

# Fall 2022 Phoenix Conference Information

The Phoenix Conference program is an important part of our age group and novice development plan. We aim to accomplish several goals for both swimmers and parents. The conference meets are designed to give swimmers competitive experience in a low-key setting. The meets are short, fast-moving and exciting; the individual races are set-up to be as competitive as possible, with swimmers of similar age, ability and experience competing against each other. The meets provide swimmers with an opportunity to showcase their improvement in front of teammates, parents and coaches. We also work to build team spirit and encourage sportsmanship. For parents, it is an opportunity to meet other parents and a training ground for volunteer meet work.

## Conference Team Assignments

The Conference Team assignments are attached to this email and posted on the website. If anyone is missing, or if any siblings are on separate teams, please contact Coach Aiden (367-7657 or coachaidenk@gmail.com). Also, please report misspelled names and incorrect age classifications.

## Conference Meet Parent Help and Admissions

The help of approximately 30 parents is needed to run one of our conference dual meets. Please sign-up to help out by logging into our team website ([www.lakecountryswimming.com](http://www.lakecountryswimming.com).) You can sign-up for each conference meet under the "Current Events" tab. Just select the meet, click on the "Job Sign-up" button and follow the instructions there. Spectators, or non-volunteering adults, will need to pay \$1 admission for each meet. Please note that concessions are not available during these meets. If trained, please sign-up for those positions first (announcer, computer, SST, official) and earn 15 seasonal service points as well. **Volunteer sign-up for each meet will be available on 11/21.**

## Dual Meet Time Schedule (All meets are at Arrowhead High School)

Each swimmer will swim two of three dual meets, depending on team assignment.

<b><u>Tuesday, Nov. 29th</u></b>	<b><u>Wings v Blaze</u></b>
5:35 pm	Warm-up for Age Group Gold, Silver, Bronze and Super 8
5:55 pm	Warm-up for all Ribbon Groups (levels 1-6)
6:10 pm	Competition begins
<b><u>Tuesday, Dec 6th</u></b>	<b><u>Flames v Wings</u></b>
5:35 pm	Warm-up for Age Group Gold, Silver, Bronze and Super 8
5:55 pm	Warm-up for all Ribbon Groups (levels 1-6)
6:10 pm	Competition begins
<b><u>Tuesday, Dec. 13<sup>th</sup></u></b>	<b><u>Blaze v Flames</u></b>
5:35 pm	Warm-up for Age Group Gold, Silver, Bronze and Super 8
5:55 pm	Warm-up for all Ribbon Groups (levels 1-6)
6:10 pm	Competition begins

## Championship Meet Time Schedule

Swimmers on all three teams compete in the Conference Championship Meet. Ribbons are awarded to all finishers in the Conference Championship Meet.

<b><u>Saturday, Dec. 17th</u></b>	<b><u>Conference Championship (Blaze, Wings and Flames)</u></b>
9:00 am	Warm-up for Age Group Gold, Silver, Bronze and Super 8
9:20 am	Warm-up for all Ribbon Groups (levels 1-6)
9:40 am	Competition begins

## Meet Entry & Fees

All swimmers are automatically entered in these meets by the coaching staff. Swimmers in Age Group's Gold, Silver, Bronze and Super 8's will be charged a \$20 entry fee; swimmers in Ribbons have already paid this fee. Most swimmers will swim two to three individual events and one relay. Please notify Coach Aiden (367-7657 or coachaidenk@gmail.com) if your child cannot attend a meet, or if they will arrive late or must leave early. **If your child becomes ill or injured the day of the meet and cannot attend, please call the team office (367-7657).**

## Meet Day

When swimmers arrive at the pool they should get into their suit and report to their team area. **Please arrive early** enough for your swimmers to dress, check-in, write their events on their hand and be ready to swim, with cap and goggles on, by the start of warm-up. Each team will have a check-in table and swimmers should check-in with team coaches. The entries are posted, as well as in the hands of all coaches. The coaches will help swimmers find event number and lane assignments and write it on their hand. Once this information is on a swimmer's hand, any coach or parent will be able to help swimmers get to the start for their event. Swimmers in 25-yard events are called to a "clerk of course" where they are organized into their event and lane and escorted to their starting end of the pool. Swimmers in 50-yard or longer events will report directly behind the blocks for their races.

Relay assignments will also be posted, but due to unanticipated absences, these assignments often change. The coaches will organize the relays and escort them to their lanes without the help of the "clerk of course." Before getting dressed, all swimmers should check with one of their coaches to see if they have been added to any relays – this often happens!

Swimmers are asked to stay in their team area throughout the meet. It is much easier to find swimmers when they are in the team area, but more importantly, this helps promote teammanship. Please do not let your swimmer sit with you in the stands. We also ask that all swimmers plan on staying until the end of the meet. The coaches of the winning team will take a victory plunge.

	<b>Blaze</b> vs Wings (11/29) vs Flames (12/13) Conference Champs (12/17)	<b>Flames</b> vs Wings (12/6) vs Blaze (12/13) Conference Champs (12/17)	<b>Wings</b> vs Blaze (11/29) vs Flames (12/6) Conference Champs (12/17)
<b>11-Over Girls</b>	Julia Galow Esha Praveen Sage Sanchez Emilee Dreher McKailyn Andrews Elin Oettinger Anna Flanders Elsie Ludwig Melody Li	Chloe Herger Evie Williams JJ Dallen Willow Fedinia-Beste Lucy LaMack Madeline Reaume Nola Reineking Aria Langford Aila Anderson Thalia George	Kali Lewek Grace Wagner Tressa Navarrete Addison Dietrich Breleigh Laufer Maya Zimmerman Hannah Feilbach Rhiannon Henkel Reese Pastors Hannah Bishop
<b>9-10 Girls</b>	Lily Schuldt Lexie Bell Paige Geisler Olivia Hess Siana Ellenbecker London Carviou Sophia Freiboth Claire Howery Charlotte Mantz	Lily Restock Perry Peterson Grayson Schindhelm McKinley Anderson Adelyn Speiser Amelia Keene Hadley Braun Ashley Schultz Zoe Thieme	Reagan Halfen Mea Schmeckpeper Laura Feng Mia DiPietro Morgan Cramer Cora Maksimuk Rowan Henkel Ellie Rupnow Anna Garcia-Vazquez Lydia Singh
<b>8-under Girls</b>	Harper Wajda Heidi Brown Annabelle Malcolm Lilly Banach Lara Oettinger Evelyn Schneider Cora Perfect Clara Nenning Quinn Pantzclaff	Cecilia Lasnoski Therese Lasnoski Ella Restock Mia Baumann Anna Egholm Grace Egholm Piper Spaeth Sailor Irion Regan Irion Neve Irion	Harper Will Maggie Stover Chloe Liu Isabelle Neuman Skylar Gerrits Zofia Brzycki Agata Bryzycki Dakota Krueger Josie Rupnow
<b>11-over Boys</b>	Connor Gritt Peyton Swearingen Andrew Malcolm Mason Kaehler Logan Hipkiss Braedon Schlais	Ethan Lasnoski Noah Wilkins Charlie Senczyszyn Fynn Essenmacher Levi Essenmacher Zachary Grall	Brian Pinkalla Troy Axford Weston Hawkins Henry Koenig Leo Zell Christopher Larkin Grant Singh
<b>9-10 Boys</b>	Max Hurab Emmett Brown Max Wang Linus Haworth Harry Malcolm Rana Kondapalli Levi Wetzel Ethan Bradt Charles Douglass Jax Fahrenholz	Robinson Reiser Sam Ciebell Mason Rodwell Henry White Isaac Decker John Zweg Brandon Yates Lukas Howard Jack Dulay Ethan Popowski	Brady Neuman Derek Liu Bentley Gundrum Jaxon Lisowski Max Stover Holden Pommerening Chase Blossmore Wesley Wyatt Beckett Brandl
<b>8-under Boys</b>	Eli Schuldt Felix Leider Aaron Wang Thomas Ransom Jacob Smith Harrison VandeBerg	Will Restock Calvin Reiser Pierce Anderson Henry Decker Ben LaMack Hudson Reineking	Oliver Loch Cedric Ellie Caleb Henkel Gus Frank Jimi Hu