



## Schroeder YMCA Swim Team

1. As you finish your respective seasons you / your athlete should take a break to recover and refresh. Generally speaking, your last practice is the day before either the 12 & U State meet or the day before the 13 & O State meet. Jess has a detailed note aimed at Groups 1 & 2 that is attached. Group 3 should point questions to Matt and the athletes in Groups 4, 5 and 6 should point questions to Dave.
  - a. New for this year we are planning maintenance training sessions beginning on August 17 on Monday, Wednesday and Thursday from 4 - 5:15 PM.
  - b. Practice for groups 1 & 2 will begin right after Labor Day on the 9/9 and 10 with "evaluation" combined practices aimed at saying hi to current team members and welcoming new members.
  - c. Practice for Group 3-6 will start up on Tuesday, 9/15.
  - d. Locks need to be removed on or before August 20th and lockers cleaned out - you will be able to put locks back on in early September when training resumes.
2. We are in the middle of the championship meets. SSTY just finished 12 & U state and the Sectional meet in MN last week and we begin 13 & O on Thurs, Alex is at a Can/Am meet in Edmonton, Canada, and the groups for US Open, Jrs and Zones will be departing in the next several weeks. There are links within articles for most of the meets on our site.
3. Former Schroeder great Steele Whowell has established an Open Water Swim in Lake Geneva on Sunday, August 16. The 8 mile benefit event supports a foundation established for Wounded Special Forces Veterans. Steele and his siblings traveled for years to train here and the family ran the swim shop until about 2002. For event details: <http://www.swim4freedom.org/>
4. Think about programs for the fall and please help us find new young swimmers and divers or water exercise participants or masters or triathletes. We have great programs available and your help finding new interested families is really appreciated.

Friends of Schroeder Campaign



Walter Schroeder Aquatic Center



5. Adam has sent out information about several clinics which will take place at the end of this season. More info is available under the Camps and Clinics Section.

Hello everyone:

I will be running a week of stroke/start and turn/video analysis clinics on the week of August 10th-13th, 17th-19th, and Sept 2nd and 3rd, so schedule accordingly!

There will be a combination of stroke clinics and video analysis clinics provided. Specific dates are yet to be determined as to what clinics go where, but I will keep you all informed. Price is also yet to be determined, but it will be a set price for the stroke clinics, a set price for the video analysis clinics, and a combination clinic price as well. The video analysis clinics will run almost every day in that range, and the stroke clinics for the larger groups will be determined in the next few weeks. Thanks, and hope to see you guys there!