

WELCOME BACK PARENTS AND SWIMMERS:

I would like to welcome everyone for another exciting season at Applewood Swim Club. This opening letter contains information regarding the summer swim season. If you have any questions, please feel free to contact me directly.

This will be my 31st year coaching in the Youngstown Swim League. I also have 28 years of coaching experience at the high school level and 7 years with USA Swimming. I am a certified Level IV coach through the American Swim Coaches Association, and have had the opportunity in developing 18 Swimming All-Americans at Boardman High School.

Coaches Kelsie Stutz and Ryan Ebie will be returning for their 4th summer at Applewood! Coach Kelsie has just finished her senior year at Walsh University and received a Bachelor's Degree in Special Education. She completed her student teaching at Jackson High School. She is currently employed at the Green City YMCA as a Before and After school counselor for Green City Schools District. She was a 14 year member of Applewood Swim Team and a 4 year letter winner at Boardman High School. She specialized in the Breaststroke and IM events and was a 2 time District qualifier. She is very excited to be returning to the deck this summer!

Coach Ryan accepted a teaching job at Struthers High School this past year and became an assistant swimming coach under Coach Carlo at Boardman High School. He also coached freshman football for the Canfield Cardinals. Ryan was a 12 year member of the Applewood Swim Team and swam for Boardman High School. He specialized in the sprint freestyle events. He cannot wait to return to the poolside here at the 'Wood. Our team will be led by our lone senior Mark Lanterman!

APPLEWOOD SWIM TEAM PHILOSOPHY:

Our primary focus is having fun while providing instruction for each individual as they reach their potential in competitive swimming. We will be focusing on concepts such as teamwork, sportsmanship, goal setting, motivation, and dedication.

We are a stroke based/IM program that believes in developing appropriate swimming techniques in all the competitive strokes at an early age. As the level of experience improves, so will the amount of training. This has been a proven recipe for future success in competitive swimming.

SWIM TEAM ELIGIBILITY:

To be eligible to join the swim team, a swimmer ***must be water safe and must be able to swim the entire length of the pool unassisted without stopping***. This is a YSL rule and is strictly enforced. We have an excellent swim lesson program for those swimmers that are "almost" there. Once a child can make it across the pool, they can join our team any time throughout the summer.

REGISTRATION:

A team roster with updated information can be found under the club pavilion. Please be certain that your swimmer is listed for their ***age on June 1st***. Any additions or deletions can be made directly on the

roster. All necessary paperwork can be picked up in the office and needs to be completed and returned with club and team dues prior to start of season. 19 year old graduating seniors will be allowed to compete for all swim meets.

PRE-SEASON/AFTER SCHOOL PRACTICES:

These practices will be Tuesday and Wednesday May 28th and 29th. They are listed on the attached calendar. They are for swimmers with the ability to swim across the entire pool unassisted (one year experience on swim team or swimming lessons). If you are new to our program, this would be an opportune time to meet the coaches and fill out all necessary paperwork. You may also "Bring a Friend to Practice." These friends can include members and non-members.

SUMMER MORNING PRACTICES:

Summer morning practice schedule will begin **Wednesday, June 5th**. Please return all mandatory forms. Please be sure your swimmers are punctual and prepared (goggles, towel, and cap). Practices are not mandatory but highly recommended. New skills and training will be taught on a daily basis and it may be difficult for your swimmer to improve without consistent attendance. When selecting swimmers for relays and the Championship meet, overall swimmer attendance is taken in consideration. **PRACTICE LEVEL TIME AGE GROUP** A Group: 7:45-9:30AM 13 years-Over (year round/advanced) B Group: 9:30-11:00AM 9-12 year olds (intermediate) C Group: 11:00-11:50AM 8-Unders (beginners) ***Depending on the size of our practices and the ability of your swimmers, we may decide to move some kids into different practice times.**

MEET CONFLICTS/VACATION LIST:

All swimmers must compete in *two* meets to be eligible for Championships. It is important that you make all effort to participate in each meet. A vacation list will be posted under main pavilion for those swimmers who are leaving for vacation or have conflicts during the night of a meet. If you cannot attend a dual meet, it is required you sign the vacation list the *Saturday prior to the meet* to avoid being entered. If your swimmer has a baseball conflict, we may still be able to work them into the meet with a little bit of planning.

If you cannot attend *Championships or the Relay Meet*, the vacation list must be signed **TWO WEEKS** in advance. When line-ups are exchanged with opposing coaches, they cannot be altered. Missing a meet without signing this vacation list negatively affects our meet results and the individuals who may be in your child's relay. If a situation arises on the day of a meet, please call me at 330-519-3130. The coaches, meet workers, and other swimmers appreciate your cooperation.

VOLUNTEERING:

Parental support is essential in making our season successful. Our Swim Team Board has been working very hard during the off-season, and they will be very busy during the season. Please, show your support by signing up in advance on the workers' lists under the pavilion. With 4 home meets this season, there always will be something that can be done! This can include "behind the scenes" positions that we desperately need. The swim board and coaches appreciate your efforts and support!

We are looking forward to an exciting summer! Please feel free to contact me with any questions or concerns. Thanks, and see you soon.

Contact: Carlo Cordon Sincerely, email: ccordon@zoominternet.net Cell: 330-519-3130 Carlo Cordon