



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

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Important Dates

September 3

Fall Registration Begins

Info coming soon via separate email

September 9

Practice Begins

Schedule, dates and more info coming soon. Watch for emails.





Congratulations Wave Swimmers! Big Accomplishments this Season

Speedo Futures Championship (Nationals) Qualifiers:

Ana Flanagan - 100 Breast, 200 Breast, 100 Free and 50 Free Maddie Loken - 100 Breast, 200 Breast and 100 Back

2024 Central Zones Qualifiers - Long Course:

Maddie Loken
Spencer Gremban
Reese Jensen
Elise Brazzale
In addition, Coach Ryan was selected as a
Zone's coach this year!

13/O State Long Course Championships:

Lauren Barnes
Cash Braun
Elise Brazzale
Colleen DeBruin
Gaby Dilley
Ana Flanagan
Sophia Golub
Spencer Gremban
Logan Grundy
Abram Hansen

Sydney Josephson
Maddie Loken
Aidan Martin
Anna Mulroy
Daphne Scullion
Arthur Skorr
Parker Sonnabend
Addison Warych
Aeryn Weber
Burke Wendell

12/U State Long Course Championships:

Landon Balensiefen
Julia Barnes
Kirsten Brygger
Martin Gremban
Reese Jensen
Jaxon Josephson
Mesa Josephson
Maya Klister
Will Klister

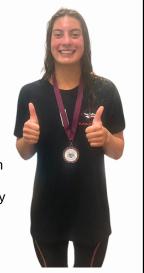
Ayden Littman
Emily Loken
Will Loken
Suzanna Munson
Daphne Scullion
Emry Vosters
Luisa Wich
Marilyn Zimmerman



swimmer spotlight **Allison Greenway**

This month we're featuring one of our amazing senior swimmers, Allison Greenway!

"Allison has been a part of the Wave for 12 years where she has owned multiple team records at every age. Allison was one of the first swimmers from Wave to make a national level final in almost 10 years, and shared the glory of being one of the first ever female finalists for Wave at a national level. She has had a fantastic career with Wave and now has an opportunity to continue her swimming at the collegiate level through Emory University. Good luck, Allison, and have fun!!" - Coach Ryan



Wave Towel Order

We will be placing a personalized towel order soon. Click here to see a picture of the Wave towel and place your orders.

Reach out to Meghan with any questions: admin@foxvalleywave.org

Fall Season **Begins in Early September**



Q&A With Allison

Q: Allison, why do you swim?

A: I enjoy challenging myself, competing at meets, and spending time with my fellow swimmers.

O: What's your biggest swim accomplishment?

A: There were so many meets during the past 12 years when I was frustrated after adding time in every event, but I kept swimming and will continue to do so in college.

Q: Favorite swim stroke and event?

A: I get bored with the same stroke so I enjoy mixing it up. I like the 100 IM.

Q: Favorite swim quote?

A: "If you have a lane, you have a chance"

Q: Favorite meet memory?

A: After I broke a team record and met a personal goal, Coach Jamie gave me the warmest smile, biggest hug and happily shouted, "You did it!"

Q: What's your next swim goal?

A: Swim at NCAA in college.

Q: Anything else you'd like to add?

A: To the swimmers: Good luck in your swim journeys and keep playing water polo. To everyone who has supported me: Thank you, I will cherish the memories.

Thanks for sharing a little more about yourself and your swimming, Allison. Best of luck in college!

We're looking for help fundraising. If anyone has experience organizing golf outings, please contact Eric Hansen at fishingnut8@gmail.com.

Volunteer Link

Many times, our parents are asked to volunteer for meets not hosted by the Wave (Bird Bath and Summer Classic, for example). We'd love to keep a record of those hours. This can potentially help us in the future if we need volunteers to get into a certain meet, etc.

Meghan has set up a quick and easy form for you to use each time you volunteer at a meet not hosted by the Wave. Click Here for the link. (Do not use this form for MayFly or Splashfest). Thank you!

Please Sign Up for Scrip:

- Go to raiseright.com
- "join an existing program" and enter our team code:

L2L64A4D224L8

- Enter your name. Then, under "who are you earning for," enter your swimmer's name.
- Follow the instructions on the next three screens and you're done!

When you buy a gift card 25% of the earnings go to the team and 75% go to your family's Wave account. That money adds up and helps you AND your team. Win Win.

Thank You 2024 MayFly sponsors



































Officials Needed

Our team needs swim officials! If you're interested, the Wave can cover your fees. Please reach out to our board president, Brian Flanagan at president@foxvalleywave.org for more info.

Connect With Us





Team Birthdays

8/1

Crew Stini

8/5

Daphne Scullion

8/8

Will Zinth

8/12

Emry Vosters

8/13

Lawrence Sprangers

8/15

Adalaide Benner

8/17

Colleen DeBruin

8/19

Cash Braun

8/21

Alice Ordonez

8/22

Emily Loken

8/25

Savannah Kelly

8/28

Adalynn Pullara

8/30

Ottilie McNamara





Coach Corner

Ryan Knox-Leonard

Head Coach, FV Wave

This month, let's learn a little more about our team leader, Coach Ryan!

Ryan began his long and impressive swimming career at the age of ten, because "the pool was close to his house," and went on to swim for Northern Michigan University, where he earned a degree in Physical Education, Health Education and Nutrition.

As a swimmer, Ryan was a six-time All-American, seven-time GLIAC Conference Champ, four-year Scholar All-America, Varsity Award winner and team MVP.



As a coach, Ryan's swim philosophy is "to provide a positive, meaningful experience to athletes while enhancing their physical, social, and emotional skills, leading them to become good, productive adults."

Q&A With Coach Ryan

Q: What's your favorite part about coaching?

A: Watching our swimmers grow and develop into great people and great athletes! (And the coach's hospitality room...)

Q: Favorite food?

A: My mum's lasagna!

Q: Favorite color?

A: Blue, black & pink!

Q: Favorite swim stroke?

A: Butterfly

Q: Favorite holiday?

A: Oktoberfest

Q: Favorite quote?

A: "Do it right, or do it over, and then do it again."

Q: Favorite drill?

A: "That backstroke drill that Ryan made Allsion do that one time"

Q: Favorite event?

A: To swim - the 400IM, to watch - anything WAVE is in!

