



# YOSI SPLASH MONTHLY NEWSLETTER

Volume 3 | November 2025

## 🗨️ Da Coach's Corner – A Message from Coach Shanon

As we roll into the heart of the season, it's the perfect time to focus on two key areas that help swimmers perform their best — **nutrition** and **goal setting**.

### 1. Fuel your body right

- Swimmers burn a tremendous amount of energy. Encourage balanced meals with lean proteins, fruits, vegetables, whole grains, and healthy snacks.
- Before practice, aim for light, easily digestible foods like fruit, yogurt, or granola.
- After practice, refuel with protein and carbs within 30 minutes to support recovery.

### 2. Hydration matters

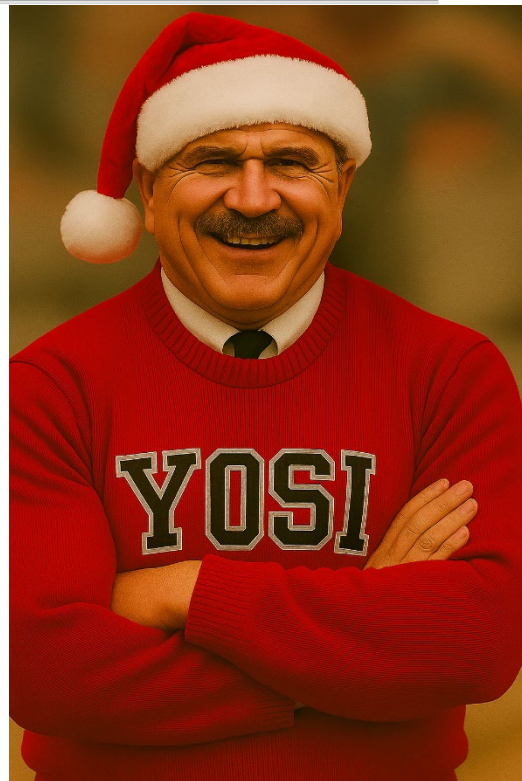
- Even in cooler months, swimmers lose plenty of water. Send a full water bottle to every practice and meet.
- Encourage sipping throughout practice — hydration improves focus, endurance, and overall performance.

### 3. Goals guide growth

- Swimmers should have clear goals for the season — from improving technique, to hitting target times, to showing leadership on deck.
- For younger athletes, talk through their goals and help them understand what's realistic.
- For older swimmers, goal setting is a chance to take ownership of their season and track progress each month.

With strong nutrition habits and a solid set of goals, November becomes a powerful turning point in each swimmer's journey.

Let's keep pushing forward together!



## Swimmer Spotlight

### Tamari Tanuvasa-Lole

Tamari has been a standout since day one. She is incredibly hard-working, consistently leads by example, and brings a level of focus well beyond her age. It's not unusual to see her redirect teammates when they start to lose focus, or quietly guide younger swimmers through warm-ups and pre-race routines. She's exactly the kind of swimmer others look up to.

Her performance in the early season meets has been exceptional. At the FRAY Penguin Plunge, Tamari stepped up—literally—by swimming in the 15–21 age-group relay at just 11 years old, helping her team secure an impressive 2nd-place finish ahead of several all-high-school squads. She currently leads YOSI in individual points (36) after the season's first weekend—and that's without relay points.

Tamari puts in the work, supports her teammates, and represents YOSI with pride and maturity. She is everything we hope to encourage in our swimmers, and we're proud to recognize her as our November Spotlight Swimmer.

---

## ★★ Beyond the Blocks

*Welcome to the first edition of Beyond the Blocks — a new space in our newsletter where we get to highlight the awesome things our swimmers are doing outside the pool. These features were inspired directly by the accomplishments of our own YOSI kids, and I'm excited to kick things off with some incredible stories from our families.*



### Harper Wilkinson – Cross Country Nationals

Harper competed at the CYO Cross Country Nationals in Knoxville on November 22. She lined up with **200 runners** in the 9–10 age group for a muddy, hilly 3,000-meter race — and absolutely crushed it. She finished **75th overall** and **30th among 9-year-olds**, running a **13:53**, and most importantly, had a ton of fun out there. What an amazing experience for her!

---



### Kendall Kinnear – First Band Concert Coming Up

Kendall has been hard at work learning the trumpet after joining band at the beginning of the school year. Her first band concert is on **December 18**, and she's been practicing at home to get ready.

She also wrapped up her cross-country season this fall and will jump into drama club in January, helping backstage with costumes and makeup!

---



### Lincoln Krebel – Scholar Bowl & Trombone

Lincoln earned a spot on his school's Scholar Bowl team — and he's the **only sixth grader** to do so.

Beyond the accomplishment, what stood out most was Lincoln's character. He pursued this goal confidently, even knowing none of his peers were joining. Scholar Bowl practices begin next week, with matches starting in January.

Lincoln also plays trombone in band.



### **Madelyn Krebel – First Pre-Band Concert & Volleyball**

Madelyn is in her first year of “pre-band,” playing the flute, and her first concert is on **December 16**. She also plays club volleyball for Blue Steel and has been enjoying learning the sport as a beginner. We’ll share photos after her concert as well!

---



### **Gabe Spratt – Concert Band, Jazz Band & Pep Band**

Gabe is first chair saxophone in both the **8th Grade Concert Band** and the **Middle School Jazz Band**, where he has already scored a few solos in this year’s concerts. His second and third concerts of the season are coming up in early December.

He is also playing in the **Mascoutah Pep Band** alongside teammates Evan Henderson and Isabelle Yde, performing during Mascoutah boys’ and girls’ basketball games.

---



### **Evan Henderson – Concert Band & Pep Band**

Evan plays saxophone in the **8th Grade Concert Band** and is a member of the **Mascoutah Pep Band** as well. He performs alongside teammates Gabe Spratt and Isabelle Yde during Mascoutah boys’ and girls’ basketball games.

---

This is exactly what *Beyond the Blocks* is all about — celebrating the passions, talents, and achievements that make our swimmers who they are both in and out of the pool. If your child has something exciting coming up or recently accomplished something they’re proud of, send it our way so we can feature them in an upcoming edition.

More to come — our kids are doing incredible things!

---



### **CRCY Christmas Classic – Sign-Ups Now Open // Updated Announcement**

CRCY Christmas Classic meet declarations are now available in SportsEngine.

Please note our new deadline to declare for the CRCY Christmas Classic is now Sunday, November 30th.

We know this is a very quick turnaround, and we truly apologize. We’ve been waiting on the meet file from CRCY, and because it arrived several weeks late, we’re now scrambling to get our submission finalized on time.

---

## Penguin Plunge Recap

The team kicked off the season with a strong showing at the FRAY Penguin Plunge — our first time attending this meet, and FRAY put on a fantastic event. Even with a smaller group making the trip, YOSI made a big splash, finishing 5th overall with 230 points.

We had several swimmers come out of the weekend with Area-qualifying times already in the books, and plenty of early-season drops that set the tone for what's shaping up to be an exciting year.

### Top 5 Point Earners

Tamari Tanuvasa-Lole – 36 points

Gabe Spratt – 32 points

Nehemiah Edgar – 28 points

Maeva Tanuvasa-Lole – 13 points

Eleanor Krebel – 12 points

---

## Gobbler Games Recap

The team had an outstanding weekend — tons of great performances, a lot of personal bests, and a huge number of Area qualifying times. YOSI finished 7th out of 16 teams with 622 points, and our brand-new PR Bell Board got a serious workout.

The talk of the meet on Sunday was the YOSI 11–12 Mixed Medley Relay, which pulled off a comeback you truly have to see to appreciate. Watch the video [HERE](#). That's Chase Edgar (Back), Lincoln Krebel (Breast), Baylor Macon (Fly) & Tamari Tanuvasa-Lole (Free) on the relay.

### Top 5 Point Earners

Gabe Spratt – 69 points

Tamari Tanuvasa-Lole – 59 points

Nehemiah Edgar – 56 points

Aryamun Kalra – 52 points

Evan Henderson – 51 points

Fantastic work across the board — we're proud of every single one of our swimmers.

---

## What's Coming Up

### Thanksgiving – Thursday, November 27th & Friday, November 28th

There will be no practices for any groups on these dates. Enjoy the long weekend with your family and friends! 💜

### Team Dinner — December 4

Fun activities, team bonding, and dinner together.

### CRCY Christmas Classic

Our next major meet of the season. Watch for updates and final entries.

### YOSI Holiday Party — December 17

Games, food, music, awards, and holiday fun.

### Splash-and-Dash — Sunday, January 11, 2026 • 7–11 AM

---

## January Splash-and-Dash – Quick Highlights

You received the full Splash-and-Dash email earlier this week, so here are the essentials:

Sunday, January 11, 2026 • 7–11 AM

East Belleville YMCA

Full breakfast buffet served throughout the event

Swimmers complete as many laps as they can in a two-hour window

Pledge forms are attached again for anyone who needs them

Holidays provide a great opportunity to gather support from family and friends

Funds raised support training equipment, team events, travel needs, our YMCA contribution, future senior scholarships, and continued program improvements.

---



## **Meet Sammy — Our New YOSI Seal Mascot!**

We're excited to introduce Sammy, the newest member of the YOSI family! He made his team debut at The Great Gobbler Games this weekend. We've included a picture of Sammy and Kendall Kinnear. Sammy is here to bring even more spirit, fun, and energy to our team this season. You'll see Sammy at team dinners, big meets, celebrations, and — of course — cheering on our swimmers from the pool deck.

### **Sammy's Backstory**

Sammy grew up along the rocky shores of the Pacific Northwest, where chilly water and rolling waves were part of everyday life. From a young age, Sammy loved racing through kelp forests, practicing flips, and challenging other seals to friendly swim-offs. But what really set Sammy apart wasn't speed — it was enthusiasm. Sammy was known for hyping up other seals before long swims, celebrating every effort, and keeping spirits high no matter the conditions.

Sammy's journey to YOSI started in an unexpected way. One summer, a local marine research team set up a temporary observation station near Sammy's favorite haul-out rock. They spent hours swimming, taking measurements, and collecting data. Sammy loved watching them — especially when they raced each other between marker buoys. Their laughter, teamwork, and dedication reminded Sammy of everything he loved about seal life.

At the end of the season, the researchers packed up and headed inland. Sammy, curious and determined, followed their small boat upriver — farther than any seal had ever gone. The river led to a bigger river... then the Missouri... which eventually led to the Mississippi. By then, turning back didn't make sense. Sammy wanted to see where humans trained, learned, and cheered each other on just like seals did.

As the river carried Sammy farther south, he made friends with every creature he met — turtles, herons, even a slightly confused beaver — each giving directions like "follow the current" or "take the next bend." Eventually, Sammy overheard a group of swimmers at a riverside park talking about their team in Illinois: YOSI. They spoke with pride, excitement, and love for their teammates.



That was all Sammy needed to hear.

With a final push *downriver* and a waddle across a few too many boat ramps, Sammy arrived in Illinois — tired, pumped, and completely certain he'd found the right team.

Now, Sammy proudly represents everything YOSI stands for: positivity, teamwork, perseverance, and having fun while working hard.

**Welcome to the team, Sammy — we're glad you're here!**

---

### **Meet Results & Standards Updates**

The results from The Great Gobbler Games meet have been uploaded into SportsEngine. All meter times have been added to the Time Standards, and we are fully up-to-date on Area Qualifying Time Standards.

We've added some new verbiage and linked two updated files on the Standards page of the team website: AREA Qualifiers List and Season High Point Leaders — both now current after this past weekend.

👉 <https://www.gomotionapp.com/team/osyosi/page/standards>

---

### **Stay Connected**

- Website: [YOSI Team Website](#)
  - Facebook: [YOSI Swim Team Group](#)
  - Google Drive: [YOSI Files \(Important Documents & Videos\)](#)
- 

★★ **That's this month's SPLASH!**

See you on deck,

**Your YOSI Coaches & Parent Board**