

# THE ECHO

**Character - Community - Excellence**

Hello YFD swimmers and families! This is our first newsletter of the year, so we want to start by saying welcome and we are so excited to have everyone back in the pool! Although socially distanced, coaches and swimmers are working hard to be closer than ever.

After taking off some time, our team focus is to work on the building blocks for a successful year. All groups are laying the technical and aerobic foundation on which we will build throughout the season. Attending practices and trying hard will lead to big successful swims in March! Go Flying Dolphins!



## UPCOMING EVENTS:

**Nov. 26-29**

Thanksgiving Break

No Practice

**Nov. TBD**

YFD Time Trials



## Swimmers of the Month

### -October-

YFD recognizes swimmers with outstanding dedication to attendance and excellence at practice.

Congratulations to the following swimmers:

Age Group I-

**Elizabeth Gehrie and Vian Ramnath**

Age Group II-

**Claire Healy and Ursula Gahtan**

Age Group III-

**Spyros Argeros and Felicity Tan**

Junior-

**Cole Radley**

Senior-

**Selin Gonen and Will Siudzinski**

National-

**John Drum**

**"Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people."**

Roy T Bennett

# WELCOME NEW COACHES

YFD is excited to bring new talent to the pool deck! Please help us welcome Coach Maia, Coach Mike and Coach Sami to the YFD family.



**Maia McAllister** is thankful to be one of the assistant coaches for Age Group I, Junior and Senior Groups. She believes that technique-based coaching along with hard work creates successful swimmers. She's a student at New York University and a member of their Varsity Swim team.

Maia comes from Philadelphia where she swam for Penn Charter Aquatic Club for seven years, but has been swimming competitively for over ten years. Maia was captain of Julia R. Masterman High School and finaled at Pennsylvania State Championships. She specializes in sprint free and fly.

Maia is currently pursuing a combined BS in Global Public Health and Biology as a pre-medical student.



**Mike Orlando** is thrilled to join YFD as Assistant Coach for Age Group I and Age Group II. Mike has over 18 years of experience as a swimmer and coach, and has a passion for guiding young athletes to reach their full potential. He believes with confidence comes success!

As a coach at Trident Aquatics, Mike has led dozens of swimmers to Silvers and Junior Olympics cuts, and championship meets including Zones, Sectionals, and Junior Nationals. In 2017, he was named to the Metropolitan Swimming Eastern Zone All-Star team coaching staff.

Mike began swimming competitively at seven, and fell in love with the sport. He worked hard on Richmond Aquatic Club team and earned an athletic scholarship to St. Francis College where he specialized in breaststroke and graduated with a BS in Physical Education. He is currently a Physical Education teacher in the department of education, and is also pursuing his MS in Exercise Science and Nutrition and finishing his Personal Training Certification.

**Sami Robbins** is excited to join YFD as Lead Coach of Age Group I and Co-Lead Coach of Senior. She brings five years of experience coaching all levels of athletes in both Seattle and New York City. She believes in value-based coaching and technical excellence.

Sami hails from Seattle, Washington, where she started swimming at eight and competed through her senior year of high school when she began coaching. During her time with Seattle Metropolitan Aquatic Club (SMAC) in Seattle and Manhattan Makos, Sami's swimmers qualified for Junior Olympics, PNS Champs, NW Age Group Regionals, Zones, and Senior Mets.

In the Pacific Northwest, Sami was a member of KING Aquatics and SMAC. As a coach, she was a lead site coach for SMAC and led four groups while also volunteering with the Shadow Seals, a Paralympic swim team. As a swimmer, she achieved Senior Sectional standards in butterfly and freestyle and was the captain of Holy Names Academy High School, where she led her team to State titles and WIAA records.

Sami is pursuing a BS in Sports Management concentrating in Sports Law at New York University.

## Coaching Philosophy and Mission Statement

Our mission is to develop abilities in our young people that will inspire and empower them to achieve excellence in life through a positive competitive swimming experience. We believe that our sport teaches fundamental life skills that are invaluable beyond the pool. By molding, teaching, and instructing our athletes, we aim to develop them the self-discipline, personal responsibility, physical fitness, and personal excellence necessary for success in competitive swimming and beyond.