

THE WATERLOG

JUNE 2007

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

Swimmers of the Month

SAMANTHA SIEBENALLER

MCKENNA COULTER

CRYSTAL BELL

BIRTHDAYS

JUNE

FLYNN DEWALT 6/4

HALEY DEGRACE 6/11

ADRIAAN ROSCHER 6/13

WILHELM ROSCHER 6/13

OLIVIA FOHT 6/24

ELIZABETH GILCHRIST 6/25

NATE STURM 6/25

MCKENNA COULTER 6/27

DANA GRAUNKE 6/27

Meets @ a Glance

JUNE 9 – 10 MFSC

JUNE 23 – 24 SHOREWOOD

JULY 15

COACHES REPORT

Meet News:

Congratulations to all the swimmers who participated at the May 12 Menomonee Falls Swim Club meet and May 19-20 Waukesha Express Swim Team meet. Our swimmers got the long course season off to a great start with many swimmers recording personal best times in many events.

Events:

Our annual swim-a-thon took place on Wednesday May 9, 2007. We had about 18 swimmers participate and take advantage in this fundraising event. Great job to all the swimmers! It is always great to see parents being surprised by how far their child can swim in the two hour period. Thanks also to Kathy Adams for organizing the event.

Our spring swim lessons began on May 1 with a total of 14 excited youngsters taking to the pool with their instructors. Our goal is to graduate these swimmers into our silver novice group when they pass level 5 (freestyle with breathing).

Team programs:

Our long awaited swimmer information handbooks are currently being printed. Please look out for these books to arrive at home and please have a parent and the swimmer read through the entire book. You will be required to sign and return a form confirming that you have read and understand all the information in the book. These forms can be returned to the swimmer's primary coach.

Looking ahead:

MFSC will compete at 4 meets in the month of June 2007:

On **June 1** we have the 8&U meet hosted by Elmbrook Swim Club.

On **June 2-3** we will compete at the Barracuda Swim Team meet at Schroeder Aquatic Center. This will be our first long course meet of the long course season.

On **June 9-10**, we host our summer meet at Menomonee Falls High School pool. Please remember to sign up to help if you have a swimmer in the meet.

On **June 23-24** we will compete at our second long course meet being hosted by Shorewood Swim Club at the Schroeder Aquatic Center.

If you are aware of any non-club families who are interested in the MFSC summer swim camp please let us know. This year our camp runs from **June 18 - July 13, 2007** on Monday, Wednesday and Friday from 6:30-7:30pm.

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PLEASE REMEMBER TO SIGN UP TO WORK THE JUNE MEET.
WE NEED PEOPLE AND MANY OF THEM!!!

Other News:

Coach Laren competed at the USMS masters national championships in Seattle Washington. Thanks to the club for the good luck card that many of you signed. I can happily report that I had a very successful meet and in the process set 6 new Wisconsin state records in my age group.

Finally, remember I do conduct one-on-one parent-coach conferences to discuss your child and their progress in the program. If you are interested in a conference, please feel free to set up a time and date by emailing me at: tiltmann@sbcglobal.net

See you on the pool deck.

Coach Laren

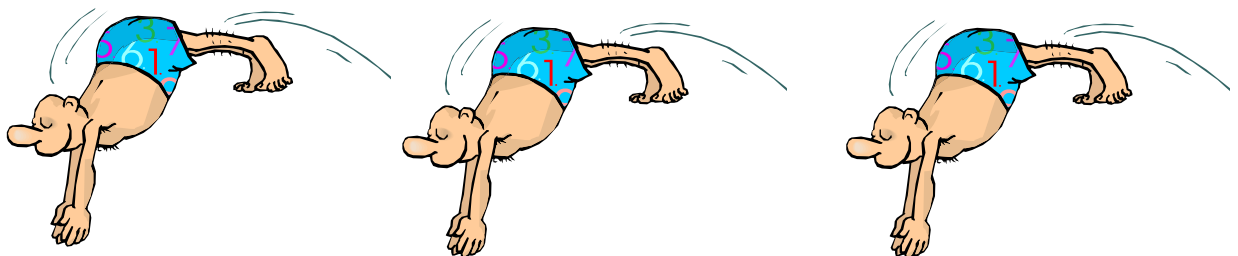
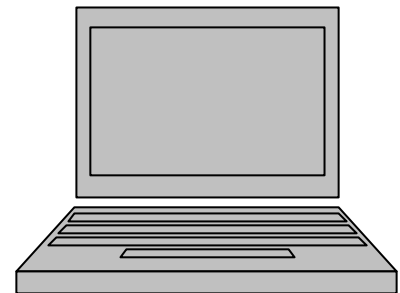
Achiever Chevrons

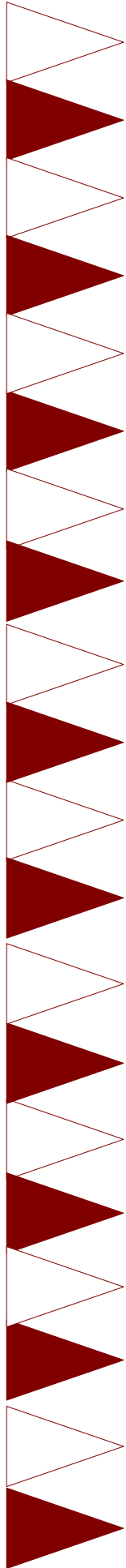
Achiever chevrons are a great way for you swimmer to keep track of how he or she is swimming! The chevrons are patches that can be sewn on their swim backpack, a sweatshirt, baseball cap, etc.

Each time your swimmer achieves a new motivational time just put their name, event, and motivational standard earned on an envelope in the LUCAS mailbox and your chevron will be given to your swimmer. (Ex: Jane Doe, 100 Fly, AA)

A BIG THANK YOU

THANKS TO JEFF SAWATZKE FOR THE DONATION OF A NEW LAPTOP TO THE SWIM CLUB!!





Nutritional Myth's
Vs.
Nutritional Fact's

Myth: Anything I eat will be burned off in practice anyway.

Truth: You are what you eat. You wouldn't put sand in your car's gas tank, so why put junk food in yours. If you want your machine to function at its best, feed it premium fuel. Even if you don't have a problem controlling your weight, what you eat will have a direct effect on your performance in the pool.

Myth: Eating energy bars are a great meal replacement when I'm in a hurry

Truth: For optimal performance, your body needs a variety of healthy meals containing lean meats, whole grains, fruits and vegetables, kept in their most natural state as possible. Save the bars for pick-me ups between races during a long meet.

Myth: Carbohydrates are fattening and therefore not good for you

Truth: Carbs are a primary fuel source for swimmers and are an essential part of a swimmers diet. To get the most out of your carb intake, choose natural carbs like fruit, 100% juice, milk and healthy cereals over refined carbs like soda, table sugar, and candy bars. Never let your carb intake drop below 50% of your daily caloric intake.

Myth: After a tough workout, I should wait a few hours to eat?

Truth: 20 to 30 minutes after exercise is the best time to replenish what your body lost. During this precious window, your body is extremely receptive to carbohydrates and proteins. Healthy snacks, such as yogurt, help restore muscles and aide in quick recovery after a hard practice.

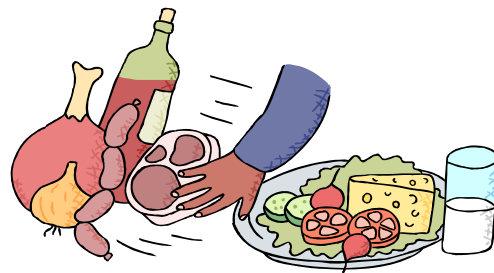
Myth: Drinking caffeine before I get on the blocks is a great secret weapon

Truth: Caffeine affects people differently, even hindering some. Children should never have caffeine, especially prior to puberty. Red Bull, Coke and coffee are no substitute for good nutrition and smart training.

Myth: Eating well won't make that much of a difference

Truth: The key to quality training is quality nutrition and recovery. What you do outside of the pool - including sleep and managing your stress level - is just as important as what you do in it. It can make the difference between achieving your goal or just missing it.

Coach Mike



MFSC BOARD MEMBERS

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**LOOK
FOR MFSC
BANQUET
DETAILS IN
JULY'S
WATERLOG**

