



## Schroeder YMCA Swim Team

1. Meet Entries are due TODAY, Wednesday, February 17 for both the 12 & Under and 13 & Over State Swimming Championships for WI Swimming, Inc. Please read the meet information for the meets - remember the 12 & U meet is in Madison and the 13 & O is at home. Heads up **boys swimming High School!**
2. We have a FIRM date for the 2nd Annual Walter Schroeder Aquatic Center Golf Outing - please mark your calendars for Monday, **June 21**.
3. Regional Meet is this weekend. Matt sent out the timeline earlier the week. Updated Regional Meet Entries are posted on the website under the Meet Schedule tab of the website. Any swimmer making a "NEW" WI Swim, Inc state cut must email Matt Miller by Sunday night after the meet is over with the event and time so that you / your swimmer will be added to the team's entries. [mmiller@wsactld.org](mailto:mmiller@wsactld.org)
  1. There will NOT be practice for Groups 1 & 2 on Saturday and Sunday.
  2. Group 3 will practice from 10:30-12:30 on Saturday.
4. Athletes and their families should be checking out time standards for the season-ending championships meets which are coming up sooner than we think. There is a link to relevant time standards for YMCA and WI Swimming meets.
5. Athletes planning to travel to Fort Lauderdale for the Spring National YMCA Swimming Championships should have their travel plans nailed down. We will be putting out more information about housing and equipment soon.
6. There will be the first of a two-part sports psychology presentation for athletes in Groups 4 - 6 on Wednesday, February 17 at 5:30 - 6:30 PM. Dr. Pat Mattek will be presenting some ideas about anxiety management and gaining optimal focus before meets / events. The second presentation will build on the first and will help us / you get ready to swim / race faster.
7. If you missed round 1 we are re-ordering T-Shirts. The form is still on our site Search on "Order Form". Round 2 orders are due by 2/23/10.