



WARRIORS
www.swimelite.org

SPRING AND SUMMER ARE RIGHT AROUND THE CORNER!!

Sign up for Lifeguard Classes, CPR Classes, and Swim Lessons on the website.

Quote of the Month

“If everyone is moving forward together success takes care of itself”- Henry Ford

We are excited to be offering Mental Performance Coaching with Lori Eaton for our top competitive groups across all of our programs starting this month. We can't wait to see how this added benefit will take our athletes to the next level. You can learn more about Lori and Ready, Go at www.readygolori.com



My name is Lori Eaton, and I'm a Mental Performance Coach.

I was an elite artistic swimmer for 14 years. I swam at the club level, represented TEAM USA at several International competitions, swam collegially, and even masters.

I had the opportunity to swim on a college scholarship and took up coaching as a way to make extra money. I knew after a few short months that my place was on deck, coaching young athletes to get past their fears and strive for their goals. I turned in my swim cap and have been a coach for more than 25 years.

I have coached five Olympians, placed 25 athletes on the U.S. National Team, and have led clinics all over the world. Most notably, I built an NCAA college program from the ground, up, won the U.S. Collegiate National Championships in just five short years, plus three consecutive U.S. National titles.

My coaching style is about accountability and empowerment. It's about believing in you and coaching you through self-discovery to achieve your goals.

Education & Certifications

- MS in Counseling
- Certified Sport Psychology Coach
- Certified in Mindfulness Based Cognitive Therapy
- Certified Life Coach



Upcoming Meets/Events

Dates	Host - Location	Additional Info
January 14-15	FE - LOL Pool	4th Annual Polar Splash
January 27	FE - LOL Pool	Elite & HP - Ready, Go! Metal Performance Training Session Coach G will send email with times each athlete is attending
February 3-5	TBAC - St. Pete (Northshore)	All Groups
February 9-12	USAS - Orlando	SECTIONALS - qualifying times required
February 24-25	FLSWIM - St. Pete (Northshore)	AREA 3 - All Groups - FINAL MEET OF THE SC SEASON!
March 2-5	FLSWIM - Clearwater (Long Center)	FLAGS - qualifying times required
March 9-12	FLSWIM - Orlando (Rosen)	SR CHAMPS - qualifying times required
March 3-7	POOL CLOSED FOR DECK REPAIRS - Email from Coach G for alternative plans coming soon.	
March 13-19	SPRING BREAK - Schedule from Coach G coming soon!	

****A few small schedule tweaks are coming soon.
Be on the lookout for an email from Coach G.****

**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

Current Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 1		4:45-5:30pm 5:30-6:00pm dryland	4:45-5:30pm 5:30-6:00pm dryland	4:45-5:30pm		
Beginner 2		4:00-4:45pm 4:45-5:15pm dryland	4:00-4:45pm	4:00-4:45pm 4:45-5:15pm dryland		
Junior 1	5:30-6:30pm	5:00-5:30pm dryland 5:30-6:30pm	5:30-6:30pm	5:00-5:30pm dryland 5:30-6:30pm		
Junior 2	4:00-5:00pm 5:00-5:30pm dryland	4:00-5:00pm	4:00-5:00pm 5:00-5:30pm dryland	4:00-5:00pm		
MSC	5:00-6:00pm		5:00-6:00pm	5:00-6:00pm		
HSC	4:00-5:00pm	4:00-5:00pm		3:00-4:00pm		
Performance	5:00-6:15pm 6:15-7:00pm dryland	5:00-6:15pm	5:00-6:15pm 6:15-7:00pm dryland	5:00-6:15pm		
High Performance	5:30-6:30pm dryland 6:30-8:00pm		5:30-6:30pm dryland 6:30-8:00pm	5:30-6:30pm dryland 6:30-8:00pm	6:30-8:00pm	7:00-9:00am
Elite	5:00-6:30am 3-5pm OR 6-8pm 5:00-6:00pm dryland	5:00-6:30am 6:30-8:00pm	3-5pm OR 6-8pm 5:00-6:00pm dryland	3-5pm OR 6-8pm 5:00-6:00pm dryland	5:00-6:30am 4:30-6:30pm	7:00-9:30am
Beginner - Homeschool	8:45-9:00 AM dryland 9:00-9:45 AM	8:45-9:30 AM		8:45-9:30 AM	8:45-9:00 AM dryland 9:00-9:45 AM	
Junior - Homeschool	8:45-9:00 AM dryland 9:00-10:00 AM	8:45-9:45 AM		8:45-9:45 AM	8:45-9:00 AM dryland 9:00-10:00 AM	
Performance - Homeschool	8:45-9:00 AM dryland 9:00-10:15 AM	8:45-10:00 AM		8:45-10:00 AM	8:45-9:00 AM dryland 9:00-10:15 AM	
HP - Homeschool	8:45-9:00 AM dryland 9:00-10:30 AM	8:45-10:15 AM		8:45-10:15 AM	8:45-9:00 AM dryland 9:00-10:30 AM	7:00-9:00am
Masters	5:00-6:30am 8:30-10:30am 2:00-4:30pm	5:00-6:30am 8:30-10:30am 2:00-4:30pm 7:30-8:30pm	2:00-5:30pm	8:30-10:30am 2:00-4:30pm 7:30-8:30pm	5:00-6:30am 8:30-10:30am 12:00-8:00pm	7:00-1:00pm
TRY OUTS	5:00pm with Kara	6:00pm with G				

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](https://swimquik.com/collections/florida-elite)**



Upcoming Meets/Events

Dates	Location	Additional Info
January 13-15	Texas	13-15 National Team Trials (by invite from Coach C)
January 15	Lakeland	Jump on In - Novice Only
January 27	LOL Pool	Green, Blue and Silver - Ready, Go! Metal Performance Training Session Coach Camille will email each group their session time.
January 28-29	Orlando	Mary Rose Invitational - All Groups
February 25-26	Clearwater	Winter Invitational - All Groups
March 3-5	Virginia	South Zones - Blue and Silver
March 3-7	POOL CLOSED FOR DECK REPAIRS - Email from Coach Camille for alternative plans coming soon.	
March 13-19	SPRING BREAK - Schedule from Coach Camille coming soon!	
March 25-26	Stuart	Novice, Intermediate, Green

Current Schedule

GROUP:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AWD	3:30-4:30				1:00-2:00	
Younger Intro (1 or 2 days)			4:30-5:15		5:30-6:15	
Show team (2 days)			6:30-7:30		6:30-7:30	
10-Under Novice			4:30-5:45		4:30-5:45	
11-Over Novice			6:30-7:45		6:30-7:45	
10-Under Intermediate		5:30-7:00	5:00-6:30	5:30-7:30		
11-Over Intermediate		4:30-6:00	5:30-7:00	5:30-7:30		
Green (12&U Age Group)	4:30-6:30 solo until 7	4:30-6:45		4:30-6:30 duet until 7		8:00-10:45
Blue (13-15 Age Group team)		6:00-8:00		6:00-8:00	5:30-7:30	8:00-11:30
Blue (13-15 Age Group small routines)	G & K + Giuliana solo 4:30-6:00	Mixed duet L & A 4:30-6:30		C & L 4:30-6:15 Cynthia solo 4:30-6:15		1:00-1:30 all small routine run throughs
Silver (13-15 Age Group team)		6:00-8:30	6:30-8:00 Figures/ optional swim			8:45-1:00
Silver (16&O Age Group Acro)			6:30-8:00 Figures/ optional swim	6:00-8:30		8:45-12:00
Silver (16&O Age Group small routines)	H & M tech 6:00-7:45				Katie solo 3:30-4:45 Bianca solo 4:15- 5:30 A & M free 4:30-6:00 J & L free 5:30-7:00 L & J solo 7:00-8:00	
Masters	6:45-7:45				12:00-1:00	
Intro to masters						8:30-9:30am

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TEAM COMMUNICATION



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



"Landry has worked really hard and applied herself well in and out of the water. She is hard working, super positive, and fun! She never has anything bad or negative to say."

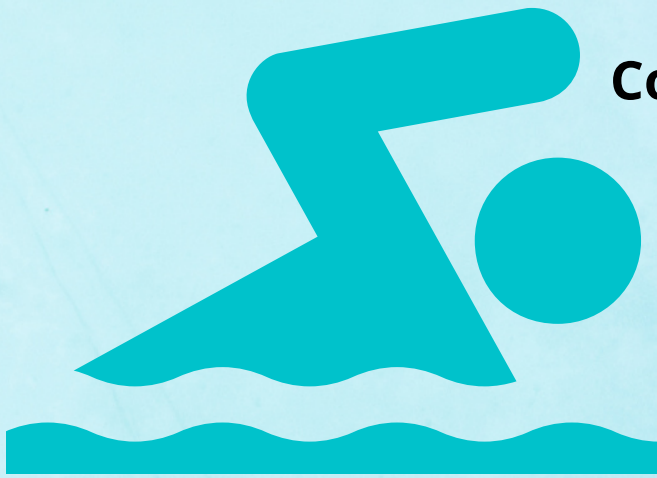
SYNCHRO



Kinleigh is our athlete of the month! This is Kinleigh's first year with the warriors! From day one she has been a great joy to coach and swim with. Kinleigh swims on both the intermediate team and in our age group combo! Both groups are thankful to have a teammate like her-kind, hard working, reliable, fun and caring. Kinleigh is also quick to ask coaches if they need any help with anything and consistently helps to clean up the equipment at the end of practices! She is a supportive and focused teammate. We're so glad to have kinleigh on the team.



BIRTHDAY	FIRST NAME	LAST NAME	ROSTER GROUP
01/01/2010	Remi	Derkevics	Synchro - Blue (13-15)
01/01/2010	Liliana	Schlemmer	Synchro - Silver (130)
01/01/2010	Amalia	Schlemmer	Synchro - Blue (13-15)
01/02/2006	Anetta	Diaz - Sanchez	High School Conditioning
01/02/2009	Sasanka	Senthil	Middle School Conditioning
01/03/2010	Eva	Millan	Synchro - Intermediate (110)
01/04/2010	Gabriella	Santana	Synchro - Blue (13-15)
01/06/2014	Sofia	Runestad	Synchro - Novice (10U)
01/07	Kara	Wilkins	COACH
01/07/2004	Katie	Wieckowski	Synchro - Silver (130) & Elite & COACH
01/07/2013	Clara	Goff	Beginner Warriors 2
01/08/2009	Reagan	Faiella	Elite
01/08/2014	Margaret	Lewandowski	Synchro - Novice (10U)
01/11/2009	Daniela	Ramos	High Performance
01/11/2010	Eveleen	Lonski	Junior Warriors 2
01/12/2011	Kendall	Grills	Junior Warriors 2
01/13/2015	Anton	Chernyshenko	Beginner Warriors 1
01/15/2008	Chaeleigh	McAvoy	High Performance
01/15/2009	Giuliana	Medina	Synchro - Silver (130)
01/15/2012	Aubriana	Spiering	Synchro - Novice (110)
01/16/2007	Audrey	Gorski	High School Conditioning
01/17/1994	Nolan	Young	Synchro - AWD
01/18/2015	Leila	Moore	Beginner Warriors 1
01/19/2012	Milana	Rodriguez	Synchro - Novice (110)
01/21/2013	Jacob	Bausch	Beginner Warriors 2
01/24/2006	Connor	Canfield	Elite
01/24/2015	Bradley	Morsey	Beginner Warriors 1
01/25/2010	Aiden	Gray	Synchro - Blue (13-15) & High Performance
01/25/2010	Lili	Ramsay-Care	High Performance
01/31	Robin	Hilgenberg	COACH
01/31/2010	Hailey	Keyes	Synchro - Blue (13-15)



Coaches and Board of Directors

Coaches

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

Swim

Robin Tori
 Cameron Kara
 Jennah Madi
 Katie Kyle
 Daniel

Synchro

Zoe
 Maria
 Kyra
 Maja
 Juliana
 Jackie

BOD

Michael Speilberger- President
 Jeanie Saunders- Vice President
 Steve Swenson-Treasurer
 Chris Johnson-Secretary

At Large Members:
 Brent Smith
 Annie Schlemmer

Contact Info

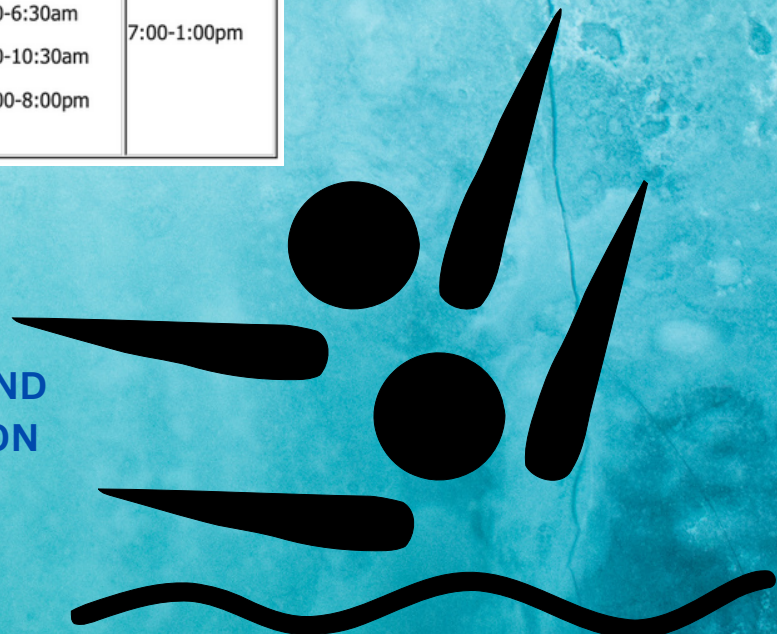
Aquatics Director-FEaquaticsdirector@gmail.com
 BILLING- Billing Email: billing.floridaelite@gmail.com
 TEAM ADMIN- JAMIE RADITIC-MEHALSO Email: floridaeliteswim@gmail.com
 Phone - (813)279-5445

Masters Info!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Masters	5:00-6:30am	5:00-6:30am		8:30-10:30am	5:00-6:30am	
Lap Swim	8:30-10:30am	8:30-10:30am				7:00-1:00pm
Times	2:00-4:30pm	2:00-4:30pm 7:30-8:30pm	2:00-5:30pm	2:00-4:30pm 7:30-8:30pm	8:30-10:30am 12:00-8:00pm	



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 COMMUNICATION



Financial Policy

Monthly dues: In consideration of the participation of the swimmer(s) in Florida Elite's (FE) swim program, the Parent/Guardian agrees to pay the dues for the Swimmer's practice level that is set forth. Monthly payment of dues shall be due and payable on the first day of each month. Swimmers are expected to pay for the entire month no matter how many days they attend practice. Make-up days due to inclement weather are at the coaches' discretion. If the Swimmer is transferred to a different level by the coaching staff, the 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 may be assessed to the family's dues account.

Dues are paid on a per month basis, regardless of the number of practices a swimmer attends. It is possible to place a swimmer's account on hold and not accrue monthly dues. Notice must be made in writing by the 20th of the month preceding the start of the hold. Notice is to be sent to FloridaEliteSwim@gmail.com specifying which month(s) the swimmer(s) will be out of practice. A swimmer's place on the team will not be guaranteed while the account is on hold. If the practice group that the swimmer participates in is filled, the swimmer can be put on a wait-list to rejoin when a position becomes available. It is the responsibility of the Parent/Guardian to update the Secretary of the Board of Directors of these changes.

Payment Method: FE will only accept credit card 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 FE account information current on FE's website.

Ineligible to Participate Due to Non-Payment: The Secretary of the Board of Directors will notify Parent/Guardian of payment failure on the 6th day of the month by email.

New swimmers will be ineligible to participate with the team when their FE annual registration, any applicable USA Swimming Membership fees, and first dues payment are not completed within ten days of registration.

If the monthly dues payment is not received in full by the 10th of the month for all existing swimmers, along with the \$25 late fee per month assessment to the family's dues account, the swimmer will be ineligible to participate. If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the Board of Directors through the Secretary 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.

Annual FE Swimming Registration Fee: All families are responsible for an annual team registration fee of \$100, which is withdrawn from your FE account **quarterly at \$25.00**. These fees will be charged with the monthly billing in March, June, September, and December. New families will be charged \$25 at registration and then follow the above cycle. The annual registration fee is non-refundable.

Annual FE Synchro Registration Fee: All synchro families are responsible for an annual registration fee which will be determined yearly by the head coach. For the 2020-2021 season the fees will be \$300 for Age Group, \$250 for Intermediate and \$200 for Novice and Show Team, and will be billed over the first three months of joining the team on the 15th of the month. This fee includes various items necessary for participation on the synchro team including the team suit, personalized team cap, white cap and team shirt. 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 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. As of 2020, the **annual USA Swimming Membership Fee of \$85 per swimmer** and is due upon joining FE and will be automatically renewed in September and reflected in your October bill. There is a modest increase in this fee yearly, which will be reflected in the October billing. USA Swimming Membership provides insurance coverage in the unlikely event something were to happen to your swimmer while on-deck either at practice or at a swim meet. There are numerous other benefits to membership which can be explored at usaswimming.org.

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

Swim Meets: Meet fees can be found in the meet packets 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 facility, FE, may at its discretion add additional fees to cover the costs associated with processing charges for the meet and coach attendance. Parents are responsible for all fees and charges for events they have committed their child(ren) once the meet deadline has passed. Additionally, the Parents give permission to the Coaches to enter their child(ren) into a relay(s) and assume all costs associated with the relay. Relay assignments happen during the meet. By entering their child(ren) in a meet, the Parent assumes the cost associated with any relay(s) a coach may assign.

Team Unify is the system of record and it is the parent's responsibility to ensure it is correct before the meet deadline. All fees associated with meets are non-refundable.

Synchro Meets: Meet fees can be found in the Meet Announcements which will be emailed to the applicable groups upon receipt from the host teams. There are various fees for an athlete to participate in a meet. In addition to the fees imposed by the host team/facility, FE, may at its discretion add additional fees to cover the costs associated with processing charges for the meet and coach attendance. Novice Swimmer Parents must communicate to the head coach if their child will not be attending a meet 30 days prior to the meet, and are otherwise responsible for all fees and charges for events the coach has placed the athlete in. Intermediate and Age Group Parents are responsible for all fees and charges for events the coach has placed the athlete in by their child(ren)'s placement in these competitive groups. All fees associated with meets are non-refundable.