



Schroeder YMCA Swim Team

1. 23 SSTY Athletes will race at the WI Swimming, Inc 12 & U State Swimming Championships in Madison this weekend. Good Luck! Last weekend at the Regional Meet, 72 Schroeder Athletes raced and many swam to best times and lots of additional state champ meet times were achieved. Great Job! Next weekend, the first weekend in March, 50 Schroeder athletes are signed up for the 13 & Over State Meet here at the WSAC.
2. Please note the following practice schedule changes for this weekend and next weekend:
 1. This weekend - No changes
 2. Next weekend - Groups 1-4Thursday - No PM practices for any groups.
Friday - Groups 3-4 - Pool is open until 5:15PM - We will have a workout for you to do on your own.
Saturday & Sunday - Groups 1-2 - 3-4:15PM; Group 3-4 - TBD but about 2:30-4:15
3. The second of the two-part sports psychology presentation for athletes in Groups 4 - 6 on will be on Wednesday, March 10 at 5:30 - 6:30 PM. Dr. Pat Mattek and Abigail Hatcher talked about some ideas related to anxiety management and gaining optimal focus before meets / events last week. The second presentation in March will build on the first and will help us / you get ready to swim / race faster by giving tips on how to "Get in the Zone".
4. Entries are due for the Last Chance Meet in Oshkosh and the Y State Meet on Wednesday, March 3rd. The Last Chance meet is great for athletes either finishing their season, trying to make a 2nd or 3rd Y State time or for Y National athletes who need a 4th YMCA-only meet to fulfill eligibility requirements.