

Southeastern Swim Club of Fishers

“Respect All. Fear None.”

Thanks for your interest in Southeastern Swim Club of Fishers (SSC). We are unique compared to many athletic organizations in that we offer opportunities for athletes with a wide range of talent and ability levels. Whether you are a novice or world-class swimmer, our coaches will challenge you to reach your individual potential. Make no mistake about it though, our pursuit of excellence does not end in the pool.

We believe that athletic endeavors, such as swimming, can be used as very effective tools for the enhancement of necessary life skills. By improving self discipline, time management, and goal setting techniques, our swimmers are better suited to succeed in the classroom as well.

We are committed to encouraging proper stroke technique and good sportsmanship. Compound this with our dedication to instilling a great work ethic in each swimmer, and you have a recipe for success.

If you are interested in our program, please consider joining us for our new swimmer tryouts. You can also check our website (www.southeasternswim.org), email us at joinssc@southeasternswim.org or contact the SSC swimmer “hotline” at (317) 579-0164 and leave a message for the SSC Coaching Staff.

Prospective New Member Tryouts

HSE Natatorium at HSE High School
Please enter from 126th Street, use the rear entrance to the school (#9), and follow signs to the pool area.

Monday, August 20, 2007

Tuesday, August 21, 2007

Wednesday, September 5, 2007

Tuesday, September 11, 2007

You may attend anytime between 6:00 & 8:00 pm for a swimming evaluation and consultation by the SSC Coaching Staff.

This should only last 15-30 minutes.

Please bring a swimsuit, goggles, and a towel – locker rooms are available.

P. O. Box 327
Fishers, Indiana 46038



Southeastern Swim Club of Fishers

www.southeasternswim.org



**Our program
encourages
swimmers to
reach their full
potential and to
develop
essential life
skills while
having fun!**



“Respect All. Fear None.”

Contact us: (317)579-0164
joinssc@southeasternswim.org

Southeastern Swim Club of Fishers

SSC "Quick Facts"

- Southeastern Swim Club was formed in 1989 based on the belief that competitive swimming offers an exciting and worthwhile experience in a young person's life.
- Southeastern Swim Club is recognized as one of the **premier** swim teams in the Midwest!
- The SSC Coaching Staff is second to none—all coaches are ASCA certified for expertise, Red Cross certified for safety, with a combined experience of 130+ years!
- Southeastern Swim Club offers unique opportunities to swimmers of all ability levels and competitive interests.
- Most Southeastern swimmers under the age of 13 attend 2-4 workouts per week. There are no practice or meet attendance requirements.
- Southeastern Swim Club utilizes 2 pools for winter programming: HSE Natatoriums #1 & #2. 3 pools used for summer programming: HSE Natatoriums #1 & #2, and Brown Pool.
- Southeastern Swim Club is a member of USA Swimming, which is the governing body for competitive swimming in the United States.
- In case of an accident, all members of Southeastern are insured through their membership in USA Swimming.
- **Southeastern Swim Club programs provide the opportunity to:**
 1. Learn to achieve. Our staff coaches with the philosophy that the process of achieving is as important as the achievement itself.
 2. Compete with one's self. At Southeastern, being first is not overemphasized; continuing self-improvement through goal setting and the pursuit of those goals is most important.
 3. Develop life skills. We have built a tradition in which children develop into excellent swimmers and well-rounded young adults with leadership talents as well as attitudes of sportsmanship, cooperation, and dedication.
 4. Form strong personal relationships. Swimming binds families together and offers new friendships. Since the bond between teammates can be very strong, many swimmers become lifelong friends.

SSC Winter Practice Schedule

(For Fall/Winter 07-08; Tentative and subject to changes)
All new swimmers will be placed in a practice group by the SSC Coaching Staff on one of the registration nights—August 20th or 21st and September 5th or 11th.

Flying Fish Group

Typically practices three days a week (Mon/Wed/Sat). Practices held in the evenings.

Stingray Group

Typically practices four days a week (Mon/Wed/Fri/Sat). Practices held in the evenings.

Sharks Group

Typically practices five days a week (Mon-Thurs/Sat). Practices held in the evenings and includes dry-land training.

Marlins Group

Typically practices six days a week (Mon-Sat). Practices held in the evenings and include dry-land training.

Piranhas Group

Typically practices eight times a week (Mon-Sat). Practices may be held in the mornings and/or evenings and include dry-land training.

Senior Group

Typically practices ten times a week (Mon-Sat). Practices are held in the mornings and/or evenings and include dry-land training.

SSC Swim School

Our swim school is an American Swim Coaches Association "Swim America" Learn-to-Swim program. This is for swimmers who are either not ready for or not interested in competitive swimming. The program is open to children ages 3-15, and classes are offered for all levels of ability and experience. Call the SSC Hotline for information (579-0164) or see a member of the SSC coaching staff regarding current lesson enrollment.

SSC Coaching Staff

Andy Pedersen, Head Coach - Seniors

Andy begins his sixteenth year with SSC. He has 24 years of head coaching experience and is also the Head Coach of the HSE Men's and Women's programs. In 2007, Andy was the Head Coach for the HSE HS Boys State Champions and HSE HS Girls State Runner-Ups. In 2005, Andy was recognized as the National HS Coach of the Year and has also won several Sectional, County, Conference, and State Coach-of-the-Year Honors. Andy is an ASCA Level 5 coach and coaches the Senior group.

Matt Papachronis, Head Age Group Coach

Matt has been coaching for ten years and begins his eighth year with SSC. He was a 4-year letter winner and team record holder at Wabash College. Matt is ASCA Level 4 certified and coaches the Piranhas group.

Heather Streett, Recruiting Director & Head Coach-Flying Fish

Heather has been with SSC for thirteen years and begins her 16th year in coaching. In addition to her coaching duties, she directs the Southeastern Swim School. She is ASCA Level 3 certified and is the head coach for the Flying Fish group.

Ann Papachronis, Head Coach - Stingrays

Ann has been coaching swimming for over eight years and begins her sixth year with Southeastern Swim Club. She is a former high school All-American and collegiate swimmer at the University of Nebraska. She coaches the Stingrays group and is also a middle school science teacher.

Jean Tracey, Head Coach- Sharks

Jean has been coaching swimming for 36 years and begins her 2nd year with SSC coaching the Sharks. She is a former Head Age Group Coach and has developed many outstanding swimmers.

Mindy Hertzler, Head Coach-Marlins

Mindy is in her third year at SSC and 13th year of coaching. She is the head coach for the Marlins and also assists with our Seniors. Mindy is a former Club and HS Head Coach.

Danielle Hamilton Birk, Assistant Coach

Danielle has been coaching for thirteen years and has been with Southeastern Swim Club for nine years. She is a former Head Age Group Coach and has developed numerous nationally-ranked swimmers and assists with the Stingrays and Flying Fish.

Stuart Davidson, Assistant Coach

Stuart begins his second year as a coach, after years of dedication as an athlete with our program. Stuart specializes in dry-land training for the Senior group; however lends his experience on the pool deck as well with the Senior, Stingray, and Flying Fish groups.

Tom Moore, Head Coach - Greenfield Central

Tom is in his fifth year at SSC and is the Hancock County Site Head Coach as well as the Head coach for Greenfield Central HS. Tom graduated from Ball State in 2002 with a B.S. in Physical Education where he was a varsity swimmer. Tom has been coaching for 9 years and is a school teacher in Greenfield.

Melanie Pulley, 10 & Under Coach-Greenfield Central

Melanie is in her third year at SSC and she is the Hancock County site Head 10 and Under Coach. Melanie graduated from McDaniel College in 2004 with a BA in Physical Education and Exercise Science with minors in Sports Coaching and Sports Management. While at McDaniel, Melanie competed in the NCAA Division III Nationals.

Jeff Mercer, Head Coach- Pendleton

Jeff is in his first year with SSC and is the Pendleton Site Head Coach. He has three years of coaching experience.