



JUNE 2025

BETWEEN THE



LANE LINES



A MESSAGE FROM PRESIDENT, DOUG KRUPA

Thanks to everyone who brought in donations for Swim-A-Thon, we brought in \$7,525! This was our most successful Swim-A-Thon to date. We will use this money to update some of our meet and practice equipment.



it's **spalsh out hunger weekend!**



Watch for info on arrival times!



Be sure you check in for your volunteer shift!



**Let's load the donation boxes with lots of goodies.
Check the Splashboard page for suggested donation items.**



SWIMMERS OF THE MONTH!

FROST

Norah is a leading swimmer in Frost and is always eager to progress. She regularly encourages her teammates and proactively asks about ways to improve her technique. Her natural leadership and willingness to learn have made her a great example for three younger kids who will no doubt continue to grow.



Norah



CUBES



Noor

Noor is so much fun and has a contagious joy that livens up the entire group. When she isn't busy being the human version of the sun, she grinds out sets with minimal complaining and maximum effort. She has made steady progress over time and shows no signs of stopping



SWIMMERS OF THE MONTH!

WAVES



CARTER

Carter always brings energy to practice! He never fails to engage every member of the Waves age group. He always has a joke or a witty comment to make! What is most impressive about Carter is his drive to succeed. The want to improve and dominate in the pool is always at the forefront of Carter's mind. Carter has a 'need for speed'! He is a sprinter through and through who has demonstrated his skills in freestyle and backstroke.

Anna is one of our few distance swimmers in the Waves age group. Anna's ability to maintain a pace is unrivaled. Once she starts swimming she does not slow down! Anna is always asking questions throughout practice and calls attention to parts of her swimming that coaches may not have noticed. Anna often asks questions that apply to not just herself but her teammates as well. Such as questions about breathing technique or maximising speed into and off the wall. Anna has been working hard on her technique as is demonstrated by her 6 second time drop in the 50 breaststroke. Anna has taken great strides in her swimming in the last few months. Anna is overdue for the Swimmer of the Month award as well as a Most Improved award!

ANNA



MORAYS

Henry



Congratulations Henry McDonald! Swimmer of the month for June! Henry joined the Eels from IFLY and West High Swimming. Henry has been a great asset to our Team, pushing swimmers, swimming in lane 8 with other high school boys, and being such a great teammate! Henry's enthusiasm and respect towards coaches and teammates shines and I thoroughly enjoy Coaching Henry! When asked what do you like about the Eels: "I have never been on a team like the Eels and I am enjoying the club" He also is positive about the technique work and workouts at the Eels. His speed in breaststroke has increased and he never thought he was a breastroker!! He is!! Henry also enjoys the distance events! Welcome Henry and great job at practices!!



DON'T MISS A MOMENT ON THE USA SWIMMING NETWORK



Tune in to the 2025 Toyota National Championships, taking place from June 3-7, to watch your favorite athletes compete for their spot on three 2025 rosters: the World Aquatics Championships, the World University Games, and the World Aquatics Junior Swimming Championships.

Stay up to date on all the action from the meet by downloading the free USA Swimming Network app for full event coverage, including live streams of every session, race clips of your favorite moments, and daily recaps from the Unfiltered Waters team! Learn more below, and download the USA Swimming Network app today on your mobile, tablet, desktop, or connected TV device.

[Apple](#)
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[Microsoft Desktop App](#)
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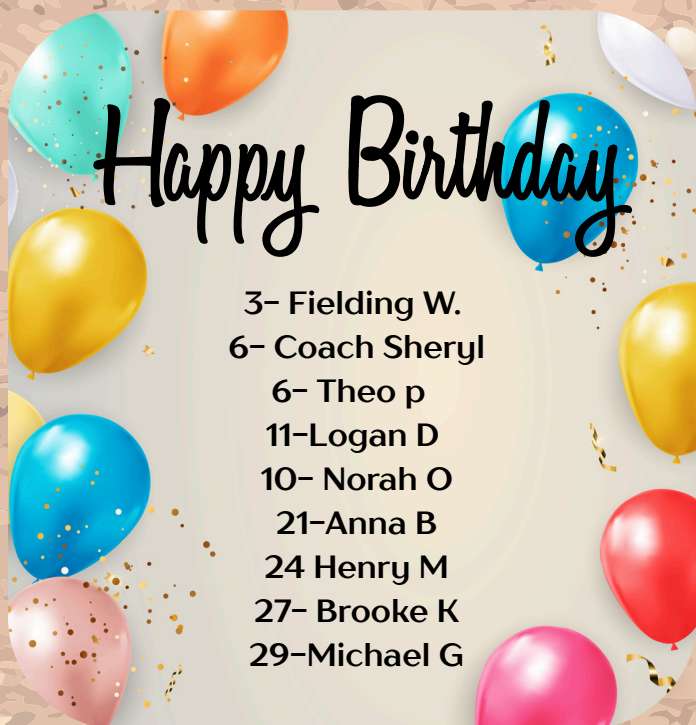


THE SPLASHBOARD

REMINDER

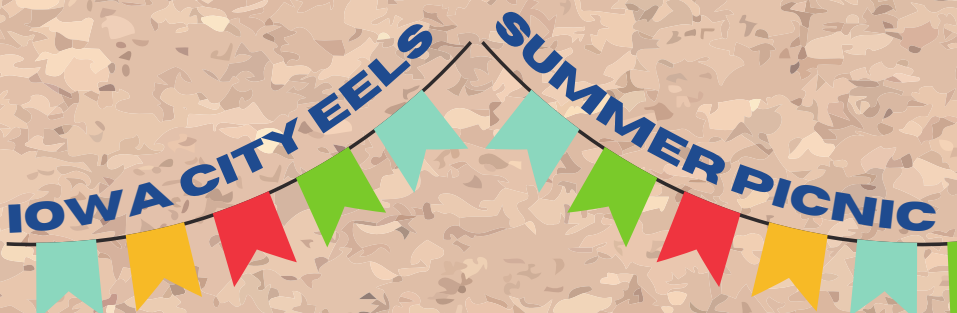
SPLASH OUT HUNGER SUGGESTED DONATIONS ITEMS

Ramen cups
Mac & Cheese single serve
Applesauce pouches
Fruit cups
Fruit cans w/pull top seal
Spaghetti O's
Ready to serve soups
Peanut Butter
Jelly
Crackers
Cereal
Horizon's Milk packs
Pudding Packs



3- Fielding W.
6- Coach Sheryl
6- Theo p
11- Logan D
10- Norah O
21- Anna B
24 Henry M
27- Brooke K
29- Michael G

PARENTS: Please remember that meets will be posted to Captyn as they are sanctioned & not before. Coach Sheryl will post in weekly emails when these are available.



MARK YOUR CALENDARS

Sunday, August 31st
Sugar Bottom Shelter #39
More info to come!



SUMMER PRACTICE: JUNE 9 – JULY 31ST

DOLPHIN: 4:30–5:00pm – Monday, Wednesday, Thursday

FROST 2: 5:00–5:30pm – Monday, Wednesday, Thursday

FROST 1: 5:30–6:15pm – Monday, Wednesday, Thursday

CUBES 1/2: 6:30–7:30pm Monday– Thursday

WAVES 1/2: 6:30–7:45pm– Monday– Thursday

MORAYS: 8:00–9:30am– Monday–Thursday

SATURDAY PRACTICE: Cubes/Waves/Morays – 9:00–10:30am

Adult Learn to Swim

My name is Erin McCuskey and I am the Adult Learn to Swim Program Manager and program teacher. This program is generously funded by a grant from the USA Swimming Foundation to help folks get in the pool for a very low cost. In the last nine months I have taught seventeen adults. These motivated students included Eels family members, retirees, college students and parents all trying to learn how to swim.

Lessons are one-on-one and built to accommodate each students' schedule and pool needs. Pictured are some of my recent students I had the honor of teaching, all of them had different goals for the pool but they also all learned about water safety, basic swim skills and how to sustain their own practice in the pool. We also had a lot of fun along the way. June is

National Water Safety Month and I would encourage all parents to review some basic water safety guidelines. The tip I heard lately that really stuck with me as a parent was if you are in a group setting with kids around water,

"If everyone is watching the kids around the water, actually no one is watching the kids." Be sure to designate one adult to supervise kids in or near water at all times.

<https://nwsn.phta.org/consumers-parents/safety-tips/>

Interested in learning how to swim? Know an adult who doesn't know how to swim? Please email me at emccuskey@iceels.org to start planning your lessons this summer!

