



## Schroeder YMCA Swim Team

1. The SSTY Distance / Sprint meet is this weekend. All events on Saturday and Sunday are 'Check- In' events. If you know you are scratching please let Matt know by emailing him as soon as possible otherwise the coaches assume you are racing. There will NOT be printable heat sheets for this meet. We use the check in protocol to tighten the time line and eliminate open lanes.
  1. More about the meet.
    1. On Saturday, there will be 3 sessions with 3 warm ups. Please check the meet info for wu lengths. Everyone needs to check in!
    2. On Sunday, everyone needs to check in by 7:20AM or you can check in on Saturday.
    3. We will post an updated time line on Saturday after scratches to give you a better idea of when the breaks will occur. Swimmers should know that the small pool will not be open to the meet for warm up and warm down and that you may consider a warm up in the AM and then a re-warm up during the 20 min interval before the start of session II and III on Saturday.
2. Please enter the BST Sunshine Invite - entries are due Monday, May 17th.
3. Several foursomes have already signed up to play in the 2nd Annual Schroeder Golf Outing on June 21. Please view the Golf Outing tab on the website for more information and to sign up!
4. Friday, May 21 - Swim Team Family Fun Night aimed at Groups 1, 2, & 3. Bring a friend, there will be pizza, games and a movie on the video board. Sign up and additional info out soon! But the plan is that Group 3 will have training with Groups 4 - 6 from 3:30 - 5:30 PM and then they can join the fun.
5. Practice will be like a Saturday for all groups on Memorial Day.