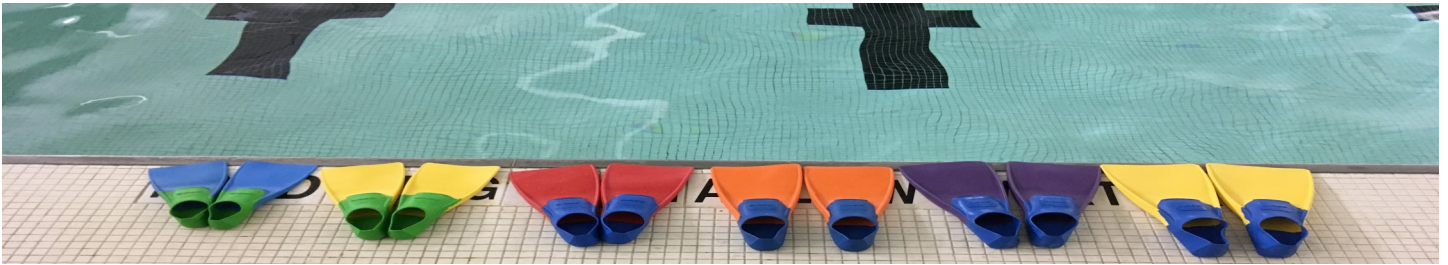


# The Eels Informer



## **A Note from Coach Plank...**

Emma looked at me one day this week and stated, "Mom, 2021 has not started out much different than 2020... a pending presidential impeachment trial and the pandemic rages on!" She is correct in these statements, yet SRST presses on!

As many of our Senior/Red families traversed treacherous driving conditions on our return from Buhl on Tuesday evening, I was prompted once again to reach out to SRU administration regarding our return to the Field House. The facility director assured me he would check in with his boss to inquire when this may happen. I am prayerful that we will be able to return to our home training facility this spring. I have also reached out the aquatic director at Alameda to attempt to secure long course training time this summer.

Finally, I have reached out to several teams in our USA swimming LSC ( and outside our LSC!) in an attempt to arrange for dual meet. We are not able to host, due to the absence of starting blocks at Buhl, so we are at the discretion of other teams for an even playing field. Hosting or participating in a "virtual meet" would also put our swimmers at a significant disadvantage without starting blocks.

For those that know me well, I am not one to give up when faced with adversity. In fact, adversity fuels me to try harder! I am confident that we will return to competition and I can't wait to show off my team's talent!

See you at the pool,

Coach Plank

## **SRST January**

### **Swimmer of the Month**

Congratulations to Isabelle DeMarco for achieving the honor of January SRST swimmer of the month. Isabelle has been training with a water proof cast on her hand after sustaining a wrist fracture. Despite this cumbersome obstacle (AKA...significant frontal drag!) she has pushed herself very hard in practice, and posted some incredible times at time trials.

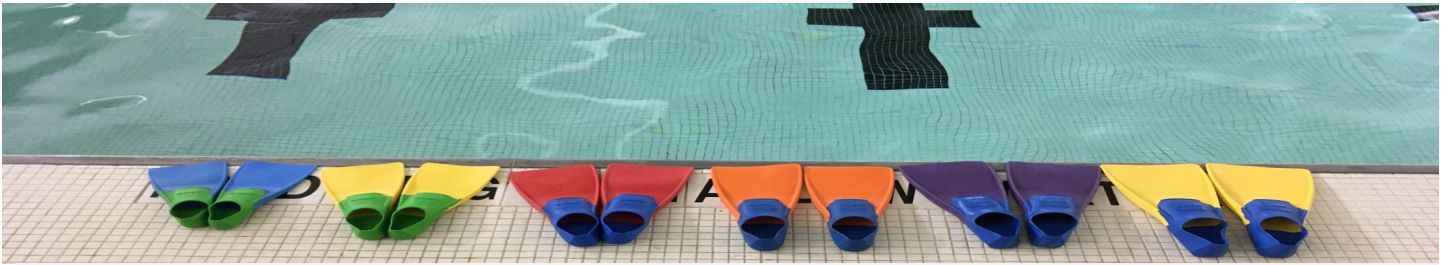
## **Congratulations**

### **Izzy!**





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## SRST "SUPER" SWIMMING SPECTACULAR 2/7/21

We had so much fun on Super Bowl Sunday with our inter-squad meet. It was wonderful to see our swimmers smiling and to have my whole team under one roof (at various times!) for team building. While the times are not legal (due to the 22 yard length), I had to record all results for future reference!

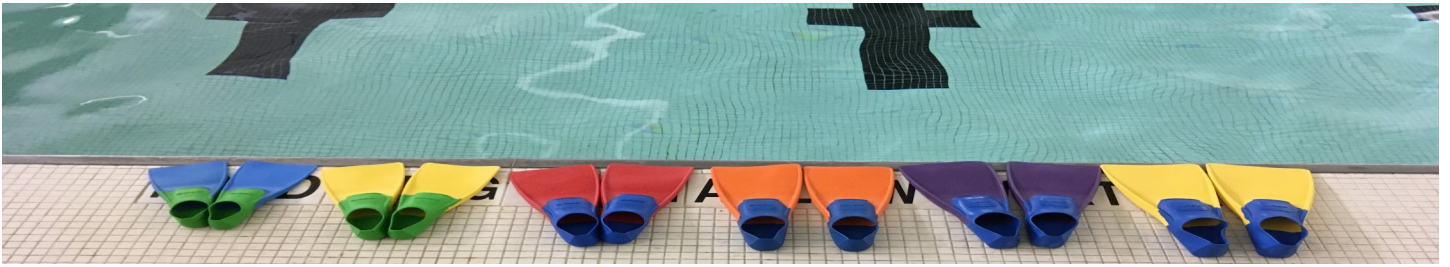


Let's  
Go  
Eels!





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## PRE-TEAM PROGRESS!

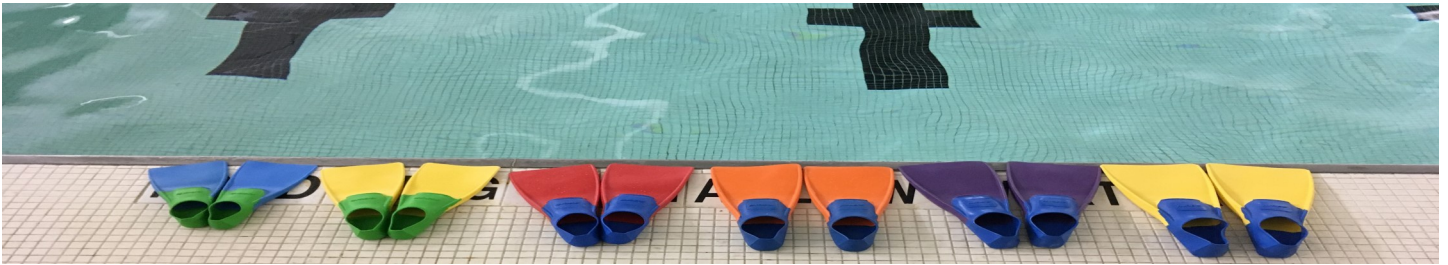
Our pre-team sessions have been full since September! Sessions run every 6 weeks. A big thanks goes out to Laura Carlantonio, coordinator, and our pre-team helpers: Emma Plank, Natalie Carlantonio, Anna Plank, Maggie Massella, Cora Plank, Mollie Massella, Maddy Gausseman, Leah Plank, Miranda Fleeger, Kevin Bowser, Isabelle Demarco, Kendall Krenn, and Sarah McCandless. Coach Bobby and Coach Carly are our on deck coaching presence, giving helpers feedback on coaching techniques individualized to the participants needs.

This program was started in the spring of 2018, initially as a source of income to the team. The success of the program, allows us to keep registration cost low for all families and have helped to grow our team with future Olympians! While the sessions have fulfilled a significant financial burden, they have given the team so much more. Our volunteer helpers hours are logged and a certificate is given to each one to support volunteer requirements for college application, National Honor's Society requirements, and scholarship opportunities. These swimmers have formed incredibly close bonds with the little ones, and as the participants progress to the team, they have a "big kid" on deck to help them feel more comfortable with the transition. We have had two pre-team swimmers progress to silver group this season: Emilia Eckenrode and Tenley Mikes. Watching them grow in confidence while enjoying a sport we all love has truly been a blessing.

Laura has served in this role for 2 years and is ready to pass the reigns to a new coordinator this spring. If you are interested in helping the team as pre-team coordinator, please contact me, Laura, or Tina DeMarco. Pre-team responsibilities include: tracking and coordinating registration paperwork, collecting payment from parents on week #1, and communicating to waiting list parents when open slots become available. This position also qualifies for the \$125.00 SRST board discount off seasonal registration.



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