

SWIMMERS OF THE MONTH

- Megan Wagoner
- Komal Khatri



Meets @ a Glance

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

OCTOBER 2008

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

COACHES REPORT



Howdy!

Welcome all new swimmers and families! So far we have put in a lot of great work in the pool that will pay off at the end of the season. Early last month I attended The American Swimming Coaches Association World Clinic in Las Vegas. It was filled with many inspiring and informational presentations. Some speakers included Bob Bowman (Michael Phelps's coach), Gregg Troy (Ryan Lochte's Coach) and Mark Shubert 2008 Olympic Team Coach. Many topics were discussed and I have already started implementing some of them into our program.

Events:

September was fairly quiet and only featured our intra-squad meet. This was a great opportunity for many of our new and younger swimmers to get the feel for the format and atmosphere of an official meet. We did a great job, thanks to all the parents that helped make this meet run smoothly.

Looking Ahead:

We will have 5 meets for the month of October. The seniors have a meet in Waukesha Oct. 4th. Friday October 10th we will have a dual meet at Homestead against OZ. The following day the age-group swimmers have the EBSC meet. October 18th is our home meet. The following weekend the seniors have a three day meet at Homestead High School.

The Nike warm-ups, caps and suits have already started arriving. Everything should be ready for pick up with in the next couple of weeks. I look forward to this upcoming month and am excited to see the many new faces around the pool.

- Coach Scott Mueller



Halloween Swim Night



When: Thursday October 30th

Where: At the Pool

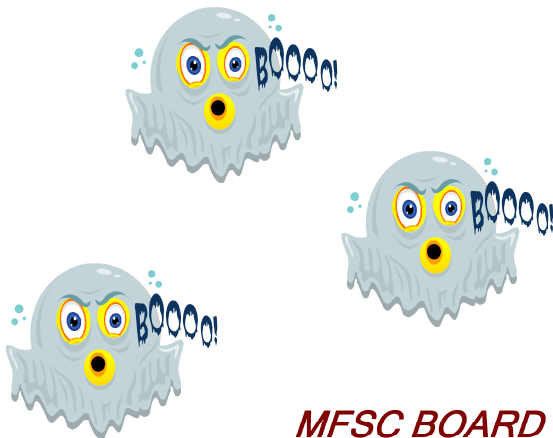
Time: 5:45-6:45 for all groups.

Be ready for crazy water games in the pool. Stay afterwards for a Halloween Party in the lobby.

Please sign up to bring your favorite dish or desert to share. There is a sign up sheet at the pool. Thanks

Any questions call or email Jean Lynch @

703-4142 or jeanlynch4@aol.com



MFSC BOARD MEMBERS

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WORD SEARCH

Find these famous Olympians

T O R A C E Y J R
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D O O L E G A A U
W R U L T F N N S
R S A Y Y C A R T
E M A T L A C I M

Mark Spitz
Janet Evans
Jenny Thompson
Summer Sanders
Natalie Coughlin

Tracey Caulkins
Amy Van Dyken
Michael Phelps
Matt Biondi
Rowdy Gaines





GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine — choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day
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<p>Find your balance between food and physical activity</p> <ul style="list-style-type: none"> Be sure to stay within your daily calorie needs. Be physically active for at least 30 minutes most days of the week. About 60 minutes a day of physical activity may be needed to prevent weight gain. For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required. Children and teenagers should be physically active for 60 minutes every day, or most days. 	<p>Know the limits on fats, sugars, and salt (sodium)</p> <ul style="list-style-type: none"> Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these. Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low. Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.
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BIRTHDAYS!!!



August

Sam Neale
Jordan Cernika
Jack Ragland

September

Morgan Fischer
Ben Midlikowski
Taylor Kessinich
Emma Jankowski
Melanine Marks
Emily Marcou
Emily Blackwell

October

Peyton Drieble
Nathan Bomm
Emily O'Connell
Jenna Hren
Elish Zembilci
Claire Youngquist

Hello MFSC Families:

If you didn't already know, we give out chevrons to swimmers for making certain achieved times. The motivational times for Short Course Yards and Long Course Meters is included with your binder. This season (fall/winter) we are following the times for Short Course Yards since all meets will be held in a yardage pool. The spring/summer session you will follow the Long Course Meters when swimming in a 50 meter pool. If we happen to be swimming in a yard pool over the summer (such as our home meet), then follow Short Course Yards.

Once your child has obtained a motivational time, let me know the swimmer's name, event, and standing (B, BB, A, etc.) by slipping a note into the Lucas mailbox. I will then place the chevron/s in your mailbox.

If you want to see what the chevrons look like, there are some in the showcase box outside the pool area. These can be fun to collect and/or sew onto a sweatshirt or jacket.

If you have any questions, please feel free to ask. I can be reached at 262-252-3159 or mlucas11@wi.rr.com.

Thanks,
Margo Lucas

