

**TEAM
HANDBOOK
FOR
SUPERIOR
AQUATICS**

Welcome!

Superior Aquatics is a competitive swim program under the management, supervision and ownership of Superior Athletic Club and coached by Siouxha Tokman. United States of America Swimming (USAS) is the national governing body for competitive swimming in the United States.

Coach Tokman brings more than 50 years of coaching and 17 years of competitive swimming experience to our team. Our Head Coach brings his energy and enthusiasm back to the Rogue Valley. Siouxha was the former coach of the Superior Aquatics/Superior Stingrays Swimming from 1995 to 2006. Since 2006 he has been coaching in Turkey and Alaska and was able to take several swimmers to the European Championships, World Championships, and one of his swimmers participated in the Beijing Olympics. The swimmer was recruited by the USA Head Olympic Coach and competes for the University of Georgia.

Coach Tokman has achieved International and Domestic Level 5 status with the American Swim Coaches Association. It is the highest level a coach can receive for education and excellence in coaching. Coach Tokman graduated from University of Alaska in 1990 with an Elementary Education teaching degree. Coach Siouxha wrote a book called "Handbook of Swimming Sport" and sold more than 5000 copies in Turkey and neighboring countries. His second book called "Aquatic Adventure" is being sold on Amazon.

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This team was organized to teach the young swimmers in this wonderful town the best way to become competitive swimmers. We are a competitive team, and we want these athletes to enjoy a safe, healthy, and fun activity.... swimming.

We do not only want to develop great swimmers but understand youth and adults as well. We want to encourage swimming and exercise for a lifetime. If your goal is to get fit, to train to receive a college scholarship or swim in the Olympics we have the coaching and expertise to get you there.

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## **Private Lesson Policy:**

**It is extremely important that the Head Coach is notified and gives clearance before a Superior swimmer is to get private lessons from an outside coach. This has been a problem in the past and the outcome was very unpleasant.**

**Upon discovery, the swimmer will be canceled immediately from the team. Parents who are not satisfied with their swimmer's technique and conditioning should bring this issue up with the coaches first, before secretly seeking help from other coaches in the valley. Dishonesty is not something I like my swimmers to practice.**

**Even though we do our very best to work on individual technique help daily, it is hard for coaches to work one and one during the practices with a swimmer.**

**Unfortunately, it is true that we get criticized by swimmers and parents when we spend a little more time with a certain swimmer. We work on technique every day, continuously and issues are brought to swimmers' attention constantly.**

**Thank you for your sensitivity on this issue.**

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Superior Aquatics

Vision Statement

It is our vision to have the majority of our swimmers qualify for Oregon State, Region 12, Western Zone, National Championship meets and beyond....

Mission Statement

We will achieve this vision by teaching goal setting, respect, and an understanding for others, by encouraging hard work and by forging an "unbreakable team bond."

Central Theme

We are the Team of the Future. Our swimmers learn to set and accomplish goals, eat right, respect others, become good winners and learn how to lose properly as well. Most of all, we learn to handle stressful situations in a positive manner.

HOW DO I JOIN?

Swimmers who join the Superior Aquatics (SA) will become a member at Superior Athletic Club. Therefore, each athlete must go through the regular club sign up process at the **front desk**. We do try-outs approximately three times a year around September, January, or June, and already established swimmers can join any time upon the Head Coach's approval.

One of the most important parts of getting you signed up as a new SA member is completing the USA Swimming Registration- this is done online at usaswimming.org. **All** SA swimmers must be registered with USA Swimming. The yearly cost of this registration is approximately \$75.00 a year. This must be done **before** the swimmer can participate in practices with SA. This is very important for insurance purposes.

Please remember, Superior Aquatics is a volunteer-run organization and helping the team is a fun and rewarding way to encourage your swimmer to participate and excel in swimming. Being a Superior swimmer requires time in the pool and out. Parents play an important role in the success of our team and club – from officiating at swim meets, becoming a pool parent, helping run swim meets, working at our club activities and by helping your swimmer lead a healthy lifestyle. We ask that every family have 25 hours of volunteer time every quarter. If you don't reach the minimum hours- group activities may be suspended for your swimmer.

Superior Aquatics

Monthly Dues and Joining Policy

The Cost to Join The Superior Aquatics: \$75.00 initial joining fee plus an annual team fee- \$75.00, and first and last month's dues. The Annual Team Fee helps cover the cost of swim team travel expenses for the coaches.

Group Fees:

Sharks	\$78 per month
Silvers	\$91 per month
Golds	\$104 per month
Elites	\$117 per month

Dues are billed by and paid monthly to Superior Athletic Club.

Also, for a swimmer to be eligible to compete in sanctioned USA competition, the swimmer must be a member of USA Swimming. USA Swimming is the national governing body for all amateur swimming in our country. USA registration is an annual fee (appx. \$75.00).

This membership not only supports the sport of swimming throughout the country, it also provides very important Secondary Accident Insurance. USA Secondary Accident Insurance covering sanctioned competition and practice is included in the USA membership fee. Each swimmer is covered at any organized practice of Superior Aquatics and every competition that is USA sanctioned. If you wish to see the whole insurance summary pamphlet, please contact the Head Coach Siouxha Tokman.

Upon your swimmer leveling up to Silvers group and above, they will be able to start participating in swim meets. Swim meet fees are billed through Superior Athletic Club and will come out of the card you have on file within a week after entries are sent into the host team.

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Superior Aquatics Practice Schedule **Year Around**

<u>Group Name</u>	<u>Days</u>	<u>Times</u>
SHARKS	M-W-F	3:30 TO 4:15 PM
SILVERS	MONDAYS & FRIDAYS	4:10 TO 5:10 PM
	TUESDAYS & THURSDAYS	3:30 TO 4:30 PM
GOLDS	MONDAYS	5:05 TO 6:10 PM
	TUESDAYS & THURSDAYS	4:25 TO 5:45 PM
	WEDNESDAYS	4:10 TO 5:45PM
	FRIDAYS (with Elites)	5:05 TO 6:45PM
ELITES	MONDAYS	6:05 TO 7:45PM
	TUES/WED/THURS	5:45 TO 7:45 PM
	FRIDAYS (with Golds)	5:05 TO 6:45PM

Equipment: Each swimmer is required to have water bottles, goggles, swimsuits, caps, fins, and hand paddles (Silvers, Golds & Elites)

Pull-buoys and kick boards are provided by our club for the workouts.

Our higher-level swimmers, Golds and Elites, also need hand paddles and snorkels. All required equipment is sold at our front desk at the club or you can find it on our year round team store:

<https://www.swimoutlet.com/collections/superioraquatics>

Swimmers are required to swim with a Superior swim cap during the swim meets if they wear swim caps.

Please place your name on all your equipment!

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Swim-A-Thon participation:

Once a year each swimmer is REQUIRED to raise pledges, which help support our team. Money raised from this event goes to our budget for the team's yearly spending. (Awards banquets, meetings, parties, equipment, hosting meets...etc.) **Swimmers who earn the most money will be awarded prizes.**

Okay, I've joined the team. Now what?

During our try-outs, each swimmer will be personally evaluated by the Head Coach to determine his or her ability level. The team is currently divided into the following groups:

A) Sharks: This is the swim team's **competitive entry level**. In Sharks, swimmers will learn four competitive strokes (Freestyle, Backstroke, Butterfly, and Breaststroke) as well as their turns and starts. In this group, competition is not required. A swimmer who finishes all the requirements of this group may move up to higher levels. It takes about four months to graduate from Sharks.

Swimmers of all ages may be in the Sharks group. Superior Aquatics has many groups to serve different levels of swimming abilities.

B) Silvers: In this group, stroke and technique are emphasized. Silvers are the lowest competitive group, yet we do have some of our very best younger swimmers in it.

C) Golds: Swimmers in this level are a little older and faster. The golds group is a stepping stone for the Elites level. Most of these members have Oregon State Qualifying times. There will be more distance, stroke and technique work in this level.

D) Elites: Our highest ability level. Here most swimmers will have State, Age Group Sectional, Western Zone, and Senior Sectional or higher meet qualifying times. Attendance, commitment, and dedication are very important at this level. The elites group produces most of our championship swimmers.

****NOTE: All swimmers are moved up or down levels based on achievement and commitment at the Head Coach's discretion. ****

WHAT ARE THE RULES I NEED TO KNOW FOR WORK-OUTS?

- Be dressed and ready to swim ten minutes before the practice begins.
Always listen to the coach (especially when he/she is talking to the whole group.
No horsing around during the practice.
Ask one of the coaches if you would like to exit the pool during practice for any reason.
- Bring a **water bottle** and needed equipment for **all** practices.
It is one of our LOGICAL rules that if a swimmer is going to be late to practice or planning to leave practice early, he/she must have a note from a parent.
- THIS IS VERY IMPORTANT!! Appropriate behavior is **REQUIRED** in and out of the locker rooms and at the pool lobby. Keep our facilities clean! **BEING RESPECTFUL TO PEOPLE AROUND YOU, TO OTHER POOL USERS AND THE POOL PERSONEL IS OF THE UTMOST IMPORTANCE.**

****** NOTE: ATTENDANCE IS THE KEY TO SUCCESS IN SWIMMING. IF YOU ARE NOT AT THE POOL, WE CAN NOT HELP YOU IMPROVE ******

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Communication:

We do communicate mostly via our websites, Team Unify e-mail, our Superior Aquatics “GroupMe” app as well as our private Facebook group.

Please feel free to communicate with our coaches as much as possible via e-mail or text, but please remember-

IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE DO NOT APPROACH THE COACHES DURING A WORK-OUT SESSION.

Coach Siouxha 541-227-9007
Coach Alexandra 850-257-1119

siouxha@yahoo.com
alexandra9710@yahoo.com

Helpful Phone Apps:

1. **USA Swimming**
2. **Meet Mobile-** A subscription service that allows you to follow along at meets on your phone
3. **GoMotion-** Our team’s app
4. **GroupMe-** Our teams group text messaging app for important last minute reminders/questions/polls and more!

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*At Superior,
“The Water Is Our Sky”*

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How long are the swim seasons?

This sport is divided into two seasons:

“**SHORT COURSE**” - In which swimmers compete in 25-yard pools, runs from September to end of April.

“**LONG COURSE**” - In which the swimmers compete in 50-meter pools, runs from May to August.

SWIM MEETS

Superior Aquatics participate in swim meets year around. Our short course (Winter) season championship meets are between December and the end of April. Our long course season (Summer) championship meets are held in July.

Before the Championship meets, we do participate in a number of meets to get times to qualify for the State Meets.

You sign up for swim meets through the team website or app. Payment will be automatically deducted out of the account you have through Superior Athletic Club. You are responsible for signing up for individual events. **Be aware that Coach may sign you up for relay events.**

Always have your swimmer check the posted meet sign-ups (outside the coaches office) for the official list of swimmer events.

You are responsible for finding your own hotels, occasionally we do have group rates at certain rates at swim meets, an email will be sent out before letting you know.

You need to be on time to meet warmups. Emails are sent out before swim meets and you need to be at the pool, in your swimsuit, ready to swim at the time that is mentioned.

Swim Cap- You will be given one latex team cap (at the time of moving up from Sharks) that your swimmer is required to wear during meets. Additional caps are \$5.00. Periodically, we arrange to have personal caps made or offer both latex and silicone caps for purchase.

Swimsuit- Superior Aquatics does not require the purchase of a specific team suit. **Practice suits** should be comfortable and non-restricting. **Competition suits**- swimmers under the age of 12 may not wear “**tech suits**” (tech-suits or technical suits are a flat or taped seam) as of September 1st, 2020, per USA Swimming’s sanctioned meet rule. USA Swimming also requires **no suit with zippers or ties**.

Recommendations from the team: suit should be tight fitting, so as not to allow drag. Polyester suits resist stretching and wear longer than nylon.

Goggles- Bring at least two pairs of goggles. There are many styles, so try a few brands and shapes, and keep them just for competition.

2-3 Towels- When one gets soggy your swimmer will want another one. Another great idea is a robe or swim parka to wrap up in after events. Swim parkas are also a great investment for your swimmer.

Snacks and/or concession stand money- Your swimmer will get **HUNGRY**, and most likely so will you. Take “real food” like sandwiches or salads, and a variety of healthy snacks, lots of drinks too!

Seating- Often you’ll be waiting in a cafeteria or gym, and often seating is hard to find. Bringing a blanket for the floor and folding chairs to sit in is a great idea so you and your swimmer will have somewhere to sit. If it is an outdoor meet, you might consider bringing a shelter or

umbrellas to give yourself some shade!

Entertainment- There can be a lot of downtime between events so you should bring something along to keep you entertained. Books, tablets, magazines, coloring books, whatever your favorite boredom buster is!

A Sharpie- As crazy as it sounds this is a must have! When your child is told their events they use it to write them on their hand/arm/leg so they can remember what their **event/heat/lane** they are swimming in. You obviously don't want it to wash off, so it must be permanent. Black works best, as the colored seems to run and come off easier.

We know some of our swimmers have friends on other teams- *when we are at swim meets, please cheer for your Superior teammates!*

If a coach or parent from another team approaches you (swimmer or parent) for recruiting purposes, please tell your parents and the coach since this is against the USA Swimming's Code of Conduct rules and regulations of recruitment.

TEAM APPAREL

We as coaches take exceptional pride in seeing our swimmers wearing our team's gear. All established teams make team attire mandatory during the swim meets. We observe those teams with envy. Seeing our swimmers come to meets without team attire really disappoints us coaches. There is no reason to show up at a swim meet with Oregon Duck gear or your high school team gear, you should be wearing your Superior Aquatic team gear **proudly!** All swimmers have received one free team shirt and a Superior Aquatics team cap. If your swimmer has not received one, please let Coach Alexandra know. Superior Athletic Club sells our team shirts in the Pro Shop at the front desk of the main club. Our Superior Aquatic swim outlet team store is open year-round and has MANY different shirts and more you can customize, and this is also great for parents and grandparents to support our team and rock Superior Aquatics gear! <https://www.swimoutlet.com/collections/superioraquatics>

“Very Important”

NO SUPERIOR SWIMMER SHOULD ENTER A SWIM MEET THAT IS NOT IN OUR MEET SCHEDULE. SOMETIMES THIS IS ALLOWED WITH THE HEAD COACH'S PERMISSION ONLY.

How do I sign up for a swim meet?

Please do not contact the host team directly to sign up for a swim meet. We enter the meets as a team. Some time prior to a meet, we will announce the entry procedure at our Team Unify System. Entries are done electronically, and Team Unify system will explain how to proceed. Coaches have the final decision for swimmer's events to swim in the meets. No swimmer will be entered for the event without payment.

What does it mean to be an “A”, “B”, and “C” swimmer?

These are time standards. Times are established by Oregon Swimming. Most entry level swimmers fall into the “C” category. A “C” swimmer can only compete at certain designated meets. Official times are established at the meets or at the Sanctioned home Time Trials. As the swimmer's time improves, he/she moves up a category and qualifies to attend the more competitive “A”/ “B” meets. Remember, the coveted “A” time is necessary to compete at State

Championship meets.

What to do during the swim meets.

Bring all the necessary equipment to meets: Goggles, extra goggles, towels, something to wear on the pool deck, socks to keep feet warm, and most importantly, the event list. Try to sit together; teams arriving late usually do not get to sit in good areas. Arriving a little early helps us to secure a good seating area for the team. When we sit together we can cheer together. This support helps fellow teammates as they prepare to compete and shows your friends that you care for them.

Warm-ups are an extremely important part of swim meets, especially for older swimmers. Younger swimmers do not need long warm-ups. However, as the Head Coach, I really stress the importance of good warm-ups for the older swimmers. The team warms up TOGETHER. No one should warm up on their own. However, I might divide the team into groups to fit everyone into our designated warm-up lane. If that happens, we will be grouping swimmers according to their ages. **NO ONE SHOULD START THE WARM UP WITHOUT COACHES KNOWLEDGE. During the warm up, never stop in the middle of the lane for any reason at all!!!.**

If you must stop, get out of the pool. When we warm up with great numbers of swimmers in one or two lanes we swim very close to one another. One person stopping in the middle of the lane messes up the rest of the lane. It looks very bad and embarrassing, and it is dangerous. If you want to pass a swimmer, please simply pass like a car on the left. If someone is passing you, please stay very close to the lane line so that the person can pass you easily. **DO NOT STOP WHILE BEING PASSED!!!**

Listen well to all warm up instructions. When the coach is talking, pay attention. Swim meets are very noisy, so help your coach by being quiet when he/she is talking to the team.

After the warm up we do sprints. Everyone must do them. We also do them together.

Your coach must start you off the blocks. They are not the same in every pool and try to get used to them. When you are done with your sprints, do an easy swim before you get out.

After swimming an event, for older swimmers, a short cool down is a very good idea. Not every facility will provide a cool down pool. If there is one, it is a must. No horsing around in these cool down pools. Younger swimmers do not need to cool down. If any swimmer needs to get in the cool down pool prior to swimming an event, he/she must ask the coach first.

Swimmers must check in with their coaches before and after their events. This is the time the coach gives swimmers some tips and comments. After an event, **NO MATTER HOW YOU PERFORMED**, you must come and get your coach's comments and feedback about your swim. I personally love to give my swimmers huge hugs regardless of their performances after an event. Swimmers must check with the coach when they arrive and leave the competition pool area. Sometimes it is urgent that the coach must find a certain swimmer in a hurry. There have been many times I could not find a swimmer to fill a relay leg or ask an important question regarding an upcoming event.

TEAM MEETINGS DURING THE SWIM MEET:

It is extremely important to have team meetings during the swim meets. How are we swimming? How and what did we do yesterday? What needs to be improved? How many DQs did we have? What were they? What are the team scores? How close are we to the other teams? Can we catch them? All these issues must be evaluated during these team meetings. There is always a team meeting right at the end of the warmups, so keep your eyes and ears open to find out where and when we are meeting. Do not wander away and make us look for you.

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Goal setting

This is the main ingredient for success in swimming sport and in life. Each swimmer must learn the importance of establishing personal goals in swimming.

Each swimmer, guided by the coaches, will set his/her goals for each season. Each swimmer's goal will be unique. However, in general, the goals must be realistic and may involve times, technique, habits, and attitudes.

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At Superior,

“More We Practice Luckier We Get”

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Helpful information for the parents.

Parents play a very important part in the sport of swimming. Without parents, the sport could not survive. Besides driving children to and from practice, and running the team's administrative positions, parents also put the swim meets together. Parent involvement and time commitment is a “must” in the sport of swimming.

Please remember, Superior Aquatics is a volunteer-run organization and helping the team is a fun and rewarding way to encourage your swimmer to participate and excel in swimming. Being a Superior swimmer requires time in the pool and out. Parents play an important role in the success of our team and club – from officiating at swim meets, becoming a pool parent, helping run swim meets, working at our club activities and by helping your swimmer lead a healthy lifestyle. We ask that every family have 25 hours of volunteer time every quarter. If you don't reach the minimum hours- group activities may be suspended for your swimmer.

What is the Superior Aquatic's Board?

The Superior Aquatics Booster Association (SSSBA) is an IRS non-profit 501(c) (3) organization. SABA organizes one or more fund raisers each year providing the funding for scholarships, transportation, banquet costs, awards, clothing and other charitable actions. The SABA Board of Directors are **all volunteers** who put in many, many hours to ensure our swimmers have a great experience.

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*At Superior, we advise that
in order to win, have;*

*“A Great Confidence
before your event starts”*

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QUESTIONS:

WHAT IF I AM UPSET WITH ONE OF THE ASSISTANT COACHES OR THE HEAD COACH?

- **Talk to Head Coach Siouxha first.**
- If the Head Coach is unable to solve your problem, then take it to the Club's Operations Manager, he will meet with the Head Coach and resolve the issue.

Please note that Booster association is not our coaches employer and they have no responsibility over them. Do not bring your issues to SABA.

PLEASE REMEMBER THESE BASIC LINES OF COMMUNICATION

FIRST: SPEAK TO THE HEAD COACH.

SECOND: CONSULT OR WRITE TO THE OPERATIONS MANAGER.

WE THANK YOU FOR FOLLOWING THE LINES OF COMMUNICATION.

HELPFUL HINTS, TERMS, AND DEFINITIONS FOR THE PARENTS.

INVITATIONAL MEET: A meet hosted by one team with invitations sent to many teams. Teams who do not get an invitation cannot enter these meets. In some cases, as many as 600 swimmers may be participating. Most invitational meets last two (Sat and Sunday) or two and a half (Friday afternoon, Sat. and Sun.) days.

OPEN MEET: It is open to any team. Usually in order to swim in an Open Meet swimmers must accomplish a qualifying time.

WHERE DO MOST MEETS TAKE PLACE? We do compete mostly in the State of Oregon. Most meets occur in Southern Oregon. But we do compete every year in other championship meets which take place in Seattle, Washington. Also, during the summer months we may travel to California or Nevada for long course meets.

WHAT IS A DQ? A DQ is a disqualification. Officials at meets are required to make sure all swimmers adhere to certain technical requirements for starts, turns, and strokes. Until swimmers learn what to do, it is not unusual for new swimmers to be disqualified (DQ). If your child gets a DQ, be sympathetic but realistic. Even experienced swimmers get DQs.

WHAT IS A HEAT SHEET? A Heat Sheet contains all of the events and the swimmers participating in those events. It will tell the swimmer what event, heat, and the lane he/she will be in. These can usually be purchased for a nominal fee from the host team prior to the start of the meet, or sometimes it can be copied online too.

BLOCK: The starting platform.

BACKSTROKE FLAGS: Backstroke flags are placed five yards (short course) or five meters (long course) from the end of the pool. They enable backstroke swimmers to execute a backstroke turn more efficiently by counting their strokes or developing a sense of distance between their eyes and the flags.

IM: A slang for Individual Medley- an event in which the swimmer uses all four strokes in the following order: Butterfly, backstroke, breaststroke, and freestyle.

****SCRATCH:** To withdraw from an event in a competition, or from the entire competition.

****DECLARED FALSE START:** In some meets, especially championship meets, swimmers who withdraw from a specific event use this term instead of Scratch.

SEEDING: Swimmers are assigned to their heat and lane based on their submitted times.

TIMED FINALS: During the competition, when a swimmer will only swim his/ her events only once. No preliminaries / Finals.

.**Any changes, including Scratch and Declared False Start, are only done by the coaches. It's against the rules for swimmers and parents to make these changes on their own. ALWAYS talk to the Coach to make any changes during a meet.

EATING HABITS DURING THE SWIM MEETS

On the day of the meet, swimmers should eat a good breakfast, but not overeat!!! Cereal, bagels, muffins, and fruits are all good choices. The best swimmer breakfast is a couple slices of toasted bread and a little honey or jelly on them. Do not eat many eggs, spicy sauces or too much milk. Apple juice is the “best” choice of drink for swimmers. Snacking on oranges and apples are also very good. While at the meet, swimmers should snack after every event (no more than half of a bagel). Make sure to snack soon after. There is a **twenty-minute window** that the snack will be useful for the next event. After that it is too late. Stay away from greasy and fatty food. Candy and sodas are very bad choices during the meet. Save the hamburgers and the pizza for after the meet.

HOW WILL WE GET IMPORTANT TEAM INFORMATION?

Superior Aquatics maintains a team e-mail through our Team Unify System and GroupMe texting app. Please make sure to get on the list to get all the e-mails from coaches and the Board Members.

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A VERY IMPORTANT MESSAGE FROM THE HEAD COACH

Winning isn't everything. So, what should I do when my child isn't?

Winning is wonderful, but no doubt about it there is only one winner per event. The very act of competing is a victory in sports. It means that your child is committed to participate in something athletic. Whether or not he or she comes first or last is less important than whether they had fun and felt a sense of accomplishment.

Parents tend to want the best for their kids, so assume the best means WINNING. If your child comes in dead last, but put in a lot of effort in trying, you need to support their effort. Parents who constantly criticize their children's performance will soon find that the child will lose interest in the sport.

At Superior Aquatics, we try to emphasize a swimmer doing his/her "PERSONAL BEST" no matter what the outcome. A swimmer who is encouraged usually improves. An improving swimmer is a swimmer that is having fun!

It should be noted that early in a swimmer's career, time drops will be dramatic.

Later, at the higher levels, improvement is more difficult. Many swimmers go through "slumps" and "plateaus" when there are no gains for months at a time.

Then suddenly, the time drops again. As a reminder, a parent should encourage the swimmer to attend as many practices as possible. Improvements in time will not come without commitments to practice on a regular basis.

Thank you, Coach Siouxha

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"Champions are made at practice"

TEAM HISTORY

Southern Oregon Swim Association

SOSA was the Rogue Valley's competitive swim team based out of the SOU pool. In 1990-91, Medford **Superior Courts** began planning a major addition to their existing facility. The original plans were to build a four-lane pool. Head Coach Ken Pappas started discussions with Jim Kusnerik to change the plan to build a larger pool to accommodate the swim team.

The club was only able to fit in a 6 lane pool on the building lot. The name of the club was changed to **Superior Athletic Club** when the new basketball, weight room and pool here opened in the winter of 1991. Superior Athletic Club took over operations of the swim team and changed the name to Superior Aquatics (SA). The team used both the SOU and SAC pool for the first 6 years before making the decision to end the program at SOU.

Coach Siouxha Tokman took over coaching duties in 1994.