



ELKO SWIM TEAM UPDATES

January 2025

Hello and Happy New Year. I am so excited to share with you we have received notice the pool repairs are complete and successful, we will resume regular practice Monday, January 13.

We hope everyone had fun at the Snowflake Festival and for braving the cold in the parade, we had a great turn out!



We also want to say thank you to Coach Laszlo as he transitions from the Elko Swim Team to the Boys and Girls Club full time. We are sad he is not able to help coach anymore, but excited for this next chapter for him. As a result, we continue to be short on coaches but are actively searching. We will have to move Bronze practices from Monday to Saturday from 9:00 – 9:45am.

We have a few exciting meets coming up so keep an eye out for registration information from Belinda.

Don't forget we have team swag offered at www.swimoutlet.com

Thank you,
Heather

Detail below regarding:
Practice Schedule
February time Trials

Upcoming Meets
Safe Sport

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			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			10:00-12:00	10:00-12:00	9:00-9:45	
																		5:45-6:45					
							6:15-7:00								6:15-7:00								

Please note the change for Bronze, moving from Monday to Saturday, and Gold and Silver moving to 10:00 – 12:00 on Saturdays. For those families who want to resume regular practice for the remainder of January please send a note so we can adjust your account if needed

February Time Trials

We are excited to be holding time trials Saturday, February 8 from 9:00am – 11:00am, they were a great success in December. We will be focusing on Freestyle, Butterfly and Backstroke, distances will be appropriate for the swimmers' skill levels. We are looking for volunteers to help time and coordinate the event. This is a great opportunity to see how your athlete's skills have improved as well as learn how to time in a low-pressure environment. All time spent helping will count towards your volunteer hours. A link will be coming out closer to the event date for volunteers and swimmer participation.

UPCOMING MEETS:

Sawtooth Winter Invitational, Boise	January 17-19	No Coach
Boise Y Winter Invitational, Boise	January 25-26	
Caldwell Cabin Fever, Caldwell	February 1-2	
Igloo Meet, Idaho Falls	February 1	
Time Trials, Elko	February 8	All Coaches
Winter Champs, Boise	February 14-16	Coach
Shamrock Invitational, Boise	March 8	
Pot O Gold, Elko	March 15	All Coaches
April Pools, Nampa	April 5-6	

Please note that you need qualifying times to participate in Winter Champs in Boise Feb 14-16.

Follow link to see more information on qualifying times:

https://www.gomotionapp.com/wzsrslsc/UserFiles/File/SRS/2025%20Time%20Standards/snake-river-champs-qualifying-times-updated_072741.pdf

The Igloo Meet in Twin Falls is a great meet to participate in and is only one day.

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 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.