

Seven days of no swimming makes one week...

The Duaneburg 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.

There will be no practice on the following dates: 10/31, 11/24, 11/25



After meet fun

The Duaneburg Electric Eels seek to provide positive experiences for all its members by offering a program, which is challenging, yet fun. While emphasis is on swimming strokes, techniques and speed are our main focus; our program also strives to develop character, sportsmanship and an enjoyment of swimming as a lifelong activity.



Duaneburg Area Community Center

Swim Team

Duaneburg Area Community Center
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Swim Team

Duaneburg Electric Eels

Starts September 26th.

Informational meeting and tryouts on September 20th at 6pm. We will continue to accept registration until we are full. Please contact Jenn Dixon for further information.

Pre Season Technique: 9/5-23 (4-5pm). M-F
Open to all. Contact Jenn for cost and details.



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 six nights per week. In addition to practice there will be 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 middle of March. USA swimming will have competitions until the end of March, depending on ability.



Summer Championship Fun

Swimmer Fees

2 Nights (Tues. / Thurs.) 4–5:30pm \$170 Members
\$255 Non-Member

This is our beginner level. Swimmers will work on developing the 4 basic competitive strokes. Swimmers will work on technique.

4 Nights (M, T, W, F) 4–5:30pm \$210 Members
\$315 Non-Member

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.

5 Night (M–F) 5–7pm \$253 Members
\$370 Non-Member

At this level swimmers continue to work on Technique and begin to work on their racing skills. The training sets begin to get more complex and swimmers are expected to take an active role in their training experience.

6 Nights (M–F) 5–7pm and (Sat) 8–10am \$350 Members
\$525 Non-Member

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.

Add on Programs: 1–day—\$30 members
2- day—\$50 members
3–day—\$75 member
Non-members 50% more

Morning Practice: 5 swimmers needed to run

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 5:00–6:30am. The cost will be in four week intervals.

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

Swim meets are structured into the fee schedule.

Second Child discount or Varsity Swimming Discount.

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

Private Coaching: Cost: \$20 per hour members
8 sessions \$120

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.

Meet the Coaches

Head Coach:

Jenn Dixon is in 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 6 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 as 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.

