

Welcome Back Wahoos!



Coaches

Head Coach Nathan McCormick

Contact info:

704-808-0103 (feel free to call or text me)

nmccormick1218@gmail.com

Assistant Coaches:

- **Andy Dorsel**- has been a competitive swimmer for 12 years and is currently a member of Bucknell University men's swim team. His main events are butterfly and the individual medley (IM). He has worked at SwimMac with the Junior Swim League. This will be his third year as a Wahoo's assistant coach.
- **Caitlyn Cornell**- has been a competitive swimmer for several years. Currently is swimming at Lifetime Aquatics and plans to swim in college.
- **Sarah Fleury**- has been a member of the Wahoo swim team since she was 6. She currently swims competitively for Lifetime Aquatics and the Providence High School swim team. She will attend and swim for Liberty University in the fall. This will be her third year as a Wahoo's assistant coach.
- **Kate Griffey**- is a 13 year competitive swimmer and a Wahoo swimmer since the age of 6. She is a Weddington high school graduate and will attend NC State in the fall. This will be her first year coaching.
- **Ellison Fisher**- has been a competitive swimmer since the age of 5. She has been a volunteer assistant for the Wahoos for two years. This will be her first year as an assistant coach. Currently she is unable to swim competitively due to an injury but is excited to work with everyone this year!

Goals by age group

6 and under	7-10 years old	11 and up
Swim 25m freestyle at meets.	Swim 1-3 events (25m/100 IM) plus relays	Swim 1-3 events (50m or 100 IM) plus relays
Goals are to be comfortable in the water in addition to being able to swim 25 meters freestyle. We will focus on finding joy in the sport.	Goals are to practice and develop the four strokes while learning how to apply speed to each. We will reinforce finding passion in swimming.	Goals are to learn to apply technique, efficiency, and speed together. Learning to lead and set an example for others in and out of the water is emphasized.

Swim Clinic (optional):

The week of **May 9th-13th** we will be offering an optional swim clinic to get a head start on the season. We will reintroduce/reinforce stroke technique and begin to build team chemistry. The focus will be on legal strokes, starts, turns, and finishes. This is a great opportunity for swimmers who have not been in the pool for a while to get back into swimming shape. Groups will be divided by age and then by ability. You can choose to sign up for one or more days. Contact Coach Nathan with any questions.

Times: Age 10 and under: 4-5pm, Age 11 and up: 5-6pm

Cost: Per day/per child: \$20

Weekly rate: (discounted)

1 child-\$85

2-children- \$145

3 children- \$210

To sign up please email your child's name and the dates they will be attending to Coach Nathan.
nmccormick1218@gmail.com

Electronic payment should be made by 5/8:

Venmo: Nathan-McCormick-10

Zelle: - 704-808-0103

(Please include your child's name in the memo/notes of the payment)

Supplemental Private Lessons

Supplemental private lessons will be offered outside of practice hours by request.

- Please reach out to Coach Nathan more information regarding availability and costs

Training Schedule

- May 9-13th
 - Optional Swim Clinics (Email Coach Nathan to sign up)
- May 16-20th
 - Team Bonding, Technique intro/reintroduction, get organized
- May 23-27th
 - Aerobic capacity Introduction, technique reinforcement,
- May 30th- June 3rd
 - Aerobic capacity maintenance, Speed Introduction
- June 6th- June 27th
 - M- Speed with technique maintenance (meet day)
 - T- Anaerobic Capacity
 - W- Aerobic/Speed
 - Th- Speed with technique maintenance (meet day)
 - F- Fun Friday!

Swimtopia Use the Swimtopia app to access: (Contact Coach Nathan with any questions)

- Schedule
- Meet signup
- Job signup
- Communication
- Live meet results and current event/heat/lane