

Swimmers of the Month

ABBY SCHABEL

KRISTIN PILO

KAITLYN PILO

SPECIAL BIRTHDAY EDITION

SEE PAGE 2

Meets @ a Glance

November

3rd – 4th NSSC
Nicolet HS
16th – 18th LAKE
Schroeder YGLO
17th – 18th BST
Carthage College

December

1st – SWAT
Waukesha South
8th – 9th – MFSC
MFHS

January

4th – 6th – Notre Dame
12th – EBSC
Brookfield East
26th – 27th – MFSC
MFHS

February

1st – 3rd – SSTY
Schroeder YMCA
10th – OZ Big 8
Cedarburg HS
15th – 17th – OZ
Homestead HS
22nd – 24th 12&U
State
Feb 28th – March 2nd
13&O State

THE WATERLOG

NOVEMBER 2007

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

COACHES REPORT

Waterlog - November 2007

Swim Meet News:

We competed in 4 meets in the month of October. In doing so, we achieved *23 state cuts for the 2007 spring state meets (up from 13 cuts last season in October). Congratulations to Nick Bietz (2), Haley De Grace (3), Olivia Foht (2), Elizabeth Gilchrist (1), Keiji Halloway (2), Haley Lucas (6), Maryellen Pawley (2), Allison Ruka (4) and Sommer Semanek (1). The meets have been well attended but as always I continue to encourage all our swimmers to get involved. Thanks to all the support we received at our Fall Splash meet on October 21, 2007. For many new families and swimmers, this event was their first meet experience. As coaches, it is wonderful to see new swimmers getting involved and being part of our MFSC competitive program. Overall the meet ran smoothly and a personal thank-you to all involved in the organizing behind the scenes and to the volunteers who made the event a great success!

Club Activities:

I would like to thank the coaching staff and volunteer parents and officials who ran the small intrasquad meet on Wednesday October 10. I think this was a great learning experience for the swimmers new to the meet experience and helped prepare them for our own home meet on October 21. Great job to everyone involved!

We held our annual Halloween party on October 29. It was great to see so many swimmers enjoying the fun relays and the great treats after the event. Thanks to our social committee for all the hard work they do putting these events together!

Scheduled Activities:

A fall pre-comp session will be run from November 20-December 20, 2007. The session will comprise of 8 lessons with no lesson on Thursday, Nov 22, 2007 and Thursday, December 13, 2007. Lessons will run from 6:00-6:30pm and Tuesday's and Thursday's. Space is limited and will be filled on a first-come first-serve basis. We will once again keep the coach to swimmer ratio's to approximately 1-3 swimmers per instructor. If you know of any interested families, please contact Patty O'Connell to reserve your slot.

Staying Healthy Is Being Smart:

As the weather changes and it gets cooler, it is very important that all swimmers get changed after practice and do not wonder out into the cold evening in wet suits and exposed legs and feet. Hats, coats and closed shoes and socks are not optional! Please take this seriously and look after yourselves.

Please also remember NOT to share water bottles. This is one of the easiest ways to spread colds and other ailments which can set any athlete back for 1-2 weeks if they get sick.

* Excluding the OZ meet results since those were not available at the time of this article.

Continued – page 2

As always, I am available to answer questions from the parents and to discuss the progress of their child in the pool. For any questions you might have regarding specific workout issues or concerns, please direct them directly to your child's primary coach and then onto me if your issue was not resolved or if you would like to discuss the issue further. I can be contacted at: tiltmann@sbcglobal.net

See you on the pool deck.
Coach Laren



BIRTHDAYS,
BIRTHDAYS,
BIRTHDAYS



SEPTEMBER

- MORGAN FISCHER 9/1
- EMILY MARCOU 9/4
- BEN MIDLIKOWSKI 9/10
- EMILY BLACKWELL 9/15
- EMMA JANKOWSKI 9/16
- MELANIE MARKS 9/28



OCTOBER

- PEYTON DRIEBEL 10/2
- JENNA HREN 10/4
- EILISH ZEMBILCI 10/5
- CLAIRE YOUNGQUIST 10/7
- SEDONA KURTH 10/13
- NATHANIEL BOMM 10/20
- EMILY O'CONNELL 10/23
- KRINSTIN PILO 10/25



NOVEMBER

- RACHEL SIEBENALLER 11/1
- PAIGE DRIEBEL 11/9
- ERIN HANSON 11/10
- JORDAN YOUNG 11/25
- HALEY LUCAS 11/30



President's Note.....

MFSC is run by parent volunteers who fill a number of positions. Some of these are helping at meets while some are serving on the board of directors. There are 4 positions which will be open at the end of the Long Course session. That may seem like months away and it actually is. These positions will be Vice-President, Treasurer, Registration, and Publicity. The positions of Treasurer and Registration, while not difficult, should be shadowed for a while before a new person takes over.

Ted Hanson is our treasurer and has a wealth of information to offer. Ted has been involved in Club and on the board in various positions for 10 years. While we don't like to see Ted go, he has expressed that it is time for someone else to take over his position. If you are interested in knowing what all the position of treasurer involves please contact Ted Hanson (hansoniii@wi.rr.com). Patty O'Connell has been our registration person for the last 2 years and also has expressed an interest in pursuing other avenues. Her position, while not difficult, does require learning. If you are willing to consider this position please think about contacting Patty (BOC68@hotmail.com) and arrange to shadow what she does.

These are both board positions which do require attending monthly meetings as well as some additional responsibilities. MFSC has a great board who work well with each other. Meeting times and days are set up to meet the schedules of all members and we typically meet while the swimmers are in the pool.

Thanks to all of you who will consider taking over any of these positions. If you have questions about anything please don't hesitate to ask me or the person who hold the position currently.

Alicia



MFSC BOARD MEMBERS

- | | | |
|---------------------|-----------------|--|
| • President | Alicia Bietz | AMBietz@aol.com |
| • Vice President | Dave Curran | dcurran1@wi.rr.com |
| • Secretary | Nancy McDevitt | nzemilci@yahoo.com |
| • Treasurer | Ted Hanson | hansoniii@wi.rr.com |
| • Registration | Patty O'Connell | BOC68@hotmail.com |
| • Public Relations | Amy Olejnik | oly@wi.rr.com |
| • Meet Entries | Laurie Siehs | lsiehs@sbcglobal.net |
| • Fund Raising | Kathy Adams | jkadams@fastmail.fm |
| • Social Activities | Jean Lynch | JeanLynch4@aol.com |



NUTRITION UPDATE
FROM COACH MIKE

Before Competition & Training

The type of food swimmers eat prior to competition influences how well they perform in the water. The best pre-event meal should contain primarily carbohydrates. Carbohydrate – rich foods like pasta, breads and cereals are easily digested and absorbed.

Eat smart, eat right, eat in moderation, and stay healthy!

After Competition & Training

Swimmers should consume at least 70 grams of carbohydrates within 30 minutes, followed by an additional 75-100 grams every 2-4 hours there after. This will help restore their muscle energy (glycogen) levels before the next training session. Swimmers with low carbohydrates (40%) diets cannot recover their pre-exercise muscle glycogen levels before the next workout.

Avoiding Dehydration

Surrounded by water, swimmers are still vulnerable to dehydration, especially during the hot summer months. Dehydration as little as 2% of body weight can hurt performance. Unfortunately, thirst is not a good indicator of how much fluid a swimmer needs. To prevent dehydration, swimmers must drink plenty of fluids before, during, and after a workout or competition. Research has shown that consuming carbohydrate along with fluid can help maintain performance during training sessions. A properly formulated sports drink provides fluid and will be a more convenient way of getting carbohydrate without eating solid foods. Here are some guidelines to optimize hydration.

Weight in before and after practice and drink at least 2 cups (16 oz) of fluid for every pound of weight loss.

*Keep a fluid bottle by the side of the pool when working out and drink between repeats and sets. **DO NOT** share your water bottle with your team mates! This is very unhealthy! Sickness will fly through the team. Keep your germs to yourself.*

*Choose sport drink like **Gatorade, Power Aid, Exceed, All Sport, or others** that taste good, stimulate fluid absorption in the body, maintain proper fluid balance in the body, and provide energy to working muscles.*

Sometimes, it is best to dilute this drink as much as 2 parts water to one part drink. Some swimmers will experience increased thirst, stomach upset, or other discomforts when drinking full strength sports drinks while practicing.

Avoid carbonated drinks such as pop, (soda) mineral water. They cause stomach bloating and reduce fluid intake. While you may think they help your thirst, they actually cause it and the caffeine in many drinks also help to dehydrate you.

Avoid caffeinated beverages. They are diuretics and contribute to fluid loss.

Coach Mike

WORD SEARCH

Find the first names of the 2007 World University Games Men's Team

(There are two Matthews, but just find one – and there is both a Matt and a Matthew in the word search)

A R F K C I R T A P L R
O N N A L E X M D S E Y
G I O R A N A E H A A
N A R F D V N T H A H M
K T E A C I I T Z U C N
N R M N E D O U G N I D
A S A L O H C I N A M A
Y Y C I H P E S O J D V
R W E H T T A M H T A I
B M O Y H T O M I T H D
P E T E R E L Y T Y C P

Fran Crippen
Pogioi

Joseph Doyle

Matt Grevers

Michael Klueh
Thoman

Cameron Hollinger
Vanderkaay

Ryan Hurley
Wie

Chad La Tourette

Timothy Liebhold

Matthew Lowe

Bryan Lundquist

Daniel Madwed

Matthew McGinnis

Patrick Mellors

Tyler O'Halloran

Shaun Phillips

David Plummer

Giordan

Adam Ritter

Hongzhe Sun

Nicholas

Alex

Doug Van

Peter Verhoef

REMINDER – Kitchen Donations:

- Food donation sign up sheets are posted a few weeks before the meet at the pool.
- Since running a swim meet benefits the entire club, all families are expected to donate food items or a monetary amount. This is not considered a fundraiser for family credit but is in support of the club.

If you didn't supply a food item in October, please remember to give your \$5 to Jean Lynch. For reference, since the December meet is 2 days long, if you do not make a food donation, you will be required to donate \$10.