

## 2021 Letter to Members

Dear Maplewood Families,

Welcome to the 2021 swim and dive team! We are open to Maplewood Club members only. Swimmers and divers practice according to their age and/or ability upon the coach's discretion. We are excited to announce that our coach for the 2021 season will be **Emma Rosenthal!** Emma brings with her many years of swim experience. She swam in High School and for Maplewood. She was formerly an assistant coach alongside Jamie Forlini for three years and Junior Team head coach before becoming club manager. Emma coached winter swim with DCAA and at a nationally recognized program in Chicago.

**Sarah Alps-Tirella** will be assisting Emma with coaching this summer. Sarah swam for Maplewood and Centennial Aquatic Club since she was six years old. She was captain of the WTHS swim team her senior year and swam at the collegiate level. Dive Team will be coached by **Nina Lombardi.** Nina started diving at age eight and swimming at six. She dove for Centennial Aquatic Club, TNT and WTHS. She medaled at Suburbans, qualified for Districts and won first place at Champs for CSL in 2019. She has a passion for diving that she loves to share with others. Our wonderful coaching staff is eager to get our swimmers and divers back in the pool!

Practice will be offered on weekdays, Monday through Friday. Swim Team practice begins Tuesday, June 1st and continues through Friday July 30<sup>th</sup>. As we are venturing into unprecedented territory with COVID guidelines and restrictions, we hope to have some fun, build camaraderie and Maplewood spirit! Our goal is to develop the abilities of the swimmers through fun and focused effective techniques. We would like to create a supportive environment for our parents and children. Our practices will consist of drills, stroke and turn work, and cardiovascular endurance activities. We will host one virtual meet in June and the other meets will all be in-person dual meets!

Registration will be held at the pool on Sunday, May 30<sup>th</sup> and Monday the 31<sup>st</sup> from 2-4 pm. Paperwork will be available. We prefer that you use the [google form](#) (coming soon) provided for the emergency contact information. The google form allows us to receive all of your information in a more efficient format. Please note that if you have more than one swimmer, you will have to fill out a separate form for each child.

If your child participated in Junior Swim Team last year and you are a club member, then he/she will be able to participate in swim team.

**Please note:** your child cannot practice unless your registration is complete and you have paid your dues. Checks may be payable to Maplewood Swim Club. Due to the club's new online system, please pay swim team balances separately from your club dues. A printable registration form will be posted soon as we are trying to finalize and coordinate information with the league and the club. Please note that we cannot keep items in the lost and found and your child is responsible for all of his/her belongings.

Equipment Needed: racing style suit, swim caps, goggles, flippers, 2-3 towels, water bottles are encouraged

\*\* all items should be labeled with your child's name

**AFTER SCHOOL SWIM TEAM PRACTICE**

**4:30-5:15 PM** (10 & UNDER SWIMMERS)

**5:15-6:00 PM** (11 & OVER SWIMMERS)

**MORNING AFTER MEET PRACTICE**

- BEGINS A HALF HOUR LATER FOR FIRST GROUP ONLY (7:30-9:00 AM)

Times may be adjusted

**MORNING SWIM TEAM PRACTICE**

**7-9 AM** (HIGH SCHOOL AGE, INCLUDING SWIMMERS ENTERING 9<sup>TH</sup> GRADE & COACH'S CHOICE)

**9-10:30 AM** (AGES 11-14 & 8-10, COACH'S CHOICE)

**10-11:15** (UP TO 10 AND JR SWIM TEAM)

**DIVE TEAM PRACTICE**

8:00-9:00

9:00-10:00

10:00-11:00

Times may be adjusted

**COACH'S CLINIC** TBA BY INVITE ONLY

**\*\*\* CHECK IN TIMES FOR MEETS\*\*\***

**WEEKNIGHT:**

SWIMMERS 5:15 PM

DIVERS: 4 PM HOME, 4:30 PM AWAY

**SATURDAY:**

SWIMMERS 8:15

DIVERS 7AM HOME, 7:30 AM AWAY

You will receive an email as to which group your child will be placed in. This is the Instructor's decision.

**Practice Times for Dive:**

Group 1 8:00-9:00

Group 2 9:00-10:00

Group 3 10:00-11:00

Times may be adjusted (one of these groups will be High School Only)

If your child will also be participating in swim team, he/she will have dive practice opposite his/her swim time. You will receive an email for your dive time.

We hope to run several fundraisers throughout the season to support our team. Money raised in the past has gone towards various team costs, such as team equipment, gifts, and activities. There is definitely some equipment we will need to purchase just due to wear and tear. We ask that you participate in all fundraisers as we are a small club and we do our best to make it a fun experience for your children. As this year is uncharted territory, this year's fundraising is unclear. We are hoping to offer a clothing drive and if the summer regulations allow, we will sell popcorn, drinks and candy at movie and raft nights and if we can do anything else we will. Any other ideas are more than welcome. Remember to shop online at [Swimoutlet.com](http://Swimoutlet.com) via our affiliate site at [www.swimoutlet.com/maplewood](http://www.swimoutlet.com/maplewood). This is a year round opportunity to help raise money for our team!

We look forward to seeing you all at registration! Thank you in advance for all your support!

Sincerely,

Laura Pickford, Connie Faulk, Karen Dean

[mwdswimteam@gmail.com](mailto:mwdswimteam@gmail.com)

*All forms must be completed before a child may practice. Your child must be a Maplewood member in order to participate in Swim & Dive Team.*

**FUN FACTS ABOUT OUR COACHES!**

Emma was the very first Maplewood Dolphin Mascot!

Sarah has swam every event except the 200 Fly and the mile

**2021 Maplewood Summer Meet Schedule:**

Sat 06/19/2021 Swim Blast Virtual Meet (at MWD)

Sat, 06/26/2021 @HSC

Tue, 06/29/2021 vs FW

Tue, 07/06/2021 @ML

Sat, 07/10/2021 @MM

Tue, 07/13/2021 BYE

Sat, 07/17/2021 vs SW

Tue, 07/20/2021 vs UM

Champs:

Rain Date Thursday, 7/22/2021, as needed

B Swim Champs Wednesday 7/28/2021 at Upper Moreland

A/B Diving Champs Friday, 7/30/2021 at Hideaway

A Swim Champs Saturday, 7/31/2021 at Sunny Willow