



ywca evanston/north shore



January 20, 2012

Upcoming practice changes

- Saturday, January 21st - No practice for Blue and Gold due to marathon
- Please review the [marathon week practice schedule](#) for upcoming changes! We will also send an extra email to each group with their specific changes.

2012 Flying Fish Swim Marathon - January 21-30

Information for this year's [swim marathon](#) was emailed a couple weeks ago and [pledge forms](#) went in your folder last week. Hopefully, you are well on your way towards getting pledges for your swim. It's easy to solicit sponsors when you register online at www.ywca.org/flyingfishswimmarathon: you can easily create your own personal webpage (most of it is already done for you!) and email friends and family directly to ask them to sponsor you. They can make a secure online donation, for which they will be immediately acknowledged for tax purposes (donations to the YWCA for the swim marathon are tax-deductible). You can easily track who has sponsored you too.

Note: If a donor would like to sponsor you per length, they may still do so – ask them in your email to tell you how much they would like to pledge per length you swim, then follow up after you have completed your swim.

This swim is not optional – even if you choose not to solicit pledges, participation in the swim marathon is an important part of every swimmer's development (read ["The Swim Marathon and Swimming Development"](#)). There is no better way to measure progress year to year than with our annual marathon.

If you haven't already done so, please be sure to check the [swim marathon schedule](#) and stop by to sign up for a time to complete your swim as soon as you can – times are starting to fill up! Come to practice so that you feel well prepared and good luck with your swim! If you have any questions or concerns, please let us know.

Quick Links:

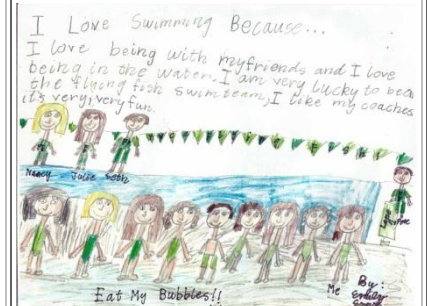
[Practice Schedules](#)

[2012 meet schedule](#)

[Flying Fish Website](#)

[YWCA Website](#)

I love swimming because...



I love being with my friends and I love being in the water. I am very lucky to be on the Flying Fish swim team, I like my coaches. It's very fun.
by Emily Ernst, Whitefish

Sunday January 29th - Extra marathon times to help you fit in your swim

10 and under 3 - 4pm 11 and up 4:15 - 5:15pm

Meet entries and results

Please check entries below to confirm we have you in the appropriate meet(s)!

Palatine Meet at Elk Grove HS *(see photos above!)*

Saturday and Sunday, January 14th and 15th

[Results](#) are posted. We had over 60 swimmers participate in last weekend's meet in Elk Grove Village. As a team we achieved 148 best times and following swam best times in all of their events: Bailey Bossert, Nuala Brennan, Katja Dabrowski, Aidan Dillon, Sophia Girgenti, Katrina McGuire, Jack Miller, Cassie Tingley, Anna Topping, Alaina Vivian, Ingrid Wefing and Haden Wright.

The following placed in the top 16 and represented the Flying Fish in the evening finals - Jonathan Booth, Sofia Chaudruc, Aidan Dillon, Sophia Girgenti, Ethan Lim, John Martin, Sean McGuire, Jack Miller and Evan Ziolkowski. Nice job, Flying Fish!

Iguana Meet at UIC

Sunday, January 15th

[Results](#) are posted. We had over 90 swimmers compete last Sunday at UIC and as a team achieved 159 best times. The following swam best times in all of their events: Zack Andalman, Leo Berg, Daly Carlson, William Carroll, Sam Greene, Kevin King, Cami Layden, Kathy Marino, Eleanor McGregor, Madison McGuire, Isabella Miller, Kayla Mobley-Washington, Amal Nashashibi, John Patti, Santiago Ramos-Torrescano, Kate Sload, Thandi Steele, Ben Steigman, Anna Taufen, Kiki Van Mieghem and Jack Walberer. Way to go, Fish!

Mustang Pentathlon at Northside College Prep HS

Saturday, January 28th

- 9/10's, 11/12's AM session: 7:30 am warm-up/check-in
- 13 and Overs PM session: 12 noon warm-up/check-in

An [updated entry](#) is now posted and event sheets with more details will go in folders by this weekend. Look for email with updates next week!

Pleasant Prairie Patriots February Challenge

Friday, Saturday, and Sunday, February 10 - 12th

An entry will be posted next week and detailed info will be emailed and placed in folders the week prior to the meet.

What do you love about swimming or about the Flying Fish?

Send your swimming stories and/or draw a picture! (Drawings can be put in Coach Julie's folder at the YWCA.)



Please give to the Flying Fish Aquatics

Scholarship Fund.

Your gift could provide life saving swim instruction to a child whose family cannot afford the cost of swim lessons.

Shelter needs

We still have an immediate need for additional gently used strollers for our shelter. If you have one you'd be willing to donate, please contact Trimmy Stamell at 847-864-8445 or email tstamell@ywcae-ns.org.

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