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Sent: Monday, April 13, 2020 8:33 AM

To: Michael Ganem - Park&Rec Director <parkrec1@southbury-ct.gov>

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Subject: Re: Recommendations and Comments from the Swimming Teams and Groups

Good morning,

I wanted to address some of the question you raised in your April 8 email.

It would also be helpful if someone could summarize the accomplishments of our swim teams. What have they accomplished? How many kids are involved? How have the kids benefited? The more detail, the better.

In response to this inquiry regarding participation and success of aquatic programming in Southbury, please see the following.

2019 Summer Sharks Swim Team

76 members between the ages of 5 and 16 enjoyed participation on Southbury's State Line Swim League's recreational program, one of State Line Swim League's most successful teams. Southbury Parks & Rec Summer Sharks provides a fun and affordable first swim team for new swimmers looking try swimming as a sport, while enabling returning to swimmers to continue their recreational swim team experience. The program emphasizes participation, teamwork and fun while teaching swim skills and technique in a relaxed atmosphere. Members have the chance to compete against area teams at home and away.

During the 2019 season:

- 36 members of the team qualified for the end of season Invitational. After achieving time standards, swimmers were eligible to swim up to 2 individual events and 2 relays. Highlights included:
 - Our 11/Over swimmers combined for 34 top 6 finishes.
 - Our 10/Under swimmers combined for 24 top 6 finishes.

2019-2020 Panther Aquatic Club

167 members between the ages of 5 – 14 participated in CT Swimming's local affiliate program run through the Town in the fall and winter months. This team is designed to provide a positive training atmosphere that will prepare our athletes both physically and mentally to compete to the best of their potential by setting personal and team goals. Through this experience, we wish to enhance the development of the athlete's character, including sportsmanship, commitment, responsibility and integrity. Many of PAC's swimmers begin their swim careers at the Town Pool as a Shark.

During the 2019-2020 season:

- 130 members ages 5-14 took part in the Team's 7th Annual Intersquad meet at PHS. The event is used as team building and supports the Southbury Food Bank with donations from participating families.

- 26 members of the team's 8/Under Squad competed at the end of season 8/Under Championship Finale. Seven 8/U boys finished in the Top 6 in either the 6/U, 7/U or 8/U classes.
- 91 of the team's 9/Over swimmers qualified to compete at CT Swimming Regional Championships. In 422 swims, almost all athletes achieved 100% personal best times in their events.
 - PAC swimmers earned 52 Regional Champion first place finishes,
 - and 142 Top 8 finishes.
- 19 members of the team achieved highly competitive Age Group time standards making them eligible for CT Swimming's Short Course Age Group Championships. Unfortunately, the meet was cancelled due to Covid-19.

Panther Aquatic Club has sent athletes to the Eastern Zone All-Star Championship meet to represent Team Connecticut, the Speedo EZ Sectional Championship Short- and Long-Course meets, USA Swimming's Future's Championship, and USA Swimming's Senior National Championship, attended by top USA Olympians and NCAA athletes. In addition, many PAC swimmers earn All-Conference, All-State and All-American honors in high school and continue to compete at the college level.

Panther Aquatic Club has grown into a successful program, respected by the swim community in CT. There are currently 6200 registered USA Swimmers on 67 teams in our state. PAC has grown into and is proud to be one of larger teams in the state.

Summer 2019 Private Swim Lessons

Fourteen participants ranging in age from 8 to 60 benefited from private swim lessons offered by Parks & Recreation at the Town Pool. Private lessons are affordable and inclusive of all ages and abilities. Whether needing specific one on one attention, or desiring more private instruction, these patrons are paired with instructors who are best suited to meet their needs.

Summer 2019 Swim Lessons

241 participants ranging in age from 3 months to 12 took part in Parks & Recreation group swim lessons at the Town Pool. One full-summer Saturday session was offered, which included our always popular and sold out parent and tot program, as well as five other lessons. In addition, four 2-week MWF sessions serving pre-school to pre-swim team youngsters were offered. Each session offered nine leveled lessons to serve all ranges of ability. Lessons are organized and run by trained lifeguard staff and include hands-on instruction designed to make the experience fun, reassuring and encouraging for all children.

PARENT & TOT LESSONS: Ages 6 mo.-3yrs.

This is an introduction to water where the parent/guardian is in the water with the child. Children will enjoy splashing, floating, kicking, and group activities with parents and other children their age. The goal is to acclimate our youngest pre-swimmers to an aquatic environment at an early age so they are comfortable, happy and ready to learn the basic swimming skills at the next level without a parent.

PRESCHOOL LESSONS: AGES 3-5yrs.

This water readiness class enables younger swimmers to enjoy the water *without* a parent/guardian. They will take part in group water activities with the aid of instructors while interacting with other children their age. The goal is to make children comfortable in the water and to put their face in.

LEVEL 1 LESSONS: WATER EXPLORATION

Water Exploration helps children feel comfortable in the water while they learn elementary water and safety skills. As prerequisite for Level 1, swimmers must be able to put their face in the water and easily separate from parents. The goal is to build confidence and focus on the skills to develop freestyle pull and kick to swim 5 yards independently.

LEVEL 2 LESSONS: PRIMARY SKILLS

As prerequisite for Level 2, swimmers must be able to swim 5 yards independently. Swimmers will learn fundamental skills and basic self help rescue techniques. Level 2 will continue to focus on the skills to encourage forward movement in the water with freestyle. The goal is to swim 10 yards of freestyle unassisted.

LEVEL 3 LESSONS: STROKE READINESS

As prerequisite for Level 3, swimmers must be able to swim independently for 10 yards. Swimmers will continue working to coordinate freestyle and be introduced to backstroke. We will work to develop endurance needed to tread water in the deep end and gain confidence jumping into deep water. The goal is to swim 20 yards unassisted.

LEVEL 4/5 LESSONS: STROKE DEVELOPMENT & REFINEMENT

Swimmers will continue to build confidence in the water and will fine tune freestyle and backstroke technique. The butterfly and breaststroke will be introduced in this lesson, as will racing starts. Swimmers will increase the distance they swim during lessons.

The 2020 season, should it happen, will include all-ages private and youth group swim lessons. We will be adding a group adult lesson to the lineup, offering learn to swim opportunities to a wider population.

A Note about High School Swimming in Southbury

The Pomperaug Boys Swim Team is one of the winning-est team in the school's history. Evidence of the program's success can be readily seen by stepping onto the pool deck, adorned with rows of All-State banners as well as those acknowledging SWC and CIAC Class titles and All-Americans.

- Since 1985, the Boys Team has won 20 Southwest Conference titles, most recently in 2020, its 8th consecutive win.
- Since 1991, the Team has won 19 CIAC Class Championships, and has been runner up numerous times. The Team has won the coveted CIAC Class Open Championship twice, ranking the team nationally. The 2020 CIAC Class Championships were cancelled due to Covid-19.
- Perennially the Boys high school team boasts 60-70 swimmers and divers on its roster, a testament not only to the dedicated coaching staff, but to the interest in this sport, the Summer Sharks and Panther Aquatic Club feeder programs and off season training the team benefits from.

The Pomperaug Girls Swim team continues to be a popular and solid program at PHS with 50-60 members listed on its roster each year. Many swimmers achieve All-Conference and All-State honors and many are Conference champions.

- Since 1995, the Girls Team has won 7 Southwest Conference titles and has been runner-up 12 times.
- The Team has been CIAC Class champions twice.

Both the Boys and Girls team prepare its team members to compete at the college level and will continue to do so, provided the programs continue to grow.

I have attached a few pictures of these events. Please enjoy.

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