



SETON SWIMMING

EXCELLENCE • SACRIFICE • GRATITUDE • MEEKNESS

Seton Swimming 2022 National Catholic Championship Team

Just print this document, with the other attachments posted on the web site, and take it with you. It has everything you need to know about the Catholic Nationals Swim Meet on Saturday and Sunday, January 15th and 16th, 2022:

1. The Meet website is: [Home \(nationalcatholicswimming.com\)](http://nationalcatholicswimming.com)
2. Here are links for the live-streams:
 - a. Saturday Morning -
 - i. <https://boxcast.tv/view/national-christian-swim-meet-saturday-morning-952962>
 - b. Saturday Afternoon -
 - i. <https://boxcast.tv/view/national-christian-swim-meet-saturday-afternoon-341592>
 - c. Sunday -
 - i. <https://boxcast.tv/view/national-christian-swim-meet-sunday-591351>
3. They seem pretty concerned about COVID up there, so remember the following:
 - a. Spectators are not allowed, and we must wear masks on deck
 - b. **I need to sign an attestation form that says everyone on deck has either a vaccination card or a negative test after Wednesday.**
 - c. **Please e-mail me to confirm that you are in compliance prior to Friday at noon.**
 - i. Let me know if you need help arranging any of that.
 - d. It would probably also be prudent to bring evidence with you to the meet.
4. Key phone numbers:
 - a. Coach Jim Koehr – (540) 379-8328
 - b. Coach Ross Palazzo – (330) 541-8909
 - c. Coach Ashley Keapproth – (571) 332-9826
 - d. Coach Seamus Koehr – (540) 222-3135
 - e. Coach Alexandra Luevano – (703) 965-8125
 - f. Coach Katie Condon – (703) 407-2919
5. I will be coming up early on Friday to get the room assignments straight. On Saturday, I will participate in the first part of the Saturday morning Prelims with all of you, and then head back to Manassas to run our meet at the Freedom Center. I'll be back later Saturday night.
6. On Friday, January 14th, swimmers will leave immediately after school.
 - a. Every swimmer is responsible for arranging for their own ride
 - b. The following Moms are driving:
 - i. **Coach Isabelle Luevano**
 - ii. **Coach Katie Condon**
 - c. The following nine (9) kids need rides:

- i. **Elodie Brox**
 - ii. **Clara Condon**
 - iii. **Lucy Garvey**
 - iv. **Maggie Gibbons**
 - v. **Isabell Luevano**
 - vi. **Mary O'Malley**
 - vii. **Angie Testani**
 - viii. **Mary Clare Waldron**
 - ix. **Joe Wilson**
 - d. **Mary Pennefather** will be dropped off by her father after her basketball game.
7. On Saturday, January 14th, the Divers will travel.
- a. **Coach Keapproth** will drive up in the afternoon to arrive in time to coach the Girls session (more below).
 - i. She will give **Rose Waldron** a ride
 - b. **Coach Jim Koehr** will come back up to Baltimore directly from the meet at the Freedom Center and will give the male Divers a ride:
 - i. **Connor Koehr**
 - ii. **Mick Fioramonti**
 - iii. **Josh Fioramonti**
 - c. **Coach Seamus Koehr** can either ride up with Coach Keapproth, drive himself, or ride with Coach Jim Koehr the next day.
8. Our Team Uniform for the meet will be our normal team t-shirts and short. Coaches will be in blue Seton Coaches polos and khaki pants (unless the ladies object 😊).
- a. Coach Luevano will borrow a shirt from Coach Dalrymple
 - b. Coach Condon will borrow a shirt from Coach Ross
9. There is a NO Friday night warm-up session available at the Mangione Aquatic Center this year, so you will all go straight to the Team Headquarters.

Team Headquarters, The Madison House Mansion

10. We have a wonderful Team House called the Madison House
- a. Here's a link to the house details:
<https://www.airbnb.com/rooms/30782472?c=.pi80.pkdmlyYWxpdHkvc2hhcmVfaXRpbmVyYXJ5&euid=8349fb44-7fdb-fe38-85de-1998dbb3f469>
 - b. The address is: **4 East Madison St, Baltimore, MD 21202.**
 - c. Our contact:
 - i. Owner: Paul (202) 713-1234
 - ii. Innkeeper: Marcus (484) 222-1339
 - d. The house is about 71 miles from Seton, and I would expect it to take a little over 2.0 hours to get there in Friday traffic.
 - e. Parking is behind the mansion.
 - i. You can access the lot off North Lovegrove Street which connects to East Madison Street one block east of Charles Street.
 - f. All linens are provided.
11. I will arrive early to establish the sleeping arrangements. I will make sure that the boys and girls are as separate as possible in this very large, multi-level mansion. Here's a draft of my plan before I actually see what the current bedroom looks like:

Girls

- Room 301 (Bedroom 6) – 1 Double, a sofa plus bath

- Lucy Garvey
- Mary O'Malley
- Mary Clare Waldron (bring linens for sofa and/or an air mattress)
- Room 302 (Bedroom 9) – 1 Double plus bath
 - Mary Pennefather
 - Maggie Gibbons
- Room 303 (Bedroom 7) – 1 Small Double plus bath
 - Coach Alexandra Luevano
 - Isabelle Luevano
- Room 304 (Bedroom 8) – 1 Queen, a sofa plus bath
 - Coach Katie Condon
 - Clara Condon
- Room 305 (Bedroom 5) – 2 Single Beds plus bath on separate hallway
 - Angie Testani
 - Elodie Brox
 - Rose Waldron (bring linens and an air mattress)

Boys

- Room 201 (Bedroom 1) – 1 King plus bath
 - Coach Jim Koehr
 - Coach Seamus Koehr
 - Connor Koehr (on air mattress)
- Room 202 (Bedroom 2) – 1 Double plus bath
 - Mick Fioramonti
 - Josh Fioramonti
- Room 203 (Bedroom 3) – 1 Double plus bath
 - Coach Ashley Keapproth
- Room 204 (Bedroom 4) – 1 King, bath down the hall
 - Coach Ross Palazzo
 - Joe Wilson (bring linens and an air mattress)

Team Meals

Thank you to Mrs. Condon and Mrs. Luevano for coordinating meals. Here's their plan:

- Dinner Friday
 - Chinese Take-Out
 - Responsible: Condon and Luevano
- Saturday Breakfast
 - TBD
 - Responsible: Condon and Luevano with girls doing the prep
- Saturday Lunch
 - TBD
 - Depending on how tired the girls are, they may choose to eat out in the Inner Harbor
 - Responsible: Condon and Luevano with girls doing the prep
- Saturday Dinner
 - TBD
 - Responsible: Condon and Luevano with girls doing the prep
- Sunday Diving Breakfast:
 - TBD, preferably something fast and portable
 - Responsible: Condon and Luevano
- Sunday Swimming Breakfast:
 - TBD, something more like brunch

- Responsible: Condon and Luevano with girls doing the prep
- Responsible: Condon and Luevano with girls doing the prep
- During the Meet Sessions, all swimmers should bring:
 - Water bottles
 - Powdered Gatorade if they want that added
 - Chocolate milk in carton, not glass

Saturday Swimming Schedules and Information

- **General Information:**
 - **Meet Website:** <http://www.nationalcatholicswimming.com/home.html>
 - **Site:** Mangione Aquatic Center, Loyola University 4900 North Charles Street Baltimore, MD 21210. (Directions to and from the Center are below)
 - **Programs and Admission:** Each swim session will cost \$5.00 for spectators; Meet Programs will be available for \$3 and there will also be concessions available for purchase.
- **Morning Swimming Preliminaries for Girls**
 - Girls Prelims Warm-up session is from 7:00am - 8:15am.
 - **Coach Koehr and Coach Palazzo will be leaving from the house at 6:15 a.m. sharp** to arrive in time for swimmers to be on deck for warm-ups at 7:00 a.m.
 - **We warm-up in Lane 7 from 7:00 to 7:30 a.m.**
 - **Sprint and Pace lanes are open from 8:00 to 8:20 a.m.**
 - All the girls plus Joe Wilson can ride with Coach Koehr and Coach Palazzo.
 - Coach Luevano and Coach Condon are welcome to follow later or to come with the girls.
 - It would be wonderful if the girls had a full breakfast before we left the house.
 - We will have an assigned lane for between 7:00 -7:45 a.m., but I haven't seen it yet. Sprint and Pace Lanes are then open from 7:45 a.m. to 8:15 a.m.
 - The girl's Preliminaries begin at 8:30am. and should be done at something like 11:45 a.m. (based on history)
- **Afternoon Swimming Preliminaries for Boys**
 - After the Girls session, Coach Palazzo and Joe Wilson will grab some lunch at a local place and then head back to the aquatic center.
 - Coach Koehr will be racing back to the Freedom Center for a meet with the rest of the team at the Freedom Center.
 - **Boys Prelims Warm-up session is from 1:00 to 1:30 p.m. in Lane 2 of the Diving Well**
 - Sprint and Pace Lanes are then open from 1:15 p.m. to 1:45 p.m.
 - Coach Palazzo will transport the Boys (Coach Koehr will be back at Freedom with the rest of the team)
 - **Joe is in 50 Free and 100 Fly. According to the Meet Timeline:**
 - **50 Free – 2:40 p.m.**
 - **100 Fly – 3:02 p.m.**
 - Unfortunately, the girls are not allowed to come over to cheer.

Saturday Diving Schedule and Information for the Girls

- The schedule for Girls Diving is:
 - Warm-up at 5:30 p.m.
 - Meet begins at 6:30 p.m.
- Coach Keapproth will be coming up with Rose Waldron and will make arrangements with Coach Condon and Luevano to connect with Mary Clare Waldron.

- Dinner will be waiting for the Divers, the Diving Coaches, and Coach Koehr when they get back to headquarters from the meets. Thank you!

Saturday Afternoon Events

- After prelims, the girls have plenty of time to spend the early afternoon in Baltimore.
 - I would start with lunch in the Inner Harbor, but I'll leave that completely up to the Girls and Moms.
 - There are numerous activities and sights in the Inner Harbor.
 - One that I would highly recommend is the Baltimore Aquarium.
 - Tickets are available online at <http://www.aqua.org/visit/baltimore/tickets-hours>.
 - The cost is \$29 for adults, \$20.95 for children, and \$26.95 for Seniors.
 - The multi-story Shark Tank is a great attraction to see as well as the other sites.

Saturday Evening Mass for Swimmers:

- There is a **Saturday evening Vigil at St. Ignatius Catholic Church at 5:00PM** right down the street from the house
 - **740 N Calvert St, Baltimore, MD 21202**
 - It is only 0.1 miles from the house, so everyone can walk, but it is Jesuit with a bit of a modern feel.
- If you prefer, there is also a 4:30 p.m. at a cool old church in Little Italy called **St. Leo the Great**
 - **227 S. Exeter Street, Baltimore, MD 21202**
- There's no way I'll be back from our meet at the Freedom Center in time for that so please proceed without me.
- After Mass, we can head back to the house for nice team dinner.

Sunday Diving Schedule and Information for the Boys

- The schedule for Boys Diving is:
 - Warm-up at 7:00 a.m.
 - Meet begins at 8:00 a.m.
- **Coach Seamus Koehr and Coach Keapproth will leave Team HQ at 6:15 a.m. with the male divers.**
 - Our rooms will all be broken down and cleaned up.
- **Coach Jim Koehr will leave with the girl Divers at 7:15 a.m.**
- It would be great if there was some sort of quick breakfast available.
- After the Diving competition, Coach Koehr, Coach Keapproth, and the male divers will attend **10:00 Mass at St. Thomas Aquinas Catholic Church** at 1008 W. 37th Street, Baltimore, MD 21211
- Then Coach Koehr will head back to the pool for swimming, and the team will treat Coach Keapproth and the male Divers to a nice breakfast somewhere.
- After breakfast, Coach Keapproth can either bring the Divers home or drop them back at the pool as she chooses.

Sunday Morning Swimming Finals for Boys and Girls

- The warm-ups are from **10:15 to 11:45 a.m.**
 - All swimmers must post in the kitchen for breakfast no later than **8:45 a.m.**
 - **Coach Palazzo, Coach Luevano and Coach Pretz will leave Team Headquarters at 9:45 a.m.**
 - In the past, it has been a total free-for-all making warm-up lanes very hard to get
 - Please gather behind the blocks as soon as you can so we can take over a lane.
- It isn't in the meet announcement, but last year there were separate sessions posted on a white board for Girls and Boys

- Girls warm-up: 10:15 to 10:55 a.m.
- Boys warm-up: 10:55 to 11:30 a.m.
- Open warm-up: 11:30 to 11:50 a.m.
- **Non-Swimmers can wait to leave with Coach Condon and Coach Luevano 11:30 a.m.**
 - **Non-swimmers should post in the kitchen no later than 10:30 a.m.**
- Prior to leaving the house, we need to make sure it is all broken down and absolutely beautiful so Dr. Rhodes will have us back next year.
- **Finals begin at Noon for both boys and girls.**
 - I haven't seen a Finals timeline yet, but I'd expect the entire meet should be done by 3:00 p.m.
 - It is unlikely that the Boys will be swimming at Finals, but I expect most of our girls to make the finals in at least a relay or two.
 - Girls swim before the boys at the finals.

Cost

- The team will cover the Team House and meals, however, donations will be gratefully accepted to cover a portion of the total cost
- Suggested donations to the "Seton Swim Team"
 - \$100 per person for lodging all weekend
 - \$25 per person for meals at the house all weekend
- Checks to "Seton Swim Team"
 - PO Box 1247
 - Warrenton, VA 20188

Our Entries, the Meet Announcement, the Psych Sheet, and the Meet Timeline are attached below and can also be found online www.setonswimming.org

If you have any questions or issues, you can call Coach Koehr at (540) 379-8328. See you Friday night around 5:00 p.m. at the house.

Coach Jim Koehr