

WELCOME BACK PARENTS AND SWIMMERS:

It is with great excitement that we are preparing for opening day at Applewood Swim Club and the beginning of our new summer swim season! In this letter, you will find important information regarding the upcoming summer and team! If you have any questions, please feel free to contact me directly.

This will be my 34th year coaching in the Youngstown Swim League. I also have 31 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 to develop 20 Swimming All-Americans at Boardman High School.

Assisting me this summer will be coaches Noah Basista and Alyssa DiNapoli.

This is Coach Noah's 3rd year on the coaching staff. Noah completed his second year at Bucknell University where he is majoring in Engineering while swimming competitively for the Bisons. While at Boardman High School, Noah was an All-American swimmer while setting many of the Boardman High School's team records. His specialty races include the IM, the breaststroke, and the butterfly.

Returning for her 2nd year is Coach Alyssa DiNapoli. Alyssa has been a long time junior coach for Applewood and has completed her sophomore year at Youngstown State University and is majoring in Occupational Therapy. While at Boardman High School, Alyssa specialized in the backstroke races and sprint freestyle events and competed at the State Championships on Boardman High School's record setting 200 Freestyle Relay.

Also returning to the pool deck for a short time this summer will be Coach Kelsie Stutz. Coach Kelsie has created and will be directing a Pre-Competitive Swim group for the month of June. More information on this is attached to this letter.

Our team will be led by seniors Madison Kelso, Jac Cordon, Seth Cervello, Van Blasko, Jackie Palusak, and Matthew Vasko. Many of these kids began swimming when they were 8-unders at Applewood! Our goal is to give them one more fantastic season to add to their long and successful swimming careers.

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 and COMMUNICATION:

For 2022: All roster, team registration information, and code of ethics must be completed by parents or guardians on the Swimmably portal. Please use this link to access/create/pay for your registration. You can still register with one of the coaches at the pool, or by coming to our team registration/suit try-on at Jamie's Dance Force from 1-3PM on May 15th at 590 E Western Reserve Road Youngstown, Ohio 44514. Please be certain that your swimmer is listed for their ***age on June 1st***. All necessary registration must be completed and

submitted along with **club AND team dues** prior to the start of season. 19 year old graduating seniors will be allowed to compete for all swim meets. We can assist any families that need help registering during the open weeks of the season. All team calendars, forms, and other information will be emailed to all families and will also be posted on our website at <https://applewoodswimandtennis.com>

We will be using Remind for immediate information, changes of schedule, registration, etc. If you were on it in the past, you will still receive information. For any new families, please see the join code below.

Text this message: @applewo
 To this number: 81010

PRE-SEASON/AFTER SCHOOL PRACTICES:

These practices will begin after Memorial Day. Practice days and times will be on the attached calendar. These are for swimmers with the ability to swim across the pool unassisted (one year experience on the 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 necessary paperwork. You may also "Bring a Friend to Practice." These friends can include members and non-members. We will also be offering a few Saturday morning "Start and Turn" practice for those swimmers that need to brush up on their skills. More information on these dates will be sent out via Remind and will be posted on our calendar.

SUMMER MORNING PRACTICE SCHEDULE:

Morning practice schedule will begin **Wednesday, June 8th**. All mandatory forms must be turned in by this date. 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 attendance may be taken into consideration.

PRACTICE LEVEL/AGE GROUP:

TIME

A Group: 13 years-Over (year round/advanced)	8:00-9:45AM
B Group: 9-12 year olds (intermediates)	9:30-11:00AM
C Group: 8-Unders and some 9's (beginners)	11:00-11:50AM

Coach Kelsie's Pre-Competitive Clinic (Month of June only): register at Kelsiestutz12@gmail.com

***This class will be limited to 6 total kids.**

Ages 5-6 with some acclimation to water	Wednesday and Thursday (beginning on June 8th) 11:30-12:00PM
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MEET CONFLICTS/"VACATION" LIST:

All swimmers must compete in *two* meets to be eligible for Championships. It is important that you make an effort to participate in each meet. A "vacation list" will be posted under the 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 or text 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 since Spring for a smooth Summer swim season. Please, show your support and help our season run smoothly by signing up in advance on the workers' list found under the pavilion. With 4 home meets this season, there will always 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.

Sincerely,
Carlo Cordon

Contact: Carlo Cordon
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Cell: 330-519-3130