

Dear Parents and Swim team,

We are excited that you have joined us this summer. We have a full summer of fun and swimming ahead of us! Please take a minute to read some very important information.

Season Practices at Holden Pool (200 Salisbury Street, Holden)

June 22nd – August 6th (No practice July 4th)

Weather permitting Practice **Monday, Wednesday, and Thursday** 5:30pm - 6:30pm (meets may take place on a practice day or another day of the week).

What to bring/buy

During practice, participants must have:

Goggles
Bathing Suit (any one piece suit - swim shirts are not recommended)
Water
Towel

During meets, participants must have:

Goggles
Swim Cap (Recreation Department will provide)
Green or black swimsuit preferred
Water
Towel

Goal of the Program: *Summer swim teams run for two months and include practices, stroke improvements, swim meets and local league championships. For many young swimmers, a summer swim league could be the beginning of a competitive swimming career. The goal of our Holden Harpoons team is to have fun outdoors while also moving our bodies and learning the important lessons of sportsmanship. Swimming has many positive attributes for children including physical, mental and emotional benefits for kids. This program also offers an opportunity for kids to disconnect and take time to build friendships with other swimmers in our community.*

Meet HOME & AWAY Schedule (must provide own transportation to and from away meets)

Sunday, July 10th @ Home v. Westboro and Westford 8:00am warm-up

Tuesday, July 12th @ Wayland w/ Wayside 5:30pm warm-up

Sunday, July 17th @ Home v. Longfellow 8:00pm warm-up

Thursday, July 28th @ Milford time TBA

Championships:

Saturday, August 6th @ Longfellow 7:00 am arrival time

- This meet requires a \$10 participation fee which will be collected mid-July
- Swimmers must participate in **two** regular season meets to attend championships

All Meets are about 2.5 hours (must provide own transportation to and from meets)

Splash Party

This is a fun way to cap off the year and give swimmers their awards and ribbons for attending championships! We will provide the pizza and we ask that family volunteers provide drinks, snacks, and desserts!

Monday, August 8th 6:00pm at HOME pool

We look forward to a great summer!

With any questions, please contact

Amanda Hoffey at amandahoffey@gmail.com or 774-479-9085

Swim Team Coaches Corner

Amanda Hoffey

Head Coach

Amanda swam for the Holden Harpoons from the age of 5 until 18. She has taught swim lessons at the Holden pool for the last 8 years and has just recently retired from being head guard at the pool for the past 6 years. Amanda swam competitively for the Worcester Wahoos as well as the varsity team at Wachusett Regional High School. She is currently teaching at Roosevelt Elementary in Worcester. In her free time, she enjoys gardening, cooking, and working towards her graduate degree. She is most excited to see all the familiar faces this summer at the Holden pool!

Liz Ebbrecht
Head Coach

Liz grew up swimming for the Holden Harpoons. She became an assistant coach in 2007 and has been the head coach since 2008. Liz additionally swam club for the Greendale Gators, four years varsity for Wachusett Regional High School, and three years for Susquehanna University. She has previously coached the Central Mass Stingrays. Liz is currently a history teacher for Worcester Public Schools and coaches the Worcester city-wide varsity team. In her free time, she loves to watch football, read, and go to Maine.

Jamie Brenner
Assistant Coach

Jamie has been teaching lessons at the Holden Pool for the past 4 summers. Growing up, she swam recreationally and competitively for the Wachusett swim team. She is currently a student studying nursing at UMASS Boston. She has a great depth of knowledge of the strokes practiced in swimming competitively. She can't wait to share and help others!

Tyler Nason
Assistant Coach

This is Tyler's second year coaching and teaching lessons. Tyler has been swimming competitively for 4 years and recreational for 13 years. He has been on the Worcester Flyers, Wachusett Highschool team, Westboro, and The Stingrays. He can't wait to coach and teach this summer!

Ethan Servant
Assistant Coach

Ethan is a second year lifeguard and WSI and first year swim coach at the Holden pool. He first joined the Holden Harpoons when he was 5 and loved it! He then went on to swim for the Worcester Wahoos as well as the varsity team for Wachusett High School. He loves to swim, snowboard, and go to the beach! In the winter, he teaches snowboarding lessons at the mountain. He has a spectacular talent of helping children learn a new skill. He can't wait to see you this summer at the pool!

Parker Diaz
Assistant Coach

Parker is a second year lifeguard and wsi. He is now a first year swim coach. He has been swimming since he was 10 and loved it. He started swimming for the Worcester JCC then he started swimming for Holden when he was 13 and now swims for the Worcester Boys and Girls club. He loves to camp, swim and go on vacations and can't wait to see you all this summer!