

TEAM MILLENNIUM



THERE ARE FHS HOME SWIM MEETS
TUES & FRI THIS WEEK AND NEXT WEEK.
PLEASE CHECK WEBSITE FOR ALTERNATIVE PRACTICE
TIMES FOR MOST GROUPS.



DECEMBER 1, 2008

THE MONTH AHEAD!

We will follow the altered practice schedule for the next two weeks—and then resume the regular practice schedule until the week of December 22. Over the HOLIDAY BREAK, we WILL OFFER practices...this schedule will be distributed mid December. If you are in town, we hope to see your swimmers. If not, we will resume our normal practice schedule the week on Jan 5th. All schedules and updates will be posted on the website...please check in to stay up to date!



Our ANNUAL SWIM-MORE a thon will be held in January. You will receive a swim a thon packet with ALL DETAILS—and each group will be reviewing this event. While we do not have a REQUIRED minimum, WE DO ENCOURAGE 100% PARTICIPA-

WE ARE GUESTS!

Team Millennium is A GUEST at Fenwick HS. Please HELP us stay WELCOMED.

- ◆ OBEY THE TRAFFIC FLOW IN & OUT OF THE PARKING LOT
- ◆ DO NOT LEAVE YOUR CAR IN A NON PARKING SPOT—EVEN FOR A FEW MINUTES.
- ◆ SIGN IN AT THE DESK IF COMING DOWN TO THE POOL.
- ◆ CLEAN UP BEHIND YOU IN THE STANDS & AROUND THE POOL
- ◆ EXPECT YOUR SWIMMERS TO BE IN & OUT OF THE LOCKER ROOMS WITHIN 8-10 MIN
- ◆ PICK UP YOUR SWIMMERS WITHIN 15 MINUTES FROM THE END OF PRACTICE.
- ◆ HELP US BY ECHOING THESE EXPECTATIONS TO YOUR SWIMMERS

TION in the event. It is a great opportunity for all swimmers to set a goal and go after it!!!

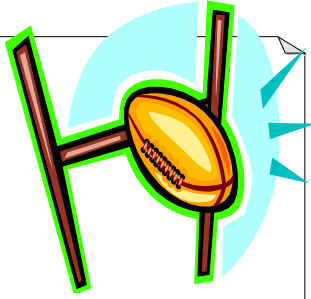
The meet schedule for the second half of the season is now posted and available. Please check your calendars and pick a few meets to participate in. As I try to communicate to the swimmers—we are a *swim team*...showing up to meets, applying the skills you are working on & racing is not too much for us to expect!!!!

December is a BUSY month—with a lot of extra conflicts from school & family events. Balancing these conflicts to include attendance at practice is not easy—but we thank you for prioritizing your attendance!



GOALPOSTS!

The GOAL POSTS are up and ready! Also posted on the bulletin board are all the swimmers' best times for the season to date. We encourage swimmers to track their progress. These lists will be kept current—throughout the season.



PRIVATE LESSONS

As we have done for the past 5 years, we will offer the opportunity to sign up for private lessons with our college alumni swimmers home during the December break. If your swimmer has a skill that needs fine tuned, tweaked—or legalized...this is a great opportunity to support our “poor college students” and get some one on one!

I will publish a private lesson schedule with the holiday practice schedule—so if interested—look for it!

SCHOOL AND LOCKER ROOM VANDALISM

Unfortunately, it seems I have to address this subject at least once a season. As I mentioned on the front page, WE ARE GUESTS at the school. I have zero tolerance for any & all swimmers who participate in destructive behavior with regards to school facilities. This includes toilet papering the walls, getting into ANYTHING left in the locker rooms—like shaving cream and shampoo...OR decorating the locker rooms with the many suits, towels and other clothing items left laying around.

DO NOT TOUCH WHAT IS NOT YOURS.

The locker rooms are a privilege—that can easily be taken away. Please help us expect APPROPRIATE behavior—and encourage your swimmer to alert someone when they observe negative activity.


Picking up your swimmers WITHIN 10-15 minutes from the end of practice assists with this issue. NOTHING GOOD comes from having extra time to hang out in the locker rooms—or race around in the waiting area upstairs by the glass doors.



Caps, Goggles, & T shirts make good stocking stuffers....and are available to purchase at the pool daily. Look for Coach Miriam or Coach Sarah between 6:30-7:00pm.

Sweatshirts & team bags are available through AllAmerican Aquatics: 1.800.910.7946 OR

www.all-americanaquatics.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEC 1	2 NO PRACTICE CMT, BLK, MET'R BLUE/AST'D/PS/ HSG: 7-8:30PM	3	4	NO PRACTICE HOME HSB MEET5	6	7  Morton HS
8	9 NO PRACTICE CMT, BLK, MET'R BLUE/AST'D/PS/ HSG: 7-8:30PM	10	11	12 NO PRACTICE HOME HSB MEET5	13	14
15	16	17	18	19	20	21