



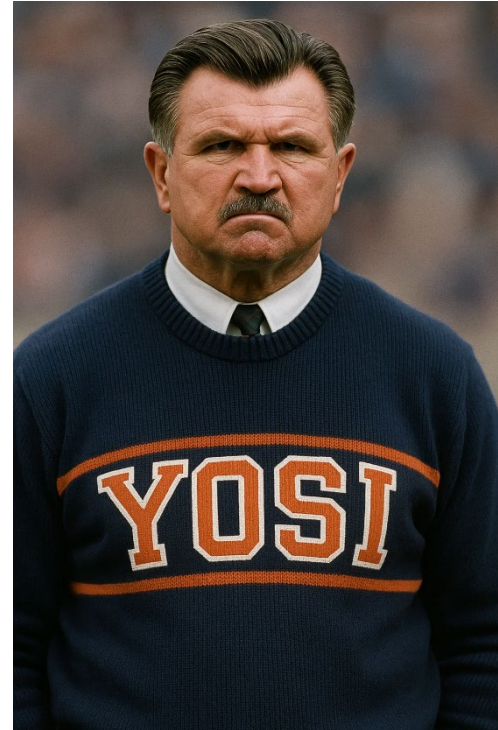
YOSI SPLASH

MONTHLY NEWSLETTER

Volume 2 | October 2025


Da Coach's Corner – A Message from Coach Shanon

1. **Consistency counts** – Now that the season is underway, try your best to attend all scheduled practices. Even missing one or two each week can slow progress and conditioning.
2. **Proper rest matters** – Swimmers need sleep to recover and perform. Aim for 8–10 hours per night, especially before meets.
3. **Fuel for meets** – Encourage swimmers to eat a balanced meal 2–3 hours before competition. Simple carbs (like pasta, rice, fruit) and lean proteins are great choices.
4. **Celebrate small wins** – Coaches will be highlighting improvements at practice—not just times at meets. Progress is built one step at a time!



Swimmer Spotlight

This month, we're celebrating **Dylan Otjen and CJ Winters** both from White Group. Dylan and CJ were highlighted by the coaches for their awesome effort in practice and positive attitude on deck! Coach Shannon and Coach Rachel both highlighted their willingness to take direction and improve their strokes as they begin their swim season.

 Want your swimmer featured? Coaches are watching for hustle, teamwork, and sportsmanship all season long.

Coach's Corner

Meet Our New Coach: Joe Kinsella

We're excited to welcome Joe Kinsella to the YOSI coaching staff! Joe currently works as a lifeguard at the YMCA and is a former competitive swimmer. With the ongoing YMCA construction, many families haven't had the chance to meet him yet, so we asked Joe a few fun questions to help everyone get to know him better.

If you could have any superpower, what would it be and why?

I would love to be able to teleport. I could go anywhere in the world and I'd save a whole lot on gas.

What's your favorite post-practice snack?

A large glass of chocolate milk does the trick.

What's a hidden talent you have outside of coaching?

It's a weird one, but I can dislocate my thumb for some reason. I'm also weirdly good at Mario Kart.

What's one thing you're excited about for this upcoming season?

I'm looking forward to all the meets and traveling around to different pools with our swimmers!

If you were an animal, what would you be and why?

I'd be a bass because I love to swim (duh), and they're my favorite fish to fish for.

We're thrilled to have Joe on board and can't wait for everyone to meet him at upcoming practices and meets.

Welcome to the YOSI family, Coach Joe!

🧐 Did You Know?

Olympic-size pools (50 meters) hold **660,000 gallons of water**—that’s about the same as **10,500 bathtubs**!



📅 What's Coming Up

🐧 YOSI Seals Kick Off the Season at the Penguin Plunge!

We’re diving into our first meet of the season this weekend — the **Penguin Plunge**, hosted by the **Four Rivers Area YMCA in Washington, MO**! The meet runs **Friday through Sunday, October 24–26**, and will feature swimmers from across the region competing in a variety of events.

This meet is a great opportunity for our athletes to put their hard work into action, gain racing experience, and cheer on their teammates. Families can look forward to a full weekend of exciting races and plenty of fun as we kick off the 2025–2026 swim season together.

A **Meet Information File** has been emailed to all families with details on the schedule, warm-ups, facility layout, and session times. Please review that information before heading to the pool, pack plenty of snacks and team gear, and get ready for a fantastic start to the season!

Let’s go, Seals!



🏆 Fun Challenge of the Month

Each month, we’ll post a **Swim Challenge** for all groups!

➡ **October Challenge:** See how long you can hold a legal streamline *with dolphin kicks* off each wall. Coaches are watching!


Parent Tip of the Month

Pack **two pairs of goggles** in every swim bag. Goggles are the #1 equipment issue at meets, and having a spare saves stress (and races!).

Goal Sheets Are Out!


This season, we've shared **goal sheets** with all swimmers and families. Each practice group has its own page in the document — simply find your swimmer's group and use that section.

For younger swimmers, parents can help walk through the sheet and talk about goals together. For older swimmers, this is a great way to take ownership of your season by setting clear targets early.

 You can keep the sheet for your family or share it back with Coach Shanon and Chris. Either way, the goal is the same: help our swimmers set **realistic, achievable goals** and stay focused throughout the season.

Stay Connected

- Website: [YOSI Team Website](#)
 - Facebook: [YOSI Swim Team Group](#)
 - GOOGLE Drive: [YOSI Files](#) (Important Documents & Videos)
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 That's this month's SPLASH!

See you on deck,

Your YOSI Coaches & Parent Board
