

Swimmers of the Month

JACKIE HREN
OLIVIA
SHERMAN
ELIZABETH
MILLER

BIRTHDAYS

JANUARY

Ben Perry 1/6
Allison Ruka 1/20
Megan Taugher
1/22

Meets @ a Glance

JAN 5-7TH – NOTRE DAME UNIVERSITY

JAN 13TH – EBSC, BROOKFIELD EAST

JAN 27-28TH – MFSC, HOME MEET

FEB 2-4TH – NBSC, UWM

FEB 16-18TH – EBSC, WAUKESHA SOUTH

FEB 23-25TH – WEST, WAUKESHA SOUTH

MARCH 1-4TH – SEAY, SCHROEDER

REGISTRATION NEWS

Just a reminder that final installments for swim fees (including any outstanding fundraising balance) is due on 1/5/07 to the O'Connell mailbox. Please check your emails for billing statements. If you have any questions, please do not hesitate to contact me!

Patty

THE WATERLOG

JANUARY 2007

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

COACHES REPORT

Happy New Year!

December was a very eventful month in the pool and I trust everyone had a wonderful holiday season. Congrats to all the swimmers who participated in the two meets in the month of December. During our home meet, Allison Ruka broke the 8&U 100 butterfly record which has stood for 11 years. Well done Allison! Also, thanks to all our parents and volunteers who helped make our December meet such a wonderful success. Without all your efforts, running our meets would be impossible.

On the topic of meets, I wanted to take a moment to address meet warm-ups. We do ask that all our meet swimmers be at the meets promptly at the time specified by the coaches. We do realize that this is often over 1 hour before the meet begins, however we do that for a number of reasons. Meet size varies year to year and it is very difficult for us to predict how full the meet will be and therefore how many swimmers will be in the pool during warm-ups. Thus, we give our swimmers plenty of time to stretch and have enough time to get a quality warm-up completed. Secondly, having swimmers arrive late creates a situation which is very disruptive for all the swimmers and the coach. The coach is forced to leave the lane where he/she is conducting warm-up to find an alternate lane for the late swimmers to swim. This divides the warm-up swimmers into 2 lanes, often on opposite sides of the pool. Also, this creates an unsafe period when the coach is not watching the swimmers conducting their warm-up in an attempt to find the late swimmer a lane to swim in and provide them with a warm-up. (Not only that but when the coach returns to the major group doing their warm-up, they are often unable to watch the late swimmer warming up when the 2 lanes are far apart.) As you can surmise, this is not an optimal situation. Please follow the warm-up guidelines and be on time. If you do have a problem getting to a meet or know you will be late, please let the coaches know at the last practice before the meet and that way we can plan for this situation. Thanks for your co-operation with this very important part of the meet day process.

Finally, Jeff Sawatzke has agreed to keep a regular posting (on our message board at the pool) of the National Age Group Motivational Times listing for all our swimmers as they achieve these standards.

In summary, the system works as follows:

Times are broken down by sex, age group and event for short course yards (our pool length), long course meters (50 meter pool) and short course meters (25 meter pool). Times are classified from slowest to fastest as B, BB, A, AA, AAA, AAAA. Swimmers and parents can track their progress by noting if the swimmer achieved any level of motivational time standard. The slowest time standard is a 'B' and the fastest a 'AAAA'. Although these times do not qualify the swimmer for any specific meet, they are a great way for the swimmer to track their progress across a national database of times for swimmers in their age group.

I trust that all our swimmers enjoyed the activities at our Christmas party held on December 20. Thanks to our social committee for the wonderful food we all enjoyed after practice! I also wanted to recognize and thank Coach Mike for donating all the raffle prizes given away that evening. Thanks Coach Mike!

Finally I wanted to thank the MFSC membership for the generous gifts received by all the coaches. I know we all appreciate them very much. Thank you!

See you on the pool deck.

Coach Laren



