

Karakung Parents and Swimmers,

I wanted to take the time and introduce myself as the new Head Swimming Coach at Karakung Swim Club for the upcoming 2011 Delco League Swimming Season. My name is Sean Hansen, and I have been involved with the sport of swimming (as a swimmer and a coach) for the last 28 years. I began swimming at Karakung when I was 4 years old, on the first ever “Mini-team” and continued to bleed red and white all the way through my final year of eligibility as an 18 and under in 1996. In that timeframe, I was part of three “A” division Championships, and countless summers of fun and excitement around the pool deck at Karakung. I am a graduate of Haverford High School and Lafayette College, where I was a competitive swimmer for both of those programs. I also swam competitively for Foxcatcher Swimming, Germantown Academy Swimming, Hawk Hill Swimming, and Suburban Swim Club through my high school and college careers. I am currently the aquatics director and head swimming coach at the Haverford School, a position I have had for the last 11 years. In my time here at Haverford, I have accumulated an overall coaching record of 63-28 and seen our swimming and diving program produce 11 All-America swimmers, be ranked in the NISCA top-10 for the last three seasons, and helped 6 swimmers go on to compete at the Division I level.

Ironically, my first ever head coaching experience was at Karakung Swim Club for two summers (1998, 1999), and I have very fond memories of the families and swimmers that dedicated themselves to the “Karakung Tribe”. This is a home-coming of sorts for me, and I am very excited at the opportunity to get back on Karakung’s pool deck and share the experience that I have gained over the last 12 years. I am a very enthusiastic coach with the main goal of making being a part of Karakung Swimming a fun and memorable experience for all of the swimmers, regardless of their swimming ability. Karakung was a HUGE part of my childhood, and many of the relationships that I have made through the countless summers spent there have shaped the person I have become. This is the tradition and atmosphere I am hoping to sustain with my coaching staff, parents, and swimmers this summer.

We are going to be holding a Swim Team information night, a question and answer sort of event, on **Tuesday April 12<sup>th</sup> at 5:00**, at Karakung swim club. I would like to invite all of the parents and swimmers to come out and meet the coaching staff and go over some important details.

We will be starting our pre-season practices at the Haverford School on **Wednesday April 13<sup>th</sup>**. These indoor practices are a great way to get a jump on the competition this summer for those summer-only swimmers, and also allow those winter swimmers to fine tune their strokes and endurance they have worked hard on establishing the last few months. They are certainly not mandatory or required, however, they will be very beneficial to the success of our team, and to those individual swimmers that are willing to put the time and work in to improve.

Here is a breakdown of our pre-season schedule:  
**April 13<sup>th</sup> – June 2011 @ The Haverford School**  
**Tuesday through Thursday**  
**-4:00-4:45pm (8 and Unders)**  
**-4:00-5:00pm (10 and 12 and Unders)**  
**-4:00-5:30pm (14 and 18 and Unders)**

Any changes to this schedule will be communicated via email, which we are asking you provide as part of our online registration form, which is new for 2011.  
Please go to: <http://karakung.wufoo.com/forms/2011-karakung-swimming-registration/>  
to register for the swim team or mini-swim team.

Please mark your calendars NOW, with these following dates for Varsity Swim Meets, Junior Varsity Swim Meets, Mini-Meet, and Championships/Meet of Champs for this summer. The success of our team this summer will depend largely upon the level of dedication each family and swimmer has to attending these meets. We are getting these dates out as soon as possible so that you can plan accordingly. Obviously there will be some conflicts that might arise, however we are hoping that getting this information out this early in the year, will establish a strong level of commitment from coaches, parents and swimmers alike. One of the elements that I find key in running a successful swimming program is an open line of communication. Please do not hesitate to contact me with any questions, concerns, conflicts, or suggestions. I can be reached by email at [karakung.swim@gmail.com](mailto:karakung.swim@gmail.com)

#### **Tentative Summer 2011 Swimming Schedule Dates**

<b>Sat</b>	<b>6/25</b>	<b>Varsity Meet</b>	<b>(Broomall's Lake Away)</b>
Wed	6/29	JV Meet	(TBD)
<b>Sat</b>	<b>7/2</b>	<b>Varsity Meet</b>	<b>(Lawrence Park HOME)</b>
Wed	7/6	JV Meet	(TBD)
Wed	7/6	Picture Day	
<b>Sat</b>	<b>7/9</b>	<b>Varsity Meet</b>	<b>(Springfield HOME)</b>
Wed	7/13	JV Meet	(TBD)
<b>Sat</b>	<b>7/16</b>	<b>Varsity Meet</b>	<b>(Creekside Away)</b>
Wed	7/20	JV Meet	(TBD)
Sun	7/17	Karakung Mini Meet	(Home)
Mon	7/18	Dorney Park Trip	
<b>Sat</b>	<b>7/23</b>	<b>Varsity Meet</b>	<b>(Hilltop Away)</b>
Wed	7/27	Awards Night	
<i>Sat</i>	<i>7/30</i>	<i>CHAMPIONSHIPS*</i>	
<i>Sun</i>	<i>7/31</i>	<i>MEET OF CHAMPIONS*</i>	
<i>Tues</i>	<i>8/2</i>	<i>Elite Meet*</i>	

***Varsity Meet schedule is based on scheduling rotation of years past and might be subject to change pending the league-wide meeting.***

***\*Championships, Meet of Champions, and Elite meet are meets for those swimmers that qualify***

There will be a few other events that will be added to this schedule such as a Pre-Season Exhibition meet, an Inter-Squad Red and White time trial meet and Relay Carnivals. These dates are still yet to be determined and will be sent out via email as soon as they are solidified.

I hope this email finds all of you as eager and excited as I am to begin another fun filled summer swimming for Karakung Swim Club. I am looking forward to getting to know each and every one of you, and am anxious to get to work at our pre-season practices. Hard work, dedication, fun, and excitement are the four main elements in establishing a successful swim team, and one that will make our Karakung Team “TRIBE STRONG”.

Your Coach,  
Sean Hansen