



## SWAMP THINGS NEWS

### WINTER WIND-DOWN/LCM SEASON STARTERS

Feb 26-28 – SCY Regionals at Elgin  
 Mar 3-6 – Senior SCY Champs at UIC  
 Mar 8 – Board Meeting, Pool Office at 6:00 PM  
 Mar 10-13 – Age Group SCY Champs at UIC  
 Mar 10-13 – Speedo Sectionals at Pleasant Prairie  
 Mar 15 – Deadline to Submit for Board Position  
 Mar 22 – Team Banquet/Awards Dinner & Election  
 Apr 7-12 – April/Stroke/Summer Reg. Opens  
 Apr 12 – Tentative First Day of April Swim  
 Apr & early May – Officials’ Clinics  
 May 17 – Tentative First Day of Stroke Clinic  
 May 20-22 – Irish Aquatics Meet at Notre Dame  
 May 30 – Memorial Day Parade (all swimmers)  
 Jun 4-5 – Tentative Palatine P.D. Shark Frenzy  
 Jun 6 – First Day of Summer Swim Practice  
 Jun 6 – Summer Meet Volunteer Signup Opens  
 Jun 15 – Possible Dual Meet/Time Trial  
 Jun 17-19 – Targeted Weekend for Travel Meet  
 Jun 22 – Possible Dual Meet/Time Trial  
 Jun 23-26 – Team Building Camping Trip (older)  
 Jun 26-Jul 3 – Olympic Trials in Omaha  
 Jun 29 – Possible Dual Meet/Time Trial  
 Jul 6 – Possible Dual Meet/Time Trial  
 Jul 9-10 – St. Charles Endless Summer Meet  
 Jul 13 – Dual Meet/Time Trial  
 Jul 19 – Conference IV Summer Champs (at York)  
 July 21-24 – Speedo LCM Sectionals at Brown Deer  
 Jul 22-24 – Regionals  
 Jul 28-31 – LCM Age Group Champs at Pl. Prairie  
 Aug 4-7 – LCM Senior Champs at UIC  
 Aug 4-7 – Central Zone MEGA at Indianapolis  
 Aug 6-13 – Olympic Swimming

**CONFERENCE IV MEET CHAMPS:** EST’s 100+ swimmers made waves at Downers North! While EST finished second, we were very happy with our several top finishes. Top 10’s in different events with winners noted included: **8 & Under** Haylee Morgan, Kira Caputo, Caitlin Wagner (1<sup>st</sup> 25 Fly), Molly Fahy, Meghan Farnan, Zola Nowicki (1<sup>st</sup> 50 Free, 1<sup>st</sup> 50 Breast), Sarah Marek, Olivia Bernardi, Simone Sosa, Gabe Piper, Eddy Miljanovic, James Roelle, Eamon Hall, Dylan Schwantner, Zachary Dench, Ryan Fahy, Kevin Johnson; **9-10** Brigid Wagner, Ellie Newman, Jane Marlott, Sofia Angiulo, Ames Puckett, Claudia Schwantner, Paula Derengowski, Anaya Patel, Abby Sardo, Nick Maiers (1<sup>st</sup> 50 Free, 1<sup>st</sup> 100 Free), Alec Kissane, Filip Palutkiewicz, Carter Fask, Jake Koterba, Alex Flores, Christopher Bajda; **11-12** Claire Pfaff, Lauren Jones, Gabrielle Honken, Sarah Grivetti, Katherine Steahly, Anthony Bauer (1<sup>st</sup> 50 Breast), Anthony Flores, Michael Abinion, Dominic Campione, Dominic Drozdowicz; **13-14** Delaney Tase (1<sup>st</sup> 50 Free, 1<sup>st</sup> 100 Free), Moleigh Waldherr, Amanda Polach, Nicole Demare, Grace Garvey, Isabella Sgarbossa, Brendan Wagner (1<sup>st</sup> 100 Free), Daniel Bajda (1<sup>st</sup> 100 Breast), Xander Hall, Griffin Sanders, Liam Popovsky, Pranav Kandula, Max Shemroske; **15+** Kanah Hori, Meghan Koterba, Ciara Mulcahy, Paula Nolte (1<sup>st</sup> 100 Breast), Marissa Logan, Amy Feltz, Samantha Harrington, Anna Christiansen, Katerina Siavelis, Thomas Bennett, Jeremy Harrington.

**Winning relay teams** Girls 8 & Under Free and IM, Girls 13-14 200 IM, Girls 15+ 200 IM

**SWIM QUESTION?** Hit coach at [swimest@gmail.com](mailto:swimest@gmail.com)

February 2016

February 2016

February 2016

February 2016



### **Regional Team:**

*EST swimmers, coaches and officials will continue with their work in the water and on deck for a few more weeks. Good luck to the following swimmers who represent EST as its 2016 SCY regional qualifiers!* Christopher Bajda, Daniel Bajda, Anthony Bauer, Anna Christiansen, Nicole Demare, Amy Feltz, Anthony Flores, Sarah Grivetti, Robert Gussy, Xander Hall, Ben Harrington, Jeremy Harrington, Samantha Harrington, Kanah Hori, Sarina Kao, Alec Kissane, Meghan Koterba, Marissa Logan, Nick Maiers, Alex Marlott, Isaac Marlott, Jane Marlott, Ciara Mulcahy, Ellie Newman, Paula Nolte, Filip Palutkiewicz, Claire Pfaff, Amanda Polach, Tomasz Radziszewski, Isabella Sgarbossa, Delaney Tase, Blake Thompson, Brendan Wagner, Brigid Wagner, and Moleigh Waldherr.

**REGISTER** for the March 22 Banquet & Awards Dinner—6 PM, Diplomat West, 681 W. North Ave., Elmhurst. Families welcome. See events page.

**OFFICIALS CLINICS!!!! A few parents needed to step up ASAP** We need 4 new stroke and turn (deck) and 2 new admin officials (computer/results). The team cannot operate meets without you. Dates of clinics will be posted later this week under the Committees/Officials Tab at the Illinois Swimming website. More information on team website. EST cannot understate its appreciation for the work of its officials Doug Kellerstras, Troy Waldherr, Amy Sanders, Pat Mulcahy, Mark Daniel, Suzy Harrington, Bob Maiers, Pam Hamil and Lorraine Walker. It's possible that you will receive a call from one of them, particularly if you have a younger swimmer. Do not hesitate to call any of them if interested in officiating.

**SCY VS. LCM:** Consider this... The distances do not change much, just a matter of fewer turns at some of our summer meets. Weekends are in a 50 meter pool. SCY=short course yards (fall/winter/summer weekday meets), LCM=long course meters (summer weekends). You will be surprised at how fun LCM meets can be for swimmers and parents.

**OFFICER ELECTIONS:** Attendees at the March 22 banquet will elect team officers. The officers serve as the directors of the team, with responsibility for the business and operational side, and they work closely with coaches and several key volunteers. The Board meets monthly in the pool office and divides work among a larger group of parents. The president, treasurer, registrar, and secretary are up for election to one-year terms starting in April. The second vice-president is up for election for a two-year term starting in April. Please return the attached form (also available on the website under the Parents tab (Documents)) to [president@swimest.org](mailto:president@swimest.org) if you intend to run for any of these offices. Office descriptions are at various locations on the team website.

**VOLUNTEER POLICY STATUS:** When EST moved into the 2015-16 season, the Board continued the policy of having each family contribute one Friday meet session and two Extravaganza sessions. The Board is in the process of reviewing matters with team families. It is also considering the demands for volunteer help this summer when we will have 3-4 Wednesday meets and host the summer conference meet. Please watch for volunteer news. EST's swimmers benefitted greatly from everyone's help during the 2015-16 SCY season; let's continue that this summer.

**FEES:** The Board lowered swimmer fees for this summer and it is reviewing the fee schedule for next Fall.

**YARD SIGNS:** Please get them up at the end of Spring Break. Need one? Please email [president@swimest.org](mailto:president@swimest.org).

## ELMHURST SWIM TEAM BOARD OF DIRECTORS NOMINATION FORM

I wish to be a candidate for election to the office and for the term designated below and to serve as a director of Elmhurst Swim Team. The election will take place at the Annual Meeting at the banquet on March 22, 2016. I understand that I will be placed on the ballot for election and I authorize Elmhurst Swim Team.

CHECK 1	OFFICE	TERM	DURATION
	PRESIDENT	ONE (1) YEAR	April 2016 - April 2017
	SECOND VICE PRESIDENT	TWO (2) YEARS	April 2016 – April 2018
	TREASURER	ONE (1) YEAR	April 2016 - April 2017
	SECRETARY	ONE (1) YEAR	April 2016 - April 2017
	REGISTRAR	ONE (1) YEAR	April 2016 - April 2017

In signing this form, I agree that I will review the bylaws and team policies of Elmhurst Swim Team and, if elected, that I will serve in the position for which I am being nominated with an understanding of my obligations throughout my term. I understand that an officer may not serve in any one position for more than two consecutive terms unless the position is uncontested. I also understand that I am eligible to hold office only if I have a swimmer registered and in good standing with Elmhurst Swim Team.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Contact number: \_\_\_\_\_

Contact email address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

By MARCH 15, 2016, please complete and return this form by email to: Mark Daniel, Board President, at [President@swimest.org](mailto:President@swimest.org).

Ballots will list candidates by office and in the order nomination materials arrive by email. Ballots will be distributed and may be cast when attendees check in at the Annual Meeting and banquet on March 22, 2016. One (1) ballot for all positions may be cast by each attending family. Voting will be closed thirty minutes after the start of the banquet and the results will be announced at the end of the dinner and before the remainder of the evening’s program.

**THANK YOU FOR YOUR INTEREST IN HELPING ELMHURST SWIM TEAM!**