

Athlete Spotlight

Name: Roland Marlette

Age: 8

Favorite Stroke: Butterfly

Least Favorite Stroke:
Breaststroke

Favorite Race: Any 25's

School: Stewart Elementary

Favorite Subject: Science

Favorite Food: Ice Cream

Favorite Color: Orange/Green



Training Tip

How to Help Your Swimmer
Have a Great Mindset

- 1) Encourage them to prioritize fun and enjoyment before times and results.
- 2) Let them know that failure is perfectly acceptable – under certain conditions.
- 3) Balance criticism with praise.

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Yankton Swim Team Newsletter

November 2019



This Month

- NYA Jenna Kirvohlavek Memorial Invite – Nov. 2
- Den Herder Law Veterans Invite – Nov. 9-10
- Mitchell Winter Invite – Nov. 15-17
- Sioux City Mariners Invite – Nov. 16

Next Month

- Mariners H20! H20! H20! Invite – Dec. 13-14

*Be mindful of deadlines. Make sure your athlete declares or declines for all meets.

Monthly Quote

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.”

- Socrates

Shout Out



Shout out to Cohan Pietz for being named the athlete liaison for YST.

MONTHLY MEME

Coach: "Don't hang on the lane lines!"
Swimmers:



Message From the YST Board

Hello Tidal Waves!

I hope that you find this newsletter helpful and informative about the team's activities and what the board is working on. From a historical standpoint the newsletter was something that I believe was done many years ago, before our family was even part of YST. We are a growing team and we have some new and exciting things happening and this is a good opportunity to bring back the newsletter to keep everyone in the loop. As we regularly publish this newsletter my focus will be summarizing for you what the board is doing at a high level to give you the opportunity to bring forward ideas and suggestions.

The YST Board meets every month generally on the first Sunday of every month and we have been meeting at 5:30 PM at the Jacobson Agency that Chris Jacobson graciously allows us to use. Our meetings are open to parents if they would like to attend. If you would like to attend, we just ask that you let us know that you are planning on attending. This allows me to be able to provide you the board materials for your convenience and to know if we have a large number of people attending, we can host at an appropriate venue.

At our November meeting we reviewed the financial statement. It provided by the team treasure noting that due to Windows 7 no longer supported in as of January 2020 we purchased Windows 10 licenses for both team laptops. The bulk of the November meeting focused on making sure that we had everything lined up and ready to go for setup and running of the meet coming up November 9th and 10th. It was noted that we had 178 swimmers registered for the meet. The board was happy with this number and we are expecting to net a decent amount of money from this meet. After this meet is wrapped up, we will be turning our attention to the January 2020 1 day meet. We discussed working with Pizza Ranch again after our November meet to do a fundraiser as we did last year that helped the team net a nice amount of money for a fundraiser. I noted that I have begun working on the website to update it a bit and polish it up. As a new addition under parent resources board agendas are now published as well dating back to 2017 from when I became board chair. I will generally try to have these available on the website during the week of the board meeting.

I want to take a bit of time to thank all the families on the team. All our athletes appreciate your support and appreciate the time you put into the team especially during our meets. It is because of your time and talents that we can have a successful team. As it says in my signature and in Addison's signature "Together We Make Tidal Waves."

Thank you

Matthew Pietz