

# Eat, Sleep, Swim...

*The Duanesburg Electric Eels is a year round competitive swim team. The team competes with both the YMCA and Suburban Leagues as well as in USA Swimming. Youth swimmers of all ages are encouraged to tryout for the team. We combine fun with competition. For more information about our program please feel free to contact Jenn Dixon at 895-9500.*



After meet fun



## Swim Team

Duanesburg Area Community Center  
221 Victoria Dr.  
Delanson, NY 12053

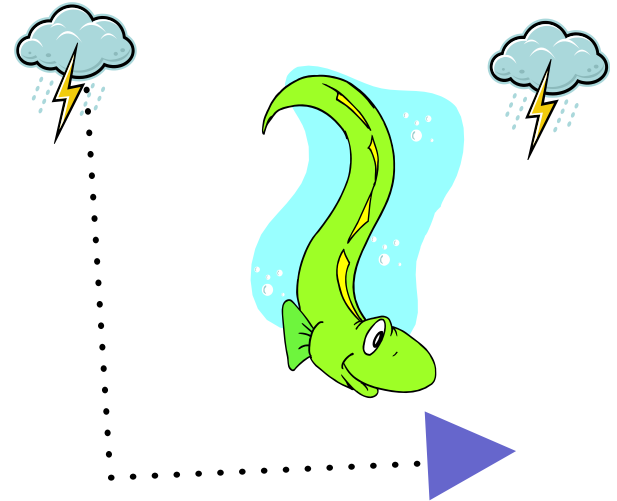
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## Swim Team

# Duanesburg Electric Eels

Starts September 27<sup>th</sup>

Informational meeting on 9/21 at 6pm. Tryouts on 9/23 at 6pm - returning swimmers do not need to tryout. Returning swimmers should register on or before 9/23. Returning swimmers will be given preference but must be registered by 9/23. We will continue to accept registrants until we are full.



# Is my swimmer ready to join the team?

Swimmers must be able to swim 25yds. (One length of the pool). Swimmers will be placed in groups based on ability. Beginner groups meet two nights per week and more advanced groups meet three to five nights per week. In addition to practice there will be about 5 swim meets throughout the season. Meets are generally held on Saturday or Sundays. Competitions end the last week in February but swimmers are invited to continue practicing until the last week in March.



Hanging out in between events

## Swimmer Fees

2 Nights (Tues. / Thurs.)  
 This is our beginner level swimmer. Swimmers should be able to swim the length of the pool. Stroke technique is worked on.

\$170 Members  
 \$255 Non-Member

3 Nights (M, W, F)  
 Swimmers in this level are proficient in Free and Back and have the basics for the other two strokes. Technique is the main focus of this group but we start to add some endurance sets.

\$210 Members  
 \$315 Non-Member

5 Night (M-F)  
 Swimmers in this group are challenged physically and mentally as competitive swimmers. Practice sessions are demanding and each member of the group is expected to focus on perfecting skills.

\$253 Members  
 \$370 Non-Member

There is a **Mandatory \$100 fundraising** commitment for all swimmers.

Swim meets are structured into the fee schedule.

This season we will be adding a 3rd coach to work three nights per week.

Participation in **USA Swimming** is an option (additional fees will apply).

### Add on Programs:

Morning Practice: Starts 10/4

For those that are looking to add a few more yards to their weekly practice schedule. We will offer 1, 2, Or 3 morning practices per week. Each session will have one Coach and run for 1.5hrs. From 5:45-6:45am. The cost will be in four week intervals. We will need 6 people for the program to run.

1-day-\$30 members

2- day-\$50 members

3-day-\$75 member

Non-members 50% more

Saturday Practice: 10-12am- Starts 10/16

This session will only be offered to the most dedicated swimmers. This training session will be demanding and it is expected that participants show a commitment to the sport and be willing to work hard throughout each practice. The workouts for this group will be planned in conjunction with the regular practice sessions and will help swimmers to become stronger and faster in the water. This program will run 4 wks. at a time. Team schedule will be use for planning.

Cost: \$30 members

Non-members 50% more

### Private Coaching:

One on One time where a coach can work on specific skills to help a swimmer improve. Skills worked on will be determined at the time of contract.

Cost: \$20 per hour members

8 sessions \$120

## Meet the Coaches

### Head Coach:

Jenn Dixon begins her 4th year as Head Coach of the Eels. She began coaching in 2006. Jenn has served as an age-group and senior coach. Jenn started the team in this small community four years ago and has led swimmers to 4 Zone Championship meets. Jenn has worked alongside Brette Hawke, Rowdy Gaines, Lionel Moreau and Nick Baker. Jenn is ASCA level 2 certified and strives to grow a s a coach.



### Assistant Coach:

Colleen Goodspeed begins her 3rd year as assistant coach. Colleen is the age group coach for the team. She is ASCA level 2 certified and has Coached alongside Nick Baker. Colleen lives in Duaneburg and two of her 4 children swim on the team.

### Assistant Coach:

Kelley Smith swam competitively for 13yrs. She coached the Hammerhead Swim Club through USA swimming for 3years and is starting her 2nd season with the Eels. Kelley graduated Duaneburg High School and has her Bachelors from SUNY Fredonia. Kelley currently resides in Duaneburg with her family

