



WELCOME NEW
FAMILIES!



About Our Team

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Mission statement

Our mission is to create and maintain a swim club that **embodies the spirit of competitive swimming**. Our club will emphasize the foundation for a healthy lifestyle focusing on the benefits of physical exercise, good nutrition, and mental training through goal setting. We will encourage swimmers to become well-rounded individuals with a healthy balance of family, school, friends and swimming. Sea Devils Swimming will provide a safe and supportive environment for swimmers at all levels of competitive swimming, starting with the beginning swimmer through high school. Our club will work together with the community and school district to achieve the greatest mutual success.

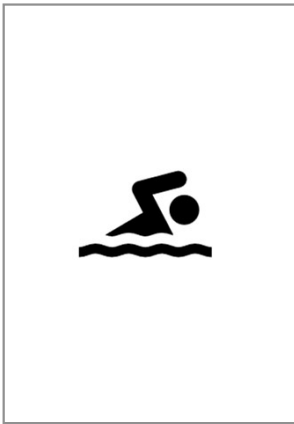


Our Core Beliefs

- All swimmers welcome
- Emphasize team unity and spirit.
- Focus on improving swim techniques and conditioning.
- Coaches provide constructive feedback.
- No tolerance for humiliation or coercion.
- Coaches prioritize safety and discipline.
- Disciplinary actions communicated promptly to parents.
- Optional away meets; understanding of family commitments.
- Encouraged participation in home meets.
- Reliance on family volunteers for smooth operations.
- Support for swimmers in multiple sports.
- Flexibility for school team participation.

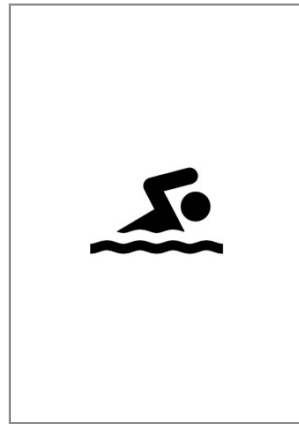


Meet Our Coaches



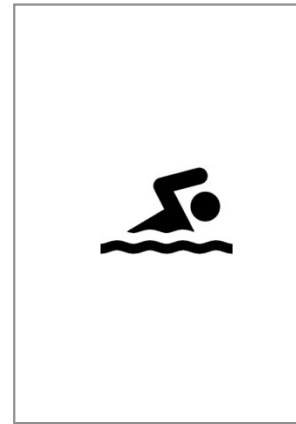
Coach Terri

Head Coach
tuelmoser@aol.com



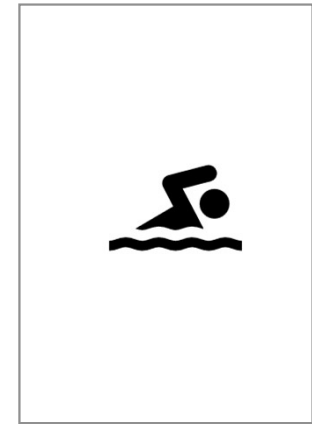
Coach Grant

Strength/Conditioning Coach
Co-lead Minnows, Guppies,
Sharks, Senior
grantmoser@gmail.com



Coach Cory

Tadpoles/Red/Yellow
forslcor@gmail.com



Coach Dave

Black/Masters/Administrator
SDVLCoachDave@gmail.com



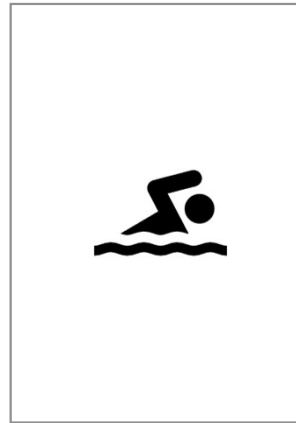
Meet Our Coaches



Coach Montana

Sharks

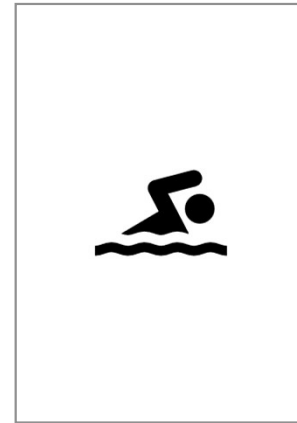
lawre474@morris.umn.edu



Coach Amber

Minnows/Guppies

ajeckstein27@gmail.com



Coach Jon

Minnows/Guppies

jonkemp056@gmail.com



Meet the Parent Board

Steph Louder (President)

- president.seadevils@gmail.com

John Crosland (Treasurer)

- treasurer.seadevils@gmail.com

Robin Gordon (Registrar)

- registrar.seadevils@gmail.com

Tiffany Hartman (Director of Communications)

- communications.seadevils@gmail.com





Practices facilities include:

St. Michael Middle School East

4862 Naber Avenue NE, St. Michael, MN

VandenBerge Middle School

948 Proctor Ave, Elk River, MN

Big Lake High School

501 Minnesota Ave, Big Lake, MN



Required Equipment

Minnows and Guppies

- Team Cap
- Mesh Bag
- Goggles (2 pair)
- Practice-appropriate suit
- Fins
- Kickboard

Sharks, Red, and Yellow

- Team Cap
- Mesh Bag
- Goggles (2 pair)
- Practice-appropriate suit
- Fins
- Kickboard
- Snorkel
- Pull Buoy
- Finis Agility Hand Paddles (required for Yellow Group)



Spring/Summer 2024 Fee and Level Grid

	Swimming	Dryland	Focus	Practice	Meet	Level fee	Payment Plan	2024 USA Swimming	2024 LSC Fee	Partial Season availability?
Minnows	Practice 50-60 min, 2x/week	20 min, 1x/week	Focus on learning proper body and head position. Introduction to circle swimming with basic drills for freestyle and backstroke. Introduction to breaststroke and butterfly.	Regular practice attendance is encouraged.	Meet competition optional.	\$370	\$100 due at the time of registration. \$135 due on 5/1 and 6/1	\$70	\$8	No
Guppies	Practice 50-60 min, 2-3x/week	20 min, 1x/week	Continuous focus on basic skills in freestyle, backstroke, breaststroke, butterfly, streamlines, starts, & turns. Emphasis on the necessary foundations to swim competitively.	Regular practice attendance is encouraged.	Meet participation encouraged.	\$480	\$100 due at the time of registration. \$190 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	No
Sharks	Practice 60-75 min, 2-3x/week	20 min, 1-2x/week	Introduction to interval training using the 4 competitive strokes, breathing patterns, starts, & turns.	Regular practice attendance is encouraged.	Should be competing in at least 1 meet per month.	\$570	\$100 due at the time of registration. \$235 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	No
Red	Practice 60-75 min, 3x/week	30 min, 1-2x/week	Interval training with an emphasis on meet competition. Swimmers must have mastered the basic skills of the 4 competitive strokes, streamline, starts, and turns.	Regular practice attendance is encouraged.	Should be competing in at least 1 meet per month.	\$605	\$100 due at the time of registration. \$252.50 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	Partial Seasons available: \$400each Spring Session (April 8 - June 2) or Summer Session (June 3 - Last Meet Swim) \$100 at registration. \$300.00 on 5/1(Spring) or 6/1 (Summer)
Yellow	Practice 60-90 min, 3-4x/week	30 min, 1-2x/week	Continuing interval training with an emphasis on test sets. Advanced stroke technique required in all 4 competitive strokes.	Regular practice attendance is encouraged.	Should be competing in at least 1 meet per month.	\$660	\$100 due at the time of registration. \$280 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	Partial Season available: \$430each Spring Session (April 8 - June 2) or Summer Session (June 3 - Last Meet Swim) \$100 at registration. \$330.00 on 5/1(Spring) or 6/1 (Summer)
Black	Practice 75-120 min, 4-5x/week	30 min, 1-2x/week	Focus will be on mastering all aspects of technique using training sets and classroom. Swimmers should be able to finish all aspects of a 1.5-2 hour practice.	Must attend a minimum of 60% of the offered practice times.	Meet attendance is expected once a month.	\$725	\$100 due at the time of registration. \$312.50 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	Partial Season available: \$470 Spring Session (April 8 - June 2) or Summer Session (June 3 - Last Meet Swim) \$100 at registration. \$370.00 on 5/1(Spring) or 6/1 (Summer)
Senior	Practice 90-120 min, 5-6x/week	Dryland as scheduled	Introduction to race pace and resistance training. Swimmers must exhibit a high level of workout ability and competition performance. Expected that swimmers can adequately finish a 2 hour practice.	Regular practice attendance is highly recommended.	Optional Meet Attendance.	\$890	\$100 due at the time of registration. \$395.00 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	Partial Season available: \$578each Spring Session (April 8 - June 2) or Summer Session (June 3 - Last Meet Swim) \$100 at registration. \$478 on 5/1(Spring) or 6/1 (Summer)
Age-Group Elite	Practice 90-120 min, 5-6x/week	Required dryland as scheduled	Focus on advanced race strategy. Swimmers are expected to maintain a high level of workout ability and competition performance. Must have all required training equipment at every practice. For swimmers ages 11-14 by coach-invitation only.	Must maintain 80% practice attendance.	Regular meet attendance is expected. Must compete in highest competition qualified for.	\$935	\$100 due at the time of registration. \$417.50 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	Partial Season available: \$550.00each Spring Session (April 8 - June 2) or Summer Session (June 3 - Last Meet Swim) \$100 at registration. \$450.00 on 5/1(Spring) or 6/1 (Summer)
Senior Elite	Practice 90-120 min, 5-6x/week	Required dryland as scheduled	Focus on maximum performance and training. Swimmers need to exhibit a high level of workout ability and competition performance. Must have all required training equipment at every practice. For swimmers 15 and over by coach-invitation only.	Must maintain 80% practice attendance.	Regular meet attendance is expected. Must compete in highest competition qualified for.	\$995	\$100 due at the time of registration. \$447.50 due on 5/1 and 6/1 Full season start: April 8 - last meet	\$70	\$8	Partial Season available: \$660.00each Spring Session (April 8 - June 2) or Summer Session (June 3 - Last Meet Swim) \$100 at registration. \$560 on 5/1(Spring) or 6/1 (Summer) (STMA HS Fitness Center Membership recommended at add'l cost)
Master's Program	Practice 60 min, 3x/week	N/A	To promote adult fitness and a healthier lifestyle through swimming. This program is perfect for all levels and abilities. For swimmers age 18+.	Regular practice attendance is encouraged.		\$45/mo	\$20 registration fee. Monthly fee of \$45	\$45		Continued monthly - need 30 days written notice to cancel.

LATE PICK-UP POLICY

At the conclusion of practice, there will be a 15-minute time period allowed for all swimmers to shower, dress, and exit the locker rooms. Swimmers will not be allowed to remain in the pool area or locker rooms beyond that 15-minute time period

- Failure of a parent to pick up their swimmer within that 15-minute timeframe will result in a fine. \$20 will automatically be charged to the family's account for each 15-minute time increment the swimmer remains at the facility. Charges will continue to accrue each 15 minutes until the swimmer is picked up.



Volunteer Requirements

For the 2024 Long Course Season there is a requirement of 1 volunteer points for all families.

Here are some links with instructions:

[Volunteer Position Descriptions](#)

[How to Sign Up for Jobs \(or remove sign ups\)](#)

[How to: View Current Completed Hours/Points](#)





Practice Calendar

Practice calendars are typically posted 1 month at a time - we will provide this to you ASAP, we are dependent on schools and Community Ed schedules to be done first.

- DL – Dry Land



Meet Schedule

Registering for swim meets is done entirely through our web site. All meets are set up at the beginning of the season and will initially include the date(s), host team and location, and eligibility. We post more detailed information about each meet as the host teams release it.

- [How to Register \(or Decline\) a Meet](#)
 - Link to step-by-step tutorial of how to register (or Decline) a meet and selecting events





Let's Connect!

- Find us on Facebook!
 - **MN Sea Devils Parents**
 - Connect with other swim parents – connect, ask questions, or even carpool options!



Questions?

