

Highland Heights **HURRICANES** Swim Team

Hello to all parents and swimmers! We are so excited to have another great season. In order to start the season off right we want to introduce you to the age groups and each coach's expectations. Please feel free to follow up with questions you may have! Coaching emails are located on the website.

8-U

Welcome to the 8 and Unders!!

We are so excited to be coaching 8 & unders together this year. We both go to John Carroll University.

Felice is going to be a senior this year studying early childhood education. This is my 5th year in a row coaching the 8 and unders. I am going to be working with children this age for the rest of my life, so I really enjoy getting to know them and how they grow, which is why I love this age group. I am also on the swim team at John Carroll. Carmen is going to be a junior studying digital media. She hopes to make graphics for the Indians one day! She has coached all different age groups, and this is her 3rd year with the hurricanes. We have a great relationship as sisters, we really know what the other thinking most of the time, and we cannot wait to work together!

We have three rules for our swimmers: 1. **DO NOT** jump in the pool. We have had too many issues with people jumping on top of each other and getting hurt as practice starts and would prefer not to have that issue this year. 2. **DO NOT** push other swimmers in the pool for the same reasons as above. 3.

No asking how much time is left. We want our swimmers to enjoy their time in our pool, but we realize they get tired. We have kids asking how much time is left and are we done yet a lot, but we want them to enjoy the time they have in the pool. We like to get in the water with our swimmers on some days but a lot of the time we like to be watching technique and it gets hard to control everyone when we are in the water.

Our age group goal is to get every one of our swimmers to be able to do one complete lap of each stroke legally. We teach different drills and techniques to avoid getting disqualified in any of the strokes. Another goal of ours is to just have fun. Our age group is not necessarily the most competitive, so we like to have fun with the swimmers while learning how to get stronger in the pool.

When it comes to meets, we will come and find the 8 & unders when it is their turn to swim. We know that a lot of parents are volunteering during home meets which we encourage and appreciate so much. We would ask if parents of 8 and unders pay attention to the order of events and what your swimmer is swimming and have your kids near your tents/areas so that we do not have to spend too much time searching for our swimmers. Relays are also very hectic for us and this year we do not have junior coaches so if we could have 1 or 2 parents help us with organizing them and getting them where they are supposed to be that would be great. Lastly, regarding lineups, we put our lineups together with a lot of thought. We like to have all our swimmers compete in all events throughout the year. We take into account those swimmers who can do the strokes. When it comes to relays, we are given times for each swimmer from each meet that are taken right from the timers. We use the best times for each swimmer for each stroke to form relays.

Again, we are so excited to be working with your swimmers and we are very ready to have a summer full of fun!!

Couch Felice and Carmen

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9-10

After swimming for the Hurricanes, ourselves for so many years, Karen and I are so excited to come back this season as coaches! This fall I will be a junior at DePauw University where I also compete on the swim team, while Karen will be a freshman at Cleveland State University where she also plans to swim! Karen and I hope to make this season as fun as possible while also helping our swimmers improve daily as individual athletes as well as teammates. We hope to pass on our experience so that our swimmers will eventually feel comfortable at swim meets while also having fun!

Couch Riley and Couch Karen

11-12

Hey everyone, I'm couch Matt and I'll be coaching the 11-12s age group again this year!! This season parents can expect a fun, energetic, but hardworking coaching style to bring out the best in every kid. The 11-12 goals this year is to better yourselves every day at practice, drop time at each meet, a win the boys and girls age group at champs. The final goal of course is to have FUN!!!! On Saturdays when you arrive to the pool for a meet, swimmers should come check in with me, then set up camp and wait for warmups. Line ups will be posted up during the meet, just in case you forget your events! Meets usually go until noon. If you have any questions just ask!

Couch Matt

13-18

Wow. I am super excited to be coaching the 13-15s again. This is such a fun age group for me, because I love to use creative ways to improve technique and speed. I am very heavily focused on technique, and each athlete will be challenged to engage their mind during practice and apply it to their training. I expect each swimmer to bring to practice a positive attitude and an open mind, so that I can be as effective as possible. Dual meets are a great way to practice technique and strategy during a race, so that we can be as ready as possible for champs where the entire season's work comes together. I look forward to another great season; If you have any questions please feel free to contact me! I am also available for private 1-on-1 lessons for any extra instruction.

Couch Zach

THANK YOU!

