



WARRIORS

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Quote of the Month

“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.”

Celebrating a successful FLAGS and Zones!

Phenomenal weekend for the Warriors FLAGS team. Countless best times, multiple top 8 finishes, finals swims, fast swimming and smiles. Could not be more proud of these kids and their dedication to their craft and passion for our team. As a team, we improved our numbers of individual qualifiers from last year and moved up from 24th place overall to 21st! We are super excited for this squad come summer!

The RISE continues! **AWESOME JOB TO ALL WARRIORS!** (parents, coaches, families and friends that help make these kids successful.)

We rise up, by lifting others.
#RisingAsOne



South Zone Championship report!

Every routine qualified for US nationals, and 13-15 athletes took home the high point award (all routines added together!!) It was a very successful weekend and we want to share with our ENTIRE Warriors team as it's definitely something to celebrate. HUGE thank you to all the coaches and parents that give to these swimmers to help them achieve their goals. So many hours and years of hard work and lots of fun. Great job team.

Below are Warrior results!!

Results-

- first- JR/SR acro
- second & 4th- Youth teams
- third - Youth combo
- second- SR free duet
- 6th JR free duet
- second & 6th youth duets
- 10th JR tech duet + second SR duet
- second - SR free solo
- 4th & 6th SR tech solo
- 5th JR free solo
- 4th JR tech solo
- 5th & 6th youth solo
- Cynthia 8th in figures
- Giuliana 10th in figures





Upcoming Meetings/Events

Dates	Host - Location	Additional Info
April 1&2	FE	Fitter & Faster Clinic
April 5	ZOOM - HP and Elite	Ready, GO! Session 3 with Lori Eaton
April 14	FE	Sanctioned Mini Meet

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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	4:30-5:30pm	5:00-6:00pm			
HSC		4:00-5:00pm		5:00-6:00pm	3:30-4:30pm	
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		5:30-6:30 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>



Upcoming Meets/Events

Dates	Location	Additional Info
March 25-26	Stuart	Novice, Intermediate, Green
April 5	ZOOM - Green, Blue and Silver	Ready, GO! Session 3 with Lori Eaton
April 12-16	Tucson, AZ	Junior/Senior Nationals (Silver qualified from Zones)
April 22-23	Gainesville	All Intermediate and Age Group
April 26-30	Buffalo, NY	Youth Nationals (Silver and Blue qualified from Zones)

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 duet until 7:00	4:30-6:45	6:00-7:30 Figures/ optional swim	4:30-6:30	1:30-2:30 Kinsleigh solo	8:00-10:45
Blue (13-15 Age Group team)		6:00-8:00	6:00-7:30 Figures/ optional swim	5:30-7:30	5:30-7:30	8:00-11:30
Blue (13-15 Age Group small routines)	G & K + Giuliana solo 4:30-6:30	Mixed duet L & A 4:30-6:30		C & L 7:30-8:30 Cynthia 7:30-8:30		1:00-1:30 all small routine run throughs
Silver (13-15 Age Group team)		6:00-8:30	6:00-7:30 Figures/ optional swim	7:00-7:30		8:45-1:00
Silver (16&O Age Group Acro)			6:00-7:30 optional basics/swim	4:30-7:00		8:45-12:00
Silver (16&O Age Group small routines)	H & M tech 5:30-7:30				Tech solos 3:00-5:00 JR free duet 4:30-6:30 Free solos 4:30-6:15 SR free duet 6:15-7:15	
Masters	6:45-7:45				12:00-1:00	
Intro to masters						8:30-9:30am

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Pictures from South Zones!!!



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



"Hirusha is a swimmer that is always focusing on the small things at practice. She makes every opportunity count and shows up to each practice with a positive mindset. She encourages other teammates and is optimistic when it comes to practice. She takes every opportunity to learn from and embodies the warrior spirit." - Coach Kara

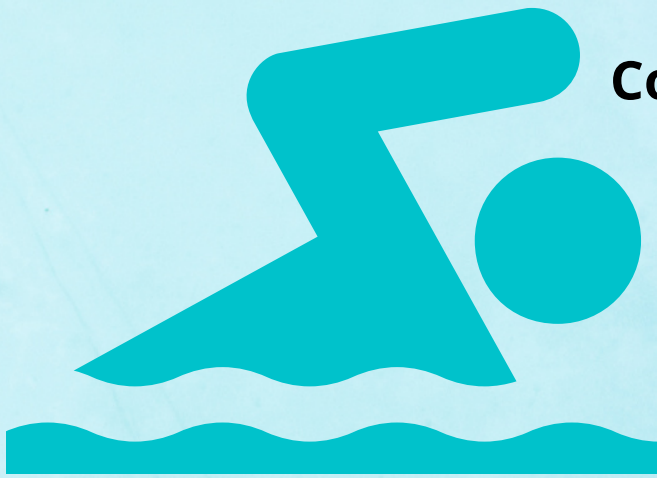
SYNCHRO



Katie Wieckowski is our athlete of the month. Katie has been swimming since she was 5 with the team (formally TYS) and has been with the Warriors since day one. Though Katie graduated last season and we celebrated Katie as a SR she returned for what we are calling her bonus season as she is freshman in college doing online classes with FL Gulf Coast. Katie has always been a team player willing to help and give to the team at every turn. This month Katie showed that in a big way when she stepped in to coach and judged ON top of swim during two back to back competitions when support was needed. We've loved watching katie grow as an athlete and it's been just as rewording to see her grow as a coach and now as a judge. Katie placed 4th in SR teach solo this month at Zones and will be swimming at US nationals in April. Katie has never been honored as athlete of the month and we felt like this was a perfect time to do just that!



BIRTHDAY	FIRST NAME	LAST NAME	ROSTER GROUP
03/01/2007	Frank	Rygiel	High School Conditioning
03/02/2008	HUY	DUONG	Elite
03/03/2008	Juan	Benitez	Elite
03/04/2011	Chloe	Wood	Performance
03/06/2007	Jeremy	De Jesus	High School Conditioning
03/06/2007	Layla	Farooq	Elite
03/06/2010	Amelia	Lester	Performance
03/06/2011	Piper	Person	Homeschool Group
03/07/2014	Nikita	Aviltcev	Performance
03/07/2014	Olivia	Lampert	Synchro - Novice (10U)
03/08/2014	Zoey	Marrero	Beginner Warriors 1
03/10/2011	Anya	Farooq	High Performance
03/13/2012	Natalie	Caruso	Synchro - Intermediate (110)
03/14/2007	mia	martin	High School Conditioning
03/17/2008	Mikayla	Phan	Elite
03/17/2013	Kinsleigh	Brennan	Synchro - Green (12U)
03/18/2004	Victoria	Vaile	Junior Warriors 1
03/18/2010	Anna	Lucius	High Performance
03/21/2011	Aleisa	Swing	Synchro - Green (12U)
03/21/2012	Lyra	Velazquez	Beginner Warriors 2
03/22/2010	Daniel	Nazarenka	Junior Warriors 2
03/22/2012	Sophia	Mansour	Performance
03/24/2013	Houston	Reimer	Junior Warriors 1
03/25/2008	Pravar	Chapagain	High School Conditioning
03/29/2007	Christina	Bradberry	High School Conditioning



Coaches and Board of Directors

Coaches

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

BOD

Michael Speilberger- President
 Steve Swenson-Treasurer
 Chris Johnson-Secretary

Swim

Robin Tori
 Cameron Kara
 Katie Madi
 Daniel Kyle

Synchro

Zoe
 Maria
 Kyra
 Maja
 Juliana
 Jackie

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		2:00-4:30pm	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	7:30-8:30pm	12:00-8:00pm	



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