

A WELCOME TO THE TEAM FROM THE COACHING STAFF

Thank you for considering the Schroeder YMCA Swim Team or for recently joining the team. We are looking forward to getting to know you and your family better and helping you to either get started in competitive swimming or raise your swimming to a higher level at the Schroeder YMCA.

We feel that our team offers you more than any team in the community. We are committed to ensuring that our program fits your needs whether you are getting started or aspiring to compete at the highest level in sport.

Why choose the Schroeder YMCA Swim Team?

Our facilities are the finest in Wisconsin. We boast an expert staff that is stable, caring, and led by a team of full time Co-Head Coaches, Matt Miller and David Anderson. Our coach to athlete ratio is a low 1:11 and our swimmers have prime training times between 3:30 PM and 7:30 PM. The Schroeder YMCA Swim Team is of modest size but is focused on quality. Schroeder's athletes enjoy uncrowded and uncompromised training. Additionally, our team is coach-led and owned and operated by an institution. This avoids the strife and tension commonly associated with parent-run clubs.

These factors, plus hard work on the part of our families and staff, make the Schroeder YMCA Swim Team one of the best in the country. Our athletes improve at a faster rate and remain in the sport longer. For these reasons, area athletes turn to the Schroeder YMCA Swim Team to accelerate their improvement or rejuvenate a stagnated career.

Our goal for you or your swimmer is to have each athlete enjoy a long career of sustained performance improvement and to enjoy a positive sporting experience.

Sincerely,

David Anderson and Matt Miller
Co-Head Swim Coaches
Schroeder YMCA Swim Team

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SCHROEDER YMCA SWIM TEAM PURPOSE AND GOALS

The purpose of the Young Men's Christian Association of Metropolitan Milwaukee, Inc. and its Schroeder YMCA Swim Team is to enhance the lives of the men, women, boys and girls of its communities regardless of race, creed, age, economic circumstances, physical or mental abilities. We do this by providing quality programs, activities and facilities which will develop and maintain Christian values and ideals. The YMCA's core values are honesty, respect, caring and responsibility. The YMCA strives to provide opportunities that will help individuals:

- * Develop Faith for daily living based upon the teachings of Jesus, that they may achieve their highest potential as children of God;
- * Develop self-confidence, self-respect and an appreciation of their own worth as individuals and the recognition of the worth of every individual;
- * Develop Appreciation for health of mind and body as a sacred gift, and physical fitness and mental well-being as desirable conditions to be achieved and maintained;
- * Develop an Understanding of interracial, inter-group, and international relationships;
- * Develop Responsibility as members of their families and citizens of their communities;
- * Develop Leadership capacities for responsible use in their community lives;
- * Develop A Community of members and participants that represents and includes the diversity of people in their respective communities.

YMCA STRONG KIDS PROGRAM



Recreation has long been considered to be essential to a child's healthy development. The YMCA Strong Kids Program serves to ensure that any athlete who wants to be a part of the Schroeder YMCA Swim Team can, regardless of his or her ability to pay. Please do not hesitate to ask Dave or Matt.

The Schroeder YMCA Swim Team is very committed to the YMCA's annual Strong Kids Campaign. In 2005, the swim team raised \$35,000 with more than 67% of its families giving!

Please consider giving during the YMCA Strong Kids Campaign. If you have any additional questions about the program, please contact either Coach Matt Miller or David Anderson.

TRAINING GROUPS

There are six training groups to accommodate all of our athletes' ages, abilities and varying levels of interest. These are:

Group 1 (Ages 9 & Under)

Group 1 is for children aged 9 and under who are novice to proficient in ability and experience. Swimmers are encouraged to practice 2-3 times per week for 1 hour and 15 minutes. Emphasis will be placed on fun and the development of all 4 strokes, along with the racing dive and turns. Games are played occasionally for 15 minutes at the end of practice. Kids are encouraged to continue with outside activities while in this group.

Group 2 (Ages 10-14)

Group 2 is for children aged 10 to 14 and abilities ranging from novice to experienced. Swimmers are encouraged to practice 3 - 4 times per week for 1 hour and 15 minutes. Stroke development and fun are the main focus during the first half of the season, with a shift to longer training as the group's progression dictates in the second half of the season. Two important goals in this group are: 1) To increase aerobic ability and technique, while still having fun so that swimmers will be able to move to Group 3; and 2) To prepare swimmers for high school swimming. Good practice habits are taught, along with constant improvement of stroke technique.

Group 3 (Must be 10 or older)

In order to be a member of Group 3, you must be at least 10 years old and able to go 7:30 or faster in the 500 yd free. After age 10, the 500 time gets progressively faster. Please note the chart below for the 500 times:

500 Free Minimum Time Standards:

Age 10: 7:30

Age 11: 7:00

Age 12: 6:50

Age 13: 6:40

You also must plan to attend practice at least 4 times per week, show a strong desire to improve in the sport of swimming, and demonstrate a level of maturity appropriate for this level. Practices are 1 1/2 - 2 hours long. Dryland exercises are often incorporated into the training regimen. Longer distance freestyle and IM sets are the staple of this group. Games will be played occasionally and great workout habits will be taught. Swimmers should know their best times and should be working towards making National Championship time standards. In order to keep the coach to athlete ratio down, there will be times when this group will not be accepting any additional athletes due to the size of the group.

Group 4

Group 4 is an excellent choice for serious athletes interested in continuing a swimming experience outside of high school swimming or to remain competitive and swim fit. At this level, swimmers are expected to start making more of a commitment to swimming or accept that the rate of improvement may / will be compromised. The Senior Team practices for 1 1/2 – 2 hrs hours per session and can participate in our strength program. We encourage swimmers in this group to come to 4 - 5 practices per week, although attendance is not required and participation in other activities is normal and encouraged.

Group 5

Group 5 is a rigorous training group, and this is reflected in its training and its competition schedule. Members of this group are generally competing at the state level meaning that they have time standards for the Wisconsin Swimming, Inc. State meets or the WIAA meet and they have made a strong commitment to the sport of swimming. Eight practice sessions are offered per week, as well as a fundamental strength training program. Coaches will strongly encourage swimmers to choose swimming over other activities and the expectation is that swimmers in this group will train 6 – 8 times per week.

Group 6

Group 6 is for the most serious senior swimmer. Athletes are invited to join this group based on their commitment to swimming. Additionally, these athletes and their families are to commit themselves to a full-on regime of training and competition with the goal to be the best swimmer they can possibly be. Group 6 will have up to nine practice sessions per week, as well as strength training.

COSTS AND PAYMENT

There are three primary costs associated with joining the swim team. Membership and training group fees can be paid by monthly bank draft or in a lump sum.

1. Becoming a member of the YMCA
 - A) One-time Joining Fee \$150.00 (adult/family)
(Joining fee is waived by coaches – ask) \$50.00 (youth/young adult)

 - B) Monthly Membership Fee (effective 9/1/06)
 - 1) Individual (adult) \$64.00
 - 2) Family \$95.00
 - 3) Youth (under 24) \$34.00

2. USA Swimming Registration and Escrow Account
 - A) USA (USA Swimming, Inc.) is the national governing body for swimming. Membership is \$48.00 each year (\$41.00 for 8 & Under). Membership is required to swim in any USA-sanctioned competitions and every team member must be registered.
 - B) An Escrow Account is how each swimmer pays meet entry fees. Entry fees are detailed in each meet packet (typically \$10-30 per meet). No fees are charged to SSTY families for meets that we host, provided that the family fulfills its work requirements. A swimmer makes deposits to his/her account and then entry fees are deducted. A positive balance of \$50 should be maintained. Statements are distributed about quarterly.

3. Training Fees
The monthly fee for training (table below) is based loosely on the amount of training time and service each athlete utilizes. There is a 15% discount on the fee for each additional swimmer in a family.

Group 1	\$564 per year or \$47.00 per month
Group 2	\$600 per year or \$50.00 per month
Group 3	\$1032 per year or \$86.00 per month
Group 4	\$1008 per year or \$84.00 per month
Group 5	\$1260 per year or \$105.00 per month
Group 6	\$1296 per year or \$108.00 per month

PRACTICE GUIDELINES

A) FOR THE ATHLETE

Practice is supposed to be fun, but there has to be some order for each workout to succeed. Before, during and after practice there should be a minimum of horse play. Normal rules of conduct around pools should be observed and common sense should prevail. Timeliness is important. Athletes are expected to be supportive of one another.

Generally, any training begins with a warm up, followed by the main activity or goal for the session, and is concluded with a warm down.

B) FOR THE PARENTS

Parents, feel free to watch and observe all training sessions. **You are strongly encouraged to swing through the locker room and come into the YMCA and check to make sure that your swimmer actually gets down the hall and to practice on time.** If you have questions about the practice or about team-related matters, the best way communicate is to ask the coach after practice, to phone and talk, e-mail, or to make an appointment. Regular parent – coach communication is an important component to long-term success. Please contact the coaches anytime, however, try to avoid the time just before practice is beginning – it's generally the most stressful time of the day for the coaches.

C) DISCIPLINE

The way an athlete is disciplined on this team is to remove the swimmer from the activity or competition at the time of the problem for a period of time. Usually, the swimmer is invited to rejoin the activity. If necessary the athlete may be dismissed from the remainder of the session. If an athlete's behavior warrants further disciplinary action, the coaching staff may request a meeting with the parents and the swimmer before the swimmer returns to the next practice session.

HOW TO / WHAT IS? :

1. **Communication**

All pertinent information is posted on the team's website:

www.ssty.org

A newsletter is e-mailed weekly – make sure you are on the list

Matt Miller manages the e-mail distribution list – make sure your family's e-mail address is current. Additionally, information may be posted on the team's bulletin board across from the office. The mailbox system is a filing cabinet located near the coaches' office. Each family has a file folder and memos are placed in the folders regularly. Swimmers and parents should check all sources regularly.

2. **Meet Entry Procedure**

- A. Meet information is distributed to the team via the team website and team newsletter. Information for meets not hosted by Schroeder or which is not available electronically will put in the family mailboxes.
- B. Swimmers and/or parents choose events to swim and then indicate those choices on a paper entry sheet available on the Meet Schedule page. If you need guidance about your entry talk to your group coach.
- C. Return completed entry forms the Scratch Box (on top of mailboxes) or e-mail your entry wishes to the coaches by the deadline.

3. **Time Standards**

Swimmers and Swim Meets are classified by time standards. Athletes progress from the "C" (entry level) through "B" and on to "A" at the fastest. Swim Meets are then rated for all swimmers (ABC) or A/B or A for the stiffest competition. (Some meets have special, meet-specific time standards.)

4. **Equipment**

Swimming doesn't require much equipment. Items like paddles, buoys and boards, will be available for use at the pool. The Schroeder YMCA Swim Team has chosen TYR to be our equipment provider. TYR provides our team with strong support in three ways: outfitting, financial support of the Strong Kids Campaign, and sponsorship of our two biggest meets.

5. **New Swim Team Member Coordinator(s)**

Don't know how to fill out an entry form or what meets to attend or who to ask about what? It's not uncommon for new swimmers and their parents to be uncertain about almost everything. The New Swim Team Member Coordinators, Kelly Hallmark and Kris Mellin, should help to make your first year an easier one. Contact Kelly (262) 375-6301, Kris (414) 906-4004, e-mail: kelbrad@excel.net or kmellin@wi.rr.com

SWIM TEAM COMMITTEE

When a swimmer becomes a member of the team his or her parents are automatically invited to become members of the Swim Team Committee. There is no sign-up and there are no dues. The Swim Team Committee is led by the coaches and a committee chairperson(s). These parent leaders, along with the Head Coaches and Athlete Representatives comprise a group referred to as the Swim Team Committee.

The primary purpose of the Swim Team Committee is to support our swimmers, the coaches, and the YMCA program. The biggest way in which parents can do this is to work at the SSTY-hosted swim meets. Like other youth organizations parents contribute many hours of service.

Families are not asked to sell candy, pizzas or magazine subscriptions. About \$50,000 or 25% of the team's operating budget comes from conducting three meets, therefore, it is vital that all families become involved and work at our meets. These meets are also one of the best ways to meet other families and be a part of a great team effort. A variety of jobs, from timing the races to working in the kitchen are available. Training is provided for all jobs including learning to operate the timing system and other aspects of meet management. It is important that families realize how important these swim meets are to our swimmers and how financially successful well-run swim meets can be.

We invite input from all swim team families. The committee is an important link for communication between the swimmers, parents, coaches, and the YMCA. Committee meetings are always open to all.

The Swim Team Committee meets about 6 times annually; usually on the second Monday of every other month in the Wharf area. Vacant leadership positions are typically filled in September and the term of office is generally two years. Leadership positions consist of the following: Chairman, Vice-chairman (or co-chairs), Meet Manager, Social Chairman, Volunteer Chairman, New Member Coordinator(s).

A good portion of the revenue for the swim team comes from hosting meets. Instead of fund raising SSTY requires families to work at all the meets that we are hosting. Families that fulfill their work requirements at a meet will have their swimmer(s)'s entry fees waived for that meet.

During the 2006-2007 short-course season we will conduct four (4) major meets:

YMCA Invite	November 12
YMCA Finalist	December 1-3
A+	Feb 2 - 4
Y-State	March 16 – 18

You must provide a worker for the required number of sessions for each meet, **EVEN if your swimmer is not competing at a specific meet.** The worker can be a family member, friend, the athlete (depending on their age and the position – *in general* no one under 12, but this is up to the discretion of the Coaches and Volunteer Coordinators), or even a high school student who needs community service hours. Please be sure that the Volunteer Coordinators know if someone outside of your family is working on your behalf. **BEWARE** only half of each family's work requirements can be completed on Friday nights.

Please note that work requirement hours will not apply towards the **YMCA Invite** meet. Experienced volunteers will be asked to help out and train new families. **All new families are encouraged to work at the Y-Invite in November to become familiar with the various positions.**

REQUIREMENTS FOR Veteran Families/Transfers

Veterans are defined as joining the team **BEFORE APRIL 1ST OF THE CURRENT YEAR.**

Transfers are those who come **from another year around swim team.**

Veteran/transfer families must work a minimum of 8 sessions:

Distribution of sessions:

- 2 sessions at the Finalist**
- 3 sessions at the A+**
- 3 sessions at the Y-State**

IF YOUR SWIMMER QUALIFIES FOR A+ FINALS ON SATURDAY NIGHT, YOU MUST WORK THIS SESSION IN ADDITION TO YOUR OTHER REQUIRED A+ SESSIONS!

SPECIAL EXCEPTION FOR VETERAN/TRANSFER FAMILIES WHOSE ONLY SWIMMER IS A BOY ON HIS HIGH SCHOOL SWIM TEAM:

Must work a minimum of 6 sessions (**2 at Y-Finalist, 2 at A+, 2 at Y-State**).

REQUIREMENTS FOR New Families

New Families are defined as those joining the team **on or after 4/01/ current year**).

New families must work a minimum of 4 sessions during the year.

Distribution of sessions:

- 1 session at the Finalist**
- 1-2 session(s) at the A+**
- 1-2 sessions at the Y-State**

IF YOUR SWIMMER QUALIFIES FOR A+ FINALS ON SATURDAY NIGHT, YOU MUST WORK THIS SESSION IN ADDITION TO YOUR OTHER REQUIRED A+ SESSIONS

PENALTIES

There will be a **\$50.00 PER SESSION** fine assessed to each family who does not provide a worker for the required number of sessions at a meet. You will be notified of any fines and will have a deadline by which to pay. If you do not work the required number of sessions at a meet, the entry fees for that entire meet will be charged to your escrow account. If you sign up for a session and fail to show there will be a **\$100.00 PER SESSION fine assessed.** Excruciating circumstances will be taken into consideration on a case by case basis, and head coaches will be consulted before making a decision.

I understand my family work requirements and will pay the penalties if not in compliance with this agreement. I also understand that session assignments will be on a first come, first served basis.

Family Signature _____ **Date** _____

Please return by: October 1st to scratch box

SCHROEDER YMCA SWIM TEAM HISTORY

The Schroeder YMCA Swim Team began in the Fall of 1977 when coach Bob White, Jr. brought a group of about fifty swimmers together to practice at Northridge Lakes, Brown Deer H.S. and at the North Suburban Branch YMCA when it opened. The goals of the Schroeder Swim Team were realized early, as members began to set state records and qualify for national competition.

Joe Schweitz became head coach soon after the Schroeder Center opened in 1979. He served from the summer of 1980 until Rick Klatt took over in the spring of 1981. As the team continued to grow, it became necessary to hire a full time age group coach. Steve Betts became part of the Schroeder staff, taking charge of the developmental program. At the time, Schroeder was the only team in Wisconsin with two full time professional coaches. Steve became head coach in August of 1982. The team's developmental program began to pay off as Schroeder regularly won state championships and began to receive national attention. Team members qualified for national championships and won the YMCA Short Course Nationals back to back in 1985 and 1986, as well as Junior Nationals West in 1986.

John Woods was named Senior Coach in the Fall of 1986. Successes continued, and three athletes represented the club at Olympic Trials in 1988 including current Schroeder Coach, Marsha Hillard. In 1991, Ron Pinkert was elevated to Head Coach, and he coached at the Schroeder YMCA through 1995 during which time K.T. Lee broke National Age Group Records.

David Anderson was named Head Coach in 1995. He has been a member of the USA National Team Coaching Staff and had served as the Men's Assistant at the University of Minnesota from 1989 to 1995. Lindsey Highstrom represented the Schroeder YMCA at the 1996 Olympic Trials, and she was also named a member of the USA National Junior Team.

Anderson was named YMCA National Coach of the Year in 1996. Then in 1997, Schroeder returned to the top by capturing the YMCA National Swimming and Diving Combined Team Championship. In 1998, Schroeder took 13 athletes to the summer USA National Championships, the largest team in the club's 22 year history. Schroeder added another Women's YMCA National Swimming Championship in 1999, and was well-represented by five swimmers at the 2000 Olympic Trials - Sara Petric, Christy Garth, Emily Stapleton, Ben Bartell and Cortnee Adams.

Matt Miller joined the full-time coaching staff in June of 2000 and immediately made a significant impact on the team's top age group athletes. In June of 2001, Matt was elevated to Co-Head Coach and in the spring of 2003 his 12 & Unders won the Wisconsin State Meet. Mitchell Stoehr established three National Age Group Records in freestyle. The summers of 2005 and 2006 brought additional 12 & Under State Titles to Schroeder.

Two Schroeder athletes, Ben Bartell and Cortnee Adams, qualified for the 2004 Olympic Trials and the Schroeder YMCA has been represented at every USA National Swimming Championship with one exception since 1995. Miller and Anderson established a goal in 2001 to move the Schroeder YMCA Swim Team to be the best team in the Central Zone. Currently, the Schroeder YMCA Swim Team is considered to be a Top 10 team in the Central Zone and it has been annually recognized by USA Swimming as a National Club of Excellence garnering the Bronze Medal Team distinction since 2002. Both coaches look forward to years of improvement, success, and stability based on the waves of great young swimmers coming up on the team.

GO SCHROEDER!

WHO WAS WALTER SCHROEDER?

We are deeply grateful to the late Walter Schroeder. His vision in establishing the Walter Schroeder Foundation made the Aquatic Center possible. The Aquatic Center was built through a grant from the foundation to the YMCA.

Walter Schroeder's history is indeed an unusual and interesting one. A native of Milwaukee, he was born on May 19, 1878 to German immigrant parents. Hard work was part of Schroeder's life from childhood. At age 14, Schroeder worked as a clerk in the office of the Milwaukee Register of Deeds for \$3.50 a week. Shortly after, he became a staff member of the *Milwaukee Legal News* and within two years he helped form the *Daily Reporter*.

By age 21, Schroeder had joined his father in a real estate and insurance business known as the Chris Schroeder and Son Co. Within a few years Walter had established a record as Wisconsin's most energetic and competent salesmen, and his agency soon became the largest general insurance agency in Wisconsin. Between 1921 and 1924, Schroeder entered into an exciting program of developing a chain of hotels. In 1926, Schroeder started his most ambitious multi-million dollar project, the Schroeder Hotel (now the Milwaukee Hilton), which has become a distinguished landmark.

During his lifetime Schroeder, made large and frequent contributions to benefit young people. The gift from the Walter Schroeder Foundation to construct the Walter Schroeder Aquatic Center ensured that one of Milwaukee's most renowned citizens will continue to have a profound impact on the community.

The Schroeder Aquatic Center opened in 1979 and at the time was the only indoor 50 meter pool in the state. The Milwaukee area competitive swimming community, led by swim team parents John and Anne Hazelwood, recognized the need for a facility of this type and presented the idea to the Schroeder Foundation and the YMCA. This new pool would be associated with the newly opened North Suburban Branch YMCA (1977), which had the land and would serve the entire competitive aquatics community. The foundation approved donating the four million dollars, and also set aside another \$500,000 to be invested to provide for the long-term maintenance of the pool. At the time, this was the largest single donation to a YMCA in the world.

The Schroeder Branch YMCA and Aquatic Center have fulfilled early expectations for the pool. The facility has hosted numerous national, regional and state championship competitions. Its water is still known to be among the fastest in the country and is the site of Mary T. Meagher's former World Record butterfly performances. In the 25 years since its construction, the Aquatic Center has been the site of countless local, state, regional and national caliber competitions and continues to serve the competitive swimming community.