

# DRAGON DISPATCH

WINDERMERE LAKERS NEWSLETTER

SEPTEMBER 2023

## Welcome, Lakers, to our 7th Season!

The crazy good success from the summer is a not so distant memory as we plunge into fall and short course season. We've added a coach (with more coming soon!). We've reconfigured some groups to better prepare our Dragons for the months ahead, and come into September with an attitude of teaching, racing and winning -- nothing bring smiles more than winning.

As we start the new swim year, we've challenged our coaches -- what does the next generation of Laker champions look like? Expect a focus on racing -- and the pure joy that comes with competing at an extremely high level. Your coaches will be asking the swimmers to lean into the challenge of learning how to make the hard work of going fast FUN!

As always, the Laker Way is built on a foundation of Family -- and that means listening to all of you -- what are we doing right? What could be improved? How can this incredible group of student-athletes be better -- both in the pool and out? Our admin team's inbox (info@lakerswim.com) is always open to feedback.

All I know is we are excited for short course season!

UNLEASH THE DRAGON!

- Greg Bitel  
Managing Partner

## INSIDE THIS DISPATCH

A Letter from Your  
Managing Partner

Top 5 Tools to Keep  
You in the Loop this  
Season

Dragons of the Month -  
August 2023

Developmental  
Competition Series,  
Meet One: Freestyle

Birthday Shout Outs,  
Upcoming Events, the  
Monthly Spotlight, &  
More!



This week, Ryan Erisman joined Team USA at the World Aquatics Junior Swimming Championships in Israel. Ryan's lead-off swim in the 4 x 200 relay during qualifying on September 7th played a pivotal role in securing a golden path for Team USA, and he'll be returning home with a gold medal! Ryan's unwavering dedication and immense talent continue to shine brightly, and he's undoubtedly leaving his mark on the world stage. Congratulations, Ryan!



# TOP 5 TOOLS TO KEEP YOU IN THE LOOP THIS SEASON

1

Download the OnDeck application, available in the Apple and Google Play Stores. This app can be used to access your TeamUnify account for Lakers, as well as a variety of tools and features.



2



Ensure you have push notifications turned on for the OnDeck application, so any messages sent by Coaches via the OnDeck system will be received by your device in real time.

3

Add your primary mobile number to your Team Unify account under "Mobile/SMS". Once verified, you will be able to receive text messages from our Coaches via the OnDeck system.



4



Utilize the multiple calendars found on our website. The static versions of our calendar provide a base schedule, while the live version is consistently updated to reflect any changes.

5

Keep up with all things Lakers through our social media accounts (Facebook, Instagram, Twitter, Linktree) and our monthly newsletter, the Dragon Dispatch!



# dragons of the month

AUGUST 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 Juliana and Elle, who have been selected as the July Dragons of the Month!

Sixteen-year-old Juliana DuBray has started our fall season with a splash. As a dedicated member of the Senior I group, Juliana's commitment to Lakers is truly commendable. She continuously strives to enhance her swimming technique and deepen her understanding of the sport, consistently putting forth her best effort. Outside of Lakers, Juliana is a student at Dr. Phillips High School and a valuable asset to their varsity swim team. She concluded the month on a high note, first making a notable contribution during the Panthers' annual intrasquad meet and then further showcasing her talent in their victory against LBV. Juliana embodies Lakers values both in and out of the water, and we couldn't be prouder of her accomplishments.



## Juliana DuBray



## Elle De Wachter



Elle De Wachter is vibrant eight-year-old dynamo who rejoined Lakers this month after a summer filled with water polo adventures. Despite being one of the youngest members of Red 2, Elle is a natural leader, and can often be found leading her lane in practice. Elle's dedication to helping others shines through – she readily volunteers for technique demonstrations and provides answers to the questions of her teammates. A standout moment this month was when Elle demonstrated chest press technique in front of swimmers from both Red 2 and Red 3. Her boundless energy and eagerness to help make her a true Lakers role model, and we're excited to see her flourish throughout this season.





Amelia M (9/1) - Lola A (9/2) - Max K (9/3) - Ronza I (9/4)  
 Andi RJ (9/4) - Benjamin A (9/5) - Juan G (9/5) - Gabe K (9/5)  
 Lyla L (9/7) - Arseniy L (9/9) - Elizabeth M (9/9)  
 Finley M (9/10) - Beckett V (9/10) - Kian K (9/11)  
 Julia Z (9/11) - Adrian O (9/12) - Lilah K (9/15)  
 William F (9/16) - Poppy R (9/16) - Jacob J (9/16)  
 Alex C (9/17) - Brooke L (9/18) - Leila A (9/19)  
 Lorenzo F (9/20) - Maximus M (9/20) - Lucas D (9/21)  
 Camila R (9/21) - Dilyor A (9/23) - Chloe K (9/25)  
 Lily MZ (9/27) - Maddie R (9/28) - Coach Larry (9/30) - Avery P (9/30)

## DEVELOPMENTAL COMPETITION SERIES, MEET ONE: FREESTYLE

We're thrilled to announce the launch of our exciting new Developmental Competition Series. Designed for swimmers in Diamond, Platinum, Stroke Development, Red, White, and Blue groups, these meets will provide athletes with valuable racing experience and the chance to showcase their skills.



Our first meet in this series will be on September 20th, and will feature freestyle events of various distances. We're simplifying registration with a Google form for selecting preferred events for swimmers, therefore customizing the meet to their interests. Stay tuned for more details on this exciting series!

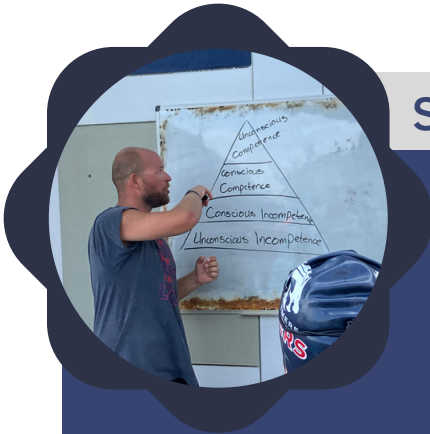


Team Group Meetings	Sept 5th - Sept 9th
Developmental Series, Meet 1	Sept 20th
2023 Elizabeth Kazeck Fall Sprint	Sept 30th - Oct 1st
2023 RAFC Almost Turkey Invitational	Nov 17th - Nov 19th
2023 US Open	Nov 29th - Dec 2nd
2023 RAFC Winter Classic	Nov 30th - Dec 3rd

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



## SPOTLIGHT OF THE MONTH: COACH KYLE (KC)



**Number of Years Coaching:** 9

**Number of Years Teaching Swim Lessons:** 9, plus a few random lessons as USAFA

**Favorite Stroke to Swim:** Butterfly or IM

**Favorite Swim Meet Snack:** Trail Mix

**Favorite Team Tradition:** Peer Coaching/older athletes helping develop others

**Favorite Drill:** Set Up & Drive, or Sculling

**Favorite Part of Coaching:** "Learning from athletes as much as (I hope) they are learning from me!"

**Fun Fact:** Only starting swimming competitively in high school, with the goal of staying in shape until soccer season.

**Words of Inspiration/Affirmation:** "There is no nobility in being greater than your fellow man, only in being greater than your former self." -Marcus Aurelius

**Memorable Coaching Moment:** "[After missing] the entry limit for a sectionals meet we were forced to compete at another site. It proved to be a blessing in disguise with the team having one of its best collective performances ever, and the added bonus of having a swimmer achieve the team's first ever Olympic Trials cut."

**Highlight of the Month:** "Meeting so many gracious and supportive families!"



Want your swimmer to be featured in Lakers social media? Any pictures taken can be sent to [info@lakerswim.com](mailto:info@lakerswim.com).

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



Looking to pass some time between practice? Visit our [LINKTREE](#) for some Lakers-themed fun!

**THIS MONTH, BE ON THE LOOKOUT FOR:**

- Lakers representing their high schools and competing in swim meets across Orlando
- Videos from practice being uploaded to the OnDeck application



Have an idea for an article or spotlight for a future Dragon Dispatch? Please send your ideas to [info@lakerswim.com](mailto:info@lakerswim.com)!