



MAY 2025

BETWEEN THE



LANE LINES



A MESSAGE FROM PRESIDENT, DOUG KRUPA

We have a busy next couple of weeks for fundraisers. Both Swim-a-Thon and our hosted meets are key fundraisers for us to help keep down your monthly dues. Here are the key items to remember from the board:

Swim-a-Thon donation site is live. Everyone has their own page. Please share it with your friends and family to help us meet our donation target. Even if your swimmer can't attend on 5/17, they can still collect donations.

Splash Out Hunger Volunteer signup is live in Captyn. Click the All link on the Volunteer Events box on the on your Captyn home page. Click on the Splash Out Hunger. Then click which session you want to work and which job. As a reminder, each family needs to work two sessions at this meet, so sign up right away to get your preferred time slot or job. If you have any question about the jobs or how to sign up, don't hesitate to reach out (dkrupa@iceels.org).

EELS SWIM A THON

MAY 17TH 9-11AM

FUNDRAISING EFFORTS ARE UNDERWAY!

CONTACT DKRUPA@ICEELS.ORG

WITH QUESTIONS

COMING SOON





SWIMMERS OF THE MONTH!

FROST

This month's Swimmer for Frost is Lachlan! Lachlan is part of the Frost 1 group. These past few weeks he has shown great dedication and interest in improving his swimming abilities by asking questions, utilizing feedback, and even coming to practice early to work on his strokes. Every practice Lachlan is excited to work on new things, while also applying his skills and adding to things he already knows. He comes to practice ready to work and have fun with his friends! His kindness to his swim buddies is phenomenal and doesn't go unnoticed. He also has been working very hard on his butterfly and freestyle technique. He takes the time to pay attention to how he is moving in the water to see how his improvements feel. We are very proud of him and wish to say congratulations on swimmer of the month!--

Lachlan



CUBES

Stella has been working hard at practice to perfect her stroke and race technique. Each week she continues to grow as a swimmer and excel in the workouts. Stella is a team leader; she has a great attitude every practice and always knows how to support her teammates when they need it. Since being on the team for a short period of time, Stella never fails to amaze us every time she shows up to practice! We can't wait to see what she continues to do in the future!

Stella



WAVES

Emmit is a strong breaststroker who comes to practice with a positive can-do attitude! He is eager to swim and is always focused on completing practice to the best of his abilities. Throughout practice Emmit encourages his teammates to stay focussed by making sure they stick to intervals and rest times. Emmit is a friend to all of his teammates and greets everyone with a smile. Keep up the good work!

Emmit

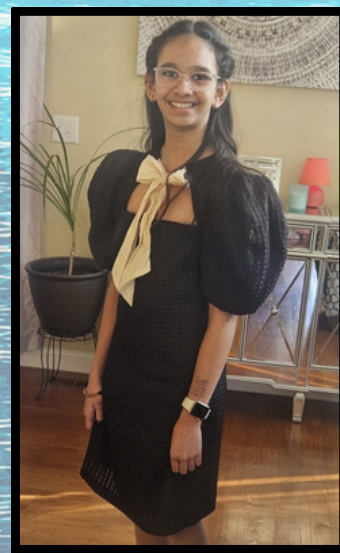




SWIMMERS OF THE MONTH!

MORAYS

It is with great excitement that I share our swimmer of the month as Aahana Kulkarni. I remember when Aahana started with the Eels. Her technique was impeccable and endurance and speed was something she was working towards. Aahana has come so far and is very deserving of the swimmer of the month. She attends meets regularly, (Coaches love this!) steps up at practice, is excited when she betters her times at Banana Bread Challenge, or Hit or miss game! She has recently moved up to the Morays groups and has shown more stamina, grit, and hard work. It has paid off by swimming some PR's at meets recently. Her kindness and maturity towards others is something we all notice, and Aahanas love of her teammates shows. She is cheering others on, having fun and smiling alot when she is at practice! Coaches notice. Keep up the great attitude and hard Aahana! You are infectious!



Aahana



Brad Gilchrist



MASTER SWIMMERS

If you're on the fence about joining Masters swimming, take the chance and give it a try! Joining a Masters swim team is one of the best decisions I've ever made in my life. In 1990 fresh out of college, my goal was to do a triathlon. I could run forever but 2-4 laps in the pool and I was utterly and completely spent. I joined a Masters group and really started learning to swim though I had had swim lessons as a child. It was well over a year before I could do a flip turn or swim 500 yards without stopping. I've been swimming with a Masters team ever since, the Eels since the mid-90s. Now, 35 years later, I can swim forever but hardly run at all. :-) I stopped the triathlons years ago but have continued to participate in some open water swimming events, most notably the annual Big Shoulders open water swim at Ohio Street Beach in Chicago. I highly recommend joining a Masters team if you have any interest in swimming. The health and social benefits are the best!



PARENTS: PLEASE LOG INTO YOUR USA SWIMMING ACCOUNT AND MAKE SURE THAT YOUR SAFE SPORT PARENTS GUIDE TO MISCONDUCT IN SPORT HAS NOT EXPIRED!

Motivational Moments

USA Swimming Olympians Then and Now
CLICK THE PHOTO TO WATCH





THE SPLASHBOARD

REMINDER

PARENTS MUST REMAIN ON
THE BLEACHERS IF
OBSERVING PRACTICE!

PARENTS ARE NOT ALLOWED
TO BE ON THE SIDE OF THE
POOL, BEHIND THE BLOCKS
OR IN THE ATRIUM AREA
WHILE PRACTICE IS IN
SESSION!

IF YOU WOULD LIKE TO
RECORD YOUR SWIMMER,
PLEASE DO SO FROM THE
BLEACHERS!

IF YOU NEED TO SPEAK
WITH A COACH, PLEASE DO
SO AFTER PRACTICE!



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.

may birthdays

Ameilia Ahlers
Ayansh Jani
Tesla Newman
Quinn Schneider



IOWA CITY EELS SPRING/SUMMER MEET SCHEDULE

MAY

May 9-11th Dave Armbruster- CRWC

May 17th- Swim-a-Thon
(replaces Sat. morning practice)

May 31-June 1st East Moline Summer Invite

JUNE

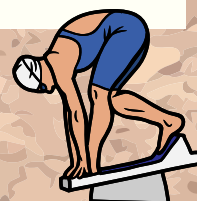
June 7-8th Splash out Hunger- ICE

JULY

July 10-13th BLST Summer Sizzler- Cedar Falls

July 19-20th IASI Regional & 8 & under
Championships- ICE

July 24-27th LC Champs Waukee



BEYOND THE LAPS

Nurturing your Mind and Body

THE BENEFITS OF NATURE ON YOUR MENTAL AND PHYSICAL HEALTH

Build your immune system
Vitamin D from the sun
supports your immune
system.

Be more present

Use the outdoors to practice mindfulness. Learn to be more relaxed and less anxious. Take your shoes off and get grounded.



Help solve problems

Go outside and unplug from everything to help you think of solutions to problems.

Reduce Stress

Enjoy the calm of nature. Help lower your blood pressure and reduce stress hormones.



Improve your mood

Establishing a connection with nature will help you build positive long term effects on your wellbeing.



Better your physical health

Walking, running, cycling all help release positive hormones that improve our mental and physical health.



Increase Creativity

Nature is an endless resource for inspiration. Head outside for many opportunities to be creative.

