



YOSI SPLASH MONTHLY NEWSLETTER

Volume 0 | Pre-Season 2025

Getting to know the coaches

Meet the Coaches – Getting to Know Our Team

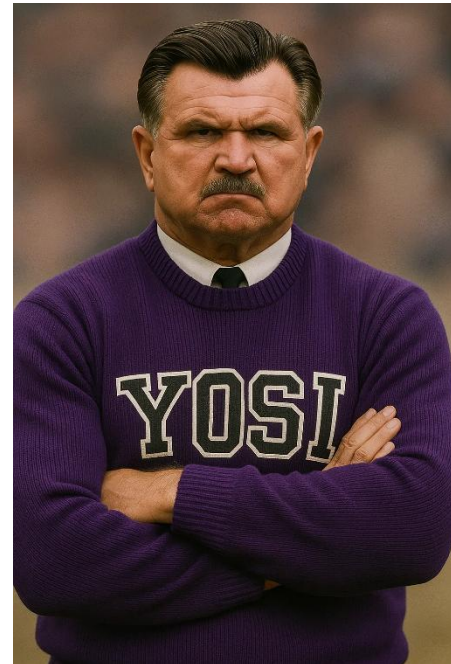
One of the best parts of YOSI Swimming is our coaching staff! Each coach brings their own energy, experience, and personality to the pool deck. To help families (and swimmers!) get to know them better, we asked a few fun questions.

This month, we're featuring some of their answers — and we'll highlight Head Coach Shanon in a special spotlight section in our next edition.

★ **Da Coach's Corner – A Message from Coach Shanon**

- First and foremost we want every swimmer to have fun, we hope to see personal growth, sportsmanship.
- We want to focus on developing the whole athlete by fostering individual growth, mental fortitude, respect for the team and self, teamwork, dedication to work hard and a positive attitude toward both success and failure.
- We expect every swimmer to show up ready for practice, positive attitude, and to give your best effort.

" SWIM FAST, TURN FASTER!"



Meet Your YOSI Coaches – Fun Q&A!

We asked our coaches some fun questions so you could get to know them a little better. Here's what they had to say:

Favorite Memories from Coaching

- Gus: Watching younger swimmers become competitive and push each other.
 - Shanon: The excitement on the first day of practice and seeing swimmers recognized for hard work.
 - Etienne: Outstanding team performances at the Heartland Area Championships.
 - Rachel: Seeing little swimmers grow in confidence and ability.
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Go-To Pump-Up Song

- Gus: *The Saints* – Andy Mineo
 - Shanon: *All I Do is Win* – DJ Khaled
 - Etienne: *Fly Like an Eagle* – *Space Jam* soundtrack
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Favorite Stroke

- Gus: Breaststroke – powerful when done right.
 - Shanon: Butterfly – power and elegance combined.
 - Etienne: Butterfly – naturally strongest stroke.
 - Rachel: Butterfly or breaststroke.
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Best Advice for New Swimmers

- Gus: “Try to fail at practice—find challenges and keep working until they’re easy.”
 - Shanon: “Always try! Perfection comes with time—you are a rockstar!”
 - Etienne: “Have fun—that’s the #1 priority.”
 - Rachel: “Be patient and push yourself. You’re stronger than you think!”
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Favorite Post-Practice Snack

- Gus: Chicken crust pizza 🍕
 - Shanon: Chocolate protein shake 🍫
 - Etienne: Chocolate peanut butter smoothie 🍷
 - Rachel: Apple with peanut butter 🍏🍪
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Excited for This Season

- Gus: Bringing back traditions and seeing the team's talent shine.
 - Shanon: Welcoming both new and returning swimmers.
 - Etienne: Helping swimmers improve their strokes.
 - Rachel: Meeting and getting to know everyone!
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Hidden Talents

- Gus: Blacksmithing and craftsmanship 🔨
 - Shanon: Cycling and crocheting 🚴🧶
 - Etienne: Baking sourdough bread 🍞
 - Rachel: (Still discovering new ones!)
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If They Were an Animal...

- Shanon: A lion — patient, adaptable, and a teacher within the pride.
 - Rachel: A seagull — by the water, hanging out with people.
 - Gus: Gus didn't provide an answer, so you'll have to bug him at practice. (Between sets of course)
 - Etienne: A seal, of course! 🦭 (BONUS POINTS FOR COACH ETIENNE!!!) 😎
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💬 Coach Rachel sums it up best:

"You are stronger than you think and you can do it! Nothing feels better than proving to yourself that you can rise to the challenge."