



SETON SWIMMING

EXCELLENCE • SACRIFICE • GRATITUDE • MEEKNESS

Seton Swimming 2023 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 14th and 15th, 2023.

General 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 is one session, afternoon is another session, diving is its own session. Children under 10 are free.

- If available, livestream links will be posted on the meet website home page.

- Key phone numbers:
 - Coach Jim Koehr – (540) 379-8328
 - Coach Ross Palazzo – (330) 541-8909
 - Coach Ashley Keapproth – (571) 332-9826
 - Coach Pat Mulhern - (703) 479-0224
 - Coach John Halisky
 - Team mom Katie Condon – (703) 407-2919

- Swimmers Attending:
 - Ariana Aldeguer
 - Elodie Brox
 - Clara Condon
 - Maggie Gibbons
 - Philomena Kay
 - Jacqueline Oswald
 - Stella Paradise
 - JJ Brox
 - Mick Fioramonti
 - Liam Halisky
 - David Hudson
 - Connor Koehr
 - Lionel Martinez
 - Drew Nguyen
 - Joe Wilson

- Divers Attending:
 - *Connor Koehr (also swimming)*
 - *Mick Fioramonti (also swimming)*
 - *JJ Brox (also swimming)*
 - Jacob Oswald
 - Max Gonzalez
 - Gus Kohlhaas

- 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.
- Coach Koehr will go up early on Friday to get the houses opened. On Saturday, he will participate in the first part of the Saturday morning Prelims in Baltimore and then head back to Manassas to run the meet at the Freedom Center. He'll be back later Saturday night and bring the divers if needed.

Travel Arrangements

- Every swimmer/diver is responsible for arranging for their own ride to and from Baltimore. Please confirm any outlined plans.
- Swimmers arrive at Team Houses on Friday, Jan. 13th between 3:30 and 4:30pm
 - No one should miss school since this is the 8th period exam day and school ends at 11:00 a.m.
 - Plan about 2 hours to drive to Baltimore in Friday traffic
- Divers arrive Saturday evening in preparation for their Sunday morning session.
- The following parents are driving Friday afternoon: (15 swimmers need rides)
 - **Katie Condon – can take 5-6 preferably only 4 to make room for luggage and house supplies**
 - **Coach John Halisky – can take 5**
 - **We need 2 more drivers to help transport kids and luggage on Friday afternoon and possibly Sunday late afternoon (maybe earlier if some of those not swimming in finals wish to leave early).**
- On Saturday, January 14th, the Divers will travel.
 - **Coach Keapproth** will drive up.
 - **Coach Jim Koehr** will come back up to Baltimore directly from the meet at the Freedom Center and can give the male Divers a ride:
 - **Jacob Oswald**
 - **Max Gonzalez**
 - **Gus Halisky**
- Swimmers and Divers will leave Baltimore from the pool on Sunday, January 15th
 - Divers should be finished around 10:00am –
 - The 3 non-swimming divers (Jacob, Max, and Gus) can ride back with Coach Keapproth
 - If we have swimmers who qualify for finals, swimmers will be finished after the finals afternoon session. Those who do not qualify will attend to cheer and support.
 - **Coaches Koehr, Palazzo, Mulhern, Halisky, and Mrs. Condon can transport the swimmers back to the area for pick up. Specific locations TBD**

Team Headquarters

- We have two team houses in Baltimore. Team dinners will be at the Girls' house.
 - Here is a link to the Boys' house details: [Boys' House at 1505 East Baltimore Street, Main house, Baltimore, MD 21231](#)
 - There is free parking on the premises. Additional free street parking is available.

- Here is a link to the Girls' house details: [Girls' House at 325 E 22nd St, Baltimore, MD 21218, USA](https://www.girls.org/usa/locations/325-E-22nd-St-Baltimore-MD-21218)
 - There is free parking on the premises, which you can access through a two-way wide alley. Additional free street parking is available.
 - The houses are about 71 miles from Seton, and should take a little over 2.0 hours to get there in Friday traffic.
 - All bath towels and linens are provided.
- Here's a draft of the sleeping arrangement plan before we see what the bedrooms look like:

Girls

- Room 1 – 1 King
 - Katie Condon
 - Clara Condon
- Room 2 – 1 bunk bed
 - Jacqueline Oswald
 - Elodie Brox
- Room 3 – 1 Queen
 - Maggie Gibbons
 - Stella Paradise
- Room 4 – 1 Queen
 - Philomena Kay
 - Ariana Aldeguer
- Room 5 – 1 Queen
 - Coach Ashley Keapproth

Boys

- Room 1 – 1 King
 - Coach Jim Koehr
 - Connor Koehr
 - Coach Ross Palazzo (bring linens and an air mattress)
- Room 2 – 1 Queen and 1 Bunk bed
 - JJ Brox
 - Joe Wilson
 - Mick Fioramonti
 - David Hudson
- Room 3 – 1 Double
 - Coach Pat Mulhern
- Room 4 – 1 Queen
 - Coach John Halisky
 - Liam Halisky
- Room 5 – 1 Queen and 1 Bunk Bed
 - Lionel Martinez
 - Drew Nguyen
 - Gus Kohlhaas
 - Jacob Oswald
- Floater – (bring linens and an air mattress)
 - Max Gonzalez

Team Meals

Thank you to Mrs. Condon for coordinating meals. Here's the basic plan:

- Dinner Friday
 - Panda Express
 - Location: Girls' House
 - Responsible: Mrs. Condon
- Saturday Breakfast
 - Casseroles, pastries, oatmeal, yogurt, fruit
 - Location: individual houses
 - Responsible: swimmers and divers heat, serve, and clean up yourselves
- Saturday Lunch
 - TBD
 - Location:
 - Depending on how tired the girls are, they may choose to eat out in the Inner Harbor
 - Responsible:
- Saturday Dinner
 - TBD
 - Location: Girls' house after Mass
 - Responsible: Mrs. Condon
- Sunday Breakfast:
 - Casseroles, pastries, oatmeal, yogurt, fruit
 - Location: Individual Houses
 - Responsible: swimmers and divers heat, serve, and clean up yourselves
- During the Meet Sessions, **all swimmers should bring:**
 - Water bottles
 - Powdered Gatorade if they want that added
 - Cash for concessions
 - Light snacks
 - Chocolate milk in carton, not glass

Friday Arrival, Dinner, and possible Warm -ups

- There is a Friday night warm-up session available from 6-9pm at the Mangione Aquatic Center this year. Whether we participate is TBD.

Saturday Swimming Schedules and Information

- **Morning Swimming Preliminaries for Girls**
 - Wake up, eat breakfast, and be ready to walk out to door by 6:15 a.m.
 - **Coaches Koehr, Palazzo, and Mulhern will be leaving from the boys' house at 6:15 a.m. sharp. (one coach need to help drive the girls)**
 - **Coach _____ and Mrs. Condon will leave with the girls at 6:15 a.m.** to be at the pool in time to be on deck for warm-ups at 7:00 a.m.
 - **We warm-up in lane _____ from _____ to _____**
 - **Sprint and Pace lanes are open from 7:45 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)
 - Coach Halisky and the boys will stay at the Boys' house and get themselves breakfast and/or an early lunch.
 - Coach Mulhern will leave prelims early in order to grab lunch and help transport the boys for their session.
 - Coach Koehr will leave prelims early to attend the swim meet at the Freedom Center.
 - After Girls' prelims, Mrs. Condon and Coach Palazzo will transport the girls back to the house.

- The girls may take a trip to the inner Harbor for lunch and sightseeing if transportation allows. Or we may just relax at the house.
- **Afternoon Swimming Preliminaries for Boys (Boy divers will attend to support)**
 - Coach Koehr will be at the Freedom Center for the regular team meet.
 - Coach Palazzo will grab lunch and head back to the pool after dropping off the girls.
 - Coaches Mulhern and Halisky will leave with the boys at 11:45 a.m. to be at the pool for 12:30 warm ups.
 - We warm up in Lane _____ from _____ to _____
 - Sprint and Pace Lanes are then open from 1:15 p.m. to 1:45 p.m.
 - The Boys' prelim session begins at 2:00 p.m. and should conclude around 5:00 p.m.
 - Coaches Palazzo and Mulhern will transport the boys back to the Boys' house or to Mass if time allows.

Saturday Evening Mass for Girl Swimmers:

- **Coach Halisky and Mrs. Condon will drive the girls to Mass. (7 kids 2 drivers)**
- There is 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 is a **Saturday evening Vigil at St. Ignatius Catholic Church at 5:00PM**
 - **740 N Calvert St, Baltimore, MD 21202**
 - Jesuit with a bit of a modern feel.
- After Mass, we can head back to the Girls' 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.
- Wake up, pack and clean your room, grab a quick breakfast and be ready to walk out the door at 6:15 a.m.
 - Rooms need to be broken down and cleaned up before you leave.
- **Coach Keapproth and Coach Koehr will leave the houses at 6:15 a.m. with the male divers (6 boys).**

Sunday Mass Schedule for Boys

- Divers
 - After the Diving competition, **Coach Koehr, Coach Keapproth, and the male divers (6) will attend 10:00 Mass at St. Thomas Aquinas Catholic Church at 1008 W. 37th Street, Baltimore, MD 21211**
 - The team will treat Coach Keapproth and the 3 non swimming 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.
 - Coach Koehr will return to the pool for swimming finals.
- Swimmers with Coaches Palazzo and Mulhern
 - Wake up, pack and clean your room.
 - Be in the kitchen for breakfast by 8:00 AM. Eat breakfast and be ready to leave by 9:10 a.m. for Mass.
 - **Coaches Palazzo and Mulhern will drive the non diving boys (5) to the 9:30 Mass at St. Leo the Great at 227 S. Exeter Street, Baltimore, MD 21202 and then back to the pool.**

Sunday Morning Swimming Finals for Boys and Girls

- All girls Wake up, pack and clean your room.
- **All girls must be in the kitchen for breakfast no later than 8:45 a.m.**
- **Coach Halisky and Mrs. Condon will leave the Girls' house at 9:45 a.m.**
- **The warm-ups are from 10:15 to 11:45 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. The boys will join after Mass.
- 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.
- **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.
 - Girls swim before the boys at the finals.

Cost

- The team will cover the team houses and most meals, however, donations will be gratefully accepted to cover a portion of the total cost.
- Suggested donations to the "Seton Swim Team"
 - \$125 per person for lodging all weekend
 - \$40 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 afternoon between 3:30 and 4:30pm at the houses.

Coach Jim Koehr