

# Lake Saint Louis Sea Lions Swim Team

February 2006

Dear Swimmers and Parents,

Welcome to all returning swim families! This newsletter is to bring you up to speed on our preparations for the upcoming summer swim program for our Lake Saint Louis Sea Lions and to give you an opportunity to pre-register for the team. While it hardly seems possible, swim season will be here before you know it!

To begin with, we are pleased to announce that we have a new coaching staff for 2006. Cathy Thurwachter (our former Night Swim Coach and swim meet announcer extraordinaire) and Debbie Knowlton (former head swim coach for the St. Peter's summer swim team) will be taking over as Co-Head Coaches for our Monday - Friday morning practices. This team is a dynamic duo – both school teachers - bringing years of swim experience, coaching, and teaching to our team. Here is a little more about each of them...

**Debbie Knowlton** – Debbie earned a scholarship out of high school and swam 4 years for the University of Illinois at Chicago. After graduating with a degree in physical education, she taught for six years at the Latin School of Chicago. Her responsibilities included teaching 6-12 grade physical education, coaching the boy's varsity swim team, starting an age group swim team-grades 3rd-8th grade, co-director of the learn to swim program, and coaching the girl's junior varsity softball team. Outside of school she started a community USS swim team named the Lincoln Park Swim Team. Leaving the Chicago area, Debbie spent the next two years in Peoria teaching at Dunlap High School and coached swimming for the Peoria Water Wizards Swim Team, Willow Knolls Country Club and was director of the swim program for the Dunlap community. In 1993, her husbands' job brought them to the St. Louis area where her coaching responsibilities slowed down a bit due to raising her two children, Tara 13 and Kayla 9. However, she coached one year for the Rockwood Swim Club and five years for the St. Peters Gators. She is looking forward to coaching the Sea Lions and contributing to the great Lake Saint Louis community.

**Cathy Thurwachter** – Cathy has been a physical education teacher at Parkway North for 29 years where she teaches Aquatics and Life Guarding Classes as part of the PE curriculum. She was the Varsity Girl's Swim Team coach at North for 16 year. Cathy is an avid triathlete and continues to pursue her own goal of being the only woman to have completed all 23 Lake Saint Louis long course Triathlons. She has 2 daughters on the team, Ali, age 15, and Kristin, age 9. Cathy's husband Rick is a former high school swimmer and college water polo player and also has expertise as a former swim coach. Cathy and Rick actually met as lifeguards in their teens and have been married for 28 years. Cathy is looking forward to working along side her good friend, and triathlon training partner, Deb Knowlton. "This should be an amazing summer for our team."

Also as an added plus this year, **Kathy Cumbie** will be coaching a NEW Saturday morning practice from 10am-until noon. Kathy has served on the LSL Swim Board for the last 4 years, was the overall St. Charles League Chair in 2005, and is our Head Stroke Judge for the team. She brings a strong focus on technical stroke development and will be able to coach our swimmers to fewer "DQ's". She too swam summer league growing up and worked as a "swimmer coach" with her team in St. Louis County. In college Kathy participated in both swimming and diving at the intramural level. She too has coached at the high school level – coaching Fort Zumwalt South girls swimming in 1988 and both South and North divers in 1988, 1989 and 1990. Kathy taught high school math for 5 years and currently homeschools her 3 kids - Katelyn, Natalie, and Jack (all on the team) - so education, instruction, and helping kids strive towards personal excellence is important to her. In her own words, "I LOVE to see kids "get it!"

We listened to your survey feedback last year and as a result added more swim practice options. We will continue to offer practices Monday – Friday from 8am – 11am. In addition, we will offer practices on Monday

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evenings (when we don't have a swim meet scheduled), Wednesday evenings, and Saturday mornings. We will have two, one-hour, practices for each of the evening and Saturday morning time slots. We have shifted the focus of the evening and Saturday practices away from a "tougher" workout to practices that will focus on stroke development. We hope these practices will meet the needs of our working parents and swimmers attending day camps.

We are in the process of evaluating and interviewing for a new Night Coach and a Swim Lesson Coordinator with the goal of having the positions filled before the end of spring. If you have any recommendations, please forward the name to a LSL Board Member. Behind the scenes, your Board of Directors has been busy in preparation for another fun swim summer. Board Volunteers for the 2006 Swim Board are: Pearson Buell (LSL League Rep), Kathy Cumbie (Stroke Judge Coordinator & Saturday Swim Coach), Sheri Smith (Secretary), Sheri Taylor (Treasurer), Patty Blakely (Concessions Coordinator), Keith Jack (New Board Member-At-Large), Sue Rector (New – Sponsorship & Co-Volunteer Coordinator), Anne Morey (New Board Member-At-Large), and Lee Sutherlin (LSL Swim Board Chair). It is with sincere thanks to Jud Birza and Dee Gish who will be stepping down from the board in 2006 for their past service! All of the board members are open to hearing your suggestions for making our 2006 swim season fun and enjoyable for our children. The Swim Board gathers monthly. Look for meeting dates, location and times on our website and feel free to join us for a meeting to share your ideas. Finally, for complete information about the team visit our website. Posted at the site you will find (as the information becomes available): 1) the meet schedule, 2) practice schedules, 3) meet directions, 4) access to the Swim Board through email, 5) top times for our swimmers, 6) swim lesson information, 7) sign up forms, 8) volunteer schedules, and 9) a gallery of swim team photos. Go check it out at – [www.lslswimteam.com](http://www.lslswimteam.com) – way cool!

Again this year we have two methods of signing up – in person at the scheduled registration times at the CA or via mail. We will hold sign ups at the Community Association. The sign ups will be held from **3 – 5pm** on **Saturday, March 18<sup>th</sup>, Sunday, April 9<sup>th</sup>, and Sunday, April 23<sup>rd</sup>**. Volunteer duties will be assigned on a first come/first serve basis so get your registration form sent in via mail before March 18<sup>th</sup> to receive first dibs on the prime volunteer slots! Mail your completed registration form, volunteer form, and **2** checks (registration and volunteer deposit – for CA Members) or **3** checks (registration, volunteer deposit, and guest pass fee – for Non-CA Members) to: Lee Sutherlin – 41 Moorings Drive – Lake Saint Louis – MO – 63367.

2006 Swim Fees - The per swimmer team fee has not increased and will remain **\$65.00 per child**. **NOTE:** All registrations must be received by **Friday, May 12<sup>th</sup>** to avoid a **\$15.00 late fee charge**. Registration will be closed as of May 26<sup>th</sup>; however, space is limited on the team so you are encouraged to register well before the deadline. As always our team could not run smoothly without the fabulous parent volunteers to work at the swim meets – thank you! In addition to your team fees, each family will need to send a second check for **\$80.00** that will be held in escrow during the season and returned at the end of the season as long as your volunteer assignments have been met.

Finally as a reminder, the Community Association **REQUIRES** that all swimmers have a "swim pass" in order to be on the LSL Swim Team with access to the CA Pool. For Community Association Members, you can either opt for an individual pass (\$34.34) or a Family Pass (\$91.23). You should purchase this directly from the Community Association office. **If you are a Non-Community Association Member, you will need to be "sponsored" by the LSL Swim Team and the Season Guest Pass charge is \$91.23 per individual.** Non-CA Members need to send in **THREE** checks with their registration form – 1) for team fees & extra t-shirt purchases – made out to LSL Swim Team; 2) volunteer deposit – made out to LSL Swim Team; and 3) Guest Pass Fee(s) – made out to LSL Community Association. If you need additional copies of the registration forms, they can be downloaded and printed from our website. ***Beat the crowds, register early by mail!*** We are looking forward to continuing our winning tradition with the 2005 Swim Season! Come Join Us!

# **Lake Saint Louis Sea Lions Swim Team**

## **Mark Your Calendars**

**Winter Swim Team Dinner @ Chevy's  
Swim Team Sign Up Dates 3 – 5pm**

**2006 Swimmer Coach Interviews @ CA 4 – 6pm  
Last Date to Sign Up to Avoid Late Fee  
Pre Season Parent Meeting @ CA 7pm**

**See Enclosed Flyer  
Saturday, March 18<sup>th</sup>  
Sunday, April 9<sup>th</sup>  
Sunday, April 23<sup>rd</sup>  
Sunday, April 23<sup>rd</sup>  
Friday, May 12<sup>th</sup>  
Thursday, May 25<sup>th</sup>**

**The Lake Saint Louis Swim Team  
Board of Directors**