

The WaterLog

COACHES REPORT

November 2009

**SWIMMERS
OF THE
MONTH!**

Jason Hunt

Porter Brodlo

Howdy!

We have been up and running for about two months now. Swimmers continue to progress in the pool, but the weather outside is starting to turn on us. Make sure your swimmers wear the appropriate cold weather clothing to practice, and dry off before stepping outside to find their ride home.

Events:

We swam in four meets in the month of October. Our first meet was the SWAT distance meet, Oct. 3rd at Waukesha. Many swimmers had the chance to swim longer events not normally swum on a regular basis. October 10th & 11th we took a trip up to Fond du Lac for the High Point Classic Meet. October 23rd & 24th we took a trip over to OZ for the Fall Classic. Finally October 25th we hosted our annual Fall Splash. The meet ran smoothly and our swimmers swam fast. We had multiple high point winners, Lucas Moran 3rd place for 8yr old boys, Siddhant Jain 2nd place and Jack Ragland 3rd place for 10 yr old boys, Sam Siebenaller 3rd place for 11 yr old girls, Maryellen Pawley 2nd place and Haley DeGrace 3rd place for 12 yr old girls. We also had many top finishes for the 13 & over group. Congratulations swimmers!!!

Looking Ahead:

We have two meets in the month of November and two in December (including our home meet). If you didn't reserve swims ahead of time you can still sign up on the waiting list for swim meets this year, just make sure your name is on the list on the bulletin board before the deadline for each meet.

Remember starting at the end of November, snorkels are now required for all of our groups except SN and Pre-comp. We will be incorporating them into work-out as they are a great tool for improving technique. If you would like to pick one up at a discounted price please sign up on the bulletin board and pay before November 16th to be included in the group order from Finis. Otherwise they can be purchased at Walter's or any other swim supply outlet (If you choose this option make sure to get the "Swimmer Snorkel").

Again thanks to all parents/volunteers for helping out with our home meet and making it a success. I have never seen so many people in the stands. It was a great site to see from the deck!

Coach Scott Mueller

BIRTHDAYS:

NOVEMBER

HANNA BROWN
PAIGE DRIEBEL
BRAD KRUPPE
HALEY LUCAS
IZAK ROSCHER
RACHEL SIEBENALLER
JORI YOUNG

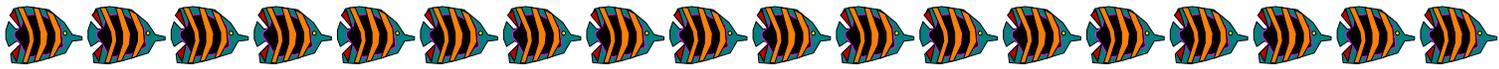
DECEMBER

JACOBUS ROSCHER
ERIN TOBOYEK

JANUARY

OLIVIA EISENHAEUER
LUKE MILLER
BEN PERRY
LUCAS RUNINGEN





PRESIDENT'S REPORT

Hello everyone...I would like to touch base on a couple of areas pertaining to communication. One being steps taken to contact families during an emergency situation (like our pool being down) and the other our new website.

When Emergency Issues Arise:

As you know, emergency situations, like the one we recently had with the pool being down, do occur. Our main form of communication with you will be e-mail, however, our Board has also developed a “**Phone Tree**” so you will receive a call in addition.

Team Unify...New Website:

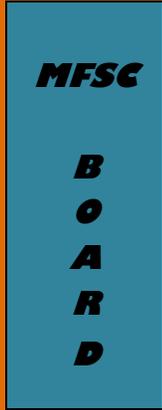
As you know, we recently introduced our new website through Team Unify. This program allows families secure access to their family account at any time, shows payments, fundraising credit balance, communicates all meet information, provides families with individual swims selected for an upcoming meet for their swimmer, lists meet results...all of this information available to you in one place. Now that everyone is a bit familiar with our new website, we are planning a mandatory parent meeting (***at least 1 parent from each family***) to discuss certain features that families will be required to use and answer any questions you may have. **JUST THINK...**The days of having to go into the pool to sign up to work a swim meet are over...**yeah!** This website gives you the ability to sign up while in the convenience of your own home. The date of our “MANDATORY PARENT MEETING” is _____.

Know that our goal is to keep you up-to-date at all times. It will be of utmost importance to update your personal data on your swimmer’s account so that if needed we will have the most current information to get in contact with you at a moment’s notice. Thank you for your patience and understanding during our recent pool situation.

Laurie Siehs

...Mark Your Calendars...
MANDATORY PARENT MEETING: NOV. __, 2009

- Laurie Siehs, President.....lsiehs@sbcglobal.net
- Connie Siebenaller, Vice President.....csiebenaller@directs.net
- Rachel Wagoner, Secretary.....wagonerl@milwaukee.k12.wi.us
- Amy DeGrace, Registration Chairperson.....wdegrace@wi.rr.com
- Renee Boehler, Treasurer.....rboehler@wi.rr.com
- Kate Ragland, Fundraising Chairperson.....ragland0668@wi.rr.com
- Shelley Semanek, Public Relations.....shellsem@earthlink.net
- Sue Bomm, Meet Entries Chairperson.....weswim1@gmail.com
- Judy Neale, Social Activity Chairperson.....mneale@wi.rr.com
- Lisa Seiler, Social Activity Chairperson.....lseil@att.net
- Lori Foht, Kitchen Chairperson.....tfoht@wi.rr.com
- Margo Lucas, Kitchen Chairperson.....mlucas11@wi.rr.com





Working Home Meets

For those of you who attended our home meet on Sunday, October 25, I'm sure you have a good idea what it takes to run a meet. Here is a breakdown of all that goes into our home meets:

- ✚ For our Meet Entry Coordinator, Sue, she gives all of our Club entries (pre-registered & waitlisted swimmers) to our coaches to get our swimmers entered in our meet. Then, the fun begins!
- ✚ Meet Director, Jim, communicates to our Vice President, Connie, how many swimmers from our Club are swimming. From there, Connie figures out how many positions are needed to be filled for that meet. If this is a two-day meet, this is two-fold.
- ✚ Jim & Connie also go through the award ribbons & order trophies when needed. We never want to run out of these as the kids **LOVE** this part of a meet. Extra thought is put into the "heat winner" awards for the 10 & under kids so that they can receive something "fun" at the end of their race. Our efforts in this recently have been noticed by many teams.
- ✚ Our Fundraising Chairperson, Kate, sells ads for the heat sheets families purchase at our meets. This information has to then be given to our Meet Director so that he can have these ads in the heat sheets and then runs off the # of heat sheets we think we will sell at a meet.
- ✚ Our Kitchen Coordinators, Lori & Margo, then are given the total # of swimmers attending the meet (from all clubs) so they can then determine the amount of food needed...**this is no easy task as every meet varies in how much food families purchase, as many bring their own.**
- ✚ Then, in order to offer our families a fundraising option, Lori figures out what foods she could have donated and calculates a fundraising amount to offer for that particular food item.
- ✚ We have been given the OK from the high school to use one of their kitchen milk coolers so that there is no more hauling of 20 lb. bags of ice, in the dead of winter, so that we can keep beverages cold for families.
- ✚ Communication with the high school custodians is also a key role as they need to help us with # of chairs needed for each meet, # of tables needed in the kitchen, admissions, awards & clothing area.
- ✚ For our two-day meets, the Clothing Chairperson, Jean Jankowski, is also made aware of the # of swimmers attending so she can prepare to haul in boxes upon boxes of suits, t-shirts, sweatpants, goggles & swim caps so we have the option of selling at our meet.
- ✚ **DAY OF THE MEET:** We have to plan for the "unexpected". Even with the best laid plans, something will without a doubt happen and we will have to adjust. This is why we ask for additional families to help out at meets. It is possible the position you are signed up for may not be busy for a good portion of the time, but when you are busy, you are **BUSY! We need you...there is no doubt!** So, please, sign up to work. If you can't make it due to illness, please either find a replacement or contact Connie at csiebenaller@directs.com (or call 262-501-8462) to notify her so we can fill your position. The day of the meet we shift gears many times to accommodate whatever issues arise. Also, please know that your efforts do not go unnoticed. We could not run these meets without our families.

Thank you! Thank you! Thank you!



Pain vs. Discomfort

It is important for a swimmer to do everything possible to prevent over-training, over-reaching, injury and illness, and a major element in this prevention litany is the ability to differentiate between pain and discomfort.

This might seem to be a trivial distinction, in reality it is what makes successful participation in athletes long standing.

There is obviously a difference between pain and discomfort, usually a question of duration and degree. It is up to the individual athlete and the coach, to know where the boundaries lie and what the consequences are if they are crossed.

We must also add the concepts of the present time and delayed onset pain or discomfort to the mix to provide a more complete and accurate picture of what is happening as the event progresses.

Every athlete worth his/her sweat gets better only by forcing their body through the rigors of sport specific training and any appropriate and beneficial cross training. This will guarantee discomfort both immediate and delayed.

Sometimes an athlete will be in all over pain, and it can last for quite a while. While many athletes need to have this feeling to be sure they are training at a level that will produce results, the discomfort may cause others to drop down in intensity and stay within their "comfort zones". Experience in a particular sport will usually help the athlete learn to deal with this reaction in an adaptive and positive way.

An athlete should move in and out of the comfort zone, this is sound physiological practice and creates adaptability necessary for continual improvement.

The mental and emotional aspect of this reaction to training is centered on the perception of the progression from discomfort into pain, and this is something that must be successfully dealt with if the athlete is to progress.

Pain is Nature's way of protecting the body from imminent damage or greater injury later on. There is nothing wrong with backing down from pain, especially if it becomes localized, intense, and unremitting.

Training past this kind of sensation can be strongly negative and derail the training schedule. If the pain is skeletal-muscular, conditioning and or rehabilitation may bring the athlete back. If pain is repeatedly sensed to come from an internal source, medical attention is required.

If the perception of pain in an otherwise sound athlete keeps interfering with performance, then the mental or emotional aspect must be addressed and a cause sought out and corrected. Often it takes a sports psychologist or other expert to get to the root of the problems and place things in proper perspective.

Submitted by: Coach Mike Laabs