

Southeastern Swim Club

Senior Team 2009 LCM

Coaching Staff

Lindsey Baker – Assistant Coach
Christian Hanselmann – Assistant Coach
Mindy Hertzler – Assistant Coach
Vince Lidy – Strength Coach
Matt Papachronis – Assistant Coach
Andy Pedersen – Head Coach
Carey Siminski – Strength Coach

This will be our best summer yet – we will try some new things and improve on the things that we have done for years and years.

Notes:

- A. The first day of practice and mandatory meeting is Monday, April 13th (3:15 pm) at the HSE Natatorium. The master schedule will be distributed at this time.
- B. Athletic Physicals information will be sent home and posted on the web on Tuesday, April 14th.
- C. SSC Senior Trip information will be sent home and posted on the web on Wednesday, April 15th.
- D. SPARQ Testing information will be sent home and posted on the web on Thursday, April 16th.
- E. Laneline Café – this is the breakfast room that our athletes use each morning after practice during the months of April and May. As you can see from the schedule – morning practices begin immediately and we currently have no parent to chair this. We need a volunteer asap to schedule parents to come in and help out with breakfast. The school will not allow us to open the Laneline Café unless a parent is present. Please contact Coach Pedersen if you are able to help out.
- F. Dryland is very confusing this April and May – we are attempting to do a better job by lowering numbers in the weightroom and that causes some issues with regard to the college swimmers coming home in early May. We will take ample time to discuss this with the athletes at the April 13th meeting, but the bottom line is that there are many options for each athlete to make 2 dryland workouts a week.
- G. The master schedule includes the meet schedule – if you are swimming on the senior team, you are expected to compete in these meets with the only exception being the attendance policy constraints listed below!
- H. Attendance Policy
 - Tuphedi – 90% (this is our most elite training group and SRST level swimmers should aspire to be here)
 - Regular SR Group – 75%
 - Maintenance – Less than 75% (this group will not compete in meets or be eligible for the senior trip)
 - *** For attendance purposes, dryland will be counted as twice a week

SSC SENIOR SWIMMING Schedule

April 2009 (this sched is subject to change...)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																													
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May 2009 (this sched is subject to change...)

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28 Clayton Shaw Park Travel Meet in St, Louis, MO.	29 7:00 AM -9:30 AM Swim-LCM @ Brown Pool ALL athletes that will be 14 & under during the end of the summer (AGS) will switch to the Piranha group on this date. IHSAA Moratorium - no contact between current HS Coaches and current HS Athletes!	30 7:00 AM -9:30 AM Swim-LCM @ Brown Pool IHSAA Moratorium - no contact between current HS Coaches and current HS Athletes!	<table border="1" style="width: 100%;"> <thead> <tr> <th colspan="7">May 2009</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td></td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <table border="1" style="width: 100%;"> <thead> <tr> <th colspan="7">Jul 2009</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>				May 2009							S	M	T	W	T	F	S					1	2		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							Jul 2009							S	M	T	W	T	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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SSC SENIOR SWIMMING Schedule

July 2009 (this sched is subject to change..)

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SSC SENIOR SWIMMING Schedule

August 2009 (this sched is subject to change...)

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