



Schroeder YMCA Swim Team

1. Pentathlon Meet: Adam sent the 1st round of entries for the meet this weekend several days ago. You reviewed and if you had changes, additions or have found omissions you let us know and we updated the info. Later today, we will publish a heat sheet and e-mail it out and post it on our site under the Major Hosted Events tab - please print one for your family. (note: SSTY is about the only team that does this for other teams as well)
2. About the Pentathlon Meet: The meet is very informal and meant primarily for athletes in Groups 1, 2, & 3. The idea is that each swimmer races the four strokes and the individual medley and gets a “base time” in each event. Please see the meet information on our website under “meet schedule.”
 - Please plan to arrive at the pool by 8:45 AM Saturday.
 - Your child will be way ahead of the game if you mark his / her forearm with a sharpie with a grid of their events before you leave the house or the night before when you see the heat sheet. (see the grid example below) It helps your child keep track of when his/ her next event will happen - the corresponding information is on the video board through out the meet.
 - Kids always do better with a good night’s sleep.
 - This meet is not long, but having healthy snacks that are easy to digest and a water bottle is nice. Sports drinks are not necessary and are more important for training and recovery than for meets where the races are measured in seconds.
 - A warm swimmer is a fast swimmer. The pool deck is pretty warm right now but synthetic fleece is great going into the winter. Cotton is generally a poor choice for a wet swimmer.
3. Officials Training - Cindy Raatz will lead an Officials Training associated with the Muskyland Invite at the Oconomowoc YMCA. Parents: if you have an inkling that you might want to be an official please ask a coach or Cindy about what’s involved.
4. Spaghetti dinner is tomorrow night after your / your child’s group has finished training. Sign up from the website under the Meet Schedule tab will close tonight.
5. Information and sign up is available for the Muskyland Invite at the YMCA of the Pabst Farms on November 7. Entries are due today, Wednesday, October 14th.



6. Meet Entries for both the Schroeder Y Invite and the WGLO are due Wednesday, October 21.
7. Meet information for the Chesapeake Pro Am in Oklahoma City, OK and the 2010 National YMCA Champs are both now available on our site.
8. The Membership section of the website has been updated.
 - Returning members can find a 2010 USA Swim Registration form - return it and a check made out to: WSAC by October 15 and Swim Team Family Work Requirements form - must be returned by October 15.
 - Supermeets - the web-based system we use to sign up to work at our meets is "turned on". Please take a look at the meets and begin to sign up. If you have trouble please contact Coach Chase Gravengood. Recall it is first come, first served.

Example grid for child's forearm (girls are usually odd # events)

Evt #	HT	LN	STK
1	3	5	FL
5	2	4	BK
9	3	7	BR
13	2	1	FR
15	1	3	IM