



Schroeder YMCA Swim Team

1. Welcome back to the team and training for the Spring / Summer of 2010! All groups and training sessions are active.
2. Schroeder enjoyed a very strong season-ending National YMCA Swimming Championship performance. For the team: The Girls were 14th, the Boys were 4th and the Combined Team was 6th. Last year the Girls were 35th, the Boys 2nd and the team was 4th. Many athletes earned swims in finals for both the boys and the girls and altogether SSTY scored 9 out of a possible 10 relays; the guys had four in finals and the girls had three! Mitchell Friedemann's efforts were truly outstanding as he scored a perfect four for four wins in the 50 (new national record), 100 free, 100 back and 100 fly. The group was very well behaved and did an awesome job from start to finish - congrats!
3. The first meet of the season is here at the WSAC. SEAY will run a long course meet on Saturday and Sunday, May 1 & 2. This meet is a good way to begin the Long Course season and is offered to athletes in Groups 1, 2 & 4. There will not be training for Groups 1 & 2 on Sat or Sun accordingly. Enter 1 day or both. Groups 3 - 6 will enjoy a combined training session at 8 AM on Saturday. There will not be practice on Sunday for Group 6. **Entries will be due on Wednesday, 4/14.** Meet info and Enter Me! is posted on the Meet Schedule tab.
4. Two top swimmers from perennial Division III powerhouse Kenyon College are seeking housing for the summer to train here at Schroeder. Wisconsin native Ian Baak (2:01.14 200 breast) and David Somers (19.96 50 free) of Maryland are both Physics Majors at Kenyon and are looking to train and compete with Schroeder this summer. If you are interested in hosting one or both of these fine student-athletes for the summer please contact Dave.
5. Save the Date(s):
 1. Team Picture Day Wednesday, **4/28** 5:00 PM - see order form on Meet Schedule tab or pick one up in the office
 2. Swim Team Banquet May 7 at the Sheraton Hotel - sign up and pay from the Meet Schedule tab



3. ACT Prep Class begins today, April 21 register and pay from web under Performance Partners tab
 4. 2nd Annual Schroeder Golf Outing on June 21 - sign up your foursome!
 5. 1st day of Spring Training was Monday, April 19
 6. Pool Open Water Swim (POW) will be on 5/1 before the meet. The pool will be in its largest configuration with no lanes and a buoy-marked course. Athletes will race for 800 M. If you are interested contact Jessica.
6. Eight athletes are registered for the ACT preparation class with instructor Fred Silver. The athletes, mostly juniors, will meet on Wednesdays after practice for six sessions. The group will be focussing on the June testing date. Previously, the athletes who taken part in Mr. Silver's classes have increased their test scores significantly and felt more prepared for this important college entrance requirement.
6. Please consider and spread the word about our upcoming program offerings:
1. Off Season High School training with Chase this spring on 1 day per week - Mondays beginning April 19
 2. High School Readiness Training with Chase this summer beginning on June 14
 3. Spring Super Stars begins Tuesday or Wednesday, April 13 or 14