

SUN PRAIRIE STORM

YEAR IN REVIEW/YEAR TO COME



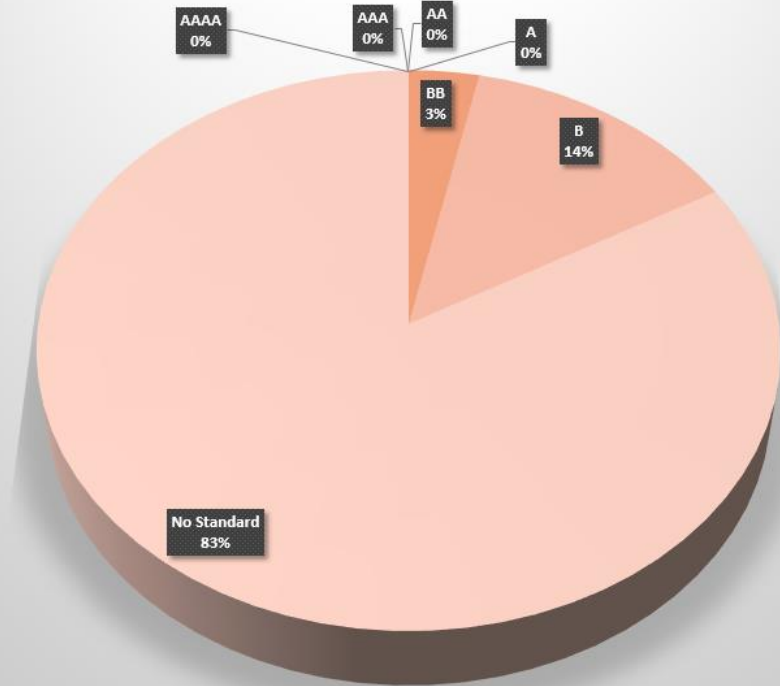
2014-2015 SEASON RECAP

Virtual Club Ranking Comparison

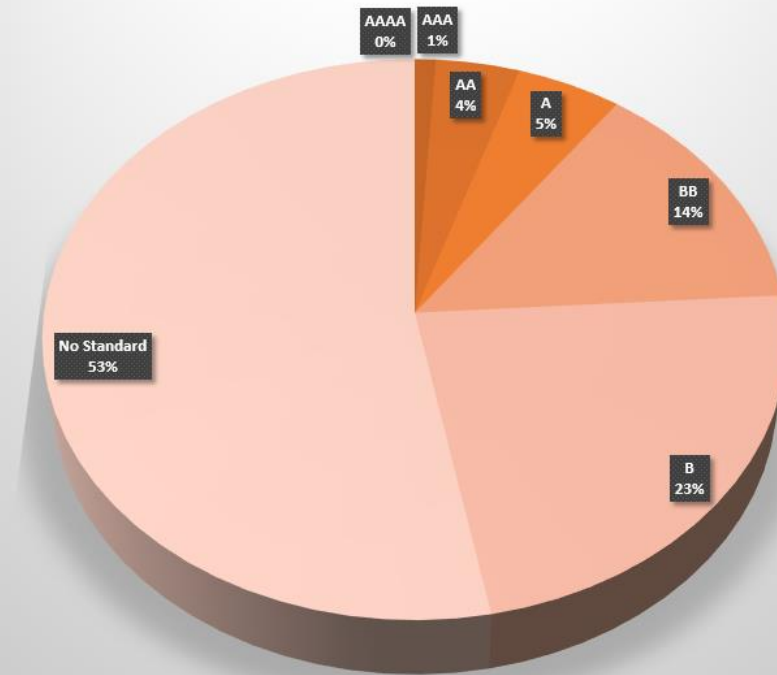
	2013-2014	2014-2015
Short Course	2,651 st (Bottom 3%)	1,379 th (Top half)
Long Course	2,843 rd (Bottom 1%)	1,650 th (40 th Percentile)

2014-2015 SEASON RECAP

2013-2014 Time Standards



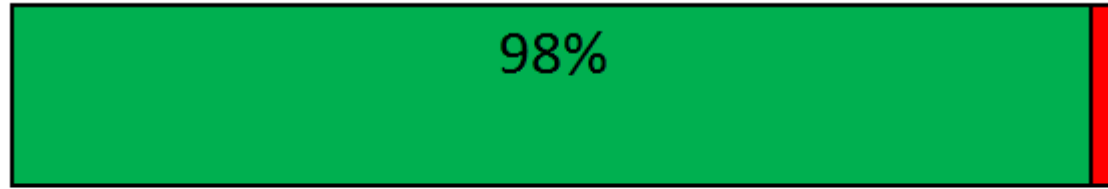
2014-2015 Time Standards



2014-2015 SEASON RECAP

	Number of Swimmers	State Virtual Ranking	12-Under State Champs	13-Over State Champs
Short Course Season	110-140	37th	23rd	N/A
Long Course Season	70	41st	42nd	41st

2014-2015 SEASON RECAP



Expected Completion: October 2015

Completing USA Level 1 Club Recognition will put the Storm within the top 50% of all USA Swimming Clubs.



2015-2016 SEASON PLAN

New Swimmer Evaluations

- Monday, August 24th-Wednesday, August 26th

First Practice

- Monday, August 31st

2015-2016 SEASON PLAN

Staffing

- Lost: AJ Lerner (Assistant Coach, Waunakee), Jeff Bridwell (Head Coach, Waterloo)
- Added: Siera Ditchuk (Former DFAC Assistant), Kayla Popke (Former SPS Swimmer), Nora Lelivelt (Current SPS Swimmer)
- Conducting interviews to add 1-2 additional coaches to staff
- Signed contract extension to stay with Storm through at least August 2017

2015-2016 SEASON PLAN

Dryland

Moving dryland from daily extra time with deck coaches to more of a structured format with dryland professionals.

Dryland will resume at the start of the winter session.

2015-2016 SEASON PLAN

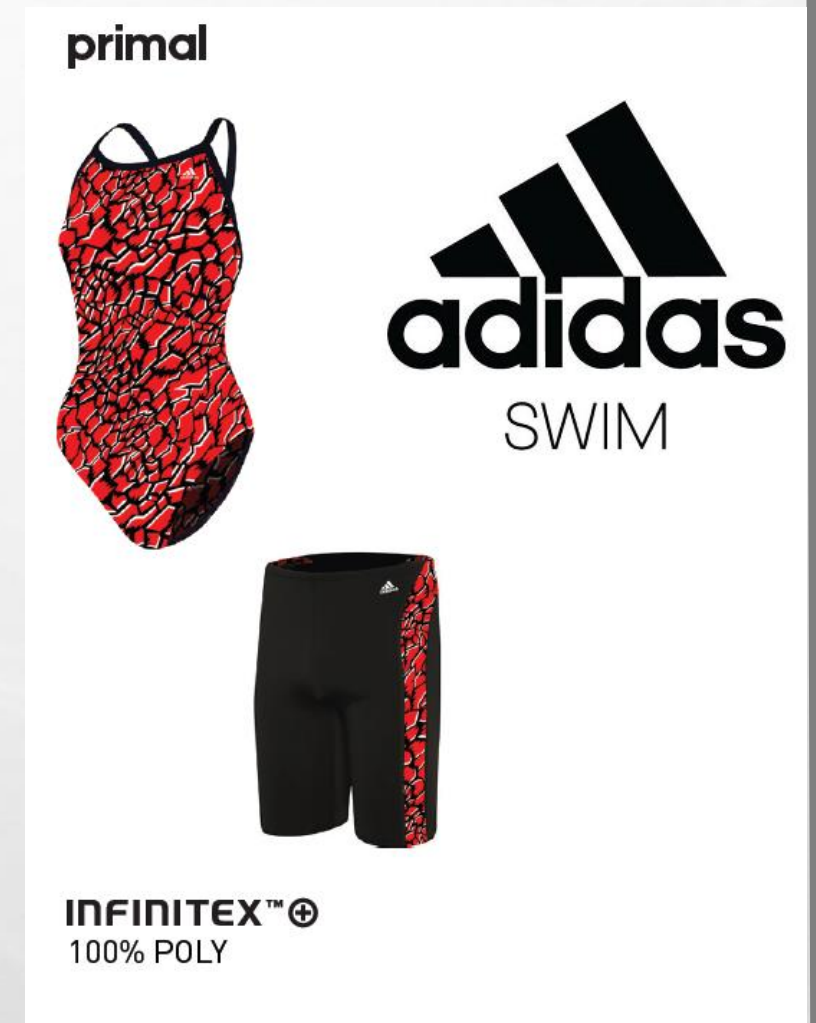
Meet Schedule

- First meet: Home at Sun Prairie High School on October 11th
- Confirmed meets (including two home meets) have been added to the event page.
- Meets that require RSVP's cannot be bid on until September 1st, meaning meet schedule won't be finalized until the end of September.
- Regional Championships 2/19-2/21 (TBA)
- 12-Under State Meet 2/26-2/28 (Madison)
- 13-Over State Meet 3/3-3/6 (Brown Deer)

2015-2016 SEASON PLAN

Competition Suit

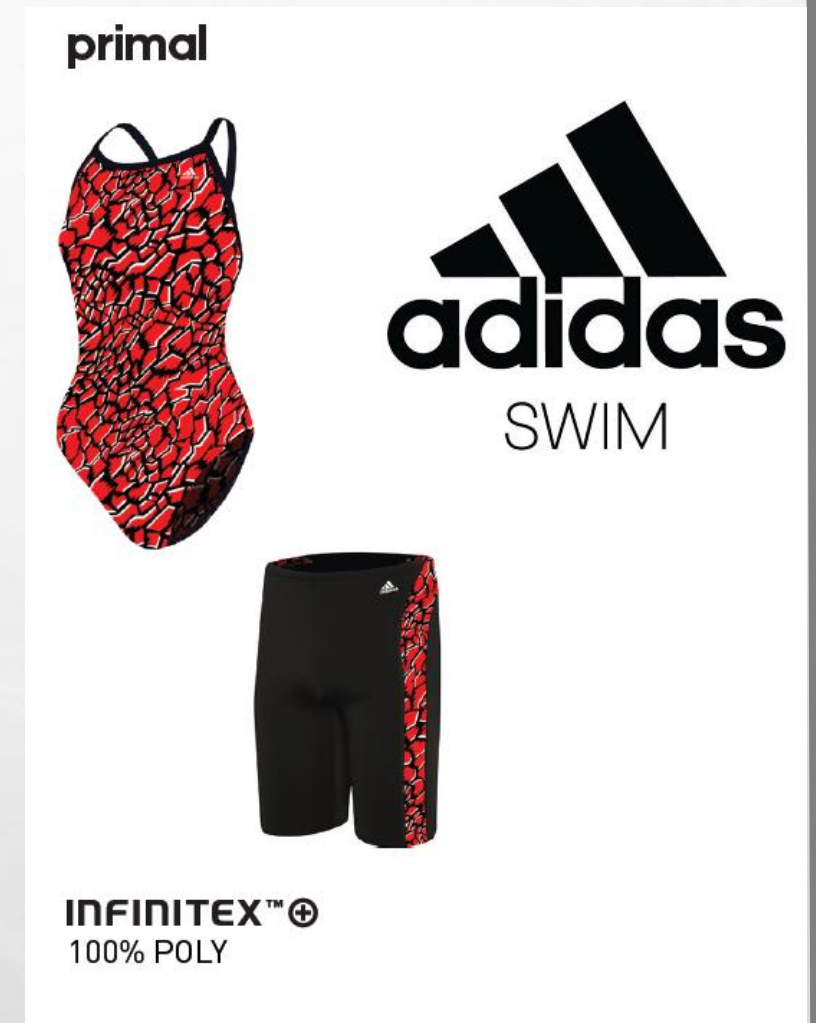
- Old suit was abruptly discontinued
- New suit: Adidas Primal (red)
- If you have the old suit, no need to replace
- If you need a new suit, get this one!
- While I like everyone looking uniform, its not a requirement to own



2015-2016 SEASON PLAN

Technical Suits/Practice Suits

- I put a lot of information on swimsuits/equipment on the team page. If you haven't looked lately, take a look.
- Practice suits should be comfortable; meet suits should not be. Straps should be very snug on women's suits, there should be no wrinkles in male or female suits.
- Not everyone needs a tech suit! Talk to coaches.



2015-2016 SEASON PLAN

Jackets/Parkas

- The vast majority of our swimmers were not prepared for the cold pool decks & adjacent hallways/gyms at meets last season.
- Middleton has team jackets & parkas available at the store, on their website, and will have them on hand when they come to SPHS on Thursday, September 10th from 5:30-7:30pm



2015-2016 SEASON PLAN

Equipment

- All other equipment needed (fins, pull buoys, gear bags) is listed on the team website. Look under “Swim Groups” for the Equipment Needs tab.
- Middleton will have everything needed except for racquetballs for Typhoon/Tsunami swimmers



2015-2016 SEASON PLAN

Monthly Clinics

- Once a month, we'll offer a 60 minute Saturday morning clinic for our 10-under swimmers.
- The clinics will be led by me, with 3-4 assistant coaches/Tsunami swimmers helping.
- The cost to sign up is \$20; signup is reserved for the first 20 interested swimmers (signup windows will be announced in advance)
- Each month will be a different focus. September's clinic is 9/12 and focuses on freestyle.

2015-2016 SEASON PLAN

Masters Group

- Offering a Masters Group at SPHS for all interested swimmers over the age of 18
- Swimmers should be able to complete 100 yds of freestyle with proper side breathing. Knowing other techniques: awesome.
- Great for fitness, cross-training, or open water preparation
- Offered starting Wed, Sept 9th. Mon/Wed/Thur mornings 5:30-6:45AM
- Cost: Annual USA Reg of \$75, monthly fee is \$50
- Already 5 swimmers committed, hoping to get 10!