



Schroeder YMCA Swim Team

1. 50 athletes will line up for the 13 & O State Meet this weekend here at Schroeder. The meet begins on Thursday afternoon and there will be practice schedule changes accordingly (see below).
 1. There are assigned warm up times for teams - make sure you read the info on LAKE's site very carefully - there is a link from our Meet Schedule tab
 2. Session information and meet information is also available at LAKE's site.
2. The 12 & Under meet went great in Madison last weekend! Schroeder's younger swimmers showed their stuff and most athletes saw big drops in times. Great job!
3. Please note the following practice schedule changes for this weekend:
 - Thursday - 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 3:00 - 4:15PM; Group 3 & 4 2:30-4:15
4. National YMCA Swimmers and their families need to complete the form on the website by 3/10 to receive meet apparel and get the coaches your travel plans. Find it under the Meet Schedule tab.
5. The second of the two-part sports psychology presentation for athletes in Groups 4 - 6 on will be on Wednesday, March 24 (this is a change) 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".
6. Entries are due for the Last Chance Meet in Oshkosh and the Y State Meet today, 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.

Friends of Schroeder Campaign



Walter Schroeder Aquatic Center



7. Stroke Clinic information will be posted soon but mark your calendars for the three weeks after the Y State meet concludes. The clinics will be conducted Monday - Thursday.
8. The 2nd Annual Schroeder Golf Outing will be on Monday, June 21. There is a new tab on the website to sign up your foursome and get additional information.
9. We will re-start our regular schedule of swim practices on Monday, April 19