

FLORIDA ELITE

WARRIORS

www.swimelite.org

WANT TO BE A

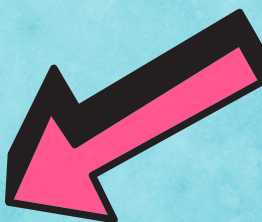
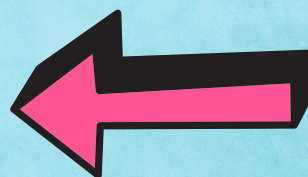
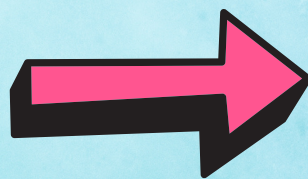
JUNIOR LIFEGUARD?

This American Red Cross Camp will teach your 11-14 year old water safety and the duties and responsibilities of a Lifeguard.



LOL Rec Center Pool
July 6-15 or July 25-Aug 3
9:30am-1:45pm
Fee: \$150 includes
JR LG shirt & hip pack

MORE DETAILS &
REGISTRATION AT
WWW.SWIMELITE.ORG
CLICK ON GROUP LESSONS



FE OFFERS AMERICAN RED CROSS

LIFEGUARD TRAINING

March 14-17 (Spring Break) OR April 9-10, 15-16
Fee: \$175

Prerequisites:

- 15 years old by last day of class
- Complete pre-course swim test
- 8 hours online learning before first day of class

STUDENTS WHO SUCCESSFULLY COMPLETE THE COURSE WILL RECEIVE RC CERTIFICATIONS IN LIFEGUARDING, PROFESSIONAL CPR, AED & FIRST AID, AND BLOODBORNE PATHOGENS

MORE DETAILS AND REGISTRATION AVAILABLE AT
WWW.SWIMELITE.ORG
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DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR
FLORIDA ELITE

33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, MARCH 2ND | 5-9PM
25442 SIERRA CENTER BOULEVARD, LUTZ, FL, 33559

ORDER ONLINE FOR PICKUP USING CODE JC899BG
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

FLAGS Qualifiers!!



Juan - 50 free, 100 free, 100 breast, 100 fly, 200 IM

Sidney- 200 back, 100 breast, 200 breast, 100 fly, 200 fly, 400 IM

Kiley - 100 back, 200 back

Huy and Brady - 13-14 boys relays

Lily - 50 fly



Upcoming Meets/Events

February 10-13 Sectionals (Orlando) (Qualifying Times Only)
 February 18-20 @TBAY (Downtown Tampa) Gasparilla Meet - ALL GROUPS
 February 25-27 @ Area 3 (St Pete) This is our big meet for the month! - ALL GROUPS
 March 3-6 FLAGS (St Pete) (Qualifying Times Only)
 March 10-13 Sr Champs (Orlando) (Qualifying Times Only)
 March 25 Mini Meet (HOME)

***FEB 21 - Extra practice for Silver groups 6-8:30am

***FEB 25-27 - NO PRACTICE DURING AREA 3

***For the month of February Elite & HP will have dryland Mon/Wed/Thur 5:15-6:15pm

All Competing Athletes:

team cap
 team suit
 team shirt

All Athletes:

goggles
 kickboard
 pull buoy

All Green and Blue groups:

long blade fins

Performance, high performance, and elite:

paddles
 snorkel

Silver Practice Groups

short blade fins

****We utilize the app called Remind to communicate weather-related changes as well as other important team information. Please download it and sign-up for the appropriate group.**

REMIND GROUPS:

Beginner Warriors- @FEBegin
 Junior Warriors- @FEJunior
 Performance- @FEPerform
 High Perf & Elite - @FESilver
 MSC & HSC -@FEBlue
 Homeschool- @FEHome

Swim Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 1	5:30-6:15	5:30-6:15		5:30-6:15		
Beginner 2		4:15-5:00	4:15-5:00	4:15-5:00		
Junior 1	5:15-6:15	5:15-6:15	5:15-6:15	5:15-6:15		
Junior 2	4:15-5:15	4:15-5:15	4:15-5:15	4:15-5:15		
Performance	4:15-5:30	6:15-7:45	4:30-5:00 DL 5:00-6:15	4:15-5:30		
High Perf	5:00-6:30 AM 6:15-8:15		6:15-8:15	5:00-6:30 AM 6:15-8:15	5:00-6:30 AM 4:30-6:30	7:00-9:00 AM
Elite	5:00-6:30 AM 6:15-8:15	6:15-8:15	5:15-6:15 DL 6:15-8:15	5:00-6:30 AM 6:15-8:15	5:00-6:30 AM 4:30-6:30	7:00-9:00 AM
MSC	4:15-5:15	4:15-5:15	4:15-5:15			
HSC	3:15-4:15		3:15-4:15	3:15-4:15		
Homeschool Beginners	8:45-9:00 AM* 9:00-9:45 AM	8:45-9:30 AM		8:45-9:30 AM	8:45-9:00 AM* 9:00-9:45 AM	
Homeschool Juniors	8:45-9:00 AM* 9:00-10:00 AM	8:45-9:45 AM		8:45-9:45 AM	8:45-9:00 AM* 9:00-10:00 AM	
Homeschool Performance	8:45-9:00 AM* 9:00-10:15 AM	8:45-10:00 AM		8:45-10:00 AM	8:45-9:00 AM* 9:00-10:15 AM	
Homeschool High Performance	8:45-9:00 AM* 9:00-10:30 AM	8:45-10:15 AM		8:45-10:15 AM	8:45-9:00 AM* 9:00-10:30 AM	

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

February 12-13 @ West Palm Beach - Winter Invite ALL GROUPS BUT SILVER

February 18-20 @ Arizona Cactus Classic- SILVER ONLY

March 4-6 @ Coral Springs South Zones - BLUE AND SILVER

March 12-20 SPRING BREAK (Adjusted Schedule Coming Soon)

March 26-27 HOME (Spring Invite- All Groups)

Monthly Quote

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro (1 or 2 days)		4:15-5:00			4:15-5:00	
AWD	4:45-5:30					
Show Team		5:00-6:00			5:00-6:00	
8&U Novice			4:00-5:00		4:00-5:00	
9&O Novice		5:00-6:00			5:00-6:00	
10&U Intermediate		5:30-7:00	5:00-7:00	5:30-7:00		
11&O Intermediate		4:30-6:00	5:00-7:00	4:30-6:00		
Green Team (12&U Age Group)	5:30-7:45	5:30-7:45	5:30-7:45			8:00-11:00
Blue Team (13-15 Age Group)	6:00-8:30	6:00-8:30			6:00-8:00	8:30-12:00
Silver Team (16&O Age Group)			5:45-8:15	5:45-8:15		9:15-1:15
Masters		6:45-7:45pm			9:00-10:00am	
*Age Group Small Routines see Coach Camille for your additional practice times						

First Meet of the season!!!!
Congrats to all of our
Athletes!! Great Job!

We utilize the app called Remind to communicate weather-related changes as well as other important team information. Please download it and sign-up for the appropriate group.

Group

Code

Intro

SynchNov

Novice

SynchNov

Intermediate

SynchInter

Silver, Blue, Green

SynchAG

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



Athletes of the Month!!

SWIM



Lucy McKenzie

She is becoming a leader in the performance group she comes every day with a positive attitude and is ready to try her hardest during practice and at the swim meets.

SYNCHRO

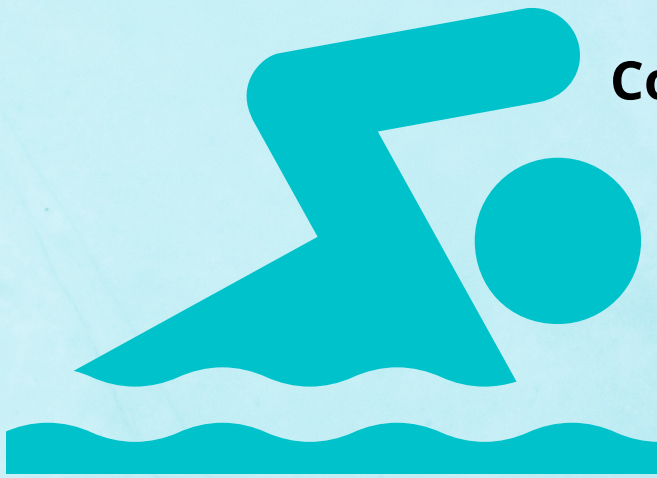


Lily Schlemmer

Lily has been chosen by her coaches as the athlete of the month for February! We have seen Lily improve every single practice through determination, focus, and a positive attitude! Her coaches see in her a strong leader on the team and she often repeats the sets to her teammates to help everyone improve and stay on the same page! We're so excited to see this smart and strong Synchro Warrior shine the rest of the season.



Birthday	First Name	Last Name	Practice Group
02/05/2004	Ashlyn	Turnage	COACH
02/09/2009	Ashley	LaVoy	Performance
02/13/2010	Elizabeth	Loughlin	Synchro - Intermediate (11-Up)
02/14/2012	Jon	Weber	Beginner Warriors 2
02/14/2016	Marcelina	Kurkiewicz	Synchro - Novice (4-10)
02/15/2010	Tyler	Wyss	Homeschool Group
02/17/2008	Katie	Colucci	Middle School Conditioning
02/17/2011	Julianna	Mansour	Performance
02/17/2012	Josephine	Wells	Synchro- Intermediate (4-10)
02/24/2012	Kamilah	Quinones	Beginner Warriors 2
02/25/2011	Ayla	Weaver	Beginner Warriors 1
02/28/2010	Raven	Hunt	High Performance



Coaches and Board of Directors

Coaches

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

Swim

Robin Tori
Cameron Mikelle
Kayla Kara
Ashlyn Abigail
Jennah

Synchro

Zoe
Maria
Kyra
Maja
Juliana

BOD

Michael Speilberger- President
Lisa Hammond-Vice President
Steve Swenson-Treasurer
Chris Johnson-Secretary

At Large Members:
Danielle Borzor
Brent Smith
Jeanie Saunders

Contact Info

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

Masters Info!!

REMIND CODE: @FEAquatics

SWIM

Mon

5:00-6:30AM/8:45-10:30AM/1:00-4:15PM
6:15-8:15PM

Tues

5:00-6:30AM/8:45-10:15 AM/7:15PM-8:15PM

Wed

1:00-4:15PM/6:15-8:15PM

Thurs

5:00-6:30AM/8:45-10:15AM/1:00-4:15PM/
6:15-8:15PM

Fri

5:00-6:30AM/8:45-4:30PM/6:30-8:00PM

Sat

7:00AM-1:15PM

SYNCHRO

Tues

6:45-7:45PM

Fri

9:00-10:00AM

