



OSHY SWIM TEAM SPECIAL EVENTS

****Special events are not mandatory. They are designed to build character, team spirit and to have fun!**

Sleepover Swim Meet

This is a Dual meet in fall with the Fox Cities YMCA (FCY) team. Sign up for events your child would like to swim will be done on line. When the meet is finished, congratulate your child on their meet, and then they 'sleepover' at the Y. Lots of fun activities are planned to keep them busy. The FCY team is also invited to stay the night. This is a great opportunity to meet new friends and have fun at the Y after hours!

50 Times Challenge

This event takes place on Thanksgiving morning. Children are assigned lanes to try and accomplish this challenge. Each child will try to complete '50 times' an interval. For the little/newer kids that would be 50yds (2 lengths) with or without fins depending on what coach says. Older kids do 50 x 75yds or 100yds. This takes 1-2 hours and is an accomplishment to be very proud of! The 50 Times Challenge is also a warm up for the 100 Times Challenge!

100 Times Challenge

Yes, it's just what it sounds like! Each child will attempt 100 times whatever interval the child swam at Thanksgiving. This takes place usually the week Christmas break starts for the kids. This is truly a challenge and gets very tough in the middle and the end. Not all kids will complete this challenge, as they are not allowed to miss the specific time interval for each yardage interval. If the time interval is missed they will be asked to get out of the pool.

There is no shame in not completing this challenge. It is a HUGE challenge, and again is something a child can be very proud of no matter how many intervals they were able to accomplish! Great team event! ****Couple notes:** Kids are in the pool anywhere from 2 hours (big kids), to 3 1/2 hours. Kids will need easy to chew/digest snacks and water/Gatorade on the deck. ****Second note:** If child wears fins, please bring Vaseline and a pair of socks. Helps keep sore spots from forming on their feet! ****Third note:** Parents usually try to get involved with this challenge as well. There is usually a group of parents that swim and/or run this challenge. Keep your ears open if you would like to challenge yourself!

Commitment Week

This is the week between Christmas and New Years that challenges the kids to go to practice every day. The workouts are usually more difficult in an attempt to get kids ready for the second part of the season.

*****Special note to parents:** Jay loves to encourage parents to be active as well, so this challenge is for parents as well. Look for details on the wall on deck at the 20th street Y when this time approaches!

Summer Trip

It has become tradition to have a summer trip to a water park. Look for details if you are swimming with the team for the summer. It is a day full of fun!