

SWIMMERS OF THE MONTH

- Chris Elberson
- Mallory Marchese
- McKenna Coulter



Meets @ a Glance

- Oct. 4th – SWAT Waukesha South
- Oct 11th – EBSC Brookfield East
- Oct. 18th - MFSC MF High School
- Oct. 24th – 26th OZ Homestead HS
- Nov. 8th – 9th NSSC Nicolet HS
- Nov. 21st – 23rd BST Carthage College
- Dec. 6th – 7th MFSC MF High School
- Dec. 12th – 14th WEST Waukesha South
- Jan. 9th – 11th Notre Dame
- Jan. 24th – 25th SHOR Shorewood HS
- Feb. 6th – 8th SSTY Schroeder YMCA
- Feb. 7th – MFSC MF High School
- Feb. 20th – 22nd OZ Homestead HS
- Feb. 27th – March 1st 12 & U State Madison
- March 5th – 8th 13 & Over State Waukesha South

THE WATERLOG

SEPTEMBER 2008

[HTTP://WWW.MFSWIM.ORG](http://www.mfswim.org)

COACHES REPORT



Howdy!

The new season is upon us. Great job to all the swimmers who competed this summer and a thanks to all the parents who got them to the different pools for their practices. We are now back in our home pool!

Events:

We swam in four meets in the month of July. Our focus meets were towards the end of the month, Silver State, 12 & Under State and 13 & Over State. We had many swimmers qualify for State at Silver State. At Silver State we scored a total of 489 points which placed MFSC 9th and had a total improvement rate of 85%. In addition Haley Lucas won the 13-14yr high point award. Both 12 & Under State and 13 & Over State went extremely well with many best times and zone qualifiers. We scored 99 points which placed us 11th. Congratulations swimmers!!!

Looking Ahead:

Walter's Swim will have a fitting day for Nike team warm-ups and suits Wednesday September 10th, so please keep this in mind if you are interested in either. This will be at our home pool at the start of practice.

I hope everyone had a chance to watch swimming in the Olympics which began 8.8.08. If you did I am sure like me, you were out of your seat watching most of the races.

Welcome back, I hope everyone enjoyed their time off and I look forward to the upcoming season.

- Coach Scott Mueller



FROM THE PRESIDENT

Well, now that Long Course 2008 and summer are over we welcome you back to Short Course! We did have a great Long Course season with both our 12&unders and 13&overs showing well at state. I'd like to take this opportunity to thank our coaches for the many hours that they dedicated to our children coaching at practices and meets! You guys and gal are top notch and MFSC is very lucky to have you!!!! And, to you as parents, thanks to you also for the many hours and miles you did and will do again driving you swimmers back and forth; especially this past summer having been at the different pools. Thank you for your continued support!

Our color and logo change will take affect with the start of Short Course season. We are excited about it and think you will really like what has been designed. Having been at the state meet in August and seeing the many different suits I can assure you that the suits we have chosen for the females will be the sharpest ones out there! Sorry guys, there just isn't much choice in guys suits. The new logo is very classy yet not trendy; it will serve well for many years just as the other one has.

The Short Course meet reservation forms have been sent out. While it's realized that you may not have your child's school sports/community sports schedules yet we do need you to reserve what swim meets you plan to attend and have it turned in by the date indicated on the form. All clubs need to compile each and every reservation and send them to the host clubs by September 9th as governed by Wisconsin Swimming. This compiling, which is done by our meet entries person Laurie Siehs, takes quite a bit of time which is why we have such an early return date. If we could extend the time frame we would, but our "hands are tied" by the Wis. Swimming timeframe. If you can't commit to a certain meet you can always put your name on the meet waiting list at the pool. Thanks to you for your understanding on this. If you have questions how to fill out the form or what meets to swim please contact your swimmer's coach.

We anticipate a fairly large number of new swimmer families this fall and your help in making each and every one of them welcome is appreciated. We will be having a new parent information meeting sometime towards the end of September or first week in October. This gives our newest families a chance to join and see how things go so they can ask lots of questions.

One person who will be missing this fall will be Coach Kristen. She has taken an internship with a National Sea Turtle Research Institute in the Virgin Islands. She will be tagging, studying, following, etc. sea turtles. Sounds pretty cool! We will miss her but wish her well.

Please mark our home swim meets on your calendar early so that we can get everyone's help in making these meets successful!

Welcome back! See you 'round the pool!

Alicia Bietz
MFSC President



NUTRITION



F A C T S H E E T

Mangos: Tropical Indulgence and Antioxidant-Rich

Mangos are a fresh, natural way to satisfy cravings for an indulgent treat with the added bonus of good-for-you nutrients. If you've never experienced a mango, now's the time to try one.

Mango Facts

The versatile mango is one of the world's most popular fruits. The many varieties of mangos each have their own unique flavor, texture, aroma and color. In the U.S., six varieties make up the bulk of mangos available at grocery stores: Ataulfo, Francine, Haden, Keitt, Kent and Tommy Atkins. Currently, Tommy Atkins is the variety that is widely available in the U.S. All six varieties have overlapping seasons, so mangos can be enjoyed year-round.

Dietary Guidelines

Adding mango to your diet is an easy way to eat more fruit, while enjoying naturally sweet, tropical flavor. The *2005 Dietary Guidelines for Americans* encourages everyone to eat more fruits and vegetables. Most adults need about 2 cups of fruit each day. One-half cup of fresh fruit is considered one serving. When sliced, a fresh mango yields about two servings. By eating one mango, you are well on your way to meeting this goal!

Essential Nutrients Fresh from the Tropics

Mangos are rich in vitamin C and beta carotene, both essential antioxidant nutrients. Antioxidants help protect the body from damage caused by free radicals that are present in the environment and naturally produced by the body. Consuming an antioxidant-rich diet may help protect the body from chronic diseases such as heart disease and certain types of cancer.

Vitamin C plays a vital role in supporting immune function, growth and repair of tissues throughout the body and wound healing. Beta carotene is converted to vitamin A by the body. Vitamin A contributes to healthy vision as well as healthy bones, skin, teeth and other tissues. Like vitamin C, vitamin A plays an essential role in immune function.

One cup of sliced mango (equal to two servings of fruit) has only 110 calories and is naturally free of fat, cholesterol and sodium. Mangos are a good source of dietary fiber with one cup of sliced mango providing 3 grams. That's 12% of the total fiber needed in a single day. Low-fat, high-fiber diets containing fruits, vegetables and grain products are associated with a reduced risk of some types of cancer.

Don't Judge a Mango by Its Color

Fresh mangos come in all shades of green, yellow and red, with many mangos showing more than one color on their skin. When choosing a mango, don't focus on just the skin/peel color—it's not the best indicator of ripeness. A ripe mango will have a slight "give" when gently squeezed. If you're looking for a mango that you can eat today, choose one that is slightly soft. A firmer mango would be a good choice if you plan to eat it several days from now.

The contents of this fact sheet have been reviewed by the American Dietetic Association's Fact Sheet Review Board. The appearance of this information does not constitute an endorsement by ADA of the sponsor's products or services. This fact sheet was prepared for the general public. Questions regarding its content and use should be directed to a registered dietitian.

Mangos: Tropical Indulgence and Antioxidant-Rich (continued)

How to Store and Handle Fresh Mangos

To ripen mangos, keep them at room temperature. They will continue to ripen, becoming sweeter and softer over several days. Once ripe, you can move mangos to the refrigerator until you're ready to eat them. Whole, ripe mangos may be stored for up to five days in the refrigerator. Never refrigerate mangos before they are ripe.

Easy as One, Two, Three

Cutting a mango is really quite simple. A mango has a long, flat seed in the center of the fruit. Once you learn how to work around the seed, the rest is easy.

Always wash the mango before cutting and use a clean knife and cutting board.

The slice and scoop method is an easy way to cut a mango:

- 1) Stand the mango on your cutting board stem end down and hold. Place your knife about ¼-inch from the widest center line and cut down through the mango. Flip the mango around and repeat this cut on the other side. The resulting ovals of mango flesh are known as the "cheeks." What's left in the middle is mostly the mango seed.
- 2) Cut parallel slices into the mango flesh, being careful not to cut through the skin.
- 3) Scoop the mango slices out of the mango skin using a spoon.

Full-Flavor Nutrition

Sliced fresh mangos can stand alone as a delicious, convenient, antioxidant-rich snack. But when it comes to recipes, there's nothing like the versatile flavor of fresh mango. Its tropical essence adds pizzazz to otherwise ordinary dishes.

SPINACH SALAD WITH MANGO VINAIGRETTE

Mango's intense flavor adds a taste of paradise to your favorite salad, without adding additional fat.

Makes 6 servings

Prep time: 15 minutes

1 (10-ounce) bag baby spinach
1 ½ large ripe mangos, peeled, pitted, and cubed
1 medium tomato, cored, seeded and finely chopped
½ cup toasted, chopped walnuts
½ cup sliced green onions
½ cup crumbled blue cheese
Mango Vinaigrette (recipe follows)
Freshly ground pepper to taste

Mango Vinaigrette:

Combine ½ peeled and pitted mango, 3 tablespoons extra virgin olive oil, 3 tablespoons white balsamic vinegar and ¼ teaspoon salt in a blender container or small food processor; blend until smooth. (May be made several days ahead and refrigerated until ready to serve.)

Place spinach, mango, tomato, walnuts and green onions in a large bowl. Drizzle with Mango Vinaigrette and toss well to coat. Add blue cheese and toss again very lightly. Serve immediately with freshly ground pepper.

Nutrition per serving:

194 calories, 5 g protein, 17 g carbohydrate, 13 g fat, 6 mg cholesterol, 244 mg sodium, 2 g fiber

The combined girls swim team of Menomonee Falls and Sussex Hamilton need timers for their home meets on the following dates:

September 4th – 6pm
September 13th – 1pm
October 2nd – 6pm
October 9th – 6pm

If you are interested in timing at one of the high school meets, please contact Peggy Cornejo at pcornejo@ikon.com.

MFSC BOARD MEMBERS

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