


Schroeder YMCA Swim Team

1. 12 & U State meet is at the WSAC this weekend! Check [our site for entries and meet info.](#)
2. Meet Entries for the 13 & O State Meet, US Open and USA Junior Championships are all posted on our site. Please note that Sr's have elected to NOT swim relays at 13 & O.
3. TRY the TeamUnify app for iPhone and Android - (it has your swimmer's historical times - one of the benefits of the recent website change)

 1. 1st set up your account from a computer - go to the team site: wsac1td.org
 2. in the left tool bar at the top click on SIGN IN
 3. enter your email address (if you are like most families you have several but there is one that you have given us in the past and it's probably that one)
 4. you'll have to reset your password and it will be mailed to that email address
 5. this should allow you access to your swimmer(s)' info on our website and other options about billing, meet entry and meet work requirements that are not functional yet.
 6. you should now be ready for the handheld app. from your phone, search the web for "TeamUnify app" and you should be able to find the app for android or iPhone - searching the web seems faster than the app store.
 7. enter your email address, password and then in the 3rd box the team alias is: wiwsac
 8. you should be able to get a fair amount of useful information
 9. if you do have trouble please do not hesitate to ask.
4. The end of the summer season is coming up. The Last Day of practice for all groups will be 8/1 unless you are going to Juniors. See below for scheduled training times for the end of July - early August. After a full break, maintenance practices will be offered three day per week until we restart programs on Monday, September 10. Practices will be Monday, Tuesday and Thursday from 4:00 - 5:30 PM and will start up on 8/13.

5. What about NX Level? With Troy's departure to Chicago, many are wondering what will happen in the fall to conditioning programs based at the WSAC. We are working to fill the gap and find a provider / conditioning coach and we DO still strongly encourage advanced athletes to consider traveling to NX Level in Waukesha. Stay tuned for additional info and a solution.
6. [Fall I & II Super Stars](#) is ready for sign ups. Learn more or recommend to a future Schroeder great!
7. Don't forget to cheer on [Gwen Jorgensen](#). Gwen departs for London today. She will take part in the opening ceremonies and then will be based outside London with her teammates and support staff until prior to her event on 8/4 at 9:00 AM (England time) Incidentally, you know how much Gwen loves cold water...well the weather in England has been very wet and cool. The [Serpentine in Hyde Park](#) is a chilly 64 degrees as of today. Wetsuits for all it appears - which in this coach's estimation is great for Gwen because it keeps the swim group tighter and allows for her to have an increased chance to be in the lead bike group. Recall no one in the world is faster off the bike - some women may be as fast but Gwen CAN run!



8. The Walter Schroeder Aquatic Center Olympic Capital Campaign kick was at the home of Suzanne and Andrew Hall on Tuesday, July 24. The Campaign's goal is \$1,000,000. On Tuesday, July 24 Matt and Dave shared the compelling rationale behind the Olympic-themed campaign and how attainment of the goal will cement the future of the Walter Schroeder Aquatic Center for generations! [Visit the website](#)

9. Practice Schedule changes:

1. Senior team with 12 & U State this weekend: Fri 8-10 AM, Sat 6:30 - 8:30 AM, Sun for a loosen around 1 PM ish - between sessions

End of the season training schedule:

- 7/27 - No practice for gr 1-3 (13-14 kids swim 8-10 with older kids)
- 7/28 - Gr 1,2, and 3 - No practice
- 7/28 - Gr 4-6 (and 13-14 gr 3 kids with state cuts) - 6:30-8:30AM.
- 7/30 - Gr 1&2 - 5:30-6:45PM
- 7/30 - Gr 3-6 - Normal
- 7/31 - Gr 1&2 - 5:30-6:45PM
- 7/31 - Gr 3 - Only AM from 9:30-11
- 7/31 - Gr 4-6 - Normal
- 8/1 - Gr 1&2 - 5:30-6:45PM
- 8/1 - Gr 3 - 8-9AM
- 8/1 - Gr 4-6 - Normal