

From: Amanda Ivory amandaivory@comcast.net
Subject: Welcome to the 2024-2025 Stoga Swim & Dive Season!
Date: November 21, 2024 at 4:59 PM

To: [redacted]
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Hello Boys Swim & Dive Families!

Congratulations to your son for making the 2024-2025 Stoga Swim & Dive Team! Below is a summary of some early season information. They are in order of importance....please read to the end so you can find links to your favorite information (ie. meet schedule and spirit wear)--It is long, but keep this email handy as links embedded here can be used throughout the season.

1. **T-Shirt Size Needed:** Swimmers and divers will receive a t-shirt during the season. Please respond to this email with your child's short sleeved t-shirt size so we can use numbers for accurate orders.
2. **Swim and Dive Team ATHLETES ONLY Kick-Off Social:** Swimmers and Divers are invited to join the team kick-off social on Sunday, [redacted] from 3-5 PM. There will be water and snacks provided. Please dress for the weather as we will be outside. Please [RSVP here](#) and learn about our hope to support T&E Care and local families during the holiday season.
3. **Booster Club Adult Social/Meeting:** Please mark your calendars for a fun night out! Our Booster Club Adult Social/Meeting will take place on the 2nd floor at La Cabra Brewing in Berwyn, Monday, December 2nd at 6:30 PM. Please join us to meet other parents and learn more about the season! We will have some Stoga gear (magnets, silicone caps, etc.) for sale that evening as well.
4. **Boathouse Jackets:** Pamela Lehman and Shannon Sikirica are our Booster Club reps for apparel for this year. Watch for details in a separate email from them very soon. Orders will be required very quickly due to timing this year.
5. **Team Suits:** For NEW TO THE TEAM ONLY, Conestoga High School will purchase one team suit for new athletes. The girls' suit for the season is a solid Nike black one piece with "STOGA" on the front. The boys' suit is a solid black Nike brief with "STOGA" on the back hip. Please go to Toad Hollow after 11/25 to pick out the correct size. RETURNING TO THE TEAM: You can use any Conestoga Swim and Dive suit you have or purchase a new one. If you need a new one, families with returning athletes must purchase their own suit. Toad Hollow, in Paoli, has several in stock and they also have the iron-on logos. Latex swim caps are provided by the school and will be handed out at the first meet. Silicone caps are available for purchase from the Booster Club
6. **Spirit Wear:** [Beegraphix](#) is our main team spiritwear provider this year. Our

team store is open all year so orders can be placed at any time and will ship directly to you. There are lots of new items to choose from this season. The really nice thick Nike sweatshirt with the large embroidered Conestoga logo on the front can be ordered on our website from [Anchors Aweigh](#). This sweatshirt is available for all teams and families at Stoga but personalized by team. There is a picture on our website for reference. Parents can order items as well. It is always good to be in the stands cheering in some fun STOGA gear.....Happy shopping!

7. **Booster Club:** Dues this year are \$130 per athlete. This fee covers a team t-shirt during the season, a team gift, coaches gifts, senior recognition, senior gifts and helps defray individual swimmer & diver banquet fees. Please [complete this form](#) and follow the instructions at the top of the form to pay the dues via Venmo or check. You can use the booster form to order spirit buttons or car magnets too. Contact Grant Galef at ghg12345@gmail.com if you have any questions about dues, etc. Our Booster Club supports the team and coaches throughout the season. Your participation is a great way to stay involved with the team.
8. **Meet Schedule:** The season schedule has been posted [here](#). Information on buses and start times will be available as we move through the season.
9. **Communication:** The students will be informed of everything they need to know via Schoology, email, group text/chat or directly from the coaches at practices and meets. Parents will receive information from the booster club via email from me and others who chair areas of the booster club. You may also receive information from coaches directly via email. Some additional resources are:
 - Booster Club Website: [Stoga Swim and Dive](#) Information for the team and Booster Club. There are also links to other important sites.
 - Booster Club Facebook Page: Join the Booster Club Facebook page Stoga Swim & Dive Booster Club. This page is only for parents and alumni.
 - Central League Swim & Dive Website: [Central League S&D Website](#) This site includes schedules, post meet information, and details on Central League, District, and States meets. This page is run by another high school coach who will update throughout the season. It's not yet updated for this season but will be shortly.
10. **Practice Schedule:** Please see emails from the coaches about who needs to attend practices and frequency. Ask your student athlete to check Schoology/school email for communications from the coaches. All swim practices take place at Upper Main Line YMCA—1416 Berwyn-Paoli Rd. Berwyn, PA 19312
 - Sundays: 10a-12p: B Pool at Upper Main Line YMCA (aka UMLY)
 - Mondays: 5:30a-7a: C Pool at UMLY; shuttle bus to CHS after morning practice
 - Tuesdays: 5:30a-7a: C Pool at UMLY; shuttle bus to CHS after morning practice
 - Wednesdays: 3:00-4:00pm: B Pool at UMLY; shuttle bus from CHS to UMLY with 2:40p dismissal

Thursday: 5:00-7:00p: C Pool at UMLY; shuttle bus to CHS after practice

- Thursdays: 5:30a-7a: C Pool at UMLY; shuttle bus to CHS after morning practice

As always, let us know if you have any questions.

GO STOGA!!

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