



## East Lake High School Swim & Dive Team

Welcome East Lake High School Swimmers and Divers!

We are looking forward to an exciting 2019 season. First, we need to take care of some housekeeping.

### Required Paperwork:

The Pinellas County School Board (PCSB) and the Florida High School Athletic Association (FHSAA) set the rules for participation in high school sports and activities. All athletes must submit proper paperwork before they can participate in any activities – even practice.

- **Athletic Forms** - Athletic Participation Paperwork may be found on the East Lake High School (ELHS) website under Athletics. (<https://www.pcsb.org/eastlake-hs>)
- **Insurance** - Student Accident Insurance information may be found on the PCSB website under Athletics and Extracurricular Activities. ([pcsb.org](https://www.pcsb.org))
- **Concussion Waiver** - Swimmers and divers will be required to complete the Concussion for Students online course. (Watch the video, create user ID, download the certificate.)

Instructions for submitting the Student Accident Insurance and Athletic Participation Paperwork may be found on the ELHS website under Athletics > Athletic Participation Packet. You will need to upload the notarized participation form, the physical form completed and signed by a physician, the insurance receipt and the final concussion waiver.

Additionally, our team utilizes Team Pages for communications. If you are new to the team, please visit <http://eastlakeswimming.teampages.com> and click JOIN TEAM on the right side. Enter all requested information for both the swimmer and parent to register.

Please be sure you read through this information and fill out all items completely. This will help ensure you are able to participate this season. If you have any questions, please feel free to contact Coach Rob, Coach Daniela or any of the Booster Club officers.

Thank you in advance for your support for the East Lake High School Swim and Dive Team.

Coach Rob Sajdak



# East Lake High School Swim & Dive Team

**Head Coach**

Rob Sajdak

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Phone: 727-457-4386

**Assistant Coach**

Eric Johnson

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**Dive Coach**

Daniela Bemme-Mora

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Phone: 813-335-5432

## 2019-2020 Booster Club Officers

**President**

Jody Sanders

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**Vice President**

Lathea Bowen

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**Treasurer**

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**Secretary**

Deanna Tsetsekas

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Contributions to the East Lake High School Swim & Dive Team Boosters Club are tax deductible, as we are an IRS 501(c)(3) non-profit charitable organization.





# East Lake High School Swim & Dive Team Away Meet Instructions

The team has three away meets this year.

September 4	vs. Osceola	@ Seminole Middle School
September 25	vs. Countryside	@ The Long Center
October 7	vs. Palm Harbor	@ Greater Palm Harbor YMCA

## AWAY MEET MEALS

The Booster Club provides a bag lunch to all athletes for away meets. We need parent volunteers to help assemble and deliver the lunches.

## SPIRIT BAGS

For away meets, we have a fun tradition of exchanging Spirit Bags within the team. Spirit Bags are decorated bags filled with food (because our athletes love to eat) and other goodies.

Please use paper bags with handles (plain gift bags) that can be decorated on the outside to reflect Team Spirit ~~~ GO EAGLES! SWIM FAST! Decorate the bag with Sharpies, markers, stickers, etc. Get creative and have FUN!

Suggestions for the contents of a Spirit Bag include one each of the following type of items:

Sports Drink or premium water – Gatorade or Vitamin Water, Fuse, Life Water

Sports Bar – Power Bar, Balance Bar, Cliff Bar

Snack – individual snack bags like pretzels, chips, etc.

Candy – small bag of candy/theater box of candy or large candy bar

Gum/Mints

Optional – something fun or an encouraging note

***All swimmers and divers please bring a spirit bag to Mrs. Kistner's classroom before school on the morning of ALL away meets. Return at lunchtime to pick up a spirit bag.  
Bring a bag – Receive a bag!!***

Parents/Athletes - We would like 100% participation so that no swimmer or diver is left out! This is something the kids enjoy giving and receiving. If you do not bring a bag, please do not take one.

## TRANSPORTATION

**SWIMMERS:** All swimmers are required to ride the team bus to and from away meets. Coach uses the bus ride for instruction and team-building and needs all athletes present and engaged. All swimmers must wear their uniform: team suit, team shirt and black shorts.

The bus will pick up and drop off at the North Pinellas (Lansbrook) YMCA. Meet at 3:45 pm and check in with Coach. After the meet, all swimmers will return to the North Pinellas YMCA.

**DIVERS:** All divers must arrange their own travel due to different warm-up and meet times. All divers must wear their uniform: team suit, team shirt and black shorts.

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# East Lake High School Swim & Dive Team Schedule 2019

**Bold** team name reflects home pool.

All athletes must ride bus to and from away meets unless given prior permission from coach.

*FRI 8/23 Blue/White Meet (Intro squad)*

Day, Date	Home Team vs. Away Team
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Tuesday, 8/27	<b>East Lake</b> vs. St. Pete
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Tuesday, 9/3	<b>East Lake</b> vs. <del>Alfonso</del> <i>Mitchell</i>
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Wednesday, 9/4	<b>Osceola</b> vs. East Lake
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Wednesday, 9/11	<b>East Lake</b> vs. Lakewood
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Wednesday, 9/18	<b>East Lake</b> vs. Seminole
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Wednesday, 9/25	<b>Countryside</b> vs. East Lake
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Wednesday, 10/2	<b>East Lake</b> vs. Clearwater*
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Monday, 10/7	<b>Palm Harbor</b> vs. East Lake
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\* *Senior Night*

Invitational	Date	Host
Total Teamwares Relay Meet	9/6 & 9/7	Northeast @ NEHI & Northshore Pool**
PCAC Championship (mid-season)	9/20 & 9/21	Countryside HS @ Long Center
Eagle Invite	10/11 (Fri.)	East Lake HS @ Long Center
Districts	10/28-11/2	TBD
Regionals	11/4-11/9	TBD
FSPA (States)	11/16	Stuart, FL

*\*\*This is a FUN meet where we are scored on enthusiasm and participation. Parents, please plan to attend and bring your friends and family to cheer on the Eagles.*

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# East Lake High School Swim & Dive Team Volunteer Opportunities



We have several volunteer opportunities for families this year. From fundraising to helping out at home meets to working the concession stand at a Buccaneer's game. We need your help!

August 27	Home Meet	North Pinellas YMCA
September 3	Home Meet	North Pinellas YMCA
September 4	Away Meet	Osceola
September 8	Bucs vs. SF 49ers	Raymond James Stadium
September 11	Home Meet	North Pinellas YMCA
September 18	Home Meet	North Pinellas YMCA
September 22	Bucs vs. NY Giants	Raymond James Stadium
September 25	Away Meet	Countryside
October 2	Home Meet *Senior Night*	North Pinellas YMCA
October 9	Away Meet	Greater Palm Harbor YMCA
October 11	Eagle Invite	Long Center
November 17	Bucs vs. New Orleans Saints	Raymond James Stadium
December 8	Bucs vs. Indianapolis Colts	Raymond James Stadium
December 22	Bucs vs. Houston Texans	Raymond James Stadium

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### Home Meet Responsibilities

**Dinner location** – our athletes enjoy sharing a pre-meet meal. We need a family to open their home to our team before the home meet. Sign up for one or more afternoon. Food will be provided.

**Timers** – we need 12 timers to run each home meet.

**Concessions** – we need two people to work the concession stand at the meet.

**Announcer** – we need one person to announce the events and run the starter at the meet.

**Senior Night** – special recognition will be paid to our graduating seniors. We need your help setting up and making it a memorable night.

Away Meet – we ask parents to help prepare meals for the swimmers to take on the bus and deliver them to divers at school.

Eagle Invite – the Eagle Invite is a consolation meet for athletes who did not make state qualifying times. Area teams are invited to compete and we are fortunate to host this end-of-season meet. This is like a home meet but 10x the size so we need a lot of help. It will be a fun and exciting day!

Buccaneers Concession – Our organization was selected to participate in the Buccaneer's Concession fundraising program. It is our primary fundraiser this year and will be lots of fun. Sign up to work one or all of the games. (Must be 18+.) The more the merrier!

Please contact a booster club board member and let them know how you would like to help. Thank you for supporting our team and helping make this a great season!

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# East Lake High School

## Swim & Dive Team

### Booster Club

The Booster Club is a parent organization that exists to support the Swim & Dive Team and to help the coaches provide an outstanding experience for our kids. A major function of the Booster Club is to raise funds to support team expenses such as:

- Swim & Dive Team pool practice (Booster Club Commitment—\$3,000)
- Team Travel and meal costs
- Team Banquet
- Senior Night

Thank you for supporting the East Lake High School Swim & Dive Team Boosters!

## Membership Levels

### **Bronze: \$100**

1 Athlete Shirt  
1 Swim Cap  
1 Towel

### **Silver: \$160**

Bronze Level plus  
Team Yearbook  
1/2 page Yearbook Ad

### **Gold: \$250**

Bronze and Silver Levels Plus  
Full Page Yearbook Ad instead of 1/2  
Team Paver 4 x 8 w/Clip Art

### **Platinum: \$350**

Bronze, Silver and Gold Levels Plus  
Travel Cup and Water Bottle  
Visor  
Team Paver 8 x 8 w/ Clip Art

Please Detach and Return to Booster Club

Athlete Name \_\_\_\_\_ Shirt Size \_\_\_\_\_

Swim/Dive: \_\_\_\_\_ Grade: \_\_\_\_\_ First Year? Yes \_\_\_\_\_ NO \_\_\_\_\_ Phone: \_\_\_\_\_

Parent/ Guardian Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Booster Club Lever: \_\_\_\_\_

Paid: \_\_\_\_\_ Cash: \_\_\_\_\_ Check: \_\_\_\_\_ Visa/MC: \_\_\_\_\_

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# ELHS SWIM & DIVE 2019-20 APPAREL ORDER FORM

Swimmer Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## TEAM APPAREL (Required)

**{ Circle - Size ~ Style ~ Price }**

<b>Team Shirt</b> (Royal Blue) XS-4XL	XS S M L XL 2XL 3XL 4XL	XS-XL \$20	2XL \$22	3XL \$23	4XL \$24
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**Bronze and above Booster Member \$0**

## SPIRIT APPAREL (Optional)

**Team Towel**  
(Royal Blue)

One Size

\$15

**Bronze and above Booster Member \$0**

**Hoodie- Unisex**  
(Royal Blue)  
S-4XL

S M L XL 2XL 3XL 4XL

S-XL \$28	2XL \$30	3XL \$33	4XL \$34
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**Drawstring Bag**  
(Royal Blue)

One Size

\$7

**Insulated Cup**  
(Silver)

One Size

\$18

**Platinum and above Booster Member \$0**

**Rhinestone Shirt**  
(Blue) - Ladies'  
XS-4XL

XS S M L XL 2XL 3XL 4XL
CREW TANK V-NECK

XS-XL \$18	2XL \$20	3XL \$21	4XL \$22
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**Glitter Shirt**  
(White) - Ladies'  
XS-4XL

XS S M L XL 2XL 3XL 4XL
CREW TANK V-NECK

XS-XL \$18	2XL \$20	3XL \$21	4XL \$22
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**Polo - Men's**  
(Royal Blue)  
XS-4XL

XS S M L XL 2XL 3XL 4XL

XS-XL \$18	2XL \$20	3XL \$21	4XL \$22
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**ELHS Shirt**  
(Royal Blue) Unisex  
XS-4XL

XS S M L XL 2XL 3XL 4XL

XS-XL \$16	2XL \$18	3XL \$19	4XL \$20
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**Nike Dri-Fit Cap**  
(Royal Blue)  
One Size Fits All

One Size

\$25

**Visor**  
(Royal Blue)  
One Size Fits All

One Size

\$10

**Platinum and above Booster Member \$0**

[Circle Payment Method] CASH CHECK # \_\_\_\_\_ PAYPAL **ORDER TOTAL** \_\_\_\_\_

**Payment Options ~ Cash ~ Check (Payable to Hotz Designz) ~ Web [www.PayPal.me/NathalyBurleson](http://www.PayPal.me/NathalyBurleson)**  
**(Please indicate swimmer's name in memo field of checks and online through PayPal)**

Payment is due when order is placed. All sales final on custom orders. NSF fee of \$35 for returned checks.

727 430 2803 ~ [hotzdesignz@gmail.com](mailto:hotzdesignz@gmail.com)



# East Lake High School Swim & Dive Team Yearbook

The Booster Club produces a special Swim & Dive Team Yearbook each season. It contains swimmer profiles, season highlights and a special dedication to seniors. What better way to show your support for your athlete than with this keepsake? Families also have the option to purchase ad space to support their swimmers and divers.

## Yearbook

Yearbook @ \$20 each

# \_\_\_\_\_ \$ \_\_\_\_\_

## Yearbook Ad

Just like the school yearbook, parents can purchase ad space with photos and include a special message for their athletes. Encourage grandparents, family and friends to show their support as well with yearbook ads.

### Options:

¼ Page (2"x4") @ \$20 each

# \_\_\_\_\_ \$ \_\_\_\_\_

½ Page (4"x5") @ \$40 each

# \_\_\_\_\_ \$ \_\_\_\_\_

Full Page (8"x10") @ \$80 each

# \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL:**

\$ \_\_\_\_\_

***East Lake High School Swim and Dive Team Boosters accepts cash, check or PayPal. Please make checks payable to East Lake High School Swim and Dive Team Boosters.***

### Swim & Dive Team Yearbook Instructions:

Please turn in form and payment to Coach or the Booster Club Board. All photos must be original and clip art needs to be grayscale or black and white. For best results, please submit ads in pdf format via email. Please email ads to Sandy Robbins at [sandy@4robbins.com](mailto:sandy@4robbins.com) by September 27, 2019.

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275 S US Hwy 17-92  
Longwood, FL 32750  
1-800-888-8843

# East Lake

Parent Name: \_\_\_\_\_

Swimmers Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

FEMALE \$63.95 Flyback SIZE 22-40 \_\_\_\_\_

FEMALE \$63.95 SuperPro SIZE 22-40 \_\_\_\_\_

JAMMER \$43.95 SIZE 22-40 \_\_\_\_\_

BRIEF \$38.95 SIZE 22-40 \_\_\_\_\_

**Ticket Order Form**  
**Meet The Player Dinner**  
**East Lake High School Fall Athletics**  
Monday, August 26, 2019, at 7:00PM in the cafeteria

Hosted by Felice's  
Chicken marsala, Baked ziti with meatballs, salad, bread, and a drink

\*\*\*Seating is limited, please return this order form to your  
coach by Thursday, August 22, 2019 \*\*\*

Athlete Name \_\_\_\_\_

Participating Sport \_\_\_\_\_

\_\_\_\_\_ Athlete(s) @ \$15.00 each                      \$ \_\_\_\_\_

\_\_\_\_\_ Children (10 & under) @ \$15 each                      \$ \_\_\_\_\_

\_\_\_\_\_ Adults & children (11 & older) \$20 each \$ \_\_\_\_\_

TOTAL ENCLOSED                      \$ \_\_\_\_\_

You may pay by cash, check, or credit card.

Make checks payable to ELHS football boosters.

For Credit Card: <https://squareup.com/store/east-lake-high-school-football-boosters>.

Questions - please email [eaglesboosters@gmail.com](mailto:eaglesboosters@gmail.com), or call Jerri at 972-743-9396

***Tickets will NOT be sent home prior to the event, tickets will be distributed at the door.***



Email:





# East Lake High School Swim & Dive Team

## Ten Commandments for Swim Parents

by Rose Snyder, Managing Director Coaching Division, USOC, Former Director of Club Services, USA Swimming  
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

- I. Thou shall not impose thy ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual.
- II. Thou shall be supportive no matter what. There is only one question to ask your child after a practice or a competition – "Did you have fun?"
- III. Thou shall not coach thy child. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job.
- IV. Thou shall only have positive things to say at a swimming meet. You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made.
- V. Thou shall acknowledge thy child's fears. New experiences can be stressful. It is appropriate for your child to be scared. Your job is to encourage and assure your child that they can do it.
- VI. Thou shall not criticize the officials. Please don't criticize those who are doing the best they can in purely voluntary positions.
- VII. Honor thy child's coach. The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.
- VIII. Thou shall be loyal and supportive of thy team. A swim team consists of members of various ages and skill levels. One of the most fun parts is to see the groups cheering for each other.
- IX. Thy child shall have goals besides winning. Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort, regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.
- X. Thou shall not expect thy child to become an Olympian. There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

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