



WARRIORS

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SR Champs Recap

Outstanding Senior championship meet!!!!

Girls shattered every relay record and guys broke all but one! Girls B-lays broke most records as well!

Regan Bright, Huy Duong, Emelia D'Alessio all made finals in the 50 fly. Emelia finished 49th and Regan 32 in the state out of 158 athletes!

Huy finished 32nd as well out of 152 athletes!

Callie Trussler got a PB in the 50 fly!

400 free relays went off like a BANG!

All 16 swimmers had stand out swims!

Sophie Nichols lead off was a personal best going a 53.9! Teammate Micaela Vasquez also threw down a 53 split.

Both girls are newly 15!

Adding Bright and Ruste, the foursome shattered the record!

Thai, Burrill, Duong and Casadiego crushed the men's 400 free relay record as well!!

Relay swimmers came to play! Addy Scherer threw down a 55.7 and Owen Kerrigan anchored with a 51.7! That's 4 15 and Unders going sub 56 in the 100 free

Breaststrokes Morgan Labella, Layla Farooq and Sophie Nichols and Jena Ruste all PBs!

Chase Urban broke 30 in the 50 breast with a new sr cut! And dropped a massive best in the 100 back as well!

Samuel Casadiego went his first ever 52 100 fly!

Aubrey Vaile clocked a PB in the 50 back breaking 30 for the first time!

Juan B crushed his 2 back with a PB!

Sunday the warriors rolled in ready rock and roll!

Regan Bright broke her club record and made it back to finals in the 200 fly, Caitlin Carter and Chloe Kamat made it back in the 50 back where they both clocked best times as well! Sophie made finals in the 100 breast!

Soso dropped in prelims going under 1:10 for the first time!

Bodi Burrill also made it back clocking a 25.7 50 back! Finishing 25th in the state out of 87 athletes!

Chloe finished 21st out of 127 athletes!

Like all champ meets, like all teams, many highs and lows but so many more highs for this team than ever before. We are beyond proud of these kids and what they've done for their team, themselves, for repping all 4 counties against the best in the state of FL!

We rise as one, and we keep rising! Because this is just the start!

With FLAGS and seniors finally complete, this wraps up the 2023-24 short course season! Next up, LONG COURSE summer season! We will have a parent meeting Tuesday March 26th for the upcoming season!

ATHLETES! Take this break to reflect on the highs and lows! Make new goals, and make sure your WHY is important and understand what you can give to that goal. Create a plan with your coaches that help you achieve your success! Don't dream small, dream big, but make sure you're honest and willing to put in what's needed to accomplish what you write down on that paper, because it's a mental, physical, and spiritual commitment. I'm excited to see what we do this summer!

Don't stop ringing those bells warriors! Our time has arrived! This summer going into short course is our season!

#risingasone



BOARD MEMBER SPOTLIGHT

My name is Anna Moses, and I'm your newly elected VP for the FE BoD. My oldest son Evan has been swimming competitively at FE for almost three years now and our family has come to love FE! Rob and I have another son Aaron that loves playing flag football and soccer. I earned a BA in Humanities from USF. And, I also have an AS degree in Medical Sonography. Currently, I'm the Lead Ultrasound Tech at BayCare Outpatient Imaging Land O'Lakes. I've been with BayCare for almost 20 years and bring with me being able to provide exceptional customer service with compassion to my patients and working as a cohesive team to get results. I hope to help FE become an even more amazing swim club than we already are. When we're not at the pool, we love watching the Bucs and Lightning play, and walking my beagle Jackson.





Upcoming Meets/Events

Dates	Host - Location	Additional Info
April 12th	FE - LOL Pool	Mini Meet
April 19-21	SPA - St. Pete	HP, Elite and Senior
April 27-28	Blue Wave - Brandon	Performance, Junior, Beginner, Conditioning
May 17-19	FAST - Ocala	
May 24-26	T2 - Naples	
May 27th	Summer Schedule Begins	Info coming soon from Coach G

“Monthly Dues will be increasing in May. Please see email from Board President John Bright for details”

All Star Team - Congrats to Houston Reimer and Jeremy Morgan for competing in the Florida Swimming All-Star Meet!

Jeremy’s team (the sharks) won the meet! Jeremy also ended up walking away with a win in the 11-12 boys 50 breast!

Houston lead off the 200 free relay with a best 28.66 which stands as a new age group record!

Congrats to all on a wonderful SC season!



QR CODE FOR BAND TEAM COMMUNICATION



All Competing Athletes:

team cap
team suit
team shirt

All Athletes:

goggles
kickboard
pull buoy

Beginners, Juniors, MSC and HSC:

long blade fins

Performance, high performance, and elite:

paddles
snorkel

Senior

paddles
snorkel
kickboard
pull buoy

This officially starts May 27th!						
*Homeschool swims with billing groups over summers and breaks.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 1	5:15-6:00pm 6:15-6:45pm DL		5:15pm-6:00pm		5:15-6:00pm 6:15-6:45pm DL	
Beginner 2	6:15-6:45pm DL 7:00-7:45		4:30pm-5:15pm		6:15-6:45pm DL 7:00-7:45	
Junior 1	4:15-5:15pm 5:15-5:45pm DL	5:00-6:00pm 6:00-6:30pm DL		4:00pm-5:00pm	4:15-5:15pm 5:15-5:45pm DL	
Junior 2	5:15-5:45pm DL 6:00-7:00pm	4:00-5:00pm		5:00pm-6:00pm 6:00-6:30pm DL	5:15-5:45pm DL 6:00-7:00pm	
MSC		4:00pm-5:00pm	4:00pm-5:00pm	4:00pm-5:00pm		
HSC		5:00pm-6:00pm	5:00pm-6:00pm	5:00pm-6:00pm	3:00-4:00pm	
Performance	4:45pm-6:00pm 6:00-6:30pm DL	4:45pm-6:00pm	4:45pm-6:00pm 6:00-6:30pm DL	4:45pm-6:00pm		
High Performance	5:00-6:00 DL 6:00-8:00pm	6:00-7:30pm	5:00-6:00 DL 6:00-7:30pm	6:00pm-8:00pm	5:00-6:00 DL 6:00-8:00pm	9:00-11:00am
Elite	7:00-9:00am 9:00 - 10:00am DL O.V. Gym 3:00-4:30pm S	7:00-9:00am 9:00-10:00 am DL	6:00-9:00am O.V. Gym 3:00pm-4:30pm	7:00-9:00am 2:00pm-4:00pm	7:00-9:00am 9:00-10:00am DL	7:00am-9:00am
Senior	7:00 - 9:00am 9:00 - 10:00 am DL 4:30pm-6:00pm	7:00 - 9:00am	6:00am-9:00am	7:00 - 9:00am 9:00-10:00am DL	7:00 - 9:00am 9:00 - 10:00 am DL 4:30pm-6:00pm	7:00 - 9:00am

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 1	DL 6:00-6:30pm 6:45-7:30pm pool	7:15-8:00pm pool	DL 5:40-6:10pm 6:15-7:00pm pool			
Beginner 2	5:00-6:45pm pool DL 6:00-6:30	5:30-6:15pm pool DL 6:30-7:00pm	4:30-5:15pm pool			
Junior 1		DL 5:45-6:15pm 6:15-7:15pm pool	7:00-8:00pm pool	6:00-7:00pm pool	DL 5:30-6:00pm 6:00-7:00pm pool	
Junior 2	5:45-6:45pm pool DL 6:45-7:30pm		5:15-6:15pm pool DL 6:15-7:00pm	5:00-6:00pm pool	7:00-8:00pm pool	
MSC	4:00-5:00pm pool		6:30-7:30pm pool	4:00-5:00pm		
HSC		4:00-5:00pm pool	7:30-8:30pm pool		4:00-5:00pm pool	
Performance	4:15-5:30pm pool DL 5:30-6:15pm	4:15-5:30pm pool	5:45-7:00pm pool DL 7:00-7:30pm	6:15-7:30pm pool		
Senior	DL 6:45-7:30pm 7:30-8:30pm pool	4:15-5:15pm pool DL 5:15-6:00pm		7:00-8:00pm pool	DL 5:45-6:30pm 6:30-7:45pm pool	9:30-11:00am pool
High Performance	DL 4:45-5:30pm 5:30-7:00pm pool	DL 6:00-6:45pm 7:00-8:30pm pool	DL 6:00-6:45pm 7:00pm-8:30pm		6:30-8:00pm pool	7:00-9:00am pool
Elite	5:00-6:30am pool A 2:30-5:30pm pool DL 5:45-6:45pm B 7:00-8:30pm pool	5:00-6:30am Gym O.V. DL 4:15-5:15pm 5:15-7:00pm pool	5:00-6:30am pool 4:00-6:15pm pool	4:15-6:15pm pool DL 6:15-7:00pm	5:00-6:30am Gym O.V. 4:30-6:30pm pool	7:00-9:30am pool
Beginner - Homeschool	8:45-9:00am dryland 9:00-9:45am	8:45-9:30am		8:45-9:30am	8:45-9:00am dryland 9:00-9:45am	
Junior - Homeschool	8:45-9:00am dryland 9:00-10:00am	8:45-9:45am		8:45-9:45am	8:45-9:00am dryland 9:00-10:00am	
Performance - Homeschool	8:45-9:00am dryland 9:00-10:15am	8:45-10:00am		8:45-10:00am	8:45-9:00am dryland 9:00-10:15am	
HP - Homeschool	8:45-9:00am dryland 9:00-10:30am	8:45-10:15am		8:45-10:15am	8:45-9:00am dryland 9:00-10:30am	7:00-9:00am

When shopping for your equipment through our Team Store, SwimQuik, you will receive 20% off all arena products, including the team suit. arena also provides benefits and incentives to our athletes and the club for certain achievements. For additional details email feaquaticsdirector@gmail.com.

<https://swimquik.com/collections/florida-elite>



Upcoming Meets/Events

Dates	Event Name - Location	Additional Info
April 10-14	Junior/Senior Nationals - Houston, TX	Silvers that qualify
April 20-21	Associations - Stuart	Intermediate, Green, Blue and Silver
April 25-28	12U/Youth Nationals - Houston, TX	Blues that qualify
May 4-5	Regionals - Coral Springs	Green, Blue and Silver that qualify
May 11	Fun in the Sun Mini Meet - FE POOL	Novice, Intermediate and AWD
May 18	End of the Year SHOW - FE POOL	More info coming soon
May 22-27	AGE GROUP BREAK	More info coming soon
May 28	JO Training Schedule Begins	More info coming soon

NOVEMBER 6 THROUGH MAY

GROUP:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AWD	4:00-5:00			4:00-5:00		
Younger Intro (1 or 2 days)		4:45-5:30			5:45-6:30	
Show team (2 days)		4:30-5:30			4:30-5:30	
10-Under Novice			4:30-5:45		4:30-5:45	
11-Over Novice		4:30-5:45			4:30-5:45	
10-Under Intermediate		5:45-7:15	5:45-7:15		5:45-7:45	
11-Over Intermediate		4:30-6:00	4:30-6:00		5:45-7:45	
Green (12&U Age Group)	4:30-6:30	4:30-6:30	6:00-7:30 Figures/ optional swim		3:30 Kinsleigh solo (stay for combo until 6:30) 4:30-6:30 Combo Mixed duet stay until 7:00	8:00-11:00
Blue teams (13-15) Swing/Spain/Combo	5:00-7:00 Swing team	5:30-8:00 figures/both teams	6:00-7:30 Figures/ optional swim	5:30-8:30 Spain/Combo 6:30-8:30 Combo swimmers		8:00-12:00 Swing/Figures/Combo 8:45-1:00 Figures/Combo/Spain
Blue (13-15 Age Group) small routines	6:15-8:00 Haily, Kate, Sabrina duet	4:00-5:45 Giuliana, Lily, Shelby duet (stay until 8:00 for figures/team)		4:30-6:15 Giuliana solo (stay until 7:30 for team)	2:00-3:30 Aiden solo 3:30-5:15 Mixed duet- Lia, Aiden, Lizzy	1:00-1:30 13-15 smalls
Silver (16&O Age Group) tech and free	5:00-7:30 Tech team	6:00-8:30 Free team	6:00-7:30 optional basics/swim	6:00-7:45 Free team		8:45-12:30 Free team + smalls 8:45-1:30 Tech team + smalls
Silver (16&O Age Group) small routines	7:30-8:30 Ariana, Gianna Veda + Havyn, Melissa, Haley tech duets Havyn Arrive 6:30 to warm up.			4:30-6:15 Lily solo 5:00-6:45 Ariana, Melissa Ellina free duet (stay until 7:45 for team)	2:00-5:00 Bianca tech and free solos	
Masters	3:15-4:15				1:00-2:00	
Intro to masters						8:30-9:30am

Equipment Needed:

Synchro athletes need certain equipment to properly train.
Any equipment that touches the face cannot be shared
between athletes or
borrowed from FE. Goggles, caps, and nose clips are available
for purchase from your coach.

Intro and Novice: Mat

Intermediate: Mat and Jump rope

Green, Blue, Silver: All Intermediate equipment +
running shoes, bands, weights

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TEAM COMMUNICATION



Athlete of the Month!!

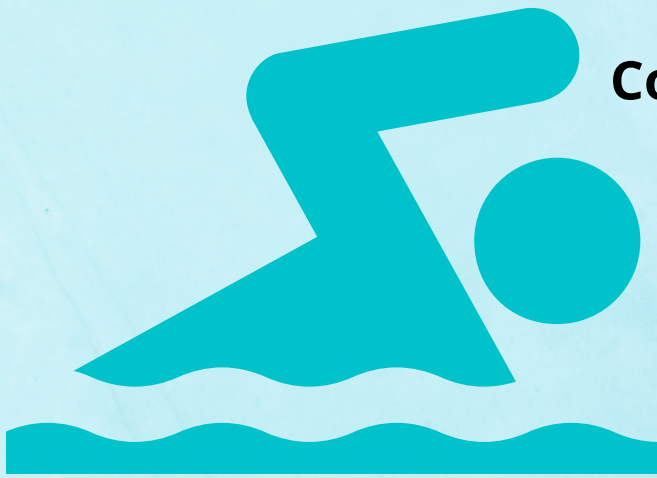
SYNCHRO



Maggie is our intermediate athlete of the month. Maggie's coaches said that Maggie is focused on improving at every practice. She is attentive, kind and supportive of all her teammates. Her desire to improve by taking private, being ready at practices and working hard will continue to take her far!



<i>Birthday</i>	<i>First Name</i>	<i>Last Name</i>	<i>Roster</i>
04/01/2007	Luke	Sevelius	Elite
04/02/2009	Kathryn	Caraynoff	Senior
04/04/2014	Verity	Piazza	Junior Warriors 2
04/07/2007	Melissa	Cardoso	Synchro - Silver (130)
04/07/2009	Marley	Genusa	Senior
04/14/2006	Lillian	Weber	Synchro - Silver (130)
04/15/2006	Havyn	Hradec	Synchro - Silver (130)
04/20/2013	Chloe	Horn	Performance & Synchro Intermediate
04/24/2009	Owen	Kerrigan	Elite
04/25/2010	Lucy	McKenzie	High Performance
04/25/2013	Nisini	Brahakmanage	Beginner Warriors 2
04/25/2014	Addilyn	Anson	Synchro - Intermediate (12U)
04/29/2008	Adalyn	Scherer	Elite
04/29/2015	Jhett	Iwanow	Beginner Warriors 2
04/30/2010	David	Rapoport	Middle School Conditioning



Coaches and Board of Directors

Coaches

Darcee Redding- Aquatics Director
Guerby Ruuska-Swim Head Coach
Camille Albrecht-Synchro Head Coach

Swim

Robin
Daniel
JB

Tori
Anjel
Kyle

Synchro

Zoe
Maria
Maja
Juliana
Jackie
Lily
Melissa
Stephanie

Contact Info

Aquatics Director-FEaquaticsdirector@gmail.com
BILLING- Billing Email: billing.floridaelite@gmail.com
TEAM ADMIN- WENDI MEEHAN Email: floridaeliteswim@gmail.com
Phone - (813)279-5445

BOD

John Bright- President
Anna Moses- Vice President
Dana Burton-Treasurer
Annie Schlemmer-Secretary

At Large Members:

Brent Smith
Renee Santana
Angela Klein
Chauncey W Carter

Masters Info!!

NOVEMBER 6 THROUGH MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:30am 8:45-10:30am	8:45-10:15am	5:00-6:30am	8:45-10:15am	8:45-10:30am 1:00-4:00pm	9:30-12:00pm

Masters Synchro
Tuesday-3:15-4:15
Friday- 1:00-2:00



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Florida Elite Aquatics Financial Policy

Effective December 1st, 2023

In consideration of participation in Florida Elite's (FE) Aquatics programs, Parents/Guardians agree to pay associated fees/dues outlined in this document.

Monthly Dues:

- Monthly payment of all fees shall be due and payable on the first day of each month.
- Payment is made for the entire month. (Not based on how many days an athlete attends practice).
- Make-up days due to inclement weather are at the coaches discretion.
- If an athlete is transferred to a different level by the coaching staff any fees for the new level will be invoiced in the next billing cycle.
- If the monthly dues payment is not received in full by the 10th of the month, a late fee of \$25 per month will be assessed to the family's account.

Payment Method:

- FE will only accept credit cards or ACH through the automated process on our website.
- Cash or personal checks are not accepted for monthly dues, annual fees and swim meet fees.
- It is the Parent/Guardian's responsibility to keep their account information current on FE's website.

Ineligible to Participate Due to Non-Payment:

- The billing system will notify Parent/Guardian of payment failure.
- New swimmers will be ineligible to participate with the team if their FE annual registration, any applicable USA Swimming Membership fees, and first dues payment are not completed within ten days of registration.
 - **Note:** If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, they may apply to the Board of Directors, through the President, for a waiver of late fees and request reinstatement. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts.

Suspending or Canceling an Account:

- Notice must be made in writing by the 20th of the month preceding the start of the change in account status.
- Notice is to be sent to Billing.FloridaElite@gmail.com specifying which month(s) the athlete(s) will be out of practice.
- An athlete's place on the team will not be guaranteed while the account is on hold. If the practice group for that athlete is filled, the athlete will be put on a wait-list to rejoin when a position becomes available.
- It is the responsibility of the Parent/Guardian to update the Aquatics Director of any/all changes.

Additional FE Swimming Fees

Annual FE Swimming Registration Fees:

- All families are responsible for an annual team registration fee of \$100.
- Fee will be charged to your FE account quarterly at \$25.
- This fee will be charged with the monthly billing in August, November, February and May. New families will be charged \$25 at registration and then follow the above cycle.
- The annual registration fee is non-refundable.
- The Team Gear Package (Team Uniform) will be invoiced in August (with the exception of MSC and HSC groups)
 - In odd years the package will include a suit and is typically between \$120-\$160
 - In even years the package will NOT include a suit and is typically between \$50-\$75. If a suit is needed in an even year, it can be purchased a la carte from the team store.
 - All athletes are required to wear the team uniform at meets. This is the team suit, cap and shirts. If an athlete wears a tech suit, they are not required to wear the team suit.
 - Families are responsible for ordering the package at the team fitting or from the team store. The fee is collected in advance so that the Team Dealer can order the suits and shirts ahead of the fitting to be prepared to print and ship quickly.
 - This fee is non-refundable.

USA Swimming Membership:

- In order to swim with FE, all swimmers must register with USA Swimming and maintain an active membership which runs from January through December.
 - Families must do the initial registration through the FE specific USAS link. This is provided at the time of registration. Subsequent registration renewals will be processed by the team.
 - USA Swimming membership is an annual fee which includes athlete insurance, Splash monthly magazine and a USA Swimming Deck Pass account.
 - There are numerous other benefits to membership which can be explored at usaswimming.org.
- For 2024, the annual USA Swimming Membership Fee will be invoiced in October.
 - Beginners, Juniors, Performance, High School Conditioning, High Performance, Senior and Elite athletes will receive the Premium Athlete Membership for \$85.
 - Athletes in the Middle School Conditioning 12 years old and younger will receive the Flex Athlete Membership for \$35, if they are over 12, they will receive the Premium Athlete membership for \$85.
- For existing members, this fee will automatically renew in September and be reflected in your October bill. Historically, there is a modest fee increase yearly. For new members mid season, registrations will be done monthly and invoiced accordingly.
- Membership provides insurance coverage in the unlikely event something were to happen to your athlete while on-deck either at practice or at a swim meet.
- This fee is non-refundable.

Swim Meets:

- Fees vary from meet to meet and normally can be found in the meet letter which are posted under the Events tab on the FE website. There are various fees for a swimmer to participate in a meet.
 - In addition to the fees imposed by the host team and facility, FE may at its discretion, add fees to cover other associated costs for the meet and coach attendance.
- Parents/Guardians are responsible for all fees and charges for events they have committed their athlete(s) to once the meet deadline has passed.
- Parents/Guardians give permission to the Coaches to enter their athlete(s) into relay(s) and assume all costs associated with the relay(s).

- Relay assignments may happen during the meet.
- By entering athletes in a meet, the Parent/Guardian assumes responsibility for all costs associated with relay(s) a Coach may assign.
- FE will pay athletes entry fees for **championship meets**. (Ex. FLAGS, Sr Champs, Sectionals and higher).
- **Coaches Cost:**
 - (New) The fee charged to cover coach's pay and travel expenses for all meets will be divided equally across the number of athletes attending the meet. (Example: If the expenses for a meet are \$600 for an and 30 athletes attend...then the parents will be billed \$20 per athlete)
 - FE will pay coaches *travel expenses* for all **championship meets** noted above. Coaches *pay* will be divided across the number of athletes attending the meet by the number of days they participate in the meet.

Additional FE Synchro Fees

Annual FE Synchro Registration Fee:

- All synchro families are responsible for an annual registration fee which will be determined yearly by the head coach.
- The first payment will be made upon registration, and the second and third payments will be invoiced the following two months. This fee includes various items necessary for participation on the synchro team including the team suit, personalized team cap, white cap and team shirts.
- The USA Artistic Swimming Membership is included in the yearly registration fee. Age Group athletes will receive the "Competitive Athlete" membership, and all other athletes will receive the "Athlete" membership.
- This fee is non-refundable.

USA Artistic Swimming Membership:

- See Annual FE Synchro Registration Fee.
- USA Artistic Swimming Membership provides insurance coverage in the unlikely event something were to happen to your swimmer while on-deck whether at practice or at a meet.
- There are numerous other benefits to membership which can be explored at usaartisticswimming.org

Synchro Meets:

- Novice meets are optional but encouraged. All Intermediate athletes are required to compete in at least 2 meets a season. Age group athletes are required to compete in all meets.
 - Parents must inform coaches 30 days prior to the meet or within 7 days of the meet announcement being sent if they are not going to participate. After the deadline has been reached, accounts will be charged.
- Approximately 3-4 weeks prior to a competition a meet announcement is sent out from the host team. Meet Announcements contain dates, a tentative schedule, hotel information, special events, and other details pertaining to the competition.
- Meet fees vary from meet to meet. Head Coach will handle all registration for meets. Parents are responsible for paying for all meet fees. Athletes with more routines will pay more in meet fees. You will be given your amount for the meet when the meet announcement is sent out.
 - Parents/Guardians are responsible for all fees and charges for events they have committed their athlete(s) to once the meet deadline has passed. There are absolutely no refunds.