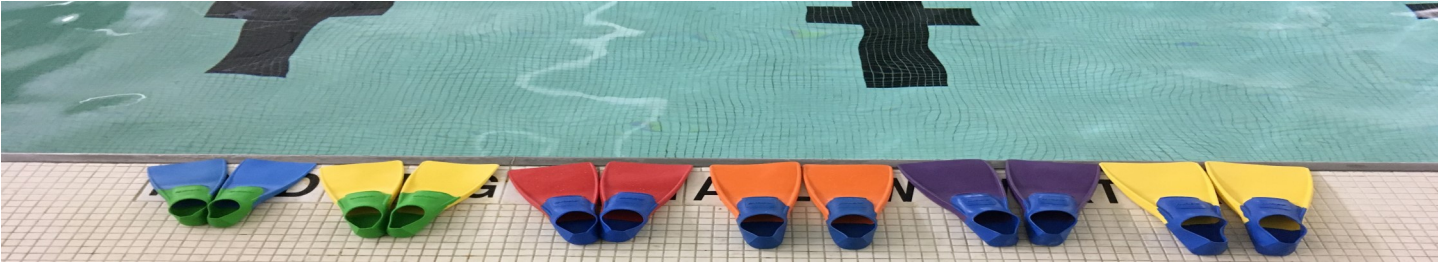


The Eels Informer



A Note from Coach Plank...

It has been much too long since my last communication to all of you! A week off from my "real job," has left me feeling refreshed and ready for a new year! I was recently reflecting on some of the accomplishments this team has made in the past 6 months, both in and out of the pool. Some of these accomplishments are further highlighted throughout the newsletter. We have 19 new swimmers to the team (nearly 1/3 of our current roster!), an incredibly strong parent board, recent acquisition of nonprofit status, USA swimming safe sport club recognition, two amazing community service projects, and 3 new team records, and too many best times to tally!



I love the variety of ability on our team: from brand new little ones who are hesitant to travel (then go on to kill it in competition!), to a Speedo Sectional (Mollie Massella) and Eastern Zone Qualifier (Raely FaJohn). I have included a copy of our team credo for your review. As it states: "Every swimmer on this team is important and has a role to play in helping the team reach its goals."

As discussed with some of you, I believe our sport teaches our children life skills. Encouraging them to step out of their comfort zones at times, will help them to realize that they CAN SUCCEED. More importantly, if they do not reach the goals that they set for themselves, they are in a supportive environment with teammates, coaches, and parents to encourage them to TRY AGAIN.

I look forward to more success in 2022!

See you at the pool,

Coach Plank

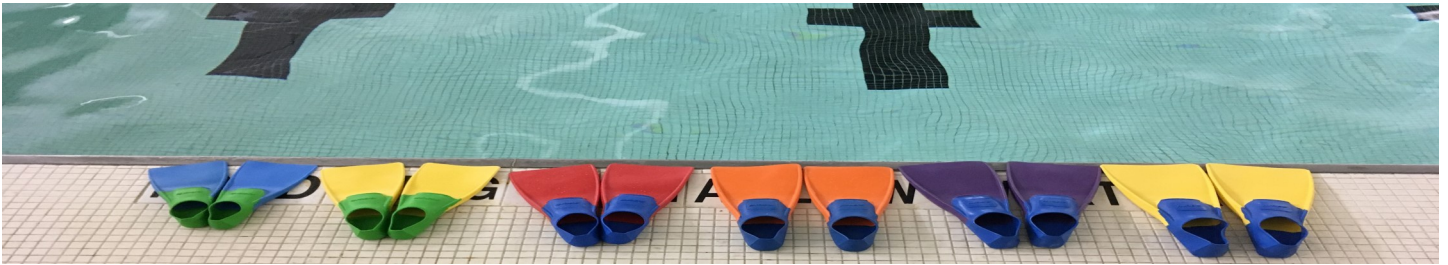
Slippery Rock Swim Team Credo

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



SRST Gives Back in Community Service

October 30, 2021

First Home Meet and Food Drive

Thank you to everyone who contributed nonperishable food donations for our local community food cupboard.

Thank you also to Natalie Carlantonio for coordinating the drive and transporting our donations as part of her community service volunteer time for SRHS National Honor Society. Congratulations to Patricia Bonzo (Silver Group) who won the donated \$25.00 Sheetz gift card in our raffle for those who contributed items.



Feeding the Community

November 19th, 2021

Thank you to everyone who donated items to help stuff stockings for the "Stockings for Soldiers" national program. **A big thank you also goes out to Mrs. Gauselmann, Krenn, and DeMarco** for helping to organize this amazing community service project. What a blessing these stockings were for our military!



January 8-9th USA swim meet @ Pine Richland High School

January 29th Eels away meet @ Carlynton High School

February 4th-Team Pictures and fun night-more info to come!

A word about practice times....

As a mom of 6, I know it can be frustrating to see practice times change on the calendar. As an organization, we do our best to communicate with families in advance. However, there are many factors involved in generating our practice and meet schedule (high school home meets, high school practices, SRU aquatic events). Please have grace when last minute changes occur. As the winter deepens, we may also have weather related cancellations. If you are not already on the Remind Ap list, I would encourage you to contact Mrs. DeMarco to have your cell contact added. This is very helpful for working families. As always, feel free to reach out if you have any questions.

SRST receives non-profit status!

After 43 years in our community, **thanks to the efforts of Mr. Klingensmith**, SRST has received 501 (c)3 status. Benefits include:



Exemption from Federal income tax

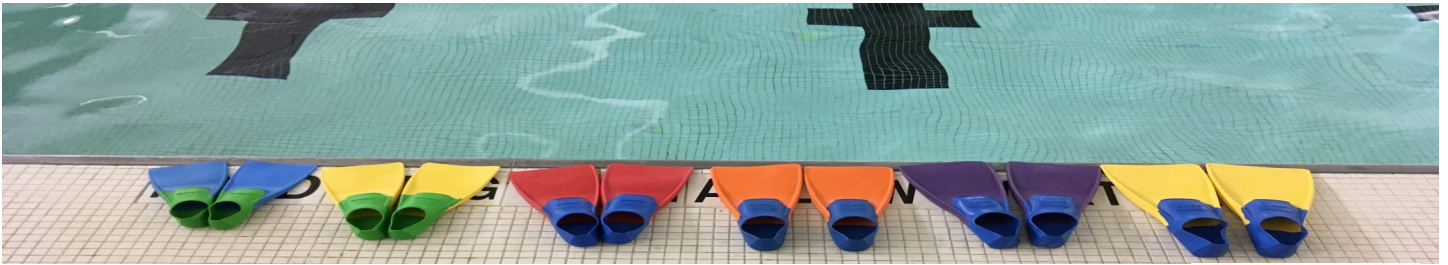
Tax-deductible contributions

Possible exemption from state income, sales, and employment taxes

Reduced postal rates

Lower registration cost for all!

The Eels Informer



SRST Receives Safe Sport Club Recognition!



A huge **THANK YOU** goes out to Mr. Massella for all of his efforts in helping SRST to obtain Safe Sport club recognition. This is a very labor intensive process. The safety of our athletes has always been at the top of our team administration's priority list. Obtaining club recognition means that we have succeeded in completing the tedious rigors of ensuring all aspects of the USA swimming Safe Sport program have been implemented. This accomplishment exemplifies the highest national standard of ensuring athlete safety for our sport.

Of the 45 teams in Allegheny Mountain Swimming, only 7 have received such club distinction. Way to go Mr. Massella, and every athlete and parent who completed their athlete protection training online. If you have not done this yet, we highly encourage you to do so as soon as possible. Not only will this help ensure every member of our team can identify abuse of all kinds, it will help us to MAINTAIN our club recognition.

Here is the link to complete your training (parents and swimmers):

www.usaswimming.org/resource-center/athlete-protection-training

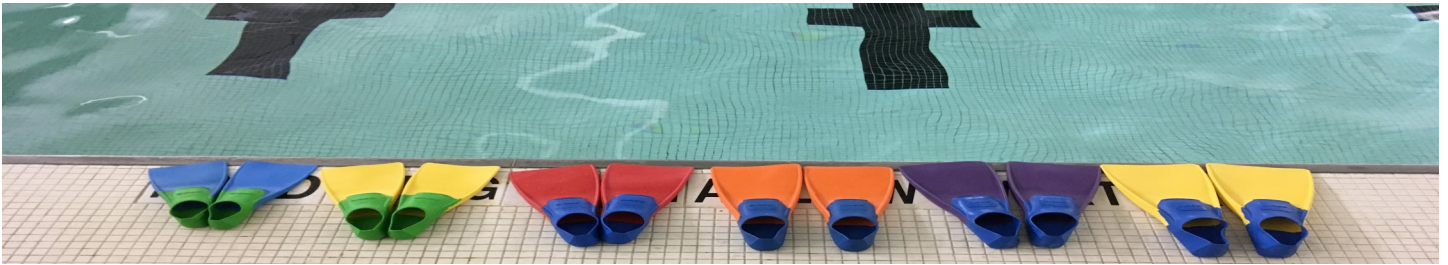


Coaches have goals too! Without goals, I am a wandering ship in a sea of turmoil. This became all too apparent to me from March 2020-March 2021, as we traveled and trained....and traveled and trained....with no meets in sight! One of my goals when I joined the coaching staff in 2017 was to grow our USA participation. Why, you may ask? Here are my top 5 reasons:

1. USA swimming offers a variety of events to swimmers in all age groups. Patrick Meskel begged me to swim in the 100 fly last summer, and I stubbornly held him back. He finally convinced me at First Splash in October 2021, and as I watched him complete his first 100 fly EVER with a BB cut, I was speechless...and owed the little guy a big apology!
2. USA swim meets are held to the highest standard (legal strokes as judged by officials who have met standards) and have some of the nicest facilities to compete in.
3. USA swim meets are FUN! Traveling with a team is even more fun! I vividly remember my own Emma (now age 18) begging me to participate in USA meets at the age of 7. She attended many ALONE ON DECK WITH HER COACH. While I am thankful for the opportunity, it amazes me when I have the opportunity to travel with 30 Eels to our USA meets. I would love to take even more!
4. USA swimming is the feeder program for the greatest swimming championship on planet earth: THE OLYMPIC GAMES!
5. USA swimming allows athletes to set individual goals for themselves (national age group time standards). Nothing gives me more satisfaction as a coach than to witness the moment that a swimmer achieves a goal: big or small!

I will close with this-ANY SRST EEL interested in attending a USA meet is welcome, regardless of ability level. As always, let me know if you have any questions, Coach Plank

The Eels Informer



Anna celebrates Maddy G's new A cut@ CSU!

Let's Go Eels!



Mollie and Raely celebrating national level cuts. Way to go girls!



"Coach Plank you have some amazing swimmers. They are FAST, FRIENDLY, and look out for each other. You should be proud of your team!"-Parent volunteer from Farrell



Never a dull moment on deck with this crew!