

2022 TUSCOLA TORPEDOS SWIM TEAM



Welcome to Tuscola Torpedoes Swim Team. We hope you will find swimming to be a rewarding summer sport for your child, as well as parents.

The Tuscola Torpedoes are for ages 5 – 18 with any level of skill. We believe in teaching technique first, sprint training second, and endurance training third. Our goal is to use the right muscles at the right time making us as efficient as possible in the water and do this by going into every detail of every stroke.

PRACTICES

Practices are important for technique and endurance training and should be attended as much as possible. It is not required to notify the coaches if you will not be at practice, however, be sure to notify coaches if you are unable to attend a Meet.

Please see the attached Practice Schedule and Group Definitions for Practice times.

Practice times could be changed or cancelled due to inclement weather or other reasons. It is important to check your email or our Facebook Page if you think practices might be cancelled.

If unsure which group your swimmer should be in, we recommend starting at the lower group and then assess to see if they should move up. It is better for a swimmer to be too advanced for a group than not advanced enough!

SWIM MEETS

For Meets, age groups will be divided into groups as follows:

6 & Under

7-8 years old

9-10 years old

11-12 years old

13-14 years old

15-18 years old

Your age for the season is the age that you are on June 1st.

You may be asked to swim up an age group in a meet to help the team.

Eligibility – If unsure whether your swimmer is ready for a swim meet, please communicate with the coaches to see if they are ready. Once a swimmer can swim across the pool without a coach in the water to help them, they are ready for a swim meet.

If unable to make a swim meet, it is **your** responsibility to tell one of the coaches the Thursday before that meet at the latest.

Swim meets will begin at 8:30am each Saturday with warm-ups beginning at approximately 7:30am. The warm-up schedule may differ with each meet & the coach will announce this time at practice by Thursday before the meet. Please try to arrive at least 15 minutes before warm-ups so that the swimmer can get comfortable, find his/her team and have swim gear ready to begin. Warm-ups are important to prevent injury.

Please see the Meet Schedule for dates.

You must attend 3 meets within the season to attend the conference meet at the end of the year.

Suggested items to bring to swim meets include: 2-3 towels, goggles, blanket/sleeping bag to sit on while swimmer is waiting on his/her race, and water or sports drink.

Ribbons for races will be distributed to swimmers early the next week at practice.

Volunteers – All meets require help from parents as timers, runners, results table, bullpen, and set-up/clean-up. We will be in contact with you to see which way you would like to help.

Please encourage your swimmer to do the best that they can by only worrying about what **THEY** can control. They need to be aware that even though this is a team sport they need to strive to set individual goals and reward them for these steps. We will be working on these goals, as well as improving their strokes, at practice.

COACHING

Joy E. Cordes grew up swimming competitively in the Detroit Metro Area for the South Eastern YMCA team. In the summers she would travel to her father's home in Tallahassee, Florida and compete on the Area Tallahassee Aquatic Team. During high school she attended Royal Oak High School and qualified for the Michigan High School Athletic Association's Class BCD State Meet three years. Swimming the 100 yard breaststroke each year, she finished 10th out of field of 12th her senior year. After high school she competed on Oakland University's swim team during its inaugural year of Division One competition. Before moving to Tuscola, she was assistant and then head coach for the Lamphere High School Women's Swim Team as well as a volunteer assistant swim coach to the Royal Oak Men's Swim Team. During those 3 years her women's team won their conference title, three of her female athletes qualified of state meet and she was recognized as the Coach of the Year from the regional newspaper, The Daily Tribune. Upon moving to Tuscola, she briefly assisted with the Champaign Central High School Women's Team, before having to resign due to injury. Joy most enjoys "building swimmers" from the ground up and being able to watch athletes join as novices and develop into swimmers that can compete among the best. Although this is her first year with The Torpedoes she has watched from a distance since she moved here in 2006. She resides in Tuscola with her husband Brian and two children, Hazel and Bill. When she's not teaching Reading Intervention at Edison Middle School in Champaign she and her husband enjoy working on their fleet of Shelby Dodge Turbo Cars, luring hummingbirds to their home and making strawberry jam. She involved in the Wheels Car Club, Victory Church is excited to get back into the competitive world of swimming to instill a love of the sport with local kids.

Bryan Thomas started out swimming on a competitive team in high school. Although I got a late start in swimming races I was always able to swim well. I joined the high school team at Bradley Bourbonnais Community High School. I swam all four years in high school and in-between high school seasons on the Bradley Bourbonnais Dolphins Swim Club. After high school I took a job as a lifeguard and assistant swim team coach for the Kankakee YMCA Aquanauts now called the Stingrays. I coached there for three years as primarily the 8U and 9-10 coach. While there I joined the American Swim Coaches Association and reached level two certification. After that I coached at the Mattoon YMCA SAMY Seals for three years. I coached what they called at the time the "B Team" consisting of Strong 8U swimmers, all of the 9-10age group, and new to the team 11-12 year olds. My next coaching stop was in Arcola when they had a pool where I was head coach for 2 years.

Taylor Campbell began swimming at the age of 6 for the Tuscola Torpedoes. At the age of 10, Taylor began swimming year-around for the SAMY Seals at the Mattoon YMCA. Taylor swam for the Augustana College Vikings and was named the women's team captain during her senior year. Taylor began helping younger swimmers on the Tuscola Torpedoes and became the assistant coach from 2014-2015. During the summers of 2016-2018, she was the head coach for the Tuscola Torpedoes. She has 8 years of private lesson experience and enjoys teaching younger children the basics of swimming. Taylor graduated from Tuscola High School in 2015, from Augustana College in 2019, and from Eastern Illinois University in 2021. She is excited to begin her career as a speech-language pathologist in the Villa Grove school district in the fall but until then, she is extremely excited to be back to coaching the Tuscola Torpedoes for another fun season!

Rachel Mannen is another Assistant Coach. Rachel graduated from Eastern Illinois University studying Nutrition and Dietetics and is continuing to work on her Master's. She was on the Tuscola Torpedoes for 10 years from the ages 6 -16. Rachel got into swim team because her older sister was in it and always loved watching her at meets. Rachel was a lifeguard at the Tuscola Pool for 4 summers and gave many private lessons. She loves to walk and run with her dog and still loves to swim when she can get to the pool. Rachel is looking forward to coaching this season and getting to know all the kids!

Questions and concerns can be directed to the Torpedoes Swim Board via email or Facebook Messenger:

TorpedoesHeadCoach@gmail.com

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