



May 7, 2011

Dear Swimmers, Divers and Parents,

Welcome to Webster Waves Swim & Dive Team! This year promises to be another great one. I'd like to introduce you to your coaching staff for this summer. Following is a brief biography of each:

**HEAD SWIM COACH:**

**Lea Berndsen**

This is Lea's eighth year as Head Coach. She has been swimming since the age of five, swam high school and for Southwest Missouri State University. She currently teaches Water Aerobics for the City of Webster Groves and previously taught swim lessons for Shrewsbury for nine. Lea coached two summers for Sugar Creek Swim Club ran the spring warm-up at Affton School including stroke development clinics.

**ASSISTANT SWIM COACHES:**

***Nick Beckmann***

Nick swam for the Webster University Swim Team and formerly swam for Lindbergh High School his Freshman through Junior years. He has coached F.A.S.T. for two years. In addition to swimming, Nick, a U.S. Sailing certified instructor, teaches sailing at Carlyle Lake on the weekends and has been active in lacrosse and water polo.

**Patty Ulrich**

Patty Ulrich has been teaching and coaching swimming on and off for the last 12 years. She coached swimming and water polo for Lindbergh High School, swimming for St. Louis Spirit, and has taught swimming lessons at the YMCA. Most recently, Patty coached the Junior Team for Webster Groves the last three summers and has assisted at big meets. She will coach Junior Swim Team this summer.

**Nick Dwyer**

Nick joins us for his second year of coaching after having swum with Webster Waves since age 5 (14 years!) He went on to swim for Saint Louis University High School's swim team all four years, with freestyle and butterfly emphasis and just completed his second year at Mizzou. Nick had stints with Flyers Aquatic and Spirit Swim Teams as well. At State his freshman year, he recorded the fastest leg in the 4x100 free relay, placing 17th.

**Stephen Hoerr**

Stephen swims for SLUH high School and is a state qualifier. Aside from swimming, he has played numerous other sports such as basketball, indoor and outdoor soccer. He's a born leader, having led three retreats for his church youth group, serving as STUCO rep, and coaching a CYC basketball team. Stephen has swum for the Webster Waves since age 7 and is currently a senior at SLUH. This is his second year coaching Webster Waves.

**DIVING COACHES**

***Julia Pierce***

*Julia began diving as a youngster in northern California, and worked her way up to the Junior Olympics circuit and national competition. She trained at Stanford in Palo Alto at the Cal-Berkeley facility, was a high school All-American and can boast a 40-0 league record, having placed top three in state all four years. She went on to dive on scholarship at Kansas University. Julia currently coaches for Clayton diving Alliance and has coached private and semi-private diving lessons for years. This is her second year as Head Dive Coach.*

**Junior Team Coach Brigid Verhoff and Assistant Diving Coach Sarah Barker will be introduced in the next newsletter.**

## MEET THE COACHES AND NEW PARENT ORIENTATION

As you can see, we have a wonderful staff lined out. You can better acquaint yourself with them and ask questions about the program at a brief meeting poolside at **8:50 a.m. Tuesday, May 31** (or the first day of practice if rained out.) Immediately following the Meet the Coaches, there will be a New Parent Orientation, with time for Q&A. Plan to stay and learn just how organized our chaos is!

### SWIM & DIVE TEAM PRACTICE TIMES:

<b>May 31 - end of season</b> , Monday through Thursday	<u>Swimming</u>	<u>Diving</u>
<i>13-18 year olds &amp; year-round swimmers ages 9-12</i>	7:00 - 7:50 a.m.	8:00 - 8:50 a.m.
<i>9-12 year olds &amp; year-round swimmers 8 and under</i>	8:00 - 8:50 a.m.	9:00 - 9:50 a.m.
<i>8 and unders</i>	9:00 - 9:40 a.m.	9:50 - 10:30 a.m.

### SWIM TEAM TEST

There will be a Swim Team Readiness Test 9:00 a.m. on Saturday, **May 21** at Webster University Pool, located in the Student Center off Edgar Road south of Big Bend. Testing is **for all swimmers ages 8 and younger who have not been on the big team previously or who swam Junior Swim Team last year.** Swimmers will be evaluated for water safety and stroke knowledge to ensure that they can compete. Swimmers must have a basic knowledge of freestyle and backstroke and be able to complete 25 yards unassisted of each in order to be on the big team. Those not quite ready may be redirected to the Junior Swim Team or perhaps be directed to swim lessons. Junior Team will practice at the 9:00 - 9:40 a.m. time slot beginning June 6. There will be an inter-team meet on Thursday, July 14. More information will follow.

### TEAMWEAR

Jodie Hintze has taken over the team duties of hospitality and teamwear. She will be taking orders for teamwear items. Items for sale include swim caps, running shorts, black nylon water cooler, two different kinds of towels, a stretchy headband, v-neck sleeveless wicking shirt, new style of backpack, baseball cap, visor, mesh shorts, women's black shorts, hoodies or crews (orange, gray or white), personalized nylon bag, and orange shammies. Make sure you put in your order by June 7 in order to have them in time for the first meet. Cash or checks made to Webster Groves Swim & Dive Team must accompany the order.

### KEEP INFORMED

There will be a weekly newsletter e-mailed to you on weekends. If you don't have e-mail or you don't accept e-mails with attachments, you are responsible to download a copy from the web site. This will give important information for that week (aside from who's swimming in the meet.) If you'd like to see anything included in the newsletter, or have questions regarding the Swim & Dive Team, please contact Miki McKee Koelsch at 314-963-5656.

### WEATHER/INFORMATION HOTLINE - 963-5664

Hotline includes Swim & Dive Team updates such as inclement weather calls, information on meets, canceled practices, etc. The goal is to have it updated one-half hour prior to the first practice time, however, as Mother Nature sometimes throws us a curve ball, that is not always possible. Please post the number on your fridge.