

Philosophy / Coaches / Practice Policy

MADISON EAST YMCA SWIM TEAM COACHING PHILOSOPHY

It is the goal of the MEYO Swim Team's coaching staff, under the direction of the head coach, to provide an environment in competitive swimming that will give athletes an equal opportunity to develop as individuals and prepare them for the challenges and rewards of life. We aim to teach more than competitive strokes, we strive to develop human potential.

By stressing the values of discipline, commitment, hard work, and responsibility for oneself, we feel strongly that athletes who give an honest effort in all aspects of the program will be enhanced in SPIRIT, MIND, and BODY.

The process of working towards a goal is what we value most, whether it be competing in a meet, making a certain time, qualifying for State, or qualifying for Nationals. The process of teaching swimmers to take the responsibility to prepare themselves to be the best that they can be is what we, the coaching staff, work towards. Winning is NOT finishing first, but achieving a goal. Our hope is that all swimmers achieve what they are after. Bottom line: MEYO coaches want every swimmer to feel good about themselves when they go to bed at night.

THE COACHING STAFF

HEAD COACH LYNN STICKELS

Lynn Stickels, MEYO's head coach, has a diverse background that includes: teaching swim lessons, synchronized swimming and diving. She has been a diving and swim team coach for over 35 years. Lynn, who has coached every age level during her career, specializes in stroke work and has attended various sessions of the USA/ASCA Coaches School at the Olympic Training Center in Lake Placid, New York. She has a wealth of knowledge and experience in all aspects of coaching. Lynn coaches the 13 and older swimmers and is also the stroke coach for all of the age groups.

ASSISTANT HEAD COACH DENNY OPHEIM

Denny Opheim, a competitive swimmer for the last 22 years, is beginning his eighth year at MEYO. Denny has been a Master Swimmer, was a World Championship Qualifier in the Triathlon, and has participated in Ironman Triathlons. Denny has his Levels 1 and 2 certification through USA Swimming. He has his Levels 1 and 2 certification through the National Coaches Association, is working on Level 3, and was chosen as one of the coaches at Spirit Camp. Denny attends ongoing clinics with the American Swimming Coaches Association. Denny coaches the 8 and unders and the 13 and older swimmers.

COACH MICHAEL RUDIE

Mike, the 11-12 age group coach, is a graduate of Bridgewater State College in Massachusetts. He began swimming at the Lattof YMCA in Illinois when he was four years old and continued to swim competitively through high school and college. Mike was a coach for the Thoreau Club Sharks in Concord, Massachusetts, where he coached swimmers ranging from nine years of age through age eighteen. Mike's philosophy for the 11-12 MEYO swimmers is to perfect the fundamentals and to incorporate the newest training methods into the practices so that every swimmer has the opportunity to achieve his or her full potential. He has also been known to have a little fun.

COACH ANNE BARANSKI

Anne, our new 9-10 coach, recently moved from Iron Mountain, Michigan, where she served a three year term as president of the board, was the meet manager, and coached all of the age groups for the Waves Swim Team. She is also a YMCA certified swim official. Anne coached for the Sun Prairie Piranhas this past summer where she worked primarily with the 8 and unders and the high school age group. She learned a lot from both the swimmers on the team as well as the other coaches. While Anne was not a competitive swimmer in her youth (not too many swimming pools at school in the middle of corn-belt Ohio), she did participate in springboard diving at Ohio State.

COACH PEG THOMPSON

Peg coaches the MEYO six and unders. Peg has many years of experience under her belt as a Red Cross swimming instructor. She currently teaches swimming lessons at a Madison area health club. Peg's expertise is vital for the youngest of the MEYO swimmers, as she works toward building a strong foundation in stroke work. To accomplish this, she implements workouts that are specifically designed for the attention span and physical needs of this age group. Peg makes sure that the six and unders also have a lot of fun. In doing so, she keeps the interest level high. She also builds this group's confidence as they progress and put new skills into practice competing at meets with the rest of the MEYO swim team.

MEYO SWIM TEAM PRACTICE POLICY

Although the swimmers and their families decide on the level of commitment, it is mandatory for a swimmer who chooses to attend practice to be on time. This is not only out of respect for the coaching staff and for fellow teammates, but it also allows the swimmer to prevent injuries by warming up properly. All swimmers should be in their suits and ready to go a few minutes before practice begins so practice can start on time.