

RAILS SWIMMING NEWS

November/December 2011

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- **Info on the MS Girls and Boys seasons**
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UPCOMING EVENTS

- 12/8/11: Away vs. Valley @ 5:30 p.m. (HSM)
- 12/10/11: Away vs. Boone @ 11:00 a.m. (YST)
- 12/12/11: Indianola vs. the Rails @ 6:00 p.m. (CST)
- 12/19/11: Ottumwa vs. Lincoln @ 5:30 p.m. (HSM)
- 12/20/11: Team dinner @ Nachtigal's (HSM)
- 1/5/12: Away vs. Roosevelt @ 5:30 p.m. (HSM)

High School Men's Team *Strong start, strong finish*

The High School Men's team is off to their best start in a decade. The team is currently 4-0 after beating Mason City (by 9 points), Newton (by 6 points), S.E. Polk (by 10 points) and Carroll (by 4 points). As you can tell, it's been a close and exciting season already! The guys will need their ability to "win when it's close", as they gear up for their conference opponents, beginning with Ottumwa on 12/19/11 at home.

But most notably is Roosevelt, who the Rails will face right after the winter break on 1/5/12. With the Riders at home and hoping to keep the Rails from repeating as conference champions for the first time in school history, this meet is bound to be an intense battle between the two teams.

To keep up-to-date on the men's season, be sure to check out www.railswimming.com. We post recaps about all the meets and the team's performance on the home page. **Go Rails!**

SUCCESS STORIES

Brady Edwards – Anchoring the 400 Free Relay in 50.89 for the victory against Carroll.

Mitchell Friend – Earned his Sub :60 T-shirt against Newton.

Michael Natchigal – Swam a season best, 1:11.47 in the 100 Breaststroke against S.E.P./CHS.

Carter Worth – Split a 23.86 in the Medley Relay against Mason City, a new personal best.

Matt Friend – Swam a 5:37 500 Free, over 30 seconds better than last year at this time.

Curtis Knapp – won the 50 Free in 24.42 and swam a 1:03.14 100 Fly against S.E.P./Carroll.

“Last one out of the pool at practice is the first one out of the pool at meets!”

-Unknown

RAILS SWIMMING ONLINE

Rails Swimming's [new website](http://www.railswimming.com) has over 7,000 hits in the three months since its launch! We try to update a few times a week with posts about recent meets, info about off-season programs and swim tips.

Coming in January, we'll begin signing up for meets online! You'll click the **Swim Meet Sign-Up** button, choose the meet, and pick the age-appropriate sign-up form. In 3 simple steps, your child(ren) is ready to swim in the upcoming middle school, club or YMCA meet!

Plus – you can [Like on Facebook](https://www.facebook.com/railswimming) and/or follow us on Twitter [@Railswimming](https://twitter.com/Railswimming) to get reminders and other Rails Swimming info!

NEWSLETTER ABBREVIATIONS

HSW – High School Women's
HSM – High School Men's
MSG – Middle School Girls'
MSB – Middle School Boys'
CST – Club Swim Team
YST – YMCA Swim Team

COACHES

Head Coach –
Brayton Weber

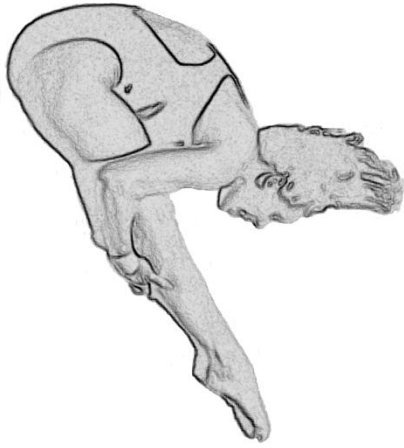


Assistant & Dive Coach –
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SWIM

CLUB CORNER

The Club Swim team is off to a great start! We ran out of room in our Success Stories section, but we wanted to recognize a few club swimmers:

Club Success Stories:

5 Rails 8 & Under swimmers took Top Six against Altoona in the 25 Free! (Aubrey Douds, Lauren Benson, Rachael Kelly, Angel Ortiz and Ellie Sizemore).

Sam Wilson (8 & Under) won the 25 Free with a 19.51.

Konnor Klocke (9-10) won the 50 Free in 43.02.

Diana Ward (9-10) took second in the 50 Breaststroke with a 58.20.

Wesley Methfessel (11-12) won the 50 Back in a time of 53.80.

MIDDLE SCHOOL GIRLS

The Middle School Girls' season ended with a bang! The team had dominating performances throughout the season against all of the metro teams. But the team really shined at the recent MS Metro Conference Meet. The Rails had at least one swimmer on the podium in every event!! Great job girls! You can read more about the MS Conference Meet [here](#).

MIDDLE SCHOOL BOYS

The Middle School Boys' team starts practice in January after the break. Most of our team is already swimming with the club team. We've got these swimmers on the roster. Stay tuned for information specific to MS boys.

If you know any MS boys who would like to give swimming a try, now is a great time to start! Have them check out the details on the [MS Boys page online](#).

THE DIVING BOARD

NEWS

Diving ended the season with some great performances from all of the divers.

Torie Dotts was able to master the back summersault and learned 4 twist dives this year bring her total to eight dives. She plans on diving a full 11 next season.

Cat Wruck dove her best score ever, 237, at the Conference Meet. She earned a 5th place medal and learned the full 11 needed for championship meets.

Emilie Skartvedt dove well at the end of season, especially at the Conference Meet where she earned a gold medal by **one point!** Emilie plans to train all off-season so she can be even better next year.

EVENTS

For the first time – Rails Swimming will be offering a diving camp. There will be a four-week spring session to begin in late March.

Divers will get learn proper technique, safety, dry-land skills and more. Plus – they'll get a diving T-shirt as part of the camp!

More details to come later, including the coaching staff, practice times, and registration information.

Be sure to mark your calendars. The class size will be limited.

Go Rails Diving!

Passion.
Persistence.
Performance.

