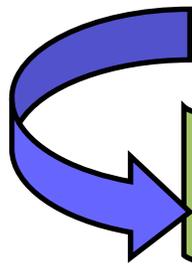


# IMMINENT TEAM MILLENNIUM



All American Aquatics will be **HERE at Fenwick 10/18!**  
Stop by **5:45-7:45pm Thursday night**—they will have  
**SAMPLE** suits goggles back packs etc to size and order!



OCTOBER 16, 2018

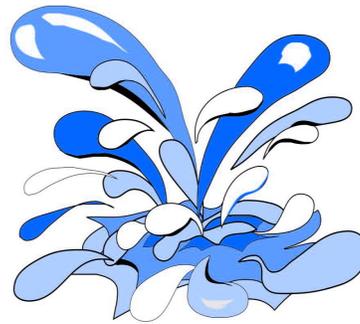
## FIRST WEEK OF THE SEASON

WELCOME WELCOME WELCOME!!! We are thrilled to have such a **HEALTHY** retention of returning swimmers and look forward to getting to know our **NEW TEAM MEMBERS!**

We will follow an abbreviated practice schedule for the next 4 weeks. We look forward to beginning the normal schedule once Windy City Water Polo concludes!

We will be evaluating group rosters while concentrating on swim **BASICs**. *MANY have already inquired about group placement changes. Please be patient while we get a handle on the entire group! Thanks for your patience.*

Meet schedule is online. We **ENCOURAGE**



everyone to carve out time to grow in the sport by attending practices **AND** meets! We offer a **WIDE** variety of racing opportunities. **PLEASE** challenge yourselves to do a little more every season! That could mean compete in **MORE** meets - attempt a **CHALLENGING** event - try a **TWO DAY** meet!

Finally, we will try to be flexible with your schedule conflicts. We do want **EVERY SWIMMER** to get maximum practice time. Please allow us to get a handle on who is who and pool space these next couple of weeks! Then if you have to miss a weekly practice we can find an alternative option. We are trying to organize 250 swimmers as a group. Please give us a few weeks to make **INDIVIDUAL** accommodations!

## LEAN IN – BE A PART OF THE TEAM

We are **KICKSTARTING** the season off with meet opportunities!

**HOWL O WEEN Invite** at UIC Natatorium Sat&Sun Oct 20/21. Entries for this meet are posted on our home page. **NO ADDITIONAL** entries are available.

**TRICK or TREAT Invite** at **DOWNERS GROVE 10/27&28**

**NEW FORMAT** for this low key meet at Downers Grove N high school! Each age group will swim just **ONE SESSION**. Sign up is **STILL OPEN** online.

**SAT AM: 10&unders;** **NOON: 13&14s** **SUN AM: 11&12s;** **Noon: OPEN**

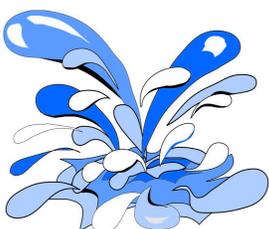
**SWIM for CHANGE Intra SQUAD 11/04 Fenwick HS**

We look forward to **EVERYONE** participating in our **LOW KEY** Intra Squad meet at Fenwick HS on **SUNDAY** Nov 4. The meet will run 11:00 - 2:00pm. This is a **GREAT** opportunity for our **NEW & NOVICE** swimmers to be exposed to a meet format. We will spend some time warming up and demonstrating starts & turns. We will explain how to line up and know when to race! It is normal to be anxious—but **SO MUCH BETTER** to be a bit nervous when you **ARE WITH** friends and teammates that are nervous too!

We are aware that many swimmers have had **VERY FEW** practices...think of this as additional practice! We **DO NOT WANT** you to **WAIT** until your swimmer feels ready—think of these meets as a way to help your swimmer **GET READY** and **PREPARED** for future meets! Swimmers **LEARN** and **GROW** in the sport by **PARTICIPATING!**

P.O. BOX 5152 RIVER FOREST, IL 60305 [WWW.TEAMY2K.COM](http://WWW.TEAMY2K.COM)

Follow us on facebook: **Y2KTEAM** OR Instagram: **teamy2k**





## FENWICK SCHOOL & POOL

**Team Millennium** is a guest of Fenwick HS. We are thankful for their support and the pool time we have. Please help us stay in good graces by respecting the school and parking lot. Fenwick can be a busy place.

**\*\*DO NOT** leave your car in illegal parking spots - to just "run in for a moment." **ALL SPACES** in all the lot are available for use in the evenings. There are times when the lot **FILLS**—and you will have to search for street parking.

**\*\*DO NOT** allow younger siblings to run through the halls outside the pool doors. Please keep an eye on them to avoid injury. Possibly bringing a game or activity to keep them busy helps pass the time!

**\*\*ENCOURAGE** your swimmer to leave their swim bags on the bleachers—**NOT IN THE LOCKER-ROOMS**. Locker rooms are small—and things can get lost & misplaced...or picked up.

**\*\*ENCOURAGE** your swimmer to **ARRIVE** with suit on—ready to swim. **AND** to change and be **READY** for pick up **10 minutes** after the conclusion of practice. **NOTHING** positive results from extra time in the locker rooms.

**\*\*SWIMMERS SHOULD NOT TOUCH** items in the locker rooms that are not theirs. HS swimmers leave **A LOT** of things laying around...**DO NOT TOUCH**.

**\*\*MARK** your items! *suits caps goggles and water bottles* If your name is on the item—it is easier for us to return it to **YOU**. Otherwise we have a bag of **LOST & FOUND** in our team closet.

## SOCIAL MEDIA!!!!

Team Millennium can be found on **FACEBOOK** And **INSTAGRAM**.



Please follow us! We will be posting practice and meet pics—as well as team info. Feel free to send pics for inclusion! These sites are **PRIVATE** and cannot be accessed by outside eyes.

Our coaches will be managing these sites

Facebook: [www.facebook.com/y2kteam/](http://www.facebook.com/y2kteam/)  
Instagram: Teamy2k

## TEAM ATTIRE EXPECTATIONS

As a competitive swim program, we strive to set attire standards that help our swimmers perform optimally.

### PRACTICE:

**Appropriate SUIT** Swimmers should **AVOID**: trunks, fashion, 2pieces, frills.

**Goggles** Tons of options but drugstore variety tend to be flimsy and not work as well.

**CAPS** *anyone* with hair **long** enough to get in their eyes **NEEDS** a cap. **BOY or GIRL** Swimmers get used to wearing a cap.

**MEET:** **Appropriate SUIT** as listed above

**TEAM CAP** and goggles

We *prefer* the team suit but not **REQUIRED**

**BUT TEAM cap is a MUST.**

Caps are available for purchase **EVERYDAY** at the pool

## A3 (FORMERLY ALL AMERICAN AQUATICS)

**A3 Performance** is our official vendor. You may go online—or call them directly to order all of your team item needs.

**All American** will be at **FENWICK HS** on **THURSDAY, OCT 18**—so that you can try on sizes—before ordering. **A3 suits** may run slightly different than **SPEEDO**.

The suit is still royal with our white logo—so no need to replace the suit if you do not need one!

**MOST** swimmers buy their suit **TOO BIG**. They are made to stretch and conform to a swimmer's body. While it may initially feel snug—it quickly stretches. Suits that are too big—tend to become baggy **QUICKLY**—and actually wear out faster.

**PLAN TO STOP IN!**

Thurs Oct 18 5:45-7:45pm

—outside the pool doors



**A3** : find the link on our website—or contact our **REP: Kasey** at: **1 800 910.7946**  
[www.a3performance.com](http://www.a3performance.com)