

SEAHAWKS SWIM TEAM

REGISTRATION: 2025-2026 Season

INTRODUCTION OF COACHES

The head coach for the Seahawks is Lisa Purdy-Ciesielski. Lisa is an accomplished swimmer and has many years of coaching experience with swimmers of all ages. Lisa received her coaching degree from UNI. She teaches for MOC-FV Schools and has coached the Seahawks since the fall of 1998.

Bronwen Dean is the Seahawks assistant coach. Bronwen is a fulltime wife and mother. She swam for Iowa State University where she was first team Academic All-Big 12 in 1997 and 1998.

SEAHAWK TEAM INFORMATION

The Seahawk Swim Team is a non-profit age-group competitive swim team governed by the USA Swimming rules and regulations. USA Swimming is divided into four zones which are further divided into areas called Local Swim Committees (LSC). Our LSC is Midwestern Swimming which covers all of Nebraska and the western counties of Iowa.

Seahawk Mission and Vision Statement Mission Statement

Mission Statement: The Seahawks swim team seeks to provide a fun and safe environment for swimmers of pre-college age and abilities. We look to provide an environment where personal excellence, self-motivation, work ethic, honesty, and commitment are expected, bringing out the best in our swimmers. We strive to instill a lifelong love for the sport of swimming by promoting values of teamwork, team spirit, and sportsmanship which will transfer with them to school, family, and life. **Vision Statement:** The Seahawks Swim Team seeks a culture that maximizes the individual potential of every swimmer, and as a team celebrates everyone's accomplishments.

TRIAL SESSION

The Trial Session is for new swimmers only and will last for 2 weeks, starting on: Swimmers come Sept. 15, 16, 18, 22, 23, 25 and 29th. New swimmers must be six years of age or older and be able to swim 25 yards. At the end of the trial, it will be at the coach's discretion if swimmer is ready for competitive swimming.

The cost is \$75 which can be applied to the total. By the end of practice on Monday, September 29th a decision needs to be made if your swimmer is going to remain with the swim team. New swimmers that remain with the team will have their \$75.00 fee applied to their seasonal fee.

Returning swimmers start on Monday, September 22nd and arrive on their designated days only.

EXPENSES

New swimmer– 8 & Under swim on Monday & Thursday

9 & over may swim two or three days, choose: Monday, Tuesday, or Thursday

Returning swimmer – Choice of 2-, 3-, 4-, or 5-day option (only 11 and older can choose the 4- or 5-day option)

FALL/WINTER PRACTICE COST: 2 day is \$230, 3 day is \$345, 4 day is \$460, 5 day is \$575 *All sign-ups for days are final – **no switching***

The fees are used to pay the following expenses:

USA swim fees, Coaching wages, Pool rental, Equipment purchases, and a percentage of entry fees.

All fee payments are due by Monday September 29th. **Swimmers will not swim if payments are not paid.** If requested a payment option is available with 3 equal payments: 1st – Before or on September 29, 2nd - Dec 1, 3rd Feb 2. If the payment option is chosen, all checks marked with these dates must be received before the first meet.

***USA Swimming has a special program for low-income families that can reduce their fee, and thus the fee the Seahawks charge. Please see the Treasurer for more information.**

Team Suit, etc. – There will be a team suit available upon completion of the on-line order form. Please see Suit Order Form on the All-Season Center/Seahawks website for more information on cost and ordering. There will be a deadline, and all suits will be ordered on-line.

Practice Suit – Any suit can be worn for practice; however, we recommend not wearing the team suit. Keeping the team suit for swim meets will ensure a longer life of the suit Practice suit information and orders are available.

Communications - Please be sure to read your e-mails from Coach Lisa, particularly as meets come closer. Feel free to call the head coach if you have any questions. Our team website is hosted on the All-Seasons Center website and has all team information posted. <https://www.siuoxcenter.org/152/Seahawks-Swim-Team>

MEETS

Our swim meet schedule will include 2 designated home meets and many optional meets. All swimmers, regardless of ability, can swim at the designated and optional meets. Championship meets require a qualifying time. **We do not have bench warmers.** Swimmers are eligible to swim 5 individual events & possibly 2 relays in each meet this is designated by the hosting team, so the entry events could change. Swimmers may swim each event of butterfly, backstroke, individual medley, freestyle, breaststroke, medley relay, and freestyle relay. The swimmers are divided into age groups of 8 & under, 10 & under, 11-12, 13-14, and 15 and up. The age of the swimmers on the date of the swim meet will determine what age bracket the swimmer will swim in. Swim Meets are held on Friday- Sunday with warm-ups at 8:00 a.m. and the meet starting at 9:00 am. Most swim meets conclude by 2:00 p.m. or earlier.

(See Meet Schedule-due to unforeseeable circumstances these may change)

Home Meets We will be hosting 2 meets this season November 1st and January 31st. All parents **are expected** to help in a variety of jobs, such as timing, concessions stand, set up, etc, schedules of work assignments will be sent out prior to the meet.

Swimmers are encouraged to attend the designated coached meets. If there are any conflicts, please notify the coach at least 10 days in advance. Meet entries are submitted 10 days prior to swim meets and entry fees are paid out of pocket for each swimmer. We designate the right to add an additional late fee for late entries.

Transportation to the swim meets is the responsibility of each family. Carpools have been established by parents on their own over the years, so if you need to find transportation, please call a team member or coach. Please don't leave a swimmer home because they have no transportation available, someone is always willing to help!

OFFICIALS

If you are interested in serving as an official: referee, starter, stroke & turn judge – watch for training opportunities and information or contact Dave Moss e-mail: axpmoss@premieronline.net

THINGS YOU NEED TO DO NOW!!

- 1) Registration opens on Wednesday, Sept. 3rd from 6:00-8:00 pm and reopens on Tuesday, Sept. 9th from 6:00-8:00 pm at the All-Seasons Center
- 2) Last date to register is Tuesday, September 9th at 8 PM ***An additional \$100.00 fee will be added to late registration entry.**
- 3) **For new trial swimmers**, pay the \$75.00 trial fee (applied to seasonal fee if you choose to stay)
- 4) Website address: <https://www.siuoxcenter.org/152/Seahawks-Swim-Team>

SEAHAWK PARENT OFFICERS

Officers are elected at the Annual Awards Banquet held in the spring. The officers for the current swim season are:

President	Troy Ten Napel	712-441-2447
Vice President	Nate Wolf	712-463-2915
Treasurer	Jill Saucedo	712-737-7619
Secretary	Jill Swisher	210-929-5959
Member at Large	Nate Phinney	330-224-1430
Member at Large	Erin Kusters	605-595-7879
Officials Rep.	Dave Moss	712-441-0871
AO/Computer Tech	Kimberly Vander Plaats	712-737-7619
Safe Sport Rep	Jessica Hulst	712-395-8757
Head Coach	Lisa Purdy-Ciesielski	712-439-1833
Assistant Coach	Bronwen Dean	712-449-5011