

# SWIM TEAM PROGRAM

The GPYC Sailfish Swim Team is a competitive swim program offered to members ages 4-17 (age on June 1). Our swimmers are grouped by ability and practice in a fun learning environment with like swimmers. The GPYC is one of the original MICSA participants in the 78-year tradition of the Michigan Interclub Swimming Association, a group of 14 clubs located throughout Metro Detroit. We are extremely excited to welcome new Head Swim Coach Nick Valice. He will be an excellent leader for the GPYC swim program. In addition, Assistant Head Coach Bill Thompson is once again returning to the GPYC. We look forward to a wonderful season that encompasses the Sailfish Mission Statement:

“The Grosse Pointe Yacht Club Swim Team, in accordance with the swimming history of tradition and excellence at the Grosse Pointe Yacht Club, is dedicated to providing the opportunity for members to experience the excitement of being part of a competitive swim program. Under the direction of an experienced and passionate coaching staff, our goal is to provide a fun and safe environment in which all may develop a healthy lifestyle, individual and team skills, and good sportsmanship.”

The Sailfish Team competes in the upper division of MICSA and will participate in six dual meets. There are also age-specific optional meets throughout the season (DYC Mini Meet, Pontchartrain Relay, Firecracker Meet). Team swimmers can also look forward to pizza poster parties, donut Fridays, the team trip to Cedar Point and Finals Week activities. The MICSA competition season will conclude with the Finals Weekend held at Red Run on July 27-29. Our season ends Tuesday, July 31 after Finals with the wildly popular Splash Down Party and Awards Night.



## Head Swim Coach Nick Valice

Nick started his coaching career in 2015. He is currently an age group coach for Pointe Aquatics, where he primarily works with the 10 & under age group. He also serves as an assistant coach for the Grosse Pointe North boy's team. In addition, Nick was the head coach for the Grosse Pointe Shores Sharks for the last two years, leading them to consecutive winning seasons.

In his youth, Nick swam for Pointe Aquatics and Lochmoor Club. During this time, he was a MICSA champion in the 50 free and a sectional level swimmer in the 200 IM, 50 freestyle, 100 freestyle, and 100 breaststroke. Nick also swam for L'Anse Creuse High School, where he was a state qualifier in multiple events.

Nick looks forward to bringing a positive atmosphere and successful seasons for years to come at GPYC.



## Assistant Head Coach Bill Thompson

Bill earned his Master of Education degree from the University of Michigan, and his Bachelor of Science degree from the University of Pennsylvania. As a Grosse Pointe South High School graduate, Bill swam for Coach Fred Michalik, was Team Captain his senior year, and was All-State, All-American. At the University of Pennsylvania, he was All-Ivy team captain his senior year and Scholar Athlete of the Year for his entire senior year. Bill has coached at Grosse Pointe Park, Grosse Pointe Yacht Club, Grosse Pointe South High School, Pierce Middle School, and has coached many All-State, All-American swimmers.

He has been a Science Teacher at Pierce Middle School for the past 24 years. He has been married to his wife Julie (an elementary music teacher) for 14 years and they have two children, Hayley (12) and Luke (10). Bill completed a cross-country bike trip in 1998 and has finished four marathons.



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## 2018 GPYC Sailfish Group Descriptions

*(Group placement will be at coaches' discretion)*

### **Future Sailfish (\$350 per swimmer)**

Description: This group is suitable for children (4 and up) who have swim experience including the ability to safely swim the length (25 meters) of the pool. The program concentrates on swimmers' proper technique for all four strokes, starts, and finishes, plus focusing on meet preparation or improvement at meets.

Equipment Needed: fins

### **Blue Group (\$350 per swimmer)**

Description: This group is suited for beginning competitive swimmers who have knowledge in all four strokes but are looking to become stronger swimmers. The training environment will emphasize stroke drills, starts, turns, finishes, correct body position, breathing techniques, streamlining, kick strengthening, strong workout habits, and having fun in a competitive setting.

Equipment Needed: pull buoy and cut-off fins

### **White Group (\$350 per swimmer)**

Description: This group is generally for 7 – 12-year-olds and may currently swim USA/YMCA. The focus will be stroke development with an increase in aerobic and anaerobic training as well as stroke drills, starts, turns and finishes. Swimmers in this group must complete all four strokes, understand interval training, and learn to increase physical load of practices while maintaining proper technique.

Equipment Needed: pull buoy and cut-off fins

### **Red Group (\$350 per swimmer)**

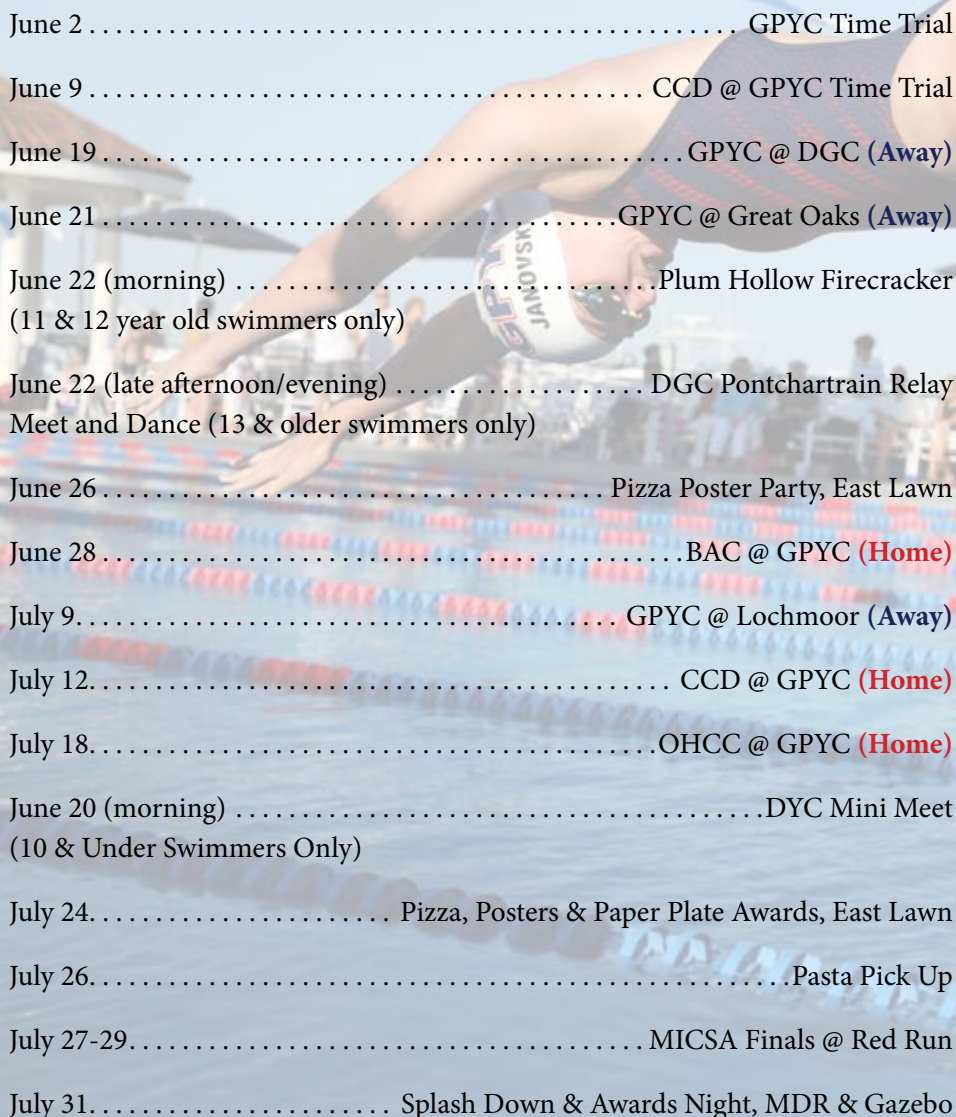
Description: This group is for advanced swimmers (typically 13+) who may currently swim USA/YMCA, middle school or high school swim teams. This group will train all four strokes, focus on intense aerobic and anaerobic training, dry-land training, kick strengthening, starts, turns, finishes, and practice proficient stroke technique through drills using a sound work ethic.

Equipment Needed: pull buoy and cut-off fins

Note: Three or more swimmers in one family will receive \$25 discount for those additional swimmers.

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## 2018 Swim Team Schedule of Events (Subject to Change)



June 2	GPYC Time Trial
June 9	CCD @ GPYC Time Trial
June 19	GPYC @ DGC ( <b>Away</b> )
June 21	GPYC @ Great Oaks ( <b>Away</b> )
June 22 (morning) (11 & 12 year old swimmers only)	Plum Hollow Firecracker
June 22 (late afternoon/evening) Meet and Dance (13 & older swimmers only)	DGC Pontchartrain Relay
June 26	Pizza Poster Party, East Lawn
June 28	BAC @ GPYC ( <b>Home</b> )
July 9	GPYC @ Lochmoor ( <b>Away</b> )
July 12	CCD @ GPYC ( <b>Home</b> )
July 18	OHCC @ GPYC ( <b>Home</b> )
June 20 (morning) (10 & Under Swimmers Only)	DYC Mini Meet
July 24	Pizza, Posters & Paper Plate Awards, East Lawn
July 26	Pasta Pick Up
July 27-29	MICSA Finals @ Red Run
July 31	Splash Down & Awards Night, MDR & Gazebo