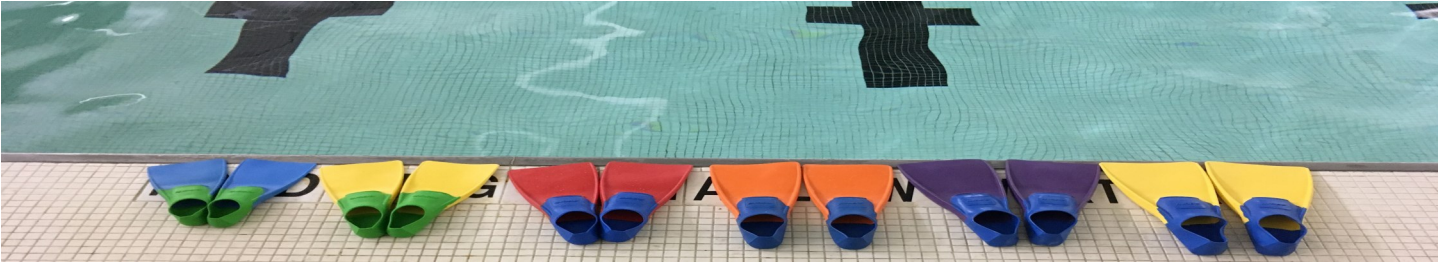


# The Eels Informer



## A Note from Coach Plank...

I love this picture of all the various sizes of our training fins! It illustrates our team PERFECTLY! From the tiniest pre-team swimmer to the most senior of swimmers (Evan/Mason...I don't think your flippers are illustrated in this picture!), SRST has little and big fish of all sizes!



Welcome to the 44th season of the Slippery Rock Swim Team! This is my 5th year coaching this incredible team. It has been such a blessing to watch SRST grow in so many ways. Our registration numbers are an all time high, pre-team sessions are near complete capacity through March 2023, our coaching staff has incredible depth and versatility, and our parent board is stronger than ever. I smiled as pre-team swimmers arrived on Thursday with equipment bags in hand, and one little silver group swimmer was ready for his first USA meet next month! All the while my senior and red group swimmers are already establishing incredible test set times in practice on day 5!

We have worked very hard over the past 5 years to develop a culture of diversity, inclusion, understanding, sportsmanship, work ethic, and FUN! No matter where we travel, many have recognized this culture and complemented me on my "amazing team." Our swimmers are polite, look out for each other, and travel with professionalism well beyond their years. Thanks to all of you for raising some incredible kids, and for allowing me to watch them grow into some amazing people, both in and OUT of the water. I look forward to yet another incredible season with this very special team.

See you at the pool,

Coach Plank

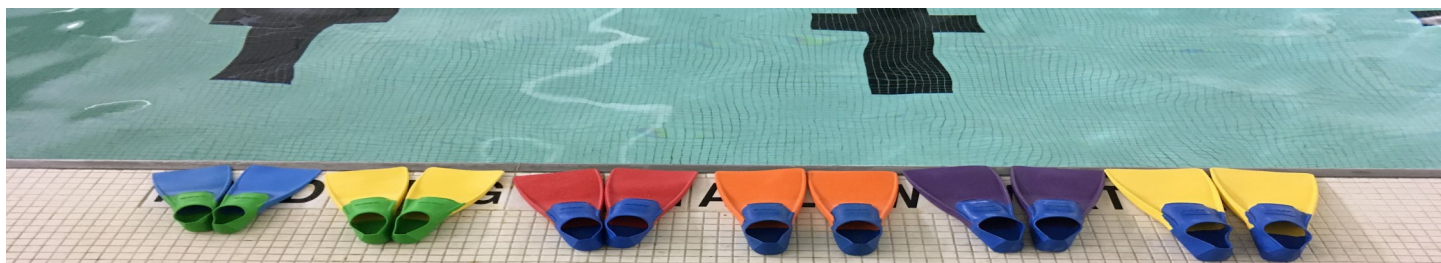
## Slippery Rock Swim Team Credo

### We are SRST

- We strive for excellence in swimming every practice and competition.
- We understand that this only comes through hard work and dedication.
  - We believe in ourselves and our abilities.
  - We command respect and, in turn, give respect freely.
- We have overcome adversity and have prevailed.
  - We believe that we can produce world class athletes that are confident leaders and productive citizens.
  - We are resourceful and good stewards of the resources we have available to train our swimmers.
    - We expect all athletes to have goals and work hard to reach these goals.
- Each swimmer is responsible for the success of our team.
  - We support our teammate's successes.
  - We encourage our teammates to be their best.
  - We believe success instills confidence and confidence results in success.
- Every swimmer on this team is important and has a role to play in helping the team reach its goals.

### We are SRST

# The Eels Informer



## A Word About Competition...

I encourage swimmers of all abilities to compete this season. It is NORMAL for new swimmers to have fears/anxiety about competition. As a mother and coach, I think it is important to push our kids out of their comfort zones, with support and encouragement. This helps them to realize that they can overcome their fears, and may even have some fun along the way. Just ask Luci Steiner (Black Group) the next time you see her!

Our first home Eels meet will be on October 29th. Mrs. Demarco and Mrs. Riggerbach have been busy purchasing Halloween themed decorations, fun heat awards, and planning concession treats! Coaches will be dressed in Halloween costumes and swimmers will vote for the winner of the third annual "Halloween Hoopla" trophy!

**For league meets, swimmers swim in age groups based on their age as of September 1, 2022.**

This team is known for a culture of support and encouragement. Nothing gives me more satisfaction as our head coach, than to see a swimmer accomplish something they did not think possible. Parents are also encouraged to step outside of their comfort zones in volunteering. New parents will be partnered with experienced parents to learn new roles such as: timing, seeding, herding, and helping out in our amazing concessions stand. It takes many volunteers to run a smooth home meet, and it shows our kids that we want to be involved in their activities.



## A Word About USA Swimming...



USA Swimming is the National Governing Body for the sport of swimming in the US. It promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport. USA swimming divides the nation into "local swim communities" or LSCs. Our LSC is called Allegheny Mountain Swimming. Meets are generally held within a one hour radius of Pittsburgh. All results from these meets are uploaded into a national SWIMS database and can be referenced FOREVER! Swimmers can review the national age group time standards and set goals for themselves. "B cuts" are the entry level times for each age group and swimmers can progress to BB, A, AA, AAA, and AAAA cuts. Click on the following link to review time standards: [age-groups-2024-agmts.pdf](https://www.usaswimming.org/age-groups-2024-agmts.pdf) ([usaswimming.org](https://www.usaswimming.org))

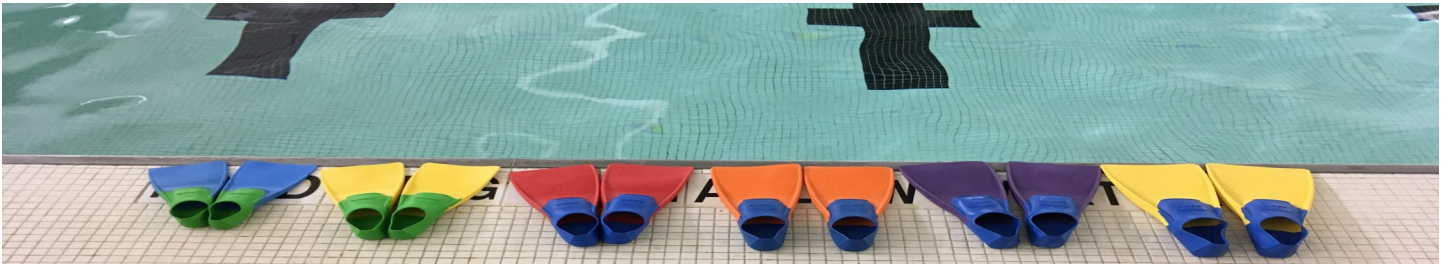
**For USA meets, swimmers swim in age groups based on their age as of the first day of the meet.** USA meets are often 2-3 days, but swimmers may choose to only do one day. All sessions are 4 hours or less.

Swimmers can progress from local, to regional (Eastern Zones and Sectionals), to national level competition. USA swimming is the feeder program for the national team and Olympic team!

Some of the meets are "open" meaning there are no qualifying times for swimmers interested in attending. I have chosen TWO open meets for this season. The first will be at the beginning of October and the second in January 2022. I think it is best for our BRAND NEW EELS to experience league competition prior to competing in the USA competition in January. This will help them to gain confidence in a smaller setting. As always, if you ever have any questions, please feel free to shoot me an email!

**For more details about our swim meets and volunteering, please see our Team Handbook, which can be found at:** [https://docs.google.com/document/d/1Z\\_a\\_mq2n66sTG0oKztPw\\_h0FhPBauOI8UbaciOAP6c/edit](https://docs.google.com/document/d/1Z_a_mq2n66sTG0oKztPw_h0FhPBauOI8UbaciOAP6c/edit).

# The Eels Informer



## A Word about Safe Sport...

From the USA swimming website: "USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations."

SRST prioritizes our athlete's safety and complies with aspects of USA swimming's Safe Sport program. Our MAPP (Minor Athlete Protection Program) can be found as a quick link on our team website home page. Thanks to the efforts of Mr. Bob Massella (dad of Mollie and Maggie-senior group), SRST is one of 7 teams in our LSC (nearly 50 teams), to achieve safe sport recognition. **SRST is currently looking for a Safe Sport Chair.**

To maintain our Safe Sport recognition, all parents/legal guardians need to have clearances on file from the state. We know many of you have your clearances for school requirements and ask that you furnish copies (hard copies or email) to Mrs. DeMarco [eelssrst@gmail.com](mailto:eelssrst@gmail.com) or Mrs. Meskel [srstpayments@gmail.com](mailto:srstpayments@gmail.com)

Here are the links to obtain clearances if you do not have them or if your clearances are over 5 years old.

PA Child Abuse History Clearance - <https://www.dhs.pa.gov/KeepKidsSafe/Clearances/Pages/PA-Child-Abuse-History-Clearance.aspx>

PA State Police Criminal History Clearance - <https://www.dhs.pa.gov/KeepKidsSafe/Clearances/Pages/Criminal-Background-Check.aspx>

## Welcome New Swimmers!

SRST has 15 new swimmers on the team and 13 new pre-team swimmers! If you seen new faces on deck or in the spectator stands, please make them feel welcome!

### Silver

Audrey Arblaster  
Jack Boosel  
Sydney Chappie  
Raylan Croll  
Merida Dougherty  
Leia Jewart  
Patrick Nastasi  
Isaac Perry  
Keegan Rigggenbach  
Lily Ripple  
Jasper Schnell

### Black

Bridgid Boosel  
Haley McGinty  
Isabelle Olvera

### Red

Chloe Boosel

### Pre-Team

Caroline Kramer  
Adelaide Schellinger  
Emily Huth  
Jack McElhinney  
Clarissa Shuty  
Jackson Milligan  
Waylon Milligan  
Kaiya Rensel  
Elliot Micco  
Mallory Micco  
Rowen Schnelle  
Anastasia Davis  
Emaleigh Tarr  
Raylan Croll

Welcome

## SRST Open Positions

SRST is currently looking for a Safe Sport Chair and Fundraising Chair. If you have interest in either of these positions, please reach out to any board member. Email contacts can be found on our team website: [www.slipperyrockeels.com](http://www.slipperyrockeels.com)

Our annual cash raffle (\$500.00) will be held during practice on March 17th, 2023. Families pre-purchased 10 tickets at registration. If you are interested in selling more, please see Tina DeMarco. The more we sell, the less we have to fundraise!