



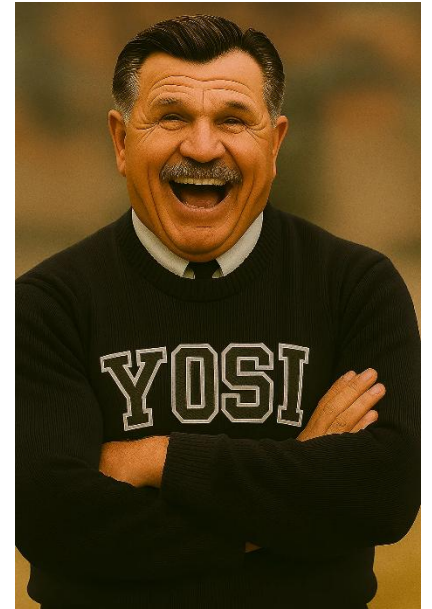
YOSI SPLASH

MONTHLY NEWSLETTER

Volume 1 | September 2025


Da Coach's Corner – A Message from Coach Shanon

1. Practice starts the night before: make sure you have all swim equipment. (Caps, goggles. etc...)
2. Ensure your swimmers are hydrated. Bring a water bottle to practice. Workouts in the pool may not appear the same as running 2-3 miles, but our swimmers will be swimming 2500-5000 yard each practice as the season progresses. That's a large endurance workout. Hydration is key to eliminating fatigue and cramping.
3. Focus on nutrition at home. Small changes in eliminating sugary food and drinks or getting them down to limited quantities can help in a big way with improving performance in the pool.
4. We are sending out goal sheets to families and swimmers. These goal sheets will help your swimmer focus on what they are hoping to achieve and work towards for the upcoming season. It will also help parents work with their swimmers on achieving their goals. Lastly, it gives the coaches a starting point to gauge performance and re-evaluate those goals as the season progresses.



Swimmer Spotlight

The season has begun! It's each swimmer's time to be noticed for their hard efforts.

 Want your swimmer featured? Coaches are watching for hustle, teamwork, and sportsmanship all season long. We encourage Parents and Swimmers to also submit names of swimmers who they feel deserve to be highlighted.

🎵 Coach's Corner: Pump-Up Playlist

Ever wonder what our coaches listen to before practice? Here's a peek:

- Coach Gus: *The Saints* – Andy Mineo
 - Coach Shanon: *All I Do is Win* – DJ Khaled
 - Coach Etienne: *Fly Like an Eagle* – Space Jam soundtrack
 - Coach Rachel: *[Fill in from her later]*
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🧐 Did You Know?

The **fastest recorded human swim speed** is about **5.3 mph** — not much faster than a jogging pace. But seals? They can hit **20+ mph**! No wonder our mascot's a seal



📅 What's Coming Up

- **CRCY Freestyle Madness** – Saturday Oct 11th – Centralia, IL
 - **YOSI Halloween Invitational** – Saturday Oct 18th-Sunday Oct 19th
 - **Team Social Event** – [Optional fun event like ice cream night]
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🏆 Fun Challenge of the Month

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

➡ September Challenges: *See how many legal streamline push-offs you can hold before breaking form. Coaches will be watching!*

💡 Parent Tip of the Month

Hydrated kids = happy swimmers! Encourage your swimmer to bring a reusable water bottle to every practice.

Photos of the Month



YMCA Construction Update

Starting **Wednesday, September 10th**, major construction will begin at the YMCA. The west end of the building, including the front desk, lobby, offices, and pool viewing area, will be closed. Unfortunately, this means parents will not be able to watch practices from the viewing area.

- Families may sit in their vehicles during practice if not using the YMCA facilities.
- We've raised concerns with YMCA management regarding seating arrangements and will continue to advocate on your behalf. Please share any issues with me so I can pass them along.

Meet Declarations & Volunteer Sign-Ups

A reminder that meet declarations and volunteer sign-ups are managed through SportsEngine.


- Families must declare swimmers for each meet they plan to attend.
- Volunteer roles, especially timers, are essential to keeping meets running smoothly.

For new families:

- We've included a **step-by-step SportsEngine tutorial** and two **YouTube videos on timing** in a separate email for easy reference.

Stay Connected

- Website: [YOSI Team Website](#)
- Facebook: [YOSI Swim Team Group](#)

 That's this month's SPLASH!

See you on deck,
Your YOSI Coaches & Parent Board
