



The Aquatic Club of Elkhorn (ACE) is a year-round club swim team located in Elkhorn, Nebraska. We offer training and competition for swimmers of various skill levels. The minimum requirement is that the swimmer must be able to swim the length of a 25 yd pool under his/her own steam. This requirement is a safety precaution and the final decision is at the discretion of the coaches. The team trains at Elkhorn's Common Ground (1701 Veterans Drive, www.elkhorncommonground.com). The pool is 25 yards, 8 lanes and has locker rooms available for use by ACE members. The pool is equipped with a Colorado Timing System with an 8-lane readout scoreboard and relay judging platforms/reaction pads for each lane. ACE is a United States Swimming registered program.

ACE is committed to teaching all of the fundamental skills and technique of swimming. Swimmers are taught to master the basic and intermediate skills with an emphasis on technique over training. Swimmers will be put into the different practice groups determined by the coaches. The decision will be based on many things, primarily stroke technique, age, training ability, and number of swimmers we have in each group. Coaches will have the final decision on where the swimmers fit best. Parental input is always welcome. The ACE coaching staff feels strongly that the most important determinant in placing a swimmer in a training group is that they are getting the appropriate stroke instruction; it is harmful for swimmers to start training at a higher level if their strokes are not correct. This will result in practicing the wrong thing!



ACE
P.O. Box 422
Elkhorn, NE 68022
402.730.5474

www.aceotters.com

SWIM OMAHA

www.swimomaha.org



Swim Omaha, LLC, is a USA Swimming Registered club designed to promote excellence in competitive swimming and sportsmanship in our community. The Omaha Westside Swim Club (OWSC) is our novice program (and a Nebraska non-profit corporation), that together with the Bellevue Barracuda Swim Club (BBSC), formed SO.

Today, SO, OWSC and BBSC have over 300 swimmers, ranging from the novice swimmer struggling to complete a length of the pool, to the senior level swimmer concentrating on competing at the national and international level. SO has produced many Regional and Zone Age Group Champions, Junior and Senior National qualifiers, and Olympic Trials qualifiers. SO's program provides the additional training and conditioning necessary for success in high school swimming. Every year, SO swimmers comprise a significant number of the top finishers at the Nebraska State High School Championships. Many of our athletes obtain swimming scholarships and continue in competitive swimming throughout their college careers.

As a developmental program for Age Group swimmers (8 & unders through Senior level), our purpose is to provide members with excellent multi-faceted training and conditioning, high level competitive experiences, and sophisticated coaching techniques. Because swimmers can improve in different areas at any given age, SO's program is based on a quadrennial (multi-year) planning. Swim Omaha's practice groups are all established to encourage and assist each swimmer in the personal development of their swimming potential. We aim to provide the greatest opportunity for every member to realize their potential through age appropriate, individual programs of stroke mechanics, physiological training and mental conditioning. We emphasize the development of a strong work ethic and a steady growth in self-esteem and self-confidence to achieve desired goals. Swim Omaha aims to develop the character, skills and desire necessary for each child to maximize his or her potential. Personal improvement at all levels of swimming is our goal. Striving to improve not only builds super swimmers, but also super people.

We encourage you to call one of our coaches if you have any questions about our program.

Lisa Ellis
Westside HS
Pool: (402)343-2770
Email: lisa@swimomaha.org

Peggy Speer
Bellevue West HS
Pool: (402) 293-4185
Email: pegso@msn.com

Docker Hartfield
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- Instruction in health, safety and lifesaving skills.
- The four competitive strokes: Freestyle (crawl), Butterfly, Breaststroke, Backstroke.
- Competitive starts and turns
- Goal setting
- Stretching and flexibility
- Nutrition education
- Muscle strength and power development through appropriate exercises
- Competition and travel opportunities
- Video stroke analysis
- Progress tracking program
- Hard work and FUN

Practice Groups

Swimmers are assigned to practice groups according to ability and age.

Blue and Gold Groups practice Monday through Thursday. Blue from 5:30 p.m. to 6:15 pm. Gold from 5:30 to 6:45. Seniors (ages 14 or 15 to senior status in high school) From 3:45 to 5:30 Monday through Friday, as well as Saturday morning from 8 to 10:30 am.

Seasons

There are 2 different seasons.

Fall/Winter season is from the first week in September to the Division I finals in mid-March.

Summer season is from May to the first week in August. This includes the Midwestern Long Course season.

Mailing Address

Bruce Schomburg, Coach
Council Bluffs Swim Club
109 Golden Circle Dr
Council Bluffs, Ia 51503

Pool Phone

712-366-8273

Email

baswmr@yahoo.com (Bruce)
admin@cbswimclub.net (Jenny Gill, administrator)

Physical Address

Lewis Central Titan Hill School
3820 Harry Langdon Blvd.
Council Bluffs, IA 51503

GREATER OMAHA AQUATICS
LEOPARD SHARKS



The Greater Omaha Aquatics, Inc. Leopard Sharks (GOAL) is a member club of USA Swimming that provides professional coaching for a wide range of swimmers in the Omaha, Nebraska and surrounding area. GOAL, established and incorporated in the Fall of 2001, is a coach-owned and operated competitive swim team that is a club member of the Midwestern Swimming Local Swimming Committee (LSC) of USA Swimming. GOAL practices at the Montclair Community Center, which is 4 blocks north of Center on South 135th Ave.

We will provide a positive, enjoyable experience and environment that leaves a swimmer wanting to keep swimming as a lifelong activity, whether it is for fitness, recreation, or competition.

- We will teach the fundamentals of efficient stroke, start and turn techniques, as well as racing strategy. The swimmers should know this so well that they would be competent in teaching this themselves.
- We will teach the fundamentals of achievement, including goal setting and the ability to focus on what is under your control. A proper definition of success brings it within reach of every hard working individual.
- We will create a supportive team structure that allows the individuals to achieve as close to their potential as possible.
- We will provide a USA Swimming Club that supports the goals of the Nebraska High School swimming program while also keeping a strong focus on the USA Swimming local, regional and national program.

Head Coach Tom Beck
Email: tomswmr@aol.com
Telephone: 402-399-8978.

www.goaquatics.com

Making Outstanding Swimmers Today and Tomorrow!

The Metro Omaha Swim Team has established itself as a program based on quality and excellence.

We believe that all children should be given the opportunity to achieve their maximum potential in the sport of swimming while learning life-long skills such as: good sportsmanship, self-discipline, leadership, work ethic, social interaction, positive self-image, healthy lifestyle, responsibility, loyalty, pride, time management, dedication, and competitiveness.

Swimming competitively is fun, challenging, and one of the few places a child or young adult can test themselves to the fullest. We believe that a person grows to their fullest potential only through seeking to meet challenges.

MOST is now one of the largest and strongest swim teams in the state of Nebraska, winning nine state age group titles, and sending swimmers to senior nationals every year since 1993, and sending swimmers to Junior Nationals every season for the past twenty-two. MOST has made a commitment to be the best at all levels.

MOST is a parent-run organization founded in 1972 to provide youngsters an opportunity to refine their swimming skills and realize their potential. The philosophy of the program is to provide an atmosphere that will help a young athlete to gain self-confidence, and physical and emotional development that will aid in both swimming and everyday life. MOST has made a commitment to be one of the best teams in the state and nation. This coupled with the philosophy that swimming should be fun and exciting.

MOST is also committed to being the best team in the state and competing at the national level, while at the same time keeping the sport fun and exciting for all involved.

The swimmer will get out of the program what they put into it. A successful competitive swimming program is founded on hard work, good coaching, and optimism. Goals and commitment to goals make the difference between a swimmer who spends some time with MOST and the swimmer who grows as a person and as an athlete with MOST. The joys on winning, the frustrations of losing, the personal satisfaction of having tried, that is what MOST is all about.

Head Coach Lori Benson

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Email: jlcbenson@cox.net

MILLARD AQUATIC CLUB

www.millardaquatics.com

The Millard Aquatic Club (MAC) is a not-for-profit competitive swimming program sanctioned by United States Swimming (USS) providing professional coaching services to swimmers of all ages in the Omaha area. Millard is a rapidly-growing area on the southwest corner of Omaha, Nebraska.

MAC offers a year round program for all levels of ability - from youngsters right out of swimming lessons to nationally ranked athletes. MAC even offers an adult swim/fitness program. MAC has been steadily growing and currently has a peak membership (Fall season, high school swimmers included) of around 260 swimmers, ranging in age from 5 to 18.

MAC participates in several swim meets throughout the year, most of which are in the local vicinity. Before each season, a tentative "meet schedule" is distributed. The more advanced swimmers will travel to several out-of town meets during the season. The year is divided into two seasons. The winter (short course) season runs from early Sep. to mid-March and the summer (long course) season runs from early-April to early August.

The MAC Philosophy: MAC provides a positive atmosphere for young people to strive for their potential physically, mentally, and socially as well as learn the values of responsibility and commitment in a structured youth sports program.

David Lammel
Program Director
<mailto:madmac6@cox.net>



www.monarchswimming.com

Monarch Swimming is a non-profit organization designed to foster competitive swimming in Papillion, LaVista and the surrounding communities. Papillion is located just south of Omaha, Nebraska. We were organized in 1994 and have grown to a team of around 100 swimmers. For more information please feel free to contact us.

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