



ELKO SWIM TEAM UPDATES

February 2025

Hello and we are wishing all our athletes who are swimming in Winter Champs this upcoming weekend a great meet! We're excited to see everyone leave it all in the pool!

We are so excited to announce some changes to our coaching staff. Erin Ferris has accepted interim Head Coach, she has already given so much to our team and we can't be more thankful that she is part of our organization! She has included an inspiring note to the team along with her expectations.

The water may feel heavy some days, the sets may seem endless, and the clock may mock your every stroke. But remember, every drop of sweat, every burning muscle, every moment you push past your perceived limits is an investment in your goals. Hard work isn't just a saying, it's the bedrock of every champion, and you are all champions in the making. More than that, you're a team. Lift each other up when fatigue sets in, celebrate each other's victories, and offer a hand when someone falters. The strength you find in supporting one another will not only propel you through grueling practices but will also forge bonds that last far beyond the pool. Together, you are stronger, faster, and more resilient. Embrace the challenge, trust in the process, and watch as your dedication transforms into undeniable results.

With that said I have some expectations that I would like to see:

1. More consistent practices from swimmers.
2. Acquiring the swim meets requirements for each level.
3. At meets no phones will be allowed at Coaches table, and I highly encourage no phones other than to check meet mobile at meets.
4. Cheering each other on at meets. Be the loud team!
5. Safe Sport for all 13 and up.
6. Arrive at practice with the intention of greatness.

We are also excited to welcome Teddy Dullum on deck, she is training with Rachel and will help take on a few practices a week.

Thank you,
Heather

Detail below regarding:

50/50 Raffle

Camps

Practice Updates

Upcoming Meets Safe Sport

50/50 Raffle

As part of our spring fundraiser, each athlete will be responsible for selling 20 50/50 tickets before the end of the month. The tickets are priced at \$5 each or 5 for \$20. The drawing will take place at our annual awards ceremony, tentatively scheduled for May 1, 2025. If your athlete sells their tickets, we can provide more to help with additional sales. We encourage parents to assist their athletes in selling the tickets, as your support is crucial to the success of our fundraiser. Thank you for your cooperation!

Summer Swim Camps

Its time to start thinking about summer swim camps, these are a great opportunity for your athlete to meet other likeminded athletes, make great memories and pick up some great new skills. Please see below for some options in our area.

- Boise State – 6/15-19 ages 10-17
- Day (\$495) or Camper (\$795)
 - <https://www.ussportscamps.com/swim/nike/nike-swim-camp-boise-state-university#detailsContentTarget>
- University of Utah – 6/9-13 and 6/23-27 ages 8-18
 - Day (\$527), Extended (\$607), Overnight (\$818)
 - <https://www.utahutesswimcamps.com/>
- BYU – 6/3-6, 6/10-13, 6/17-20, 7/29-8/1 ages 10-18
 - Day (\$475), Camper (\$625)
 - <https://www.byusportscamps.com/swimming-camp>

Practice Schedule/February Updates

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								

There will be no Practices February 14 and February 17, we will still have practice Saturday, February 15.

March Pot O Gold Meet Cancelled

We are not able to hold the March Pot O Gold swim meet in Elko due to lack of officials. If you are interested in serving our swim community as a Stroke and Turn official, check out this link. It's a great opportunity to get involved in the sport and help support our team.

<https://www.gomotionapp.com/wzsrlsc/UserFiles/File/SRS/LEAP/certification-standards-apr24-official-082461.pdf>

UPCOMING MEETS:

April Pools, Nampa	April 5-6	
Spring Fever, Caldwell	April 26	
Spring Fling, Boise	May 16-18	
Sawtooth LCM Summer Invite, Boise	May 30-June 1	
Spring Fling, Boise	May 16-18	
Summer Classic, Twin Falls	June 6-7	
High Altitude Invite, Elko	June 28-29	
Treasure Valley Last Chance, Boise	July 12-13	
Summer Champs, Boise	July 18-20	

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.