



PHOENIX
SWIMMING 

General Information Packet- Manchester

Phoenix Swimming History and Mission Statement:

Phoenix Swimming was started in September 2010 by Head Coach Lori Paszko and Associate Head Coach Matt Williams out of Haverhill, MA. In September 2018, we started a new site of Phoenix Swimming in the Manchester, NH area. Associate Head Coach Todd Bohannon joined our staff in April 2019 to become the head coach of the members in Manchester.

We are a coach-owned team governed locally by New England Swimming (Local Swimming Committee- LSC) and nationally by USA Swimming. We are a year-round, competitive swim team that serves swimmers of all ages and abilities. Ultimately, we are looking for swimmers who are going to contribute to and further our team camaraderie and for families that are as passionate about swimming and this team.

In our first nine seasons, we worked toward our mission and both taught and learned how to put to practice the important life lessons that we all get out of swimming. Our mission as a club is to provide an environment where every swimmer can develop character, social and personal responsibility, discipline, and the desire to challenge perceived limitations through self-confidence. The staff of Phoenix Swimming is committed to teaching, motivating, and inspiring all members to excel. This mission touches all aspects of our team. Whether it is in the pool, the classroom or the community, Phoenix swimmers are excelling. Our core values of courage, perseverance, and integrity, guide our coaches and our athletes as we continually seek to raise the team to the next level of performance.

When we started the team, we wanted the emphasis to be on the team and the ceiling of the team's success is only limited by the dreams and expectations of all members. Being part of Phoenix Swimming is about the whole family, swimmers and non-swimmers. It is about teaching discipline, self-motivation, and team work to our children and youth. It is about building community among our parents. As coaches, Matt and I strive to create an environment that will nurture, influence, and motivate your swimmers in the pool and beyond. When all three components contribute their best, it is then that the team is at its best.

PHX is a swim club founded on the importance and role of every swimmer and through our successes we have started to get a national presence. Some team highlights and accomplishments are listed below:

- Bowdoin Open 2013, 2014, 2015, 2016, 2017, and 2018 Team Champion
- New England 12 and Under Short Course Championship Team Runner-Up in 2012, 2013, 2014, and 2015
- New England 12 and Under Short Course Champions for Men in 2015 and Women in 2016
- New England 14 and Under Long Course Championship Team Runner-Up in 2014 and 2015
- New England Senior Championships 2014 Team Champion
- New England 15-18 Short Course Championships 2014 Team Champion
- Eastern Zone Speedo Sectional Meet 2014 Men's Champions / Team Runner-Up
- Southern Zone Speedo Sectional Meet 2015 Men's Champions/ Team Runner-Up
- Central Zone Speedo Sectional Meet 2016 Men's Team Champions/ Women's Runner-Up/Team Runner-Up
- New England 10 and Under Long Course Championships 2017 Team Champion
- Central Zone Speedo Sectional Meet 2018 Men's Runner-Up/ Women's Runner-Up/ Team Runner-Up
- New England 2018 11-14 SCY and LCM Championship Women's Runner-Up
- Neptune Natation International Invitational Team Champion 2018 and 2019
- 2019 USA Swimming Futures Championship Women Team Champion
- Numerous New England Swimming Individual and Relay Records (56 set since 2014)
- National Age Group Record Set in the 13-14 200m Free Relay (March 2019)
- Numerous Nationally Ranked and All-Time Top 100 Times in USA Swimming
- Invited to the 2012, 2016, and 2018 USA Swimming Age Group Summit as one of the top 40 teams in the USA (based upon athlete development and performance)
- Currently ranked 4th in New England and 107th Nationally among all club teams governed by USA Swimming (out of over 13,000 teams)

Coaches:

Head Coach- Lori Paszko

Lori has been involved in coaching for a number of years and has been part of New England Swimming since she was a swimmer growing up in Haverhill, MA. She has been a coach for the Cedardale Swim Team from 1997-2012, worked full-time as an assistant coach for the senior program and head coach of the 14 and under program at Merrimack Valley Pirates/ Magnus Aquatic Group/ Crimson Aquatics from 2002-2010, and served as assistant coach for the Andover High School Girls Swim Team in 2008 and 2009, in which they won their tenth MIAA State Championship. Lori's swimming philosophies and training design was an instrumental part in winning twelve New England 12 and Under Championships and two New England 14 and Under Championships. In our first eight years as Phoenix Swimming, her proudest moments are having the entire team qualify for Regionals, placing increasingly higher at all levels and ages of New England Championship meets, and seeing her swimmers continue to grow and develop into independent, happy, and socially-conscious individuals. Lori is a Level III American Swim Coaches Association certified coach and is also Lifeguard, CPR, First Aid and Water Safety Instructor certified. Some of her career highlights since becoming head coach of Phoenix Swimming are listed below:

- Attending the National Age Group Summit three times (one of only 4 teams nationally)
- Named 2014, 2016, 2017, and 2018 Top-30 Woman in Coaching by USA Swimming
- Attending the Olympic Training Center for USA Swimming National and Diversity Training Camps with multiple swimmers
- Named 2017 New England Swimming Coach of the Year
- Invited to coach the 2015 Eastern Zone Select Camp in Baltimore, MD, named head manager for the 2017 Eastern Zone Select Camp in State College, PA, and selected to join the staff of the 2017 National Select Camp at the Olympic Training Center in Colorado Springs, CO.

With this experience and through continuously seeking knowledge to provide the best training techniques and drills to her swimmers, Lori is excited by the challenges and new expectations of our 2019-2020 season. She will be responsible for the seasonal training plans and will have involvement with all swimmers. We are Phoenix Swimming!

Associate Head Coach- Todd Bohannon

We are incredibly lucky to have a coach with such experience at coaching swimmers of all abilities join our coaching staff and head up the site in Manchester. Todd previously was Head Coach of West Nantucket Swim Team (WACK) where he grew the team both in membership and in expectations. He has coached a number of NE Champions, Sectional Qualifiers, and Futures Qualifiers in his time at WACK and hopes to bring his training philosophies and emphasis on technical development to Phoenix. Todd is currently on the NE Swimming board as the Junior Coaches Representative. He has been a member of the NE Zone Team Coaching staff for the past few years and he was named Head Coach of the NE Zone Team for the 2019 meet. He is looking forward to starting this season with the team, getting to know all the members better, and being a major contributor to the continued success of Phoenix Swimming.

Assistant Coaches Manchester- Matt Williams, Tim Thompson, Kathy Thompson, Jean Mitchell

Training Group Structure:

Phoenix Swimming is a program that is structured based upon the belief that to optimize each athlete's opportunity to develop both as swimmers and as people, we need to offer training groups that center around a systematic progression of expectations and involvement.

Fundamentals of all training groups are a love for swimming, a love for Phoenix Swimming, and continued emphasis on technique and skill development. As swimmers age and develop physically and emotionally, their workload both in and out of the pool needs to increase. Often this physical challenge leads to swimmers learning how to respond to psychological challenges and how they need to rely on the support of their coaches, teammates, and parents to address such challenges and overcome them.

The emphasis of Phoenix Swimming is long-term results and long-term involvement in the sport. At each level and for each swimmer the goals and objectives are specific. Training plans are based upon the needs of the swimmers participating in each group and with the long term goal of excellence in the pool and in life. As each child is different, he/she will progress at his/her own rate. All group assignments are at the discretion of coaches and are based on an understanding of each swimmer's development and progression.

Novice Group:

Practices 3 days per week for 1 hr

Ages 10 and Under

Introductory program to competitive swimming with a major focus on establishing concrete technical fundamentals and improved body coordination and awareness. Through a progression of stroke drills and by introducing different training skills and processes, swimmers will become more comfortable and stronger in the water, will start to refine all four competitive strokes, and will start to understand their role as members of Phoenix Swimming.

Payments: \$1100 Yearly/ 4 Quarterly Payments of \$300/ 11 Monthly Payments of \$120

Age Group Program:

Practices 4 days per week for 1hr 30 min to 2hrs

Ages 8-12

The majority of the time is spent on refining stroke mechanics by utilizing stroke drill progression throughout the season and by developing the ability to align and merge technique changes with an improved understanding of racing and race strategy. Goals of this group range from learning to utilize a pace clock to developing a strong sense of good sportsmanship and healthy training, competition, and teammate relationships.

Payments: \$1600 Yearly/ 4 Quarterly payments of \$425/ 11 Monthly payments of \$160

Junior Group:

Practices 5-6 days per week for 1hr 30 min to 2hrs

Ages 10-14

This program and the training schedule are centered around merging the development of solid, stable technique with an increased and progressive workload. Training processes that were introduced in the age group program, such as threshold training, goal setting or meet preparation, will be further explained and the responsibility of the athlete in training and competition will increase. Group meetings, goal meetings, informational sessions, alternate

dryland opportunities are all a vital part of this group in terms of physical, emotional and social development as individuals and as members of Phoenix Swimming.

Payments: \$1900 Yearly, 4 Quarterly payments of \$500/ 11 Monthly payments of \$190

Senior Group:

Practices 6 days per week for 1hr 45min to 2hr 15 min

Ages 13+

As our highest training group, the expectations on these Phoenix Swimming members are high in both training and in how they conduct themselves as individuals. These athletes are the team leaders, role models, and many will be our team's representatives at the highest levels of competition in New England, the Eastern Zone and Nationally. Senior group members are expected to be mature, dedicated, committed, responsible, and dependable. As swimmers develop through our program and through our senior team, they will gain an understanding of how self-confidence, determination, discipline, and the ability to challenge oneself and others in a healthy, constructive manner will facilitate their training, make them better swimmers and teammates, and will become the tools that assist each individual in defining their own personal character. As with Junior Group, group meetings, goal meetings (both as a group and individually), informational sessions, and alternate dryland opportunities are all essential in constructing successful swimmers, training groups, and a dominant team.

Payments: Senior Group- \$2300 Yearly/ 4 Quarterly payments of \$600/ 11 Monthly payments of \$225

Throughout each individuals progression and development as members of Phoenix Swimming, coaches will be reassessing group placement based upon a number of factors including providing the most ideal training environment (considering both ability and the importance of social networks). Also, as coaches, we reserve the right to make sure we are providing each swimmer with every opportunity to improve their skill level without "over training" and jeopardizing the ultimate long-term goal of excellence in the pool and in character. Any training and competition decisions are made by the coaches and will be made with every swimmers best interest in mind.

**The costs listed above covers swimmer's tuition. Meet fees (swimmer participation fee, entry fees, per event fees, travel fees), registration fee, and Apparel/ Equipment are not included in the listed fees. All swimmers are registering for the full year (September 2019-July 2020)

Team Contact Information:

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Team Website: www.phoenixswimming.com (is being updated and may be temporarily shut down periodically from August 17th-23rd)

