

**Swimmers of  
the Month**

**KYRAN YOUNG**

**ALLIE  
RAGLAND**

**EMMA NEALE**

**Meets @ a  
Glance**

**October**

13<sup>th</sup> – EBSC  
Brookfield East  
20<sup>th</sup> – OZ  
Homestead HS  
21<sup>st</sup> – MFSC  
MFHS

**November**

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

**December**

1<sup>st</sup> – SWAT  
Waukesha South  
8<sup>th</sup> – 9<sup>th</sup> – MFSC  
MFHS

**January**

4<sup>th</sup> – 6<sup>th</sup> – Notre  
Dame  
12<sup>th</sup> – EBSC  
Brookfield East  
26<sup>th</sup> – 27<sup>th</sup> – MFSC  
MFHS

**February**

1<sup>st</sup> – 3<sup>rd</sup> – SSTY  
Schroeder YMCA  
10<sup>th</sup> – OZ Big 8  
Cedarburg HS  
15<sup>th</sup> – 17<sup>th</sup> – OZ  
Homestead HS

**22<sup>nd</sup> – 24<sup>th</sup> 12&U**

State

**Feb 28<sup>th</sup> – March 2<sup>nd</sup>**

13&O State

# THE WATERLOG

OCTOBER 2007

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

## COACHES REPORT

Waterlog - October 2007

Welcome back to returning swimmers and welcome to all new swimmers joining Menomonee Falls Swim Club for the first time. We are glad to have you all as a part of our MFSC family.

I have a few reminders for the upcoming season:

1. After a busy summer, we will return to our regular practice schedule with SN, GN, BA and Masters swimming in the first session (5:45-6:45/7:00pm) and SA, GA, BS, SS and GS swimming in the second session (6:45-8:30pm).
2. No swimmers are to enter the pool deck area before a MFSC club coach arrives at the pool. Swimmers should be dropped off between 5:30-5:45pm.
3. In regards to health and safety, we ask that no younger siblings be allowed to play on the bleachers during practice and that all siblings be supervised by an adult during practice.
4. If you do have swimmer siblings at the pool, please ensure that they are monitored and not allowed to roam the school (outside of the pool area) unsupervised.
5. Once swimmers, parents and siblings have entered the pool, please stay in the bleachers until the group is called to being stretching. Do not wonder the pool deck or stand in the pool gutter or on the stairs that enter the pool. The high school coaches are very adamant about this point and will shut us from the pool if we do not comply.
6. Please check your calendars for days when we do not have practice in any given month. Typically on Thursdays, the high school hosts high school meets and we as a club do not have access to the pool. Please check your calendar for these days before dropping your swimmers and having your swimmer find there is no practice.

Non-practice days in October: Thursday October 4<sup>th</sup> & 11<sup>th</sup>.

The MFSC coaching staff for the 2007-2008 winter (short course season):

Head coach:

Laren Tiltmann (Primary coach for BS, SS & GS)

Assistant coaches:

Mike Laabs (Primary coach for GN, SA & GA)

Freddie Mertzig (Primary coach for BA and assists with BS)

Jodie Graunke (Primary coach for SN)

Kristen Lund (Primary coach for Masters)

Please direct all questions regarding your swimmer and their group to their primary coach. If you feel you are unable to get an issue resolved or simply want to discuss an issue with me instead, please email me to set up a time to meet.

I also wanted to welcome Jodie Graunke to our coaching staff in an official capacity. She has been a parent with the team for a year and has a senior swimmer (Dana) in the program. We are very excited to have her on our staff. Jodie brings teaching experience and enthusiasm to ensure that our SN group develops in a fun learning environment. Welcome Jodie! As many of you know, Coach Kristen (our primary master's coach) is traveling the world and will return to the program in November 2007.

*A bran, a germ, and an endospore.* (p)

Continued – page 2

We will be hosting our first home meet on Sunday October 21, 2007. You will see a signup sheet posted outside the door to the coaches office. Please remember that we cannot run a meet without help from a parent membership. Please sign up as soon as possible.

We are in the process of trying to make our team website more valuable as an up-to-date information source. You can find our website at:

[Http://www.mfswim.org](http://www.mfswim.org)

On a communication note, we do communicate with all members through our email system. However, we also do have mailboxes in the pool office (Big blue box). Each family will be given a folder and other timely information will be placed in these folders. Please check your pool mailbox each time you are at the pool or attend practice. If you find that you do not have a mailbox, please inform our registration chair, Patty O'Connell.

If you do need a cap or goggles, please remember that we do sell goggles and caps out of the office. We require that all swimmers with long hair to wear caps. Goggles are a must for all swimmers!

Finally and as always, I welcome the opportunity to conduct one-on-one parent-coach conferences to discuss your child, their progress in the program or any questions about the program or its functioning. If you are interested in a conference, please feel free to set up a time and date by e-mailing me at:

[ltiltmann@sbcglobal.net](mailto:ltiltmann@sbcglobal.net)

See you on the pool deck.

Coach Laren.



Welcome back to Short Course 2007!!!

First and foremost, I would like to welcome the many new families that we have joining us. We are happy to have you and your children and want you to feel a part of the MFSC family right away. Please feel free to ask questions of any of our members or board members. I encourage all of our existing members to extend a warm welcome by introducing yourself to an unfamiliar face.

I would also like to welcome Jodi Graunke to the MFSC coaching staff. Many of you have probably already seen her hanging out at the pool in the role of a swimmer-parent. But now, she is hard at work coaching the Silver Novice swimmers. She is doing a great job and we are so fortunate to have her.

Many of our swimmers are adjusting to new groups and/or coaches. This can be a time of apprehension, disappointment, or excitement. Moving up means your swimmer is developing, but with that improvement comes more commitment, i.e. yardage, more time, and more demands. Just as students in school need to adjust to heavier workloads or teachers with different personalities and styles the same thing is true with coaching.....in any sport! Please keep in mind that as your swimmer progresses up in levels and the practices become more (difficult and - delete) demanding our coaches are working on ways to keep practices fun, yet challenging. Whatever the case may be, please talk to your primary coach if you are sensing a problem. Above all continue to support and encourage your swimmer.

Finally, MFSC will host three home meets this season; October, December, and January. As always we need parents to run these meets. Sometimes it means working the entire meet other times it is only a session or two. Whatever the case may be, please mark your calendars and thanks in advance for helping.

See you around the pool,  
Alicia Bietz

*A Note on Meet Entries...*

Although our short course meets officially begin on October 6, meet entries have been in full swing for a couple of months now. I'm learning very quickly how helpful & important it is when families register early. There are multiple deadlines to meet while making sure that we have dotted every "i" and crossed every "t". To add to the mix, we understand that life happens and you can't always make swims you have reserved. When this happens, please notify me ASAP so that I can attempt to find someone who can fill your swimmer's spot. With this said, if I cannot find anyone, you will be held financially responsible for those swims. This is due to the fact that those swims have already been paid for by our Club. The same holds true for swimmers who are registered but do not show up for a meet. This swimmer is considered a "No Show" and will be held financially responsible. If you are sick and cannot make the meet, please let a coach know. If you are on a relay, the coach will then try to fill your relay spot. If they are unable to fill your spot, but you have notified them that you are sick, you WILL NOT be charged for the entire relay. If you HAVE NOT notified the coach and just do not show up, if the relay cannot swim, you will be charged for the ENTIRE relay. For those swimmers wishing to swim but have not registered, please check the MFSC Board for a "Waiting List". This is our way of offering you a "last chance" to get in *IF* additional swims are allowed. If you have questions, don't hesitate to contact me. I'll always do what I can to help. Thank you, Shelley, for all of your continued guidance...your help is truly appreciated!

*Laurie Siehs*

Meet Entry Coordinator

Home Phone: 262-251-1703

Home E-mail: [lsiehs@sbcglobal.net](mailto:lsiehs@sbcglobal.net)

### Halloween Swim Night

When: Monday October 29<sup>th</sup>

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.

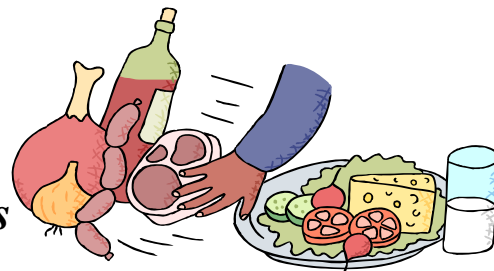
Please sign up to bring your favorite dish or dessert to share.

Any questions call or email Jean Lynch @ 703-4142 or [jeanlynch4@aol.com](mailto:jeanlynch4@aol.com)



**NUTRITION UPDATE**  
FROM COACH MIKE

**Whole Grains**



**Myth:** *If I'm eating wheat bread, I'm I eating whole grain.*

**Fact:** *Whole wheat is not the same as whole grain.*

**Myth:** *Wholes grains are purely a source of carbohydrates.*

**Fact:** *There is a lot more to whole grains than just carbs!*

*Carbohydrates are a vital part of any athlete's diet. This slow burning fuel allows production of energy for extended workout periods. Monitoring total carb intake has been a staple of performance diets for a long time. However, more recently it has become equally important to diversify your carb intake with plenty of whole grains.*

**Examples of whole grain food servings:** *one cup of whole-wheat pasta, a half-cup of sweet potatoes, two cups of air popped popcorn, half cup of oatmeal, a slice of whole grain bread, or an ounce of bran cereal.*

*Fruits, vegetables and refined grains share many of the same nutritional benefits as whole grain, but none can boast the same quality. Each has its place in a successful athlete's diet, but adding whole grain is a long over due – and tasty – habit to form.*

**Test Your Whole Grain Knowledge**

*A whole grain contains:*

- a) *A man, a burm, and a tire.*
- b) *A band, a term, and an exam.*
- c) *A fan, a perm and a worm.*
- d) *A bran, a germ, and an endosperm.*

*Look for the correct answer hidden somewhere in the Water Log.*



**MFSC BOARD MEMBERS**

|                            |                 |  |
|----------------------------|-----------------|--|
| ● <b>President</b>         | Alicia Bietz    | <a href="mailto:AMBietz@aol.com">AMBietz@aol.com</a>         |
| ● <b>Vice President</b>    | Dave Curran     | <a href="mailto:dcurran1@wi.rr.com">dcurran1@wi.rr.com</a>   |
| ● <b>Secretary</b>         | Nancy McDevitt  | <a href="mailto:nzembilci@yahoo.com">nzembilci@yahoo.com</a> |
| ● <b>Treasurer</b>         | Ted Hanson      | <a href="mailto:hansoniii@wi.rr.com">hansoniii@wi.rr.com</a> |
| ● <b>Registration</b>      | Patty O'Connell | <a href="mailto:BOC68@hotmail.com">BOC68@hotmail.com</a>     |
| ● <b>Public Relations</b>  | Amy Olejnik     | <a href="mailto:oly@wi.rr.com">oly@wi.rr.com</a>             |
| ● <b>Meet Entries</b>      | Laurie Siehs    | <a href="mailto:siehs@sbcglobal.net">siehs@sbcglobal.net</a> |
| ● <b>Fund Raising</b>      | Kathy Adams     | <a href="mailto:jkadams@fastmail.fm">jkadams@fastmail.fm</a> |
| ● <b>Social Activities</b> | Jean Lynch      | <a href="mailto:JeanLynch4@aol.com">JeanLynch4@aol.com</a>   |

**WORD SEARCH**

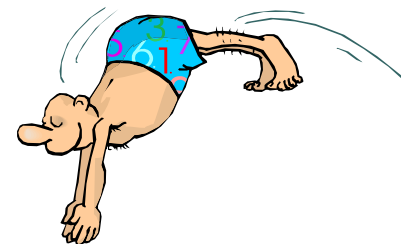
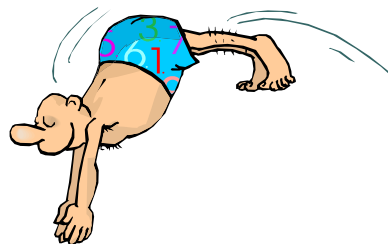
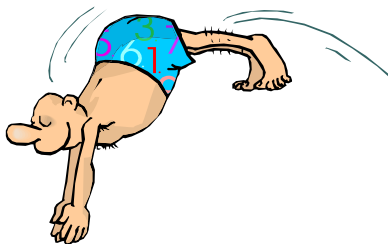
*Fine the first names of the U.S. women's swim team for the 2007 Pan American Games in Rio de Janeiro, Brazil.*

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

**Caroline** Burckle  
**Katie** Carroll  
**Maritza** Correia  
**Teresa** Crippen  
**Leah** Gingrich  
**Kirsten** Groome  
**Keri** Hehn

**Kathleen** Hershy  
**Courtney** Kalisz  
**Michele** King  
**Emily** Kukors  
**Caitlin** Leverenz  
**Claire** Maust  
**Michelle** McKeehan

**Ava** Ohlgren  
**Allison** Schmitt  
**Julia** Smit  
**Lauren** Thies  
**Brielle** White  
**Samantha** Woodward  
**Elizabeth** Tinnon



# Menomonee Falls Swim Club CHAIR ORDER FORM

## STADIUM CHAIR



w/ 1-Color Printed Logo  
& Individual Name (optional)

**COLORS: Navy**  
**-or- Red**

# \$35

| Qty | Chair Color | Name Personalization | Total \$ |
|-----|-------------|----------------------|----------|
|     |             |                      |          |
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|     |             |                      |          |
|     |             |                      |          |

Information (Please Print)

|                       |
|-----------------------|
| <b>Name</b>           |
| <b>Phone # (    )</b> |

**Make Checks Payable to: MFSC**