

Fox Valley Wave Swim Team

PO Box 221, Neenah, WI 54957
www.foxvalleywave.org



Important Dates

July 17

Ice Cream Social Pool
Party

July 24

Parent Board Meeting 6:00
pm- Virtual

July 11, 25

Script Order Due

July 5, 18

Script Pick Up

July Swim Meets

July 8-10

FCYST Bird Bath
Invitational @ Erb Pool
Good for all levels

July 16-17

FSC Sunset on Summer
Invite @ Fond du Lac
Taylor Park Pool
Good for all levels

July 22-24

12 & Under Long Course
State @ Walter Schroeder
Aquatic Center
Qualifying Times Needed

July 28-31

13 and Over Long Course
State @ Walter Schroeder
Aquatic Center
Qualifying Times Needed

Aug 4-7

Central Zone 14 & Under
Championships @ RecPlex
in Pleasant Prairie, WI
Qualifying Times Needed



Summer Season

Our Summer season is off to a great start!

Please check the [Calendar](#) on a **REGULAR** basis as times and locations are subject to change. Most notably, there will be no practice at Appleton North from July 11 thru 27. All practices during that time will be held at Neenah High School.

Bronze 1 & 2 and Silver will continue to practice in the evenings except for Friday mornings at Erb Pool. Gold will practice in the morning while Senior will practice primarily in the morning with some late afternoon times available as well.

If you have questions regarding your practice times, please reach out to your coach.

Congratulations 2022 Graduates

Congratulations to our 2022 Wave graduates. We are so very proud of you both in and out of the pool! Good luck on your next endeavor and don't forget to come back and visit! Go Wave!

Our 2022 high school graduates:

- Emily Allen
- Nolan Balensiefen
- Gracie Baum
- Grace Flanagan
- Alec Inglis
- Brynn Malcomson
- Ian Ridlehoover
- Bree Vanden Burgt





July Birthdays

7/3 – Lyla Borchardt

7/4 – Nalani Layher

7/6 – Bridget Bloomhuff

7/18 – Elin Ulness

7/22 – Maya Klister

7/23 – Lilliana Hanson

7/24 – Ethan
Shalkhauser



**Watch for ELSMORE
team shop opening
soon!!**

Graphic Designer Needed

Parents, if you or someone you know are good with graphics or have a graphic design background with computer program and are interested in helping out the Wave on a few projects please reach out to Coach Leanne at coachleanne.wave@gmail.com.



Ice Cream Social Pool Party!

Mark your calendars Wave families, we will be hosting the end of the season ice cream social and pool party on **July 17, 2022**, from **7:00pm to 8:30pm** at **Jefferson Park Pool** in Menasha. Please join us to celebrate our coaches, our state qualifiers, AND our Senior graduates, **YES, senior speeches are back, get them ready!**

Announcing Alison Greeneway as our WI Swimming Athlete Representative

We're excited to announce that Alison Greeneway has been selected as the Wisconsin Swimming Athlete Representative for the Fox Valley Wave. All spring session senior swimmers were encouraged to consider this leadership role and submit the reasons why they should be chosen.

Alison is very driven and committed to her swimming and to the Fox Valley Wave team. This new role will give her the opportunity to be the athlete voice for our team with the Wisconsin Swimming governance board and vote on various issues over the next two years. She will be attending monthly meetings and share any pertinent information with her fellow athletes.

Congratulations Alison and thank you for stepping into this leadership role!

Weather Alerts



If the weather is bad, and practice is cancelled, we will send out a **text message, an email**, and it will also be put on the **Fox Valley Wave Facebook Group**; however, with rain, we often need to "wait and see" as sometimes storms can blow over quickly and only last a few minutes. So, there will be times that the kids will already be at practice before it is cancelled. Thank you for your understanding.



SwimStrong Dryland Training Partnerships

We are excited to announce our new partnerships with [SwimStrong Dryland](#) and [Atlas Strength and Wellness](#) for our new and exciting strength training program! We will focus on our Senior athletes first, training them and teaching them about nutrition, wellness, and motivation. We are so excited to be a part of the SwimStrong and Atlas families!



MayFly Sponsors

Thank you to our 2022 Mayfly sponsors. We appreciate your continued support of the youth of the Fox Valley Wave Swim team!

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Amy@ropedroptravel.com
Rope Drop Travel - Amy Weber
RDT_AmyW

ATLAS
STRENGTH
& WELLNESS

David and Kaitlyn Beiser of Atlas Strength & Wellness LLC will be leading our SwimStrong Dryland Program. The Beisers are a husband-and-wife team with a shared vision and desire to serve others in the areas of fitness and wellness.

David and Kaitlyn's thorough education and integrated approach uses exercise and lifestyle modifications to improve health, and achieve faster, longer lasting results. The exercise coaching they provide incorporates posture correction, strength and flexibility imbalances as well as strength, stability, balance, agility, flexibility, power, etc.

"We're excited and thankful for the opportunity to know and serve The Wave athletes and their parents. It is truly rewarding for us to work alongside driven athletes. We hope to not only set them up for success in sport, but also in life. After all, some of the best development in the weight room has nothing to do with weights."
--David & Kaitlyn Beiser

