

TEAM MILLENNIUM

1st IntraSquad TIME TRIAL of the season SUNDAYm NOV 6



NOVEMBER 1, 2022

GREAT SWIMS AT FMC!

Another great weekend of swimming at UIC. We had quite a few new team members swim for Team Y2K for the FIRST time: WELCOME:

LOLO CHERONIS, HATTIE LUCAS -KAMM, MAX MILLER, MOLLY TERRY, & ZOEY WHITE



Achieved NEW Time Standards!

APHRA MORALES

9&10 RGL CUTS: 50 BRST & 100 BRST, AGST CUTS: 50 BK & 100 BK

Fall racing is a great time to begin to apply all the hard work from practice! Add those FLIP TURNS, 2 handed touches and TRY NEW EVENTS!!!!

Notable Time Drops

3+ Best Times

L BETANCUR, V BOWER, F CANZONA, C CIDES, C HEINIMANN, JP HLAVIN, K YEOJUN, D KRAMER, E KREITER, J LANE, L MARTINEZ, P MARX, M MILLER, A MORALES, L RAUCH, K SEENOR, C TERRY, E WHITE, Z WHITE

E BASNEY	200FR	10 SEC	C KUENSTER	100BR	20 SEC
L BETANCUR	100BR	11 SEC	P MARX	100BK	12 SEC
V BOWER	50FLY	8 SEC	B MCDONNELL	100FR	13 SEC
M CALDERONE	50BK	8 SEC	E QI	100BR	15 SEC
F CANTRELL	25 FR	11 SEC	L RAUCH	200IM	9 SEC
F CANZONA	100IM	24 SEC	J SADDLETON	100BR	14 SEC
G CARVALHO	100BR	13 SEC	C TERRY	50 BK	9 SEC
C HEINIMANN	100FR	11 SEC	Q TERRY	100BR	14 SEC
E KREITER	100BK	7 SEC	L WEHRMAN	50 BR	13 SEC

TEAM TIME TRIAL SUN 11/6 @ FEN

OUR first Team IntraSquad will be Sunday Nov 6 at FENWICK. PLEASE GO ONLINE and COMMIT by TH Nov 3 @ NOON! We will swim SUNDAY afternoon—I will be sharing a time line and details to everyone that has signed up. There is a school play on SUNDAY at FEN—so trying to accommodate their schedule. STAY TUNED

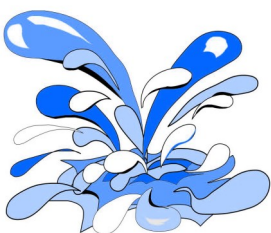
We will offer a limited array of events allowing swimmers to get a low key taste of swimming meets. Most swimmers will swim 2 or 3 events. We will :



- * take the time to explain and demonstrate starts and turns.
- * help swimmers learn to line up and report to the blocks.
- * encourage swimmers to hang together and share the experience with their teammates!

This is a great opportunity for your swimmer to participate in their first meet EVER—or their first meet THIS SEASON. Go online and COMMIT to FALL for SWIMMING option under EVENTS

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





TEAM T SHIRTS ETC

All swimmers will receive a TEAM T shirt—They will be available for pick up at the IntraSquad meet on Sunday Nov 6! If you are not joining us on Sunday—your swimmer will be able to pick up their shirts all NEXT WEEK!

PERSONALIZED CAPS - are still weeks away.

PARKA order was submitted yesterday so that they arrive earlier—rather than LATER in DEC. If you missed out CALL CHRISSY @ A3

1.262.244.0442 or
Chrissy@a3performance.com

SOCIAL EVENTS????

I have had some parents express interest in organizing some social events for the swimmers! It is hard to forge new friendships at practice (as we like to keep them busy in the water) Meets are a good time to get to know others—but sometimes meets are easier to attend, when your swimmer KNOWS some teammates! Whether its by roster group/ age group/swimmers only—or family, I would love to form a “SOCIAL COMMITTEE”! If interested, contact coachkathy...and we will get some activities planned.

Feeling a part of the group IS SO IMPORTANT!



MEET MOBILE



The essential swimming app for swimmers, coaches, and fans! Meet Mobile provides real-time meet results and standings from anywhere, at any time. The Meet MobileAPP has totally transformed the way we follow swimming and results...meet to meet!

DOWNLOAD the app and you can choose FAVORITES so that you can follow YOUR SWIMMER—our team—or whomever you want!

MEET MOBILE is a MUST for all swimming fans!

THIS & THAT

Team Millennium can be found on
FACEBOOK : www.facebook.com/y2kteam/
& INSTAGRAM Teamy2k
Feel free to send pics for inclusion!



We will begin to follow our normal practice schedule NEXT TUESDAY NOV 8. I will send out an eblast with an updated and CORRECT VERSION!

There will obviously be practice CHANGES and CANCELLATIONS due holidays, FEN conflicts etc. We do our BEST to post these changes on the website and communicate them in THESE newsletters. Please make a habit of checking the newsletter WEEKLY.

FINALLY—we wish our many HSGirls GOOD LUCK at IHSA Sectionals this weekend at LEYDEN HS



FEN: A Lefko, C Peele & H Schubkegel
LYDEN: N Kornatowska
MORT: C Lara, E Munoz
OPRF: H Boland, N Chlebek, B Dee, T Evans, C Jones,
A Lane, E Raidt, K Walby
TRINITY: S Falkenholm, E Steadman

