



PINERY SWIM TEAM INFORMATION

Dear Pinery and Pradera Members,

I would like to welcome you to our Summer Swim League Program. This email will hopefully provide all, or most of, the information about the program. I apologize for the length of this email. Please, make sure you read its entirety.

My name is Arlène Stephen. I came on board as the head coach two summers ago, and I am excited to be back this year. I am originally from France, but I have lived in the USA for 19 years.

As a youth, I swam at a high level in France. I finished 11th in the 400 IM in the French National II Championships, and won Regionals. As a team, we finished 2nd in the French National II Inter clubs.

As an adult, I won the 50 Free in my age group in the Colorado Masters State Championships, and placed 2nd and 3rd in other events, including the 200 IM, 100 breaststroke, and relays.

I am passionate about swimming and enjoy coaching young swimmers. I always seek to improve and learn from others and their experience as coaches.

For the last three years, I have been coaching the girls at Chaparral High School. As the assistant coach, some of my responsibilities are to be in charge of the JV team during practices and help them set goals, encourage them, motivate them before their races and during practice, and help them with technique. We've had swimmers going to the State Championships at the end of each season.

I am currently one of the assistant coaches with Douglas County Co-op HS Boys.

As I mentioned earlier on, I have been the head coach at the Pinery Country Club for the last two summers. Each summer has been a great experience, and we consistently see a great deal of progress in the water with the children. And each summer, we also have swimmers who qualify for the State Championships, which is very exciting!



On that note, if your children are year round club swimmers and they wish to swim at State with The Pinery Country Club, they will need to stop practicing and competing with their club by May 15. This is very important. We had two year round swimmers last summer, who qualified for State and decided they wanted to go with The Pinery, but since they had not officially stopped swimming with their clubs, they couldn't attend the State Championships with us.

But enough about me!

ABOUT THE SEASON:

We are looking into starting the season on Monday, May 13, so hopefully, the pool will be ready for us.

The season will go from Monday, May 13 to Sunday, July 28, which is when the State Championships take place.

Due to the fact that school is still in session in May, practices will be held in the afternoon up until Memorial Day weekend. After that, we will have morning practices.

While school is still in session:

Week of Monday 13-Friday 05/17

6&Under: 5.30- 6pm M & W only

7-8 y.o: 5.30-6.15pm M & W only

9-12 y.o: 5.30-6.30pm M & W only

13&up: 6-7pm on Tues.

5.30-7pm on Thur. and Friday

Week of Monday 05/20- Friday 05/24

NO PRACTICE ON TUESDAY

6&Under: 4-4.30pm M, W, TH, F

7-8 y.o: 4-4.45pm M, W, TH, F

9-12 y.o: 4-5pm M, W, TH, F

13&up: 5-6.30pm M, W, TH, F



AFTER MEMORIAL DAY WEEKEND

SCHEDULE FOR THE SEASON:

Monday through Thursday: Practice

Friday: meets (see dates of meets below in the ABOUT MEETS section)

No practice on Memorial Day

No practice on July 4th

Mon. through Thurs: Practice

6&Under: 7.45-8.15am

7-8 y.o: 7.45-8.30am

9-12 y.o: 7.45-8.45am

13&up: 8.30-10am// dry land 8am on M&W (dry land is not mandatory)

Skill clinics: Tues & Thurs 7-7.45am

(see below in the ABOUT CLINICS section for details)

Friday, 05/31:

Mock meet: 7.30am-10am

All age groups

We need parent volunteers.

(see details below in the MOCK MEET section)

SEASON FEES & REGISTRATION:

Fees include a team T-shirt and a team swim cap

Club members:

1st child: \$150

2nd child: \$125

3rd child: \$100

4th child:\$100

Non members:

1st child: \$175



2nd child:\$150

3rd child: \$125

4th child: \$125

You will be able to register at the Parents Meeting.

PARENTS MEETING:

There will be a Parents Meeting held on **Sunday, April 28, from 4.30pm-6pm at the Pinery Country Club.**

Please, plan on attending and bring your kiddos with you. We are hoping to have a representative from Out Of Breath Sports joining us so the swimmers can try on suits, t-shirts, and other gears. You should be able to place your order that day.

There will be a sign-up sheet for you to register your child(ren) for the swimming season.

The Parents Meeting is also a great opportunity for you to ask questions :)

ABOUT SWIMMING GEAR:

All swimmers are required to have a team swimsuit, a team T-shirt, a team cap, and fins. (Fins can be bought on line. swimoutlet.com is a great website)

You may ask, "Why fins?" Fins are a great apparel to use in swimming. They help improve body position in the water, stroke technique, kick, ankle flexibility, as well as increase strength and endurance; they reduce shoulder stress; they make the workouts more efficient and, with no doubt, more fun!

When fins are available to the swimmers, I use them a lot during drill sets, kick sets, and sometimes swim sets. It doesn't matter the age of the swimmer, fins are very useful, and again, FUN!

Older swimmers are welcome to bring paddles to practices as well if they desire. Paddles are another great tool for technique and strength.



ABOUT CLINICS-

The clinics cover all 4 strokes, starts, turns, and finishes.

Each clinic is \$35

Dates:

Tuesday, 05/28- starts & finishes

Thursday, 05/30- Freestyle

Tuesday, 06/04- turns (open turns and flip turns)

Thursday, 06/06- Backstroke

Tuesday, 06/11- starts & finishes

Thursday, 06/13- Breaststroke

Tuesday, 06/18- turns (open turns and flip turns)

Thursday, 06/20- Butterfly

Tuesday, 06/25- starts & finishes

Thursday, 06/27- Freestyle / Backstroke

Tuesday, 07/2- Fly / Breaststroke

Tuesday, 07/9- starts & finishes

Thursday, 07/11- turns (open turns and flip turns)

ABOUT MEETS:

All dual meets are on Friday mornings

We will ALWAYS need parent volunteers

Week 1: 6/7/19- Lakewood @The Pinery

Week 2: 6/14/19- The Pinery @ Valley

Week 3: 6/21/19- Denver @ The Pinery

Week 4: 6/28/19- Glenmoor @ The Pinery

Week 5: 7/5/19- The Pinery @ Red Rocks

(This meet may be rescheduled due to July 4th)

Week 6: 7/12/19- **Division II League Championships @ Lakewood**

Week 7: **League Championships**



Tuesday, July 16 - **B League for 8 and under, 9-10 @ Village Club**

Thursday, July 18 - **A League (Day 1) @ Cherry Hills**

Friday, July 19 - **A League (Day 2) @ Cherry Hills**

Week 8: State Championships

Location – Runway 35 Pool @ Stapleton

Friday July 26th **Day 1** - 400 Freestyle, 13&14, 15&16, 17&18, Event #1-6

Saturday July 27th **Day 2** - Lower Division, 12&under, Event #7-60

Sunday July 28th **Day 3** - Upper Division, 13&older, Event #61-110

MOCK MEET:

We will have a mock meet Friday, May 31st, from 7.30am to 10am, all age groups. This will prepare all the swimmers for the dual meets, and will help new swimmers and parents to see and understand how a meet is run. So plan on attending please.

We will need parents to volunteer in order to run the mock meet. More info on this will be given at a later date.

Thank you in advance :)

REQUIREMENTS FOR SWIMMERS:

It is required that, in order to join the team, the swimmer must be able to swim an entire length by him/herself. NO EXCEPTION.

If your swimmer cannot swim one length, they will not be able to participate in the program.

REQUIREMENTS FOR PARENTS:

In order for the season to go well and in order to be in compliance with the League rules and regulations, it is required that parents volunteer their time at swim meets.

During away meets, you will be required to choose a shift to time the swimmers.

When we host a meet at The Pinery, we need more parent volunteers in order to run the meet.



THE SUCCESS OF A MEET FOR ALL TEAMS INVOLVED RELIES ON PARENT VOLUNTEERS.

I cannot stress this enough, so I thank you in advance for helping in every meet, to whatever capacity this may be. So please, mark your calendars now and plan which meets you would like to volunteer. It's most likely you will be required to volunteer more than once, especially since we have 3 home meets. It takes a lot of effort, prep, and hands on to run a meet, so the more volunteers we have, the easier the load for everyone involved, and a greater chance to have a great and enjoyable meet.

One of our Volunteer Moms will set up a Sign Up Genius for you to select dates you can help.

END OF SEASON BANQUET:

Still to be determined as I will need to check with the GM.

If you have any questions, feel free to contact me at stephenhomeschool@gmail.com or call/text me at (303) 434-0013.

Thank you.

I am looking forward to another successful season!

Sincerely,

Arlène Stephen

Pinery Head Swim Coach