

TEAM MILLENNIUM

COPPER JR BLUE SILV & AST practice
EARLY this FRI 11/12 4:45-6p



NOVEMBER 9, 2021

Ft WAYNED WEEKEND

Coach Matt & Coach Kathy headed to Ft Wayne with 30 of our HS Boys this past weekend for a PreLim/ Final meet! What a weekend!



These boys brought the same ENERGY and inclusiveness that they have displayed all FALL in and out of the pool. So proud to have them representing Team Y2K!

NEW RGL/CHMPs

- RYAN FLOODY OPEN REGL
100 BACK & 50 FREE
- CODE PODGORSKI OPEN REGL
100 BACK
- LARS RAUCH OPEN REGL
100 FLY
- BRADY SORG OPEN REGL
200 BRST 200 FREE
- BRYCE WILSON OPEN REGL
200 BRST
- TREVOR WILSON OPEN REGL
100 FREE 200 FREE
- JOSH WOOD OPEN REGL
100 BK

3+ Best Times

M CORONA, R FLOODY, J FRIKER,
J FULLER, A HARMON, N HENRY,
A HARMON, N HENRY, I JAGGI,
W KEYES, V KOLOVITZ, N PATTER-
SON, A PEDRAZA, L RAUCH,
C RYAN, C SCOTT, W SCOTT,
B SORG, K SWETS, F TSAGANOS,
B WILSON, T WILSON, J WOODS

Notable time drops

M CORONA 200 BRST	14 SEC	A PEDRAZZA 200 FR	4 SEC
R FLOODY 200 IM	23 SEC	L RAUCH 100 FLY	4 SEC
J FULLER 200 IM	9 SEC	C SCOTT 100 FREE	5 SEC
A HARMON 200 IM	13 SEC	W SCOTT 200 FREE	9 SEC
N HENRY 200 BRST	20 SEC	K SWETS 100 BACK	6 SEC
I JAGGI 200 FREE	7 SEC	F TSAGANOS 200 BACK	15 SEC
W KEYES 200 BACK	17 SEC	B WILSON 200 IM	10 SEC
V KOLOVITZ 100 FLY	8 SEC	T WILSON 100 FREE	4 SEC
N PATTERSON 200 IM	10 SEC	J WOODS 200 FREE	4 SEC

TEAM TIME TRIAL 11/13

We will host our SECOND TEAM TIME Trial this SAT at FEN. We will offer 2 sessions.



SESSION 1: events will be alternate 25 & 50 yards. PERFECT for NOVICE, NEW & YOUNG swimmers!

WARM UPS @ 10:30a Meet @ 11:15am DONE by 12:30p

SESSION 2: events will be alternate 100 & 200 yards. PERFECT for our 11 & over swimmers that SHOULD be getting experience swimming in events LONGER than 100 yard!

WARM UPS @ 12:45 pm Meet @ 1:30am DONE by 3:00p

ANYONE completing the SAFE SPORT for PARENTS—will be invited to be spectators (see info on back page). In addition—we will have a SIGN UP Genius to assist with TIMING etc!

Look for an email with meet entries etc on WEDNESDAY.





USA SWIMMING SAFE SPORT

ALL USA Swimming Teams are being challenged to complete the criteria of SAFE SPORT EDUCATION and PRACTICES. As coaches, we are required to go through A LOT of yearly training. As you can imagine, this training has evolved tremendously over the past 5 years. USA Swimming wants to see our PARENTS and ATHLETES complete their ON LINE TRAINING—as well, so that as an organization and a team, we can provide the safest atmosphere for our athletes.

PRACTICE *CHANGES* TO NOTE

FRI 11/12 Normal practice:

Mtr/Brz/Blk 5:50-6:50p

EARLIER Time 4:45 - 6p:

For Ast/Silv/Blue/Copper & JR

HSG 4:30-6p

FRI 11/19 NO PRACTICE ANY GROUP

THANKSGIVING WEEK

MON 11/22

HSG / JR / COPPER 4:30-6p

White, Bronze & Blk NORM sched

Silver & Blue 6:30-8p @ MORTON normal

TUES 11/23

HSG / JR/ Blue & Silver 4:30-6p

Black group: 5:50-7pm

Comet, White, Meteor & Brz follow NORM sched

NO PRACTICE on Wednesday & Thursday



3 WEEK CALENDAR

We should ALL be following the REGULAR SEASON practice calendar. THERE ARE OFTEN changes that occur due to school conflicts. WE WILL DO our best to spotlight these changes—so you can plan for them. If nothing is posted—please follow the REGULAR practice schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
8	9	10	11	12 AST/SILV/Copper/BLU JR & HSG 4:40-6p Meteor/Bronze & BLK NORMAL 5:50-6:50p	13/14 <div style="border: 2px solid blue; padding: 5px; display: inline-block;">TIMETRIAL @ FEN SAT</div>
Follow posted season schedule...ONLY changes/cancellations will be noted				15	16
Follow the REG Practice schedule M T W Th				17	18
Follow the REG Practice schedule M T W Th				19 NO PRACTICE for ANY GRPS. Due to Water Polo event @ FEN	20/21
22	23	24	25	26 JR COPPER HSG COLLEGE 10:-noon	27/28 SAT: JR COPPER HSG COLLEGE 10:-noon
Mon & Tues practice ONLY SEE details ABOVE!					

- The ONLINE classes: "Safe Sport Training for Parents" OR "Safe Sport Training for Athletes" can be found on the USA SWIM website - using this link: learn.usaswimming.org
- Once redirected to the USA Swimming Website, please scroll down to "Free Training for Parents" or "Free Training for Athletes".
- Swimmers should click on the SWIMMERS page and sign in using their USA Swim membership number. I have posted a file with these numbers on the HOME page of our website. It is important to attach your test to this membership number
- Parents ARE NOT CURRENT MEMBERS (unless you are an Official). You will click on the " link for NON-USA SWIMMING MEMBERS. Please click "Register"
- Scroll to "Non-Member" please click "Create Account" for access to LEARN <-- **This is for Parents that are not members of USA Swimming to do the training**
- Please fill in all of the required personal information and be sure to select "ILLINOIS SWIMMING" as your LSC and TEAM MILLENNIUM as your club**
- Select "Courses"
- Click the **"Parent's Guide to Misconduct In Sport" OR "Safe Sport for Athletes"** box and follow the directions until completion.
- You will receive a certificate of completion! Send to CoachKathy@teamy2k.com...to added to our COMPLETED LIST!