



ELKO SWIM TEAM UPDATES

September 2024

Hello and welcome to our new team members. It's been an eventful start to the season, but we're so thankful for Coach Michelle for jumping in and helping as well as Coach Erin for all the practices she has taken on the last few weeks. We're also excited to welcome Laszlo Demik back as a coach, Coach Rachel is back from a well-deserved vacation and we're wishing Coach Frank a speedy recovery. We are looking forward to an exciting fundraiser this year at the Snowflake Festival, if you or your company have items to donate for a raffle we'd love to offer some great prizes for the event.

Info has been sent out for the upcoming King of the Hill meet in Reno, this is a last chance for our swimmers to qualify for State if they haven't already. The registration is a bit different for this meet than our meets in Idaho, if you're having trouble please reach out.

Kind Regards,

Heather Dahlman

Details below regarding:

Parents Meeting

Fall/Winter Practice Schedule

Team Swag

Safe Sport

2024 Fall Parents Meeting

- Wednesday, October 2nd 6:00pm at the Flag View Library
- Opportunity to meet the board members and coaches
- Updates on the season
- Open forum to ask any questions about the team, season, meets, expectations etc.

Practice Schedule

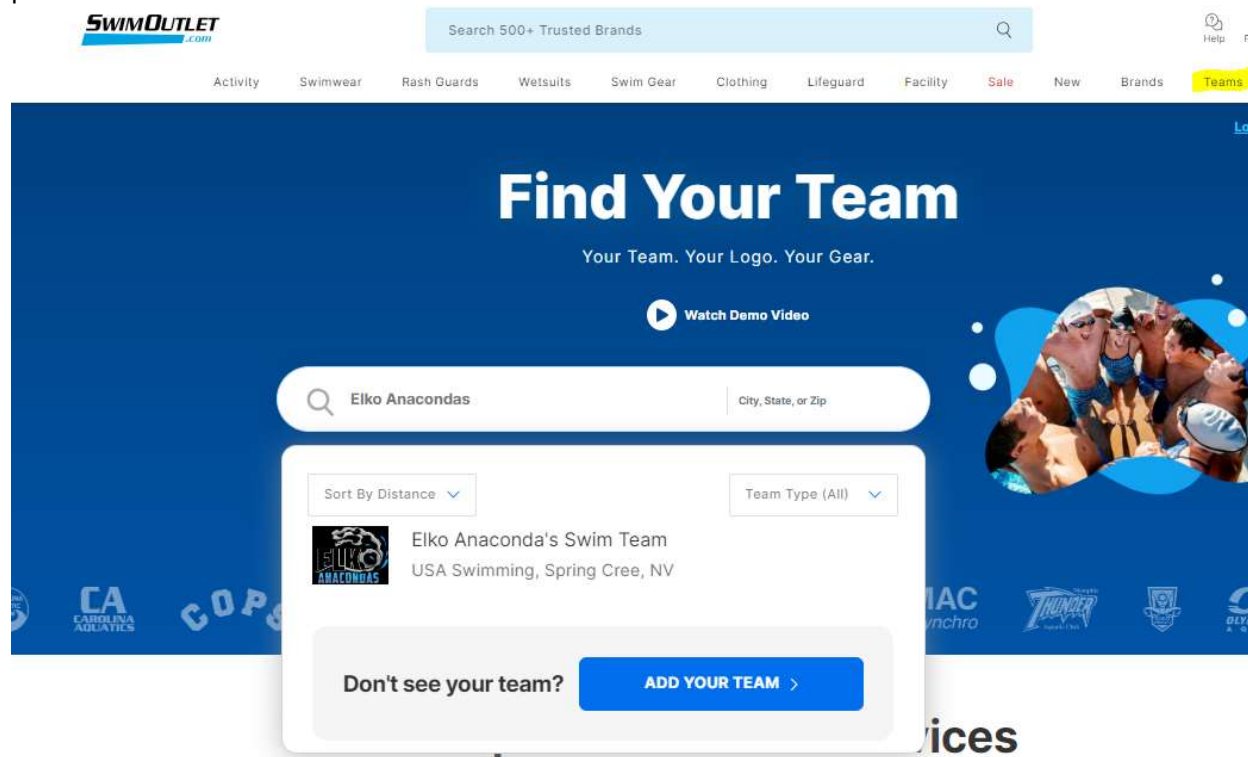
Practice Schedule

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.

Team Swag

We're excited to offer team swag through www.swimoutlet.com this year. At the top of the home page please select the Teams link and search for "Elko Anacondas"



We are offering several different suit styles and price points as well as shirts, towels, bags etc. These products will be for sale throughout the season and we encourage you to check in periodically as the items may go on sale.

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