

Eagle Ridge Swim Team



Team Handbook 2023

2023 Swim Season



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Welcome to the Eagle Ridge Swim Team

2023 Summer Season

We are so excited to be having you join us!

The Eagle Ridge Swim Team provides a fun and competitive swimming program designed for the benefit of swimmers of all abilities.

The team is a member of the Southtowns Country Club Swim League that consists of three other teams we compete with. The opposing teams include Cloverbank Country Club, Hickory Hill, and Orchard Park Country Club.

Our team will compete against each team once through late June and the month of July, and the season will culminate in a championship meet the first Monday in August at Cloverbank Country Club.

To be a part of the swim team your swimmer must be able to complete a 25-yard lap across the pool and be comfortable swimming in the deep end independently.

If your swimmer can do this, they are ready to begin!

The purpose of this handbook is to help guide you through the season.

It includes helpful information including expectations for swimmers and parents, schedule of events, uniforms, coaching bios, contact information and information about the sport of swimming itself.

Why swim?

Swimming is an important possibly life saving skill to have.

Being on the swim team develops stronger swimmers

Swimming is both an individual and a team sport.

Swimming helps develop better coordination

Swimming is great aerobic exercise

Swimming is a sport for life

Being on a team develops social skills and teamwork



Introducing our Pirate's 2023 Coaching Staff



**Head Coach
Katrina Wardner**

Coach Katrina returns to Eagle Ridge this summer as our new Head Swim Coach. Katrina has been involved with swimming at Eagle Ridge her whole life. While her swimming career has taken her in many directions, the Eagle Ridge Pirate Swim Team has always remained in her heart, and she has not missed a single summer of Pirate fun and camaraderie since beginning her competitive swimming career at age 6 at Eagle Ridge. After a few years as a Pirate, she joined the TWST swim club, and eventually the Orchard Park HS varsity swim team. She went on to swim with NCAA Division I teams at Saint Bonaventure University as an undergraduate, and at Niagara University while working on her Master's degree. In her second year at Niagara, she was the graduate assistant coach for the Purple Eagles.

Outside of her coaching life, she expects to graduate from Niagara University this May. She is currently teaching as a long-term substitute in a Kindergarten classroom at the Charter School for Applied Technologies in Buffalo and plans to start her full-time teaching career in the fall.

When she's not coaching or teaching, she loves being outdoors. She loves hiking, boating and water skiing. You'll also occasionally see her on runs in Orchard Park neighborhoods with her sister Leah.

Coach Katrina's favorite animal is the giraffe (If she could own one, she would). Her favorite breakfast food is Eggs Benedict. If she could have one super power, it would be to freeze time for everyone in the world but herself. Her favorite Disney princess is Belle and her current favorite song is Instant Crush by Daft Punk.

Coach Katrina's goal for each and every athlete is to look forward to and enjoy coming to practice and swim meets. In the sport of swimming, her motto is "Swim Hard, Have Fun." Both are required for success. No matter what brings you to ERRA swimming, she hopes every Pirate athlete swims fast and has a lot of fun this summer!



**Assistant Coach
Patrick McCrone**

This is Coach Pat's fourth year of coaching the Eagle Ridge Swim Team and his first year as Assistant Head Coach. He is very excited to work with everyone again.

He began his swim career in 2009 at Eagle Ridge at the age of 6 and began swimming with TWST swim club by age 9. He swam for the Orchard Park Boys Varsity Swim Team. He continued to swim for TWST and Eagle Ridge until he was 18 years old. His last year swimming for Eagle Ridge in 2021 was easily his favorite season, and a dream come true. This is because he got to be a swimmer and a coach and the team was able to win championships for the first time in 30 years!

After high school, he attended Canisius College and swam for one year and then transferred to Fredonia State University for his sophomore year of college. He just wrapped up his first season with Fredonia in February where he is studying Computer Science and plans on going into software development or cyber security.

In his free time he loves to play video games, guitar, and going to his family's lake house in the summer.

Coach Pat's favorite animal is a monkey. His favorite breakfast food is a sausage, egg, and cheese sandwich on a plain bagel. If he could have one super power, it would be to know what people are thinking at all times. His favorite swimming stroke is Backstroke and his current favorite song is Stay, by The Kid Laroi and Justin Bieber.

He can't wait to get started with the swim team this summer and hopes everyone is as excited as he is !

Notes from Coach Katrina

I first want to say thank you all for having me back this summer as the Head Coach of the Eagle Ridge Pirate Swim Team. I am so excited to be back. I have a couple of things that I would like to mention before the summer begins:

I. SportsYou

- a. I'm strongly encouraging all parents to download the app "SportsYou" on your phone. This will be my main form of communication.
- b. I will send quick reminders, schedule updates, and weekly award winners throughout the season.
- c. I will also be using this to notify parents about last minute practice cancellations due to thunder and lightning.
- d. You will need to create an account and join the "ERRA Swim" team using the access code "3JPVD2WC."

II. Weekly Awards

- a. Weekly awards will be announced at practice on Fridays. They will begin the week of our first swim meet. We will have three awards each week. Winners will either receive candy or a coupon to the snack shack.
- b. Swimmer of the Week: This will be awarded to one athlete in each age group who goes above and beyond at practice. Attendance, effort, and attitude will all be considered.
- c. Sportsmanship Award: Selected from any age group, this award will go to two swimmers each week. Throughout each week, the coaches will be looking out for athletes that are exceeding our sportsmanship expectations at practice and meets.
- d. Pirate of the Meet: This will be awarded to one boy and one girl in each age group. This award will go to an athlete that performed exceptionally at the meet that week.

III. Bulletin Board

- a. My goal is to bring this back this year.
I hope to post a schedule, meet lineups (posted Wednesday nights), and our weekly award winners.

IV. Procedures for not attending a meet

- a. Complete the google form as soon as you know you will NOT be attending.
Only fill out the google form if you are NOT attending.
- b. I completely understand that kids get sick and things happen, but for the sake of my sanity, please try your best to avoid last minute changes regarding your child's attendance at swim meets.
- c. If something does happen to come up and you are unable to attend a meet, please let me know ASAP so that I can adjust the lineup.
- d. If you had filled out the Google form stating that you will not be attending a meet and something has changed, I will do my best to enter your child in the meet at the last minute.
Understand that I may only be able to enter them in an individual event or two.
- e. Last minute lineup changes will happen at EVERY meet. If an athlete drops out, their age group's individual events will be impacted as well as MANY relays.
- f. If something does happen and you need to let me know, please email swimteam@erra.us



You've been invited to join

ERRA Swim

Use your **unique access code** below and follow the instructions.

Access Code

3JPV-D2WC

Join via Website

New Users

1. From your computer or phone, go to **sportsyou.com**
2. Click **Get Your Free Account** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish set up

Existing Users

1. From your computer or phone, go to **sportsyou.com** and login
2. In left column, click **Join Team/Group**
3. Click **Enter Access Code** to enter code

Join via App

New Users

1. On mobile device download **sportsYou app** from the **App Store** (iOS) or **Google Play Store** (Android)
2. Tap **Create Account** or **Continue with Google**
3. Tap **Enter Access Code** to enter code, then finish set up

Existing Users

1. On mobile device login
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue + button**, then tap **Join Team/Group**



visit us at www.sportsyou.com
or in the app stores



Your 2023 Swim Team Committee

Robyn Loehfelm - Meet Management/Championships

Stacey Marks - Meet Management/Championships

Alexis Becker - Email and Apparel

Tara Manteghi - Handbook and Pictures

Kelly Parker - Fun Fridays, Bulletin Board

Liz Widman - Parent/coach Liaison, Events

Please feel free to contact the committee with any questions at
swimteam@erra.us

Team Swimsuits and Caps

Swim Caps can be purchased for \$5.00 from Robyn Loehfelm or Alexis Becker
Please see one of these committee members if you would like to purchase one.

This year team swim suits and gear can be purchased through Swim Outlet.
If you would like to purchase a team suit, the shop site is live and purchases this year will be sent directly to your home. There is no “team order”
Please order early to ensure arrival in time for the first meet.

The link to the Eagle Ridge Team Store is : <https://www.swimoutlet.com/collections/errapirates>

Please be aware that team suits **are optional**. Any blue or black suit will do

Any questions please contact Alexis Becker



Practice Schedule

EVENING PRACTICES BEGIN 6/12-6/23

8&UNDER 5-5:45
 9-10 5:45-6:30
 11 AND UP 6:30-7:30

MORNING PRACTICES BEGIN 6/27

ADVANCED GROUP 7:30-8:45
 11&UP 8:45-9:45
 9-10 9:45-10:45
 7-8 10:45-11:30
 6 & UNDER 11:30-12

EVENING PRACTICES BEGIN 6/27

MTW
 Times to Follow



FAQ's:

- Practices run Monday - Friday
- Swimmers should be ready to swim with Swimsuit on, goggles (swim cap optional), towel and water bottle
- There are Evening practices that run in addition to morning practices 6/27. It is not required that swimmers come to both. Evening practice is often utilized for those that can not attend in the morning. Swimmers may join in on both practices if they would like to
- There are practices and swim meets both on Thursdays
- Fridays are "Fun Fridays." Swimmers will enjoy a practice filled with games and fun followed by doughnuts



Swim Meets

What to Bring:

Bathing Suit, Towel, Goggles, Snacks, Sharpie

The "Swim Hand"

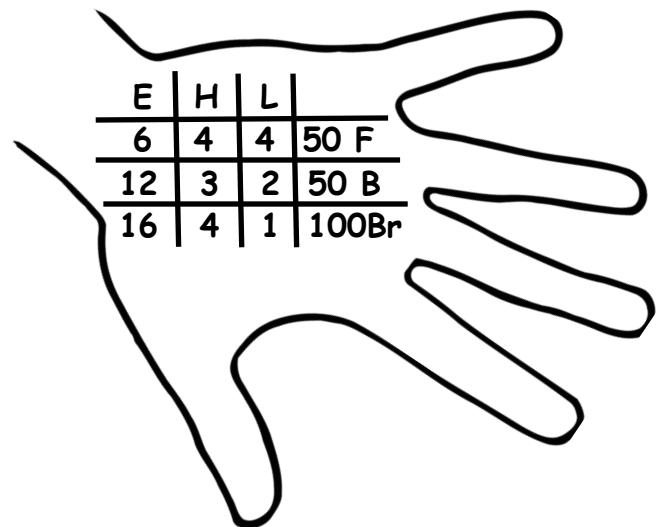
The swimmer's events are traditionally written on the swimmer's hand with sharpie

There is a picture provided that explains the "swim hand"

Events are written out as:

Event #/Heat#/Lane# (E/H/L)

Events run in heats and your swimmer will be assigned to a lane in their designated heat



Dual Meet Event Information

1. If your child is above six years old, they will be entered in a minimum of two events per meet or a maximum of three events.
2. If your child is in the six and under age group, they will be entered in a minimum of one event or maximum of two events.
3. There are a limited number of events per age-group. Due to this, you may see your swimmer in similar events every week. We have a huge team with a short amount of time. Therefore, entry variations are difficult to achieve.
4. Please understand that our team is close to 150 swimmers. Sometimes, coaches need to get creative to fill every spot while ensuring that everyone is entered in events. Occasionally, this may result in athletes swimming in an old age bracket.
5. Our coaches do their best to create the meet lineups every week. Once in a while, an oversight may occur and your swimmer may get left off the lineup. If this occurs, please email swimteam@erra.us for this issue to be corrected.

Championship Event Information

1. The championship rules and guidelines for entries are different than dual meets. Due to the sheer size of our league, teams are limited in the number of entries. Because of these restrictions, please expect that your swimmers will swim in fewer events at championships.



July 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				29 Picture Day CB @ ERRA	30	1
2	3	4	5	6 OPCC @ ERRA	7	8
9	10	11	12	13 Blue vs White @ ERRA	14	15
16	17	18	19	20 ERRA @ H. Hill	21 Pancake Breakfast After practice	22
23	24	25	26	27	28 Pasta Dinner @ ERRA	29
30	31 Spirit Hour Swim Champs @ CB Pizza Party ERRA	1 Banquet @ ERRA				

Pirate's Meet Schedule

6/29 Cloverbank @ ERRA
 7/6 OPCC @ ERRA
 7/13 Blue vs White @ ERRA
 7/20 ERRA @ Hickory Hill

7/21 Pancake Breakfast
 7/28 Pasta Dinner

Monday July 31, 2023

Spirit Hour @ ERRA
 Championships @ Clover Bank Country Club
 Pizza Party @ ERRA after Championships

8/1 Banquet @ ERRA



Team Fees and Registration

Ages U-15 \$125.00

Ages 15+ \$50.00

Registration includes Team Shirt.

Registration can be completed on the Eagle Ridge Website

Please be aware that the cost of the program helps to cover the cost of our coaches, lifeguards, and activities (Blue vs White meet, Fun Friday treats) The team also raises money with concessions at our home meets, so sign up to donate!

Parent Volunteers

- Each family will have 2 volunteer requirements in season, and each family will be required to volunteer at championships this year as we are the host team
- During every meet there are timers, score keepers, announcers, and food and snack sales (at home meets)
- During home meets we ask for donations to sell as concessions
- We also need volunteers to help run events like the Pasta Dinner, Pancake Breakfast and the Final Banquet

Advice to Parents

Please come and cheer for our team!

Summer is short but sweet

Let your child's experience with us build happy memories

Leave coaching to the coaches



We hope this handbook provides the guidance you need for the upcoming season and if you have further questions please do not hesitate to ask!

We look forward to an incredible fun season

Go Pirates!

