

AUGUST 2023

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Introducing: The Dragon Swim Academy

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DRAGON DISPATCH

WINDERMERE LAKERS NEWSLETTER

One month. Seven meets. Eight records. Five high point titles. Two Futures Cuts. Four Sectionals Cuts. Three US Open Cuts. Three Summer Juniors cuts. Two Winter Juniors cuts. Four new Olympic trials cuts. Loud cheers & big smiles & more best times than we can count.

Congratulations to all our dragons, big and small, for an INCREDIBLE end to our summer season! GO LAKERS!



WINDERMERE
LAKERS
SWIMMING

dragons of the month

JULY 2023

At Windermere Lakers Aquatics, we embrace three core principles: "Think like champions," "Act like champions," and "Swim like champions". Each month, we will select two exceptional swimmers - one aged 13 and above, and one aged 12 and below - who exemplify the spirit of the Dragon.

Selected for their champion's mindset, resilience, and positive attitude, our Dragons of the Month inspire their teammates both in and out of the pool. They exemplify our team's core values and help to foster a culture of growth and excellence.

Please join us in celebrating these extraordinary athletes and their remarkable achievements. Stay tuned for the future monthly announcements of our Dragons of the Month, and their stories of success.

Congratulations to Ryan and Mimi, who have been selected as the July Dragons of the Month!

Ryan Erisman began the month of July by showcasing his talent at the Phillips 66 National Championships, earning a spot on the 2023 US World Juniors Team. This September, he will travel to Israel to represent our team and country in the 4 x 200 Meter Freestyle Relay. At the 2023 Futures Championships, Ryan's performance was nothing short of impressive, securing 4th place in the 1500 Meter Freestyle and 1st place in both the 400 Meter and 200 Meter IM. These impressive swims resulted in two more Olympic trials cuts and the prestigious meet high point title. Ryan's dedication to his teammates and passion for the sport make him an exceptional role model, and we eagerly anticipate his future achievements in and out the pool.



Ryan Erisman



Amelia Schmutzler



In her final month as a 12-year-old, Amelia "Mimi" Schmutzler showcased her talent at the Florida Summer Age Group Championships North. Competing in four events - the 200 Meter Breaststroke, 100 Meter Breaststroke, 50 Meter Breaststroke, and 100 Meter Freestyle - Mimi's dedication and hard work paid off. She achieved an impressive feat by making it to the "B" finals in the 50 Meter Breast, securing 12th place with a best time of 41.00. Mimi's performances this season have earned her the top female ranking in the 11-12 year old category for the Lakers. As she transitions to Senior group, we can't wait to see the incredible accomplishments she will achieve in the upcoming season.



Organizational Updates

We're thrilled to unveil the revamped structure of our swim team groups, a strategic enhancement aimed at further nurturing our swimmers' progress and maximizing their potential. Discover our new groups below, designed to provide a clear pathway for growth and achievement.

Group Name	Group Description
Red 1	The place for swimmers under the age of 14 who are strongly interested in pursuing competitive swimming and taking their ability to the next level. Placement in each red group is dictated mostly by age.
Red 2	
Red 3	
White	The group for elite 10 & under swimmers with their sights set on championship meets (FLAGS).
Blue	The group for elite 11 & 12 year olds who are ready to make a bigger commitment to the sport of swimming.
Pre-Senior	Pre-Senior swimmers are 12-14 year olds who strive for competitive greatness with goals of qualifying for competitions such as FLAGS or Senior Champs.
Senior II	Training group for swimmers 14 & older looking to maintain endurance and train to a faster base interval, even when their school teams are in the off-season.
Senior I	Training group for swimmers focused on sectionals and state competitions who strive for opportunities to compete nationally.
Lakers Select	Invitation only. Group reserved for the 12 top ranked swimmers of each sex, based on the performance rankings utilized by swimcloud.com.

For more information regarding group placement requirements, attendance commitments, required equipment, and more, please visit our website: <https://www.gomotionapp.com/team/flwla/page/home>





Colin H (8/1) - Addison M (8/2) - Reef S (8/6) - Luna B (8/7)
 Mimi S (8/7) - Lucas C (8/9) - Ines B (8/15)
 Zamora M (8/16) - Aviela O (8/20)
 Kassidy A-R (8/20) - Kailani M (8/21) - Leia S (8/23)
 Nora A (8/23) - Tessa K (8/23) - Coach Anna (8/24)
 Wells L (8/27) - Anish T (8/30)



First Day of Fall Season
 2023 Elizabeth Kazeck Fall Sprint
 2023 RAFC Almost Turkey
 Invitational
 2023 US Open
 2023 RAFC Winter Classic

August 14th
 Sept 30th - Oct 1st
 Nov 17th - Nov 19th
 Nov 29th - Dec 2nd
 Nov 30th - Dec 3rd

For more details regarding these competitions & official registration deadlines, please refer to Team Unify/the OnDeck application.

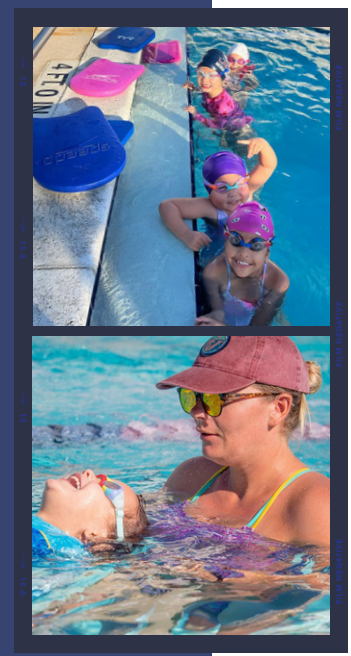
INTRODUCING: THE DRAGON SWIM ACADEMY!

We are thrilled to announce some exciting updates for our lessons program, including its official new name: Dragon Swim Academy. This name perfectly captures our goal of making swimming both engaging and dynamic for beginner swimmers. We believe that through the Dragon Swim Academy, participants will be empowered to overcome challenges and reach new heights.

What's New:

- **Fresh Group Structure:** Our lessons program has undergone a comprehensive restructure, and will now offer a wider array of levels, ensuring that each swimmer's experience is tailored to their needs and goals.
- **Enhanced Progress Tracking:** We're actively exploring innovative ways to keep families in the loop about their swimmer's progress within the Swim Academy. Parents can anticipate receiving valuable insights and updates as their swimmers continue to make strides.

These exciting changes mark a significant step forward, and we're thrilled to embark on this journey with the Dragon Swim Academy!



SPOTLIGHT OF THE MONTH: COACH RACHEL



Memorable Coaching Moment: "The day a camper I taught how to swim from scratch made it across the pool by herself!"

Highlight of the Month: "Getting to watch our swimmers excel at meets -- and committing to Lakers full time!"

Number of Years Coaching: 2

Number of Years Teaching Swim Lessons: 5 (on & off)

Favorite Stroke to Swim: Breaststroke

Favorite Swim Meet Snack: "It used to be an apple with peanut butter...but now I'm allergic!"

Favorite Team Tradition: Doing a team cheer at every practice

Favorite Drill: Tiger Tumbles (Flip Turns that are totally underwater)

Favorite Part of Coaching: Creating long-lasting relationships with swimmers

Fun Fact: I auditioned for "Fetch! With Ruff Ruffman" as a kid, and got a callback!

Words of Inspiration/Affirmation: "Reach out and find your Happily Ever After!"



Want your swimmer to be featured in Lakers social media? Any pictures taken can be sent to info@lakerswim.com.

NOTE: Per Safe Sport guidelines, photos must not be taken from behind the blocks.

Have some time to spare while you wait for fall season to start? Visit our [LINKTREE](#) for some Lakers-themed fun!

THIS MONTH, BE ON THE LOOKOUT FOR:

- Website updates, including a Dragon Dispatch archive
- Coach Kyle Casias (KC), who will be on the pool deck starting August 14th!



Have an idea for an article or spotlight for a future Dragon Dispatch? Please send your ideas to info@lakerswim.com!