much effort, we had some great races between teammates at regionals and I can't wait to continue our success with the beginning of long course. I'd also like to congratulate our state representatives. I had so much fun working with them the week before state perfecting our turns, starts and relay exchanges. A special shout out to the boys relays where the boys swam their fastest times of the season when it mattered most.

Coach Matt

Important Dates to remember:

- ❖ 3/11-3/13: Speedo Sectionals @ Rec Plex
- ❖ **3/11: Spring/Summer Registration closes!**
- ❖ 3/16-3/20: Junior Nationals in Orlando Florida
- ❖ 3/21-3/24: Start and Turn Clinic
- ❖ 4/4: Spring Season starts



Vice President Announcement:

Hi All!

As many of you know, my youngest swimmer will be heading off to college in the Fall and I will be stepping down from my MFSC Vice President position. If anyone is remotely interested in finding out more about this role, getting more involved in your child's swim program and making a positive impact on the club, here's your chance! Please contact me at csiebenaller@wi.rr.com.

I'd love to discuss the role and responsibilities and have the chance to work with you prior to me stepping down in August 2016.

Thanks for your consideration!

Connie