



ELKO SWIM TEAM UPDATES

August 2024

Hello and congrats to all of our swimmers who participated in the Summer Champs meet in Boise. Keep an eye out in our local periodicals for a write up and photos. As the summer season has closed out we want to give a huge thank you to Head Coach John and Assistant Coach Daniel and wish them both great success as they advance in their higher education journeys. We are excited to welcome Head Coach Frank Comerford to the team, he brings over 25 years of coaching experience at all different levels ranging from club to University. We are also thankful that Erin Ferris will be joining as an assistant coach starting this fall, she is well versed in the world of competitive swim and has been a valued member of the EST family for quite some time.

Kind Regards,
Heather Dahlman

Details below regarding:

Early Registration

Tryouts

Parent Meeting

Fall/Winter Practice Schedule

Safe Sport

2024/2025 Season Registration is open!

- Returning swimmers do not need to try out and will return to their same practice groups.
- Team Registration will be \$90 per family. USA Swimming Registrations will be \$80 per swimmer.
- Early team registration is now open: No dues will be charged for one month (October) IF YOU REGISTER BEFORE SEPTEMBER 30
- All returning swimmers will be required to register by September 30th .
- For new swimmers, no dues will be charged for September to offset registration fees. New swimmers will register separately through USA Swimming with instructions as provided at tryouts.

Tryouts

Tryouts will be held September 14 starting at 9:00 am, we welcome all siblings of current members and ask that you please help spread the word to any community members you may know who are interested in joining EST. Please note for Silver and Gold we WILL have regularly scheduled practice that day.

Fall Parent Meeting

Our annual fall parent meeting will be held October 2, 2024 at 6:00pm, location TBA. This is a great opportunity to get any questions about the team and swim meets answered as well as to meet the coaching staff and board members.

Practice Schedule

Practice Schedule

Monday				Tuesday				Wednesday				Thursday				Friday				Saturday			
Gold	Silver	Bronze	Copper	Gold	Silver	Bronze	Copper	Gold	Silver	Bronze	Copper	Gold	Silver	Bronze	Copper	Gold	Silver	Bronze	Copper	Gold	Silver	Bronze	Copper
4:15-5:45	4:15-5:45	5:00-5:45		4:15-6:15	4:15-5:45			4:15-5:45		5:00-5:45		4:15-6:15	4:15-5:45			4:15-6:15	4:15-5:45			9:00-11:00	9:00-11:00		
							6:15-7:00								6:15-7:00			5:45-6:45					

Please keep in mind schedules may be adjusted if we find the times do not work well with the new school schedules or have a conflict with available coaching hours.

SAFESPORT

Just a reminder that if you are coming through the locker rooms to see your child on deck at practices, or staying on the deck to watch practices, you will need to complete the "Parents Guide to Misconduct In Sports" which is a SafeSport certification accessed through your USA Swimming account. This certification upholds the values of EST in keeping swimmers safe and we'd like you to do your part.

- There are instructions on how to find and complete this process on our website under links, with a file named "Parent's Guide to Misconduct in Sports - SafeSport certification instructions."
- If you have completed this, please be able to show a screenshot (or print a copy of completion for the EST to have on file) in the event a coach or board member requests proof while on deck.
- If you have a swimmer over the age of 13 they need to complete "SafeSport for Youth Athletes," they need an email address that is not their school address and will need your help as codes are also sent to the parent's email.

UPCOMING MEETS:

October 11-12: Koudelka Memorial, Nampa, Idaho – Coach Attendance TBD

October 18-20: King of The Hill, Reno, Nevada – Coach Attendance TBD

November 8-11: Nevada State SC Championships – Coach in attendance