ONLY A FEW MEETS LEFT!

As our long course season comes to a close, EST wants to congratulate the swimmers who continued to improve throughout the summer. EST has a number of swimmers who have qualified for ISI Regionals and State, and we wish them our very best as they move forward! We have a dual meet July 15 at York against Wheaton Sports Center and our Conference at Downers Grove North H.S. is July 21. Swimmers, thanks again for another great summer! We hope you had a chance to enjoy the long course season

25TH ANNIVERSARY TEAM O

2015-16 will be EST’s 25th year! Join our 25th Anniversary Team for what will be a great season as EST moves forward!

***REGISTRATION OPENS AUGUST 3!!!!***

EST has served thousands of kids and families in the past, but we've got a lot in store for our current swimmers. Celebration of our 25th will be full of fun and surprises.

VISIT WWW.SWIMEST.ORG AND

REGISTER FOR 2015-16, REVISIT CALENDAR

COACH’S CORNER

Hi EST families! Summer 2015 proved to be a fun long course season for EST. I am proud of our swimmers for their work in the water and it is nice to see how many of them are taking their skills to new levels. I am also pleased with the support that an energetic Board has given EST this summer and in planning for the 25th Anniversary Team—yep… I have been here for a quarter-century. The coming year is going to be great, with new practice and meet technology, a bit more pool time and some great events for the kids. With that in mind, I encourage parents (particularly those with younger swimmers) to say hi to the coaches and give serious thought to where you can contribute as EST goes forward.

*Coach Dave*

JULY-AUGUST AT A GLANCE\*\*

July 15: Dual Meet at York (Wheaton S.C.)

July 17-19: Regionals at Lyons S.C.

July 21: Conference Meet (Downers North)

July 22: Board Meeting

July 23-26: Age Group Champs (Pleasant Prairie)

July 30-Aug. 2: Senior Champs (Univ. of Chicago)

August 3: Registration Opens for 2015-16

***\*\* ALWAYS check*** [***www.swimest.org***](http://www.swimest.org) ***for updates.***

Officials Needed! Train 10/11

EST hosts an ISI Officials’ Training Clinic at York on October 11. Some parents noted that they could not make more remote training, so please pencil this one in. It’s at our home pool and we need to pull together 8-10 parents interested in officiating. Some of our on-deck team has a past in swimming, but an equal number started from scratch. Younger parents, you will not find a more meaningful chance to spend time in the sport than working as an official and advancing within the system.

EST Draws Olympians to York!

Join EST as it hosts consecutive Fitter & Faster clinics on November 22, 2015. Two United States' Olympic swimmers will visit York to provide two swim clinics that address stroke, dry land preparation and meet preparation. Both clinicians got their starts with local clubs. Parents, you are welcome to sit in a discussion with a parent of one of these swimmers who will discuss competitive swimming from a parent's perspective. Look for details when registration opens on August 3. EST swimmers have a first-come, first-serve priority for registration and EST will pay $50 of each swimmer's tuition. Keep this on the calendar as clinics will fill!

EST’s JULY BIRTHDAYS!!!

Birthday Wishes going out this month to the following EST swimmers, some of whom have aged with us on deck at our summer meets!

07/01: Griffin Sanders, Brendan Wagner; 02: Patick Barry; 03: Samantha Marlott, Sean Wilson;

04: Artemis Siavelis; 05: Julia Kevin and John Koterba; 06: Sarina Kao, Katrina Vallort, Lily Ryan; 07: Joy Hernandez; 09: Max Delaney; 11: Zoe Daniel; 12: Conor Mulcahy; 13: Abigail Sardo: 14: Grace Ginter; Andrew Erhardt; Noley Hanna; 15: Evan Gibbons, Eva Graefe, Daniel Grant: 16: Shannon Wagner, Gabriel Hessling; 18: Aiden Koehne; 19: Nick Pomatto; 20: Alexander and Katherine Matthews; 21: Samuel Phillips, Paula Derengowski, Tia Hessling, Molly Fahy, Lucy Guistolise; 24: Jack Tuchscherer; 26: Justin Zellinger; 27: Julia Allie; 28: Petar Janjic; 29: Jacqueline Fisher, Dominic Drozdowicz, Leah Grivetti; 30: Owen Rehling, Nikola Miklyukh, Anaya Patel, Mateusz Janowski.

VOLUNTEERING CRITICAL TO EST

EST relies heavily on volunteers. Without them, local energy fades and the teams die. While many believe that a standard parents' or kids' group will survive with 10% of the people doing 90% of the work, this does not work with swimming. At times, we have 65 families (more on other occasions). Running a time trial or dual meet requires one person from half of our families. The ISI in December requires at least two sessions from every family. Adding to the demand for volunteerism among parents are new rules at USA Swimming and the rotation of the Board and key committee members. As a result, the Board has determined to adopt a volunteer policy that solidifies the family volunteer requirement. The importance of family support *cannot* be understated. EST is one of the last area teams to adopt a policy that mandates sessions for families and ties a failure of support to a family volunteer fee. Further, parents will be assigned positions, with specific dates requested filled as able, on a first-come basis from August 3 forward. EST will allow children age 12 and over to meet a portion of the family volunteer commitment, but this will only be possible on a limited basis during dual meets or time trials. Each family needs to plan on volunteering during 2-3 dual/time-trial meet sessions before the December ISI meet. At the December ISI meet, each family work two (2) complete meet sessions. Please calendar your scheduled sessions.

EST greatly appreciates the help from our volunteers. Timers, you are too numerous to list here, but please join EST’s “Timer Team” for 2015-16, promise a few sessions above and beyond the call and we will work on a nice dry-fit shirt for your efforts! Some of our families have gone beyond... Our officials worked tirelessly over the summer. Referees: Doug Kellerstras and Mark Daniel. Starters: Troy Waldherr and Amy Sanders. Administrative Judge: Julie Jones. Judges: Pat Mulcahy, Suzy Harrington, and Bob Maiers. Soon-to-be judges: Mindy Honken and Mike Downey. Board members worked hard to update policies and modernize various team practices: Mark Daniel, Suzy Harrington, Lucy DeMare (also meet announcer), Christine Pfaff (husband Richard also works Colorado timing), Andriani Siavelis, Dan Harrington (also meet announcer), and Nancy Morley. To our volunteer coordinator, Brenda Logan… thanks!

EST ROAD MEETS/TRIPS

EST will visit a great public aquatics center in Holland, MI this October. Swimmers should set motivational times to “BB” and look to Indianapolis in January. Also, look for the 2016 trips to South Bend, Palatine and St. Charles.

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