

## IMPORTANT DATES:

10/2: Blazin Apparel Order Forms DUE  
10/8: Sign up DEADLINE for Opening Gun Invitational  
10/8: Sign up DEADLINE for Wahoo Hayride Social  
10/15: Sign up DEADLINE for 11&Up Distance Dual  
10/15: Sign up DEADLINE for Virtual Tri-Meet  
10/18: SOCIAL: Wahoo Annual Hayride  
10/23: 11 & Up Distance Dual at Brandywine YMCA  
10/24: 8 & Under Tri-Meet at Brandywine, DE YMCA  
10/24: 9 & Over Tri-Meet at Ridley, PA YMCA  
10/29: Sign up DEADLINE for Pumpkin Plunge Mini Meet  
10/30: SOCIAL: Wahoo Pool Party  
11/5: Sign up DEADLINE for DE State Championships

## SCHEDULE CHANGES:

Because of the issues we have faced with the bubble we have decided to postpone the Wahoo-A-Thon which was originally scheduled for October 17<sup>th</sup>. When an alternative date is finalized we will announce it to the team.

The annual Wahoo Hayride has also been moved from its original date of October 25<sup>th</sup> to October 18<sup>th</sup>. You must pay in advanced to secure your spot.

To help celebrate having our new bubble back there will be a pool party on Friday October 30<sup>th</sup>. More information will be announced in the coming weeks.

## UPCOMING MEETS:

While we are still four weeks away from competing in our first meet of the season, many deadlines are fast approaching to register for upcoming meets. The first deadline of the season is for the Opening Gun Invitational.

For the distance dual (10/23) and virtual tri-meet (10/24) we will only be accepting online entries and the swimmers will be able to select their top three event choices. Coaches will make the ultimate decision.

Visit <https://s4.ymcade.org/easytoenroll/login.aspx> to sign up for all invitational meets before the deadline. **MAKE SURE YOUR POP-UP BLOCKERS ARE OFF!**



## QUOTE OF THE MONTH:

Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.

~ Vince Lombardi

## EMAILS:

Just a reminder that if you are not receiving emails with team updates, reminders, newsletters and more, email Coach Ryan at [rschultz@ymcade.org](mailto:rschultz@ymcade.org) and Coach Adam at [abraun@ymcade.org](mailto:abraun@ymcade.org) to be added to the distribution lists.

## WATER BOTTLES:

As we progress further into the season and practices become more challenging it is even more important that swimmers are bringing a water bottle to practice. Since we exercise in the water it is impossible to tell how much water is lost in the body from sweat. Good guidelines to follow during exercise are:

- 1-2 cups of water 2 hours prior
- .5-1 cup every 20 minutes during
- 2 full cups after exercise for every pound of body weight lost.

## TEAM CAPS:

If you did not order team caps with your name on the side through Blazin, we have regular team caps available for \$10.00 a cap. Ask Coach Adam to purchase a cap at practice or meets.