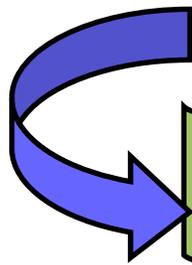


TEAM MILLENNIUM



BEGIN to follow REG season practice schedule on Tuesday NOV 8!



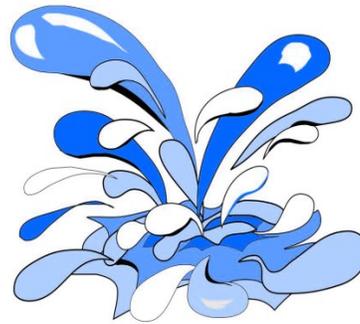
OCTOBER 18, 2022

SO GOOD TO BE BACK!

WELCOME WELCOME WELCOME!!! Excited to see so many familiar faces returning and looking forward to getting to know our NEW TEAM members!

The first 3 weeks of the season—we continue to work around WindyCityWaterPolo on Mon & Wed nights...so please review the 3 week practice calendar—and trust that Starting TUES Nov 8, there will be more lanes & less confusion!

In October, will have been 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! If we are to make changes—they will NOT occur until mid*



November! 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!

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! IF you have to miss a weekly practice we will try to find an alternative option. We are trying to organize 250 swimmers as a group. Please give us a few weeks to make INDIVIDUAL

JUMP IN—BE A PART OF THE TEAM

We are KICKSTARTING the season off with meet opportunities—including TWO IntraSquad TIME TRIALS! It is NORMAL for swimmers to be anxious about meet participation. By participating in *low key meets right away*, your swimmer will be with LOTS of others that are just as nervous. The coaches will take the time to demonstrate and walk them through the meet process.

In addition to the TIME TRIALS at Fenwick, we will travel to other pools and participate in meets HOSTED by local teams. Meets for 2023 will be posted by the beginning of NOV. Go to our HOME PAGE to sign up on line!

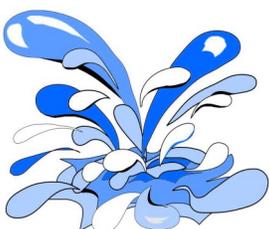
FALL for Swimming Time Trial!!! @ FEN It is normal to be anxious! 11/6
WARMUPS @ 2:00p Meet at 2:45p DONE@5:15pm'

HOLLY days TIME TRIAL classic @ FEN 12/5
Warm ups @ 1:30; Meet 2-4:30pm

This meet will be the second chance for our NOVICE swimmers to RACE. We will also be offering some distance events to challenge our more experienced swimmers.

SNOW BALL BASH F S S at York HS 12/ 10-12
Meet info will be posted SOON. This is a 3 day meet—feel free to choose to just participate only 1 or 2 days. When you commit to the meet—just share your plans with us!

P.O. BOX 5152 RIVER FOREST, IL 60305
WWW.TEAMY2K.COM





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 **AND** the parking structure are available for use in the evenings. There are times when the lots **FILL**—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 LOCKERROOMS**. 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 **5 minutes** after the conclusion of practice.

****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 basket of **LOST & FOUND** in our team closet.

ATTENDANCE: You do not have to email us everytime you are missing practice. The more your swimmer can attend, the **MORE** your swimmer will get out of the program. **DO** let us know if your swimmer will be out for an extend period, ie: travel, illness, inju-

TEAM ATTIRE EXPECTATIONS

TEAM SUITS have arrived and should be picked up at the pool! Swimmers can wear ANY training suit to practice (no 2 pc or trunks) **BUT** should wear their team suit at all meets.

TEAM CAPS If your swimmers’ hair is long enough to get in face/eyes, they should be wearing a cap! **CAPS** take time to get used to! Swimmers can wear any cap at practice—but should wear a **TEAM** cap at all meets.

TEAM CAPS can be purchased ANY TIME at the pool: \$5 Latex \$15 Silicone (thicker) **CASH**

Personalized cap order was placed and should arrive early **NOV**.

GOGGLES There are **MANY** types and brands of goggles. Your swimmer will eventually find a type they like and works for them...In the meantime, you will go through many pairs—as they tend to lose them, break them etc. It is hard to write your name on the goggles—so it is hard for us to return them. If we can find a name—we will stick them in your family folder!



EQUIPMENT:

COMETS AND WHITE groups: **NO EQUIPMENT**

METEORS, BRONZE, BLACK,

ASTEROID, SILVER & BLUE groups: **YELLOW** Finis board

COPPER, JUNIOR & HS groups: equipment bag containing: **FINS**, Pull Bouy/Snorkle/ Paddles.

Swimmers should arrive with their equipment **EVERY PRACTICE!**

LOGO WEAR

All swimmers will receive a **TEAM T** shirt—that should arrive in 2 weeks. If interested in

TEAM BACK PACK

WARM UP & PANTS

HOODIES these are available by visiting the **A3 TEAM STORE**

If interested in a **Y2K** parka—that order will be placed **NOV1** (earlier this year)—so they will arrive for the holidays, in case you want to surprise your swimmer with a treat under the tree.