

## Coach's Report:

### *Howdy!*

December is over and it looks like winter is finally here to stay. Please remember to pick up your swimmers INSIDE the pool, don't make them wait outside. Also remember your winter hats! Please join in on No Junk Food January and make your best effort to start off the New Year in a healthy way.

MFSC re-wrote our record books this December breaking 8 team records. Sam Siebenaller led the way breaking four; Cassie Stegner and Devin Testin both broke two team records all in December. Usually most records fall at the end of the season instead of mid-season, we will have some very exciting/fast swimming to look forward to in February and March when we rest for our championship meets!!!

#### **Events:**

December featured two meets. First was our home meet. This was an excellent meet. We had a lot of fast swims, some of our younger swimmers gained racing experience and overall it ran very smoothly thanks to our parents!!!

The Nike Invite was the following weekend in Waukesha. We had another very good meet with a lot of our swimmers making it back at night in finals and achieving new state qualifying times. Swimmers had multiple best times and great races, congrats to all of our swimmers as this was a break through meet for us, the senior team swam exceptionally well for a mid-season meet.

The same weekend Sam Siebenaller swam at Junior Nationals in Austin TX. This meet featured elite swimmers from all over the country, Sam swam great and is the perfect example to our younger swimmers of why hard work pays off! Congrats Sam!

We have a couple meets in January. The SWAT meet is our first meet down in Pleasant Prairie, the following weekend EBSC hosts a meet in Brookfield for our Age Groupers. The next meet in January is the Shorewood meet and the last is our final home meet of the year for the 12&unders. Please look at meets in February, as they are all open for swims if you didn't reserve swims ahead of time.

February is the last month to swim in meets so I encourage everyone to sign up. The last chance meet is the OZ Regional Meet Feb 19-21. This is the last meet to make state cuts and swim fast. Many of the groups will be focusing on this meet and we will be resting our swimmers for this event, so please sign up!

Keep up the good work and please remember your water bottles at practice everyday!!!

***Coach Scott***

## Making Waves ~ Featuring Silver and Gold Age

Silver and Gold Age got off to a great start this season. As a group we have achieved a number of new state cuts and we have quite a few swimmers (including some 10-year-olds) who are close to achieving their first 11-12 state cuts!

The main focus over the past few months has been improving stroke technique, building endurance for some of our longer events like 200s and 500s, and developing good training habits. I have been so impressed with how hard this group works, how dedicated they are to be at as many practices as possible, and how much they are improving in practice and at meets. One of the many practice highlights from this season is Kailyn Benoit breaking the Silver Age 400 kick for time record!

As we get ready for the end of the season we will be working on more race specific skills, refining our starts, turns, and finishes, and preparing for our end-of-the-season taper meets which will be Regionals and State. I am very excited to see how all of our hard work will pay off at these meets!

***Coach Jennie***

## Swimmers of the Month:

***Carter Mason—Silver Novice***

***Akshara Krishna —Gold Novice***

***Lilah Gingery—Bronze Senior***

## Important Dates to remember:

- ❖ 1/10: Escape to Hawaii @ Brookfield East
- ❖ 1/14: NO PRACTICE for SN/GN/BA
- ❖ 1/14: Panera Bread Night
- ❖ 1/23-1/24: Shorewood IMX Challenge @ Shorewood HS
- ❖ 1/28: NO PRACTICE for SN/GN/BA
- ❖ 1/30: Home Meet
- ❖ 1/31: Big 8 @ Cedarburg HS

## Article of the Month:

- ❖ Swim Meet Etiquette:  
<http://www.teamsopris.org/Uploads/file/Resources/MeetEtiquette.pdf>
- ❖ Swimming Lingo:  
<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1703>

## January Birthdays

Sam Piette	Elijah LaCombe
Abby Duch	Parker Shiley
Aajav Bhavsar	Payton Meyer
Gabby Barnes	Akshara Krishna
Drew Testin	Devin Testin
Mya Suneja	Micahel Kaczmarek