

TEAM MILLIUM

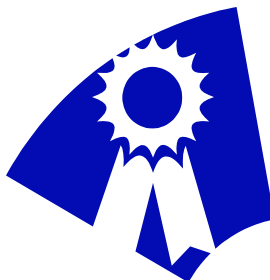
INTRA SQUAD—Sat Nov 8
ALL: Warm Ups @ 12:30pm
Meet @ 1:15pm
THESE TIMES DIFFER FROM ORIGINALLY SCHEDULE



NOVEMBER 3, 2008

FULL SPEED AHEAD!!!!

101 team members joined us at Sunday's Intra Squad meet. We had a lot of FIRST time swims—from first time swimmers!!! Everyone did GREAT!! I cannot stress - or *encourage you enough...* to take advantage of these low key, fast, racing opportunities. We do our best to walk the swimmers through meet protocol and prepare them for meets ahead.



FIRST INVITE!

W AGNEW, A BOSCO, C BROTHERS, A COLEAN, R CONRARDY, C DEE, F GIRARDOT, A GRIFFIN, S HALPERN, H HANSEN, R HANSEN, C HOPKINSON, C IANNACCONI, S IANNACCONI, B MCCORMACK, D MCCORMACK, E MURPHY, A NEILSON, S NEILSON, L REY-TALLEY, C ROBINET, A SHEA, E SHEA, T SHEEAN, M STAPLES, BL WEST!!!

100% BEST TIMES

MC AHLGREN, M ANDREOLI, H BINGHAM, H CARPENTER, MG DETMER, C DOHERTY, S DOHERTY, E HESS, K KEHOE, C KUPIEC, MIZGALA, M O'BRIEN, L PRITZ, W PRITZ, I SCHAIDER, J SCHIMMEL, H SMITH, N SMITH, J THOMASON, A TRUCCO, GR UHLIR, JP UNGARETTI, N UNGARETTI, G VUKOTICH, B WENDT, T WENDT, JO WHITE, T WOLFE, A YAUS

NOTABLE TIME DROPS

H CARPENTER	21 SEC	100 FR
C DOHERTY	16 SEC	25 BRST
M O'BRIEN	18 SEC	50 FR
MAI O'DONNELL	11 SEC	25 FLY
H SMITH	15 SEC	50 BRST
N SMITH	15 SEC	50 FR
J THOMASON	10 SEC	25 FR
TYLER WENDT	11 SEC	100 BACK

All swimmers participating in the IntraSquad meets will receive ribbons - BUT the ribbons have not arrived yet...so look for them next week!!!

MEET PARTICIPATION

Participating in meets is an important part of being a part of a swim team. It is an opportunity to test skills that are being worked on in practice—as well as a time to interact with team mates and coaches. Intra Squad and Dual meets are ideal for novice swimmers—many of who do not have 4 legal strokes yet....Once a swimmer has at least 3 legal strokes, and is comfortable in racing situations, signing up for Invites is advised! Invites are usually 2-3 days long, and in the beginning, just choosing 1 day may be the best bet. As a swimmer becomes more competitive, and builds up their endurance, competing both Sat & Sun becomes normal!

Results will be posted on the bulletin board and swimmers are encouraged to keep track of their events and times...We encourage you to watch your improvement and celebrate your own individual successes!

Our 50 FFRREEZE meet on Sunday, Nov 16 is a fairly low key Invite...all new team members that have successfully competed in an IntraSquad—are encouraged to swim in our meet!





SO FFRREEZZE, SUN NOV 16

I have not received very many volunteer sign ups, I need over 100 volunteers and will be contacting and assigning jobs to all those returning families that I do not hear from!!!!

Check the bulletin board or website for open spots...*I will be filling all spots by next weekend* so that I can post a completed volunteer form with times and job descriptions!!!!



If your name is NOT listed and you thought you signed up - or want to be added....it is not too late. email me: coachathy@teamy2k.com; fill out a meet sheet— or sign the list on the bulletin board....

NOV 8 INTRA SQUAD

The following swimmers are signed up to compete on Saturday in a simple IntraSquad meet at Fenwick HS. We encourage EVERYONE to “get their feet wet” by participating. This is a good opportunity to swim your FIRST RACE—as well as to update your times in a few events—for returning swimmers!

ALL: Warm Ups @ 12:30pm; Meet @ 1:15pm

PLEASE NOTE THESE TIMES HAVE CHANGED

Meet entry will be posted on the bulletin board on Wed, November 5th.

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|---------------|----------------|---------------|
| MC AHLGREN | IANNACCONE (2) | L REY-TALLEY |
| B BECK | K KEHOE | Z SARVIS |
| E BELL | KELTY (2) | T SCHEJBAL |
| A BENSHP | KORENICH (2) | J SCHIMMEL |
| H BINGHAM | E KULIK | SHEA (2) |
| C BROTHERS | C KUPIEC | SHEEAN MI & T |
| H CARPENTER | C LAMB | L SHELSTAD |
| A COLEMAN | J LARocca | T SKAPEK |
| R CONRARDY | LUNDEEN (2) | M SLADE |
| CORSINI (2) | MACKIE (3) | SMITH H&N |
| COZZI (3) | C MACNAMARA | M STAPLES |
| R DAILY | D MALAGOLI | KJ STRZELCZYK |
| MG DETMER ? | R MASI | THOMASON (2) |
| DOHERTY (2) | MCCORMICK (3) | THOMPSON |
| J DRUCKMILLER | MCGUIRE (3) | TREFONIDES |
| L ECONOMOS | P MENNA | TRUCCO |
| N FAJARDO | E MIZGALA | UHLIR |
| C FLANIGAN | NIELSON (2) | UNGARETTI |
| FRUMKIN (2) | M.OBRIEN | WEST (2) |
| J GRANT | O'DONNELL(2) | WHITE, J |
| A GRIFFIN | OBRCHT (2) | WHITE S |
| S HALPERN | E PERKINS | WOJACK |
| HARTWEG (2) | RAEDER (2) | WOLFE (2) |
| E HESS | RAZZINO (2) | YAUS (2) |
| W HOPE | A RAJTER | |

THE WEEKS AHEAD....

Practice

as usual unless indicated on calendar below!!!! Please make

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	4	5	6	7	8 INTRA SQUAD	9
VETERAN'S 10 DAY REGULAR PRACTICE	11	12	13	14	15	16 50 FFRREEZZE