

Schroeder YMCA Swim Team



*We build strong kids,
strong families,
strong communities.*



October 10, 2007

1. The first meet is an informal smaller one that we call the Pentathlon. The idea is that your swimmer(s) should enter all five events even if they do not have mastery of the stroke(s).

A timeline and a printable heat sheet are attached. Please print out a heat sheet. The coaches highly recommend that you mark your child's forearm with a sharpie-type marker with a small grid with his/her event #, heat, lane assignment and stroke before you come to the meet. It really helps the younger athletes follow the meet.

| # | HT | LN | strk |
|----|----|----|------|
| 3 | 2 | 4 | fly |
| 9 | 1 | 2 | bk |
| 13 | 3 | 7 | br |
| 19 | 2 | 6 | fr |
| 25 | 1 | 1 | im |

We are the only team that we know of which .pdfs the heat sheet and puts it out in advance. Most teams will have heat sheets available for sale so for non-SSTY hosted meets, please bring a sharpie.

2. Meet information for the second meet is now posted on our site. The YMCA of the Pabst Farms meet is on November 3 and is recommended for swimmers in groups 1-3. **Entries for this meet are due on Wednesday, October 17.**

3. All athletes should have submitted their 2008 USA Swimming Registration form with a check – make sure!
4. Super Meets sign up is going very well. If you have not already, please get registered and signed online – there's a link from the front page of our site. You should have already turned in your swim team family work requirements form as well.
5. The all team fall Spaghetti Dinner will be Thursday, October 25 after your group finishes training. A sign up form is posted on our front page.
6. Due Dates:
 - October 1 Swim team family work requirements
USA swimming registration forms & payment
Super Meets sign up start date
 - October 3 Fall Pentathlon meet entry due
 - October 8 Spaghetti Dinner form and payment
 - October 17 YMCA of Pabst Farms meet entry due

Contact info for coaches:

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thanks for reading,

your SSTY Coaches