

Branches in:
Cape Coral, Cypress
Lake, Deleon, FGCU,
Golden Gate, Lehigh,
Marco Island, North Ft
Myers, Sanibel



“Most people do not listen with the intent to understand; they listen with the intent to reply.”

~Stephen Covey

More than Just a Swim Team

Being on the Team vs. Being a Teammate

By Joe Ehrmann

- Being on the team benefits your personal goals and ambitions.
- Being a teammate benefits the goals and ambitions of your team and your teammates.
- Being on the team can make you a bystander.
- Teammates intervene in the lives and actions of their teammates.
- Being on the team involves personal effort.
- Being a teammate involves the efforts of every player.
- Being on the team means doing what is asked of you.
- Being a teammate is doing whatever is needed for the team to succeed.
- Being on the team can involve blaming others and making excuses.
- Being a teammate involves accepting responsibility, accountability, and ownership of the team's problems.
- Being on the team makes you “me-optic”, asking what's in it for me?
- Being a teammate makes you “we-optic”, asking what's in it for us?
- Sometimes players on the team are drawn together by common interests.
- Teammates are drawn together by a common mission.

- Sometimes players on a team like one another.
- Teammates respect one another.

- Sometimes players on a team bond together because of a shared background or compatible personalities.
- Teammates bond together because they recognize every player is needed to accomplish the goal of the team.

- Sometimes players on a team are energized by emotions.
- Teammates energize one another out of commitment.



Meet Schedule and Events

Feb 21-24 Senior champs Orlando - Championship meet. Entry Due February 7th

March Meets

March 7-10 FLAGS Sarasota - Championship meet. Entry due February 18th

March 14-17 Sectionals Ft Lauderdale Championship meets Entry due March 1st

March 22-24 Area 3/5

Sarasota—All swimmers Entry due March 7th

April Meets

April 13 League Jamboree – Cape Coral – All non-Flag swimmers

April 19-21 – GCST

April 27-28 – Open Water Championships

May Meets

May 10th Swim-a-thon - Deleon – All Swimmers

May 11th League Opener – Deleon – League Swimmers

Meet Results

Swim Florida Takes First Place at GCST winter invite:

[meet results](#)

Swim Florida 1st out the visiting teams at the T2 meet: [Meet Results](#)

Swim Florida Last Chance: Great Meet!!!! Thanks you to all the coaches, parents and officials that helped put on a great meet [Meet results](#)

CCS meet: [Meet results](#)

GCST Last Chance: [Meet results](#)



Izzy Chilling



Coach Pavel - Start Art



Coach Dan Keeping Warm



never too cold



Santi SOY 2012



Bosco, Coach Nadine & Renee

High School State Meet

Congratulations to Cory Klemm, Dani Jordan and Emily Summa. They all qualified for the HS State Meet. Emily Qualified in the 50 free, Cory was top 16 in the 100 Breast and Dani qualified in the 100 free and 200 free.

Parents we need officials and computer operators to run meets!!! If you are interested in either position please email me at tomsfwl@msn.com and I will forward your name onto the proper people, Thank you. This is a great way to get involved with your child's sport.

Please email me and information or events that your swimmers have going on inside and outside of swimming. We want to hear about school, other sports and activities, family. Please email me with the subject Newsletter to tomsfwl@msn.com. Alumni please send us what you are up too. Jobs, where are you Living, Family additions, Weddings

Championship Team Qualifiers

Flags Team : Conor Cranfield 9, Parker Bloch 10 , Camila Fhon 9, Maddy Dwyer 9 , Michael Brent 10, Iraki Gurgenze 9 , Luca Gurgenze 9, Jace Chouinard 10, Carolina Loayza , Olivia McMurray 10, Elizabeth Morris 9, Sarah Schultz 10, Lauren Faremouth 10, Madison Bonfitto 12 , Christina Walch 11, Lisa Cottage-Ramnick 12, Susan Faremouth 12, Mandy Reeter 12 , Kaleb Harriot 11 , Jack Pellegrino 12 , Alesandro Leo 12, Garrett Stanley 11, Steven Rua 12 , Isabella Reina 11 , Maddy Burt 11 Santi Corredor 13, Daniel Young , Matt Strickland 13, Stasik VanGenderen 13, Kendal Brent 14, Shae Clifton , Flo Almada 14, Nicole Jimenez13, Michael Walch, Amanda Lee 13, Sydney McMurray 13, Samantha Hurley 14, Dylan Keer 14, Andrew Mills13, Michael Messuri 17, Josh Harriot 15, Marco Leo 15, Jason Tilloston 15, Cory Klemm 16, Logan Samuleson 16, Jessica Hurley 17, Aaron Spence 16, Lizzy White 16, Alex Griffith 15, Ro Almada 17, Sarah Dostie 15, Richard Evans 16, Austin Guhl 17, Collan Herby 17, Monica Jaeger 16, Gabby Jones 16, Dani Jordan 15, Zac Keating 16, Sydney Ortiz-Quintana 17, Vincent Perstad 18, Emily Suma 15, Kasey Swartley 15, Amar Turnadzic 18.

Sectional Team: Santi Corredor 13, Matt Strickland 13, Kendal Brent 14, Shae Clifton , Flo Almada 14, Nicole Jimenez13, Michael Walch, Amanda Lee 13, Dylan Keer 14, Michael Messuri 17, Josh Harriot 15, Marco Leo 15, Jason Tilloston 15, Cory Klemm 16, Logan Samuleson 16, Jessica Hurley 17, Aaron Spence 16, Lizzy White 16, Alex Griffith 15, Ro Almada 17, Sarah Dostie 15, Richard Evans 16, Austin Guhl 17, Collan Herby 17, Monica Jaeger 16, Dani Jordan 15, Sydney Ortiz-Quintana 17, Vincent Perstad 18, Emily Suma 15, Kasey Swartley 15, Amar Turnadzic 18

National Team: Pavel Babaev 29, Michael Messuri 17, Logan Samuleson 16, Stephanie Peacock 20, Kyle Ficker 20, Kendal Brent 14

10 COMMANDMENTS FOR SWIM PARENTS

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.

Interesting Articles from USA

Swimming & ASCA

- CONGRATULATIONS, YOU ARE A SWIM PARENT [Read more](#)
- 2012 OLYMPIC TEAM - HOW DID THEY GET HERE? [read more](#)
- BUTTERFLY BREATHING PATTERNS [Read more](#)
- Swimming 101 [Read More](#)
- KIDS AND CAFFEINE DON'T MIX [Read more](#)
- A RESOLUTION TO MAKE THE HEALTHY CHOICE, THE EASY CHOICE [read more](#)
- Turning Tragedy into Triumph – Victim of the 1992 bus crash becomes an inspiration for all. [read more](#)
- How to Begin Using Basic Sport Psychology Techniques [Read more](#)

Alumni Where are they now?

Bernie Guenther – will be broadcasting the big 10 swimming and diving championship – **Amy Modglin** will be swimming for Penn State at the meet.
Wesley Blassneck – Enjoying her last season with Eastern Michigan. Team captain of the first team of any sport in school history to go undefeated. Will be working for the Ford Motor Company this summer and graduating in December

Holiday Party 2012



Swimming, Training & Racing Tips

“Swim Florida has developed a blueprint for success with an unprecedented track record. Stay on that path for an incredible journey. P.S. there are no shortcuts” – Coach Mac talking about Swim Florida

“Keep your head still, no doggie in the window head bobbing” – Coach Pam on breaststroke

“Enter the water as fast and powerful as possible at a 45 degree angle” – Coach Pavel on Starts

“Let your legs drive the stroke, relax your arms and swing them forward, legs, legs, legs” – Coach Tom on Butterfly

“Have a good stable mindset before your race because swimming distance is more than being in shape, it’s about being confident in yourself to accept the challenge” – Stephanie Peacock on distance swimming

“Confidence is the most important thing in a sprint race, in whatever form that confidence may come in (Relaxing, Fear, Fun). For me, it’s about having a good time, goofing around knowing in my head that I’m having fun cuz I’m about to *destroy everyone*. You need to believe you are the BEST...Sprint races are mostly a mental game” – Kvlc Ficker on sprinting

The Swim Florida Seals are an introductory to exercise and aquatics program. Our Seal swimmers will learn the importance balance, coordination, and exercise whiling learning the competitive strokes involved in USA swimming. After completion of the seals programs swimmers can move onto the competitive travel team of Swim Florida. If a swimmer chooses to move onto the competitive team or stay part of the Seals the experiences gained will last a life time.

1 WEEK WILL CHANGE YOUR CHILD'S LIFE



Fun At Meets



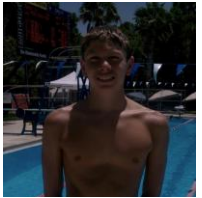
Swim Florida Swim-A-Thon is coming!!!!!! Friday May 10th from 3 to 8. Swim Laps, Raise Money, Have Fun!!!!!! Pep Rally and signs making for the League opener and Food. Our Goal is \$20,000

Parent Meeting for Deleon, Cypress, FGCU, Lehigh, North, and Sanibel swimmers. Monday February 25th @ 6:00. We will be discussing corporate sponsorship and forming committees to help with your child's team. See you all there.

Spotlight Swimmers



Lizzy White Lizzy is active in hunting and fishing. She has been snook fishing since she was 7. She can throw her own 8 foot cast net. She has caught up to 17lb. snook as well as 11 lb Bass. She also enjoys duck and deer hunting. This year she shot a nice buck in Alabama. She will compete in track for Riverdale High school as a Freshman running the mile, 100 hurdles and long jump. She enjoys the beach and hanging out with her friends. While swimming her first year as a freshman Lizzy won districts in 100 Breast stroke and qualified for regionals in 50 free and 100 breast and went to state. She was selected to the first team all county swim team. She also won MVP at Riverdale High school. I will send a few picture in another email.



Aaron Spence. Branch: DeLeon Pool Favorite Stroke: IM (the ultimate) Favorite Sport Football (non swimming): Favorite Athlete: Michael Phelps, Ryan Lochte, Tim Tebow Favorite Movie: Inception or Avengers Favorite Song: "The Swim Florida Christmas Song" by my Dad Favorite Book: A Long Way Gone – Ishmael Beah Favorite Food: Hamburger and fries Favorite Subject: Chemistry
I focus my life on God, family, school, swimming and the Boy Scout principles. I played several sports as a youth athlete but wish I had started swimming earlier One day I hope to swim in college and eventually earn the honor to represent Team USA in the Olympics



Dylan Keer: Branch: FGCU/DeLeon, Favorite Stroke: distance free Favorite Sport (non swimming): Hockey Favorite Athlete: Ryan Lochte Favorite Movie: Iron Man Favorite Song: anything by Little Wayne Favorite Book: Hunger Games Favorite Food: Pancakes Favorite Subject: Science.
I hope to swim through college. I like open water swimming and want to try a 10k race. I hope to live in NYC someday.



Maddy Burt Branch: Marco Island Favorite Stroke: Fly Favorite Sport (non swimming): Soccer Favorite Athlete: Missy Franklin Favorite Movie: The Hunger Games Favorite Song: Chalk Outline by Three Days Grace Favorite Book: Turtle in Paradise by Jennifer L. Holm Favorite Food: Mac-n-cheese Favorite Subject: Math

I love to swim competitively. My goal is to swim in the Olympics in 2020. My dream job is to be a pediatrician who works in children's hospitals.



Shea Cunningham Branch: DeLeon Favorite Stroke: Backstroke Favorite Sport (non swimming): Hockey Favorite Athlete: Missy Franklin & Stephanie Peacock Favorite Movie: The Hobbit Favorite Song: Breakaway Favorite Book: Nancy Drew series Favorite Food: Fettuccini Alfredo Favorite Subject: Math

I enjoy volunteering with my Mom's Kiwanis club and would like to work for the United Way when I grow up. When not swimming, I like to play flag football at school.



Skylar Gusler Branch: (Cape) Favorite Stroke: Back Favorite Sport (non swimming): Football Favorite Athlete: Michael Phelps Favorite Movie: The Amazing Spider-man Favorite Song: "Rain" By: Breaking Benjamin Favorite Book: All non-fiction books about dinosaurs Favorite Food: Steak and mashed potato Favorite Subject: Science

Skylar is 7 years old. He loves going to school and participating in sports. He also loves to spend time with his family and friends.



Uma Volety: Branch: FGCU Favorite Stroke: Breaststroke Favorite Sport (non swimming): None besides swimming :) Favorite Athlete: None Favorite Movie: Big Miracle Favorite Song: Speak Now by Taylor Swift Favorite Book: Diary of a Wimpy Kid: The Third Wheel Favorite Food: Noodles and dumplings Favorite Subject: Math

I share my birthday with President Obama. I have traveled all over the world with my parents and sister. Besides swimming, I play the piano and really enjoy Geology



Marcos Egri-Martín (3rd grade) Branch: North FM Favorite Stroke: Breast Favorite Sport (non swimming): Basketball! Favorite Athlete: Michael Jordan and Michael Phelps Favorite Movie: The Master of Disguise Favorite Song: Ghangum style Favorite Book: Anything that is not fiction, from fiction the Harry Potter series. Favorite Food: Cold sour cherry or strawberry soup (Hungarian dish) Favorite Subject: Science
I turned 8 in August, and I have been playing year around basketball for 3 years. I have been swimming for 6 months and qualified for Gainesville in several events. I am also bilingual, and an A+ student.

Coming Soon "Shout outs". Send your Swimmer a message on our newsletter \$10 – Look for details coming soon to the website. www.swimflorida.com. We need newsletter sponsors \$25 for a business card add per newsletter or 6 newsletters for \$100. Contact coach Tom for details. tomswfl@msn.com