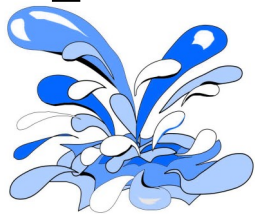


TEAM MILLENNIUM



NOVEMBER 30, 2021

PRACTICE ATTENDANCE, SWIM MEETS, & BEING A PART OF THE TEAM

The JAN/FEB meet schedule was posted before Thanksgiving! Please take a few minutes BEFORE life gets HECTIC to review the schedule and put a few meets on your 2022 calendars. MEETS generally FILL quickly in Jan & Feb. We are OFTEN unable to add swimmers to meets—after the original sign up period.



and also looking for things that they may not show us at practice! As coaches charged with the swimming development of your child, we appreciate your support - as we support & challenge your swimmer in *their* competitive swimming journey!

What is important about racing and why do we spend HOURS at meets?

Meets are a form of practice with many people watching. Swimmers are challenged to apply what they have been learning at practice! Not many of you join a soccer team and DO NOT participate in the games. In fact, a lot of learning & development happens at those games! PLEASE do not think your swimmer IS NOT READY...participating is A PART of the readying process! MEETS are also the time the swimmers begin to bond with teammates and coaches! AND NOW that these meets are LIVE STREAMED - what a great opportunity for your swimmer to WATCH themselves perform! How fun to be able to pull up the meet and watch the race together, the next day!

Team Y2K strives to offer a range of competition—so that ALL of our swimmers (Novice to National) can be appropriately challenged. A **good MANTRA is to DO MORE - EACH SEASON.**

This can be applied to practice attendance AND meets! YOU DO NOT HAVE TO COMMIT to every meet...Take the time to GROW in the sport!

Although we like to focus on best times - in reality, there are other factors to observe! We are looking for our swimmers to apply what we have been doing in practice

Best Times are easy to track and quantify AND can also help MOTIVATE...

But please know, often a good race does not result in a best time and a best time does not necessarily mean they had a good race! So as we continue to highlight best times as a positive achievement—please KNOW that WE BELIEVE there is A LOT more going on! We are trying to give our swimmers the building blocks they need. We spend time teaching correct stroke & turn technique while building endurance in practice. WE ALSO TRY to offer an environment where they grow to WANT to train, improve, succeed.

The journey through the season is to eventually put it all together! Going to meets and gaining new insights thru good and bad races - HELPS swimmers return to practice with more focus, desire and purpose! Swimmers and parents at all levels -NEED be open to participating in competitions so the trial and error of utilizing these building blocks can begin! A swimmer's development is a journey and as is the case in life, we all develop in our own time!

Please commit to supporting your swimmer through appropriate practice attendance, meet participation and positive feedback.

SAFE SPORT

We continue to NEED our 11-17 year old swimmers and ANY parent to support the team by going on line and completing USA SWIM's SAFE SPORT course. <https://learn.usaswimming.org/login>

Presently we have 36 swimmers and 34 parents that have completed the course.
WE CAN DO BETTER!! Directions and link on the website!

P.O. BOX 5152

RIVER FOREST, IL 60305

WWW.TEAMY2K.COM



ILLINOIS SWIMMING		TIME STANDARDS														
2022 REGIONAL & AGE GROUP CHAMPIONSHIPS																
GENDER		SCM			SCY			LCL			SCM			LCL		
AGE	TYPE	REG	CHAMP	REG	CHAMP	REG	CHAMP	REG	CHAMP	REG	CHAMP	REG	CHAMP	REG	CHAMP	
18	M	2:05.00	1:55.00	2:05.00	1:55.00	2:05.00	1:55.00	2:05.00	1:55.00	2:05.00	1:55.00	2:05.00	1:55.00	2:05.00	1:55.00	

END OF THE SEASON CHAMPS

The season will END the week-end of FEB 19/20 with our WINDY CITY CHAMPS meets. (open to ALL) Swimmers who QUALIFY for RGLs, SRCHMPS or AGEGRP champs will stay in the water through their final meet. QUALIFYING standards can be found on the website: 14&und, 12&und, 10&und (no 8&under standards) or SENIOR cuts. There are 3 forms of times: SCM: short course meters(25 meter pools), LCM: long course meters(50 meter pools) and SCY:short course yards (25 yd pools). Times swum during this season are PRIMARILY SCY. For each age group—there are RGL standards and CHAMP standards.

PRACTICE CHANGES TO NOTE

ALL WEDs: Copper & Blue groups:
7—8:15pm



TUES 11/14 NO PRACTICE for any groups
FRI 11/17 PRACTICE times will be EARLIER TBD

ODDS & ENDS



Personalized LATEX CAPS—have STILL not arrived. I will let you know when I find out WHERE they are!

EVERY swimmer (except HSG) should have picked up a TEAM Tshirt. PLEASE let us know if your swimmer DID NOT get one.

MARK your equipment/suits/spirit wear with your NAME. When SO many have the SAME item—things get mixed up.

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
29	30	Dec 1	2	3	4/5
Follow the REG Practice schedule M T W Th Fr					SAT: meet @UIC SUN: Time Trial @ FENWICK HS
6	7	8	9	10	11/12
Follow the REG Practice schedule M T W Th Fr					FR/SA/SU: meet @ York HS
13	14	15	16	17	18/19
Follow the REG	NO PRACTICE ANY GROUP	Practice schedule		FRI practice Times TBD	