



**St. Agnes CYO Swim Team**



## Parents Information

Est. 2005

Go Stags

# St. Agnes *Swimming*

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[cyoswim@stagnescathedral.org](mailto:cyoswim@stagnescathedral.org)

2009 - Division B Dual Meet Champs  
2011 - Division B Dual Meet Champs  
2011 - Division B Championship  
2013- Division B Dual Meet Champs- Undefeated  
2013- Division B Championship

## St. Agnes Stags - Swim Team

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# St. Agnes Swim Team

## 2014/2015 Coaching Staff

Name	Phone/ Cell	Email	Age Group
Suzanne Sullivan	(516) 763-1904 (516) 297-6033	<a href="mailto:suzanne.m.sullivan@verizon.net">suzanne.m.sullivan@verizon.net</a>	8 & Under - Boys Co-Head Coach
Ann Marie Weiss	(516) 766-2590 (516) 567-1719	<a href="mailto:amjw96@gmail.com">amjw96@gmail.com</a>	13 to 18 - Boys & Girls Co-Head Coach
Julie Canty	(516) 665-9013 (516) 993-6287	<a href="mailto:Julie.Canty@ey.com">Julie.Canty@ey.com</a>	8 & Under - Girls
Kimberly Trani	(516) 208-6069	<a href="mailto:ktrani7@gmail.com">ktrani7@gmail.com</a>	8 & Under - Girls
Erin Fortunato	(917) 385-9970	<a href="mailto:erin@10gallon.com">erin@10gallon.com</a>	8 & Under - Girls
Kaitlyn Murphy	(516) 446-1636	<a href="mailto:kaitlyn.suydam@gmail.com">kaitlyn.suydam@gmail.com</a>	8 & Under - Boys
Greg Murphy	(516) 650-6855	<a href="mailto:damurph214@gmail.com">damurph214@gmail.com</a>	8 & Under - Boys
Marisa Kendric	(516) 887-0347	<a href="mailto:nothnagle3@gmail.com">nothnagle3@gmail.com</a>	10 & Under - Girls
Casey Murphy	(516) 594-1916 (917) 750-6853	<a href="mailto:kcmurphy@simonlawyers.com">kcmurphy@simonlawyers.com</a>	10 & Under - Girls
Edward O'Connell	(516) 594-8334	<a href="mailto:eddieoc@optonline.net">eddieoc@optonline.net</a>	10 & Under - Girls
Mary Graham	(516) 594-1994 (516) 805-1217	<a href="mailto:jgr711@gmail.com">jgr711@gmail.com</a>	10 & Under - Boys
Megan Ferrick	(516) 946-4714	<a href="mailto:msullivanferrick@yahoo.com">msullivanferrick@yahoo.com</a>	10 & Under - Boys
Jessica Kear	(516) 594-3394 (927) 566-9899	<a href="mailto:jessgiunta@hotmail.com">jessgiunta@hotmail.com</a>	10 & Under - Boys
George Feiner	(516) 766-5758 (516) 313-2393	<a href="mailto:gwynnef@optonline.net">gwynnef@optonline.net</a> <a href="mailto:gfeiner@optonline.net">gfeiner@optonline.net</a>	12 & Under - Girls
Janet Gatti	(516) 678-7092 (516) 527-0963	<a href="mailto:kjgatti@optonline.net">kjgatti@optonline.net</a>	12 & Under - Girls
Rob Wiedenhoft	(516) 763-6023 (516) 205-4070	<a href="mailto:rwiedenhoft@hotmail.com">rwiedenhoft@hotmail.com</a>	12 & Under - Girls
Peter Gannon	(516) 766-5469	<a href="mailto:Gannon249@gmail.com">Gannon249@gmail.com</a>	12 & Under - Boys
George Reese	(516) 536-0528 (516) 641-9049	<a href="mailto:George.reese@chase.com">George.reese@chase.com</a>	12 & Under - Boys
Dana Takes	(917) 821 8459	<a href="mailto:danabillwilliam@yahoo.com">danabillwilliam@yahoo.com</a>	12 & Under - Boys
Gerard Lynch	(516) 594-0165 (917) 573-6868	<a href="mailto:glynch@assuredguaranty.com">glynch@assuredguaranty.com</a>	13 to 18 - Boys & Girls
Ben Shanley	(516) 510-0605	<a href="mailto:imbenshan@optonline.net">imbenshan@optonline.net</a>	13 to 18 - Boys & Girls

## St. Agnes Stags - Swim Team

### Team Philosophy

The goals of the program were established to reach beyond competitive swimming to the individual development of each youth. Along with learning swimming techniques, physical, emotional, and social development are facets of the agenda. Above all, the desired result is that each team member develops an appreciation and knowledge of the sport of swimming that they will carry throughout their lives.

### Team Rules

#### Pool Safety Rules:

While swimming is a fun sport, it does have inherent dangers both in and out of the pool. To ensure the children have a positive and safe environment, horseplay on the pool deck will NOT be tolerated at any time.

- We ask that you review basic safety rules with your swimmer(s). These include:
  - No running on the pool deck
  - No pushing or shoving at anytime
  - No bullying or teasing
  - No entering the pool without a coach's instruction
  - Always listen to and follow the coach's directions
  - We request you tell your child that if he/she is being pushed or picked on by another child that he/she notify a coach immediately. If a parent sees any misbehavior from the stands, we ask that they notify a coach immediately. If a swimmer is in violation of any of these rules, they will be asked to leave the practice immediately and the parents will receive a written warning. If it occurs again, that swimmer will be dismissed from the team. We want each swimmer to have the most positive experience possible and will take appropriate steps to ensure the actions of just a few do not negatively affect others on the team.
- Please be on time - practices, meets, etc.
- Each child must be able to finish 1 lap (25 yards) unassisted. It is a safety issue.

- Before each meet, an e-mail will be sent out with the deadline for you to inform us if your swimmer will not be able to make a meet. The deadline is usually a few days before the meet so that we have enough time to prepare the meet line-up. **If you know in advance that your child will not be able to make a meet, please be sure to e-mail let us know as your individual coaches as early as possible.** It is okay if you have to miss a meet or practice. **JUST TELL US** so we can plan accordingly. Not informing us in advance causes chaos and confusion on the pool deck on the day of the meet. If you do not inform us and we placed your child on the line-up, your child will not swim the following meet. We do understand there will be last minute emergencies and illnesses. Please call your coach as soon as possible.
- If a child would like to drop off the team by the second practice, we will allow refunds. After the 2<sup>nd</sup> practice, no refunds will be allowed. **NO EXCEPTIONS.**
- Each team member is required to purchase a St. Agnes team swimsuit. You can wear last year's suit even though we are changing the style this year. Swimmers are not permitted to wear other team suits with logos (including caps) from other teams (CYO rule).
- Swimmers are not permitted to wear any jewelry including hair bands around the wrists. If they do they will be disqualified.
- In order to qualify to swim in the Championships, a child must have swam in at least 4 meets throughout the year (CYO rule).
- **All swimmers are to remain on the pool deck with the team for the entire meet.** We want to encourage cheering and emotional support for all swimmers and to finish the meet with a team cheer. If you cannot stay, please inform your coach.
- Swimmers should **not sit in the stands with their parents.** We frequently have changes in the line-up for many different reasons. If we cannot find a swimmer, we cannot add them to the line-up and this limits our flexibility.
- Please arrive at each meet at least 20 minutes before the scheduled start time. As soon as you arrive at a meet, be sure to check in with your coach to: (i) let them know you are here, and; (ii) make sure you know which events you will be swimming. Remember, we will always have last minute changes.
- Do not bring any valuables to either meets or practices.

- Anything your child brings with them should be clearly labeled. Please use a sharpie to put your child's name in his/her suit.
- We strongly recommend a parent or another designee be present with your child in locker rooms since we will be practicing in a public pool.
- Swimmers and Parents are not to address any official. If a swimmer or parent has a question on an officials call you should speak directly with Suzanne Sullivan or Annemarie Weiss.
- Parents should abide by the Fair Play Rules.
- Any Parent that is not on a Special Volunteer Committee will be assigned Locker Room/Pool Monitor Responsibilities. These are very important safety requirements to protect our children. It is essential to attend your assigned location on the date assigned. If you can not attend, it is your responsibility to find a substitute. **DO NOT CALL THE COACHES.** If a parent is missing, your child will not swim in the next meet. **NO EXCEPTIONS.** The assignment list will be posted on the website.
- As you know, we have a very large team and the pool deck does get very crowded during practices and meets. Because of this, no parents (except those assigned as pool monitors for each specific meet/practice) are allowed on the pool deck. Parents **MUST** stay in the stands
- E-mail is our primary form of communication - if you change your e-mail address, please let us know ASAP
- We are part of the CYO and in addition to swimming, we like to encourage our swimmers to participate in events that give back to the community such as the team food drives, Swim Across America and participation in the RVC St. Patrick's Parade.

St. Agnes Stags - Swim Team  
Alternative Pool Locations

Aquatic Center - Eisenhower Park	572-0501
Hofstra University	463-5082
LIAC ( <a href="http://www.longislandswimming.com">www.longislandswimming.com</a> )	378-8467
RVC Swim and Scuba (Sunrise Hwy RVC)	872-4571
Echo Park Swim Complex (Ocean Ave/West Hemp)	483-1616
Long Beach Recreation	431-3890
Freeport Recreation	377-2310
Adelphi University	742-5800 x 275
Nassau Community College	572-7501

St. Agnes Stags - Swim Team  
Master Calendar -2014/2015

<u>Date</u>	<u>Day</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
November 5	Tue	Suit ordering	6-7:30pm	Parish Center
November 9	Sun	Mass	9:30 am	St Agnes
November 9	Sun	Practice	4:30pm- 6pm	Eisenhower
November 16	Sun	Practice	2:00-3:30 pm	Eisenhower
November 23	Sun	Practice	3:00-4:30 pm	Eisenhower
December 7	Sun	Practice/Swim Across America	12:00-2:00 pm	Hofstra University
		10 and Under	12:00 - 1:00pm	
		12 and over	1:00 - 2:00pm	
December 14	Sun	Candy Cane Classic 10 and Under Only	12-2:00pm	Hofstra
December 21	Sun	Practice	2-3 ;30pm	Eisenhower
January 4	Sun	Practice	12-1/1-2pm	Hofstra
		10 and Under	12:00 - 1:00pm	
		12 and over	1:00 - 2:00pm	
January 11	Sun	Home Meet?	2-5pm	Eisenhower
January 25	Sun	Home Meet?	2-5pm	Eisenhower
March 1	Sun	Home Meet?	2-5pm	Eisenhower
March 8	Sun	Home Meet?	2-5pm	Eisenhower
March 22	Sun	Practice Champs	12-2	Hofstra University
March 25-27	TBD	Champs	6pm	Eisenhower
Actual Date TBD				
April	TBD	TEAM PARTY	7-9:00 PM	Parish Center

\*\*\*\*\*Meet schedule is tentative and we will have a confirmed calendar for meets in December after we receive it from CYO.



St. Agnes Stags - Swim Team  
Website Information

[www.stagnescathedral.org](http://www.stagnescathedral.org)

Access website for the following:

- Up-to-Date Master Calendar
- Photo Gallery
- Coach Contact Information
- Swimmer Tracker Database (security protected)
- Directions to Away Meets
- Team Record Bulletin Board

User Name: CYOSWIM

Password: STAGSGO

We also have a Facebook page - please "like" us:

<https://www.facebook.com/StAgnesCyoSwimTeam>

## swim suit information

This year, we will be ordering our team suits from Swimmers Choice in Syosset. They came to St. Agnes Parish Center Lobby (North Side) on Wednesday, November 5, from 6:00 to 7:30 pm to fit the swimmers for their suits. This was the **ONLY** time that Swimmers Choice will be coming to us!

If you were unable to come on the 5th, and you wish to purchase a new team suit, you will have to go directly to Swimmers Choice in Syosset.

Swimmers Choice  
267 Robbins Lane=  
Syosset, NY 11791  
516-932-7946

Contact: Mindy

Swimmers Choice will take cash, checks, visa & master - **NO** American Express

\* St. Agnes team bathing caps will be provided, team suits are required.

You are allowed to use last year's suit

