



Schroeder YMCA Swim Team

1. 45 athletes will travel to OSHY this weekend for the Last Chance Meet on Sunday. Please note that the meet is at the Oshkosh 20th Ave. Location
3303 West 20th Ave Oshkosh, WI 54904
 - The first session with the longer events begins at XXX
 - The second session of the meet's warm up begins at 10:30 AM
 - There will NOT be practice on Sunday for Groups 1 & 2
 - There will not be dryland training for Group 2 on Thursday
2. The 13 & Over meet was a very successful meet and ran very smoothly - kudos to host LAKE.
3. Make sure to check in on the supermeets tab for volunteering at Y State. Many people are looking for shifts and it changes everyday. The meet will lock on Tuesday and at that point each signed up family is responsible for the sessions.
4. Please check over your entry for the Y State Meet (attached). We will update the Y State Entry after the Last Chance Meet. NEW Y State Qualifiers and cuts need to please email Matt Miller on Sunday with the event and time for each new cut. mmiller@wsacltd.org
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". All athletes may attend regardless of whether or not they are still training.
6. You / your athlete's last day of training will be Thursday, March 18th unless you are going on to the National YMCA Championship. National athletes can find the training schedule for after Y State under the practice schedule tab.
7. Stroke Clinic information is posted now under the Camps and Clinics tab. The clinics begin the week after the Y State meet concludes.



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
10. Escrow statements will be mailed to your home soon. We hope in the future to be able to email a statement.
11. Below is a note from Jessica on the last parent meeting for Groups 1 & 2

Hi Everyone!

The last Parent Meeting before we take a break will be held this Thursday from 5:15 until 5:45.

Topics:

- End of the Season Schedule
- Start up dates and Clinics
- Country Club Swimming + Schroeder Swim Team
- Summer Meet Schedule and Practice Schedule
- Your Questions

The last practice of the season will be next week Thursday, March 18. We will then take a break until Monday April 19th. There will be clinics during the interim (information will be available soon) - expect them to occur for the 3 weeks after the Y-Sate meet (Week 1 = March 22nd, Week 2 = March 29th, Week 3 = March 5th).

Let's keep the momentum going for your swimmers and sign up for the clinics so we can retain the skills they have worked so hard to obtain! With summer approaching, we are also encouraging swimmers to take advantage of both the Schroeder summer training, as well as their Country Club teams. Practices during the summer for Schroeder will be at the same general time - that is, after 4 pm. That enables working parents to get their kids here as they would during the winter season, and allows kids to do both Schroeder and the Country Club team. And to keep up the fun, we will have a trip at the end of the summer to Noah's Ark for the kids who make it to 3 meets in the summer!

As you are taking a look at the schedule, your summer plans, and we are wrapping up the season, please do not hesitate to ask me questions about it all! Let's go into the next season full force, as we continue to build on the work your swimmers have already done - and the communication between swimmer, parents, and coaches.

Thank you