



High Tides

May 2021

Website: <https://www.teamunify.com/team/mnhht/page/home>

Board Email: hutchhightides@gmail.com

Latest Updates and Happenings within the Club!!

PRACTICE SCHEDULE CHANGES:

Spring Session begins May 3rd and runs through June 4th! Register today for Spring!
Registration for Summer Session will begin mid-late May!

Please refer to Coach RJ's email from April 29th for Summer Session tentative practice calendar and for our schedule of meets for Spring and Summer Session.

OLYMPIC TRIALS!

Best of luck to **Grace Hanson** as she competes at the Olympic Trials in Omaha, Nebraska! Grace qualified for the Olympic Trials in the 50 Free!



GOLF TOURNAMENT!

Mark your calendars! The inaugural High Tides golf tournament will be held on **Monday, August 2nd at Crow River Country Club (Hutch)!** Please reach out if you are interested in helping plan the tournament!
More details to follow!

ANNUAL MEETING

Please watch your emails for the rescheduled date and time for our annual meeting/short course banquet. We appreciate your patience and understanding as we work through the bumps in planning.

"I don't really compare myself to others. For me, it's about not being afraid to set scary goals—goals that most people never even dream of—and then going out and chasing them."

Katie Ledecky

VOLUNTEER POSITIONS AVAILABLE

We Need You!

Please contact any current board member if you have questions or are interested in any of these positions.

- *Swim Meet Director
- *Swim-a-Thon chair / Fundraising Chair plus Committee Members
- *Golf Tournament Committee Members
- *Marketing/Promotion Committee Chair and Members
- *Officials

NEWS AND TIPS FROM USA SWIMMING

[How to Fuel for Two-a-Day Training](#)

[The Two Biggest Performance-Disrupting Mental Mistakes Swimmers Make and How to Avoid Them](#)

[Trials May Look Different, But Will Still be Fantastic this Summer](#)



COACHES CORNER

Congrats to the following swimmers on personal best times!

Neptune Aquatics Invitational - April 9th – 11th

Carter Johnson, Greta Kuttner, Theo Lakovic, Nora Mach, Marsha Martig, Marshall Martig, Brynn Mathwig, Graham O'Neill, Makaila Wakefield, Adley Wendlandt, Billy Witte, Madison Witte, Maggie Witte, Patrick Witte, Kyrin Yerks, Leyton Yerks and Riley Yerks

Congratulations to **Madison Witte** for breaking the pool record in the 200 Fly at the New Prague Neptune Aquatics Meet!



Congrats to the following swimmers for attaining Futures times during Short Course Season!

Grace Hanson, Hailey Farrell, Noah Tague, Conner Hogan and Lexi Kucera

Congrats to the following swimmers for attaining Championship times during Short Course Season!

Kasidy Brecht, Hailey Farrell, Madilyn Gehrke, Grace Hanson, Jaiden Mezera, Madison Witte, Mikayle Witte, Conner Hogan, Carter Johnson, Lexi Kucera, Noah Tague, Anthony Witte, Kyrin Yerks, Leyton Yerks and Riley Yerks

Congrats to following High Point winners!

Adley Wendlandt, Madison Witte and Graham O'Neill



TEAM TID-BITS!

Towels and various shirts for sale – Please see a board member or coach if you would be interested in purchasing a High Tides towel or shirt that we do have on hand. The towel is \$38 and shirts are \$10

FUNDRAISERS – Golf Tournament - anyone interested in being on the committee please contact Coach RJ or any board member. If you have had experience planning a tournament before, please lend us your expertise! 😊
Instead of holding the Swim – A – Thon in the summer our plan is to switch gears and hold it during Short Course Season. Tentative plans are for January 2022.

TIGERS & SHARKS – Tigers & Sharks is back! Times will be available in May and June. Sign up is done through PRCE. Spread the word to all friends and family who have younger children!

CHAMPIONSHIP GROUP SWIMMERS – Please reach out to Coach RJ if you are interested in being an in-water assistant for Tigers & Sharks. Programming returns in May and June.

TEAM STORE – Looking at opening the team store again mid to late May. Will update as more details become available.

SPEEDOS - FARGO



WAVE MEET - BUFFALO

BOARD OF DIRECTORS

Emily Reck
Past President

emily_reck@hotmail.com

Kristy Scheidt
President

kristyscheidt@gmail.com

Adam Wendlandt
Vice President

adamwendlandt@yahoo.com

Sarah Yerks
Treasurer

swimtreas@gmail.com

Travis Wakefield
Member at Large

travis.wakefield@outlook.com

Rob Collett
Member at Large
sandr@hutchtel.net

COACHES

RJ Greseth
Head Coach
coachrj@hutchhightides.com
320-583-9182

Mark Field
Assistant Coach

Megan Bateman
Assistant Coach

MINNESOTA SWIMMING

Integrity. Sportsmanship. Pursuit of Excellence. Fun.



MN Swim Information

2021 MNSI Summer Championship Information

7/7 – 7/10 Speedo Sectionals - LCM
University of MN

7/16 - 7/18 Last Chance Qualifier Meets (Team hosted) - LCM
Zoning and Locations - TBD

7/22 - 7/25 MNSI Hosted 14 & Under State Championship
2 Locations (Rochester and University of MN)
Results Combined from Both Locations
Zoning - TBD

7/29 - 8/1 MNSI Hosted Senior State Championship
(Open 15-16 Champ times)
University of MN

7/28 – 7/31 Futures
West Fargo, ND

8/3 - 8/7 Speedo Summer Invitational
(Combined US Open & Summer Jrs) - LCM
Irvine, CA

8/5 - 8/8 Central Zones 14 & Under Championship
Westmont, IL



Tentative Information Regarding Summer Championship Season:

Last Chance Meets will take the place of MAC's and MRC's, time standards are as follows: No minimum standards for 50s and 100s, Bronze Standard for 200s, Silver Standard for 400s, 800s, 1500s, max of Gold Standard (no champ times, as is normal operating procedure.) No "win it and swim it" option this year. No relays.

14 & Under State – One champ time gets you into the meet and allowed up to 5 bonus events if you earned a champ times before the June 28th deadline. Bonus events must be at the Gold Standard. Champ times earned after June 28th will not qualify to swim the bonus events. No relays at this time. Max events: 6

Senior State - One champ times gets you into the meet and allowed up to 5 bonus events if you earned a champ times before the June 28th deadline. Bonus events must be at the Gold Standard. Champ times earned after June 28th will not qualify to swim the bonus events. No relays at this time. Max events: 6 Prelims/Finals with maybe two prelims sessions flighted or zoned.



S
N
A
P
S
H
O
T
S

