



WARRIORS
www.swimelite.org

Quote of the month: Inhale information as you would breathe in air. Refuse to live without it.

We welcome 2 new coaches for the 23-24 season!!



Hi, my name is Jaybreona Foster. I just recently moved to Tampa from Ohio in May. I started swimming when I was 9 years old for a local YMCA team. I went on to swim in college for Urbana University and finished with Notre Dame College. During my time at NDC, I broke the 100/200 breaststroke records and earned many conference honors. I graduated from NDC with a BS in biology. I am excited to join the Florida Elite Warriors.



Lily Weber has been a synchronized swimmer ever since first joining Tampa YMCA Synchro in 2014. In 2020, she moved with the team to Florida Elite where she has been swimming ever since. Lily has swam in multiple events including team, solo, duet, combo, and acro. She enjoys being at practice and helping out with the younger swimmers whenever she gets the chance. In 2018, Lily was a part of the 12 and Under US National Team where her and her team won gold at the UANA Pan American Championship in Riverside, California. Over the years, she has competed in many other meets at the state and national level. Outside of the pool, Lily is a senior in high school where she swims on the varsity swim team, plays the viola, and is the president of the Peer Faith Community. In her free time she loves hanging out at the beach, reading, spending time with friends and family, and camping!



Upcoming Meets/Events

Dates	Host - Location	Additional Info
September 8-10	TBAC - Countryside Country Club	All Groups
September 22-24	SPA - Northshore Pool St. Pete	All Groups
September-October	Annual Re-Registration with FE and USAS - More coming from Coach Darcee	
October 13-15	FAST - Ocala	All Groups
October 20	SPA - Northshore Pool St. Pete	Beginners and Juniors
October 29	Annual Fall Festival and Spook-a-Thon	

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MOST RECENT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner 1	5:45-6:30pm	5:45-6:15pm DL 6:15-7:00pm		5:45- 6:15pm DL 6:15-7:00pm		
Beginner 2	4:15-5:00pm	4:45-5:30pm 5:45-6:15pm DL		4:45-5:30pm 5:45-6:15pm DL		
Junior 1	5:15-6:15pm 6:15-6:45pm DL	5:30-6:30pm		5:30-6:30pm	5:15-6:15pm 6:15-6:45pm DL	
Junior 2	4:15-5:15pm	6:30-7:00pm DL 7:00-8:00pm		6:30-7:00pm DL 7:00-8:00pm	4:15-5:15pm	
MSC	5:00-5:45pm	5:30-6:15		5:30-6:15		
HSC	off during high school season					
Performance	4:45-5:45pm 5:45-6:15pm DL	5:45-6:45pm		5:15-5:45pm DL 5:45-6:45pm	6:15-7:30pm	
High Performance	5:00-5:45pm DL 5:45-7:15pm	6:00-6:45pm DL 6:45-8:15pm		6:00-6:45pm DL 6:45-8:15pm	6:15-7:45pm	7:00-9:30am
Elite Elite O.V.	5:00-6:30am 5:00-6:00pm DL 6:30-8:30pm	5:00-6:30am (Gym) O.V. 4:15-5:45pm 6:00-7:00pm DL	5:00-6:30am	4:15-5:45pm 6:00-7:00pm DL	5:00-6:30am (Gym) O.V. 4:45-6:15pm	7:00-9:30am
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

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

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
September 2	FE Pool	12U and Youth Start - Junior Optional
September 6-10	Convention - Some coaches and athlete reps - Info coming on adjusted practices	
September 16-17	Orlando	Rising Star Camp - Age Group and Intermediate encouraged to attend
September 29-30	FE Pool	Level 1 & 2 Testing
October 7	FE Pool	Blue (Youth) Team Evaluations
October 8	FE Pool	Silver (Junior) Team Evaluations
October 29	Annual Fall Festival and Spook-a-Thon	

*SEE CHANGES!!! MOST RECENT SCHEDULE

GROUP:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AWD	4:00-5:00 Starting Sep.			4:00-5:00		
Younger Intro (1 or 2 days)		4:45-5:30			5:45-6:30	
Show Team (2 days)		6:45-7:45			6:45-7:45	
10-Under Novice			4:30-5:45		4:30-5:45	
11-Over Novice		6:45-8:00			6:45-8:00	
12-Under Intermediate		6:00-7:30	Starting in November will tentitively move Thursday to Wednesday	6:00-7:30	6:00-8:00	
13-Over Intermediate		4:30-6:00	Starting in November will tentitively move Thursday to Wednesday	4:30-6:00	6:00-8:00	
Green (12&U Age Group)	4:30- 6:45	4:30-6:45			4:30- 6:45	8:00-10:45
Blue (13-15 Age Group) *	5:45-8:15	5:30-8:00		5:30-8:00		8:00-11:15
Silver (13&O Age Group) *	5:45-8:15	5:30-8:00		5:30-8:00		9:00-12:30
Masters		3:15-4:15			1:00-2:00	
Intro to masters						8:30-9:30

* Silver/Blue doing High School swim team- weekdays optional- Saturdays mandatory

Melissa and Gianna will be attending USA Artistic Swimming Convention this month in King of Prussia, Pennsylvania as athlete representatives! Gianna was voted athlete rep for the South Zone by her peers at the 2023 south zone champs. Melissa was selected by head coaches of FL Elite to represent the Warriors. At convention the athletes will have the opportunity to learn about the sport and have a vote on important decisions that affect the sport. They will be going to sessions to learn different aspects of the sport and being a competitive athlete. They will bring back the info to share with their zone and clubs. We are proud of both athletes and confident they will represent us very well.!



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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Athletes of the Month!!

SWIM



Swim Athlete: Kallie Scepkowski

“Kallie has started to make tremendous strides and transformation into a great student athlete! She has started to really apply herself and has made an effort to reflect on her value in herself, the value she has for others and the value she sees in things. Kallie has also started to fully commit to the process, understand her strengths and weaknesses and not allowing for either to derail her from the path she’s set herself on. She’s getting better everyday and best part is that she wants to be better for herself and teammates.”Coach G

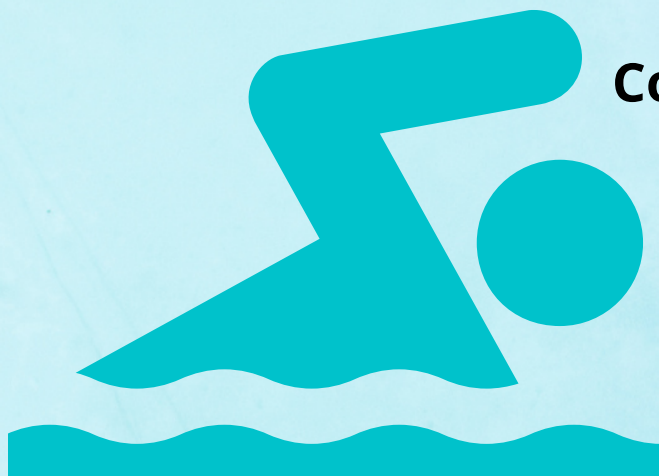
SYNCHRO



Lia is our athlete of the month! Lia was a first year 13-15 swimmer this past year whose dedication, drive and wonderfully clever personality led to an awesome season. Lia is a teammate with spirit and determination that is contagious. Her and her teammates placed 4th in mixed duet and 11th in combo at Junior Olympics this summer! Also this summer Lia has been volunteering whenever possible to help the younger athletes and passing on her passion and knowledge to up and coming Warriors. We’re so looking forward to another awesome season for Lia and to what she will accomplish this year and beyond!



Birthday	First Name	Last Name	Roster
09/04/2007	Jena Caitlyn	Ruste	Elite
09/06/2011	Artur	Avakian	Junior Warriors 2
09/11/2009	Nayeli	Almodovar	Junior Warriors 2
09/12/2013	Ivana	Diaz	Junior Warriors 1
09/14/1999	Zoe	Keegan	Synchro Coach
09/16/2011	Mason	Hunter	Performance
09/16/2014	Autumn	Ruiz	Synchro - Intermediate (12U)
09/17/2011	Elliana	Jordan	Synchro - Blue (13-15)
09/17/2013	Gabriella	TorresSynch	Synchro - Green (12U)
09/19/2014	Amelia	Loper	Synchro - Intermediate (12U)
09/20/2012	Allison	Leger	Beginner Warriors 2
09/23/2013	Athena	Allen	Synchro - Intermediate (12U)
09/24/2010	Payton	Burton	High Performance
09/25/2011	Madison	NeSmith	Junior Warriors 2
09/26/2009	Kora	Brown	Performance
09/28/2005	Ahmed	Mohamed	Elite
09/30/2002	Maja	Meszaros Szabo	Synchro Coach



Coaches and Board of Directors

Coaches

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

BOD

Michael Speilberger- President
 John Bright- Vice President
 Dana Burton-Treasurer
 Annie Schlemmer-Secretary

Swim

Robin Tori
 Daniel Michael
 JB Anjel
 Kyle

Synchro

Zoe
 Maria
 Maja
 Juliana
 Jackie
 Lily

At Large Members:
 Brent Smith
 Renee Santana
 Anna Moses

Contact Info

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

Masters Info!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
Masters	5:00-6:30am					
Lap Swim	8:45-10:30am	6:00-10:15am	5:00-6:30am	6:00-10:15am	8:45-10:30am	10:00am-4:00pm
Times						

Take a look at our public info tab for more hours during public lap swim!

****Starting September 3rd: Saturday/Sunday hours will change 9:30am-12:00pm****

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



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****Evening Lap Swim will be discontinued
 August-October during the
 High School Swim Season****
**Further updates on morning and afternoon
 swim will be coming soon.**



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

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- 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.