

**Eat, Sleep,
Swim...**

The Duaneburg Electric Eels is a year round competitive swim team. The team competes with both the YMCA and Suburban Leagues as well as in USA Swimming. Youth swimmers of all ages are encouraged to tryout for the team. We combine fun with competition. For more information about our program please feel free to contact Jenn Dixon at 895-9500.



After meet fun



Swim Team

Duaneburg Area Community Center
221 Victoria Dr.
Delanson, NY 12053

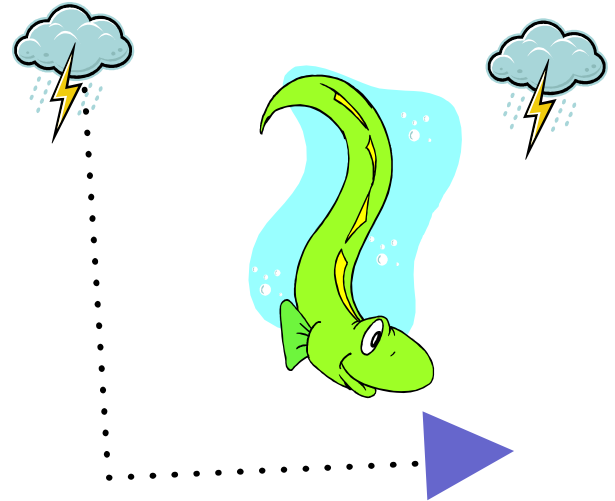
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Swim Team

**Duaneburg
Electric Eels**

Starts September 27th

Informational meeting on 9/21 at 6pm. Tryouts on 9/23 at 6pm - returning swimmers do not need to tryout. Returning swimmers should register on or before 9/23. Returning swimmers will be given preference but must be registered by 9/23. We will continue to accept registrants until we are full.



Is my swimmer ready to join the team?

Swimmers must be able to swim 25yds. (One length of the pool). Swimmers will be placed in groups based on ability. Beginner groups meet two nights per week and more advanced groups meet three to five nights per week. In addition to practice there will be about 5 swim meets throughout the season. Meets are generally held on Saturday or Sundays. Competitions end the last week in February but swimmers are invited to continue practicing until the last week in March.



Hanging out in between events

Swimmer Fees

2 Nights (Tues. / Thurs.)	\$170
This is our beginner level swimmer. Swimmers should be able to swim the length of the pool. Stroke technique is worked on.	Members
	\$255
	Non-Member
3 Nights (M, W, F)	\$210
Swimmers in this level are proficient in Free and Back and have the basics for the other two strokes. Technique is the main focus of this group but we start to add some endurance sets.	Members
	\$315
	Non-Member
5 Night (M-F)	\$253
Swimmers in this group are challenged physically and mentally as competitive swimmers. Practice sessions are demanding and each member of the group is expected to focus on perfecting skills.	Members
	\$370
	Non-Member

There is a **Mandatory \$100 fundraising** commitment for all swimmers.

Swim meets are structured into the fee schedule.

This season we will be adding a 3rd coach to work three nights per week.

Participation in **USA Swimming** is an option (additional fees will apply).

Meet the Coaches

Head Coach:

Jenn Dixon begins her 4th year as Head Coach of the Eels. She began coaching in 2006. Jenn has served as an age-group and senior coach. Jenn started the team in this small community four years ago and has led swimmers to 4 Zone Championship meets. Jenn has worked alongside Brette Hawke, Rowdy Gaines, Lionel Moreau and Nick Baker. Jenn is ASCA level 2 certified and strives to grow a s a coach.



Assistant Coach:

Colleen Goodspeed begins her 3rd year as assistant coach. Colleen is the age group coach for the team. She is ASCA level 2 certified and has Coached alongside Nick Baker. Colleen lives in Duanesburg and two of her 4 children swim on the team.

Assistant Coach:

Kelley Smith swam competitively for 13yrs. She coached the Hammerhead Swim Club through USA swimming for 3years and is starting her 2nd season with the Eels. Kelley graduated Duanesburg High School and has her Bachelors from SUNY Fredonia. Kelley currently resides in Duanesburg with her family

