



WARRIORS
www.swimelite.org

High school season went off with a bang!

FE had 14 school represented with 3 counties and all 4 classes. Athletes competed at the state meet in 1A, 3A and 4A! The FE Warriors brought home countless hardware to the warrior camp!

Future cut
Sectional cuts
FLAGS cuts
Senior champs cuts
Countless school records
Conference champions
District champions
Regional champions
Countless best times
Podium finish at States

And more ! We could not be more proud of our kids! And all while doing it without a pool showed the strength and unity in chaos.





Upcoming Meets/Events

Dates	Host - Location	Additional Info
December 6-8	CAT - Clearwater	All groups - Will set up outdoor Parent/Athlete "Tailgate" area on Saturday and Sunday
December 15	FE - FE Pool	Holiday Party at Pool -1:00 pm- all groups/families
January 11-12	FE - FE Pool	Mini Meet
January 18	FAST - Ocala	GOAT Meet
TBD	TBD	BBQ and Bingo Fundraiser
TBD	TBD	Career Fair
February 14	TBAY - Downtown Tampa	Meet
February 25	FE - Tampa Bay Clays	CHAMPIONSHIP Hype Night – Pasta Dinner before Area 3 for all those participating and Recognition of all Championship Cuts Swimmers
February 28 - March 2	St. Pete	Area 3 Championships

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TEAM COMMUNICATION



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>

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

Winter Schedule Starting November 11, 2024 @ Land O Lakes Rec Center Pool (Revised 11/20/24)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 1	6:15-7:00 pm	DL 5:45-6:15pm 6:15-7:00 pm	DL 5:30-6:00 pm 6:00-6:45 pm			
Beginner 2	4:30-5:15 pm DL 5:15-5:45 pm	4:30-5:15 pm	DL 5:30-6:00 pm 6:00-6:45 pm			
Junior 1		DL 4:45-5:15pm 5:15-6:15 pm	6:00-7:00 pm	DL 4:30-5:00 pm 5:00-6:00 pm	4:30-5:30 pm	
Junior 2	DL 4:45-5:15 pm 5:15-6:15 pm		DL 4:30-5:00 pm 5:00-6:00 pm	6:00-7:00 pm	5:30-6:30 pm	
Performance	5:45-7:00 pm DL 7:00-7:30 pm	4:15-5:30 pm	DL 6:15-6:45 pm 6:45-8:00 pm	6:15-7:30 pm		
High Performance	DL 6:00-7:00 pm 7:00-8:30 pm	DL 6:00-7:00pm 7:00-8:30pm	DL 6:00-7:00 pm 7:00-8:30 pm		6:30-8:00 pm	7:00-9:00 am
Seniors	7:00-8:30 pm	DL 6:00-7:00 pm 7:00-8:30 pm		DL 6:00-7:00pm 7:00-8:30pm	6:30-8:00 pm	9:00-11:00 am
Elite Elite O.V.	5:00-6:30 am 3:30-5:30 pm DL 5:30-6:30 pm	O.V. Gym 5-6:30 am DL 4:30-5:30 pm 5:30-7:00 pm	4:00-6:00 pm DL 6:00-7:00 pm	5:00-6:30 am 4:15-6:15 pm	O.V. Gym 5:00-6:30 am 4:30-6:30 pm	6:45-9:00 am
Conditioning	6:00-7:00 pm	4:00-5:00 pm		4:00-5:00 pm		



Upcoming Meets/Events

Dates	Event Name - Location	Additional Info
December 4	Bracelet Making - Rec Center	4-6pm team building and bracelet making to sell at the upcoming meet
December 7	Frosty FL Figure Meet - FE Pool	First meet of the year! Make sure you have signed up to help!
December 23-27	NO PRACTICE - ENJOY THE HOLIDAY BREAK	
December 31 - January 1	NO PRACTICE - ENJOY THE NEW YEAR	
January 25-26	Mary Rose Invitational - Orlando	All Groups
February 8-9	Najla Brannin Invitational - Tampa	All Groups
February 27-March 1	South Zones - Arlington, TX	Blue and Silver Groups

GROUP:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AWD	4:00-5:00		4:00-5:00			
Younger Intro (1 or 2 days)			4:30-5:15 (March-May)		4:30-5:15 (March-May)	
Show team (2 days)		6:00-7:15			6:00-7:15	
8-Under Novice			5:15-6:30		5:15-6:30	
9-Over Novice		6:00-7:15			6:00-7:15	
12-Under Intermediate		5:00-7:00	5:30-7:00		5:30-7:00	
13-15 Intermediate		5:00-7:00	4:30-6:00		4:30-6:00	
Green (12&U Age Group)	Solo 4:00 Team 4:30-6:30	4:30-6:30 Mixed duet stay until 7:15			4:30-6:30 Duet stay until 7:15	8:30-10:15am
Blue/Silver Youth (13-15 Age Group) *	Silver Youth 5:00-7:30 Blue Youth 5:30-7:30	6:30-8:30 Silver Youth	Blue Youth 4:30-6:30	Figures/Combo 5:00-8:00		Silver Youth 7:30-11:15 Blue 8:30-12:00
Silver (16&O Age Group) *		5:30-8:30 Tech team + free team review		4:30-8:30 Free team + acro		9:30-2:00
Masters			6:30-7:30		3:30-4:30	

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!!

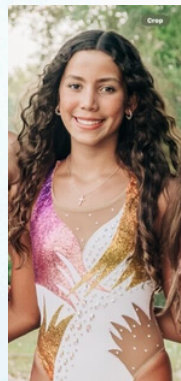
SWIM



Our swimmer of the month is Lilah Seedhouse. Ever since she joined the swim team, she always second guessed herself if this sport was for her. All the way leading up to the first mini meet for FE. Something in her clicked and she fell in love with the sport. It might be surprising but she's a shy but competitive swimmer. At practice, she is always working on herself and what she can do better to improve her strokes but at the same time influencing her swim friends around her to listen while coaches are talking and swim fast! Lilah always insists on leading lane during practice. Whether she is figuring out a swim relay orders or swimming an individual race, you can count on lilah to swim with 100% of her heart.

Considering Avery has not been in juniors for very long, she shows great dedication to the sport. I see her go beyond her mental and physical limit. She doesn't give up when her muscle ache. She doesn't give herself an excuses to not follow through. She's a hard-working positive teammate. - coach
Tori

SYNCHRO



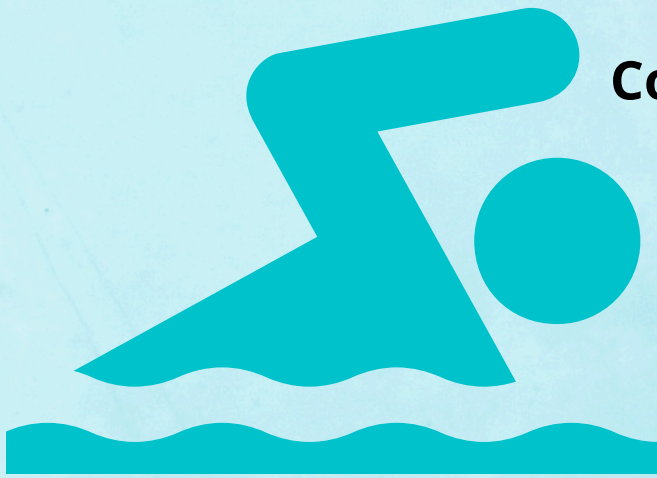
Sabrina is our age group athlete of the month! Sabrina has been swimming with Florida Elite Warriors since 2020 and has steadily improved every season! This season is her final year of 13-15 and we see Sabrina challenging herself in new and exciting ways! Sabrina recently was invited to USAAS All-Star camp after attending and shining bright at Rising Star camp in Orlando! Her joy, passion, and power will take her far this season as her focus and determination continue to grow!



Anna is our intermediate athlete of the month! Her coaches have seen her really pushing herself this season. Anna's goal is to move up to age group next season and she is focused and dedicated to achieve that goal. She has significantly improved already since last season and is always eager to learn new things and is constantly asking questions of how she can improve. We are looking forward to a great season and synchro journey for this wonderful warrior!



Birthday	First Name	Last Name	Roster	Birthday	First Name	Last Name	Roster
10/02/2014	Alexandra	Ramos	Swim - Junior Warriors 2	11/03/2011	Sofia	Caballero	Swim - High Performance
10/03/2011	Avery	Urban	Swim - Junior Warriors 2	11/03/2014	Isla	Goff	Synchro - Intermediate (12U)
10/05/2011	Lily	Bixler	Swim - High Performance	11/05/2008	George	Patrocinio	Swim - High Performance
10/05/2012	James	Cooper	Swim - Junior Warriors 2	11/05/2014	Zora	Sesler	Swim - Beginner Warriors 2
10/06/2009	Victor	Nock	Swim - Elite	11/06/2014	Siena	Stoeck	Synchro - Green (12U)
10/06/2013	Sophia	Kriess	Swim - Junior Warriors 2	11/08/2006	Rachel	Leger	Swim - Conditioning
10/07/2014	Elora	Tripp	Swim - Performance	11/09/2006	Sebastian	Singleton	Swim - Senior
10/08/2014	Petra	Vaughan	Synchro - Novice (110)	11/11/2010	Evan	Moses	Swim - Elite
10/14/2008	Kate	Johnson	Swim - Senior	11/11/2010	Sofia	Pambianchi	Swim - Junior Warriors 2
10/22/2009	Kinleigh	McAvoy	Synchro - Silver (130)	11/11/2010	Isabella	Pambianchi	Swim - Junior Warriors 2
10/25/2007	Regan	Bright	Swim - Elite	11/14/2007	Lindsey	Horn	Swim - Elite
10/28/2015	Bellamy	Morgan	Synchro - Novice (110)	11/14/2010	Hannah	Swanson	Swim - High Performance
10/29/2009	Riley	Hunter	Swim - Senior	11/14/2012	Riley	Rosas	Swim - Performance
10/29/2010	Kate	Caruso	Synchro - Blue (13-15)	11/14/2014	Sebastian	Nock	Swim - Performance
10/29/2011	Jeremy	Morgan	Swim - High Performance	11/16/2007	Kendall	Kunzweiler	Synchro - AWD
10/30/2009	Cassandra Veronica	Agas	Swim - High Performance	11/16/2010	Sienna	Henrich	Swim - Senior
10/30/2009	JAYA	VEERAPEN	Swim - Conditioning	11/16/2014	Cara	Bowe	Swim - Beginner Warriors 1
10/30/2010	Sabrina	Aponte	Synchro - Blue (13-15)	11/16/2015	Landry	Lechuk	Swim - Junior Warriors 1
10/30/2011	Alexander	Spinelli	Swim - Junior Warriors 2	11/18/2008	Veda	Durgampudi	Synchro - Silver (130)
10/31/2009	Shekhar	Agastya	Swim - High Performance	11/18/2008	Kallie	Scepkowski	Swim - Senior
				11/18/2016	Ella	Hammock	Synchro - Novice (10U)
				11/20/2008	Mia	Fackler	Swim - Senior
				11/20/2012	Terryn	Tervo	Swim - Performance
				11/21/2011	Mila	Adriani	Swim - High Performance
				11/21/2013	Ava	Mathias	Swim - Performance
				11/24/2008	Ellina	Peretska	Synchro - Silver (130)
				11/27/2007	Morgan	Labella	Swim - Elite
				11/27/2010	Hailey	McArdle	Swim - High Performance
				11/27/2013	Kamilla	Poriadina	Swim - Performance



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
Jackie
Melissa
Giuliana
Stephanie

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
Ron Morgan

Contact Info

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TEAM ADMIN- WENDI MEEHAN Email: floridaeliteswim@gmail.com
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Florida Elite Aquatics Financial Policy

Effective September 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 for the month 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.
 - **Note:** It is possible to place an 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 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.

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.

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.
- All athletes are required to wear the team uniform at meets. This is the team suit, cap and shirts.
 - The Team Gear Package 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

Edited 9/1/2023

- In even years the package will NOT include a suit and is typical between \$50-\$75. If a suit is needed in an even year, it can be purchased a la carte from the team store.
- 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.

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 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.
 - 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 Performance and Elite athletes will receive the Premium Athlete Membership for \$70
 - Athletes in the Middle School and High School Conditioning programs will receive the Flex Athlete Membership for \$20.
 - Athletes on the FE Scholarship Program will receive the Outreach Membership for \$5.
- 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.

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:

- Fees vary from meet to meet and normally can be found in the event 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 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:**
 - The fee charged to cover a coach's travel expenses for "local" meets (less than 75 miles from the LOL Rec Complex) is \$10 per athlete per meet.
 - (New) The fee charged to cover coach's travel expenses for "away" meets (more than 75 miles from the LOL Rec Complex) will be divided equally across the number of athletes attending the meet. (Example: If Coaches travel cost is \$600 for an away meet 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.

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.