

SYRACUSE SWIM TEAM

Welcome to the Syracuse Swim Team. We are looking forward to a fun summer!

Board Members

Pam Burr	President	Phone: 269-2645
Tammie Mead	Vice President	269-3753
LaShelle Zimmer	Secretary and Treasurer	269-2597
Kim Goering	Liason	269-3471

WELCOME OUR NEW COACHES~



KATIE SWANSON

Phone: 269-0802

e-mail: kdswanson99@yahoo.com

Katie grew up swimming in Sedalia, MO, competing in summer league for the Sedalia Bandits from the ages of 5 through 17 earning many medals at the Mid Missouri Swim Conference Championships and swimming in high school in which she qualified for state three years in a row. After receiving her bachelor's in Finance from Missouri State University, she moved to and worked in Kansas City. While in Kansas City, she swam in the Kansas City Corporate Challenge in which she earned several medals. Katie then got married and moved to Louisiana where she continued her education and career in accounting prior to moving to Nebraska in 2008 and eventually to Unadilla in 2009. She swam in the 2009 Cornhusker State Games and earned gold and silver medals. Katie is currently working to become a certified USA Swimming coach and hopes that coaching the Syracuse swim team will provide her the opportunity to be a positive role model for young people, build relationships with more members of the Syracuse community and spread her passion for swimming and overall fitness.

DANAE STUHR

Phone: 366-9729

e-mail: danaestuhr@hotmail.com

Danae is currently a senior at Wayne State College majoring in Elementary Education and Early Childhood Education with a coaching endorsement. She grew up in York, Nebraska and spent 10 years swimming for the York Dolphins Swim Team. She also was a lifeguard in York for 5 summers and will be working in Syracuse this summer. She has experience teaching swimming lessons both privately and in the group setting. Danae has some coaching experience in girl's basketball as she enjoyed coaching them this past year in Wayne. This will be her first season with Syracuse Swim Team and she is looking forward to getting to know the swimmers and their families. She enjoys working with children and is ready to jump in and help us improve our skills this summer.

Eligibility Requirements

- be no older than 18 as of June 1, 2011
- be able to swim one length (25 yds) of the pool without advancing using the walls, lane ropes or pool floor

Coaches will be evaluating each registered swimmer during the first week of practice. At the coach's discretion, they will determine the potential of each swimmer to meet the eligibility requirements. After evaluations, swim lessons for your child may be suggested as an alternative to swim team for the 2011 summer season.

Waiver

All participants must submit a waiver with parent/legal guardian signature prior to beginning practice.

Fees

Fees for summer 2011 are \$40/swimmer. There is an additional fee to participate in invitational meets which will be collected approximately a week in advance of the invitational.

Apparel and Equipment

Team suits will be available for try on and order at sign-up on April 11 and 12 or you can contact LaShelle Zimmer at 269-2597. Team suits are recommended but not required. Girls racing suits are \$50 and boys suits are \$31. Team shirts will also be available to order at sign-up on April 11 or 12 or you can contact Pam Burr at 269-2645. Team shirts are not required. T-shirts are \$15 and hoodies are \$28.50. Decals may also be available. Contact Pam Purr.

Practice Schedule

Practice will begin Tuesday, May 31, 2011. Practice sessions will be from 7:00 – 8:00am and 11:00am-12:00pm. Older age groups and advanced swimmers are encouraged to attend the early morning practice to ensure quality practice for all swimmers. Younger age groups and

beginner swimmers should attend 11:00am-12:00pm practice. An optional stroke clinic may be offered on Saturday mornings if there is interest, let your coach know if you are interested. **Practice will not be held on days of swim meets.** In addition, swimmers should **not** spend time at the pool on days of swim meets.

Katie will be coaching the 7-8:00am practice and will help at the 11am practice as her schedule allows. Danae will be coaching the 11:00am-12:00pm practice and may help at the 7am practice. The coaches will be working very closely together and will be in constant contact with one another in order to communicate swimmer abilities and to appropriately enter swimmers in events for swim meets.

Practice Guidelines

Swimmers should arrive before or on time for their practice. Practice sessions are closed to anyone not on the team. It is easier for swimmers to practice and for the coaches to run a more efficient practice without distractions. Parents are welcome to visit with the coaches before or after practice sessions or at another scheduled time. It is the swimmer and parent responsibility to notify the coach when the swimmer will be absent from practice either with a written note or an e-mail to kdswanson99@yahoo.com.

Practice Cancellations

Practice cancellations will be posted to the pool information line 269-2601 x 4. If a practice must be cancelled, cancellation notice will be posted to the pool information line 30 minutes prior to scheduled practice time.

Swim Meets

If a swimmer is unable to attend a scheduled meet, the coach must be notified in advance either with a written note or an e-mail to kdswanson99@yahoo.com. It is the swimmer and parent responsibility to notify the coach when the swimmer will be absent from a meet. Swimmers must arrive to the swim meet 15 minutes prior to warm-ups. See the meet schedule for warm-up times. Swimmers must check-in with the coach or other designated individual when they arrive to the meet. During the meet, it is very important that swimmers stay in the team area. Swim meets are held on either Monday or Wednesday. Invitational meets are held on the weekends. See the meet schedule.

Meet Entry

Within a week prior to a scheduled swim meet, a sign-up sheet will be available at practice. Swimmers will indicate whether they will be at the swim meet and what events they would like to swim. The coaches will take this into consideration when entering the swimmers into events for the swim meet.

Meet Cancellations

The decision to cancel a swim meet will be made by 4:30pm and posted to the pool information line 269-2601 x 4.

Attendance Policy

Participation is required at practice and it is expected that every swimmer participate in all meets possible. If a swimmer knows they will be unable to attend any meet on the schedule, the coach must be notified in advance either with a written note or an e-mail to kdswanson99@yahoo.com.

Transportation

Each parent, not the coach, is responsible for providing transportation for his/her swimmer. Car-pooling is highly suggested and encouraged.

Parent Worker Responsibilities

It is extremely important that all parents fulfill their worker responsibilities at each meet. If you would like to volunteer to work a home meet or have questions, contact Katie Swanson 269-0802 or kdswanson99@yahoo.com. We need parent involvement to take down equipment after meets in addition to other worker responsibilities during the meet.

Team Pictures

Team pictures will be taken again this year. Details about date and time will be communicated later.

Swim Team Party

We will have a swim team party. Details about date and time will be communicated later.

We want to say thank you to all the families and swimmers who are part of this great team!

GOOD LUCK EVERYONE!