



November NEWSLETTER

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

NOV 2024, ISSUE 116

November Meets

November 1-2

Wildcat Trick or Treat Swim Meet
Marquette Senior High School, MI
Registration deadline 10/22

November 8-10

HSSB
Howard-Suamico Community Pool
Registration deadline 10/27

November 22-24

Oshy Champions Meet
Oshkosh YMCA
Registration deadline 11/13

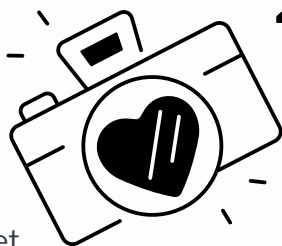
November 22-24

WGLO Fall Invite
Walter Schroeder Aquatic Center
Registration deadline 11/12

Splashfest

December 7-8
Appleton North High School
Registration Coming Soon

As a reminder, this is our home meet and all swimmers are strongly encouraged to participate. **All families are required to fulfill two volunteer spots.** Please save the date.

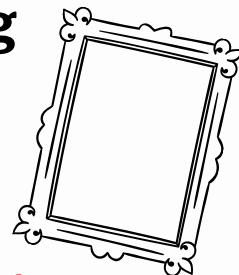


2024 Parent Meeting & Team Photos

Date: Thursday, November 7th

Time: 6:00-7:30p.m.

Location: Appleton North High School



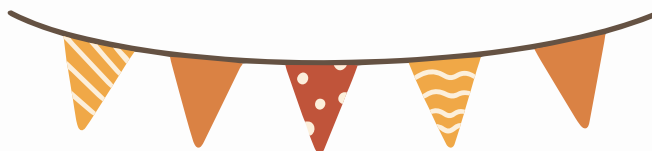
The full team photo will take place **promptly at 6:00**. It is essential that your swimmer is on time as several swimmers need to leave directly after the team photo and we will not be able to retake due to late arrivals. Individual and practice group photos will be taken directly after the full team photo. **Swimmers should wear a Wave team suit or a solid black swimsuit.**

Following photos, swimmers will have pizza and relax with their coaches while the parent meeting wraps up.

If you have a conflict or questions, please contact our team admin, Meghan Gremban, at admin@foxvalleywave.org as soon as possible.

The parent meeting will take place in the North High School library (LMC) at 6:05. All parents are strongly encouraged to attend. The Wave board will present important information and updates. If you have questions you'd like covered, please submit them in advance [using this link](#).

**The meeting needs to finish at 7:30, so it is strongly encouraged that you submit questions in advance.*





Social Corner

ANNUAL TEAM SANTA SCAMPER

Tuesday, November 26

Race Starts at 6:40pm

Join the Wave annual tradition! The one-mile walk/run begins prior to the downtown Appleton Christmas parade at the corner of College Avenue and State Street and proceeds down College avenue to finish at Jones Park. Wear your fun holiday lights and running shoes and come join the fun!

Meet outside Wells Fargo (118 State Street)
at 6:15 pm for a team photo.

[Click here to register.](#)

Reminder!



Here's your quick reminder to check practice schedule's weekly!! Locations and times are prone to change (especially on Tuesdays). If changes are made before Monday, we update the schedule but do not send a text/email. If changes are made the day-of, we do send a text or email update. Please make sure you are checking to avoid confusion. Thank you!

Team Apparel

This year we're doing things a little bit differently. We're thrilled that Elsmore is now offering everything we need, which eliminates the need for a group order. You can order directly through our team website on Elsmore and have your orders shipped directly to your house any time of year!

[Click here to shop our team store!](#)

Sign Up for Scrip!

Go to raiseright.com

"join an existing program" and enter our team code: **L2L64A4D224L8** then follow the on-screen directions. 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.

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.



Coach Corner

This month we're talking about Coach Scott, the talented leader of the Tidal Waves group and assistant coach of the FV Wave team.

Scott Dillon

Assistant Coach, FV Wave

You may know that Scott swam for the Rochester Institute of Technology (RIT) while majoring in Packaging Engineering and minoring in American Sign Language... But did you know that his favorite holiday is Thanksgiving?! Or that he loves chicken wings? Well here are more things I bet you didn't know about Coach Scott.



Q&A with Coach Scott

Q: When did you start swimming and why?

A: I started swimming competitively in 3rd or 4th grade. Fun fact: My uncle swam with Ryan Lochte's dad, and both were coached by my late grandpa.

Q: What's your favorite part about coaching?

A: My favorite part is making connections with swimmers, families and the community. The swim community is a special place and it has helped me throughout my life. I hope to pay it forward.

Q: Favorite color?

A: Purple

Q: Favorite swim stroke?

A: I have a warm spot in my heart for breast stroke. And freestyle. And butterfly. And backstroke's not too bad. Heck, all of it!

Q: Favorite quote?

A: "Focus on your controllables and nothing else." - Roy Weymouth (Coach Scott's High School and club swim coach). This is a mantra I live by to this day. I think it's important to focus on what YOU can control and nothing else. Eliminate the outside noise and swim inside YOUR zone.

Q: What's your swim philosophy in one sentence?

A: Don't take everything too seriously. Have fun and laugh a lot.

Q: Favorite drill?

A: One pull, three kicks for breaststroke because you can tailor the drill for multiple needs.

Q: Favorite event (either to swim or watch)?

A: To swim, the 100 IM. To watch, 200 IM

...swim with your heart

Team Birthdays

11/5
William Klister

11/6
Luisa Wich

11/8
Carly Larson

11/9
Evan Gabbey

09/12
Henry Collins

11/13
Aeryn Weber

11/17
Madeline Loken

11/22
Tabitha Siewart

11/29
Johnathon Ziegert

11/30
Kira Thomas



Thank You 2024 MayFly sponsors



Splashfest Sponsorship Opportunities

The Winter Splashfest Swim Meet is just a few weeks away (December 7-8) and we are seeking sponsorships to help make the meet a success. Here's how you can help:

- Join the Splashfest Sponsorship Committee to help secure sponsorships. This counts toward your family's required volunteer commitment for the meet!
- Become a sponsor! If you have a business, you can become a sponsor to support the team and showcase your company to all of the Splashfest attendees. We have opportunities that fit all budgets.
- Ask your employer! We frequently find more success when an employee makes the sponsorship request.

If you're interested in helping, or if you have questions, please contact Melanie Morris at sponsorships@foxvalleywave.org.



Sign Up for Text Messages

The fastest way to hear about cancelled practices, location changes or other announcements is to sign up to receive texts.

For instructions on how to sign up, [CLICK HERE](#).



Connect With Us

