

# FLORIDA ELITE

**WARRIORS**  
www.swimelite.org



**Swim Team and Synchro Team Pictures!!**  
**Saturday May 28th**  
**8am**

Our very own Coach Darcee is now a level 4 National judge! This achievement comes from a lot of years and a lot of hard work on Darcee's part! Darcee has always been dedicated to the rules of synchro and helps our association grow it's judges base by serving as the officials chair for the association. We are so proud of the work she put into passing the long and difficult trainings and tests to reach this level. We can't wait to see her judge in full capacity at Junior Olympics this summer!!



Katie Wieckowski

College/After Grad Plans: I'm still undecided but leaning towards going to FGCU in the spring :)

Favorite FE Memory: My favorite swim team memory is a tie between playing night capture the flag over Thanksgiving break or any swim meet because they are always super fun. My favorite synchro memory is running around Hollywood with the team after Junior Olympics in California or honestly any of our Junior Olympics meets (besides Colorado...if you know you know)

Advise to the up and coming Warriors: Don't be afraid of working hard, both swimming and synchro take a lot of hard work, dedication, and practice to improve. So use practices to your advantage. Struggle and push your self so then when the meet comes you know your ready. With that being said, enjoy your time with the team because it goes by faster then you think.



Tori Vaile



Plan to go to USF to hopefully become a biomedical engineer or do physical therapy  
My favorite FE memory was over the summer and we would all go play either basketball or soccer

Littles... Reward yourself when you know you deserve it. Only you set how strong you want to become. Remember why you set your goals before you think it's to hard to reach.



Kayla Rodriguez

Saint Leo University majoring in criminal justice with a specialty in criminalistics.

My favorite FE memory would have to be just creating life time friends. Swimming has brought me so many opportunities in the world and has taught me so many lessons and to be apart of Florida Elite my whole swim career was one of the best things.

My advice to young warriors is to stay strong and always believe in yourself. Don't let someone tel you that you can't do anything! We are limitless!

**CONGRATULATIONS**  
**CLASS OF**  
**2022!!**



Ashlyn Turnage

College/ After Grad Plans: Studying marine biology at University of Florida  
Favorite FE Memory: First time seeing one of my group lessons swimmers get moved into the swim team!

Advise to the up and coming Warriors: Focus on your own personal growth and trust the process. Progress comes with time and dedication.



Rylie Howard

I am going to Pasco Hernando State College (PHSC). I plan to get my degree in business and hope to have a business of my own one day.  
My favorite FE memory was making senior champs 2 years in a row.  
My advice to the up and coming warriors is to keep your head high and be proud of where you are at today. Stay motivated. Whenever your having a bad day, push your hardest. Those bad days can make you better, even when you think you aren't working very hard. You got this.



# Upcoming Meets/Events

Dates	Host/Location	Additional Info
May 14-15	Blue Wave/Brandon	
May 28	HOME	Team Picture at 8:00AM
May 28	SUMMER SCHEDULE BEGINS	
May 30	NO PRACTICE FOR ALL BUT HP AND ELITE	
June 3-5	CVST/St. Pete	
June 10	FE/LOL	Mini Meet
June 11	WARRIOR-A-THON	
June 17-19	WFLA/Largo	
June 24-26	GCST/Ft. Myers	Travel Meet!
July 9-10	FE/LOL	Fitter & Faster Clinic
July 7-10	Plantation	Sectionals
July 14-17	Sarasota	FLAGS
July 21-24	Gainesville	Sr Champs

**\*\*We utilize the app called Remind to communicate weather-related changes as well as other important team information. Please download it and sign-up for the appropriate group.**

**REMIND GROUPS:**  
 Beginner Warriors- @FEBegin  
 Junior Warriors- @FEJunior  
 Performance- @FEPerform  
 High Perf & Elite - @FESilver  
 MSC & HSC -@FEBlue  
 Homeschool- @FEHome

### All Competing Athletes:

team cap  
 team suit  
 team shirt

### All Athletes:

goggles  
 kickboard  
 pull buoy

### All Green and Blue groups:

long blade fins

### Performance, high performance, and elite:

paddles  
 snorkel

### Silver Practice Groups

short blade fins

## Swim Schedule

	Mon	Tue	Wed	Thur	Fri	Sat
<b>Elite</b>	7:00-9:00am 6:00-7:00pm DL 7:00-8:00pm	7:00-9:00am 9:00-10:00am DL	6:00-9:00am	7:00-9:00am 9:00-10:00am DL	7:00-9:00am 4:00-6:00pm	7:00-9:00am
<b>HP</b>	5:15-6:00pm DL 6:00-8:00pm		7:00-9:00am	5:15-6:00pm DL 6:00-8:00pm	4:00-6:00pm	7:00-9:00am
<b>Perf</b>	4:00-5:15	6:00-7:30	4:15-4:45 DL 4:45-6:00	4:00-5:15		
<b>JR 2</b>	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00		
<b>JR 1</b>	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00		
<b>B2</b>	6:00-6:45	4:00-4:45	4:00-4:45			
<b>B1</b>	5:15-6:00	4:45-5:30		5:15-6:00		
<b>MSC</b>	4:00-5:00	4:00-5:00	4:00-5:00			
<b>HSC</b>	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00		

**When shopping for your equipment through our Team Store, SwimQuik, you will receive 20% off all arena products, including the team suit. arena also provides benefits and incentives to our athletes and the club for certain achievements. For additional details email feaquaticsdirector@gmail.com.**

<https://swimquik.com/collections/florida-elite>



# Upcoming Meets/Events

Dates	Location	Additional Info
May 14-15	Stewart	Regionals - Age Group Qualifiers from Associations
May 21	HOME	END OF THE SEASON SHOW - ALL GROUPS
May 23-25	NO PRACTICE	
May 28	HOME	Team Pictures 8:00AM
May 28	SUMMER SCHEDULE BEGINS FOR AGE GROUP	
June 3-5	Lakeland	Sunshine State Games - Novice, Intermediate, Masters
June 11	TBD	End of Season Party
June 25-July 3	Gainesville	Junior Olympics - Age Group Qualifiers from Regionals

**Monthly Quote:**  
 "Success is the sum of all small efforts, repeated day in and day out"

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro (1 or 2 days)		4:15-5:00			4:15-5:00	
AWD	4:45-5:30					
Show Team		5:00-6:00			5:00-6:00	
8&U Novice			4:00-5:00		4:00-5:00	
9&O Novice		5:00-6:00			5:00-6:00	
10&U Intermediate		5:30-7:00	5:00-7:00	5:30-7:00		
11&O Intermediate		4:30-6:00	5:00-7:00	4:30-6:00		
Green Team (12&U Age Group)	5:30-7:45	5:30-7:45	5:30-7:45			8:00-11:00
Blue Team (13-15 Age Group)	6:00-8:30	6:00-8:30			6:00-8:00	8:30-12:00
Silver Team (16&O Age Group)			5:45-8:15	5:45-8:15		9:15-1:15
Masters		6:45-7:45pm			9:00-10:00am	
*Age Group Small Routines see Coach Camille for your additional practice times						

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Group	Code
Intro	SynchNov
Novice	SynchNov
Intermediate	SynchInter
Silver, Blue, Green	SynchAG

### Equipment Needed:

Synchro athletes need certain equipment to properly train. Any equipment that touches the face cannot be shared between athletes or borrowed from FE. Goggles, caps, and nose clips are available for purchase from your coach.

**Intro and Novice:** Mat

**Intermediate:** Mat and Jump rope

**Green, Blue, Silver:** All Intermediate equipment + running shoes, bands, weights

Congratulations to our 12Us and 13-15s that competed at US Nationals in Irvine, CA!!!



# Athletes of the Month!!

## SWIM



Lili has transformed herself overnight into a fantastic swimmer. Not only does she work extremely hard, pushing her physical and mental limits everyday, but she's also a positive teammate. Lili is always lifting her training partners up, and holding them accountable during sets. She makes everyone better because she does things the right way. Lili is also a very happy person and if you watch a HP practice, they are all usually laughing and smiling and most times, that stems from Lili. This kid sets her goals extremely high and doesn't fear any challenges.

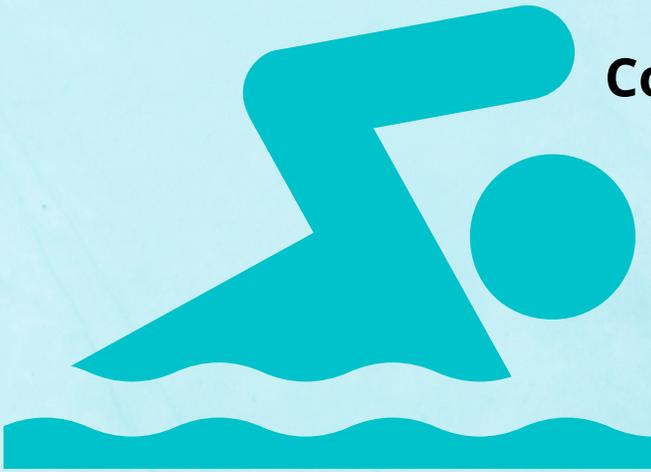
## SYNCHRO



Aiden is our intermediate athlete of the month! He's been working so hard at the pool and is always asking what he can do at home to improve his flexibility and for levels. He also did great at the last meet as the first time doing a solo even though he was super nervous. He swam with confidence and power! Aiden will be competing in 12-U age group male solo division at the Junior Olympics this summer and we can't wait to see him continue to grow as the strong warrior he is!



Birthday	First Name	Last Name	Roster Group
05/03/2008	Ariana	Aponte	Synchro - Blue (13-15)
05/06/2012	Gage	Clark	Beginner Warriors 2
05/06/2013	Ava	Nastelli	Synchro - Novice (4-10)
05/07/2008	Nolan	Musselwhite	Junior Warriors 1
05/08/2006	Naiomi	Almodovar	High School Conditioning
05/12/2013	Daniella	Millan	Synchro - Novice (4-10)
05/13/2008	Manan	Shah	Performance
05/19/2010	Shelby	Adkins	Synchro - Green (12U)
05/22/2012	Ashlyn	Burton	Performance
05/23/2008	Nicholas	Hunter	Middle School Conditioning
05/25/2013	Evan	Bernhardt	Beginner Warriors 1
05/26/2009	Owen	Grevert	Homeschool Group
05/28/2003	Chloe	Pain	Synchro - Silver (130)
05/31/2008	Cullan	Grubaugh	Performance



# Coaches and Board of Directors

## Coaches

Darcee Redding- Aquatics Director  
Guerby Ruuska-Swim Head Coach  
Camille Albrecht-Synchro Head Coach

### Swim

Robin      Tori  
Cameron   Kara  
Kayla      Abigail  
Ashlyn  
Jennah

### Synchro

Zoe  
Maria  
Kyra  
Maja  
Juliana

## BOD

Michael Speilberger- President  
Steve Swenson-Treasurer  
Chris Johnson-Secretary

At Large Members:  
Brent Smith  
Jeanie Saunders

## Contact Info

Aquatics Director-[FEaquaticsdirector@gmail.com](mailto:FEaquaticsdirector@gmail.com)  
BILLING- Billing Email: [billing.floridaelite@gmail.com](mailto:billing.floridaelite@gmail.com)  
TEAM ADMIN- JAMIE RADITIC-MEHALSO Email: [floridaeliteswim@gmail.com](mailto:floridaeliteswim@gmail.com)  
Phone - (813)279-5445

# Masters Info!!

REMIND CODE: @FEAquatics

## SWIM

### Mon

5:00-6:30AM/8:45-10:30AM/1:00-4:15PM  
6:15-8:15PM

### Tues

5:00-6:30AM/8:45-10:15 AM/7:15PM-8:15PM

### Wed

1:00-4:15PM/6:15-8:15PM

### Thurs

5:00-6:30AM/8:45-10:15AM/1:00-4:15PM/  
6:15-8:15PM

### Fri

5:00-6:30AM/8:45-4:30PM/6:30-8:00PM

### Sat

7:00AM-1:15PM

## SYNCHRO

### Tues

6:45-7:45PM

### Fri

9:00-10:00AM

