



ELKO SWIM TEAM UPDATES

November 2024

Hello, congrats to all of our swimmers who swam in the Nevada State Meet this weekend and good luck to all the swimmers participating in the Thanksgiving meet at the Boise Y. This is a great opportunity to get qualifying times for the Winter Champs, our Snake River LSC short course championship meet. Even though the pool will be closing for maintenance over the holidays, we have some fun activities planned and look forward to strong participation from our athletes. The holiday's is a busy time of year, but we encourage all of our athletes to make the most of the pool time before the closure and hope to see you all at practice the next few weeks. Don't forget we have team swag offered at www.swimoutlet.com

Thank you,
Heather

Details below regarding:
Fall/Winter Practice Schedule
November time Trials
Winter Snowflake Festival

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					

Thank you all for your responses to the survey on practices held in Wells. We have quite a bit of interest and will be coordinating with Wells pool and our own coaching staff. We will publish the dates and times we will hold practice shortly and encourage carpooling.

Answers to a few questions that came up are:

What if I have kids in different teams? All athletes will practice within the same time windows, we will alter the practices to ensure the time in the pool is appropriate for the skill level.

Can we practice Saturday 11:00 – 1:00? I'm sorry but the pool is not available to us that late in the day, we will have to utilize the earlier time windows, we understand the concerns over weather and will have to schedule accordingly if we encounter adverse weather conditions.

November Time Trials

We will be holding time trials Saturday, November 16 from 9:00am – 11:00am. We will be focusing on Freestyle and Breaststroke as our two events, 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.

<https://www.signupgenius.com/go/10C0945ADA923A6FAC34-53011458-november#/>

In order to have a more organized morning, if your swimmer plans to participate please respond in this signup. <https://www.signupgenius.com/go/10C0B49ABA828A5FFCE9-53174556-november>

Winter Snowflake Festival

We are participating in the Winter Snowflake Festival as a fundraiser. Our swimmers will be helping with the craft table for the kids in the community, at the same time we're asking for parent volunteers to help sell 50/50 tickets. We're utilizing this event as our fall/winter fundraiser, our goal is to sell \$10k in tickets, taking home \$5k for our team at one event. A signup genius will be coming out soon, this is a great opportunity to help support the team, gain some volunteer hours and participate in a fun community activity. We will also be participating in the Parade of Lights and look forward to seeing a strong representation from the team.

Craft and 50/50 begins at 12:00pm

Parade of Lights begins at 5:00pm

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:

Nevada state Championship, Carson City	November 8-11	Erin Ferris
Time Trials, Elko	November 16	All Coaches
Boise Thanksgiving Invitational	November 22-24	Laszlo Demik
Candy Cane Invitational, Boise	December 13-14	No Coach

Voltage Holiday Classic, Idaho Falls	December 14	No Coach
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	