

Liberty Lightning Swim Team

Summer 2024



Registration

May 6 - June 2

Registration is available through the mobile app, online, or at the front desk.

LIBERTY LIGHTNING SWIM TEAM HISTORY

Established in 1991, our Liberty Lightning Swim Team offers the opportunity for all swimmers to thrive and succeed in an upbeat and fun atmosphere. One of our primary goals is to motivate swimmers to succeed -- not by being the best, but by trying their best. With a focus on individual improvement, teamwork, and good sportsmanship, Liberty Lightning swimmers are sure to have a memorable and rewarding season!

The Liberty Lightning swim team is part of the Washtenaw Interclub Swim Conference (WISC). The conference is made up of other area clubs including Travis Pointe, Huron Valley, Barton Hills, Georgetown, and Racquet Club. There are five swim meets throughout June and July. The season culminates with the league championships in late July.

MISSION STATEMENT

To encourage swimmers of all ages to realize their swimming potential in a welcoming atmosphere of instruction and encouragement. Our coaches focus on fostering individual improvement, emphasizing the importance of teamwork, and cultivating sportsmanship.



SWIM TEAM REQUIREMENTS

- The Liberty Lightning Swim Team is available to all Liberty Athletic Club members ages 5-17.
- Children should be comfortable in large groups and in the water.
- Children should have a good swimming foundation to ensure their safety and success on the team.
- Each swimmer must be able to tread water for one minute, swim 25 yards of front crawl and 25 yards on their back without stopping.
- It is not necessary for children to know all four competitive strokes before the season begins.
- New swimmers age 8 and under are required to have an evaluation. Evaluations are free of charge. New swimmer evaluations will be held on Saturday, May 11, at 4:00pm at Liberty's indoor lap pool (*reservations are not required*).

IMPORTANT PRESEASON DATES

Monday, May 6

Swim team registration opens

Saturday, May 11 - 4:00pm

New swimmer evaluations

Wednesday, May 29 - 6:30pm via Zoom

Mandatory parent meeting/volunteer meeting

Sunday, June 2

Swim team registration closes

SATURDAY SWIM MEET SCHEDULE

June 22	Barton Hills at Liberty
June 29	Travis Pointe at Liberty
July 6	Liberty at Racquet Club
July 13	Georgetown at Liberty
July 20	Liberty at Huron Valley

CHAMPIONSHIPS *(at Skyline High School)*

Monday, July 22	Ages 13 thru 17
Tuesday, July 23	Ages 9 & 10
Wednesday, July 24	Ages 8 & under
Thursday, July 25	Ages 11 & 12

Liberty Lightning Swim Team

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Fun, Fun, Fun!

The Liberty Lightning swim team believes that an important part of the season is to have FUN! That is why we offer social events for all age groups throughout the season. Motivating pep rallies and the end of season party are just a few of the fun social events swimmers may attend.

SWIM TEAM FEES

\$300 per child

These fees assist in providing the facilities, equipment, instruction and coaching staff for the swim team.

TEAM APPAREL

Swimmers may purchase a Liberty Lightning team swimsuit online or in person from Sun & Snow (Plymouth store), where the Liberty Lightning logo will be screen printed.

Other team apparel (*sweatshirts, t-shirts, and sweatpants*) is not required but may be ordered online at squadlocker.com. Enter the team store name of **Liberty Lightning Swim Team**, and order both adult and youth sizes in a variety of colors and brands.



Sun & Snow



SquadLocker



COACHES' COMMITMENTS

- To promote high self-esteem, the value of hard work, and good sportsmanship.
- To provide the best possible instruction, training, and competition for each individual.
- To motivate swimmers to achieve the most from their efforts, not by being the best, but by trying their best.

SWIMMERS' COMMITMENTS


- Attend at least three practices per week.
- Attend at least three swim meets.
- Participate 100% in practices, meets, and team social events.
- Demonstrate good sportsmanship at all times.
- Attend championships.
- Have fun!

PARENTS' COMMITMENTS

- Parents are required to sign up for at least two volunteer positions during the season. You will be contacted via e-mail with sign-up instructions.
- Attend the mandatory parent meeting. Mandatory parent meeting will be held via Zoom on Wednesday, May 29, at 6:30 pm. A Zoom meeting link will be e-mailed to those registered.
- Support the team.
- Be respectful of the coaches' ability to coach.



Swim Team Calendar - June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div> 8 & UNDER GROUPINGS Group #1 - Last Names A-K Group #2 - Last Names L-Z </div> <div> SATURDAY, MAY 11 New swimmer evaluations @4pm - Indoor Lap Pool </div> <div> WEDNESDAY, MAY 29 Mandatory Parent Meeting Zoom - 6:30pm </div>						
2 LAST DAY TO REGISTER 6/2	3 PRACTICE 8 & UNDER Group #1 4:30-5:30pm AGES 9-10 5:45--7:00pm	4 PRACTICE 8 & UNDER Group #2 4:30-5:30pm AGES 11-UP 5:45--7:00pm	5 PRACTICE 8 & UNDER Group #1 4:30-5:30pm AGES 9-10 5:45--7:00pm	6 PRACTICE 8 & UNDER Group #2 4:30-5:30pm AGES 11-UP 5:45--7:00pm	7 PRACTICE AGES 9-10 4:30-5:30pm AGES 11-UP 5:45--7:00pm	8 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm
9	10 PRACTICE 8 & UNDER Group #1 4:30-5:30pm AGES 9-10 5:45--7:00pm	11 PRACTICE 8 & UNDER Group #2 4:30-5:30pm AGES 11-UP 5:45--7:00pm	12 PRACTICE 8 & UNDER Group #1 4:30-5:30pm AGES 9-10 5:45--7:00pm	13 PRACTICE 8 & UNDER Group #2 4:30-5:30pm AGES 11-UP 5:45--7:00pm	14 PRACTICE AGES 9-10 4:30-5:30pm AGES 11-UP 5:45--7:00pm	15 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm
16	17 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	18 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	19 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	20 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	21 PRACTICE ■■■ (same times) FUN FRIDAY Watermelon day!	22 ■■■ HOME SWIM MEET VS. Barton Hills <i>BACKSTROKE</i> 8am Warm-up 9am Meet
23 30	24 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	25 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	26 PRACTICE ■■■ (same times) MID SEASON PIZZA PARTY 6:00pm-8:30pm Grassy Area Weather Dependent	27 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	28 PRACTICE ■■■ (same times) FUN FRIDAY Scavenger hunt day!	29 HOME SWIM MEET VS. Travis Pointe <i>BREASTSTROKE</i> 8am Warm-up 9am Meet

Swim Team Calendar - July 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



8 & UNDER GROUPINGS

Group #1 - Last Names A-K

Group #2 - Last Names L-Z

	1 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	2 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	3 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	4 NO PRACTICE 	5 NO PRACTICE 	6 SWIM MEET AWAY @ Racquet Club <i>BUTTERFLY</i> 8am Warm-up 9am Meet
7 	8 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	9 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	10 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	11 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	12 PRACTICE <i>(same times)</i> FUN FRIDAY <i>Barry Bagels day!</i>	13 HOME SWIM MEET VS. Georgetown <i>FREESTYLE</i> 8am Warm-up 9am Meet
14 	15 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	16 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	17 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	18 PRACTICE 8 & UNDER 8-8:45am #1 8:45-9:30am #2 AGES 9-10 9:30-10:30am AGES 11-UP 10:30am-12pm	19 PRACTICE <i>(same times)</i> FUN FRIDAY <i>Race the coaches day!</i>	20 SWIM MEET AWAY @ Huron Valley <i>INDIVIDUAL MEDLEY</i> 8am Warm-up 9am Meet
21 PRACTICE AGES 13-17 9:30-10:30am	22 CHAMPIONSHIPS AGES 13-17 COMPETE PRACTICE AGES 9-10 6-7pm	23 CHAMPIONSHIPS AGES 9-10 COMPETE PRACTICE 8 & UNDER 5:30-6:15pm #1 6:15-7pm #2	24 CHAMPIONSHIPS 8 & UNDER COMPETE PRACTICE AGES 11-12 6-7pm	25 CHAMPIONSHIPS AGES 11-12 COMPETE	26 EVENING END of SEASON PARTY! Details TBA	27

Meet the Coaches

Summer 2024



Team Communication

An accordion file folder with a file for each Liberty Lightning family is located on the pool deck. The file folder will serve as a communication vehicle for meet ribbons. Please check e-mails regularly for current updates. If you do not receive an e-mail by June 3, please contact the Head Swim Coach at libertylightning@libertyathletic.net.

Since coaches are regularly engaged in practices or meets, please feel welcome to address questions / concerns to them via e-mail. The coaches will respond promptly to all inquiries. Coaches may be contacted by e-mail at libertylightning@libertyathletic.net.



Ella Majer
Head Coach

We are pleased to share that Ella Majer is returning to Liberty this year as the Liberty Lightning Head Coach. Ella brings many years of swimming experience to this role: she grew up swimming in Ann Arbor, swam competitively for the Saline Swim Team and Club Wolverine, and participated in the WISC League.

After moving to Shanghai, China, in 2017, Ella spent a few years working as a private coach and competed throughout South East Asia with her school team. Currently studying psychology and communications at Queen's University, Ella is looking forward to returning to the coaching team and mentoring Liberty's swimmers.



Natalie Koenn
Assistant Coach

Natalie's Liberty roots run deep, as Liberty is where she first took to the pool! A veteran Liberty swim instructor and lifeguard, Natalie is excited to return to the Liberty Lightning staff this year as an assistant coach. A state qualifier and an all-conference competitor for Dexter High School, Natalie has swum competitively for 10 years. She is currently continuing her swimming career at Drew University, where she studies media and communications.



Allison Yadmark
Assistant Coach

Allison first started competitive swimming on the Liberty Lightning team before going on to swim for the Mack Manta Rays, Club Wolverine, the Saline Swim Team, and, most recently, the Pioneer Swim and Dive Team under coach Stefanie Kerkosa. Returning to Liberty every summer season as a swim instructor, Allison is thrilled to come back this year to share her love of the sport as an assistant coach. Allison will be attending the University of Michigan in the fall to study computer science.